

# Heart TALK

Heart-healthy and Stroke-free Living with Dr. Amy L. Doneen, DNP, ARNP

March 2022



*Thoughts from Dr. Amy*

**Order Healthy Heart,  
Healthy Brain Today:  
"You'll Want to  
Read Every Page!"**

The BaleDoneen Method is excited to announce the publication of *Healthy Heart, Healthy Brain: The Personalized Path to Protect Your Memory, Prevent Heart Attacks and Strokes, and Avoid Chronic Illness*, by Bradley Bale, MD and Amy Doneen, DNP, with Lisa Collier Cool. Hailed as "captivating and revolutionary," the book offers a unique, easy-to-implement plan to boost your cardiovascular health, optimize your mental strength and prevent and reverse arterial disease.

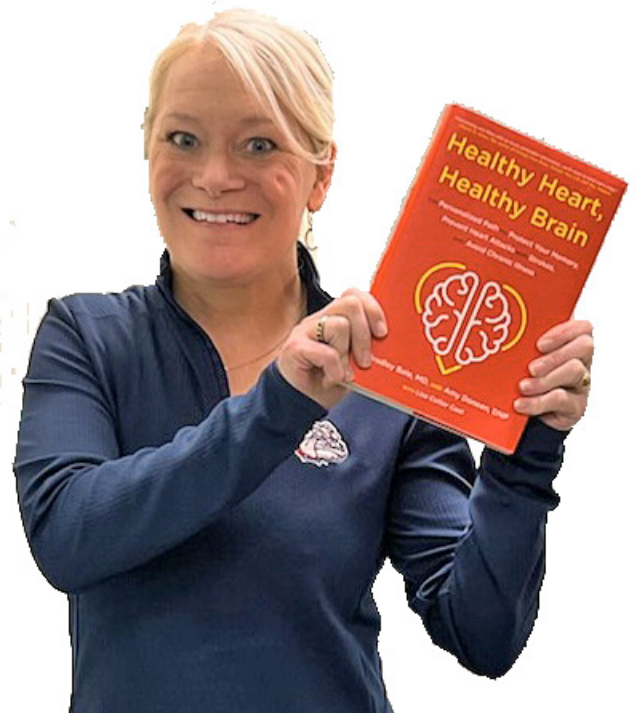
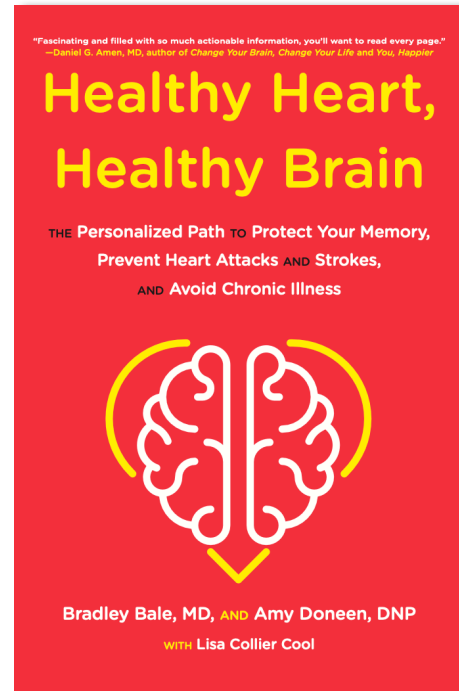
"*Healthy Heart, Healthy Brain* is a lifesaving book," says Dr. Jeff Life, author of *The Life Plan Diet*. "I should know — I am alive today because of Bale and Doneen's extraordinary work. Providing me with top-notch medical advice and treatments for over a decade, they continue to open our eyes to the insidious ways cardiovascular disease can creep into our lives by examining everything from oral health, diets, and sleep patterns to provide precise, extensive, and approachable advice for anyone who picks this book up."

Published in hardcover, audio and e-book formats, *Healthy Heart, Healthy Brain* is available from [Amazon](#), [Barnes & Noble](#) and many other online and retail booksellers.

