

Heart Attack Recovery: What to do & what to avoid



I FIX HEARTS

BY DR. OVADIA



What to do during your recovery process

How much you can expect to recover

How much you recover will depend on the severity of the heart attack. You should ask your doctor about your heart function. Your heart function is one of the most important predictors of how well you are going to be able to recover after the attack.

Data shows that up to about six months after a heart attack, you can still be improving and recovering.

After nine months to a year, continued improvement are unlikely, so it is important to focus on making improvements during the first 9 months after a heart attack.

Make sure to

- Get up and move regularly
- Take walks regularly
- Let your body be your guide
- Avoid negativity - seek communities of positive people that have also recovered
- Focus on eating a whole-food diet, with the focus being on improving your metabolic health
- Avoid carbohydrates/sugars, vegetable oils/seed oils, and heavily processed foods
- Minimize muscle loss by focusing on light resistance training, with approval of your medical professional





How to Avoid a Second Attack

Preventing a second heart attack

People who have a first heart attack are prone to having additional heart disease, another heart attack, and more damage to their heart.

The key to avoiding that or minimizing the risk of that is understanding what led to you having the heart attack in the first place and then addressing those risk factors.

The biggest risk factor for having a heart attack is being metabolically unhealthy in the medical terms being insulin resistant.

Changing your habits, addressing your lifestyle to undo the insulin resistance can make you more metabolically healthy.

The best thing you can do is be an active participant in your recovery.

Most important things to change

- Eat whole real food - whole real food is going to be a very powerful force in your recovery.
- Get enough sleep - your body is rebuilding when you are sleeping.





Dr. Philip Ovadia

I am a board-certified Cardiac Surgeon and founder of Ovadia Heart Health. Our mission is to optimize the public's metabolic health and help people like you stay off my operating table.



As a heart surgeon who used to be morbidly obese, I have seen firsthand the failures of mainstream diets and medicine. I realized that what helped me lose over 100 pounds was the same solution that could have prevented thousands of open heart surgeries I've performed — metabolic health.

Through Ovadia Heart Health, I teach individuals and organizations my complete metabolic health system to prevent and reverse disease, avoid early death, and live well for life.

Enroll in Dr. Phil's Recovering from a Heart Attack Course

Learn how to best recover from a heart attack, and steps to you can take to help prevent a second heart attack from occurring.

Join at <https://ifixhearts.com/courses/>.

