



## No More Heart Disease: How Nitric Oxide Can Prevent - Even Reverse - Heart Disease and Strokes

By Louis J. Ignarro

Griffin Publishing. Paperback. Book Condition: new. BRAND NEW, No More Heart Disease: How Nitric Oxide Can Prevent - Even Reverse - Heart Disease and Strokes, Louis J. Ignarro, Dr. Louis Ignarro discovered the little molecule of cardiovascular health - Nitric Oxide (NO) - which is produced naturally by the human body and serves as a regulator of blood pressure to help prevent blood clots. The problem is that many people find this out too late, going through life without understanding that this all-important molecule is the difference between healthy living and a heart attack. With all the focus on new diets, Dr. Ignarro's research is all the more vital. In an easy-to-follow plan - which discusses NO friendly foods and informs about supplements to stimulate NO production, he lays out a regimen that age-proofs the cardiovascular system, keeping it clean and the blood vessels strong. The "Say Yes to NO" program allows readers to tap into the body's own cardiovascular drug and discover that the littlest molecule can make a tremendous difference.



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