



# **No More Cardiovascular Disease**

*Preventing It and Overcoming It!*

**By Bob Weeks**

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Bob Weeks

No More Cardiovascular Disease. Preventing It and  
Overcoming It! / Bob Weeks

Published by Bob Weeks

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# Introduction

## **Unlocking the Secret of a Healthy Heart: The Power of Nitric Oxide – the Scientific Facts**

Hello, I'm Bob Weeks, and I welcome you to a journey that's close to my heart – both literally and metaphorically. This book, "NO More Cardiovascular Disease," is not just a compilation of scientific facts and health advice; it's a narrative born from personal loss, a relentless pursuit of knowledge with many experts in the research field over many years, and ultimately, a discovery that changed my life as well as many other lives - and could potentially change yours.

I invite you to seriously contemplate just how much the scientific information in this booklet could change your life for the better.

### **Can you relate to the following?**

*These testimonials are all from people who have decided to change their lives for the better.*

#### **Good Lipid Panel but High Cholesterol**

I am 67 years old and relatively active for my age. I have been taking Cardio Wellness product for several years now, possibly 3 or 4. I learned about it from a naturopathic doctor/friend. My lipid panel is considered to be fairly stellar. Although my overall cholesterol is a bit high, the HDL portion (or so-called good cholesterol) is good enough that my doctor has told me that I am at very low risk for heart disease. My HDL typically measures at least 85 and has been over 100. My triglycerides are well within the normal range. I eat a fairly healthy diet with little fast food, but am not obsessive about what I eat. Since heart disease has run in my family, heart health is some that I have given concern to for at least a decade, and I consider this product as an important factor in staying healthy. I would recommend this product for others who have similar concerns.

#### **Ulcerative Colitis and Arthritis**

I have been using this product for many years and I am a believer! I have Ulcerative Colitis, Arthritis and a number of other inflammatory ailments. This product has reduced all my inflammation symptoms. My arthritis is a 100% better and I feel great! I am very appreciative of this product and have passed on the information to my doctors and they all love it. Thanks again for this product!

## **Feeling Good!**

I have no clue if this is doing what it's supposed to do along with removal of plaque from my veins or arteries. I suspect I will never know till I meet my maker (which I'm trying to put off as long as possible) So, I'm taking it based on faith that it is working and doing as we have been told. A plus may be that I feel good, but again, no clue if I would have felt the same or not.

## **Been Taking For 7 Years Now**

I've always had border line high blood pressure, in 2013 a friend told me about Arginine Cardio, since taking Arginine Cardio and never cutting back on my salt intake my blood pressure is 110 over 70. Then in 2017 they improved to Arginine Miracle and now in 2019 improved to Cardio Wellness. What I like the most is that they are continually trying to make it better.

## **Take My Word for It, It Works!**

I (we) have been using their L-Arginine formulas (they keep improving the bioavailability and quality of the ingredients) since 2010. There is a reason the discovery of NO won a Nobel Prize in Medicine... so... now 24/7 this product is dilating my arteries and keeping my blood pressure normalized. Does it work? I'll put it this way - in the millisecond it takes an artery to slam shut - you have either stroked or are dead, dead, dead. You will then know you should have used arginine miracle. I will never take that chance or be without it. Remember... don't be a "SUDDENLY"!

## **Diagnosed With Aortic Aneurysm**

I have been using this product for probably 9 months now on the recommendation of both my naturopath and my cardiologist. I have a strong history of heart disease in my family and as it turns out was diagnosed with an aortic aneurysm. My most recent scans revealed that my aneurysm is not as large as it was when it was first diagnosed; while it could be the way the scan was done or perhaps the reading of it, it is strongly possible that Cardio Wellness is having a positive effect and will continue taking this product twice daily. I am hoping the next scan will be more definitive and I can attribute good results solely to this product.

## **Many Improvements**

Increased stamina during exercise, better circulation, and better recovery time after bursts of intense training. My blood pressure is more stable as well.

## **Natural Improvements**

Helped lower my blood pressure naturally. Increased energy. Natural weight loss over a period of time.

## **Changing My Life**

My story in the world of cardiovascular health began with personal tragedies. I lost my mother to cardiovascular disease when she was just in her forties. At the age of fifty, despite my 32 years of running, I had the disease. Years later, my brother, despite his dedication to intense cardio exercises - suddenly fell victim to the same disease. I had to know what was going on and how I could avoid a similar fate. The loss of my mother and my brother were not just emotional blows; they were wake-up calls that set me on a path of discovery and advocacy.

I began a deep dive into the world of cardiovascular health. I had been told by my doctor that despite being physically active, and running five miles a day, my own heart was aging rapidly. Medical tests revealed that my cardiovascular system was akin to that of someone over a century old. This was a jarring revelation, but it propelled me to seek solutions beyond traditional exercise and diet regimes and the medicines available.

In my quest, I discovered there was a great deal of widely unknown research on treating cardiovascular disease. Researchers were discovering the transformative power of L-arginine supplements and their role in boosting Nitric Oxide in the bloodstream. This was not just another health supplement trend; it was becoming a scientifically backed pathway to rejuvenating the cardiovascular system. My personal experience with these supplements has been nothing short of miraculous! Now in my eighties, I have the cardiovascular health and body of a much younger man! I am a testament to the power of Nitric Oxide, which has required a consistent effort on my part and years of taking L-Arginine supplements. It's been worth it! I am alive and I am well!

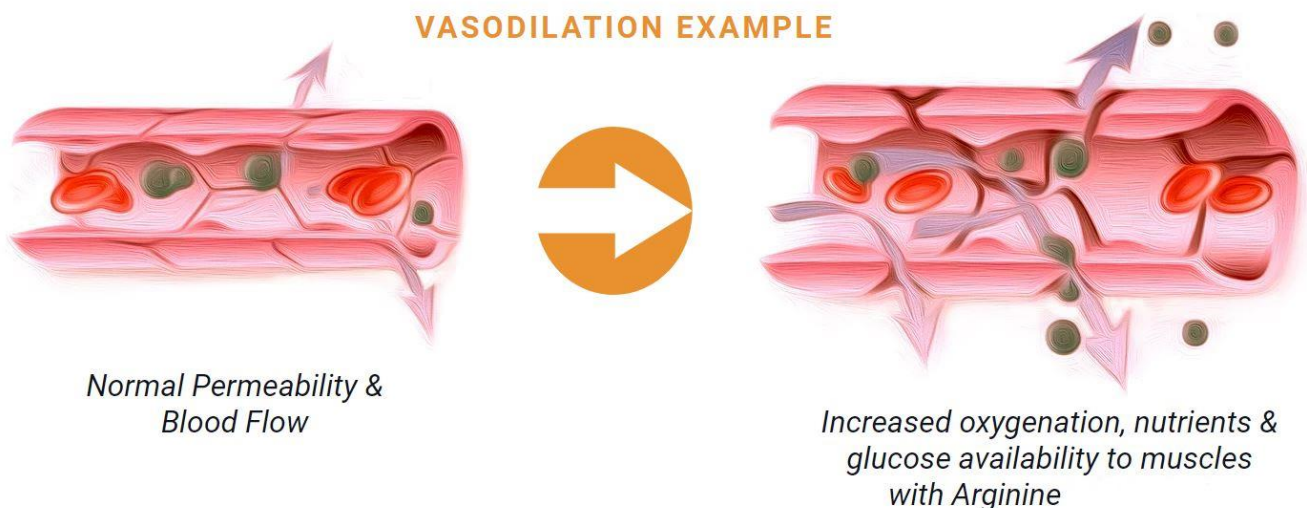
**Question: Why is Nitric Oxide (NO) so important?**

**Answer: We need Nitric Oxide in our blood to live a healthy life.**

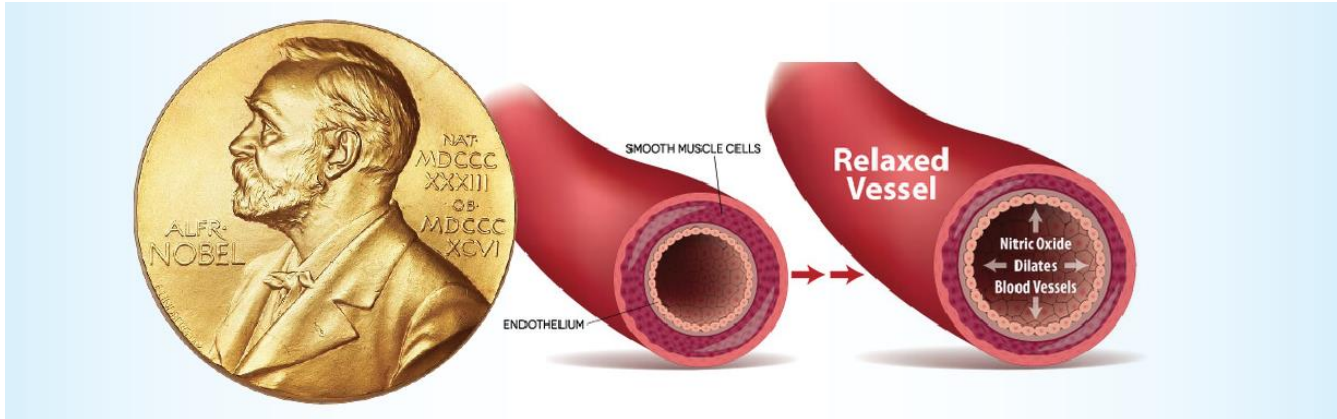
### The Miracle Molecule: Nitric Oxide (NO)

Nitric Oxide is a simple molecule, a combination of nitrogen and oxygen, its impact on cardiovascular health is profound. Often referred to as a 'miracle molecule'. NO plays a crucial role in maintaining the elasticity and health of blood vessels.

NO is a natural vasodilator, meaning it helps blood vessels relax and widen, improving blood flow and reducing blood pressure.



The discovery of Nitric Oxide's role in cardiovascular health marked a significant advancement in medical science. It was so groundbreaking that the research behind it won the Nobel Prize in Medicine in 1998, 10 years after the discovery. This recognition was not just for the scientific achievement but for the potential it unlocked in treating and preventing cardiovascular diseases. Now 36 years after the discovery and thousands of researchers, we have come to understand how important Nitric Oxide is for health and longevity.



## My own Journey with Nitric Oxide

My journey into the world of Nitric Oxide began with a deep dive into scientific research and countless conversations with experts in the field, including Dr. Rainer Böger, MD, a true pioneer in L-arginine research. Dr. Böger's research showed that as we age, our body's ability to produce Nitric Oxide diminishes, leading to stiffer arteries and a higher risk of cardiovascular diseases. This was a revelation that explained not just my family's history with heart disease but also offered a pathway to prevention and reversal. Up until Dr. Böger's research - we did not know much about how Nitric Oxide worked and how to make it work for our health.

Armed with this knowledge, I began using L-arginine supplements, which are precursors to Nitric Oxide. The results were remarkable. Not only did my cardiovascular health improve, but I also experienced enhanced energy levels and overall well-being. This personal success fueled my passion for sharing this knowledge with others.

## The Science Behind Nitric Oxide

The science of Nitric Oxide is fascinating. It is a signaling molecule that plays a critical role in various bodily functions, especially in the cardiovascular system. NO helps maintain the health of endothelial cells, which line the interior of blood vessels. Healthy endothelial cells mean flexible and clear arteries - essential for preventing conditions like atherosclerosis, hypertension, and heart attacks.

Moreover, Nitric Oxide has benefits beyond cardiovascular health. It participates in immune response, neurotransmission, and even has implications in erectile dysfunction treatment. NO is also responsible for energy from the mitochondria in each cell and for the health of all our organs. This versatility makes NO not just a heart health molecule but a cornerstone of overall well-being.

## **Embracing the Power of Nitric Oxide**

Embracing the power of Nitric Oxide has been a life-changing experience for me. It is not just about living longer; it is about living better. With improved cardiovascular health, the quality of life enhances significantly. This book aims to share the incredible potential of Nitric Oxide with you. It is a guide to understanding how this simple molecule can have a profound impact on your health, and how the right supplement like L-arginine/citrulline can help harness its power.

## **The Challenge of Choosing the Right Supplement**

In a market flooded with over five hundred Nitric Oxide products, making the right choice can be overwhelming. When I learned of arginine there were just two companies selling arginine products. Today, many of these products fall short in delivering the consistent required Nitric Oxide levels. The reason is simple: the body's Nitric Oxide needs cannot be met effectively through diet alone, nor through supplements that do not consider the optimal combination and dosage of specific ingredients.

## **Over the past 26 years, 60,000+ researchers on Arginine and Nitric Oxide.**

Dr. Böger had brought forward many scientific studies for us to use in our discussions and formulas. I also had followed many other researchers and major universities in their science of the same. Dr. Böger has published over 100 peer reviewed scientific papers on Nitric Oxide and Arginine. For years expertscape.com listed Dr. Böger as number one out of 60,000 researchers.

Our new formulas can really help in calcified plaque removal with the Vitamin C dosage of 3,000 mgs/day in the wellness formulas and 1,000mgs/day in Nitric Oxide Plus.

Your cardiovascular system plays a key role in the health of your whole body. Optimal blood circulation promotes healthy immune function, aids kidney function, enhances exercise performance and endurance, and supports healthy, normal breathing, among numerous other important things.

One of the key players in a healthy cardiovascular system is the amino acid L-arginine. Scientific research has shown that L-arginine supplementation can potentially support blood flow and overall cardiovascular health by helping blood vessels relax, supporting healthy blood pressure and cholesterol levels already in normal range.\*

## **Our exclusive wellness and plus formulas are cutting-edge.**

Our formulas offer great flexibility and convenience in serving intervals – take one scoop twice daily. (10-14 hours apart) 1 in the morning and one in the evening.

## **Our formulas provide a steady, slow release of L-arginine for potentially consistent blood levels.**

Our formulas utilize advanced sustained bioavailability and help extend the effects of each serving. Contains no harsh chemical-laden ingredients, artificial additives, preservatives, or other hidden ingredients. Take advantage of our best on the market formulas to support the optimal health of your cardiovascular system.



## Why Other Products Fall Short

Many supplements on the market claim to boost Nitric Oxide levels but fail to deliver due to inadequate formulations. For instance, relying solely on nitrates from foods like beetroot extract is insufficient. The amount of nitrates required for optimal NO production is far more than what these supplements provide. Moreover, the cost and caloric intake of achieving the necessary L-arginine levels through diet alone are impractical for most people.



For Best Results, the Goal is 24 Hour Continuous / Increased Nitric Oxide Production <i>in the Blood</i>	Nitric Oxide PLUS	Proargi9 Plus®	L-Arginine Plus®	L-Arginine Complete®	Cardio for Life®	neo40®
Scoops/Packets (per jar)	<b>60</b>	30	30	30	32	30 Lozenges
Production Hours of Nitric Oxide (NO) (per scoop)	<b>12 Hrs</b>	4 Hrs	8 Hrs	8 Hrs	2 Hrs	(Per Lozenge) 0
L-Arginine to L-Citrulline Ratio (per scoop)	<b>3:1</b>	16:1	5:1	5:1	25:1	(Per Lozenge) 0
\$ Cost (per jar)	<b>\$69.95</b>	\$111.00	\$34.95	\$44.95	\$81.14	<b>\$44.29</b> (30 Lozenges)
\$ Cost (per month)	<b>\$69.95</b>	\$666.00	\$104.85	\$134.85	\$973.68	Impossible to Calculate. No Nitric Oxide is Produced in the Blood.

