

FOREWORD

I had the honor of treating Mr. Paul Gundotra, a man full of life, spirit and happiness, surviving a massive heart attack 30 years and without drugs. In my office, he underwent a massively stressful dental procedure of over 100 hours, over a 30-day period with lot of adrenaline pumped into him, if we do not give him the credibility of knowing more about heart, whom should we give it? No doubt, the medical system is failing us all with all the do's and don'ts. I urge the medical community to sit up and listen to this man's quest and firsthand experience. No doubt, this book is a product of love and care for humanity.

He has done extensive research in the area of heart health and he shares in his book as to what the pioneers in the field are saying. This way he not only brings other authorities into focus but also supports them through his own study and experiences. Thus bringing you practical knowledge based on information to give you a life free of the many diseases plaguing humankind today.

Additionally, his desire to save lives is truly rooted in his calling. He has no products or services to sell. Therefore, he does not have to dilute his message for his readers. Paul goes beyond just the advice in his book. He shows you from his own example how he handled different situations, thereby teaching you how to use his smart tools.

In fact Paul goes on to tell his very inspiring story on how to live a life that is optimal aall levels and this encompasses the four pillars

of a life well lived. These are spiritual health, physical health, emotional health and finally financial health. Failing in any of these areas can lead to an unfulfilled life.

I am encouraging all my patients and friends, to have a copy and to use Paul's Smart Tools for Optimal Living. Paul is not a medical doctor, and as such, he has written his book in easy to understand language, which makes it easy for you to ask the right questions when you talk to your doctor.

This book is not just opinion; it is about teaching individuals how to apply Paul's Smart Tools for Optimal Living and turning people into their own advocate and even becoming their own doctors to beat not just heart attack but any disease.

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INTRODUCTION

This book is part of series of books on Optimal Living. You do not need to read these books in any particular order, as they are independent and complete in themselves.

WHY AM I WRITNG THIS BOOK?

Why am I writing these books? This is to help as many people around the world as possible. In spite of many challenges, I have been blessed with an incredibly happy and successful life on many levels. My calling in life is to help people achieve their very best life possible. My ultimate goal is to turn you into your own doctor, not just for Heart Attack but any ailment. This includes, balancing your life in the four major areas of health: emotional health, financial health, physical health, and spiritual health. This book and its companion, "HEART ATTACK SURVIVAL", are mostly a part of physical health with some emotional health. Although both of these books comprise information on health, many of the in-depth details are covered in the book specifically dealing with physical health, which is aptly called, "OPTIMAL LIVING-PHYSICAL HEALTH".

Likewise, in all my books, I address issues involved in living a great life, not just a healthy life. Why, because, imagine that you are 95 years old with great health but have no money left to support yourself. Alternatively, for that matter you do not have an intimate emotional connection with your loved ones. On the other hand, maybe you are lost, spiritually speaking. Is that the kind of life worth living even with great health?

Additionally, please keep in mind that I am not writing these books to teach anyone the English language. I grew up with English as my second language and I have made every effort to make sure that this book is grammatically correct and spelling error checked. However, if you do find some obvious mistakes that I may have overlooked or for that matter any information that may be misleading, please bring it to my attention, I will be grateful and will make the change right away for the benefit of my readers. My overriding concern is to get this information out to my readers as quickly and as economically as possible. Now getting back to the subject at hand, Heart Health!

Why I have chosen to write this book on heart attack? Every minute, someone dies from a heart attack or some other coronary event. It is the number 1 global killer among all other diseases. In 1984 when I had a massive heart attack, I was told that the damage was so severe that even lifting a book could kill me. Yet, today almost 30 years later, I have the best health ever. For over 30 years, I was not on any direct medications for my heart attack. Around 2008 professional in the field of cholesterol told me that my VAP cholesterol blood work is comparable to people who are known to live past a hundred years. He added, "Paul you need to share this information with other people, they really need this!" But, what qualifies me to write books to help others?

WHAT QUALIFIES ME TO WRITE THIS BOOK?

As an author, I have also written books for every age starting with teens, into parenting, on to middle age, and beyond. A few topics of my books are, "How to make your dreams come true", "How To Achieve Success And Happiness Both", "Balance In Life At Every Stage Of Your Life", "Online Dating For Singles", "How To Raise Kids That Will Love You And Flourish In Their Own Life" etc.

