

# FREE REPORT #2

## EVERYTHING YOU NEED TO KNOW ABOUT ARGININE

L-arginine or arginine is among the 22 amino acids (nitrogen-containing molecules that form protein), which are the building blocks of the body and are vital for growth and the repair of body tissue. Arginine is used to make hormones, enzymes, antibodies, and neurotransmitters, and help transport substances throughout the body. Arginine is classified as being a non-essential amino acid. This means your body should produce enough of its own arginine; **however it doesn't**. Our bodies require more. Arginine is found in meat, poultry, fish, eggs, dairy and nuts. Very little is found in fruits and vegetables, which may be detrimental to a vegetarian diet.

The average American diet will contain about 3.3 to 5.4 grams of arginine while the vegetarian diet will contain almost one full gram less. Individuals over the age of 50, who are on a strict 'heart healthy' diet, take in about 2.6 grams of arginine daily. Arginine derived nitric oxide (ADNO) is decreased by poor diets, lack of exercise, age, high cholesterol, high blood pressure, diabetes and smoking. Because high concentrations of arginine can overcome the negative risk factors associated with heart disease and the average American is not getting enough in their diet, arginine supplementation simply makes sense.

### CAN I TAKE TOO MUCH ARGININE?

Arginine has long been considered by nutritionists to be the least toxic of all the amino acids and its consumption, even in relatively large quantities, seems to have very few adverse side effects. Clinical trials at hospitals in the U.S. and abroad have repeatedly administered 30 to 50 grams of arginine safely to patients without reported problems. Numerous body builders have long taken large doses of arginine with no reported ill effects.

### What is the recommended daily dosage of an arginine supplement?

The benefits of arginine supplementation are clearly dose-dependent and can range from between 5 to 30 grams taken orally every day.

According to Dr. Louis Ignarro, who won the Nobel Prize in Medicine in 1998 on the role nitric oxide plays in the body, **five grams (5000mg) of arginine taken daily appears to be the minimum dosage for the benefit of increasing nitric oxide levels in the blood and preventing heart disease and stroke.** He says anything less, is a waste of time and money. However, if you already have a risk factor like

diabetes, high blood pressure, or high cholesterol then it is recommended that you take at least 10 grams per day until they are all brought under control. You should then take 5 grams in the morning and 5 grams right before bedtime. You should avoid eating protein by one hour on either side when you take the supplement because the other amino acids found in the source of protein will block the absorption of the arginine. It is for this same reason you should avoid buying an arginine supplement,

which might contain any of the other amino acids like lysine, carnitine, taurine, ornithine, or glutamine. Arginine is the most sensitive of the amino acids and the others, except citrulline, will block out its absorption. Stimulation of the growth hormone will require higher dosages of arginine to be taken at bedtime on a totally empty stomach. Male body builders can take 9 to 21 grams depending on body weight, while women body builders can take 6 to 18 grams.

### **Is it safe to take arginine with my medications?**

Anyone who is taking any medications prescribed by a doctor should continue taking those medications and certainly consult with your physician before changing your daily routine of medication. Going cold turkey with your prescription drugs could send your body into a tailspin.

In the clinical trials performed over the last twenty years with the use of arginine, **there have been no contraindications with any of the medications associated with cardiovascular disease like cholesterol, high blood pressure, diabetes and other heart medications.**

With that said, there is a warning to the person who is taking Viagra (or generic) or a nitrate drug (nitroglycerin). Like arginine they both increase nitric oxide in your blood, and if taken at the same time may lower your blood pressure below normal.

If you are monitoring your own sugar level, as in the case of diabetes, or blood pressure, keep a watchful eye if your levels begin to drop from taking arginine. When they remain at a lowered level, ask your doctor to adjust your medication dosage. If you are consistent with your daily dose of arginine, there is great potential that one day your doctor will have you off all those toxic chemicals, which do nothing but cover-up the underlying problem - the lack of nitric oxide in your blood vessels.

As far as the cholesterol lowering statin drugs like Lipitor, Zocor, Crestor, Mevacor or Pravachol, Dr. Elwart's professional opinion is that the moment you start to take arginine on a daily basis and commit to doing this for the rest of your now much extended life, you can throw away these toxic poisons forever. He believes that it is not the cholesterol number that is the issue. It is the oxidizing of the LDL cholesterol, which then becomes sticky and attaches to the vessel wall. **Arginine prevents the oxidizing of the LDL cholesterol, thus no plaque buildup and several studies actually attest to the plaque**

melting away.

### **How soon can I expect results?**

Oral arginine does not work as quickly as injections of arginine, but it does appear to work as well. Increasing your oral intake by only 50 to 100 percent of what you're already receiving from your food can begin to impact your health positively in a few short weeks. Many people have reported immediate changes in their energy levels. It is recommended that you keep a health journal so you can keep track of your changes as they happen.

