



The Nitric Oxide (NO) Solution

Nathan Bryan, Janet Zand, Bill Gottlieb

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Product Description Eighty-one million Americans have cardiovascular disease, the arterial damage that leads to the heart attacks and strokes that account for 36 percent of all deaths in the U.S. But few people know that by boosting the body's levels of a single molecule—nitric oxide (NO)—you can help prevent, control and even reverse cardiovascular disease.

In this groundbreaking book, nitric oxide expert Nathan Bryan, PhD, and natural healer Janet Zand, OMD, tell you all about nitric oxide, the “miracle molecule” that can dramatically improve your health. What the molecule is. How it keeps your arteries young and flexible, regulating blood pressure, and stopping the buildup of artery-clogging plaque. Why most people over 40-years-old have severely diminished levels of NO, and what to do about it. They also show how the molecule works to prevent and treat other chronic conditions, such as diabetes, arthritis, asthma, osteoporosis, and erectile dysfunction. And how it strengthens the immune system and energizes the brain.

The book includes dozens of easy-to-follow tips for increasing NO levels, using NO-boosting foods, supplements, easy exercise, and other natural methods like deep breathing, naps, hot baths, acupuncture—even watching movies that make you laugh!

The Nitric Oxide (NO) Solution provides you with the best and simplest solution to the problems of cardiovascular disease, aging, and ill health.

About The Authors Nathan Bryan, PhD is a leading expert on nitric oxide, and assistant professor of molecular medicine at the Brown Foundation Institute of Molecular Medicine of the School of Medicine at the University of Texas Health Science Center in Houston. Janet Zand, OMD, is a doctor of oriental medicine, author of several books on natural healing, and a pioneer in the development of nutritional and herbal supplements. Bill Gottlieb is an author specializing in natural health whose books have sold more than 2 million copies.

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