

## Guillermou

Cardiovascular diseases rank first among the diseases that cause the most deaths in the world, responsible for 40.6% of total deaths in the world. Dr. Mark, who emphasized the need to build on the seven pillars of health, namely nutrition, sleep, stress management, movement, genetics, hormones avoiding metabolic diseases. Multiple reports appear to support the belief that acute psychological stress can precipitate myocardial dysfunction, infarction, arrhythmia, and cardiac death. Activation of cardiac sympathetic outflow and inhibition of cardiac vagal are important mediating mechanisms. Acute stress causes a high amount of catecholamines to be secreted into the blood.

These hormones can cause many changes in the body, such as tachycardia, high blood pressure, coronary vasoconstriction, and/or stress cardiomyopathy. Also, a team of scientists from McMaster University in Ontario (Canada) has studied the link between the use of antidepressants and the risk of mortality, through a meta-analysis of existing research from several medical databases, looking for a link between mortality and the use of antidepressants. The results revealed that, in the general population, people taking antidepressants had a 33% higher risk of dying prematurely and were 14% more likely to have an adverse cardiovascular event, such as a heart attack.

The coincident appearance of cardiac symptoms (eg, acute coronary syndrome or myocardial infarction) during an anaphylactic or anaphylactoid episode is known as Kounis syndrome. A variety of drugs, substances, foods, and environmental exposures are associated with this reaction. More than half a century ago, the renowned American physiologist Walter B. Cannon[ published an article entitled "Voodoo Death," based on anecdotal experiences, largely from the anthropological literature, of death by fright. He postulated that such death was caused " by a long-lasting and intense action of the sympathetic-adrenal system".

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Today's phrases "scared to death" and "a broken heart" are deeply rooted in popular wisdom and reflect the potentially lethal consequences of emotional, depressive or mental stress. In 1971, Engel collected 170 secular press accounts of sudden death that were attributed to disruptive life events. People with takostubo respond to stress with a strong release of adrenaline, but are unable to ACTIVATE the vagus nerve/parasympathetic nerves of the heart, which calm their system and restore balance. The COVID-19 pandemic has had far-reaching consequences beyond the disease itself, including economic, social, political, religious, and psychological implications.

The coronavirus has cardiovascular manifestations in the form of arrhythmias, conduction disturbances, myocarditis, stress cardiomyopathy, myocardial injury and ischemia or myocardial infarction due to increased microvascular and/or macrovascular coagulopathy. In addition to these direct effects, we are now beginning to recognize the indirect cardiovascular effects of COVID-19 in the form of an increased incidence of Takutsobo cardiomyopathy in patients without any evidence of coronavirus infection, presumably due to the increased psychological stress of social isolation. and social turbulence.

In the last link, Dr. Scott Olson proposes some nutritional interventions to prevent a broken heart.

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## juststeve

Gui, death from a broken heart is absolutely all too real. Just witnessed it in the last few years. And it almost seemed contagious. A broken heart if it doesn't kill someone can affect them in ways just completely disrupting a person's whole being. Their energy levels, engaging in life or with people all but disappears. Very sad to witness somebody suffering with something you can't 'fix,' but mostly just bear with them.

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Thank you Just, yes, very sad to witness such a fatal event. A case series showed that Takotsubo was diagnosed in patients after they had experienced severe emotional stress due to financial instability, severe emotional stress related to occupation, and emotional stress after the death of a family member. These patients had underlying risk factors, such as hypertension and hyperlipidemia, and presented with symptoms such as chest pain, dyspnea, and nausea. They had ST segment elevation or marked T wave inversions on their electrocardiographs. Each had mildly elevated cardiac enzymes, painting the picture of acute coronary syndrome. One study showed that Takotsubo cardiomyopathy may be more common (5.7%) than previously reported (1 to 2.2%) in postmenopausal women presenting with the classic presentation of acute coronary syndrome.

very similar to acute coronary syndrome and may initially be difficult to diagnose [7]. Some potential but rare complications of the disease include hypotension, ventricular rupture, thrombosis involving the LV apex, and torsades de pointes. Some causes of the disease may include coronary spasm, coronary microvascular dysfunction, catecholamine toxicity, and myocarditis. The pathophysiology of Takotsubo, however, is not fully understood. Currently, catecholamine cardiotoxicity and microvascular dysfunction are the most supported theories (Figure 1).

[www.ncbi.nlm.nih.gov/.../PMC8849532](http://www.ncbi.nlm.nih.gov/.../PMC8849532) (2022).--

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## juststeve

And Gui, so much of it actually affects the heart and all the other conditions flow out from there. It's often believed among the healthiest among us, awareness of the energies and emotions sourcing from the heart have strong influence on our thoughts and behaviors. Awareness and balance between the Heart and Mind are often pursued in Eastern Cultures. Just the Gut, but when Doc is speaking about cultivating Joy in our lives, this is very likely a strong component in that pursuit.

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## honeybee22

This is a real thing. When an elderly person dies and their partner survives sometimes they just pass away from a broken heart. Grieving. Loss. Sadness. Having a friend die suddenly a few years ago showed me the potential for this in my own life. I had to really fight back against the tendency to mourn after some time. Productivity and mental health are serious concerns. I started EFT tapping, took some lithium orotate and planned balanced meals with more protein. Exercised in a focused way for endorphins and all of that lifted me out of the blues and heaviness. Blessings.

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## Marminkia

I have been suffering from this condition for decades; after the last massive attack in 2022, echocardiography has shown mitral valve regurgitation. Nobody noticed it for 30 years... While Mg+ Malate works well, I cannot have any Vit B6.

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## **CinnamonGirly**

You nailed it Dr. M. Now I understand what is wrong with me. Yes, magnesium and B6 have a profound effect on me. I will try harder to use these regularly. Thank-you so much for this incredible information!

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## **m231231**

Heard Debbie Reynolds died of a broken heart one day after her daughter Carrie Fisher passed. Outdoor exercising 2.5 hours a day. Taking the good Dr. M's advice.

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