

The Rhythm of Nitric Oxide

*How a tiny little molecule determines
your overall health*

John Beaulieu, ND, PhD

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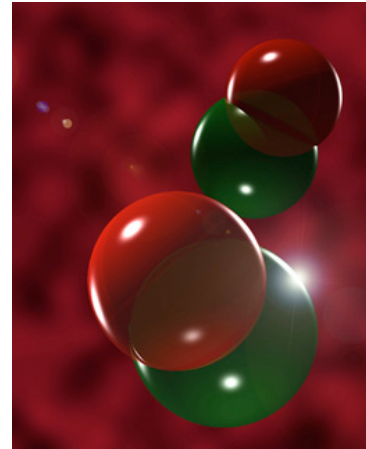
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TABLE OF CONTENTS

What is Nitric Oxide?.....	4
Nitric Oxide is Rhythmic	5
Flat lining Nitric Oxide	5
Stress, Rhythm, and Nitric Oxide	6
EnRhythm One and Spiking	8
Exercise: Experiencing the Effects of NO	10
Taking EnRhythm.....	11
Product Quality and Efficacy.....	12
Nitric Oxide-Related Research	13
About the Author	16

What is Nitric Oxide?

EnRhythm One begins with the discovery of a molecule called Nitric Oxide (which we will sometimes refer to in an abbreviated version as NO). When we are “in rhythm,” our body produces Nitric Oxide. It is one of the smallest molecules found in nature, made up of one nitrogen atom and one oxygen atom. NO is fundamental to all life—humans, animals, insects, and plants. In the human body, Nitric Oxide is made inside vascular, nerve, and immune cells. It is then rhythmically released into the surrounding tissues as a gas. NO participates in the healthy function of all main organ systems.



Immune, vascular and neural cells release a constant level of Nitric Oxide in rhythmic cycles called *puffing*. This low level of NO relaxes cells and keeps them in a mildly alert state. When these cells detect viruses, bacteria, or free radicals, they activate and produce more NO. This signals a cascade of biochemical events designed to destroy viruses, bacteria, and free radicals. For this reason, NO is called a “signaling molecule”; however, NO by itself also attacks and neutralizes viruses, bacteria, and free radicals. Once the invader is neutralized, NO signals the attack to stop (called “down regulating”), which initiates another biochemical cascade, returning cells to a relaxed, alert state.

In 1992, *Science* magazine named Nitric Oxide “the molecule of the year,” based on the vast amount of research pointing to its importance in the healthy functioning of the body. In 1998, Robert F Furchgott, Louis J Ignarro, and Ferid Murad won the Nobel Prize for Physiology and Medicine for key discoveries regarding NO as a signal molecule in cardiovascular health. In 2000, Nitric Oxide was the most studied endogenous molecule of the decade, with over three hundred new publications related to NO being written per month. Since the discovery of Nitric Oxide, there have been over 20,000 scientific papers written about it. The governments of many countries as well as many pharmaceutical companies have invested over two hundred and fifty million dollars (\$250,000,000) in research.

Some of the benefits attributed to the cellular release of Nitric Oxide include:

- Enhanced cell vitality (anti-aging)
- Stabilized body metabolism (weight control)
- Enhanced vascular flow (reduction in free radicals)
- Increased ability to fight infections (anti bacterial)
- Increased ability to fight viruses (anti-viral)

- Increased levels of energy and stamina (stress reduction)
- Increased cerebral blood flow (enhanced memory)
- Detoxification of digestive track (enhanced digestion)
- Greater sense of well-being (anti-depressant)

Nitric Oxide is Rhythmic

Researchers call the rhythmic release of Nitric Oxide by the cells “puffing.” The release of NO takes place in six minute “puffing cycles.” During the three-minute rising phase of puffing, NO signals cells to relax, move further apart, thin their walls, and become rounder. During the falling puffing phase, NO dissipates, causing cells to go on alert, cluster together, thicken their cell walls, and become asymmetrical.

Flat lining Nitric Oxide

Flat lining is a term used to describe a compromise in NO rhythm. During flat lining, NO production is diminished, and can even stop completely. The main cause of flat lining is unresolved stress and trauma. Over time, flat lining leads to pro-inflammation and a depressed immune function which results in tissue pathology. This manifests as a lack of energy, joint pain, decreased sexual drive, headaches, mild depression, memory loss, and poor digestion. Over a longer period of time, if NO rhythms are not restimulated, these symptoms can escalate into major diseases, which include:

- Cardio Vascular Disease (Arteriolar Sclerosis, Stroke, Heart Attack)
- Diabetes
- Alzheimer
- Depression
- Auto Immune Diseases
- Erectile Dysfunction
- Motor Neuron Disease
- Cancer

For example, one of the largest areas of medical research is the role of NO in cardiovascular disease. NO works directly with the linings of blood vessels called the endothelium. The endothelium is the innermost layer of tissue that lines arteries and blood vessels. The blood vessels in the skin, brain, heart, and all organs are lined with endothelial cells. We have 100,000 miles of blood vessels creating a endothelium surface area larger than a football field.

