



Cholesterol is not the enemy. It's actually vital for your heart, brain, and hormones! In this month's Heart Blog, I share how processed foods are harming us — and why whole foods like steak and eggs support heart resilience and vitality.

Heart Health & Resilience: What You Need to Know

When we speak of the heart, we often think only of its physical health—but the truth is, heart health has two sides: resilience and coherence.

Resilience is our ability to recover, adapt, and thrive, even when life brings challenges. Science shows there are four domains of resilience—Physical, Emotional, Mental, and Spiritual. For true wholeness, we must pay attention to all four, because each affects the others. Yes, diet and exercise are important—but so are mental focus, emotional self-regulation, and a spiritual commitment to values that keep us compassionate and accepting of others.

Coherence, on the other hand, is the harmony between the heart and the brain. When we practice simple techniques like deep breathing or focusing on gratitude, we bring our nervous system into balance. By simply practicing heart coherence, you tap into clarity, resilience, and inner balance more quickly.

What Really Matters for Heart Health

According to Dr. Philip Ovadia, there are five physical markers that matter most for determining whether your heart is healthy:

- Waist measurement
- Fasting glucose & fasting insulin
- Blood pressure
- HDL & triglycerides
- Coronary artery calcium (CAC) score

Notice what's missing? Total cholesterol and LDL, long believed to be the gold standards, are not significant predictors of heart disease. Many doctors now admit they were mis-taught—and unknowingly mis-taught their patients.

That's why myths such as "fat is bad for your heart" have cost so many lives. In reality, Dr. Ovadia has shown that a ribeye steak, or even two hamburger patties topped with cheese, can be healthy—and even necessary—for heart health.

The truth is, man-made, processed foods — the very foods promoted in addictive packaging and even endorsed by organizations like the American Heart Association — are damaging to the heart. Whole, God-made foods are healing. Foods such as meat, eggs, and other nutrient-rich sources of healthy fat and protein provide what the heart and brain truly need. Cholesterol is not the enemy — it is essential for the health of your heart, your brain, and your hormones. To reclaim heart health, we must turn away from man-made foods and return to the wisdom of whole foods as nature designed them.

I've seen this disconnect personally. During a recent hospital stay, I was given a one-day "liquid diet" packed with sugar. When I told the nurse I couldn't drink it, she asked if I was diabetic. I replied no, and her shocking response was: "Well, you should hear our diabetic patients complain! Sorry—those are the guidelines and there's nothing I can do." I drank water until my daughter brought me herbal tea.

This experience revealed just how broken our dietary guidelines are. The Standard American Diet—heavy in grains, cereals, and processed carbs—is fueling disease rather than preventing it.

The Brain-Heart Connection

Did you know that your brain and heart are in constant conversation? The brain sends information to the heart through the sympathetic and parasympathetic nervous systems, and the heart actively receives and responds. This two-way relationship means that what we think and feel directly shapes how our heart functions—and how resilient we become.

An amazing fact is that your heart has a brain of its own, and it sends more information to the brain than the brain sends to your heart. Your heart can actually act independently of the cranial brain and has extensive sensory capacities. It sends signals to the brain that can influence your perception, your emotional experiences, and even higher mental processes. When your heart has coherent rhythms, it supports the brain in being creative and innovative in problem solving. You must protect your heart!

Doctors Leading the Way

Thankfully, courageous doctors are stepping forward to challenge outdated myths. Some of the most outspoken voices include:

- Anthony Chaffee, MD
- Bart Kay, PhD
- Ken Berry, MD
- Philip Ovadia, MD
- David Diamond, PhD
- Robert Kiltz, MD

I have personally met or spoken with several of these physicians. Their collective message is clear: The Standard American Diet is killing people.

If you want to learn more, I encourage you to visit OvadiaHeartHealth.com, read Dr. Ovadia's book [*Stay Off My Operating Table*](#), and explore his teachings on [His YouTube Channel, I Fix Hearts by Dr. Ovadia](#). In just 150 pages, he explains what you truly need to know to escape the myths still being told in doctors' offices today.

Join Me This October

I have devoted the past year and a half to studying metabolic health, and I am eager to share what I've learned. I invite you to join me for my Zoom Heart Healthy Program on:



Thursday, October 9th



6:30–8:00 PM



Registration required—You must be registered to receive the Zoom link

RSVP: 216-409-4906 or Barbara@BarbaraHribar.com

Remember—I am an educator, not a doctor. But together, we can uncover truths, build resilience, and reclaim heart health in ways that bring both science and spirit into alignment.

With heart-centered blessings,

Barbara Hribar

Circle of Freedom – Body, Mind & Spirit Revival

Licensed HeartMath® Certified Trainer (San Diego, August 12, 2019)

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📞 216-409-4906 | ✉️ Barbara@BarbaraHribar.com



Sidebar: Whole Foods vs. Processed Foods

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