

L-arginine Supplementation

J. Joseph Prendergast, MD, FACP, FACE
Author of *The Uncommon Doctor*

L-arginine formulations have been created to counter hardening of the arteries confirmed in Stanford's Department of Cardiovascular Research, the findings of the Nobel Laureates in Medicine in 1998 and my observations in my clinical practice for the last 17 years. It is important to have a high nitric oxide (NO) producer and high potency antioxidant of extraordinary power.

Implementation of the transfer of scientific proof to clinical practice continues. The research at Stanford, Harvard, Duke, University of South Carolina, National Cancer Institute, National Institute of Health as well as most cardiovascular centers throughout the world shows major advances in reversing atherosclerosis and hardening throughout the entire vascular system.

The term "arginine paradox" was coined to explain why excessive L-arginine seemed to have such a positive action in tissue where L-arginine was already present. Dr. Louis Ignarro, one of the three Nobel Prize winners in Medicine in 1998, noted that many scientists were reluctant to accept the power and science of the observed response to L-arginine. Alfred Nobel himself refused to take nitroglycerine for his angina pectoris in 1890, believing that his scientific discovery of an explosive couldn't possibly be good for health.

Dr. Ignarro has continued to contribute to Nitric Oxide research in his book **NO MORE HEART DISEASE, How Nitric oxide can prevent - Even Reverse - Heart Disease and Stroke**, he predicted the clinical reverse of pulmonary hypertension, cardiovascular disease and hemoglobinopathy states as thalassemia and sickle cell disease. *Pediatr Hematol Oncol*, 2007 Apr-May;24(3): 157-70 kato, GJ et al. Vascular Medicine Branch, National Heart, Lung and Blood Institute, Bethesda, Maryland, USA.

When L-arginine is synergized with L-citrulline, NO increases immediately and makes L-arginine active for 24 hours. He said, "do not forget: if your program does not contain L-citrulline to synergize the L-arginine you will not receive the full benefit".

John P. Cooke, M.D., Ph.D., a Professor of Medicine specializing in cardiovascular studies at Stanford University in Palo Alto, California published **The Cardiovascular Cure**. Here he tells the strength of L-arginine to lower blood pressure, prevent heart attack and stroke, return coagulation to normal, and reduce vascular inflammation and oxidation to normal.

Beyond the vascular focus, the erectile tissues of the penis (the science behind Viagra), improvement in memory and learning, improving the white blood cells and immune system, and for many the ability to develop peak athletic prowess are everyday successes of L-arginine.

The synergy of all the components in a formulation brings new power to health that is more than merely the sum of the powder parts. This now becomes beneficial to the young, to those who wish to perform better mentally, physically, and to enter into strategic health with the hope anti aging research portends.