

NO Sex, NO Life, NO Fun!

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What? “NO Sex?” I am not talking about abstaining from sex, but about the importance of nitric oxide (NO), needed for a healthy heart, *and* for a healthy and satisfying sex life!

NO is a short-lived gas (not to be confused with *nitrous* oxide, the “laughing gas” you might get at the dentist), NO is primarily formed in the endothelial cells that line blood vessels and it is one of the most essential molecules in the body. NO is a “master” signaling molecule that performs certain functions such as “vasodilation,” the relaxing and opening up the blood vessels and capillaries, which help to increase blood flow and deliver oxygen and other critical nutrients throughout the body.

NO levels are naturally higher in younger people - gradually diminishing as we age - mostly due to damage to the endothelium caused by environmental toxins, smoking, high-fat diets, and increasingly sedentary lifestyles. Diminished NO levels are underlying many of today’s chronic illnesses such as cardiovascular disease, lung disease, diabetes, and male impotence.

You may be familiar with certain medications that work to boost NO levels—nitro-glycerin is used to treat angina and other heart conditions, and Viagra® (sildenafil) is the popular “magic blue pill” that is widely prescribed for erectile dysfunction. NO boosting supplements are also extensively used to increase athletic performance and endurance. Over-consumption of NO medicines and supplements can cause a wide array of negative side effects including headache, nausea, diarrhea, fainting, fatigue and weakness, and can even result in some fatal side effects like irregular heartbeat, hypertension, hypoglycemia, and severe low blood pressure.

There are better ways to optimize your body’s NO levels! My FIGHT For Your Health Program incorporates a healthy diet and exercise regimen, herbs and dietary supplements, detoxification, and various energy medicine modalities that work with your body to promote continuous and balanced NO levels—improving cardiovascular health and sexual function and enjoyment!

For preventing heart disease and stroke, maintaining healthy NO levels is absolutely crucial. Relaxing and expanding the blood vessels protects smooth muscle tissue from harmful constriction, allowing the blood to circulate easily with less force. NO is a powerful antioxidant which helps to lower cholesterol, inhibiting arterial plaque buildup and blood clotting, and reducing the underlying inflammation that is the main cause of heart attacks and strokes.

NO is also vital for healthy sexual function. Natural nutrients such as arginine, acetylcholine, and DHEA, and herbs like Maca root, Pueraria mirifica, and Tribulus terrestris, have all been shown to help release NO, which permits localized sexual excitation and response in men *and* women. NO works upon the body’s spongy tissue called corpus cavernosum, which is the erectile tissue found in both the penis and the clitoris, and operates the same way to induce erection in both of these organs.

Preventing heart attacks and having better sex is just the tip of the iceberg when it comes to the benefits of NO!

NO also helps the immune system fight bacterial infections, viruses, and parasites, and even decreases the growth of certain types of cancer. Additionally, the brain uses NO to help neurons store and retrieve long-term memories and transmit information, making it essential for healthy memory function.

Because NO levels are facilitated through exercise, I suggest regular, low-impact aerobic activities such as bicycling, swimming, and walking, for at least 20 minutes three days a week. NO generated during exercise stimulates the endothelial cells to continuously produce nitric oxide, even on days that you don't exercise. This excess NO gets stored in the bloodstream and heart in the form of stable nitrite and nitrosothiols intermediates, which are considered critical for cardioprotection.

NO as an anti-inflammatory agent plays a potential role in reducing the chronic pain and inflammation of osteoarthritis and rheumatoid arthritis. Studies have shown increased NO synthase activity in the body's energy meridians and acupoints. Quantum biology-based energy therapies such as acupuncture, pulsed electro-magnetic frequency (PEMF), low-level light therapy (LLLT), acoustic resonance therapy, and others, also work much like exercise in stimulating NO production. Specifically treating these regions increases local circulation, reduces swelling, and provides major pain relief.

To learn more about how you can have more life, more sex, and more fun by increasing your body's NO production, please visit my Gordon Research Institute website at

www.gordonresearch.com

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