## **A Revolutionary New Strategy to Stop Cardiovascular Disease in Its Tracks**

One of the inspirations for the book was these frightening facts: Every 40 seconds, someone in the US suffers a heart attack or stroke, and every 65 seconds someone develops dementia. The

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**PRAISE FOR  
HEALTHY  
HEART,  
HEALTHY  
BRAIN**

**"Everyone who  
wants to be as  
healthy as they  
can be should read  
this book."**

– John C. Kois, D.M.D, M.S.D,  
Founder and Director  
of Kois Center, LLC

**"If you care about  
your health and  
longevity,  
you're going to want  
to read this book."**

– Edward Mylett, author of  
*#MaxOut Your Life*

## *From the Publisher*

**"[Y]ou won't regret  
getting your hands  
on this book!"**

– Robert G. Darling, MD,  
FACEP, FFSEM,  
White House Physician,  
'96-'99, Founder & Chief  
Medical Officer of Patronus  
Medical

**"Healthy Heart,  
Healthy Brain is a  
life-  
saving book!"**

– Dr. Jeff Life, author of  
*The Life Plan Diet*

**Boost your  
cardiovascular health,  
optimize your mental  
strength, and prevent  
and reverse arterial  
disease with this  
personalized plan from  
the founders of the  
renowned Heart Attack  
& Stroke Prevention  
Center.**

### **CONTINUED FROM PAGE 1**

culprit is cardiovascular disease (CVD) — and rates are soaring in younger, seemingly healthy people, many of whom are unaware they are at risk.

To help save lives, hearts and brains, Drs. Bale and Doneen have pioneered a groundbreaking new medical specialty called "*Arteriology*," which is the focus of the book. It's designed to optimize the health of the more than 60,000 miles of blood vessels in our body, enabling people to avoid heart attacks, strokes, diabetes, kidney disease, erectile dysfunction, cancer, heart failure, Alzheimer's disease and other devastating disorders.

"*Healthy Heart, Healthy Brain* summons us to reclaim our health," says Edward Mylett, author of *#MaxOut Your Life*. "With simple screening tests and diagnostics, it revolutionizes our idea of preventative medicine as well our concepts about holistic health. No longer do you need to go to a different specialist for every body part when you take Drs. Bale and Doneen's approach."

### **A POWERFUL PROMISE OF ARTERIAL WELLNESS — FOR LIFE**

"Based in the most cutting-edge and formative science, *Healthy Heart, Healthy Brain* unravels cardiovascular disease in a holistic and personalized manner. [It has] practical advice and simple tricks based upon their revolutionary BaleDoneen Method, which has been meticulously developed over the past two decades," says Robert G. Darling, MD, FACEP, FFSEM, White House Physician (1996-1999), Founder and Chief Medical Office of Patronus Medical.

Since 2008, Drs. Bale and Doneen have offered all their patients a written guarantee stating that if they experience a heart attack or stroke while under the two specialists' care, they will refund 100 percent of all fees paid that year. To date, they have only had to give three refunds, despite treating hundreds of high-risk patients, including men and women who have survived previous heart attacks and strokes while under the

care of different medical providers. All three of the patients who received refunds chose to continue their treatment with the BaleDoneen Method.

In 2019, Drs. Bale and Doneen advanced their evidence-based approach to prevention with their new [AHA \(Arterial Health Assurance\) for Life plan](#), which is presented in depth in the book, along with the stories of patients of all ages who have used it successfully to live well, without fear of heart attacks, strokes, dementia or other devastating complications of CVD.

### **SURPRISING SECRETS OF CHRONIC DISEASE PREVENTION**

The BaleDoneen Method transcends the medical silos of cardiology, neurology, endocrinology, and others with a holistic approach designed to protect and optimize the health of the heart, brain, and other vital organs, as well as the blood vessels that supply them. In the book, Drs. Bale and Doneen bust long-standing myths about CVD,

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• *March Recipe* •

Vegan Crispy Tofu, Vegetable and Kimchi Stir-Fry

**INGREDIENTS**

- 2 tablespoons garlic chili sauce
- 2 tablespoons low-sodium soy sauce or coconut aminos
- 1 pound firm or extra-firm tofu, cubed
- ½ cup corn flour
- 1 tablespoons olive oil, divided
- 1 teaspoon sesame oil
- 2 garlic cloves, minced
- 2 cups sliced carrots (about 4 large carrots)
- 2 cups kimchi, thinly sliced, with juice reserved
- 1 medium zucchini, sliced
- 2 scallions, sliced (for garnish)
- 1 tablespoon toasted sesame seeds (for garnish)



A staple of traditional Korean cuisine, kimchi offers a wealth of health benefits. Made from fermented cabbage (sometimes mixed with other veggies) and savory seasonings — including garlic, ginger and chili peppers — kimchi is low in calories but rich in essential vitamins and minerals. Studies suggest that kimchi supports heart and brain wellness; reduces inflammation, cholesterol and blood sugar; and may help slow down cellular aging.

