

## **“Reverse Heart Disease Now!” – Quick Start**

**Go to:** [www.HealthyLivingforBusyPeople.com](http://www.HealthyLivingforBusyPeople.com) → **Click on:** “Heart Disease Reversal”

### **EDUCATE**

**Read:** “Prevent and Reverse Heart Disease” Caldwell B. Esselstyn, MD

**Use:** “Prevent and Reverse Heart Disease Cookbook,” Ann Crile Esselstyn & Jane Esselstyn

### **DIET**

**Foods Allowed:** Eat Only UNPROCESSED Whole Plant Foods

**Unlimited:** Vegetables - non-starchy & starchy vegetables, whole “intact” grains, legumes/beans, lentils peas, squash, yams, sweet potatoes, potatoes, whole fruits, herbs (salt may be used when eating a whole food plant-based diet if no high blood pressure exists), water

**Limited:** Chia seeds or flaxseed (ground) 1-2 tablespoons per day, 2-3 cups of tea (green or black), decaffeinated coffee, 1 palm full or less of raw nuts daily

**Foods to Avoid:** No free oils, meat, poultry, fish, eggs, dairy products, raw nuts no more than a palm full per day, caffeinated beverages, including caffeinated coffee, alcohol

### **Quick Start – Heart Reversal “Sample” Diet**

- **BREAKFAST** - Cooked whole grain (or soaked in a nutmilk overnight) for breakfast with unsweetened nut milk, berries, 1-2 tbs ground flaxseed, 3-4 walnuts (i.e. steel cut oats, rolled oats, quinoa, brown rice, barely, etc) OR big bowl of chopped mixed fruit, including berries with 1-2 tablespoons of ground flax seed, 3-4 walnuts.
- **LUNCH** – Large vegetable salad – greens, vegetables, beans, oil-free dressing OR vegetable soup with beans, lentils, peas and/or whole grains
- **DINNER** – Half plate vegetables, mostly green, steamed or “quick” boiled; ½ plate any mix of cooked whole grains, beans/legumes and/or yam, sweet potato, potato, squash
- **SNACKS:** whole fruit, oil-free bean dip, raw vegetables, < 1 palm full of raw nuts daily
- **DRINK:** Water, green or black tea, unsweetened nut milks, decaffeinated coffee

# Key ‘Quick Start’ “Aids” for Heart Disease Reversal



Go To: [www.HealthyLivingforBusyPeople.com](http://www.HealthyLivingforBusyPeople.com) →

Click On: **Heart Disease Reversal** (Menu Bar) →

Scroll Down Page for **Educational Links of Interest to You:**



- Sign-Up for “Kirk’s Healthy Living Tips” on any of his websites
- Happy Cow App for your phone – plant-based restaurants & stores
- FREE whole food plant-based recipes
- PlantPure Jump Start – Educational package to get you started quickly (DVD, books, etc.)
- Whole food plant-based companies shipped WFPB meals to your doorstep
- Skim through “The Plant-Based Diet – A Healthier Way to Eat” (Kaiser Permanente)
- Consider whole-food-plant-based immersion programs 3-18 days – McDougall Programs, NewStart, 2Forks
- Online plant-based cooking courses: “Culinary-Rx.com” or “Forks Over Knives Online Cooking Course”
- Medical papers, books and cookbooks providing the scientific proof, and recipes on reversing heart disease
- Podcasts with plant-based cardiologists & surgeons, and heart reversal patient successes
- FREE transition program to a more whole food, mainly plant-based diet by following “Kirk’s 21 Day Healthy Living Program” – for 1 month (23 videos on right side of home page) then switch to a whole food plant based diet (no animal food) with no added oils as your Heart Disease Reversal Diet
- Health Coaching with Kirk Hamilton PA-C if needed

## Please Also Visit

- [HealthyLivingforBusyPeople.com](http://HealthyLivingforBusyPeople.com)
- [StayingHealthyToday.com](http://StayingHealthyToday.com)
- [SloppyVegan.com](http://SloppyVegan.com)
- [KwikerMedical.com](http://KwikerMedical.com)
- [Calciumscan.com/wellness-2/](http://Calciumscan.com/wellness-2/)

## Educational Resources

- Staying Healthy Today Show podcasts (iTunes/Website)
- <https://www.youtube.com/user/StayHealthyTodayShow>
- <https://www.youtube.com/user/TheSloppyVegan>

