

Your Body's Own *Wonder Drug*: No Rx Required

**An All-Natural "Prescription"
For a Healthy Heart, Healthy Sex, and Healthy Body**

By Joseph Lilli

Chapter 1: Introduction

A Live-Saving Medical Breakthrough...Silenced, Nearly Forgotten

In 2004, former President Bill Clinton had quadruple-bypass surgery to keep blood flowing to his heart. Although the former President did everything right after his 2004 bypass, atherosclerotic plaque again clogged his blood vessels requiring a second bypass surgery in 2010.

Mainstream cardiologists told the media that this is a common occurrence. Persons undergoing coronary artery procedures often have to return every four to five years for follow-up surgery to clear newly blocked coronary arteries.

Bill Clinton's cardiologist was quoted as saying, "*We don't have a cure for heart disease, but we have excellent treatments.*"

The Associated Press echoed the cardiologist's comments by declaring there is no cure for coronary heart disease.

No cure for coronary heart disease! Don't believe a word of this! It's not true.

These blatant admissions only confirm the inability of conventional physicians to prevent and reverse heart disease.

The fact that mainstream cardiologists have "dropped the ball" when it comes to eliminating heart disease reveals how little they pay attention to the published scientific literature.

A Breakthrough Weapon In The Battle Against Heart Disease

Cardiologists and other mainstream physicians should certainly know by now that research scientists identified an amazing "super molecule" more than two dozen years ago – a substance so powerful that it can potentially save the lives of hundreds of thousands of Americans every year who fall victim to heart disease.

Renowned New York health expert Dr. Woodson C. Merrell, M.D., says, "*In the field of medicine and health it is one of the revolutions of our time...a 'magic bullet' for the cardiovascular system.*"

During a 30-year period, researchers made a series of truly revolutionary discoveries about the critical functions this molecule plays in an astonishing array of bodily systems. These discoveries were so momentous, and their implications so significant for improving human health, that three pioneering American pharmacologists were awarded the most prestigious of all scientific awards – the Nobel Prize for Medicine – on October 12, 1998.

Scientists the world over in recognition of their discovery called it the “molecule of the millennium.”

Dr. Louis Ignarro, one of the three researchers who won the 1998 Nobel Prize in Medicine for discovery of this molecule’s importance, calls it “*the most significant molecule in the body, absolutely crucial to your well-being. I am convinced that it can age-proof your cardiovascular system, keeping it much fitter than your chronological age would indicate.*”

“Repairing the damage wrought by cardiovascular disease without risky and often ineffective surgery had long been considered impossible. I was awarded the Nobel Prize in Medicine for making that thinking obsolete. Now we know we can reverse cardiovascular impairment naturally—with the body’s own internally manufactured “wonder drug.””

Yet – despite being the most important natural discovery in this modern era for preventing and curing heart disease – the vast majority of American physicians either don’t know about it or, worse, have ignored it!

Equally dismaying, most Americans have never heard about this natural solution for preventing and even reversing heart disease.

Why not?

Why the silence about a natural cure for heart disease – a disease that afflicts 80 million Americans ... and which kills more men and women in the United States than AIDS and all forms of cancer combined?

You would think a scientific breakthrough of this magnitude – capable of drastically reducing heart attacks, strokes, and other forms of heart disease – would be acknowledged by doctors who treat vulnerable patients daily.

Thousands of research studies conducted worldwide validate the effectiveness of this miracle molecule in drastically reducing heart disease of all types. It has the potential to save hundreds of thousands of lives every year by making heart attacks, strokes, and cardiovascular disease afflictions of the past.

Research, however, points to even more great news. Scientific studies reveal that this amazing molecule can do even more for *you* ... and for countless others ... beyond the cure of heart disease.

Miracle Molecule Rejuvenates The Body In Multiple Ways

Results of research studies conducted worldwide show that this molecule also has multifaceted health benefits. Here are some of the many benefits this molecule offers you in addition to keeping you heart-healthy:

- It promotes sexual health
- It increases energy
- It improves sports performance
- It is used by different immune-system cells to kill foreign bacteria and viruses, and even shrink or destroy some cancerous tumors.
- It is used by the brain to encode long-term memory and ensure blood flow to brain cells
- It functions as a “messenger molecule” that allows nerve cells in the body and the brain to communicate with each other
- It may reduce pregnancy-related hypertension, a potentially life-threatening condition for mother and child
- It may help regulate insulin secretion by the pancreas, thereby reducing the risk of diabetes
- It helps control the lung airways, allowing you to breathe easier and avoid common lung disorders
- It stimulates the body to release human growth hormone (HGH), a key to longevity and for improving body composition by increasing lean muscle mass and bone density while reducing fat tissue

“It does everything, everywhere,” states Dr. Jonathan S. Stamler, Professor of Medicine at Duke University Medical Center. *“You cannot name a major cellular response or physiological effect in which this molecule is not implicated today.”*

So where are the triumphant headlines...the radio and TV broadcasts...the exultant shouts from the roof tops? Why has news of this natural wonder drug been kept under wraps?

