



Wellness Minute

Health Information You Can Use On Your Path To Wellness

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Increasing Nitric Oxide Naturally

“Nitric oxide helps to maintain, defend, and repair every cell in the body. NitroGreens was developed to increase nitric oxide naturally.”

If you could use your saliva for an inexpensive in-office test that could evaluate your sufficiency of one of the most studied molecules in the history of medicine wouldn't that be motivating? I'm talking about nitric oxide. Nitric oxide 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 a saliva test to measure nitric oxide. I tested fine, bought a container of test strips, and quite honestly, forgot about them. However, a colleague recently shared a case history that re-motivated me about the need to test for nitric oxide.

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 hardworking man in his early 40s with a family history of heart disease, and he had mild hypertension. After several months of conventional therapy, he was tight, stiff, rigid, and difficult to adjust.

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 nitric oxide is sufficient. The patient's nitric oxide level was completely undetectable.

Here's a guy who drives an hour to work each way, performs physical labor for 8 hours, then comes home and helps his wife with the 7 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 an organic blend called NitroGreens every day. Six weeks later, he retested 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

This is a transcript from a “video magazine” we send out each week called the Wellness Minute. If you're not getting our Wellness Minute videos each week, sign up at the front desk.

oxide report was optimal, probably because I use 1 to 2 scoops of NitroGreens 5 or 6 times a week. NitroGreens was developed to increase nitric oxide naturally. NitroGreens is made from heirloom seeds and is loaded with organic nitrates, which are converted to nitric oxide. NitroGreens is high in chlorophyll, has natural chelating abilities toward toxins and heavy metals, but perhaps one of the greatest benefits is how NitroGreens 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. NitroGreens has a deep rich green color. Undoubtedly, many companies have products that are supposed to increase nitric oxide, but most commercial products are over-oxidized, which can be easily seen by a brownish color. Because NitroGreens is organic clean food, it supports the body in many ways. Using food as medicine yields all kinds of collateral benefits. 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, can you see the value of an inexpensive test that can evaluate your nitric oxide level? It's not just a helpful test. If you are depleted in nitric oxide, this test could save your life. You can get NitroGreens through your Wellness professional. Call the clinic on this page, schedule an in-office test for nitric oxide, and ask about NitroGreens.