Best Nutrients to Remove Plaque from Arteries

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SUMMARY

The discussion focuses on the types of arterial plaque—soft and hard—and the nutrients that can help manage and reduce plaque formation. Soft plaque is more unstable and dangerous, while hard plaque is more stable. Key tests for assessing plaque include the CAC score and ultrasound, and specific nutrients can aid in converting soft plaque to a more stable form.

- *Two types of plaque: soft (unstable, dangerous) and hard (stable).*
- *CAC scores primarily reflect calcified plaque; soft plaque is not accurately represented.*
- *The CAC Paradox: a rising CAC score may indicate conversion of soft plaque to hard plaque.*
- *Glycation and oxidation are linked to soft plaque formation, particularly with small dense LDL.*
- *Key tests: myeloperoxidase, Lp-PLA2, and ultrasound for assessing plaque.*
- *Important nutrients:*
- *Pycnogenol (150 mg) and Gotu Kola (450 mg) help stabilize plaque.*
- *Vitamin K2 (in milligrams) inhibits vascular calcification.*
- *Niacin and other supplements like tocotrienols, berberine, and aged garlic support arterial health.*
- *HDL should be high, and triglycerides low, to reduce cardiovascular risk.*
- *Lifestyle and dietary changes are crucial for managing plaque levels.*

let's talk about the best nutrients to remove plaque from your arteries when I talk about plaque I'm talking about three things the combination of cholesterol a certain type of protein that creates the fibrosis and we're talk about calcium these are the three ingredients to form a Band-Aid when you have inflammation or some type of problem in the inside of your artery the first thing to know is there's two types of plaque there's soft plaque and then

there's hard plaque plaque or calcified plaque they're both very very different the soft plaque is very unstable it's more dangerous the hard plaque the more dense plaque the more stable the less dangerous the soft plaque is four times as common as the calcified plaque when you get a CAC test they give you a score and this score really represents how much plaque you have in your arteries mainly the calcifi plaque because a lot

of the soft plaque is involved in the turning into calcified plaque that does not show up on a CAC score now there's something called a CAC Paradox in which you might find that your CAC score goes up after changing your diet cleaning up the bad stuff and starting to get healthy the score might go up well what's happening it's not getting worse you're just converting more of that soft plaque to hard plaque where it becomes

more stable and there's some other tests that you can do which I'm going to explain at the end that will help you

identify more of the soft plaque because that CAC test really is not the best test to pick up this soft dangerous unstable plaque but I will talk about what tests you should do about this to assess this problem in a moment you usually have something called glycation connected to it what is glycation it's where you have a sugar and a protein

that gets stuck together and so that's involved in a certain protein that kind of locks up and creates problems and inflammation in your body this soft plaque is usually involved with more oxidation okay especially of the LDL and I'm not talking about LDL in general I'm talking about the the one that's more pathogenic there's two types of LDL there's the LDL that's uh much smaller it's called the small dense LDL okay that's the more dangerous type the more

pathogenic type versus the other LDL which is very different it's the large buoyant type and it's not the pathogenic type you just have to realize there's two types I'm going to show you a very simple way to use what they give you on your blood test to determine what type of LDL you have the first one it's a long name myop peroxidase the next one is lp- pla 2 so those are the two biomarkers that help pick up if you have

this soft plaque now another test that probably would be even better if you can do this and it's a relatively inexpensive quick non-invasive test it's an ultrasound of your kateed and that gives like a 98.6% prediction of having the problem there's some other really important values to look at too is is your HDL okay you want that to go up hgl tends to clean up that pathogenic bad LDL the

next thing you want to see on the low side is triglycerides because if the triglycerides are high then you can pretty much know the person's consuming too many carbs now there's another test that if you can get this it's a really good way of assessing what's really going on with these lipids okay and it's called lipoprotein insulin resistance if you happen to get a blood test and you can request this it'd be very very important to know where your number is at because

out of all of the factors that's the one that's the most associated with cardiovascular athro sclerosis all right so now let's discuss how one can figure out if they have the the small dense particles for the LDL versus the large buoyant okay without even doing that test what you do is you divide the LDL by something else called APO B it's part of the Lipo protein that indicates

the number of particles ideally we want it to be greater than 1.2 which will indicate large buoyant LDL which is the non-pathogenic version now all of that is very interesting and a bit complex so I want to jump into what nutrients can help remove this plaque okay well the first two nutrients are number one pyal that's pine bark you'd want to take 150 milligrams picul

helps convert the soft plaque to the calcified plaque where it becomes more stable and also it prevents the formation of plaque and the next one is called go to Cola you'd want to take 450 milligrams of go to Cola go toola helps enhance the function of pical so it's going to help this conversion to more stable plaque it will also prevent the formation of plaque number three remedy is is vitamin K2 which is the most potent inhibitor of

vascular calcification it basically stops the calcification from occurring in your arteries I would not recommend taking vitamin K2 in micrograms I would recommend taking it in milligrams and I've looked around to find a supplement that will give you the amounts in milligrams there's not many and I personally don't have a product like that and I don't don't have any affiliations or associations with any other companies that do except I did find one company that does have it does

provide it it's life extension it's called Mega K2 I'll put that link down below so the next remedy is nyise Nat kindness can help decrease the thickness of the kateed wall and the last remedy is called niin don't get the sustained release one get the one that creates the flush I know some people don't like that but as far as cholesterol goes it is what you need now I'm not advocating that you take just a lot of nutrition

I'm giving you the ones that are the most poent I'm also going to talk about some other ones next that also create some amazing effects for plaing I just want to mention them because I don't want to leave them out tokat trinal helps decrease inflammation of the arteries it's a type of vitamin E berberine is a really good one you have also aged garlic you have magnesium and potassium that helps to soften up the arteries if they're stiff and rigid and

then you have vitamin D which is a very potent anti-inflammatory really good for the arteries really good as an anti- plaing vitamin and so I put a lot of the references that I talked about down below check them out but if You' like to know the best meal or foods to help you avoid plaing I put that video up right here check it out