★ **BEST!** ★  
★ ★ ★

*(Please see additional product information in the postscript section.)*

## Introducing Cardio Wellness and Heart Wellness: The Superior Choice

This is where Cardio Wellness and Heart Wellness stand out. Unlike other products, Cardio Wellness and Heart Wellness are formulated based on scientific facts and Dr. Böger's extensive research as well as other researchers. It addresses the shortcomings of many L-arginine supplements by considering the pharmacokinetics of L-arginine. The result is a product that not only enhances NO production but also maintains it effectively throughout the day.

## The Science Behind Cardio Wellness and Heart Wellness

Cardio Wellness and Heart Wellness are not just another supplement; they are scientifically formulated solutions. It combines L-arginine with L-citrulline in a 3 to 1 and 2 to 1 ratio, significantly extending the half-life

of L-arginine (which is 2 hours) and thereby ensuring sustained NO production. This formulation is further enhanced with essential nutrients like Vitamin C, Vitamin D3, and K2, and many other ingredients making them a comprehensive solution for cardiovascular health, well-being and longevity.

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## Addressing the Retirement Income Gap and an unbelievable opportunity for wealth and wellness . . .

### **The Growing Challenge for Retirees**

A recent article in The New York Times titled "The Income Gap Jeopardizing Retirement for Millions" highlights a critical issue facing thousands of Americans today. As the lower middle class loses financial ground, retirement becomes an increasingly daunting prospect. The story of Monique Louvigny was laid off at 57 and is now working as a freelancer with an erratic income of less than \$30,000 a year. (Monique's previous income was over \$60,000/year.) This financial condition occurs frequently to aging, hard-working, 50+ year olds experiencing a forced career shift and heading to social security eligibility. Monique's situation is a stark example of the challenges thousands face as they approach retirement age.

### **The Direct Sales Opportunity with Cardio & Heart Wellness**

In light of these challenges, my company, Cardio & Heart Wellness, offers a unique opportunity. We provide a way for individuals to bridge this income gap through our direct sales model. This model not only offers a potential source of income but also aligns with improving health through our flagship products, Cardio Wellness and Heart Wellness and Nitric Oxide Plus. Why not help others live healthier lives and supplement your income as well?

### **Cardio Wellness and Heart Wellness: A Dual Benefit**

Cardio Wellness and Heart Wellness are more than just health supplements; They are a gateway to financial stability for those nearing retirement. By becoming a part of our direct sales team, individuals can earn an income while promoting a product that contributes positively to cardiovascular health. This dual benefit – financial security and health improvement – is especially crucial for those who find themselves in a similar situation as Monique Louvigny, striving to secure a stable financial future while managing health concerns.

### **A New Hope in Heart Health**

Now in my 80s, I am living proof of the transformative power of the right Nitric Oxide supplement. My cardiovascular system, once aging rapidly, now functions like that of a much younger man. This transformation is a testament to the efficacy of Cardio Wellness and the potential it holds for others struggling with cardiovascular health issues.

As we delve deeper into the world of Nitric Oxide and its benefits, it is very important to remember that health and financial well-being often go hand in hand. Cardio & Heart Wellness not only addresses the health aspect - they also offer a tangible solution to the retirement income gap through its direct sales model. This approach empowers individuals to take control of both their health and financial future as they approach their golden years.

Join me on this enlightening journey as we explore the wonders of Nitric Oxide and its impact on heart health. Together, we can unlock the secrets to a healthier, more vibrant life for ourselves and others we care about and the many wonderful people we have the opportunity of meeting in the future. Welcome to "NO More Cardiovascular Disease," the only book written with 36 years of research – performed by the right researchers – nearly 60,000 of them!



## Chapter 1

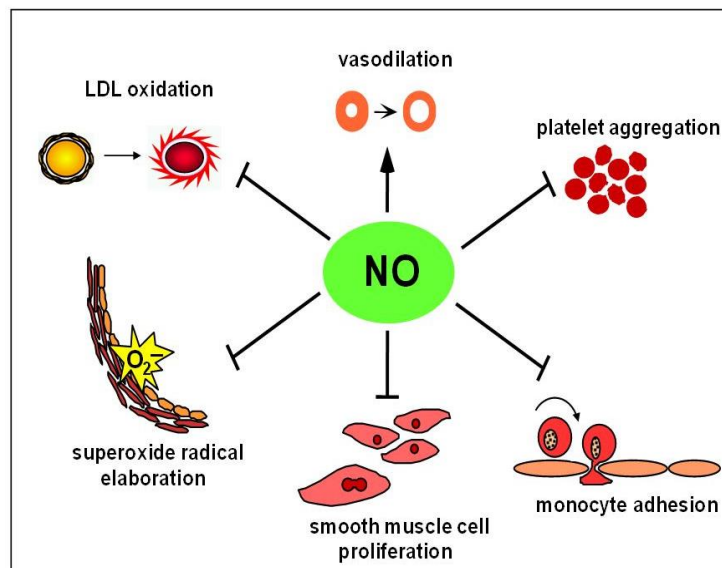
# Our Life's Power Engine: "The Heart" - the Nitric Oxide Machinery

### From Youthful Vigor to Aging Reality: Understanding the NO Machinery

Imagine the human cardiovascular system as an intricately designed, high-performance vehicle, with the heart as the engine and the blood vessels as the sprawling network of roads. At the heart of this system is a remarkable and potent molecule, Nitric Oxide (NO), the essential "miracle molecule" that empowers this engine, ensuring it runs smoothly, efficiently, and without interruption. The human heart pumps approximately 2,000 gallons of blood every day, that's the same as 40 barrels of fuel (OIL). We have an answer to keeping a heart young and healthy. (Heart Disease kills 600,000 Americans every year. 28 million individuals have the disease.)

### The Peak of Performance: Youthful Vigor

In the prime of youth, the body's NO machinery operates at its zenith, much like a brand-new, state-of-the-art Porsche. This Nitric Oxide producing machinery is a marvel of biological engineering, designed to produce Nitric Oxide, a molecule so crucial that its discovery and the understanding of its role in cardiovascular health, as I mentioned earlier, were awarded the Nobel Prize for medicine.



Nitric Oxide acts as a natural vasodilator - it has the unique ability to relax and widen blood vessels, enhancing blood flow, reducing blood pressure, and maintaining the elasticity and health of the arteries. This is the period of youthful vigor, where the NO machinery works tirelessly, ensuring that every part of the body receives the oxygen and nutrients it needs to thrive.

During this youthful, healthful phase, the endothelium, the inner lining of the blood vessels, efficiently produces Nitric Oxide, thanks to the amino acid L-arginine and the enzyme Nitric Oxide Synthase (NOS). This production is not just about maintaining blood pressure levels; it's about protecting the heart, preventing the formation of harmful blood clots, and keeping the arteries free from the buildup of dangerous plaques.

## **The Inevitable Decline: Aging Reality**

However, as the miles add up and the wear and tear of life's journey accumulate, our powerful Nitric Oxide machinery begins to show signs of aging. The production of Nitric Oxide, once robust and plentiful, starts to diminish. This decline is not merely a consequence of aging but is often accelerated by lifestyle factors such as poor diet, lack of exercise, stress, and environmental toxins. By the age of 50 our Nitric Oxide levels are down to 80% of what they were at the age of 20.

This decrease in NO production marks the beginning of the aging process of the cardiovascular system. The blood vessels, once flexible and resilient, start to lose their elasticity. They become more susceptible to damage, narrowing, and plaque buildup, leading to increased risks of hypertension, atherosclerosis, and heart attacks. The once powerful engine that drove the heart and blood vessels begins to lose its efficiency, signaling a need for focused maintenance and care.

Factors contributing to the decline in NO production include the reduced availability of its precursor, L-arginine, the inefficiency of the NOS enzyme, and the increased presence of molecules that react with and reduce the availability of Nitric Oxide, such as *Reactive Oxygen Species* (ROS). These ROS not only diminish NO availability but also inflict damage on the endothelium, further impairing its ability to produce Nitric Oxide.

## **Understanding and Supporting the Nitric Oxide (NO) Machinery**

Understanding the NO machinery is crucial for maintaining cardiovascular health. This chapter delves into the complex interplay of biological processes that govern the production and function of Nitric Oxide. It explores the factors that contribute to the decline of this vital molecule and the impact this decline has on the overall health of the cardiovascular system.

Lifestyle choices play a significant role in the health of the NO machinery. Diets rich in antioxidants can combat the damaging effects of ROS (chemically reactive molecules derived from molecular oxygen and formed as a natural by-product of the aerobic metabolism) NIH.gov, while regular physical activity can enhance the efficiency of the endothelium to produce Nitric Oxide. Moreover, managing stress and avoiding tobacco smoke can also help preserve the integrity and function of the endothelium.

In addition to lifestyle modifications, scientific advancements have led to the development of dietary supplements aimed at supporting the NO pathway. Supplements containing L-arginine, L-citrulline, and antioxidants can help bolster the body's ability to produce Nitric Oxide. L-citrulline, in particular, has been shown to increase the availability (by 10 hours) of L-arginine more effectively than direct supplementation with L-arginine itself.

However, the approach to enhancing NO production is not one-size-fits-all. It requires a personalized understanding of one's health, lifestyle, and the unique factors that may influence the NO machinery. Regular check-ups with healthcare professionals, along with blood pressure monitoring and vascular health assessments, can provide valuable insights into the state of one's cardiovascular system.

As we navigate through this chapter, we will uncover the secrets of the NO machinery, learning how it operates in its prime and how it changes with age. We will also discover strategies to support and rejuvenate this machinery, exploring ways to maintain its efficiency and keep the cardiovascular system running smoothly, just like a well-tuned, high-performance vehicle.

In the journey of life, the health of our heart and blood vessels is paramount. By understanding the Nitric Oxide machinery, we equip ourselves with the knowledge to keep our cardiovascular system in peak condition, from youthful vigor to the reality of aging. Stay tuned as we delve deeper into the science of Nitric Oxide and learn how to harness its power for a healthier, more vibrant life.

In the next sections, we will explore the scientific breakthroughs that have illuminated the path to cardiovascular wellness, the challenges, and solutions in maintaining optimal NO levels, and the innovative strategies that promise to keep our heart's power engine running at its best. Join us as we embark on this enlighten.

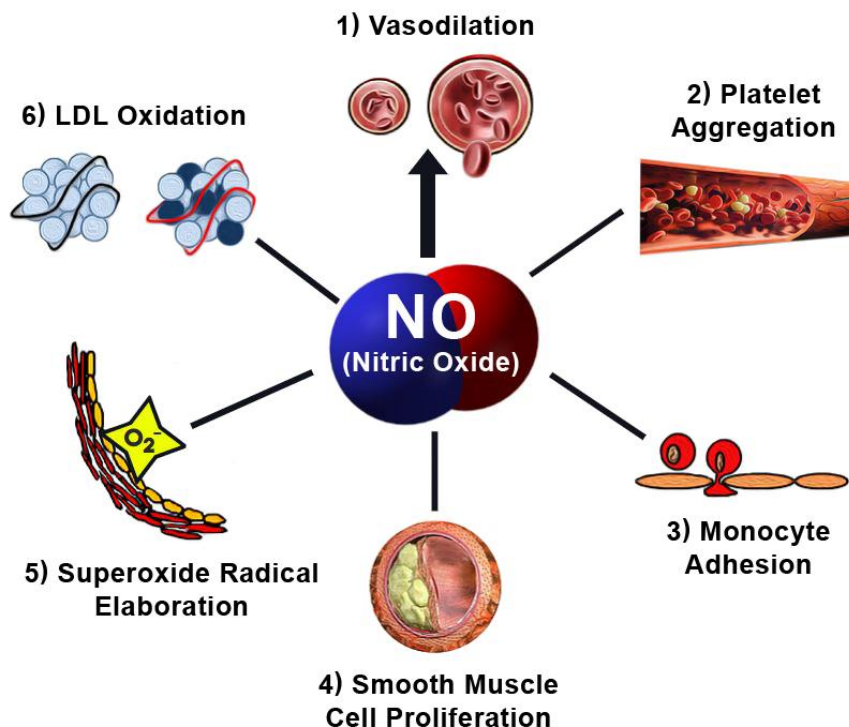
## Chapter 2

# The Miracle Molecule: Nitric Oxide and Cardiovascular Health

### Unlocking the Secrets of Nitric Oxide: The Pathway to a Healthy Heart

In the quest to understand the heart's intricate workings and the secrets to its longevity, as we've previously discussed, one molecule stands out for its profound impact on cardiovascular health: Nitric Oxide (NO). Often hailed as the 'miracle molecule,' Nitric Oxide plays a pivotal role in maintaining the vitality and functionality of the entire cardiovascular system. This chapter delves into the scientific revelations about Nitric Oxide, exploring its crucial functions, the groundbreaking research that illuminated its importance, and how it has revolutionized our approach to heart health.

### The Pivotal Role of Nitric Oxide



Nitric Oxide is a simple molecule, composed of just one nitrogen atom and one oxygen atom, yet its effects on the body are vast and significant. As a key signaling molecule in the cardiovascular system, NO is responsible for maintaining the tone and health of blood vessels. It's a potent vasodilator, meaning it helps blood vessels relax and widen, thereby improving blood flow and reducing blood pressure.

The benefits of Nitric Oxide extend beyond vascular health. It plays a crucial role in preventing the aggregation of platelets, thus reducing the risk of blood clots that can lead to heart attacks and strokes. Furthermore, NO helps maintain the integrity of the endothelium—the inner lining of blood vessels—protecting it against the harmful effects of high cholesterol and other cardiovascular risk factors.

## **The Groundbreaking Discovery of Nitric Oxide**

The significance of Nitric Oxide in cardiovascular health was not fully appreciated until the late 20th century. The groundbreaking research by scientists Robert F. Furchgott, Louis J. Ignarro, and Ferid Murad unveiled the myriad roles of NO in the body, earning them the Nobel Prize in Physiology or Medicine in 1998. Their discoveries shed light on how Nitric Oxide is produced in the body and how it functions as a signaling molecule, revolutionizing our understanding of cardiovascular physiology and pathology.

Their research revealed that Nitric Oxide is produced by the enzyme nitric oxide synthase (NOS), which converts the amino acid L-arginine into NO and L-citrulline. This process is modulated by numerous factors, including the availability of L-arginine, the presence of co-factors, and the overall health of the endothelium.

## **Nitric Oxide: A Paradigm Shift in Cardiovascular Treatment**

The discovery of Nitric Oxide's role in cardiovascular health marked a paradigm shift in the treatment and prevention of heart disease. It became clear that supporting the body's ability to produce NO could be a key strategy in maintaining cardiovascular health and preventing disease.