In addition, kimchi is an excellent source of probiotics, the “good” bacteria that boost gut health. In this easy stir-fry, the spicy punch of kimchi is perfectly balanced by the sweetness of carrots, combined with tender zucchini and crispy, protein-packed morsels of tofu, for a delectable recipe that is sure to become a family favorite. Kimchi is available at many grocery stores as well as Asian markets. Check the ingredients to make sure it’s vegan.

Adapted from [connoisseurusveg.com](http://connoisseurusveg.com) and [etfoodvoyage.com](http://etfoodvoyage.com)

**PREPARATION**

Whisk the garlic chili sauce and soy sauce or coconut aminos together in a small bowl. Set aside. Coat tofu on all sides with corn flour. Heat ½ teaspoon of olive oil in a large pan over medium-high heat. Fry tofu cubes until crispy and golden, about 2 minutes per side. Set aside. Add ½ tablespoon of olive oil and one teaspoon of sesame oil to the pan. Add garlic and sauté for one minute. Raise heat to high and add carrots. Stir fry for three minutes, then add kimchi and zucchini to the pan. Stir fry two minutes, until tender-crisp. Add garlic chili mixture, kimchi and tofu cubes to the pan. Stir fry for one minute, stirring frequently. Transfer to serving plates, garnish with scallions and sesame seeds and enjoy!

**Serves four.**

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including the belief that women are less likely to suffer heart attacks and strokes.

“I can’t recommend this groundbreaking book from Bale and Doneen enough. Fascinating and filled with so much actionable information, you’ll want to read every page,” says Daniel G. Amen, MD, author of *Change Your Brain, Change Your Life* and *You, Happier*.

**OFFERING A ROADMAP TO LIFELONG ARTERIAL WELLNESS, THE BOOK INCLUDES:**

- Precision medicine methods to prevent chronic diseases of aging
- The best and worst supplements and foods for your heart
- Ten lifestyle moves that lower dementia risk by 35 percent
- The hidden cause of most heart attacks
- A diet-and-exercise plan based on your DNA
- The top 10 heart attack prevention tips for women
- How faulty medical guidelines harm “healthy” patients
- Information on genes that raise cardiovascular risk as much as smoking
- The new red flags for heart attack, stroke and dementia risk
- How healthy gums and teeth help you live longer
- Three smart strategies to keep your memory laser sharp