### **Can pregnant women take arginine?\***

There are studies that show that arginine derived nitric oxide may benefit a unique form of hypertension called preeclampsia and may prevent premature labor and preterm birth, but further studies are still necessary. Dr. Elwart has had several pregnant women take arginine throughout their pregnancy and nursing period with no contraindications. Think about it, what can be so terrible about increasing the blood flow and oxygen content to the placenta to assist in the baby's development? But please check with your doctor before making any changes in the supplementation program they have you on.

### **Are there any side effects?**

**Yes, you can expect an increase in energy, improved memory, improved immune system, improved sleep, loss of weight, decrease in pain, increase in sexual function, quicker wound healing and less prescription medicine.**

### **Other Side Effects:**

Negative Side effects are very rare but for 5% of people they may include, stomach upset or diarrhea. Taking some carbohydrates with arginine will prevent this.

### **Is there anyone who should not take arginine supplements?\***

There are a few health conditions that may theoretically be exacerbated by arginine supplementation; however, the risk is extremely low at the dosage of 5 to 10 grams of daily arginine. A person with schizophrenia should avoid supplementing with arginine.

## Is it true that arginine can cause an outbreak of the herpes virus?

The herpes virus typically lays dormant in humans until activated by stress, colds, lack of sleep or nutritional factors. Taking an arginine supplement can stimulate the replication of the herpes-simplex viruses if the arginine supplement does not have the appropriate co-factors and is taken in large doses. Look for a quality arginine formula that has the necessary co-factors like citrulline and anti-oxidants. Beware of arginine supplements that contain lysine. Lysine is an amino acid, which helps to combat the herpes virus, but the two amino acids taken together, compete with each other to cross the blood brain barrier, thus canceling each other out. If you are subject to frequent outbreaks of the herpes virus, but still wish to benefit from the use of arginine, you need to take 500 mg of lysine once a day, not at the same time you take the arginine. At the first sign of a flare-up, stop taking the arginine and take 1000 mg of lysine and vitamin C three times per day until it subsides.

## Can I give arginine to my children?\*

A recent study showed that 60% of five to ten year old children already have at least one risk factor for cardiovascular disease; such as, high cholesterol levels, high blood pressure or diabetes. In today's fast food society, a single french fry is more carcinogenic than smoking a cigarette. Both deplete the body of nitric oxide, which will lead to cardiovascular disease.

There is a concern that arginine used by a child may cause their body to decrease the output of the growth hormone and thus stunt their growth process.

However, it is the opinion of Dr. Elwart that giving a child a small dose of arginine (1 to 2 grams depending on body weight) soon after eating, can overact the harmful effects of trans-fatty acids found in their diet and not have any influence on the growth hormone, which requires an empty stomach and large doses.

However, if your child is eating quality meals, getting plenty of exercise and is taking a one-a-day multi-vitamin/mineral, then there is no reason for them to take an arginine supplement.

Statements via Dr. Harry Elwart

\*Additional Cautions and a Recap

DO NOT attempt to self-treat any medical condition. As with any medical condition, consult your physician before taking any supplements.

DO NOT use plain L-arginine without the appropriate co-factors, as it may stimulate replication of the herpes-simplex viruses and other negative side effects. **Artery Detox TotalBody** supplement contains the essential co-factors designed to avoid the negative herpes-side-effects associated with taking L-arginine.

DO NOT take L-arginine with L-lysine (at the same time). These two amino's compete with each other to cross the blood-brain barrier.

DO NOT use L-arginine if you have been diagnosed with cancer. Though L-arginine has been shown to help successfully combat many cancers, very high doses (30-50 grams of L-arginine) per day stimulates growth hormone, which primarily stimulates growth of muscle mass. Certain tumor cells may thrive on human growth hormone, which may stimulate growth of breast cancer cells. As far back as 1981, the National Cancer Institute reported that arginine-derived nitric oxide inhibits [blocks] breast-cancer-cell replication in a test tube, and L-arginine has never been shown to cause breast or any other type of cancer. The research shows the pros and cons of using L-arginine at high doses. Doses of 6 grams a day or less of L-arginine is not considered a potential problem for cancer patients, but, as a precautionary decision, use of L-arginine in the presence of any cancer is contraindicated without a doctor's specific permission.

DO NOT take L-arginine with Viagra, it may cause a drop of blood pressure.

Essential Cofactors: L-arginine is NOT for use by pregnant or lactating women, males with prostate disorders or high PSA values without the consent of your doctor.

Diabetics or borderline diabetics, may benefit from L-arginine supplementation, but should be under close medical supervision. Please see the Diabetic Report.