This understanding led to the development of new therapeutic approaches aimed at enhancing NO production. Lifestyle interventions such as regular exercise, a diet rich in antioxidants, and smoking cessation were recognized for their ability to improve endothelial function and NO production. Additionally, pharmacological interventions, including the use of statins and ACE inhibitors, were found to have beneficial effects on NO availability.

The research on Nitric Oxide also paved the way for the development of targeted therapies for conditions such as hypertension and erectile dysfunction. Medications that enhance NO signaling, such as nitroglycerin and phosphodiesterase inhibitors (e.g., Viagra), have become mainstays in the treatment of these conditions, further underscoring the importance of NO in cardiovascular health.



## **Embracing the Power of Nitric Oxide**

As we continue to unravel the secrets of Nitric Oxide, it becomes increasingly clear that this molecule is a cornerstone of cardiovascular health. By understanding how NO functions and how its production can be supported, we can take proactive steps to maintain the health of our heart and blood vessels.

In this chapter, we have explored the pivotal role of Nitric Oxide in cardiovascular health, the groundbreaking research that brought its significance to light, and the therapeutic strategies that have emerged from this knowledge. As we move forward, we will delve into the challenges of maintaining optimal NO levels and the innovative solutions that promise to keep our cardiovascular system healthy and robust.

Join us on this enlightening journey as we continue to explore the wonders of Nitric Oxide and its profound impact on heart health. Together, we can unlock the secrets to a healthier, more vibrant life, with the miracle molecule, Nitric Oxide, leading the way.

Our journey is to unlock the full potential of the Nitric Oxide machinery.

## Chapter 3

# Confronting Cardiovascular Disease: The Silent Threat

### Heart Under Siege: The Battle Against America's Top Killer

Cardiovascular disease (CVD) looms as a formidable adversary, claiming more lives annually than any other cause in the United States. It's a silent threat that often goes unnoticed until it's too late, making it a critical area of focus for anyone concerned about their long-term health. This chapter delves into the prevalence of heart disease, underscores the importance of early action and lifestyle changes, and explores how Nitric Oxide deficiency contributes to cardiovascular risk factors.

### The Prevalence of Heart Disease

Heart disease is not just a health issue; it is a national crisis. Statistics paint a grim picture, with nearly 600,000 people dying of heart disease in the United States every year—that is 1 in every 4 deaths. Coronary heart disease, the most common type, is particularly deadly, claiming nearly 380,000 lives annually. The economic burden is equally staggering, with heart disease costing the nation an estimated \$108.9 billion each year, encompassing health care services, medications, and lost productivity.

### The Importance of Early Action

One of the most alarming aspects of cardiovascular disease is its ability to strike without warning. Approximately 47% of sudden cardiac deaths occur outside a hospital, suggesting that many individuals fail to recognize or act upon early warning signs. High blood pressure, high LDL cholesterol, and smoking are key risk factors for heart disease, with nearly half of Americans (49%) having at least one of these risk factors.

The key to combating this silent threat lies in early detection and proactive intervention. Regular health screenings, maintaining a healthy lifestyle, and being aware of the symptoms can significantly reduce the risk of severe heart complications. Lowering blood pressure and cholesterol, adopting a heart-healthy diet, engaging in regular physical activity, and quitting smoking are crucial steps in protecting your heart.

## **Nitric Oxide Deficiency: A Contributing Factor to Cardiovascular Risk**

The role of Nitric Oxide (NO) in maintaining cardiovascular health cannot be overstated. NO deficiency is a significant contributor to the development and progression of heart disease. As a natural vasodilator, NO plays a vital role in regulating blood pressure, preventing the formation of blood clots, and maintaining the health of blood vessels. A deficiency in this critical molecule can lead to endothelial dysfunction, a condition where the inner lining of blood vessels fails to function normally, leading to stiffness, inflammation, and plaque buildup.

Cardiovascular risk factors such as high cholesterol, high blood pressure, smoking, and obesity impair the endothelium-dependent, NO-mediated vascular function. This impairment is considered by leading cardiologists as the unifying mechanism by which these risk factors lead to the progression of heart disease. Therefore, improving NO-mediated vasodilation offers a promising avenue for protecting against heart disease.

## **Embracing Lifestyle Changes and Nitric Oxide Support**

Addressing Nitric Oxide deficiency involves more than just understanding its role in heart health; it requires a multifaceted approach that includes lifestyle changes and, in some cases, supplementation. A diet rich in nitrate-containing vegetables, regular physical activity, and strategies to manage stress can all contribute to enhance NO production. For individuals with significant risk factors or existing cardiovascular conditions, supplements designed to boost NO levels may be beneficial, but they should be used under the guidance of a healthcare professional.

In this chapter, we have confronted the silent threat of cardiovascular disease, highlighting its prevalence, the critical need for early action, and the role of Nitric Oxide deficiency in exacerbating cardiovascular risk factors. As we move forward, we will explore the scientific advancements in Nitric Oxide supplementation, the challenges of choosing the right product, and the innovative solutions that promise to revolutionize our approach to heart health.

**Join us as we continue our journey, armed with knowledge and determination, to combat the nation's top killer and pave the way for a future of improved cardiovascular health.**

## Chapter 4

# The Power of L-Arginine: A Beacon of Hope

### **Reviving the Heart's Engine: The Transformative Impact of L-Arginine**

In the intricate machinery of the cardiovascular system, L-Arginine emerges as a beacon of hope, a key player in the production of Nitric Oxide (NO), the miracle molecule responsible for maintaining the health and vitality of blood vessels. This chapter delves into the transformative impact of L-Arginine, exploring its role in cardiovascular health, the challenges and breakthroughs in its supplementation, and the scientific journey that has shaped our understanding of this vital amino acid.

### **L-Arginine: The Precursor to Nitric Oxide**

L-Arginine is an amino acid that serves as the primary substrate for the enzyme nitric oxide synthase (NOS), which catalyzes the production of NO. The availability of L-Arginine is crucial for the optimal functioning of this pathway, making it a key determinant of NO levels in the body. As such, L-Arginine supplementation has been explored as a strategy to enhance NO production, with the aim of improving vascular health and preventing cardiovascular diseases.

The potential benefits of L-Arginine are vast. By increasing NO production, L-Arginine can help maintain the elasticity of blood vessels, reduce blood pressure, prevent the formation of blood clots, and protect against the buildup of arterial plaque. These effects are not only crucial for preventing heart disease but also for improving overall cardiovascular function and health.

### **The Clinical Landscape: Triumphs and Trials of L-Arginine Supplementation**

The journey of L-Arginine supplementation in clinical settings has been marked by both triumphs and trials. Numerous studies have investigated the effects of L-Arginine on cardiovascular health, yielding a spectrum of results.

Positive studies have highlighted the potential of L-Arginine in enhancing cardiovascular health. Significant improvements in exercise endurance in patients with stable angina, enhanced blood flow and walking distance in patients with congestive heart failure (CHF), and improved exercise capacity in patients with stable angina and CHF have been reported. These findings highlight the promise of L-Arginine in supporting cardiovascular function and improving the quality of life for individuals with heart disease.

However, the journey has not been without its challenges. Negative studies, such as the VINTAGE MI study and the NO PAIN study, have raised concerns about the efficacy and safety of L-Arginine supplementation. These studies reported no significant improvement in cardiovascular outcomes and, in some cases, an increased risk of adverse events. These conflicting results have sparked a debate about the role of L-Arginine in cardiovascular therapy and highlighted the need for a deeper understanding of its effects.

## **The Evolution of L-Arginine Supplements: Addressing the Challenges**

The variable results from L-Arginine supplementation studies have led to a critical examination of the factors influencing its efficacy. One of the key challenges identified is the pharmacokinetics of L-Arginine. Traditional supplements often failed to elevate L-Arginine plasma levels effectively or to improve NO production, primarily due to the short half-life of L-Arginine in the body.

This realization sparked a new wave of research aimed at enhancing the efficacy of L-Arginine supplements. The focus shifted to prolonging the half-life of L-Arginine and ensuring sustained NO production. This led to the development of second-generation L-Arginine supplements, which combined L-Arginine with L-citrulline. L-citrulline serves as a precursor to L-Arginine and has been shown to increase its bioavailability and prolong its effect in the body. This combination allowed for more consistent and prolonged NO production, overcoming the limitations of first-generation supplements.

Further advancements in supplement formulation have addressed additional challenges. Recognizing that multiple mechanisms can cause endothelial dysfunction, researchers have explored ways to enhance the overall health of the endothelium. This has led to the inclusion of other supportive nutrients, such as antioxidants and vitamins, in L-Arginine supplements, aiming to provide a more comprehensive approach to cardiovascular health.

## **The Future of L-Arginine Supplementation: A Beacon of Hope**

As we continue to unravel the complexities of L-Arginine and its role in cardiovascular health, the future of its supplementation looks promising. The evolution of L-Arginine supplements, from their initial formulations to the advanced, multi-component products available today, reflects the scientific community's commitment to optimizing cardiovascular therapy.

The journey of L-Arginine supplementation is a testament to the relentless pursuit of knowledge and the power of scientific innovation. It underscores the potential of targeted nutritional interventions in supporting cardiovascular health and offers hope for individuals seeking to improve their heart health.

In this chapter, we have explored the transformative impact of L-Arginine, from its role as a precursor to Nitric Oxide to the challenges and breakthroughs in its supplementation. As we move forward, we will continue to explore innovative strategies and solutions that promise to keep our cardiovascular system healthy and robust.

Join us on this enlightening journey as we continue to explore the power of L-Arginine and its potential to revive the heart's engine. Together, we can embrace the beacon of hope that L-Arginine represents, unlocking the secrets to a healthier, more vibrant life.

## Chapter 5

# The Science of Nitric Oxide

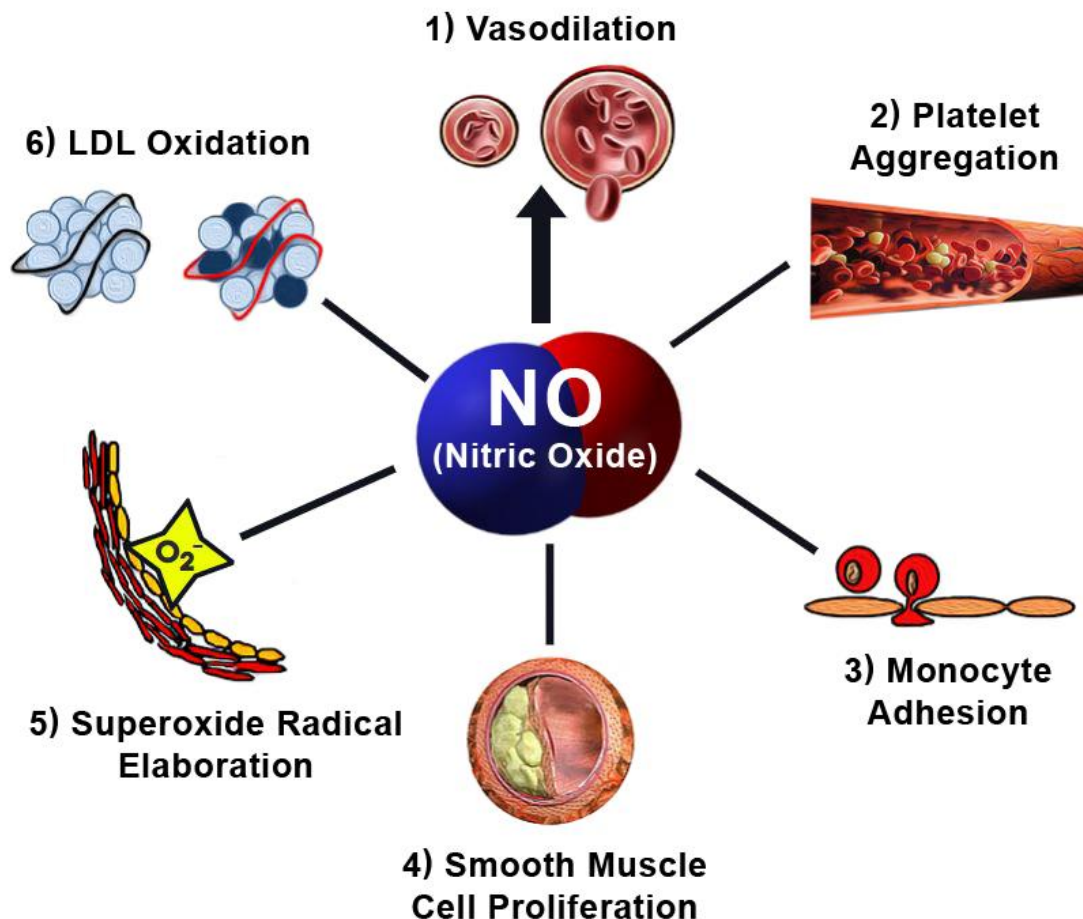
This is what Nitric Oxide does for the health and wellness of our cardiovascular system, according to Dr. Rainer Böger, M.D. Researcher, Scientist and Professor of Medicine for over 30 years.

**Dr. Rainer Böger is a world-renowned doctor and researcher**, Professor and Head, Institute of Clinical Pharmacology and Toxicology, Center of Experimental Medicine at the University Medical Center Hamburg-Eppendorf in Hamburg, Germany. Dr. Rainer Böger, M.D. has been researching arginine for 30 years and has written over one hundred peer-reviewed scientific published papers on arginine. He has done extensive research on the ADMA molecule and the testing system to determine your life expectancy based on your cardiovascular system's ADMA level. He and Dr. John P. Cooke, M.D., Ph.D., (previously head of cardiovascular medicine, Stanford University and author of Cardiovascular Cure) worked together on the ADMA molecule research.

In 1998, Dr. Louis Ignarro B.S., Ph.D. and 2 other researchers were awarded the Nobel Prize for medicine. They had discovered that the endothelium produces Nitric Oxide from arginine and that Nitric Oxide is a signaling molecule which travels throughout the cardiovascular system repairing the endothelium, cleaning the plaque from the arteries, and returning the vessels to a younger, supple state.

## Nitric Oxide is an endogenous protector of the vessel wall.

**We feel this discovery is so important and groundbreaking – that it is worth repeating:** Nitric Oxide is an endogenous (produced by cells inside the organism such as the endothelium) protector of the vessel wall. Nitric Oxide is produced by the endothelium (inner wall of all your vessels) as a protector of the vessel walls. Nitric Oxide is also responsible for repairing the problems of the vessels, which includes returning them to a supple state and preventing the build-up of plaque.