## Social Media

- [Facebook.com/kirkham.hamilton](https://www.facebook.com/kirkham.hamilton) [Facebook.com/kirkhamilton.author](https://www.facebook.com/kirkhamilton.author) and/or [Twitter.com/kirk\\_hamilton](https://twitter.com/kirk_hamilton)

## SUPPLEMENTS & TESTS SUPPORTIVE OF CARDIOVASCULAR HEALTH

### SUPPLEMENTS

Aged Garlic Extract 600 mg 4/d (↑plaque reversal)  
Arteriosil 1-2/d (↓ soft plaque; ↑ artery elasticity; ↓ ED)  
Berberine 150 mg 2 x daily (lower lipids)  
Berkeley Life Nitric Oxide Support 2/d (↓BP, ↑EF)  
Carnitine 1000-4000 mg/d (check TMAO levels)  
(↑ energy production)  
Coenzyme Q10 100-500 mg/d (ubiquinol)  
(↑energy production myocyte)  
EPA/DHA (algae) 2-4 gm/d (anti-inflammatory,  
lower triglycerides)  
Magnesium 200-600 mg/d (vasodilator, anti-arrhythmic)  
Meriva (turmeric) 500 mg 2 x day (anti-inflammatory)  
Pantethine 300 mg 3 x day (↓cholesterol)  
Policosanol 5-10 mg/d (↓cholesterol)  
Red rice yeast 1200 mg 2 x daily (cholesterol lowering)  
Ribose 5 gm 3 x daily (energy production myocyte)  
Vitamin B1 50-100 mg (glucose utilization for energy)  
Vitamin B2 50-100 mg (energy production myocyte)  
Folic acid – 5MTHF 1 mg (↓ homocysteine)  
Vitamin B6 25-50 mg (↓ homocysteine)  
Vitamin B12 1000 mcg (↓ homocysteine)  
Vitamin C 1000 mg (vasodilator, antioxidant)  
Vitamin D 5000-10,000 IU (anti-inflammatory, ↓ CHF)

### TESTING

Total cholesterol < 150 mg/dl, LDL < 100 mg/dl, HDL > 50 mg/dl  
Triglycerides < 100 mg/dl  
Triglyceride:HDL ratio < 2-3 > 4-5 ↑ risk  
Cholesterol particle number <1000 optimal  
Cholesterol particle size – smaller LDL < 700 optimal  
Cholesterol larger, buoyant LDLs less dangerous  
Homocysteine < 7 umol/l toxic amino acid ↑ stroke risk  
LpPla2 < 75 nmol/l marker of plaque activity  
Myeloperoxidase <470 pmol/L – plaque instability  
ADMA (asymmetric dimethylarginine) < 100 ng/ml  
(↑ADMA ↓NO)  
HS-C reactive protein <1 mg/L  
Insulin < 5 uIU/mL, HgA1C < 5.6%  
Coronary Calcium Score – 0/no plaque; 1-10 minimal plaque; 11-100 mild plaque & CT Angio  
([www.calciumscan.com](http://www.calciumscan.com))  
Endothelial function ([www.Endothelix.com](http://www.Endothelix.com))  
Increased arterial elasticity and heart rate variability  
(Max/Pulse [www.longlifecardio.com](http://www.longlifecardio.com))  
PULS CARIDAC TEST – measures immune response to endothelial damage [www.pulscardiactest](http://www.pulscardiactest)  
CORUS CAD – 23 gene expression profiling for CAD  
[www.cardopdx.com](http://www.cardopdx.com) REV 11/13/19

# Kirk's 21 Day "Healthy Living"

## Program For Busy People

➤ Read "Staying Healthy in the *Fast Lane*" **TRIAD Wellness Program** pages 133-193 (1-3/wks)

