



### **Heart to Heart with Dr. Radha Gopalan: 8 Rules to Successful Health**

*On March 24, 2021, Banner Health Foundation hosted an online presentation and discussion featuring Radha Gopalan, MD, a renowned cardiologist and Director of Advanced Heart Failure, Mechanical Circulatory Support and Heart Transplant at Banner - University Medical Center Phoenix. Dr. Gopalan answered the following questions after the session due to time constraints:*

## **Health and Wellness Topics:**

### **Q. What do you recommend for self-cleansing—both physically and emotionally?**

A. Physical cleansing uses detox programs in addition to activities like exercise and fasting. I recommend detox programs that are at least 21 days in duration in consultation with a health care provider. If there is heavy metal accumulation, chelation can be considered in consultation with your primary care physician as well. An example of a 21-day detox program is offered at [ultrahealthyhuman.com](http://ultrahealthyhuman.com). Emotional cleansing is usually carried out through psychological counseling, processing, biofeedback, and hypnosis.

### **Q. I have heard non-medical family members say that ‘bottling up’ emotions can lead to cancers or other illnesses. Dr. Gopalan, do you know of any evidence-based studies to support this idea?**

A. Medical literature supports the association between unaddressed emotions and illnesses. There are several studies concerning this. Browse “psychology today” and search for personality or emotions and diseases.

In the book *SECOND OPINION*, I describe the association of personality and emotions with eight leading causes of death in the world. It discusses the importance of what I call the inner power of an individual (termed “You Power”) in relation to disease development and progression. This book is available at Amazon, Barnes & Noble, and at [www.healthyhumaneducation.com](http://www.healthyhumaneducation.com).

### **Q. What recommendations do you have for those continuing to suffer from the lingering effects of COVID-19 infection?**

A. The amount of time taken to recover from any infection is dependent on the individual’s underlying health status. The most important step you can take is to preserve your inherent energy, engage in actions that improve health, and disengage from actions that deplete health. In addition, one should have frequent and close follow-up visits with their primary care physician to help monitor the regression of the effects of COVID-19.



A more detailed description of the actions you can take regarding what I call “health assets and health liabilities” is detailed in my new book, *SURVIVAL*, to be released in April 2021. This can be pre-ordered online at [www.healthyhumaneducation.com](http://www.healthyhumaneducation.com).

**Q. What are the major differences in the way the East and West approach medicine?**

A. Western medicine approaches from the perspective of diseases and mainly focuses on the treatment of disease through medications. Eastern medicines addresses the person suffering from the disease, and pays less attention to the disease itself. The basic philosophy being:

Western medicine: Fight disease with medicines.

Eastern medicine: Fight disease with health.

**Q. Where can I purchase your books?**

A. My book *SURVIVAL, 8 rules for being your own healer*, can be preordered at the website [www.healthyhumaneducation.com](http://www.healthyhumaneducation.com). Once released in April 2021, the book can also be purchased at Amazon and Barnes & Noble.

My book *SECOND OPINION, 8 deadly diseases, Western Medicine, Eastern Medicine and You Power, together they can save your life*, can be purchased at Amazon, Barnes & Noble and a signed copy at the website [www.healthyhumaneducation.com](http://www.healthyhumaneducation.com).

## Heart Health Topics:

**Q. On a scale of 1-10, how much does heredity play into someone developing heart disease?**

A. Genetics have been strongly associated with heart disease. However, there is a difference between being predisposed to the disease and manifesting the disease in one’s lifetime. It’s hard to determine a scale because many factors can influence this predisposition. I have seen patients without any family history be diagnosed with coronary artery disease and sustain a heart attack, and others, who, despite having a family history of heart disease, did not manifest the disease themselves. This is true for other forms of heart disease, as well. An article published in the journal “Cell” has a comprehensive detail. This can be accessed at [Cell.2012 Mar 16; 148\(6\): 1242-1257](https://doi.org/10.1016/j.cell.2012.03.016).

**Q. What is the VERY best thing that someone 60+ years of age can do to build and maintain a healthy heart?**

A. One of the very best things is regular, mindful exercise. It’s recommended to engage in a minimum of 150 minutes of exercise a week – after a discussion with your primary care physician to ensure safe exercises are performed.



**Q. I have A-Fib and AV complete heart block, and thus have a pacemaker and am on blood thinners. What lifestyle measures can I take to keep my heart strong and healthy?**

A. This question is better answered by your electrophysiologist (the physician who takes care of heart rhythm disorders), as this is a very specific question.

**Q. Where can I find more information about the new leadless pacemaker: Micra AV, by Medtronic?**

A. The company Medtronic makes Micra AV pacemakers. Information relating to this pacemaker can be found in their website; [Medtronic.com](http://Medtronic.com).