



The Bob Weeks Story Trilogy

This is the 3rd and final edition of the Bob Weeks story.

After 15 years of taking your phone calls, I know what you want to achieve in your health goals.

Many of you already have a program and it is working for you. I know because I hear from you.

My lessons come from Dr. Rainer Böger, M.D. and scientist (Arginine, Cardiovascular Disease and Nitric Oxide), John P. Cooke PhD, scientist (Cardiovascular Disease and Heart Disease). David Sinclair, PhD, scientist (Why We Age and Why We Don't Need to). David B. Agus, M.D., researcher (The Cause of Disease). Elizabeth Blackburn, PhD (The Telomere Effect on Aging and Health). Caldwell B. Esselstyn, M.D. Researcher (Cardiovascular Disease and Nitric Oxide). The last is Dr. Linus Pauling for Vitamin C.

These Scientists Have Spent Many Years Unraveling Disease and Aging

The average time spent is approximately 30 years for each researcher and scientist. They are all renowned and have researched for top notch universities and all have become famous in their own right.

I feel, like most scientists (which I am not), disseminating the information learned from all the research is complicated. Most people don't want to accept information that goes against their core belief. They say, "well, if this information is so great, why isn't it main stream?" That's a good question? However, the fact that you're reading this, in and of itself, is revealing about your curiosity and interest.

Our Health Care System is Controlled by the Pharmaceutical Industry

Medical schools adhere to pharmaceutical programs and teach very little about natural products, natural cures and natural treatments outside their programs directed by the pharmaceutical industry. Most pharmacists don't like taking pharmaceutical products because they know the negative side effects. I have talked with many. They make so much money selling pharmaceuticals that nutraceuticals are a low priority and difficult to sell because insurance doesn't pay for them and there are few clinical trials. Plus, the markup is too small.

We plan to do two clinical trials on cardiovascular disease and congestive heart disease in the next year. With success, we will approach the insurance industry to pay for this natural treatment. It's a long shot, but with Dr. Böger heading this program, there is a chance.

The insurance industry is all about profit and arginine can be an effective, healthful treatment for disease.

Having said all this, I will proceed to tell you about my health program and why.

(Aging, according to David Sinclair, PhD, a 30-year researcher at Harvard, is a disease.)

The following information is a culmination of David Sinclair, many other researchers worldwide, on why we age. Research by Dr. David Agus, M.D., Dr. Linus Pauling, M.D., PhD. and Dr. Rainer Böger M.D. is also included.

The health program outlined in “**Lifespan**” (2019), by Dr. David Sinclair, PhD - who from his 30 years of research and the many years of research of numerous others - believes that if you are 80 or less – the health program will get you to 125 years old – all while staying young and active in the process.

What is coming down the pike is a program to get the 60-to-80-year old's to 150 years old, this program is in the works now. There are many genes responsible for extending life. Dr. Sinclair is 50 years old and works and plays as if a 30-year-old. His father is 80 years old and lives like a 50-year-old, hikes all over the world, travels all over the world.

A Word About David Sinclair's Research

What has made David Sinclair so famous is what he discovered while researching “aging”. He is Professor of Genetics at Harvard Medical School. Time magazine named him “one of the 100 most influential people in the world” and among the “Top 50 people in Healthcare (2018). He has received

more than 35 awards for his research and major scientific breakthroughs, including NIH Director's Pioneer Award. He's been featured on 60 minutes, Today, and in the Wall Street Journal, New York Times, and many other papers. He coordinates the research on aging with many other institutions worldwide. If you question his research, read his book. I did 3 times. I believe his research has withstood the scientific peer review analysis - that's why he is so famous today. I see his research everywhere.

2 Important Notes

1. David Sinclair claims that aging is a disease and that there is no gene that causes us to age. It's our lifestyle, pollution, diet, weight, exercise and some other factors.
2. David Sinclair discovered that sponge genetics are somewhat similar to humans. The most important part of that discovery is they have a very short life expectancy, and as such he could study how to affect their life expectancy very fast. To use humans would have taken many years for each discovery. Once the discovery was made, he could apply it to rats and then to humans.

There are many things you can do to extend your life and health. Steps 1-4 Below are from Dr. Sinclair's Research.

1. **1,000 mg Bebeerine (AMPK activator), exercise also activates the AMPK cell health #7.** Bebeerine mimics the health benefits of Metformin. It is a nutraceutical and can be bought over the counter. It even works better with Metformin. They are a powerhouse duo.
2. **1,000 mgs 98% pure Resveratrol (Telomere health and keeping inflammation in check)** Arginine Miracle 120mg/day of Resveratrol. Resveratrol can stop the shortening of the Telomeres and actually lengthen them. Without this benefit you could not extend your life very much beyond 90 years.
3. **1,000 mgs NMN (Nicotinamide Mononucleotide) (cellular health, strength and energy).** NMN is a compound made in our cells from avocado, broccoli, and cabbage. The benefit is as if you had been exercising a great deal. Your mitochondria will function as if you were younger in just 1 week. Remember your mitochondria is your powerhouse or your source of energy. NMN also protects against kidney damage, neurodegeneration, and mitochondria diseases.