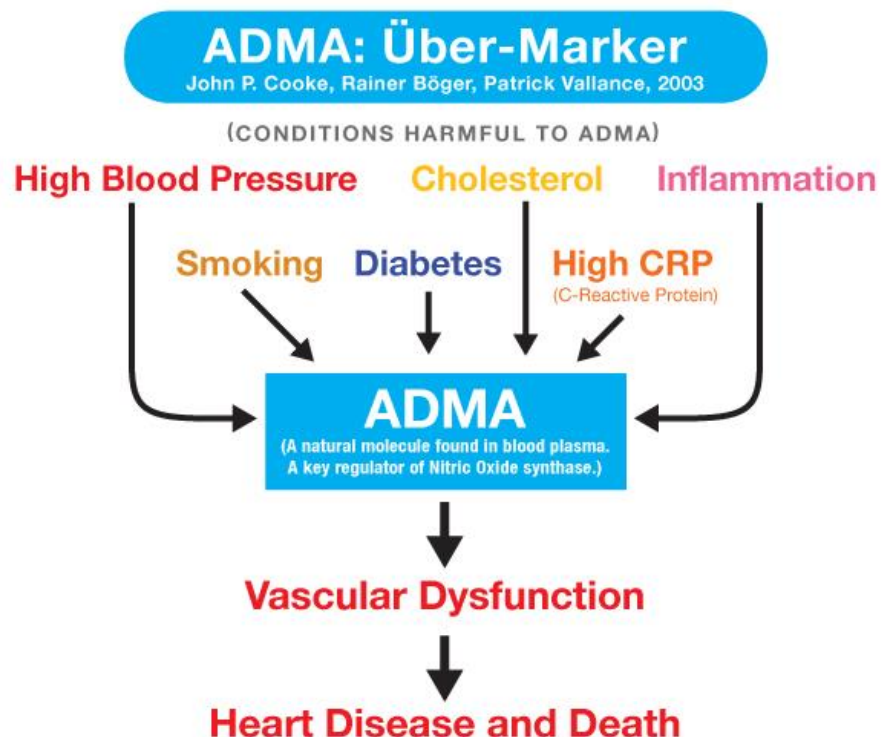


1. **Vasodilation**- Nitric Oxide increases the area of the vessel and as such increases the flow of blood to the crucial organs such as the heart.
2. **Platelet Aggregation**-Nitric Oxide breaks up the aggregation (accumulation of blood platelets) and thereby keeps the vessel clean.



3. **Monocyte Adhesion-** Nitric Oxide prevents monocyte adhesion. The monocyte is created in the bone marrow and enters the blood and migrates into connective tissue where it forms into a macrophage to cause inflammation. Thus, inflammation pushes the diseases of the heart and blood vessels to get worse with time – nitric oxide blocks inflammation by inhibiting monocyte adhesion and thereby stops the progression of cardiovascular disease.
4. **Smooth muscle cell proliferation-** Nitric Oxide blocks smooth muscle cell proliferation (growth). Proliferation of these cells makes the artery get narrower, so that less blood can flow to the organs. By reducing this mechanism, nitric oxide helps keep the arteries wide open.
5. **Superoxide radical elaboration-** Nitric Oxide protects against this process of damage to the body. Superoxide radicals contribute to the development of many diseases and to the aging process because of oxidative stress, which damages cells and organ function.
6. **LDL Oxidation-** Nitric Oxide reduces the oxidation of bad cholesterol. Oxidation otherwise makes the bad cholesterol get even more aggressive in the blood vessels.

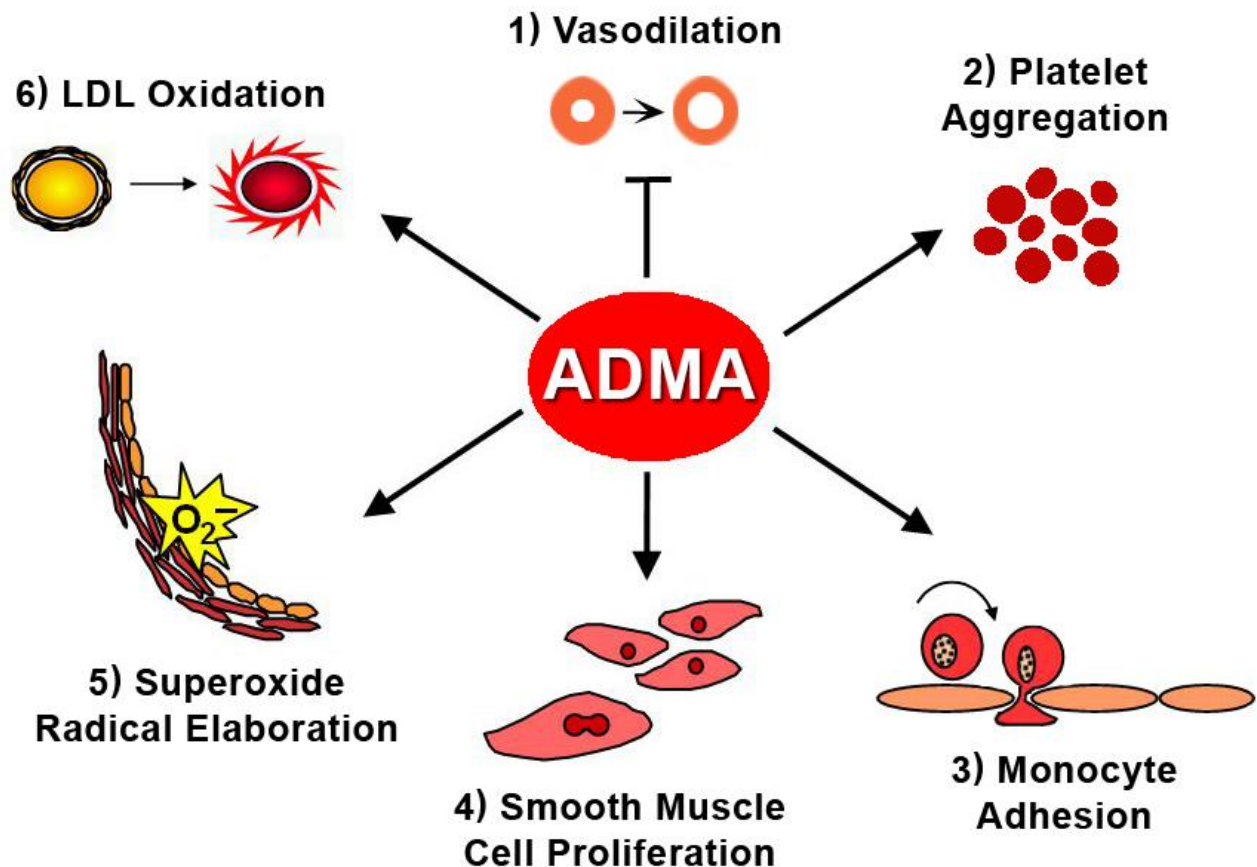
## Science of the ADMA molecule- What the ADMA molecule does to our cardiovascular system.



## These health and lifestyle markers affect the vascular system.

1. Smoking
2. Cholesterol
3. Diabetes
4. High Blood Pressure
5. High CRP (C-reactive protein) is used as a marker of inflammation. Apart from liver failure, there are few known factors that interfere with CRP production.<sup>[2]</sup> Measuring and charting CRP values can prove useful in determining disease progress or the effectiveness of treatments.
6. Inflammation: The ADMA molecule is negatively affected by these 6 issues. Heart Disease and death follow if the ADMA is not dealt with. The only real solution is an arginine supplement. Your lifestyle choices can change the ADMA in only a small amount.

## ADMA is a pro-atherogenic molecule



ADMA is a marker for cardiovascular disease. The study of 3600 patients over 20 years of the ADMA molecule established scientifically your likely life expectancy. If your ADMA is over 0.8 you will have a shorter life expectancy than those people who have a 0.5 level or lower (a much lower life expectancy). The most significant effect on this outcome is your production or supplementation of **arginine**. The process of stopping and reversing cardiovascular disease will take between 2 and 4 years. **Nitric Oxide Plus and Cardio Wellness**, two products formulated by Dr Rainer Boger MD, Researcher, Scientist and Professor of Medicine at the University of Hamburg have been designed and formulated to accomplish this job faster and better than any other arginine supplement on the market. If you have any of these markers you have a high ADMA and in that case we would suggest you take higher doses of the Cardio Wellness, either 1 dose 3 times per day or 2 doses two times per day.

## Chapter 6

# Vitamin C deficiency and how Vit C can help the cardiovascular system.

**There are 488 studies supporting these findings. There are 68 diseases affected in taking Vit C in the dosage recommended.**



**Vitamin C Deficiency and Heart Disease Research Finds that Vitamin C can Greatly Benefit those with Heart Disease.**

Today, Heart Disease, Especially Coronary Heart Disease, is the Leading Cause of Death Around the World.

We are launching a series of discussions on the benefits of Vitamin C — scientifically demonstrating that atherosclerosis — the buildup of plaque in the arteries which leads to heart attacks — is preventable and even reversible. It can be done quite easily. You are probably well aware that we at Cardio and Heart Wellness have made this assertion many times before as it relates to our products and how they bring the many, many benefits of increased Nitric Oxide levels in the blood.

Furthermore, our discussions on the benefits of Vitamin C will also demonstrate that heart disease, one of the most complex and frequently researched topics in all medicine, is not too difficult to understand when looked at from a new perspective.

## **Vitamin C Deficiency**

Simply put, atherosclerosis is a disease that appears to be initiated by a deficiency of Vitamin C in the innermost lining of the arteries.

The innermost lining of the arteries, called the Intima, once damaged by a lack of Vitamin C, initiates and stimulates a host of different plaque-building processes – these processes set into motion for any particular individual depend on a variety of different cardiac risk factors, but the result, arterial blockage, is always the same.

## **Scurvy and the Focal Process**

The disease that results from insufficient Vitamin C intake over an extended period, is typically thought of as a condition that affects the entire body equally. Clinically, scurvy is characterized by weakness, anemia, and a tendency to have easy bleeding into the tissues, especially the gums. In fact, scurvy is very often a much more localized, focal process. While focal scurvy does typically require some degree of generalized Vitamin C deficiency in the body, the overall body can clinically appear normally healthy with specific areas of the body displaying a severe deficiency in Vitamin C.

## **Examples of Focal Scurvy**

Someone suffering from advanced periodontal disease is an example of a focal scurvy — as determined by gum biopsy specimens — will not usually display the other typical symptoms of scurvy in the rest of their body. Another localized disease, cataracts, can be considered a form of focal scurvy in the cornea. Similarly, atherosclerosis can readily be characterized as “arterial scurvy” due to the lack of Vitamin C in the arterial linings appears to always be the first identifiable starting point for the development of coronary heart disease.

## **How Does a Focal Scurvy Occur?**

During what would normally be considered sufficient Vitamin C intake? The fact is, there are known conditions in the body that can accelerate the depletion of Vitamin C in certain tissues and structures. This is certainly the case in arterial scurvy.

For this reason, the treatment of arterial scurvy, while straightforward, requires attention to details rather than a simple Vitamin C supplementation. For numerous reasons, regular Vitamin C supplementation is of benefit to nearly everyone, and the general health can be expected to improve even if no other interventions are taken. It is also important to note that Vitamin C has been shown to improve Nitric Oxide (NO) production of the endothelium which helps to reduce high blood pressure.

**An important first step to treating low Vitamin C levels would be to understand why a particular person has low levels of Vitamin C in their arterial linings in the first place.**

### **Causes of Low Vitamin C Levels**

In almost every case, the cause of low Vitamin C levels in the arterial linings is significant daily exposure to destructive toxins such as, but not limited to, cigarette smoke and some drugs. These toxins keep neutralizing (oxidizing) the body's stores of Vitamin C thus making the maintenance of active (reduced or non-oxidized) Vitamin C levels in the various tissues of the body virtually impossible.

The arterial intima is especially prone to this localized deficiency. Whenever any toxins are released into the blood, the inner lining of the arteries is logically one of the first "destinations" for the toxins to gather and start neutralizing local Vitamin C stores, at least partly explaining why arterial scurvy is probably the most common form of focal scurvy.

### **Once Considered Rare – Prevention and Reversal Can Now Become Expected**

This discussion on the benefits of Vitamin C might at first seem too involved or detailed. The proper removal of dental toxicity, especially root canal-treated teeth, is essential for minimizing an otherwise very large source of daily toxicity. Nutritional efforts to minimize daily toxin exposure absorbed from the gut is also extremely important. When a person's daily toxin exposure to the body has been brought to a reasonable minimum, quality supplementation is freed of its burden of working to neutralize a large and relentless toxin exposure. Then, and only then, can the natural healing of the blood vessel proceed as the antioxidant and nutrient status of its inner wall becomes optimized. If you have been a regular reader of our posted discussions on the benefits of a healthy cardiovascular system — this is not new news to you.

## Chapter 7

# Choosing the Right Supplement: The Cardio Wellness Promise

### **Navigating the Supplement Maze: The Superiority of Cardio Wellness**

In the vast and often bewildering world of dietary supplements, making an informed choice can be akin to navigating a complex maze. This is especially true in the realm of cardiovascular health, where the stakes are high, and the options are plentiful. Among the myriad of supplements claiming to boost Nitric Oxide levels and enhance heart health, Cardio Wellness emerges as a beacon of scientific integrity and efficacy. This chapter is dedicated to guiding you through the supplement maze, debunking common misconceptions, and unveiling the unique benefits and scientific foundation of Cardio Wellness.

### **The Challenge of Choosing the Right Supplement**

With over 500 Nitric Oxide products on the market, consumers are faced with an overwhelming array of choices. Many of these products boast impressive claims but fall short in delivering the required Nitric Oxide levels. The challenge lies in discerning fact from fiction, science from marketing hype. The key to making an informed decision is understanding the science behind Nitric Oxide production and the factors that contribute to an effective supplement. Taking the right supplement will change your life in health and longevity. The wrong choice will do nothing but cost you money. Science is there for your discovery. It truly is a miracle you are reading this.

Nitric Oxide can be synthesized in the body from two main sources: arginine-rich foods and nitrates from foods. While arginine is a direct precursor to Nitric Oxide, the quantity required for optimal production is often impractical and calorically excessive when obtained solely from food. On the other hand, nitrates offer an alternative pathway for Nitric Oxide synthesis but can only produce a fraction of the required amount (according to the NIH about 7.5 to 8.5 %). This highlights the need for a supplement that can effectively boost Nitric Oxide levels without the drawbacks of excessive caloric intake and inadequate dosing of products that cannot be produced.

## **Debunking Common Misconceptions**

The supplement industry is rife with misconceptions and misleading claims. One common myth is that nitrates from sources like beetroot extract can sufficiently increase Nitric Oxide levels. However, the amount of nitrates required for optimal NO production far exceeds what these supplements provide. This misconception leads consumers to believe they are supporting their heart health when, in reality, they are not achieving the Nitric Oxide levels even close to the necessary amounts for significant cardiovascular benefits. And quite frankly they cannot ever achieve the amount needed for your health.

Another misconception involves the efficacy of arginine supplements. While L-arginine is a direct precursor to Nitric Oxide, not all supplements are created equal. The effectiveness of an L-arginine supplement depends on its ability to increase arginine plasma levels and enhance NO production. Many products fail in this regard due to inadequate formulations or ignorance of the pharmacokinetics of L-arginine.

