

6th International Conference and Exhibition on

Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands

Diet and lifestyle changes and nitric oxide production

Benjamin Dwumaa Nuako
Pacific Health Education Centre, USA

It is said that life is in the blood, and perfect health depends on perfect circulation. The following principles of health are involved in preservation of health and longevity:

Proper nutrition

Exercise

Pure air

Rest

Trust

Sunshine

Temperance in all things

Pure water

With an intact endothelium enough nitric oxide is produced. The health of the endothelium is either preserved or destroyed with diet. While high fat, high cholesterol, high sugar diet produce inflammation and atherosclerosis, fruit and vegetables preserve and maintain the endothelial cells of the arteries. Again certain fruits and vegetables and nuts are precursors to nitric oxide example Beet root and Spinach.

Exercise also promotes the production of nitric oxide. People are now more sedentary.

Pure air is important in oxygenating the blood for the general health of cells, tissues and organs in the body.

Stress has detrimental effect on the production of nitric oxide therefore adequate rest is important to health.

When the body becomes toxic as a result of metabolic waste, chemical drugs, chemicals in our food and water and in the environment, water is required to dilute and flush them away for the body. When the kidneys are not able to excrete toxins from the body due to lack of adequate water, the entire systems in the body suffer including the endothelial cells. In the situation like that, nitric oxide production diminishes.

Chronic degenerative diseases eg. Heart disease and Stroke, Diabetes and Cancers are on the rise in even countries in Africa due in part to lack of nitric oxide production.

In Ghana heart disease used to be the 10th killer disease in the 1970s whereas now it is the leading cause of mortality and morbidity. Fortunately, there are so many foods and herbs that enhance nitric oxide production.

benuako@yahoo.com

Notes: