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This proves what the Ignite (from Xango Faváo) is designed to do.



**Holistic Health**

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While nitrate is found in all vegetables, it's especially abundant in beetroot and leafy greens. Dietary nitrate lowers blood pressure, thereby helping protect the heart. Recent research suggests that dietary nitrate supplementation in the form of beetroot juice not only decreases blood pressure, but also reduces the amount of oxygen needed during exercise and enhances athletic performance.

Beetroot juice appears to lower the oxygen cost of exercise by reducing the total ATP cost of muscle force production—the muscles use less ATP to produce the same amount of work. Beetroot juice also decreases the breakdown of phosphocreatine (the limited reserve of high-energy phosphate that resynthesizes ATP), thus lessening muscle metabolic disruption.

<http://www.todaysdietitian.com/newarchives/020612p48.shtml>

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L-arginine: is especially helpful to people with high blood pressure. L-arginine seems to have an effect similar to medicines such as Viagra.

Dosage of L-arginine is usually between 1,500 and 6,000 milligrams per day.

Caution should be taken under certain circumstances, such as if you suffer from asthma; L-arginine may aggravate symptoms. Similarly, L-arginine may pose some danger if given immediately after a heart attack.

Early study in humans suggests that arginine taken by mouth may help widen the arteries and temporarily reduce blood pressure in patients with high blood pressure and type 2 diabetes. Larger, high-quality studies are needed before a recommendation can be made.

Also: Beet juice can help lower blood pressure. Research published in the American Heart Association journal Hypertension showed drinking 500ml of beet root juice a day led to a reduction in blood pressure within one hour. The reduction was more pronounced after three to four hours, and was measurable up to 24 hours after drinking the juice.

<https://sites.google.com/.../causes-and-remedies-for-high-blo...>

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Nearly 70% of men with high blood pressure have erectile dysfunction.

This is particularly scary because it is estimated that nearly 25 percent of Americans have high blood pressure. That means a heck of a lot of guys struggling with erectile dysfunction and other problems associated with high blood pressure, including stroke and some of the items I cover below.

Elevated blood pressure (hypertension) usually comes with a suite of symptoms called Metabolic Syndrome which, besides robbing you of all your bedroom glory and erectile strength, leads to heart disease and stroke: having high blood pressure even slightly above youthful 120/80 values leads to greatly increased risk of heart disease. In fact, one 2006 study found that readings of 120-129/80-84 led to a 180% greater heart disease risk probability. And, as I emphasize on this site, heart dysfunction means erectile dysfunction.

[http://www.peaktestosterone.com/Erectile\\_Dysfunction\\_High\\_B...](http://www.peaktestosterone.com/Erectile_Dysfunction_High_B...)

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Taking the supplement L-arginine produced very similar effects to beet juice: by reducing the "oxygen cost of exercise," it allowed subjects to last 20% longer in a ~10-minute cycle to exhaustion -

<http://sweatscience.com/beyond-beet-juice-l-arginine-also.../>

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L-arginine impacts heart health in a good way, enlarging the blood vessels in the body and helping the heart to beat more efficiently because of an increased flow of blood throughout the body and the chambers of the heart, in particular. Additionally, one of the benefits of L-arginine is that it helps the body to produce nitric oxide, which also aids in heart health.

In fact, many heart patients are instructed to take nitroglycerin when they have chest pain (angina) related to cardiovascular disease. The presence of the nitric oxide from the L-arginine helps cells in the heart to regulate their tone, reducing the presence of blood clots that can lead to heart attack. Your blood pressure plays a role in all of this as it measures the level of stress on your heart as it beats.

<http://erasedisease.wordpress.com/.../l-arginine-and-high-bl.../>

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