## **The Cardio Wellness Promise: A Scientifically Formulated Solution**

Cardio Wellness stands out in the crowded supplement market as a scientifically formulated solution to these challenges. Unlike other products, Cardio Wellness is based on rigorous research and a deep understanding of cardiovascular health and Nitric Oxide production. It addresses the shortcomings of many L-arginine supplements by considering the optimal combination and dosage of ingredients to ensure effective NO production and sustained cardiovascular benefits.

The science behind Cardio Wellness is robust and compelling. It combines L-arginine with L-citrulline in a 2:1 ratio, significantly extending the half-life of L-arginine (that is 1 hour) by adding L-citrulline and ensuring sustained NO production throughout the day by adding 2 doses per day 12 hours apart. This formulation is further enhanced with essential nutrients like Vitamin C, Vitamin D3, and K2, Resveratrol and many more creating a comprehensive solution for cardiovascular health.

The superiority of Cardio Wellness lies not only in its scientifically backed formulation but also in its commitment to quality and efficacy. Each ingredient is carefully selected based on the latest research and integrated into the supplement in a way that maximizes its potential benefits. This meticulous approach ensures that Cardio Wellness delivers on its promise of enhancing cardiovascular health and providing a tangible solution to the challenges of maintaining optimal Nitric Oxide levels.

## **Navigating the Supplement Maze with Confidence**

Choosing the right supplement is a critical decision for anyone serious about their heart health. Cardio Wellness offers a clear and scientifically validated path through the supplement maze, providing consumers with a trustworthy and effective option. By understanding the science behind Nitric Oxide production and the unique benefits of Cardio Wellness, you can make an informed choice that supports your cardiovascular health and overall well-being.



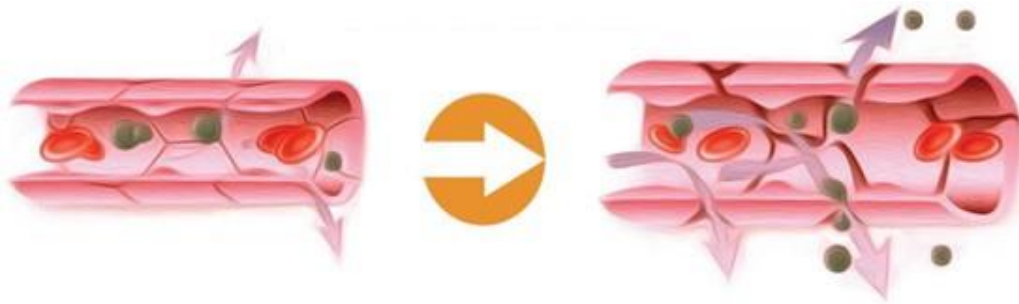
In this chapter, we have navigated the complex landscape of Nitric Oxide supplements, debunked common misconceptions, and highlighted the superior science and formulation of Cardio Wellness. As we move forward, we will continue to explore innovative strategies and solutions that promise to keep our cardiovascular system healthy and robust.

Join us on this enlightening journey as we continue to explore the power of the right supplementation and the potential of Cardio Wellness to transform your heart health. Together, we can embrace the promise of a healthier, more vibrant heart, guided by science and driven by the unwavering commitment to quality and efficacy.

The 3<sup>rd</sup> generation formula based on the science of Dr Rainer Boger MD was our last formulas. They have been greatly up graded to the 4<sup>th</sup> generation with the addition of Vitamin C to each product, *Nitric Oxide Plus* has 1,000 mgs per day, Cardio Wellness and Heart Wellness have 3,000 mgs per day in each product. This amount of Vitamin C has changed the formulas in a major way.



Removal of atherosclerosis and calcified plaque were not very effective with the old formulas. And in the case of calcified plaque, they did not succeed at all. With these new infusions of the amounts of Vitamin C, they will be very effective, and the studies over years have proven it. These 3 products will generate 800% to 1200% more nitric oxide than anything on the market today. The advantage of this amount of nitric oxide dosing 2 times per day will be amazing to your health and longevity. And in the years to come your body will be totally different in health and longevity.

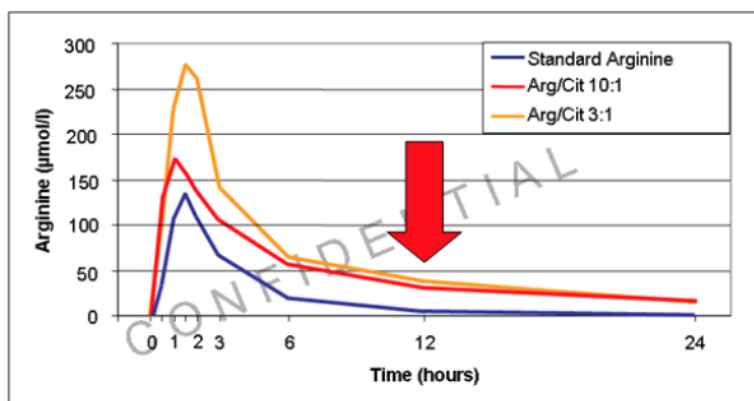


### Creating the perfect balance of L-Arginine & L-Citrulline has many advantages:

- 200% increase in Plasma Nitric Oxide Levels
- Longer half-life of L-Arginine blood levels
- Enables twice daily administration and results in build-up of L-Arginine levels
- Improved bioavailability of L-Citrulline over L-Arginine

### Third-Generation L-arginine supplements – Prolonged half-life supports sustained effects

*Prolongation of the half-life of L-arginine by adding L-citrulline*



Source: R.H. Böger, data on file

Standard L-arginine  
Arginine/citrulline 3:1

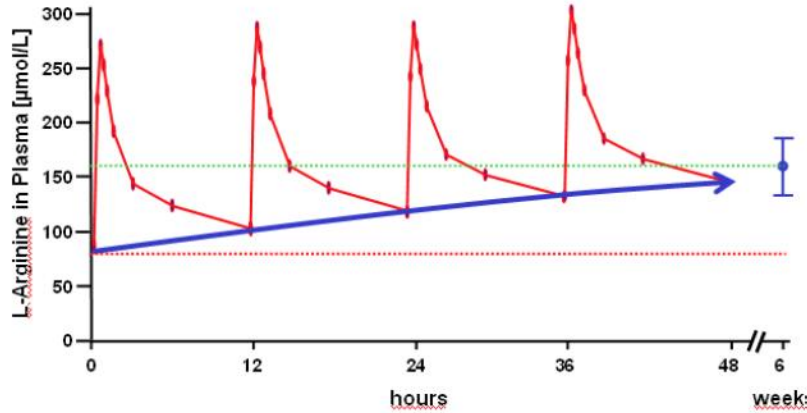
Half-life ≈ 2 hours  
Half-life ≈ 12 hours

## Third Generation L-arginine supplements

This schematic shows that after 6 weeks the Nitric Oxide levels double with taking 2 doses per day!!!

### Advantage of combined L-arginine plus L-citrulline

Longer half-life of L-arginine blood levels enables twice daily administration and results in build-up of L-arginine levels



Source: R.H. Böger, data on file

### In summary:

Multiple mechanisms may cause endothelial dysfunction - L-arginine alone cannot address them all, but Cardio Wellness and Heart Wellness can.

	Does L-arginine help?	Cardio Wellness help?
A. Deficiency of L-arginine reduces NO production	<b>YES</b>	<b>YES</b>
B. Gene expression of NO synthase may be down regulated	<b>NO</b>	<b>YES</b>
C. Oxidative stress is increased and inactivates and causes cell damage	<b>NO</b>	<b>YES</b>

## Chapter 8

# Reclaiming Vitality: The Natural Solution to Erectile Dysfunction

Erectile Dysfunction (ED) is a complex and often misunderstood condition that affects millions of men worldwide. While commonly associated with aging, ED is not an inevitable part of growing older. This chapter explores the multifaceted nature of ED, the critical role of Nitric Oxide in erectile health, and how natural solutions like Cardio Wellness and Heart Wellness offer a promising alternative to conventional treatments.

### Introduction to Erectile Dysfunction (ED)

Erectile Dysfunction is more than just a physical condition; it's a multifactorial issue that can significantly impact a man's quality of life, self-esteem, and intimate relationships. While it's true that the prevalence of ED increases with age, it's not a condition that men must accept as an unavoidable aspect of aging.

### Understanding ED: More Than Just an Age-Related Issue

ED is often caused by a combination of physical, psychological, and lifestyle factors. High blood pressure, diabetes, obesity, and certain medications can contribute to the development of ED, as can stress, anxiety, and depression. Debunking the myth that ED is an inevitable part of aging is crucial in understanding and effectively treating this condition.

### The Role of Nitric Oxide in Erectile Health

Nitric Oxide plays a pivotal role in erectile function. It's the molecule responsible for relaxing and dilating blood vessels, allowing for increased blood flow to the penis, which is essential for achieving and maintaining an erection. The importance of NO in sexual health cannot be overstated, making it a key target for ED treatment.

### How Nitric Oxide Fuels Erectile Function

The process of achieving an erection is complex, involving psychological, neural, vascular, and hormonal factors. At the heart of this process is Nitric Oxide, which triggers the relaxation of smooth muscles in the penis, leading to increased blood flow and erection. Without sufficient NO, this process can be impaired, leading to ED.

## **Limitations of Conventional ED Treatments**

While drugs like Viagra, Levitra, and Cialis have revolutionized the treatment of ED, they are not without limitations. These medications primarily address the symptoms of ED rather than the underlying causes. They can also have side effects and are not suitable for all men, particularly those with certain health conditions.

## **Cardio Wellness and Heart Wellness: A Natural Approach**

Cardio Wellness and Heart Wellness take a different approach to treating ED. These natural supplements focus on improving overall cardiovascular health and Nitric Oxide production, addressing some of the root causes of ED. They contain a blend of L-Arginine, L-Citrulline, and other vital nutrients that support vascular health and erectile function.

## **The Comprehensive Benefits of Nitric Oxide for ED**

Nitric Oxide offers a holistic solution to ED. By enhancing blood flow, it not only improves erectile function but also supports overall cardiovascular health. Additionally, by addressing some of the root causes of ED, NO can help improve emotional well-being and reduce stress, further contributing to sexual health.

## **The Research Behind the Remedies**

The formulations of Cardio Wellness and Heart Wellness are based on decades of research, particularly the work of Dr. Böger, who has studied the relationship between L-Arginine, L-Citrulline, Nitric Oxide, and cardiovascular health for over 30 years. This research forms the scientific foundation of these supplements, making them a well-supported option for men with ED.

## **A Safer Alternative to Conventional ED Medications**

Compared to conventional ED medications, Cardio Wellness and Heart Wellness offer a safer option for many men. By focusing on improving Nitric Oxide production and overall cardiovascular health, these supplements provide a more holistic approach to treating ED, without the side effects associated with traditional medications.

## **Rejuvenating Sexual Health with Nitric Oxide**

For men looking to rejuvenate their sexual health, Cardio Wellness and Heart Wellness offer a promising solution. By enhancing Nitric Oxide production and improving vascular health, these supplements can help turn back the clock on sexual function, paving the way for a healthier, more fulfilling sex life.

In conclusion, while ED is a complex condition with various contributing factors, the role of Nitric Oxide in maintaining erectile health is undeniable. By choosing natural solutions like Cardio Wellness and Heart Wellness, men have the opportunity to address the underlying causes of ED, improve their cardiovascular health, and reclaim their vitality and well-being.

## Nitric Oxide and Erectile Dysfunction (ED)

Discussion written by Dr. Rainer Boger, MD

**Cardio Wellness, Heart Wellness and Nitric Oxide Plus are a very viable treatment for Erectile Dysfunction (ED).**

### **Erectile Dysfunction (ED): the inability to get or keep an erection firm enough to have sexual intercourse.**

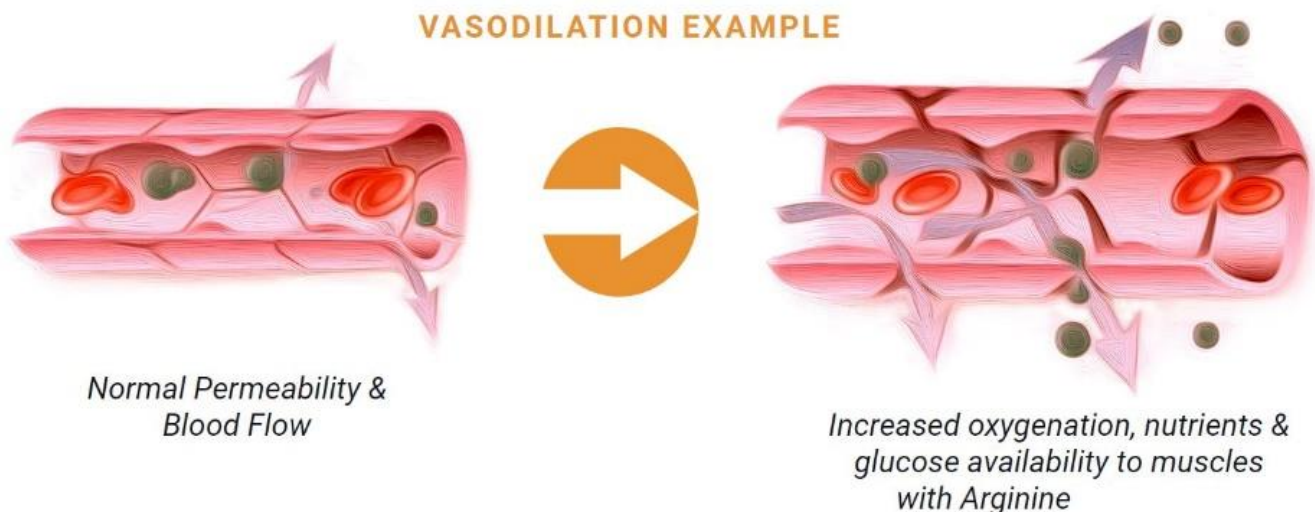
Science has discovered that more Nitric Oxide (NO) inside the blood vessel walls increase the ability for a sustained erection. Some people may assume ED increases with age. The fact is that impotence and the inability to maintain an erection are not always age related.

Aging doesn't necessarily mean you're doomed to develop ED indefinitely. Age can raise the risk for ED, but there are ways to treat it. Our 3rd Generation, all natural, products researched by Dr. Boger, MD are the first step in treating ED.

Conventional erectile dysfunction treatments include Viagra, Levitra and Cialis. They relax the muscles of the penis and increase blood circulation. However, these medicines only address Erectile Dysfunction on a symptomatic level and do little to address the main root causes of it. A person using these drugs may experience side-effects like headaches, dizziness and urination burning.

### **Cardio Wellness, Heart Wellness and Nitric Oxide Plus - are advanced, 100% natural products helping Erectile Dysfunction (ED) by creating Nitric Oxide**

This unique natural remedy is science based and works by addressing the physical root cause of Erectile Dysfunction. These products are made of 3rd Generation ingredients including L-arginine, L-citrulline, Resveratrol. All of these natural supplements can help the cardiovascular system produce normal erections by increasing the body's Nitric Oxide production.



