

Ad #1



Headline

DASH Diet, But Better

Body

This DASH-inspired system builds on the proven heart benefits of the original, with one powerful twist. Sarah, who lost 28 pounds and lowered her blood pressure to a healthy 119/72, is living proof that more people need to try it,” says cardiologist Dr. Marissa Kelton.

[Read the full article](#)

Ad #2

Headline

Why Seniors Everywhere Are Switching to This DASH Diet Upgrade

Body

“Why are seniors ditching the DASH diet for this upgraded version? Because it actually works. Blood pressure drops in weeks, stubborn belly fat disappears, energy returns,” says cardiologist Dr. Marissa Kelton.

[Read the full article](#)

Ad #3

Headline

The results blew me away: 2 sizes down and BP at a healthy 119/72

Body

“It took me only 2 months to get my life back on track. Now, I’m a 62-year-old who has more energy and vitality than my grandkids,” says Sarah.

[Read the full article](#)

Ad #3

Headlines for short ads. The one on the right performs for quite a few products



Cardiologist: : This “Window” Could Be the Missing Piece to Losing Weight for Women 60+ [Read more](#)

Jun 12 • 6 comments • 204801 Views • Reading time: 6 min



1. Cardiologist Reveals #1 Diet Which Deactivates Deadly Cardiac Triggers
2. Cardiologist: These 3 Simple Changes Will Protect Your Heart And Help You Lose Weight
3. The 3 Heart Disease Triggers Every Diet Must Address (According to Cardiologist)
4. Cardiologist: 'Seniors Can't Lose Weight Because Most Diets Never Turn On Your Metabolic Switch'

[Read more](#)

Sticky CTA:

Ready to flip the right switches for your heart? [Show me how]

Cardiologist Reveals Which Diet Flips the ‘Off Switch’ on Dangerous Heart Disease Triggers And Sheds Pounds

[IMAGE: On the left, a woman doctor in her 50s talking into a microphone. On the left, a close up of an older woman trying to button up her jeans, [example](#).]

This box should be in blue:

Sarah, 65, lost 28 pounds on a popular low-carb diet.

Her clothes definitely fit better but her annual checkup revealed something worrying: her blood pressure had spiked to dangerous levels, and her heart showed signs of irregular rhythm.

"I thought I was getting healthier," she says. "I had no idea my heart was paying the price."

According to cardiologist Dr. Marissa Kelton, this happens more commonly than most think.

We invited her to talk about the diet mistakes that could be fatal for people with heart conditions and what to do instead.

The Medical Blindspot That's Putting Heart Patients in Danger

According to **the University of Oxford and Harvard Medical School**, many trendy diets that deliver rapid weight loss are simultaneously triggering serious heart trouble. [1](#) [2](#) [3](#)

“This is a big problem in my field,” says Dr. Kelton.

Doctors urge patients to lose weight, but give them either **generic or overly complex instructions**.

Dr. Kelton explains that people end up picking up dieting advice online, which can often make their heart problems worse.

But the so-called “heart-healthy” diets aren’t much better.

“Take the Mediterranean diet,” says Dr. Kelton, “research shows it protects your heart but does virtually nothing for weight loss.” [4](#)

According to her, it’s fine if you’re already at a healthy weight, but dangerous **if you have a BMI over 25**, because the excess weight becomes a major heart risk.

What Harvard and Leading Medical Voices Wish Every Heart Patient Knew About Dieting

When we asked Dr. Kelton how to identify the perfect diet for heart health, she broke it down into **three triggers that most diets miss and why ignoring them can be dangerous**.

Trigger #1: The Inflammation Problem Must Be Fixed

Harvard Medical School highlights **chronic inflammation** as a hidden trigger behind heart disease. [5](#)

Unchecked inflammation damages blood vessels, accelerates plaque buildup, and can spark the blood clots that lead to heart attacks and strokes. [6](#)

“Any diet that claims to protect your health must include foods that actively fight inflammation,” says Dr. Kelton.

[IMAGE: illustration of inflammation, something like [this](#).]

Trigger #2: You Need Metabolically Active Nutrients

According to Dr. Kelton, without **the right nutrient balance**, most diets lack the crucial “metabolic switch” that improves your metabolism and heart health.