### Week 1

### Add: Week 2

### Add: Week 3

- **1 large salad daily** – as the meal (oil free dressings only) (81-88, 135-7, 140, 144-148)
- **No dairy products AT ALL** (10, 89-94, 115-117)
- **Greens/Fruit (75/25) Smoothie with ¼ cup flax or chia seeds** 64 oz in day or **2-3 whole fruits daily**. (140, 142, 144-145, 153)
- **Walks 15-30 minutes daily** (39, 159-167)
- **½ - 1 cup cooked beans daily** (145-146)
- **No Oils** (4, 5, 9, 12, 139, 143, 149)
- **No processed carbohydrates** (only whole or sprouted grains, starchy vegetables, fruit & no added sugars) (6,11,12, 24, 37-38, 94-100, 106-114, 116, 136, 140-142,148)
- **Sit still for 15-30 minutes daily** (188-193)
- **Eat off BED Diet food list x 2 weeks** (118,119, 135, 201-204)
- **No more than a palmful or 'deck of cards' of animal food daily (Preferably None)** (xvii-xviii, 5, 6, 9, 38, 67-88,135)
- **1-2 palmfuls of raw nuts or seeds daily** (142, 147-148)
- **Strength training 3-4 days weekly 15-30 minutes** (167-177)

**Super Salad:** Commit to eating one **LARGE** salad every day for 21 days (even if it takes all day). Use Tupperware type container 3 inches deep and 8 X 8 inches square.

**Leafy Greens** - Mix 1 to 3 different kinds of organic greens – Romaine, mixed or spring greens, spinach, kale, arugula, etc. into container (above).

**Vegetables** – add at least 4-5 different vegetables – bell peppers, carrots, celery, cucumber, parsley, snap peas, green onions, leeks, tomatoes, Jicama, olives (actually a fruit), etc..

**Fruit** – add 1-2 fruits to the salad - berries (blue, black, raspberries, pomegranate, grapes, etc) and whole fruit sliced (apples, pears, nectarines, peaches, orange, tangerine, grapefruit, etc).

**Legumes/Beans** – ½ - 1 cup organic beans (garbanzo, black, kidney, pinto, edamame, canned are acceptable). Rinse beans off in strainer before use.

**Nuts/Seeds** – 1-2 tablespoons of raw nuts or seeds (1 tablespoon flax or chi seeds always) are optional in salad.

**Dressing** - Cut up wedges of oranges, lime, lemons or grapefruit – 4-6 wedges per salad. Can freshly squeezed juice directly onto salad – or - add to these juices that are freshly squeezed – dill, sea salt, garlic pepper, curry powder, bay leaves, sesame seeds. Vinegars may be used.

**Super Green "Hyper-Nourishing" Smoothie** (in strong blender) – (For healing, energy, weight loss and increased metabolism) - 75% compressed greens / 25% raw or frozen berries, banana, mango, pineapple; 1 palm full (1/4 cup) raw flax or chia seeds (start with 1 tbsp. and increase 1 tbsp. each day; water to fruit line – 64 oz to be consumed in a day. If muscle building can add tofu, edamame, almond butter, non-soy vegan plant protein, organic nut milks (almond, oat, rice) – water total (including smoothie) 96 oz per day.

**Super Simple Soup** - 2-4 quarts of organic vegetable broth; chop up 3-5 different kinds of vegetables; ½ -1 cup of beans; herbs and spices (garlic, onion, sea salt, dill, basil, etc.); simmer 10-20 minutes; add 5 minutes before serving a palmful of cooked brown rice, quinoa or other non-glutinous grain. The grains may be precooked. Simmer for 5 minutes and serve.

**Super Simple "Lifesaver" Bean Dip to Smooth Your Blood Sugar, Reduce Cravings and Provide Good Carbs, Protein and Fats** – 1 – 2 cans of organic cooked beans (pinto, black, kidney, garbonza, etc.) poured in Quisinart (food processor) or hand mash in bowl. Add juice from lemon, lime or orange (or vinegar) to taste with garlic powder (or real garlic), dill, and any other herbs and spiced to taste. Can add avocado if weight is under control, or any other juicy vegetable (tomatoes, etc.) for texture. **Blend to desired smoothness**. Use for vegetable dips, sandwich spreads, finger food, between meal hunger! (No added oils!). **NO MORE CREAMY, CHEESEY, FATTY, GOOEY DIPS!**

It is also recommended that you:

Use the **Diet-Exercise-Symptom Diary** sheet under **Educational Handouts** (on the home page, **www.KirkHamiltonHealth.com**) to follow foods eaten and how you feel on **page 6** of this handout.

- **Weigh yourself daily** in the morning and evening and log weight on your **Food-Diary**.
- Do some form of **aerobic exercise** daily for a minimum of 15-30 minutes (pgs. 166-167).
- **Sit physically still** 15-30 minutes twice daily (pg. 188).
- Do some form of **strength training** (i.e. circuit training) 3-4 days per week (pgs. 167-177).