## Backed by 29 years of Science - Cardio Wellness, Heart Wellness, and *Nitric Oxide Plus* improve your sexual performance by:

- 1) Inducing normal sustained penile erections by increasing the blood flow (vasodilation) throughout the body which in turn dilates the blood vessels.
- 2) Restore a normal reproductive system by solving the issues causing the physical problems.

### There is no reason to live with ED today.

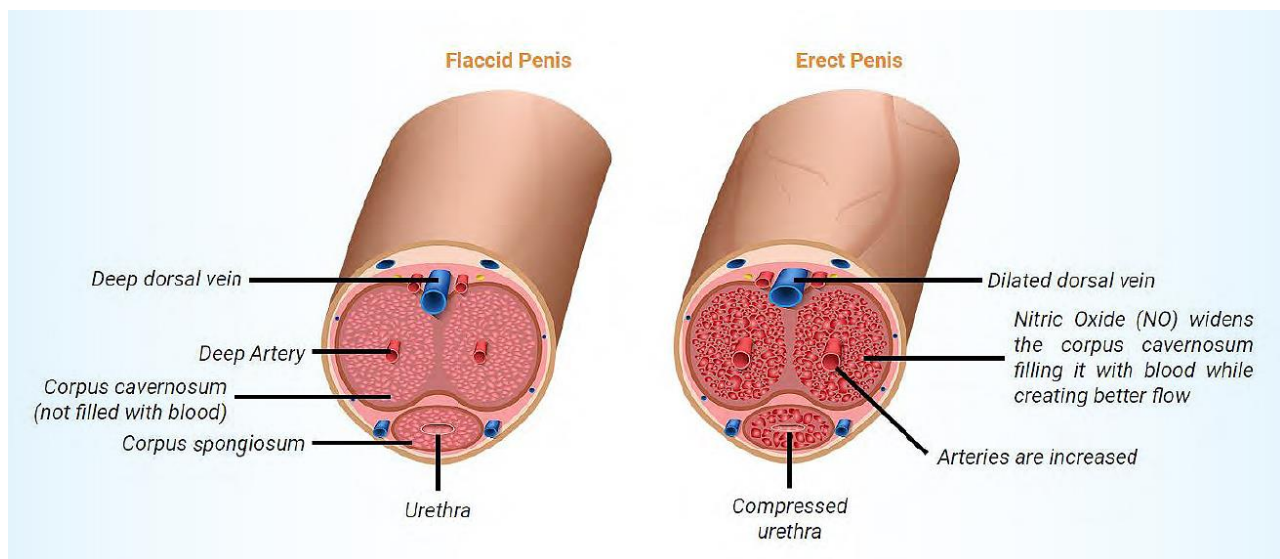
Our 3 products effect the sexual response differently than Viagra. Viagra has negative side effects.

Cardio Wellness, Heart Wellness and *Nitric Oxide Plus* enhances the nitric oxide (NO) production in the body naturally which helps men struggling with ED.

By increasing and creating nitric oxide production and increasing blood flow to the penis - you can obtain and keep an erection sustainable enough for sex.

Note: Because our products address the physical root cause of ED, the problem isn't solved with just 1 dosage. However, if you take 2 scoops a day and continue to for several weeks you are one step closer to naturally producing more nitric oxide in your body and naturally decreasing the effects of ED. Typically results are seen after 60-90 days of continued use.

Please see the illustration below showing how nitric oxide production cleans the blood vessels and produces more nitric oxide that brings the system back to a younger more youthful self.



## Chapter 9

# Testosterone, Dopamine, and ED



## How Testosterone Benefits Your Body

Medically reviewed by Dr. Graham Rogers, MD and written by Ann Pietrangelo

Those with low testosterone may see benefits like improved mood and increased muscle mass after testosterone-based HRT.



## What is Testosterone?

Testosterone is a hormone that is produced primarily in the testicles for men and the ovaries and adrenal glands for women. This hormone is essential to the development of male growth and masculine characteristics. For women, testosterone comes in much smaller amounts. Testosterone production increases about 30 times more during adolescence and early adulthood. After early adulthood, it's natural for levels to drop slightly each year. Your body may see a one percent decline after you're 30 years old.

### Testosterone plays a key role in your:

- muscle mass and bones
- facial and pubic hair
- body's development of deeper voices
- sex drive
- mood and quality of life
- verbal memory and thinking ability
- the development of Dopamine

## What are the benefits of increasing your Testosterone levels?

### 1. Healthy Heart and Blood

A healthy heart pumps blood to the rest of the body, providing muscles and organs with the oxygen needed for peak performance. Testosterone helps red blood cell production through the bone marrow. Low testosterone levels are linked to a variety of cardiovascular risks.

But can testosterone replacement therapy help with heart disease? Small studies in the early 2000s found that men with heart disease who underwent testosterone therapy saw only slight improvements. Some were able to increase their walking distance by 33 percent. Another study found that hormone therapy only widened healthy arteries but had no effect on angina pain.

A more recent, larger study of 83,000 men found that men whose testosterone levels returned to normal were 24 percent less likely to have a heart attack and 36 percent less likely to experience a stroke.

### 2. Less Fat, More Muscle

Testosterone is responsible for increased muscle mass. Leaner body mass helps control weight and increases energy. For men with low testosterone, studies showed that treatment can decrease fat mass and increase muscle size and strength. Some men reported a change in lean body mass but no increase in strength. It's likely you'll see the most benefits when you combine testosterone therapy with strength training and exercise.

### **3. Stronger Bones**

Testosterone plays a huge role in bone mineral density. Bone density decreases as men age and testosterone levels drop. This raises the risk of weak bones and osteoporosis. Strong bones help support your muscles and internal organs, which can boost athletic performance.

Research shows that bone density increases with testosterone treatment as long as the dose is high enough. Clinical trials on the effect of testosterone on bone density found increases in spinal and hip bone density. Another study of females transitioning into males found that testosterone increased bone mineral density. But it's unknown if testosterone can help with reducing fracture risk.

### **4. Better Verbal Memory, Spatial Abilities, or Mathematical Reasoning**

Research shows that men with higher ratios of total testosterone have a reduced incidence of Alzheimer's disease. There's also evidence for a strong correlation between testosterone and thinking abilities such as verbal memory and faster processing speed. Testosterone treatment for men 34 to 70 years old has shown an improvement in spatial memory.

### **5. Better Libido**

Testosterone levels naturally rise in response to sexual arousal and activity. Men with higher levels of testosterone usually have greater sexual activity. Older men need more testosterone for libido and erectile function. But it's important to note that erectile dysfunction is often due to other conditions or medications rather than low testosterone levels.

Studies show that testosterone therapy can benefit your sexual health and performance. It also shows that there is a maximum level of testosterone before there's no increased response. For men who don't have hypogonadism, increasing your testosterone may not benefit your libido.

### **6. Improved Mood**

Lower testosterone levels are associated with poorer quality of life. Some of the symptoms of low testosterone levels include depression, fatigue, and irritability. But some research shows that this may only be for men with hypogonadism. Men whose bodies follow the normal decrease of testosterone over time didn't show an increase for depression.



**Medically reviewed by Graham Rogers, M.D.**

**Written by Ann Pietrangelo**

**Updated on January 12, 2024**

“I solved my ED problem with *Nitric Oxide Plus* and you can too!” - David Livingston

*Nitric Oxide Plus* is a very viable treatment for erectile dysfunction (ED). Science has discovered that more nitric oxide inside the blood vessel walls increase the ability for a sustained erection. Erectile dysfunction (ED) is the inability to get or keep an erection firm enough to have sexual intercourse. Some people may assume ED increases with age. The fact is that impotence and the inability to maintain an erection are not always age-related. Aging doesn't necessarily mean you're doomed to develop ED indefinitely. Age can raise the risk for ED, but there are ways to treat it. *Nitric Oxide Plus* is the first step in treating ED.

Conventional erectile dysfunction (ED) treatments include Viagra, Levitra and Cialis. They relax the muscles of the penis and increase blood circulation. However, these medicines only address Erectile Dysfunction on a symptomatic level and do precious little to address the main root causes of it. The person using these drugs may experience side-effects like headaches, dizziness and even become dependent on them.

## *Nitric Oxide Plus* is an advanced natural product helping Erectile Dysfunction (ED)

This unique natural remedy that is science based works by addressing the physical root causing Erectile Dysfunction. L-arginine, L-citrulline, Resveratrol, Vitamins D, K2, are all supplements that helps the cardiovascular system produce normal Erections by increasing the nitric oxide in your blood vessel walls.

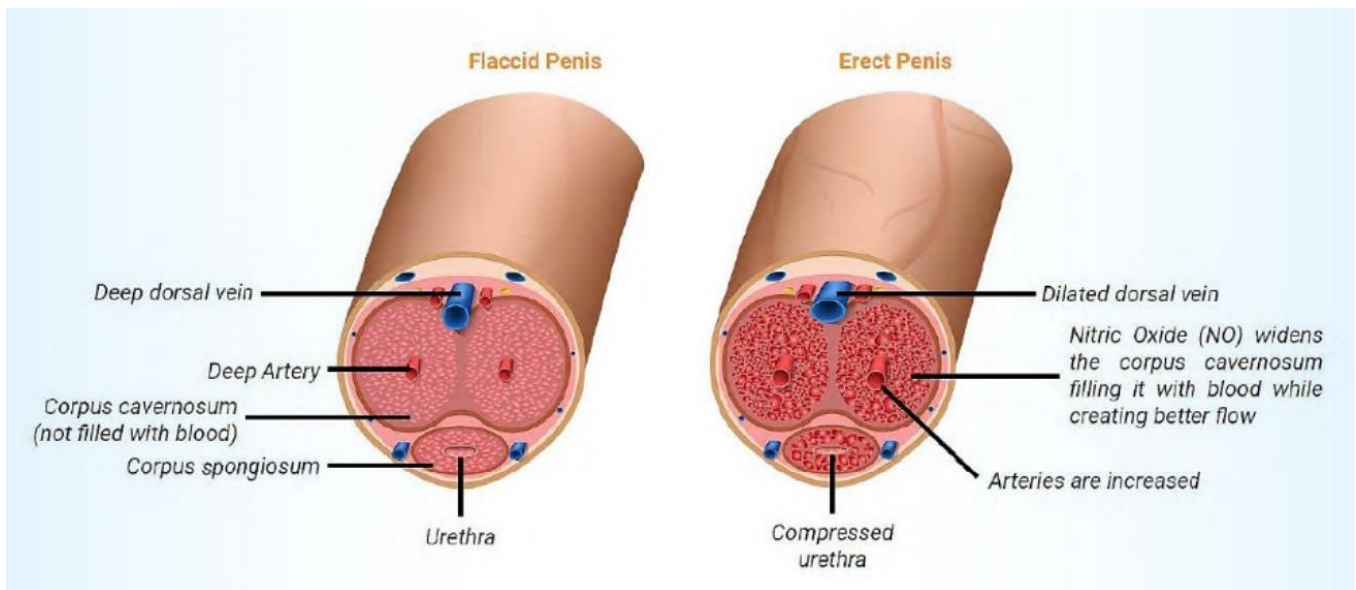
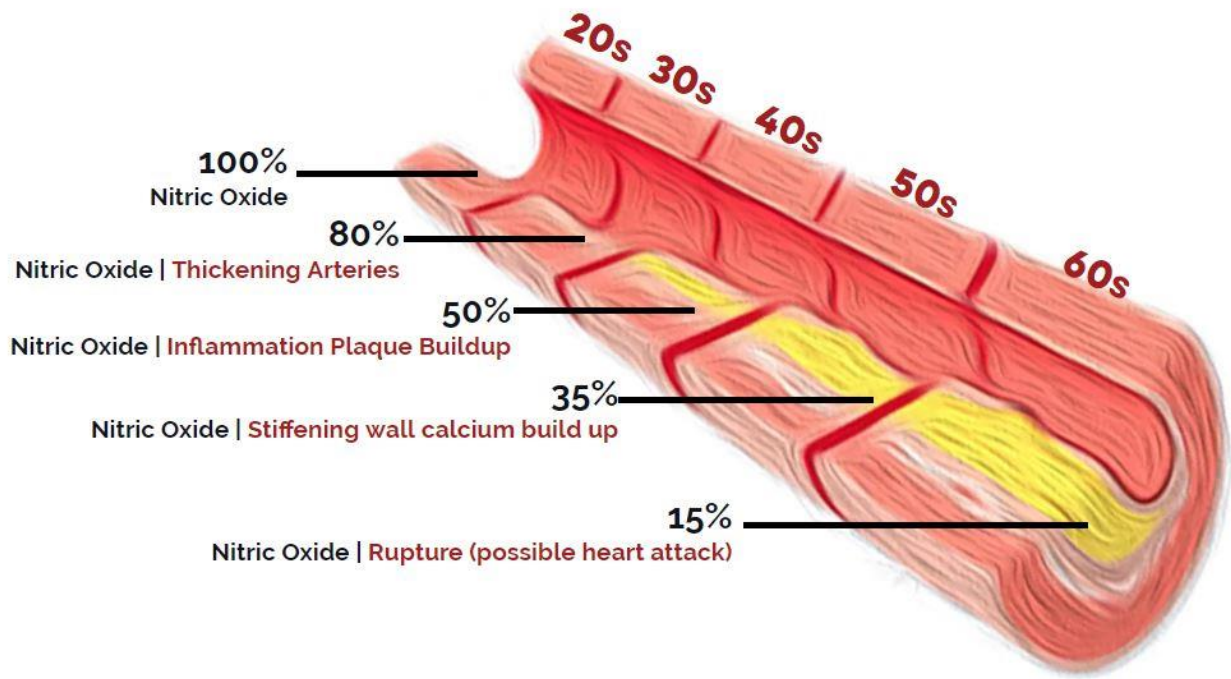
## *Nitric Oxide Plus* is science based and improves your sexual performance by:

- Induces normal erection by increasing the blood flow throughout the body.
- *Nitric Oxide Plus* helps restore a normal reproductive system by solving the issues causing the physical problems.
- *Nitric Oxide Plus* helps penile erection by creating more nitric oxide by dilating blood vessels.
- *Nitric Oxide Plus* can relieve emotional stress by maintaining the erection.
- *Nitric Oxide Plus* clears energy channels and blood flow issues associated with ED

*Nitric Oxide Plus* ingredients were selected by Dr. Böger from his 28 years of research studying L-arginine/L-citrulline.

There is no reason to live with ED today. *Nitric Oxide Plus* effects the sexual response the same way as Viagra, but without the side effects (such as stopping the production of Nitric Oxide which is the principal cause of cardiovascular disease).

Please look at this illustration on nitric oxide production as we age. *Nitric Oxide Plus* cleans the blood vessels and produces more Nitric Oxide that brings the system back to a younger age.