Medically speaking, I have been near death six times, and of which, once I was clinically dead. Each of these incidences have humbled me greatly and given me a completely new perspective on life. In fact, health is priority number one for me. My family often tells me that I am never going to find a soul mate to match my passion for healthy living. For me, it is a lifestyle that includes discipline and focus.

Some historical background, I was raised as a Hindu living side by side with Sikhs and Muslims, and at the age of thirty, I became Christian and was an elder in my congregation for many years. As an inspirational and motivational minister, I have given talks to many congregations over the years. I have also lectured on my first book in Australia, India, Europe, and of course, my home country the USA, as well as on cruises, in all I have gained a varied perspective from people from all walks of life. Additionally, all my books are based on my vast personal experiences, which are tried and trusted.

I came to this country in 1965 and retired as a self-made millionaire by 1988. I helped all my siblings as well as my father to immigrate to USA. In many ways, I am the pioneer in my family, being the first to leave India. All eight out of eight, in my family including my three children and me have become highly successful. Is this just a coincidence, you be the judge. However, the larger point here is that by having balance in life, and staying focused on what is truly important, anyone can be successful at all levels. How is this book different than so many already published and what does it contain?

HOW THIS BOOK IS DIFFERENT?

Although this book is not about eating per say, but eating healthy is a large part of preventing a heart attack. Besides, this book contains

the latest finding on eating healthy. I have collected information from many different sources, books, and studies from the last 15 years or so and sorted it all out for real information that is helpful in daily life. This is for the benefit of those who do not have the time to read multiple books and sort out the many controversies contained in these books. Additionally, many of you may not be able to afford the cost of many of these books.

Furthermore, after reading various books published over the years by many of the pioneers in the field of heart disease, I find that they disagree on some finer points. I also noticed that not all doctors follow plant-based nutrition as one of the answers to heart disease. They have as much right, as do I, to endorse their own ideas. Though, I can only recommend what has worked for me. It is up to you to decide what to do after you have examined my arguments for a plant-based diet.

However, information alone is not enough, as such all my books are designed to explain Smart Tools to apply to each individual's personal situation. This book contains information to inspire you through thirteen case studies from my own life to help motivate you to make the changes necessary to attain an optimal life. Why is this important to you? I am an engineer with analytic mind and a science degree. I have kept records of my food intake and other important health tests for almost 30 years. This allows me to go back and study what works and what does not.

Finally, this book is different, as I have no end to grind. In that, I am not selling any products or services, nor am I paid by anyone for publishing this information or endorsing any product. If I use some brand names here, it is only because I have been using them for years and find them useful.

WHAT IS IN THIS BOOK?

Physical Health is essential for living a great life or as I call it Optimal Living. In this book, I share with you how I have handled the challenge of surviving a massive heart attack by focusing on healthy living. This is to instill in you that you need to be responsible for your own welfare and, more importantly in this case, to be your own doctor.

Anyone can overcome heart disease, just as many others and I have also done it. In the book I will share with you in layman's terms, what is a heart attack, how to prevent one, what are some of the causes, and why information alone is not sufficient to halt this epidemic? Moreover, in the end, I share with you my own examples as to how I have handled many of my own health challenges for inspiration. What if you have already had a massive heart attack like me?

In my other book, "Heart Attack Survival" I address this as a main subject of how to use the right mindset to fix the heart and prevent another heart attack. Why pills are not always the best answer for everyone? How your emotional health plays an important yet not so well understood role? How what you eat can significantly affect your chances of having another heart attack? Lastly how regular exercise can make a big difference in your heart health! While all these subjects are mentioned in this book, the details can be found on my blog or in different books dealing with each of these specific subjects. For details about my other books and latest news, visit my website paulgundotra.com

In addition to the above, this book also provides you with what the pioneers in the field are saying about heart attack. This will further motivate and reassure you to move forward to make the necessary lifestyle changes to prevent a heart attack

HOW IS THIS BOOK GOING TO HELP YOU?

I want to share the information in this book with all of you in the hope that my story of remarkable recovery will give you some new insights, information, inspiration, hope, and courage to overcome any obstacles you may have to living a heart healthy life. In the following chapters, it is my intention, not just to tell you how I did it, but more importantly, give you the Smart Lifestyle Tools that I have used to get to where I am today. The reason why I have taken this approach is that what foods and exercises work for one person may not work for others, besides, what works today may not work tomorrow.

