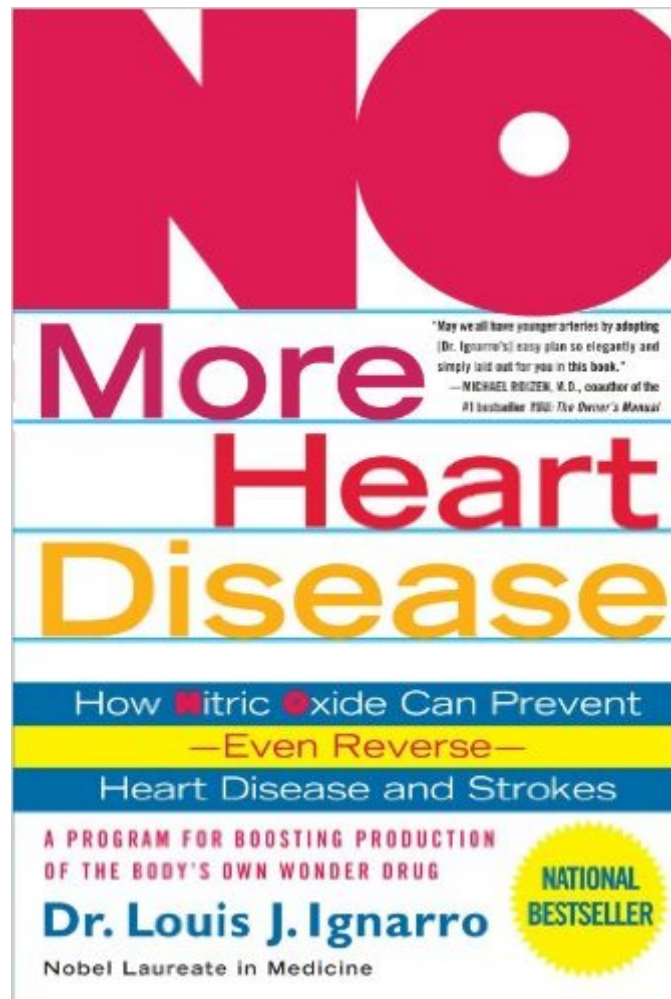


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# NO More Heart Disease: How Nitric Oxide Can Prevent--Even Reverse--Heart Disease And Strokes



## Synopsis

Dr. Louis Ignarro discovered "the atom" of cardiovascular health--a tiny molecule called Nitric Oxide. NO, as it is known by chemists, is a signaling molecule produced by the body, and is a vasodilator that helps control blood flow to every part of the body. Dr. Ignarro's findings led to the development of Viagra. Nitric Oxide has a beneficial effect on the cardiovascular system as well. NO relaxes and enlarges the blood vessels, prevents blood clots that trigger strokes and heart attacks, and regulates blood pressure and the accumulation of plaque in the blood vessels. Dr. Ignarro's current research indicates that Nitric Oxide may help lower cholesterol by facilitating the actions of statin drugs like Lipitor. The goal of the regimen presented in NO More Heart Disease is to age proof the cardiovascular system, keeping the vascular network clean and elastic through enhanced NO productivity. The plan is easy-to-follow without extreme lifestyle adjustments, involving taking supplements to stimulate Nitric Oxide production, incorporating NO friendly food into the diet, and a moderate exercise program.

## Book Information

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## Customer Reviews

Dr. Louis J. Ignarro, a Nobel Laureate in Medicine, has compiled the history of a discovery that continues to be proven to "Prevent-Even Reverse-Heart Disease and Strokes" and specifically describes "A Proven Program for Boosting Production of the Body's Own Wonder Drug" in "NO MORE HEART DISEASE", St. Martin's Press 2005, 248 pages. Dr. Ignarro's preliminary research explained that there was a naturally occurring substance that C-Laureate Dr. Robert Furchgott called "endothelium-derived relaxing factor" (EDRF). Dr "I" identified Nitric Oxide (NO) between 1978 and by 1986 proved that "nitric oxide's role in the body was definitely a signal molecule, which

performed crucial cardiovascular functions." Arterial plaque he illustrated, "if you think of the living healthy wall cells as being slick like Teflon, while an unhealthy cell is sticky like Velcro, causing plaque to attach" then you've got his idea. His program titled, "Say Yes to NO" recognizes that "red meat fish, olive oil, nuts and pomegranate juice enhance the body's ability to produce NO.

Unfortunately he cautions, you would have to eat one hefty steak all three meals a day to maintain a beneficial level of NO. Therefore he recommends a NO boosting blend of amino acid supplements: L-Arginine, L-Citrulline plus Alpha Lipoic Acid, C, E, and Folic Acid and adds, "the acceleration of blood that occurs during exercise can stimulate the production of the enzyme NO synthase, which is important to the body's production of NO." That means it works better if you exercise! Although this 2005 book publicizes NO's effect it doesn't include John P. Cooke MD Ph.

After reading some of the reviews here, I decided to include my own personal experience with using the supplements suggested in Dr. Ignarro's book "NO More Heart Disease". I will start from the beginning: about 5 years ago, I was informed by my doctor that my total cholesterol reading was 365, but my blood pressure was not too high 130/82. I also came to find out that heart disease is hereditary in my family. The first thing my doctor wanted to do was put me on a cholesterol lowering medication - a statin. Initially I agreed and began taking it. Within two weeks, I felt a huge difference in my overall health. - I felt weak, tired, and my joints felt stiff. I was 39 at the time but I felt like I aged 20 years in those two weeks. I began doing some research and found out the truth about statins and it compelled me to stop taking them immediately. Not too surprisingly, I began to feel better within a few days and after about a week, I was back to feeling normal again; no aches and pains that I was feeling while taking the meds. I decided that I would try to fix my problem the natural way by modifying my diet, adding in some supplements that are said to help lower cholesterol, and increase my activity level. I felt I was fairly active already - weight training 3 - 4 days a week at that time and I ate pretty healthy to begin with, but obviously something was missing. The next year, I had my blood work done again and I thought for sure I was going to be in the clear, but I only managed to get my cholesterol down to 288. My doctor again strongly urged me to take a statin to lower my cholesterol and I still refused. I was truly frustrated because I was already taking supplements - red yeast rice, garlic, L-arginine, niacin, and a multi vitamin and still my cholesterol was this high.

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