4. **Vitamin K2 and Vitamin D3 keeping vessels clean** of both calcified and cholesterol plaque (Arginine Miracle) (300mcg and 800 IU's daily is new for calcified plaque removal). However, AM has been removing soft plaque and reversing hardening of the arteries all along, by Dr. Sinclair.
5. **L-Arginine / L-Citrulline 2000mgs / 1000mgs, Nitric Oxide producer, two times per day**, cardiovascular disease remedy and elixir of life. Mitochondria (repair and replace) Cardio Wellness's anti-aging product (CoQ-10 and resveratrol and others) by Dr. Böger's 30 years of research.
6. **Curcumin 1,000 mgs plus 10 mgs Bioperine to help with absorption.**
7. **Anti-inflammatory, cancer inhibitor, end of illness and Golden knight of health by Dr. Agus's research.**
8. **Vitamin C – 1,400 mgs by Dr. Pauling's research.** Vitamin C is an essential micronutrient for humans, with pleiotropic functions related to its ability to donate electrons. It is a potent antioxidant and a cofactor for a family of biosynthetic and gene regulatory enzymes. Vitamin C contributes to immune defense by supporting various cellular functions of both the innate and adaptive immune system. Vitamin C supports epithelial barrier function against pathogens and promotes the oxidant scavenging activity of the skin, thereby potentially protecting against environmental oxidative stress.

CAN WE LIVE ROBUSTLY UNTIL OUR LAST BREATH?

Do we have to suffer from debilitating conditions and sickness? Is it possible to add more vibrant years to our lives? In the #1 New York Times bestselling book **"The End of Illness"**, Dr. David Agus, M.D. has tackled fundamental questions and dismantles misperceptions about what "health" really means. Presenting an eye-opening picture of the human body and all the ways it works - and fails - he has done cancer research for over 20 years. Dr. Agus shows us how a new perspective on our individual health will allow us to achieve a long, vigorous life. **The book's theme is about inflammation and disease. He states that "inflammation of the body causes 100% of all illnesses."**

CURCUMIN - THE TRIPLE WHAMMY AGAINST INFLAMMATION

Inflammation is a factor in practically all disease, according to curcumin researcher A. Jay Goel, Ph.D. Director of Epigenetics and Cancer Prevention at Baylor University Medical Center in Dallas.

CURCUMIN - THE GOLDEN KNIGHT - is a component of the Indian spice turmeric. It is a potent antioxidant and increases the function of genes that may protect the body. Curcumin rides to the rescue!

Curcumin is by far the most powerful antioxidant known to science, hundreds of times more powerful than blueberries, which have substantial antioxidant capabilities themselves. On the ORAC (Oxygen Radical Absorbance Capacity) scale that rates the antioxidant power of foods, Curcumin rates 157,000 per 100 grams, while antioxidant-rich blueberries have only a 6,000 ORAC rating per 100 grams. This means that just one high quality curcumin supplement delivers more than 26 times the antioxidants in a serving of blueberries. Curcumin literally scrubs the oxidative "rust" from the cells which may help prevent serious disease.* It may help cell deterioration and restores the cellular genetic codes to youthful levels, ensuring those cells will reproduce more like they did when you were young. More importantly, from the viewpoint of damaged cell division found in cancer, Curcumin also may help tell the cells to die when their time comes as ordained by nature, which may help reduce tumor growth.

In addition, curcumin has a unique ability to cross the blood/brain barrier, a membrane that protects the brain from invaders like bacterial infections and keeps out most other substances as well, including those that might be helpful. This gives curcumin the ability to deliver its antioxidants and anti-inflammatories directly to the brain, which may be particularly helpful in cases of dementia and depression.

In the case of cancer, cutting-edge research shows curcumin has a variety of ways of helping with abnormal cell growth, including an ability to affect cell division on the genetic level.

The 4 items listed in 1-4 is the program that Dr. David Sinclair is currently taking. Number 6 is based on the book and research study by Dr. Agus M.D. and #7 is Dr. Linus Pauling's research on Vitamin C. Number 5 is based on Dr. Böger's 30 years of research.

Dr. Sinclair states that aging is a disease and he has vigorously researched why we age. We age because our cells lose the ability to communicate with our brain (loss of genetic information), and our lifestyle and environment. If we only do a few of these things we will benefit and age less, do more than a few, we will live much longer and out of the disease phase of life. A combination of these health issues will really change your life. Our Arginine products can address at least 4 of these issues. #2, 3, 5, and 12. These are the 4 easiest to accomplish. Lifestyle issues can be just routine and can be incorporated into your life.

A most interesting lesson was the AMPK factor. Fat cells or any cell will resist releasing the fat to energy as we age, when we are young, they do. That is the #1 reason we gain weight as we age. By taking Metformin and Bebeerine the fat cells will release the fat to energy as if you were young AND doing 30 minutes of vigorous exercise can really turn on the AMPK activator in the cells, according to Dr Sinclair.

Turing on the AMPK activator is one of the longevity factors and may be one of the most important in achieving a long life.

Dr. Sinclair does not eat sugar, and very little bread or pasta, and no red meat.

Best to You in Health

Bob Weeks

801-892-9501

www.cardioandheartwellness.com

bob@argininewellness.com