New information is being introduced all the time. Also, your own body's needs change with time, so you must have a smart way of life to deal with these ever-changing needs. Additionally, the nine Smart Tools in this book will help you deal with any ailment that is plaguing mankind, like cancer, high blood pressure, diabetes etc. not just heart disease. These tools are principles and not laws, which do not apply to all people at all times. Yet the laws from which these principles are based are fundamental and do not change with time. Therefore empower yourself by assessing your own risk and accept responsibility to make a difference in your life.

What have all these Smart Tools done for me in the end, apart from great health? Some 25 years after my heart attack, doctors looked at my heart scan and they found that even though one of the major three arteries in my heart is still completely blocked (this was the culprit of my massive heart attack), now new small arteries have appeared to supply life-giving blood to a previously dead area of the heart. This has helped the heart to gain strength over time. This is sometimes called angiogenesis, a rare phenomenon of the growth of new arteries around the heart's dead tissue, but in special cases like mine, it does make a big difference in the performance of the heart.

I am not a doctor, but a common person just like you; I will make every effort to write all my books so that a common person can understand the concepts and Smart Tools presented. First, what is the latest research on heart attack and nutritional links to heart health?

MUST HAVE A REASON TO LIVE

Because, I myself am a thirty plus years survivor of a massive heart attack. I want to assure you that my own story in the form of case studies provided in this book will help you not only prevent a heart attack, but will also take you to a new level of health, perhaps one you have not felt in a long time, maybe ever!

First, before you can begin to start turning your life around by using the information I am going to share in this book, you **MUST** have a reason to want to live, bad enough that you will make the necessary lifestyle changes. I am the living proof of that and I am sure there are millions of others who have done it too.

Are you still not convinced? Why do I say that you need a compelling reason to live? While there are many studies to back me up, here is one that will warm your heart.

October 17th, 2014 On the CBS evening news under the segment; "Broken hearts on the mend" segment, Steve Hartman shared this story:

[Youtube](#) Video

TEXT: Doctors can put in a new heart if it is broken, but who puts the love in? The reality is that it is already there. In Rochester New York at the University of Rochester, two heart transplant patients are shedding new light on the healing process. After their transplants, a man and a woman, both 68-year-old suffered from depression and complications, they all had but given up. They both had given up on doing anything or even exercising. Few months ago, they both started to suddenly to improve. Their doctor was

confounded; both said they wanted to do more, so they began to do more activity together.

So what was this miracle drug that made them suddenly better? After the surgery Danny and Esther, both kept on running into each other. Danny was a confirmed bachelor and Esther was divorced twice. Neither one of them was looking for a relationship. Even so, they both started dating each other and healing. Doctors confirmed that there are other studies that show that love and support can lead to better heart and overall health; this is just further proof of that.

Now the happy couple are enjoying their life on carefree lane, seriously, they have moved together on a street name carefree lane. Danny felt living with a woman will take some getting used to but then, every medicine does have some side effects. They both said they would recommend to anyone. To survive, Danny and Esther both needed a new heart but to truly live they both needed sweet hearts.

Once you have understood the reason to live, to fortify this mindset, you must also add to it an understanding of the consequences of failing to act. Only then, can you hope to make the necessary lifestyle changes, as you go forward, slowly but surely.

WHY LOW FAT

In this study Dr. Robert Vogel, of the University of Maryland showed that among those who consumed no fat in their meal, there was simply no problem: their arteries bounced back to normal. However, the arteries of those who had eaten a fat-laden fast food meal took far longer than the normal 2 hours to respond; in fact, it was almost six hours. Here is your answer to the question of can I cheat once in a while, NO! If you need extra convincing, watch this [YouTube video](#).

Additionally, not only do we need to achieve a total blood cholesterol level of below 150 mg/dL but we also need to achieve these numbers with a plant-based diet, why? Plant-based nutrition has a beneficial effect on endothelial cells that produce nitric oxide as explained earlier. In fact, this finding won the Nobel Prize for Medicine in 1998. So, it is a science-based fact. Of course, if you cannot lower your cholesterol below 150 mg/dL on plant based low fat diet or if you are having some angina pain, then consult your cardiologist for using one of the statin drugs in addition to a plant based low fat diet. Fat is a necessary part of our diet but it needs to be from a plant based source as documented by the pioneers in the field in the next chapter.