# Basic Elimination Diet (BED)

## (Shopping List – Foods to Eat)

### Vegetables (75% raw/greens)

Alfalfa Sprouts  
Artichoke  
Asparagus  
Avocado  
Beans (string)  
Beets  
Bok Choy  
Broccoli  
Brussels Sprout  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chard  
Collard Greens  
Cucumber  
Daikon Radish  
Endive  
Escarole  
Jicama  
Kale  
Kelp  
Kohlrabi  
Leeks  
Lettuce  
Mushrooms  
Mustard Greens  
Okra  
Onions  
Parsnips  
Radishes  
Rutabaga  
Seaweed  
Snow Peas  
Spinach  
Squash  
Sweet Potato  
Swiss Chard  
Taro

Turnips  
Water Chestnuts  
Yams  
Zucchini  
(add night shades back in 2 weeks –  
tomato, eggplant, peppers,  
potatoes)

### Fruit (add citrus back in 2 weeks)

Apples  
Apricots  
Banana  
Blackberries  
Blueberries  
Grapes  
Kiwi  
Mango  
Melon  
Nectarine  
Papaya  
Peaches  
Pears  
Pineapple  
Plums  
Pomegranate  
Prunes  
Raspberries  
Strawberries  
Watermelon

### Grains

Amaranth  
Buckwheat  
Millet  
Puffed Rice  
Rice Brown  
Rice Bread  
Rice Cakes (plain)  
Rice Cereals (plain)  
Rice Milk  
Rice Pasta  
Quinoa

### Beans/Legumes

Dried Beans  
Dried Peas  
Edamame  
Lentils  
Miso  
Soy Milk  
Tempeh  
Tofu (Soy Bean)

### Nuts and Seeds

Almonds (& almond milk)  
Cashews  
Chia seeds  
Flax seeds  
Hazelnuts  
Pecans  
Pumpkin Seeds  
Sesame Seeds  
Sunflower Seeds  
Walnuts

### Animal Foods (optional)

Beef  
Chicken  
Lamb  
Pork  
Poultry  
Turkey  
Wild Game  
Cod  
Halibut  
Mackerel  
Salmon  
Sole  
Trout  
Tuna

Updated 11-13-19

# A Midlife Epiphany – A Doctor Reverses His Own Heart Disease with Diet and Lifestyle



Rajiv Misquitta, MD, FACP

Nine years ago, life was going extremely well for me. I had just turned 40 and my boys were 1 and 3 years old. I was enjoying a robust medical practice and had also just been elected to the board of directors of the largest physician led group in the nation. Nutrition and lifestyle were not really on my radar. Suddenly, things took a turn for the worst. Driving to work on a cold November morning, I experienced chest pain and shortness of breath. Vivid memories of my father suffering from a heart attack at the age of 49 flashed through my mind. I stepped on the gas and somehow arrived at the parking lot of my hospital a few miles away. After steeling myself, I stumbled into

the emergency room, which was two hundred yards from my car. After barely making it through the doors without fainting, I turned to my emergency medicine physician colleague and said the words you never want to hear “I think I’m having a heart attack.” I was quickly placed on a gurney and an EKG was taken. When the nurse showed me the EKG, it was clear to me that I was having a heart attack. The blood tests also confirmed my suspicion. I was rushed to the cath lab and had two stents placed in my coronaries. As I lay in the recovery room with a sandbag on my leg to stem any bleeding, I was struck with worry about what the future held for me. I had just shattered my youthful illusion of being indestructible.

On the road to recovery, I switched to the diet recommended by the American Heart Association (AHA), absent of most meat except fish and olive oil, and changed my lifestyle to include regular exercise. Four months later, I began to experience chest pain while running on a treadmill at the gym. This progressed to chest pain at rest which is also called unstable angina. I called 911 and the emergency rescue personnel rushed me to the nearest hospital. At the hospital a repeat cardiac cath revealed that my coronary disease had progressed and I would need bypass surgery. This was a horrifying thought as I had scrubbed on these procedures as a medical student. I had once

again switched roles from being a physician to a patient, and I felt powerless in the wake of this terrifying disease.

