

## Increasing Nitric Oxide

*"Nitric oxide helps to maintain, defend and repair every cell in the body."*

If you could use saliva in your office to test one of the most studied molecules in the history of medicine for a \$1.00, wouldn't that be a good idea? You've probably guessed I'm talking about nitric oxide which is responsible for heart health, sexual and sports performance, restorative sleep, energy, and a healthy immune system among other benefits.



I was at a medical meeting and an exhibitor was giving doctors a saliva test to measure nitric oxide. I tested fine, bought a container of test strips and quite honestly forgot about them. However a doctor shared a case history that has re-motivated me to test all my patients for nitric oxide (NO).

My colleague was taught by Dr. Wolfson, author of the Paleo Cardiologist, that since this molecule was so important everyone should have their nitric oxide checked. My colleague described his patient as a hard-working man in his early

40's with a family history of heart disease and had mild hypertension. After several months of conventional therapy, he was tight, stiff, rigid and difficult to adjust. He definitely had white coat syndrome.

Remembering Dr. Wolfson's lecture, my colleague tested nitric oxide with Berkeley saliva test strips. The saliva test is conducted away from food and shows a pretty pink color when sufficient. His nitric oxide level was completely undetectable.

Here was a guy who drives an hour to work each way,

performs physical labor for 8 hours then comes home and helps his wife with seven children. Stressed to the max he was a heart attack ready to happen.

My colleague suggested that he eat more fruits and vegetables. Sadly he didn't follow the dietary suggestions but he did take a scoop of NitroGreens every day. Six weeks later he re-tested him and found he had optimal levels of nitric oxide, his tight rigid muscles were more relaxed, he was easier to adjust and his adjustments were holding.

As I listened to the report I remembered that my nitric oxide report was optimal probably because I take NitroGreens five or six times a week. I know we are only talking about two people, so we don't want to make huge assumptions. However, NitroGreens was developed to increase nitric oxide naturally.

NitroGreens was developed by Dr. Abbas Qutab who holds degrees in both medicine and chiropractic as well as advanced degrees in naturopathy, acupuncture and philosophy. Dr. Qutab actually wrote a small book on nitric oxide. He says it is one of the most studied molecules in the history of medicine.

NitroGreens is made from heirloom seeds and is loaded with organic nitrates which are converted to nitric oxide. The product is high in chlorophyll, has naturally chelating abilities toward toxins and heavy metals. But perhaps one of the greatest benefits is how it provides buffers to naturally alkalize an overly acidic pH. NitroGreens contains a proprietary blend of: raw organic grass juices, barley, wheat, oat, alfalfa and kamut, raw organic sprouted vegetable concentrates, broccoli, cauliflower, and kale. NitroGreens also contains raw organic beet and carrot juices, organic acerola berry extract and organic peppermint leaf.

Because the grasses are harvested before the plant begins its reproductive cycle sometimes called splitting, budding or jointing, the grasses are gluten free. The vegetables provide a rich source of phytonutrients, including isoflavones, polyphenols, natural carotenoids, as well as naturally occurring enzymes, vitamins and trace minerals all of which aid in the body's natural ability to reduce toxins. In house phytochemistry lab testing at Biotics Research Corporation

guarantees that NitroGreens is free of heavy metals and environmental toxins.

Some plants offer more nitrates than others. You can see a link where researchers rate different plants. You'll see that the greens take the lead. As you've seen, NitroGreens has a deep rich green color. Some commercial products are over-oxidized which can be easily seen by a brownish color.

Several years ago I interviewed Dr. Qutab and created a patient education CD. Feel free to contact us for a copy to use with your patients. Sometimes having another expert telling your patient the benefits will increase compliance.

Undoubtedly, you will see many companies have products that are supposed to increase nitric oxide. The beauty of a product like NitroGreens is because it is organic clean food, it supports the body in many ways. There is a place to use nutrients as drugs; however, using food as medicine yields all kinds of collateral benefits. For example, we know the microbiome and gut healing are the current buzz words in medicine. The foods in NitroGreens support both the microbiome and gut healing via multiple mechanisms.

Since nitric oxide helps to maintain, defend and repair every cell in the body, why not invest a \$1.00 and test every new patient. Suggest NitroGreens at one to two scoops a day to help them build the cellular reserves necessary for optimal health. Retest in 60 days and of course have your patients increase natural foods that facilitate nitric oxide production.

Thanks for reading this week's Tuesday Minute edition. I'll see you next Tuesday.