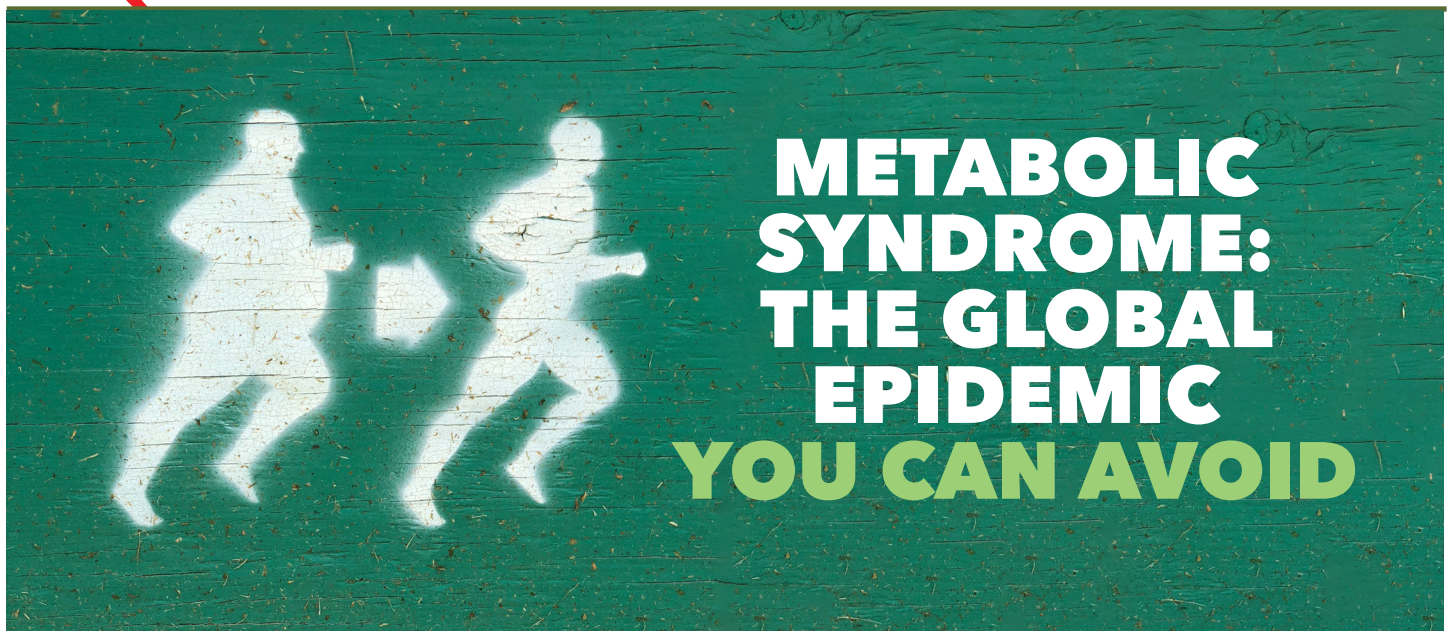


Photo by Renee Fisher on Unsplash

# METABOLIC SYNDROME: THE GLOBAL EPIDEMIC YOU CAN AVOID

**E**ighty-five percent of Americans have never heard of metabolic syndrome, a national health survey reported. And of the more than 211,000 people polled, only 0.6 percent thought they had it themselves. While that may make it sound extremely rare, metabolic syndrome affects *1 billion people worldwide*, including 66 million Americans, prompting scientists to describe it as a “global epidemic.”

Although this lifestyle-linked malady is most common in older adults — affecting half of those over 60 — rates are soaring in younger adults, particularly those in their 20s and 30s, according to a recent study published in *Journal of the American Medical Association*. These are “alarming trends,” say the researchers, because if it goes undiagnosed and untreated, this disorder triples risk for heart attacks and more than quadruples it for type 2 diabetes. Here’s a closer look at metabolic syndrome and what you do to avoid it.

## Only One in Eight Americans is Metabolically Healthy

Metabolic syndrome is a gang of cardiovascular bullies that attack in tandem, magnifying the threat of developing atherosclerosis (arterial plaque), fatty liver disease (fat buildup in the liver), obstructive sleep apnea, polycystic ovary syndrome, gallstones, several types of cancer and Alzheimer’s disease, which is *12 times more likely* to strike people with the syndrome as those without it. Some scientists have suggested that metabolic syndrome be renamed “sitting disease,” since it’s most common in overweight or obese people with sedentary lifestyles.

Only one in eight Americans, however, is achieving optimal metabolic wellness, according to another new study. Researchers from the University of North Carolina (UNC) at Chapel Hill defined optimal metabolic health as meeting guideline-recommended targets for five factors — blood pressure, blood sugar, triglycerides, HDL (good) cholesterol and waist circumference — and not taking any medications related to these factors.

To determine how many Americans were at high vs. low risk for chronic illness, the team examined data from nearly 9,000 adult participants in the National Health and Nutrition Survey. The analysis found that only 12.2 percent of them were metabolically healthy, suggesting that nationally, only one in eight US adults are meeting optimal goals to protect their cardiovascular health and ward off chronic illness. The researchers also reported that 99 percent of the obese people studied were metabolically unhealthy.

## A Dangerous Disorder You Can Diagnose Yourself

The good news is that metabolic syndrome is both preventable and highly treatable. You can find out if you have it simply by looking at a few basic numbers that should be in everyone’s health record. You should also be aware that it’s possible to have this condition even if you are not overweight, since the key driver is abdominal obesity, not overall fat. To make the diagnosis, check the following list of five warning signs. Making the call is a little like baseball: Three

strikes and you’re out, since having at least three of these factors means that you have metabolic syndrome. If so, we’ve included some action steps to address the various risk factors.

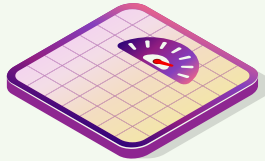
### 1. A LARGE WAIST

Up to 70 percent of people with the syndrome are saddled with excessive belly fat, giving them an apple shape. Sometimes called “middle-aged spread,” this type of fat is metabolically active, releasing compounds that contribute to chronic inflammation, insulin resistance and high blood pressure, all of which increase your risk for CVD and other chronic diseases. A waist measurement of 35 or more inches for a woman, or 40 or more inches for a man, counts as one “strike.”

