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SPECIAL SMSNA EDITION

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**STRONVIVO-LIVE THE LIFE YOU LOVE**



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You Love

# VITALITY YOU CAN SWALLOW

Imagine a pill that could give you more energy, protect your heart, ward off cancer, and improve your sex life. Sounds too good to be true, right? The surprise is that such a pill exists: It's called Stronvivo. "What's remarkable is that the ingredients in this pill target mechanisms in the body that have wide-ranging health effects," says **Dr. Mohit Khera, M.D., director of the Laboratory for Andrology Research, McNair Medical Institute at Baylor College of Medicine.**

To understand how Stronvivo works, you have to get to know your endothelium. Never heard of it? That's okay — medical researchers have only recently begun to recognize the importance of the endothelium. Picture the vast network of arteries, veins, and capillaries that make up your circulatory system: The endothelium lines all those blood vessels, which means you have roughly 60,000 miles-worth of endothelium cells.

One of the endothelium's primary jobs is to help regulate blood flow through that maze of blood vessels. It does this in part by producing nitric oxide. Simply put, nitric oxide has a relaxing effect on your blood vessels, which helps keep blood circulating smoothly throughout your body, delivering nutrients and oxygen to the brain, muscles, organs, and skin. When nitric oxide levels fall, arteries stiffen and blood circulation is compromised; as a result, your heart is stressed, your brain activity suffers, and your energy drops. Poor circulation can also impair sexual performance in men and women, because the genitalia depend on a vigorous blood supply for you to achieve satisfaction.

## Now the bad news:

According to the American Heart Association the endothelium reaches its peak when we're about 21. After that it's all downhill. By the time we reach 55, we're producing about one third the nitric oxide we did in our 20s, according to AHA research. That decline occurs for a number of reasons, such as a lack of exercise, poor sleep, stress, smoking, drinking, and aging.

Dr. Khera became interested in the endothelium and nitric oxide through the role they play in erectile dysfunction. He knew sexual performance troubles stem from a number poor lifestyle habits. "I couldn't just hand patients a drug and send them away," he says. "That only treats part of the problem. It would be like only giving

painkillers to someone with a broken leg.” Looking at research on nitric oxide, Dr. Khera discovered that certain amino acids such as l-arginine and l-citrulline could enhance the endothelium’s nitric oxide production. When he put patients on supplements containing these amino acids, the results were dramatic. “They had more energy, they were excited about exercise, they slept better, their circulation improved, and their sex lives benefited as well.”

In fact the only complaint Dr. Khera’s patients had was that they had to buy several bottles of various supplements and take numerous pills daily. To help simplify matters, Dr. Khera came up with the formulation of five nitric oxide-boosting amino acids and minerals in Stronvivo. “Now they only have to take three pills twice a day,” he says.

## What sort of benefits can a surplus of nitric oxide provide?

Here are just a few:

### Heart Health

When the endothelium begins to break down, scarring and inflammation can harm the walls of blood vessels. “Inflammation is the cause of many diseases in the body, but we know that it’s directly tied to heart disease,” says Dr. Khera. What’s more, the drop in nitric oxide can lead to hardening of blood vessels, raising blood pressure and the risk clots and strokes. When nitric oxide is in good supply, the endothelium can actually heal the plaque and scarring in arteries and repair itself, according to studies in the AHA journal Circulation. As a result, blood pressure drops and circulation to the brain, muscles, organs, and skin improves.

### Faster Healing

Circulation is crucial to body repair, whether it’s damage to arteries or a cut on your finger. You may have noticed that as you get older it takes longer for bumps and scrapes to clear up. That’s due to poor circulation. Increase your nitric oxide and you’ll heal much faster; one recent study found high levels of nitric oxide led to 24 percent faster healing post-surgery.

### Sharper Mind

Nitric oxide does more than relax blood vessels: It also smoothes communication in the nervous system.

When brain researchers study memory and learning, they find that boosting levels of nitric oxide increases recall and the ability to learn new skills. Some studies have linked the low levels of nitric oxide to the buildup of plaque in the brain that is the hallmark sign of Alzheimer’s disease.

### More Energy

Remember that boundless energy of youth? That was due in part to brimming levels of nitric oxide. As it helps dilate blood vessels, nitric oxide smoothes the delivery of nutrients and oxygen to muscles and helps clear waste products that can hinder muscle performance, allowing you to tire more quickly. As your energy increases, so does your activity throughout the day, and that in turn will help you sleep better at night. Fitness researchers have found that regular exercise dramatically improves the quality of sleep.

### Better Sex

Dr. Khera found that boosting nitric oxide levels in his patients had a positive impact on their sex lives. As the men’s circulation improved, their erectile dysfunction cleared up. Remarkably, nitric oxide also seems to boost testosterone in men who are low, according to a study in the International Journal of Andrology.

### Cancer Protection

Thanks to a new understanding of how cancer spreads, researchers now realize that the endothelium plays a key role in slowing or stopping a tumor’s growth. Researchers at the National Cancer Institute have discovered that long before a cancer metastasizes, it sends out cells to begin building its own blood supply. These cells look for gaps in the lining of blood vessels — the endothelium — where they take root. However, only a weak and unhealthy endothelium has such gaps. If you can maintain your levels of nitric oxide, you can keep your endothelium healthy and prevent cancer from turning deadly.

For Dr. Khera, the drive to develop and release Stronvivo has been all about targeting the health changes of aging. “This is about being the best you can be. It’s not about taking things that aren’t natural.” The amino acids and minerals in the supplement can be found in food, he says, but not at the levels people need. “Nearly 80 percent of people are deficient in these nutrients,” he says. “Stronvivo is really a very targeted approach. It began with treating erectile dysfunction, but now it’s about achieving optimal health.”

**THANK YOU FOR LEARNING MORE ABOUT STRONVIVO!**



**We are excited about the difference stronvivo is making in peoples lives. We would love the opportunity to share stronvivo with you.**

**Contact:**

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