



# **Reversing Corinary Artery desease through Primal living... Possible?**

**\*My Journey\***

## **Part 1**

## Conventional Wisdom

As mentioned in "My Story" on my website, until I started my Primal health journey I had been guilty of following conventional wisdom related to exercise, health and nutrition. For many years, I ate refined industrial oils (probably rancid, definitely high in harmful Omega 6 fatty acids) and highly refined grains and sugars. I reduced saturated fat consumption and I exercised chronically. I believed I was in very good shape and believed I would take that into a long and healthy life for decades to come.

### NOT...

I was dealing with high blood pressure issues and in 2013 I was diagnosed with cancer. Fortunately, the cancer was managed through surgery, without chemo or radiation and has not returned to date. At the time of the diagnosis I was very impacted by the fact that how I was living my life resulted in such a negative health outcome. How could that be, I was living a healthy active life... wasn't I?

I started to make changes at that time but didn't know exactly what to do besides slow down and watch what I ate. Feb 2017 I was introduced to Primal living and a low carb lifestyle.



## When things changed...

In Feb 2017 I committed to learning as much as I could about low carb living, coupled with healthy lifestyle and training practices. Primal Endurance and Primal Blueprint

became my initial education resources. I have read many books confirming the science since and my library continues to grow.

Within days I felt different. Over the 2 plus years I have been following the Low Carb, Healthy Fat (LCHF) way of eating, coupled with Primal health and fitness practices, I have enjoyed continual improvement in health and weight management. My weight has decreased by 30lbs (I wasn't even aware I was carrying extra weight, but I was). I am sure now that the chronic inflammation of negative dietary practices and chronic exercise lead to fluid retention, oxidative stress, fat storage and negative health outcomes.

In Aug 2017, I went for my annual physical and received a clear bill of health. I explained to my Doctor the changes I made and he seemed supportive. Although my blood lipid values had changed, they were in acceptable parameters and my blood pressure had reduced. He approved no longer needing BP medication. My first health goal win! And in only 6 months of starting a Primal lifestyle.

## The Next Hurdle...

My interest in Ancestral living and Primal living led me to register in Feb 2018 and successfully complete the Primal Health Coach certification program in Aug 2018.

At around that same time I was scheduled for my next physical. My confidence was high. I was feeling great. I had adjusted my exercise, lifestyle and dietary requirements to align accurately to Primal and had never felt better. "Bring it on Doc, my health is excellent". I was sure I would rock the physical...

Well, hold on... not so fast. As is common with a LCHF diet, blood lipid values are outside of what is considered the norm of conventional wisdom. I was no different. My LDL (low density lipoprotein) levels were higher than my doctor wanted to see, and he suggested that I have a follow up test. I had no issue with additional tests because I felt the information would be valuable for my doctor to know that although my blood lipid values were higher than the norm for a low-fat carb burner, for an LCHF patient, all was good. My doctor scheduled me for a CT Angiogram, to look at blood flow to and from my heart.

The CT Angio was performed Oct 2018.

## Here is where the wind comes out of the sails...

The CT Angiogram results came back with a restriction identified... Left anterior descending artery: mixed plaque in the proximal and mid section with flow limitation. Circumflex artery: proximal plaque that is not flow limiting. Basically, I was diagnosed with Non-obstructive coronary artery disease.

Great!!... (being facetious here)

## LCHF health lesson continues

My doctor knows my feelings regarding taking drugs of any kind but sees a concern and needs to provide his recommendations and guidance. I totally understand.

The normal protocol for a test outcome like mine would be to prescribe Statins to lower cholesterol and aspirin as a blood thinner with a follow up Cardiologist appointment. Of course, I will not go on the medication at this time... I was surprised however I had any issue, but instinctually felt LCHF was not a factor. I actually felt, prior to changing my dietary and lifestyle practices, my chronic cardio and poor dietary practices had led to the heart issue. A couple of reasons for that... 1. I had only been following LCHF for 1 year 8 months at the time so it isn't likely arterial plaque could build over that short period... 2. All of the research material I had reviewed points to other causes than a Primal lifestyle with LCHF dietary practices.

### Now What?

Although the outcome was hard to swallow, I honestly felt happy that I did make this change in my life because I may have already experienced a heart attack if I didn't. I realize that feeling that way could be perceived as naive and radically fundamental toward Primal/Ancstral living, putting blinders on or refusing to see what's in front of me. But realize this, I have never felt better physically or mentally. I have been studying consistently and have read the same consistent message from the science stating that there is no relationship between blood lipids alone and coronary heart disease. My training has led me to the understanding that excess carbohydrate, leading to insulin sensitivity is a major risk factor for coronary heart disease.

I need to take this to the next step to prove or disprove my belief that the issue resulted prior to Primal and my coronary issues may actually be improving rather than worsening.

## Finding a cardiologist



Conclusion of Part 1...

Part 2 next week



## Living Aligned Health Coach Service

Thank you for taking the time read this post. If you find any of the information valuable and would like to find out more information regarding the benefits a health coach can provide, or if you are interested in setting up a consultation. Contact Vern Gorman at [livingalignedhc@gmail.com](mailto:livingalignedhc@gmail.com) or through the website [www.livingalignedhealthcoach.wordpress.com](http://www.livingalignedhealthcoach.wordpress.com)