**What to do if you have this risk factor:** Combine aerobic exercise, such as walking, jogging, cycling, or swimming, with muscle-strengthening activities, such as lifting weights or resistance training. Both types of exercise help dieters avoid regaining belly fat after weight loss, suggesting that regular workouts are essential for maintaining

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# METABOLIC SYNDROME



VISCERAL OBESITY



HYPERTENSION



LOW HDL-CHOLESTEROL



HIGH TRIGLYCERIDES



INSULIN RESISTANCE

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a healthy weight and waistline. Always check with your medical provider before starting a new fitness regime to make sure it's right for you. Also ditch sodas and other sugary drinks: Drinking even one daily boosts risk for metabolic syndrome and diabetes by up to 20 percent! Coffee, on the other hand, *lowers risk* by about 13 percent, according to an analysis of studies that included nearly 160 million people.

## 2. HIGH BLOOD PRESSURE

Recently, the American Heart Association and American College of Cardiology updated their blood pressure guidelines, with 130/80 mm Hg as the new threshold for a hypertension diagnosis, while systolic pressure (the top number) between 120-129 and diastolic pressure (the bottom number) below 80 is classified as "elevated." Based on this definition, nearly half of U.S. adults — 116 million people — have hypertension. Medical criteria for metabolic syndrome, however, use a different blood pressure number: If your pressure is 130/85 mm Hg or higher, you have a "strike."

**What to do if you have this risk factor:** Have your blood pressure checked regularly and talk to your provider if even one of your numbers is abnormal (a reading of 120/80 or above). Although medication is usually necessary to treat hypertension, there are also some natural ways to lower blood pressure. These include mindful meditation to reduce stress (an important contributor to elevated blood pressure); eating foods that are rich in magnesium (which helps regulate blood pressure), such as dark green leafy vegetables, unrefined grains, and legumes; and getting 7-8 hours of sleep a night (skimping on slumber is linked to increased risk for hypertension).

## 3. LOW HDL CHOLESTEROL

HDL (high-density lipoprotein) is the "good" cholesterol. An HDL level below 50 mg/dL for women, and under 40 mg/dL for men, is another strike for metabolic syndrome. Many people who are headed for arterial disease and diabetes will run low HDL levels. If you are being treated for low HDL, you have a strike even if the levels are above 50 and 40 mg/dL.

**What to do if you have this risk factor:** if you use tobacco or nicotine in any form, here's yet another reason to kick this deadly habit: Several studies link quitting to a rise in HDL levels. Eating oily fish (such as salmon, tuna and sardines) or other foods that are high in omega-3 fatty acids helps boost levels of good cholesterol while reducing inflammation. Olive oil is also a healthy fat that helps raise HDL. For an added benefit, use it to dress a salad with purple produce, such as red cabbage, blueberries, black raspberries or blackberries. These tasty foods contain disease-fighting antioxidants called anthocyanins, which have been shown to raise HDL by up to 19 percent in small studies.

## 4. HIGH TRIGLYCERIDES

Like cholesterol, triglycerides are a type of fat found in your blood. When you consume more calories than you burn, the extra calories are converted into triglycerides and stored in fat cells until they're needed for energy. In other words, when fat accumulates on your thighs or belly, that's where excess triglycerides end up. If your triglyceride level is 150 mg/dL or above, you have acquired another strike. If you are being treated for high triglycerides, it is a strike even if the level is below 150 mg/dL.

## What to do if you have this risk factor:

If you're overweight, losing 5-10 percent of your body weight (10 to 20 pounds if you weigh 200) can lower your triglycerides by 20 percent, according to the American Heart Association. Limiting or avoiding sugar, and increasing the fiber in your diet, also are helpful. Also ask your healthcare provider to check you for vitamin D deficiency. Among the many benefits of the sunshine vitamin is supporting healthy triglyceride levels. Multiple studies have linked low levels of vitamin D to increased risk for high triglycerides and metabolic syndrome.

## 5. HIGH FASTING BLOOD SUGAR

Fasting means you have not consumed anything with calories for at least ten hours. A level of 100 mg/dL or higher counts as a strike. Fasting blood sugar levels of 100 mg/dL to 125 mg/dL indicate you're prediabetic, while a level above 125 mg/dL is diagnostic of diabetes. If you don't know your blood sugar numbers, ask your provider to check them, preferably with the two-hour oral glucose tolerance test rated as the gold standard in accuracy for diabetes screening.

**What to do if you have this risk factor:** To prevent or reverse prediabetes, the treatment that surpasses all others is aerobic exercise, such as running, brisk walking, biking or swimming. Working out 30 minutes daily, five or more times a week, has been proven to prevent prediabetes from progressing to full-blown diabetes 60 percent of the time, while the success rate rises to 70 percent if regular exercise is combined with moderate weight loss (5-7 percent of your body weight), large studies report.