



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

My Path!... Part 2

Finding a Cardiologist

What cardiologist do I reach out to? I felt most if not all cardiologists were of the mindset that Coronary Heart Disease (CHD) is only manageable through drug intervention. That dietary, exercise and lifestyle choices have little to no influence on managing CHD.

Well, the search began... LCHF (Low Carb Healthy Fat) cardiologists Edmonton... To my surprise a name did pop up. Only one, but there was one, and not only that, I don't think I could have asked to find anyone better. He is a professor of medicine and preventative cardiologist at one of Canada's leading heart centres, the University of Alberta's Mazankowsky heart institute, Dr. Blair O'Neill.

The Path to Answers



It seems the stars might be lining up. Sometimes I am very happy to live in Alberta, Canada. Even in Winter 😊! Dr. O'Neill is an advocate for health system improvement and is a proponent for a LCHF diet for DM (Diabetes Mellitus) and CHD prevention and treatment. I immediately contacted my doctor and asked for a referral to Dr. O'Neill.

I was later contacted by the Mazankowski to perform some additional tests prior to meeting with Dr. O'Neill. I was scheduled for 2 days of testing on Feb 6 and 7, 2019.

The testing involved receiving a PET/CT Scan, defined as a Cardiac Perfusion Scan, which is a test that will show if my heart muscle is receiving enough blood flow through my coronary arteries. The test involves being injected with a small amount of radioactive tracer (hate that part... just saying) and scanned, under both stressed (Day 1) and resting (Day 2). I was scheduled to meet with Dr. Blair O'Neill Feb 12, 2019 at 1:00 to go over the results and have my "condition" assessed.

Meeting Dr. Blair O'Neill (<https://twitter.com/boneill2012>)

Meeting Dr. O'Neill was a pleasure. I found him to be very open, honest and quite candid. He did not have the cautious approach to doctor/patient dialog I find common when speaking with those in the medical field. He explained my test results stating that

I have no flow limiting obstructions. There was a little bit of plaque detected but he felt the amount was of little to no concern. Dr. O'Neill informed me that blood vessels enlarge to ensure good flow. Only when there is very late stage CHD, plaque build up encroaches inside the vessel walls, will there be a dangerous restriction of flow. My condition did show a small amount of plaque however it is not significant and probably exists in the vast majority of the population.

When did it start? In Dr. O'Neill's words... "I don't think it started on the low carb diet I think it started before, on the high carb diet". I had previously explained to Dr. O'Neill my history related to many years of high stress, chronic exercise and low fat, carbohydrate predominate dietary practices. I explained that I had changed those practices Feb 2017 when learning about Primal living and the benefits of LCHF dietary guidelines.

What Now?

My question... Can we reverse it? As mentioned in Part 1, I feel that I was on the road to having a serious heart issues if I didn't find the Primal Blueprint and LCHF options. I feel that my condition has improved since, but unfortunately due to not having a comparison to go on, other than blood values, it's impossible to know at this time.

Dr. O'Neill stated that at this time it is unclear whether issues can be reversed. He mentioned that until recently (5 - 7 yrs. ago), you would be considered a quack if you believe healthy fat benefited cardiovascular health. This is primarily due to the long-standing cholesterol hypothesis of CHD, which has been prevalent in cardiac medicine for decades. Finally, that long-standing flawed approach is being challenged by some of the most credible practitioners. Those with the experience and knowledge to not accept what doesn't work and seek answers through current science. The research is ongoing and has momentum. Time will tell. It is my continued belief that not only has my cardiovascular issues improved but the research will continue to point in the positive direction, proving the benefits of LCHF living to the cardiovascular health mainstream.

Dr. O'Neill assured me that I am doing everything in my power to improve my cardiovascular health and he had no issues about the path I am on and its inherent benefits to overall health. Dr. O'Neill said, "I think that you have done the most that you can to make yourself metabolically healthy and lead that risk-free life". Wow, that was good to hear 😊

Dr. O'Neill and his colleges are in the process of getting the follow-up information needed for positive LCHF confirmation. Getting the calcium scores, CT Angiograms, etc., following people who are sticking to LCHF diets to establish clear data and trends. He mentioned that he is part of a 3000-member, country wide group of Canadian clinicians for therapeutic nutrition, who are basically proponents of LCHF. I was very

pleased to hear that number. Dr. O'Neill mentioned that he would reach out to the leadership to ask; "Shouldn't we have support from the lay public to assist in the outcomes we are seeking. There are way more of them than there are of us. So that the next round of health Canada food guidelines will get it right". Another positive and I will help any way that I can 😊



Final Note

During this path I have wanted to seek answers about what my CHD diagnosis meant and the related impacts to my health and my belief system. Those two things were at risk prior to meeting Dr. Blair O'Neill. I needed to be willing to accept that although I have never felt better and instinctually knew I was good, there was a chance that something I was doing was wrong.

Now, after the very positive appointment with Dr. O'Neill, I will schedule my annual physical in August 2019, with blood work. I will request another CT Angiogram to provide a comparison. I will make an appointment with Dr. O'Neill for comparative test results year over year. I will provide valuable data to him and the CHD community that will assist in proving the cardiovascular benefits of LCHF living. In the worst case I will see no change in my minor arterial plaque, in the best case will see an improvement.

Knowing that my path is supported by those at the highest levels within the Canadian healthcare community is very vindicating. Knowing there is no longer a concern about being put in the system as a typical high cholesterol, poor diet and lifestyle patient feels great.

I will not be prescribed Statins, I will not have to lower my cholesterol with all the associated health risks. That outcome would have not only caused me to lose credibility with my own health care provider but also with myself. It may have also set back the momentum currently being felt by proponents of LCHF and Ancestral health.

To know I have a kindred spirit within the CHD field is truly energizing and affirming. Having the conversation, I did with Dr. O'Neill about a topic we both have passion, has inspired me even more than previously. I know I am on the right track in wanting to

educate and help others as a health coach and have added to my story in a very real and positive way. I now feel strongly that there is a real likelihood that going Primal and following the Primal Blueprint has saved my life... Thank you Mark Sisson!!!



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