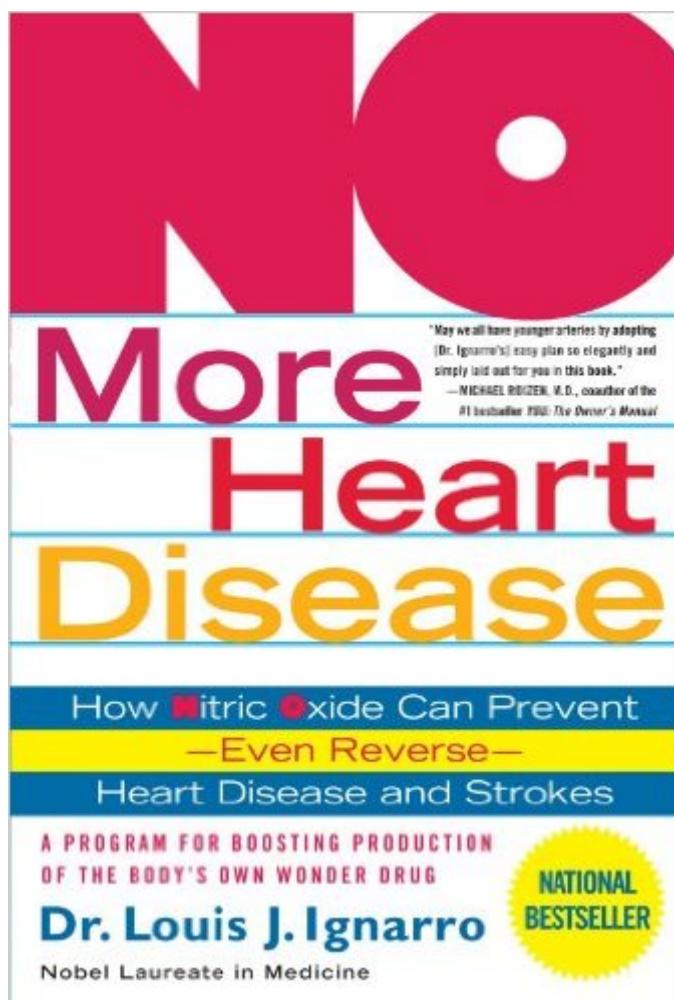


The book was found

# 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**

Paperback: 272 pages

Publisher: St. Martin's Griffin; Reprint edition (January 24, 2006)

Language: English

ISBN-10: 0312335822

ISBN-13: 978-0312335823

Product Dimensions: 5.4 x 0.7 x 8.3 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â See all reviews Â (167 customer reviews)

Best Sellers Rank: #56,598 in Books (See Top 100 in Books) #46 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease

## **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 Furchtgott 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.

[Download to continue reading...](#)

NO More Heart Disease: How Nitric Oxide Can Prevent--Even Reverse--Heart Disease and Strokes  
Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And

Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice The South Beach Heart Health Revolution: Cardiac Prevention That Can Reverse Heart Disease and Stop Heart Attacks and Strokes (The South Beach Diet) Headache Pathogenesis: Monoamines, Neuropeptides, Purines, and Nitric Oxide (Frontiers in Headache Research Series) Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) The Fast Metabolism Diet Cookbook: Eat Even More Food and Lose Even More Weight The 30-Day Heart Tune-Up: A Breakthrough Medical Plan to Prevent and Reverse Heart Disease Heal Your Heart: The Positive Emotions Prescription to Prevent and Reverse Heart Disease Total Heart Health: How to Prevent and Reverse Heart Disease with the Maharishi Vedic Approach to Health Prevent a Second Heart Attack: 8 Foods, 8 Weeks to Reverse Heart Disease Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Osteoporosis: How To Treat Osteoporosis- How To Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments & Exercise Routines) Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure The Arthritis Cure: The Medical Miracle That Can Halt, Reverse, And May Even Cure Osteoarthritis The Great Cholesterol Myth + 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin Free Plan and Diet that Will Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan that Will The High Blood Pressure Solution: A Scientifically Proven Program for Preventing Strokes and Heart Disease 7 Steps to Health: Scientifically proven methods to help you stop, reverse, and even cure disease without the use of drugs, pills or surgery. The Paleo Cure: Eat Right for Your Genes, Body Type, and Personal Health Needs -- Prevent and Reverse Disease, Lose Weight Effortlessly, and Look and Feel Better than Ever

[Dmca](#)