## Why We Love by Helen Fisher, PhD, Anthropology

In her book “Why We Love” by Helen Fisher, PhD (Anthropology. Research professor at Rutgers University.), Helen shares with us her extensive research on the evolution, expression and chemistry of love. The two major hormones of desire are testosterone and dopamine. Nature has made only one true substance to stimulate sexual desire in men and women – testosterone (and to a lesser degree dopamine). Women who take testosterone in their early middle age boost their sexual desire. The male libido peaks in in the early 20’s, when levels of testosterone are the highest. When age levels of testosterone decline, often there is a depressing sex desire. If women’s testosterone does not decline their sex drive does not decline.

### Romance Triggers Lust

Why do we feel lust when we fall in love? Because **Dopamine, the liquor of romance**, can stimulate the release of testosterone, the hormone of sexual desire. Dopamine can stimulate lust in humans. When both men and women are depressed, and then have their levels of dopamine increased their sex drive improves.

### The Mad Symphony of Romance

Love is a symphony of feelings with many notes and chords. All these ingredients add fantastic depth, nuance and spice to our feelings of romance. Nature has given us the brain wiring to find strangers exciting. This is associated with elevated levels of dopamine—**the neurotransmitter of romance**.

## **Nitric Oxide to the Rescue - The Organ and Gland Knight**

Nitric Oxide (NO) is a molecule that plays many roles in the body, including vasodilation and neurotransmission. It is produced from the amino acid L-arginine through a reaction catalyzed by Nitric Oxide synthase (NOS). When considering the relationship between Nitric Oxide and dopamine, the effects can be complex and depend on various factors.

**Nitric Oxide and Neurotransmission:** Nitric Oxide (NO) acts as a signaling molecule in the brain. It can influence the release and metabolism of various neurotransmitters, including dopamine. NO has been suggested to modulate dopaminergic pathways, which could potentially affect dopamine levels.

**Influence on Dopamine Release:** Some studies suggest that Nitric Oxide may enhance the release of dopamine in certain brain regions, such as the striatum, which is involved in reward and motor control. This can lead to an increase in dopamine signaling, which is associated with positive effects on mood and motivation.

**Regulation of Dopamine Synthesis:** There is also evidence indicating that Nitric Oxide can influence the enzymes involved in the synthesis of dopamine. This could mean that increased NO levels from arginine supplementation might enhance dopamine production, though the specifics can vary based on individual neurobiology and other factors.

**Potential Therapeutic Implications:** The interaction between NO and dopamine is a topic of interest in neuropsychology and the treatment of conditions involving dopamine dysregulation, such as Parkinson's disease and certain mood disorders. (END of Article)

## **The Trajectory of Love**

Helen Fisher, PhD (an anthropologist) has tested through MRI many people and conducted a survey with Match.com of 5,000 men and women in 2012. Exactly how does ecstasy and obsession decline? No one knows. She suspects it's either the nerve pathways for Dopamine decline or the related neuro-chemicals decline. Michael Liebowitz psychiatrist sums it up, "If you want a situation where you and your long-term partner can get very excited about each other, you will have to work on it, because in some ways you are bucking a biological tide" Nitric Oxide has proven to stimulate and help to produce more Dopamine. There are other things to consider as well. The tests showed that long term lovers had just as much brain activity as younger lovers, if the Dopamine levels stayed high. Dopamine reduces with age. Nitric Oxide is the answer.

**Depression Medications:** According to Helen Fisher, PhD there is one thing that negatively affects Dopamine levels and that is depression medications, such as Prozac and Zoloft. I know of a relationship that was taking arginine and stopped. I also know that one side was very much in love and thought the other was in love as well. After 4 years the romance was off. The female partner was taking depression meds and no more arginine. What then took place was no Dopamine. Eventually the relationship ended because there was no romantic desire on the female's part. This is a true story.

**In Summary:** Nitric Oxide produced from arginine may have effects on dopamine levels through its modulatory roles in neurotransmission and its influence on dopamine release and synthesis.

## **Science by Pub Med on Nitric Oxide and Testosterone**

Scientific research indicates a strong connection between testosterone and Nitric Oxide (NO), where testosterone positively regulates the production of NO, particularly within the endothelial cells lining blood vessels, impacting functions like blood flow and erectile function; essentially, higher testosterone levels can lead to increased Nitric Oxide production in the body.

Testosterone is a sex hormone that plays a role in many aspects of health and longevity, including bone metabolism, muscle mass, and cognitive function: This is true for both men and women.

### **Mortality**

Lower testosterone levels are associated with a higher risk of death from many causes, including heart disease, cancer, and Alzheimer's disease. However, it's not clear if low testosterone levels directly cause disease or are just a sign of poor health.

### **Bone Health**

Low testosterone levels are associated with osteoporosis, rapid bone loss, and an increased risk of fractures.

### **Cognitive Function**

Testosterone may play a role in cognitive function, and some say it can increase cognition and protect the brain from dying. However, others say that more long-term research is needed to understand how testosterone affects the body.

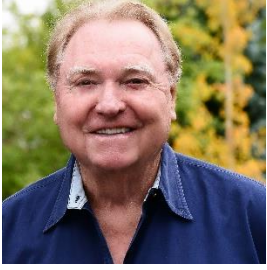
### **Other Health Problems**

Low testosterone levels have been linked to other health problems, including infections, diabetes, obesity, hypercholesterolemia, and hypertension.

### **Testosterone Increases Longevity**

The analysis showed that men who started with testosterone levels below 7.4 nmol/L had a higher risk of dying during the study period compared with men who had higher levels. Men with levels below 5.3 nmol/L had an increased risk of heart-related deaths, such as heart attack, cardiac arrest, heart failure, and stroke.

- Aug 1, 2024 Harvard Health



## Bob Weeks' Testimony on Testosterone Production

When I was 30 years of age my testosterone was so low I needed shots to increase it. I do not know why I was so low; I was running 5 miles daily as an exercise and eating really well. I was not overweight but under stress on ED.

Now after years of taking a Nitric Oxide supplement my level is 900, which is way over the average at my age of 82. Men my age average 200. The doctor could not believe my level and I retook the test and sure enough it came in at 898. He was in a state of amazement. His comment was, "Your health is really benefiting from that level". That must be why you look like a 60-year-old not an 80+ year old. As I see it you function like a 60-year-old, climbing mountains, running a successful company, mentally functioning as a younger man. Also, I just had a bone density test and my level was of a 20 year old, the doctor commented, " You should apply for the NFL with those bones".

## Conclusion

### A Heartfelt Farewell: Embracing a Future of Cardiovascular Wellness

As we reach the conclusion of our journey through "NO More Cardiovascular Disease," I, Bob Weeks, want to extend my deepest gratitude for joining me on this enlightening path. We've explored the profound impact of Nitric Oxide on heart health, delved into the transformative power of L-Arginine, navigated the complex world of supplements, and discovered the broader implications of Nitric Oxide on overall well-being and erectile dysfunction. Now, it's time to look ahead, to embrace a future where cardiovascular wellness is within our grasp, and to recognize the opportunities that lie in our choices, both for our health and our financial stability.

Throughout this book, we've uncovered the secrets of Nitric Oxide, the miracle molecule that holds the key to rejuvenating our cardiovascular system. We've learned that taking control of our heart health is not just about living longer; it's about living better, with vitality and vigor that transcends the numbers on a calendar. The power of Nitric Oxide, harnessed through proper supplementation and lifestyle choices, offers us a pathway to a heart-healthy life, a journey where every beat tells a story of resilience and renewal.

But our journey doesn't end with the last page of this book. It's a continuous path, one that we walk every day through the choices we make, the foods we eat, the activities we engage in, and the supplements we select. It's a journey that requires commitment, knowledge, and the courage to embrace change. And it's a journey that we don't have to walk alone.



At Cardio & Heart Wellness, we understand that heart health is just one piece of the puzzle. The financial challenges that many Americans face, especially as they approach or navigate through retirement, are real and pressing. The growing retirement income gap poses a significant threat to the stability and peace of mind of millions. That's why we offer more than just a path to cardiovascular wellness; we offer an opportunity to bridge the financial gap through our direct sales model.

Our flagship product, Cardio Wellness, is not just a supplement; it's a gateway to empowerment. By joining our direct sales team, you have the chance to earn an income while promoting a product that contributes positively to heart health. This dual benefit – financial security and health improvement – is our commitment to you, a testament to our belief that well-being encompasses every aspect of life.

As you close this book and reflect on the knowledge and insights gained, remember that the journey to cardiovascular wellness is a journey of empowerment. With Nitric Oxide as your ally and Cardio & Heart Wellness as your partner, you have the tools and opportunities to take control of your heart health and your financial future.

Embrace this journey with confidence, with the knowledge that every step you take is a step towards a healthier, more vibrant life. Let the power of Nitric Oxide light your way and let the promise of Cardio & Heart Wellness guide you towards a future where heart health and financial stability go hand in hand.

Thank you for being a part of this journey. Here's to your heart, your health, and your happiness. Welcome to a brighter, heart-healthy future with "NO More Cardiovascular Disease."

With heartfelt wishes,  
Bob Weeks

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# Postscript

## How to know what Nitric Oxide Supplements are right for you?

Upon delving into the world of Nitric Oxide, a common question arises: "How can I decide which Nitric Oxide supplement to take?" With over a decade of experience in both selling and being tutored by Dr. Rainer Böger, MD, I confidently believe I can provide guidance based on rigorous research supported by the National Institute of Health (NIH). Dr. Böger, with 30 years of dedicated research in arginine/Nitric Oxide and cardiovascular disease, holds a prominent position, consistently ranked #1 or in the top 15 by Expertscape.com. In the sea of more than 500 Nitric Oxide products on Amazon. I promise you I can make the decision simple, even if I am prejudiced. Science is not prejudiced and I do not believe in alternative facts.

## Products that make Nitric Oxide can come from two main sources;

- A. Arginine-Rich Foods: Arginine is a precursor to Nitric Oxide, and while numerous foods can supply arginine, the sheer quantity required (5000 mg daily for optimal Nitric Oxide production) makes it impractical and calorically excessive. Dr. Böger's insights emphasize the financial and caloric burdens of obtaining sufficient arginine, with NIH-backed studies affirming that 90% of Nitric Oxide must be synthesized from arginine. The Nobel Prize in Medicine (1998) further solidifies arginine's pivotal role in Nitric Oxide production.
- B. Nitrates from Foods: Nitrates, which convert to Nitrites, offer an alternative pathway for Nitric Oxide synthesis. However, this method can only produce a fraction (7.5-8.5%) of the required Nitric Oxide. Beetroot powder, extract, or beets, and spinach contribute to this process. Notably, many products boast 500 mg of nitrates, yet, considering the best-case scenario of 1.5% nitrate concentration in beetroot, they only yield 7.5-8.5 mg of nitrate per gram, falling significantly short of the body's Nitric Oxide needs. You need 60 times beet root powder to produce nitrates that convert to Nitric Oxide. Then and only then can you produce up to 8.5% of the Nitric Oxide you need.

A 180-pound person would need at least 450 mg of nitrates from beetroot extract. The leading pre-workout has 500 mg of beetroot extract and claims that this is the ideal amount to increase nitric oxide, but this couldn't be further from the truth! Actually, you would need 60 times the amount of nitrates in the leading pre-workout per serving to benefit from nitric oxide. Let me put this into perspective: how much beetroot extract does it take to equal 450 mg of nitrates (the amount needed to benefit from nitric oxide)?

1. 500 mg
2. 1,000 mg
3. 30,000 mg (30 grams)

If you picked 3, then you are correct. You would need to consume 30,000 mg (30 grams) of beetroot extract to get 450 mg of naturally occurring nitrates. 30 grams is a lot of beetroot extract for the stomach! For anyone brave enough to stomach 30 grams of beetroot extract daily, be prepared for your urine to turn purple/red in color while consuming it. Don't get misled by unethical companies or experts trying to sell you on the media hype about the benefits of nitric oxide from beetroot extract when their products only contain a fraction of the amount cited in studies.

## This table describes how many calories of each food you would have to consume to achieve Nitric Oxide at the level needed by science assessment and Dr Boger's research.

The table below highlights the L-arginine content in various foods, such as nuts, seafood, and beef. However, these foods often come with high-calorie counts. To meet the recommended daily intake of 6g of L-arginine solely through these sources would surpass half of your daily caloric limit. Take edam cheese, for instance; consuming 582 grams covers your daily arginine needs but exceeds your daily caloric allowance. In essence, relying on regular foods to attain sufficient L-arginine becomes impractical, especially when compared to the convenience of a dietary supplement like Cardio Wellness. Notably, the recommended twice-a-day 3g dose of Cardio Wellness equates to just about 30 calories, allowing your dietary flexibility. While a healthy diet forms the cornerstone of aging well, a vegetarian diet alone falls short in supplying the necessary L-arginine levels required for optimal health in later years.

Food	L-arginine (mg/100g)	Grams needed to have a supply of 6g L-arginine per day	Kcal/100g	Total kcal per day
Pumpkin Seeds	5,353	112	446	500
Peanuts	3,460	173	567	981
Almonds	2,750	218	576	1,256
Pine Nuts	2,413	249	673	1,676
Lentils	2,240	268	116	311
Hazel Nuts	2,030	296	628	1,859
Prawns	1,740	345	87	300
Beef Steak	1,540	390	250	975
Chicken Breast	1,350	444	165	733
Salmon	1,330	450	188	846
Edam Cheese	1,030	582	357	2,078
Buckwheat	970	619	343	2,123
Eggs	840	715	155	1,107

Also, how much you would have to spend/month!! Cost/month of each item- pumpkin seeds \$65, peanuts \$35, Raw almonds \$94(4 lbs/day), pine nuts \$485, lentils \$36, hazel nuts \$240, shrimp \$244 (.63lbs/day), beef steak \$253 (3/4lb/day), chicken breast \$107(3/4 lbs/day), salmon \$297(1lb/day), edam cheese \$381(1.6lbs/day), buck wheat \$122, eggs \$157 (12 eggs/day)

Retail Cost/month *Nitric Oxide Plus* is \$69.95 (\$2.33/day), Cardio wellness \$84.95(\$2.66/day), Heart Wellness \$89.95 and calories are 30 per day, not 311 to 2000 calories/day and average of all those foods,1000 cal/day.

### **Dr. Rainer Boger's research on L-arginine and L-citrulline.**

According to Dr. Böger, for individuals experiencing normal aging, the body can absorb approximately 5000 mg daily in two doses, 12 hours apart, of arginine. The critical aspect here is that arginine alone has a half-life of 2 hours, providing about 4 hours of arginine production. However, when citrulline is combined with arginine at a 3:1 ratio, the production of Nitric Oxide extends to about 12 hours. With a second dose, you can achieve 24 hours of Nitric Oxide production from your vessels. Then after 6 weeks of continuous dosing the Nitric Oxide doubles and that is how we are 800% to 1200% more than almost all products in Nitric Oxide Production.