After my bypass surgery, I once again embarked on the road to recovery and was determined to be even stronger than before and prevent this event from happening again. Modern medications (statins) and surgical procedures seemed at best to delay the advancement of heart disease. To me this was not acceptable. Fortunately, I stumbled upon the peer reviewed research, published by Drs. Dean Ornish and Caldwell Esselstyn, which showed intensive lifestyle changes can halt and even reverse heart disease.<sup>1,2</sup> I made a drastic change to my diet, following their recommendations, and gave up animal products and switched to a low fat whole-foods, plant-based diet. I also turned my attention towards finding ways of dealing with the increasing stressful demands of modern life. I found that reverting to the ancient teachings of yoga and taichi useful, and I became a yoga instructor and personal trainer. My grueling experience served as a doorway to total transformation. I lost 25 pounds following this lifestyle change and have never felt better. I also made it my mission to help others make positive changes in their lifestyle.

To help others make the transition to a healthier lifestyle, my wife and I published [Healthy](http://www.HealthyLivingForBusyPeople.com)



[Heart, Healthy Planet](#). It provides a framework on how to switch to a low-fat, plant-based diet with simple recipes that are easy to follow. Heart disease is the leading cause of death in the United States, killing roughly 600,000 each year. The standard American diet (SAD) is composed of far too much animal protein and refined, nutrient-poor food. Furthermore, the inflated marketing budget of fast food pushes our population towards an unhealthy diet. We consume an average of 185 pounds of added sugar or sweeteners a year. That is about as much as a whole person. It is no surprise that 70% of Americans are overweight or obese. Rates of type 2 diabetes have also increased steadily, to the point where we now have 100 million Americans who are diabetic or pre-diabetic. We live in a world where calories are unavoidable and exercise is hard to come by, and this is contrary to our genetic programming.

I began to advocate a whole food plant-based diet to my patients. And for those who were able to follow it, the changes were dramatic. Their medicines were reduced and in some cases their chronic illness such as diabetes and sleep apnea were even reversed. I became a plant-based chef to better understand the infusion of taste in healthy food. I also quickly realized that just providing someone with information was not enough. Behavior change is far too complex. I introduced plant-based kickstarts to my colleagues

at my medical Center and noticed tremendous results. However, to truly help my patients sustain behavior change over the long term, I realized that I would need to develop a structured pathway. I became consumed by this dilemma and teamed up with a psychologist and a program manager and began my adventure on developing a system to further study this issue. Our team has now expanded to include plant-based health educators and medical assistants. Our endeavor has evolved, and I am now a principal investigator of a clinical trial called H.A.L.T. or Health Achieved Through Lifestyle Transformation. It facilitates lifestyle transformation on patients with heart disease and diabetes. A whole foods plant-based diet is one of the interventions along with stress reduction and exercise. We are also studying food addiction, mood and outlook on life. Our preliminary results show a reduction in weight, HbA1c, cholesterol and systolic blood pressure. It is truly gratifying to witness the transformation on the lives of our patients. We have since developed a plant-based pre-diabetes program that is also beginning to show good results in its early phase. To house our fast growing collection of lifestyle programs, we developed the first department of Lifestyle Medicine at our South Sacramento Kaiser Permanente Medical Center. It straddles almost every field as the potential applications are enormous. I used the standards put out by the American College

of Lifestyle Medicine as guideposts.

It has been 9 years since my cardiac event and I feel better than ever. I exercise 6 days a week and am far more engaged in life than ever before. The true epiphany for me was the realization that the foundational pillars of our health aren't in high tech procedures or fancy drugs, but in what we eat, how much we exercise, how we deal with stress, our sleep habits, and our connection with others. As a nation, we cannot afford to continue building more hospitals, performing more surgeries and dispensing more medication. We will need to stop the rising tide of chronic illness that plagues our nation at the source, by influencing the lifestyle that is causing it with structured evidence based programs.

<sup>1</sup> Ornish D., Scherwitz L.W., Billings J. et al., "Intensive Lifestyle Changes for Reversal of Coronary Heart Disease." *Journal of the American Medical Association* vol. 280, no. 23 (1998): 2001–2008.

<sup>2</sup> Esselstyn C.B., Ellis S.G., Medendorp S.V. et al., "A Strategy to Arrest and Reverse Coronary Artery Disease: A 5-Year Longitudinal Study of a Single Physician's Practice." *The Journal of Family Practice* vol. 41, no. 6 (1995): 560–568.

The Plantrician Project  
<http://plantricianproject.org/plant-rician-showcase-1/rajiv-misquitta>