For example, the right mix of potassium, magnesium, and calcium can drop blood pressure, lower cholesterol, and jumpstart weight loss. ⁷

Trigger #3: Belly Fat Must Be Targeted

Visceral fat (the “active fat” wrapped around your organs) does more than add inches to your waistline.

The American Heart Association emphasises that people with excess belly fat face higher heart disease risk even when their overall weight looks healthy. ⁸

A truly protective diet must be designed to **target visceral fat**.

[IMAGE: Something like [this](#).]

So, is there a diet that actually addresses all three factors?

As it turns out, yes.

The well-known DASH diet can address all three of these, but there’s a very important catch.

And Dr. Kelton is asking us to pay very close attention to what she has to say next.

According To Her, Studies Provide Only The Foundation, But Personal Adaptation Makes It Work

Why not just follow DASH straight from a pamphlet?

Because heart health improvements happen fastest when the diet is matched to your specific body and situation. ⁹

“It works on two levels,” explains Dr. Kelton.

Biologically, people respond differently.

The truth is, everyone reacts differently; the same meal can have very different effects on one body than on another. ¹⁰

Psychologically, you’re far more likely to stick with a plan when you see your own numbers moving in the right direction, as well as get personalised insights.

Personalisation turns DASH from a generic guideline into a plan that flips the right switches for your specific heart risks.

The Unexpected Discovery That Completely Transformed Dr. Kelton's Practice

“Knowing all this, I began creating personalized diet plans for my patients,” she said.

The results were consistent: lower blood pressure, healthier weight loss, and in some cases, fewer medications.

“But I couldn’t scale it. There simply weren’t enough hours in the day.”

I knew some people were left with generic DASH guidelines or paying \$300+ per session for nutrition counseling with long waiting lists.

But the turning point came through my fellowship network, where a colleague in Europe had been testing a digital system built to deliver these kinds of plans.

He connected me with its creators, and I saw firsthand how it worked.

I decided to try it with my toughest cases.

This box should be in blue:

Sarah, is the same patient who came to me in tears after her 'successful' weight loss that nearly gave her a heart attack.

This time, using the personalized DASH approach, she maintained her full 28-pound weight loss while her blood pressure went to a healthy 119/72.

Her heart rhythm returned to normal, and she stopped having those scary episodes where her heart would race after meals.

[IMAGE: An image of Sarah before and after weight loss]

After seeing this, I knew I finally found something special.

“This is now the only system I trust with my patients' hearts and lives.”

The system Dr. Kelton is talking about is called Cardi.Health.

They've combined **cutting-edge cardiac research** with **proven dietitian recommendations** to create a program that helps people take real control of their heart health.

What makes it convenient is that it's available as an app, so you literally have a cardiologist and dietitian in your pocket, available 24/7.

[IMAGE: A phone with Cardi.Health app on. On different sides of the picture, this text is presented:

- **Trustworthy.** Designed by cardiologists and dietitians.
- **Practical.** Can be adjusted to any schedule and is easy to follow.
- **Accurate.** Tracks heart health data and identifies problems early.
- **Effortless.** A meal plan so perfectly matched to you, it feels effortless.]

Dr. Kelton Negotiated A Special Price For Her Patients And Is Now Extending The Same Offer To Health Insider Readers

I know a good thing when I see it, and after 25 years of watching patients struggle with cookie-cutter diets, I'm not going to keep this breakthrough to myself.

Here's how it works: Take a quick heart health quiz to unlock your special discount.

The quiz helps determine if this approach is right for you and gives you **insightful information on your health**.

If you're curious what this could do for your heart health? I've included the link below.

Want Sarah's results? Here's where her transformation started.
[Take Sarah's Exact Quiz]

Sources

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9. Personalized dietary programs outperform general advice for better heart health
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Comments

Meredith.P

This sounds exactly like what I need! I'm 58, following DASH perfectly but my BP is still high and I've gained weight. Definitely trying the quiz!

Kathy78

This actually works! 6 weeks in and my BP dropped and I lost 12 pounds. The app tells me exactly what to eat based on how I respond. My doctor was shocked!

Sally

Sarah's story is literally me! Lost 25 lbs on keto but ended up in ER with heart issues. 8 weeks with this approach kept the weight off, energy is amazing, heart rhythm normal. Wish I'd found this first!