The harsh reality is that economic principles largely govern today’s medical practice. Pharmaceutical companies and medical professionals would lose millions of dollars in profit if word got out about this natural solution to reversing heart disease. That’s why you mostly hear about it through word of mouth, on the Internet, or, in this e-book you’re now reading.

Physicians and pharmaceutical companies can’t make much profit if they began promoting something natural, drug free, and requiring no surgery.

With traditional, old-school medicine, heart disease may never be cured. Traditional medicine battles heart disease through drugs that only treat the *symptoms* of the disease, not the underlying *cause*.

What’s scary is that drugs also cause adverse side effects in many patients. And, for those persons with high blood pressure, they can even *increase* the risk of heart attacks!

That’s right. A hushed-up study revealed that your risk of heart attack can rise as high as 85% if your doctor recommends combining two different blood pressure drugs in order to

get your blood pressure reading below what the National Institutes of Health recommends: 120/80. The American Medical Association now admits this risk is true.

Another disturbing fact why doctors know little or nothing about this natural cure is that most of them are hurried.

Doctors simply don't have the time, nor take the time, to review current medical literature and published scientific findings ...especially when bombarded with pharmaceutical promotions. There are literally thousands of articles written about this Nobel Prize-worthy molecule in addition to various medical journals and books.

What Is This “Magic Molecule” Inside Your Blood Vessels?

By now you're wondering – what is this amazing molecule that acts as internal medicine for your cardiovascular health ... and for your whole body as well?

It is nitric oxide, or NO, a simple substance but so powerful it can actually protect you from heart attack and stroke. Best of all, your body can make it on its own. NO is your body's own built-in, natural protection against heart disease – and overall good health and well-being.

After Bill Clinton's first bypass surgery, he made a valiant effort to stay healthy in order to avoid further surgery. According to his cardiologist, he ate well, exercised, and kept his blood pressure and cholesterol in check with the proper prescription drugs.

But despite these efforts, additional surgery was required to keep him alive. It was inevitable. You see, what happened with Bill Clinton happens with thousands of others who suffer from the same heart condition.

So even when common risk factors such as high cholesterol and blood pressure are maintained within normal ranges, the body's aging process can severely damage our arteries. This results in inadequate production of nitric oxide. In other words, as part of the aging process in our arteries, nitric oxide declines.

The predominant result? Heart disease.

When you are young, the combination of a healthy diet, exercise, and even dietary supplements can help your body maintain sufficient levels of NO. But, again, as you age, your body's ability to produce adequate levels of NO diminishes. And it will diminish at an accelerated rate if you eat a poor diet, smoke, don't exercise, drink excessively, or are under heavy stress.

This e-book, however, will tell you how to maintain this molecule at optimum levels throughout your life so that your arteries are not damaged, enabling you to live a longer, healthier life.

In fact, if Clinton's cardiologist had known about nitric oxide, which the Nobel Prize Committee recognized only six years prior to the bypass surgery, he almost certainly would have avoided a second surgery.

Everyone Can Benefit From This E-Book

Chances are good that if you're now reading these words, you consider your own health, and that of your loved ones, very important. Health is "*the greatest of human blessings*," says the ancient Greek physician Hippocrates. The presence or absence of health can make the poor rich, and the rich poor.

Poets and philosophers have acknowledged good health down through the ages. Ralph Waldo Emerson wrote, "*Give me health and a day, and I will make the pomp of emperors ridiculous.*"

So who can benefit from reading this e-book and applying its easy-to-follow recommendations?

Both men and women can benefit, especially anyone past 40 years of age.

And it doesn't matter if you're in excellent health or poor health.

If you're in excellent health ... you'll learn how to ward off cardiovascular disease and many other degenerative illnesses...especially as you age. You'll enjoy better sexual health. You'll improve your athletic performance. You'll just plain feel better overall.

Of course, if you're in poor health, this book is definitely for you. It will take you on the freeway to better, more vibrant health.