The vessels generate Nitric Oxide from the endothelium, a one-cell-thick organ that spans 80,000 miles of your vessels. Discovered in 1988, its significance led to a Nobel Prize in medicine by 1998, acknowledging Nitric Oxide as a signaling molecule. This implies that Nitric Oxide actively addresses health issues: repairing damaged endothelium, supplying mitochondria with energy, and optimizing the health of each organ. Choosing an effective product involves ensuring it meets the following criteria:

- A. a combination of at least 5000 mg arginine/citrulline**
- B. a ratio of at least 3:1**
- C. inclusion of beetroot powder or extract**
- D. a minimum of 40 mg to 120 mgs of Resveratrol per day for countering free radical damage caused by arginine.**
- E. at least 1000 mg of Vitamin C daily for clearing calcified plaque, and**
- F. at least 1600 IU of vitamin D3 and 300 mcg of vitamin K2 (mk7) daily for blood thinning and optimal calcium distribution. These three ingredients are most important to take the calcium from your blood and deposit it in your bones not your veins.**

If your choice is missing any of these ingredients and amounts, you are fooling yourself. There is a company selling 450 mgs of five products, one of them is citrulline and no arginine for \$39.95/30 doses. They have a test strip that is for testing your Nitric Oxide level in your mouth. This is completely deceptive. There is no test for your Nitric Oxide level in your blood and that is where the test must be. They also sell beet powder gummies for \$39.95/ 60 gummies. This has 1.5 mgs of arginine in each gummy. They also sell beetroot powder at 500 mgs/day for \$39.95 (according to Beta Vularis , (also known as the ultimate in beet quality), you would need 30,000 mgs/day, not 450 as Super Beets promotes and they sell according to Amazon 10,000 jars /month) and this does not have enough nitrates to make at most 10% of your need for Nitric Oxide. You still need the 90% from arginine. They sell \$200,000,000 of this product made with citrulline per year and \$25,000,000 of these worthless gummies per year. They also sell \$36,000,000/year of Beet powder. They even claim studies, which would mean for what? This proves the old adage that you can fool some (or a lot) of the people all the time.

**Cardio Wellness** stands out as the premier nitric oxide supplement, meeting all the essential requirements for optimal Nitric Oxide production as outlined by scientific experts. Formulated to ensure a consistent supply of Nitric Oxide 24-7, this supplement adheres to the research-backed combination of arginine and citrulline, maintaining a crucial 3 to 1 ratio. Additionally, it incorporates beetroot powder to contribute to Nitric Oxide synthesis. With an inclusion of 40 mg of Resveratrol for combating free radical damage, 3000 mg of Vitamin C for arterial health, and a robust blend of 1600 IU's of Vitamin D3 and 300 mcg of Vitamin K2 (mk7) for blood thinning and calcium regulation, Cardio Wellness provides a comprehensive solution for sustained Nitric Oxide support, setting it apart as the optimal choice for promoting cardiovascular well-being.



## Compare the Cost of Getting the Best Results

For Best Results, the Goal is 24 Hour Continuous / Increased Nitric Oxide Production <i>in the Blood</i>	Nitric Oxide <b>PLUS</b>	Proargi9 Plus®	L-Arginine Plus®	L-Arginine Complete®	Cardio for Life®	neo40®
Scoops/Packets (per jar)	<b>60</b>	30	30	30	32	30 Lozenges
Production Hours of Nitric Oxide (NO) (per scoop)	<b>12 Hrs</b>	4 Hrs	8 Hrs	8 Hrs	2 Hrs	(Per Lozenge) 0
L-Arginine to L-Citrulline Ratio (per scoop)	<b>3:1</b>	16:1	5:1	5:1	25:1	(Per Lozenge) 0
\$ Cost (per jar)	<b>\$69.95</b>	\$111.00	\$34.95	\$44.95	\$81.14	<b>\$44.29</b> (30 Lozenges)
\$ Cost (per month)	<b>\$69.95</b>	\$666.00	\$104.85	\$134.85	\$973.68	Impossible to Calculate. No Nitric Oxide is Produced in the Blood.

★ **BEST!** ★  
★ ★ ★

Cardio Wellness will compete with the many other products that produce nitric oxide but is by far the best option when compared side by side with other nitric oxide supplements in terms of price and production and will produce 800% more Nitric Oxide based on Dr Boger's science. Almost all products promote 1 scoop per day and the wrong ratio of arginine/citrulline. And that is just the beginning of the differences.

## Conclusion

In conclusion, my unwavering endorsement of Cardio Wellness may seem biased, but it stems from a genuine frustration with the lack of transparency and efficacy in other nitric oxide supplements available on the market. After years of experimenting with various products, I discovered that achieving noticeable results often required exorbitant doses and significant financial investment (6x the recommended dosage and \$300+ per month cost to get those benefits). Recognizing a pervasive issue within the industry, where companies capitalize on the hype surrounding nitric oxide without delivering substantial results, I took it upon myself to develop a solution. Cardio Wellness is not just a product; it is a manifestation of my commitment to offering the highest quality, scientifically formulated supplement. Mindful of the tarnished reputation of many nutraceuticals, I infused this creation with a wealth of firsthand knowledge, addressing the pitfalls that contribute to negative perceptions in the industry. Through Cardio Wellness I aspire to genuinely impact lives by sharing the wealth of information and experience I have accumulated over the years, encapsulated in the essence of Cardio and Heart Wellness.

This is the final PostScript of our eBook. I hope you enjoyed reading it!

### ***Bob Weeks***

Founder of Cardio and Heart Wellness

[bob@cardioandheartwellness.com](mailto:bob@cardioandheartwellness.com)

<http://www.cardioandheartwellness.com>

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## **Testimonies are on the website- Click this link to go directly to them-**

This is the link to testimonies - <https://cardioandheartwellness.com/testimonials/>

This is Bob Weeks story link- <https://cardioandheartwellness.com/bob-weeks-story/>

Bob Weeks Climbing 8000ft in 2 miles at 81 years of age "Hana Hawaii 4/12/23"

Click on this link to read all about it - [https://cardioandheartwellness.com/wonderful-hawaiian\\_experience](https://cardioandheartwellness.com/wonderful-hawaiian_experience)

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## A New Chapter to the Life and Progress of Bob Weeks

Seven years ago, January 2017, my brother Ken Weeks who was a great brother and a significant part of the company, died of a heart attack. He took our product Arginine Cardio, but it gave him migraine headaches. We discovered about 6 months before he died what causes the headaches. It was curcumin. We made a special product for him; however, it did not work. After his heart attack, he was kept alive for 3 weeks in intensive care, but he was brain dead in the end. Ken was 12 years younger than me. We wanted to determine the cause of Ken's death – based on the results of the testing - they concluded Ken died from a piece of calcified plaque that broke off and went into his heart and caused the event.

Dr. Boger was not shocked that the product did not clean out calcified plaque. (Calcified Plaque is very difficult to clean out.) I went in for a heart scan and discovered I had the same condition. Dr. Boger did not have an answer. I discovered there had been some science on Vitamin D3 and K2 in the form of MK7. We then adjusted the formula to include that. The next year I went in for another scan and discovered my plaque score went up, not down. And, in fact, I was in the percentile of 80% of the people my age with less calcified plaque. I reviewed this with MBI, my new manufacturer, and he advised me that we had the wrong manufacturing system and that it took a special mixing machine to disseminate the K2 because it was in micrograms. We then ordered the addition again and increased the amounts. I took it for 1 more year and had another test done and I had again increased the calcified plaque score, in fact about a 20% increase. Another 2 years went by, the score was increasing every year.

The next year I received a jar of product from a Linas Pauling formula that was designed to reduce calcified plaque. I did the research and discovered that Thomas E. Levy, MD, JD, had studied this issue for years and had written 4 books on Vitamin C and Pauling science. In fact, there were 488 studies going back to the 1940s. There were 68 diseases that were addressed (cured), but that cannot be used for a nutraceutical by dicta. He had proof that the origin of ALL coronary Heart Disease is a clearly reversible- "Arterial Scurvy". At that juncture I decided to take vitamin C at 6,000 mgs/day with Cardio Wellness. Then 6 months later I changed the formula and put in 3,000 mgs/day of Vitamin C in Cardio Wellness and Heart Wellness and 1,000 mg/day in Nitric Oxide Plus.

I just had my 5<sup>th</sup> heart scan this month of March 2024. I was nervous to say the least. The results were that I had reduced my calcified plaque by 10%. I was a little discouraged until I came to my senses that I had stopped a 15% increase and reduced 10%, that is a 25% difference.

For this next year I will change my diet and take 6,000 mgs/day by taking 2 scoops 2 times per day. I am very grateful to have found the answer.

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### Robert Weeks Heart Scan yearly comparisons:

- 2018 total score 755.61
- 2019 total score 783.00
- 2023 Jan total score 1128.87
- 2023 May total score 1129.94
- 2024 march total score 1028.48



From 2018 to 2023 the increase was 369, that increase was 48.74% over 5 years. That was an average of 9.75% increase per year.

From 2023 to 2024 the decrease 106.46 or 10.4%. The average increase of 9.75% over 5 years added to the decrease of 10.40% equals a total difference from 2023 to 2024 of 20.15%.

The difference was the 3,000 mgs of Vitamin C/day added to Cardio Wellness.

## The Reports

Jan 20<sup>th</sup> 2023

**Jordan Valley Medical Center**  
**Jordan Valley Medical Center**  
 West Valley Campus  
**Mountain Point Medical Center**  
 A Campus of Jordan Valley Medical Center  
 STEWARD FAMILY HOSPITALS

Name: Weeks, Robert  
 DOB: 01/24/1942

Thank you for choosing Jordan Valley Medical Center and Jordan Valley Medical Center West Valley Campus for your Heart View Scan. Offering board certified cardiologists on the medical staff at each of these facilities.

We have reviewed the results of your Heart View scan. Your calcium score is elevated, indicating that you have calcified plaque in the coronary arteries of your heart and further evaluation may be needed. Please follow up with your primary care physician or cardiologist.

In the event you do not have a cardiologist, you may contact our office to set up an appointment. 801-263-2970 Main campus 801-290-7133 West Valley Campus

A copy of your results is enclosed with this letter.

Sincerely,

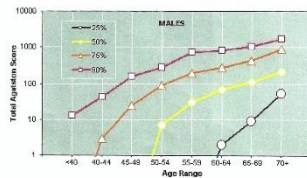
Interpreting cardiologist:  
 David S. Mastropolo, M.D.  
 Steward Cardiology Associates - West  
 Offices at Jordan Valley Medical Center, Jordan Valley West Valley Campus  
 David S. Mastropolo, M.D.  
 Bruce Rutkowski, M.D.  
 Adam M. Elshaddi, M.D.

This places the patient into the 75th percentile in comparison to a group of patients asymptomatic for coronary artery disease with the same age and gender. This means that 75 % of males aged 70-100 have calcium scores lower than the patient. The graph below illustrates the population risk stratification for males.

Protocol Name: Agatston Score  
 Weighting: STEPS Threshold: 130 HU Density Mode: MAXIMUM

Coronary Artery	Area (sq. mm)	Score
LAD	130.29	388.19
LCX	113.92	278.49
RCA	39.88	88.93
<b>Total Coronaries</b>	<b>284.09</b>	<b>755.61</b>

Agatston Calcium Scores in Asymptomatic Males



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- Bypass Surgery
- Balloon Angioplasty
- Coronary Stenting

**Procedure**

A coronary artery calcium scoring examination was performed on a multi-slice computed tomography scanner (Brilliance 64). The data was used to detect and quantify the presence of calcified plaque in the coronary arteries.

**Findings**

27 Aug 2019  
 The patient has a total Calcium Score of 783.45. This places the patient into the 76th percentile in comparison to a group of patients asymptomatic for coronary artery disease with the same age and gender. This means that 76 % of males aged 70-100 have calcium scores lower than the patient. The graph below illustrates the population risk stratification for males.



Protocol Name: Agatston Score

Weighting: STEPS Threshold: 130 HU Density Mode: MAXIMUM

Coronary Artery	Area (sq. mm)	Score
L MAIN	28.98	82.16
LAD	123.92	288.41
LCX	112.99	313.41
RCA	48.97	102.47
<b>Total Coronaries</b>	<b>316.86</b>	<b>786.45</b>

Weeks, Robert 1200445200 page 2 of 7  
 \* Images are for reference use only

- Bypass Surgery
- Balloon Angioplasty
- Coronary Stenting

**Procedure**

A coronary artery calcium scoring examination was performed on a multi-slice computed tomography scanner (Brilliance 64). The data was used to detect and quantify the presence of calcified plaque in the coronary arteries.

**Findings**

26 Jan 2023  
 The patient has a total Calcium Score of 1128.87. This places the patient into the 83th percentile in comparison to a group of patients asymptomatic for coronary artery disease with the same age and gender. This means that 83 % of males aged 70-100 have calcium scores lower than the patient. The graph below illustrates the population risk stratification for males.



Protocol Name: Agatston Score

Weighting: STEPS Threshold: 130 HU Density Mode: MAXIMUM

Coronary Artery	Area (sq. mm)	Score
L MAIN	25.66	89.91
LAD	183.92	487.68
LCX	121.3	317.26
RCA	119.99	264.02
<b>Total Coronaries</b>	<b>441.08</b>	<b>1128.87</b>

Weeks, Robert JV19047027 page 2 of 7  
 \* Images are for reference use only

- Bypass Surgery
- Balloon Angioplasty
- Coronary Stenting

**Procedure**

A coronary artery calcium scoring examination was performed on a multi-slice computed tomography scanner (Brilliance 64). The data was used to detect and quantify the presence of calcified plaque in the coronary arteries.

**Findings**

10 May 2023  
 The patient has a total Calcium Score of 1129.94. This places the patient into the 83th percentile in comparison to a group of patients asymptomatic for coronary artery disease with the same age and gender. This means that 83 % of males aged 70-100 have calcium scores lower than the patient. The graph below illustrates the population risk stratification for males.



Protocol Name: Agatston Score

Weighting: STEPS Threshold: 130 HU Density Mode: MAXIMUM

Coronary Artery	Area (sq. mm)	Score
L MAIN	46.34	126.32
LAD	189.12	474.5
LCX	117.51	322.49
RCA	118.16	226.63
<b>Total Coronaries</b>	<b>461.24</b>	<b>1129.94</b>

Weeks, Robert JV19047027 page 2 of 7  
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- Bypass Surgery
- Balloon Angioplasty
- Coronary Stenting

**Procedure**

A coronary artery calcium scoring examination was performed on a multi-slice computed tomography scanner (Brilliance 64). The data was used to detect and quantify the presence of calcified plaque in the coronary arteries.

**Findings**

06 Mar 2024  
 The patient has a total Calcium Score of 1023.48. This places the patient into the 82th percentile in comparison to a group of patients asymptomatic for coronary artery disease with the same age and gender. This means that 82 % of males aged 70-100 have calcium scores lower than the patient. The graph below illustrates the population risk stratification for males.



Protocol Name: Agatston Score

Weighting: STEPS Threshold: 130 HU Density Mode: MAXIMUM

Coronary Artery	Area (sq. mm)	Score
L MAIN	43.57	120.32
LAD	149.18	366.66
LCX	109.87	277.66
RCA	88.96	258.95
<b>Total Coronaries</b>	<b>491.58</b>	<b>1023.48</b>

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