When endothelium cells are healthy, they puff Nitric Oxide. In the presence of Nitric Oxide, blood vessels are pliable and elastic and able to naturally expand and contract with

the pulsation of blood. White blood cells and platelets are able to move freely in the blood stream. Simultaneously, Nitric Oxide acts as an immune enhancer, searching out and destroying opportunistic bacteria, viruses, and free radicals throughout the endothelium.

An unhealthy endothelium becomes inflamed due to flat lined Nitric Oxide. The endothelium surface becomes hard and sticky, causing blood cells and platelets to adhere to blood vessel walls, leading to atherosclerosis. The consequences of this are far-reaching. For example, research is quickly being accumulated that re-defines Alzheimer's (which was thought to be a neurological disease) as a vascular disorder. Over time, capillaries in the brain are compromised due to flat lined Nitric Oxide, resulting in a reduced oxygen and glucose supply to brain cells which leads to neurological dysfunction, cellular death, and dementia.

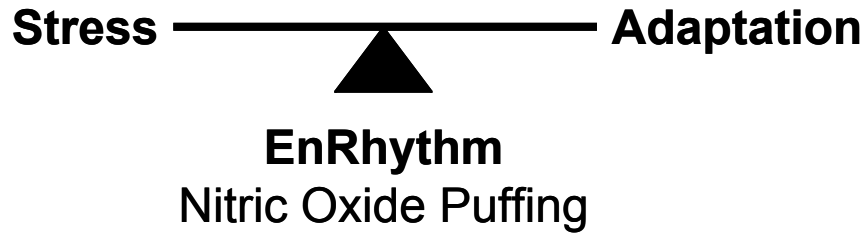
Stress, Rhythm, and Nitric Oxide

Ideally, being *in rhythm* is achieved through continual adaptation to the different rhythms or stresses of life. When we adapt and change to meet what life has brought us, we achieve a state of maximum health and wellness. When we are *in rhythm*, our body is “nature's drugstore” and spontaneously creates Nitric Oxide. This signals the release of a cascade of healing chemicals far more powerful than any pharmaceutical drug.

When we hear the word *stress*, it is often associated with something unhealthy and unpleasant rather than indicating *changing life rhythms*. Expressions like, “I am under a lot of stress” imply stress is something to be avoided. This leads to television commercials of people floating in the Caribbean, sipping pina colodas and reinforcing the belief that a life without stress would be perfect. Nothing could be further from the truth.

People who float in the Caribbean for too long will naturally seek change—or change will find them. Although it may not seem intuitive, a long vacation can be just as stressful as overworking. We need change and the challenge of adapting to change in order to maintain our health. It is not surprising that men who retire with the idea of “no stress” are more likely to experience illness than those that continue working.

Stress and adaptation to stress are like two sides of a see-saw: Energy change causes stress, which pushes up on the see-saw. As the see-saw rises, we go on alert, adapt to the speed of the descent, relax, and land softly. All goes well when we have learned to adapt to and enjoy the rocking movement of the see-saw. Through adapting well to change, we discover an inner rhythm which we call “being EnRhythm.”



The relationship between stress and adaptation can also be visualized as a hang glider flying through the sky. The hang glider may appear to be effortlessly soaring; however, upon closer examination, the driver is making thousands of adjustments to changing winds. Like the hang glider adjusting to different conditions, our wellness is earned moment-to-moment by adjusting to different life rhythms.

There is something else we can learn from the hang glider: Watching him soar, we are amazed at the ease with which he navigates the different winds. However, we know it took a lot of knowledge, dedicated training, practice, conditioning, and the right mindset to be able to glide effortlessly. The hang glider seeks out those with experience, scientific knowledge, and anything that will help him hang glide better. The hang glider is motivated to move beyond his ego because he knows that a mistake or lack of awareness can lead to injury or death.

There are two ways to experience stress: We can choose stress or stress can choose us. When we “choose stress,” we adapt to change and adversity. For example, if you wanted to climb a mountain, you would learn quickly, from the start, that it takes months or perhaps years to condition yourself for the task. You would have to develop the right mental attitude, learn new skills, and accept that there would be unknown challenges ahead that you must prepare yourself to meet.

The second type of stress is more difficult to accept because we believe it is not by choice. These stresses seem to come at the wrong place or at the wrong time; for example, accidents, traumas, problems, issues, and crises. When we deny these stresses, our Nitric Oxide flat lines and our life force dissipates. It takes more energy to deny a challenge than to face one. When Goethe’s Faust asked the devil whom he had sold his soul to, the devil replied, “I am the spirit of all denial.”

The main difference between the two types of stresses is our mental attitude. The first type of stress begins with our acceptance and the second type of stress requires our acceptance. Once we accept our stress and its requirements, we can set our goals, mobilize our resources, and enter into the physical, emotional, and mental training necessary for mastery. Perhaps the greatest lesson we can learn from sports is the significance of honesty with one’s self, the importance of hard work, and the preparation

it takes to master changing environments. When we face times of adversity—when it appears that stress “chooses” us—we can remember the lessons from sports, mobilize our resources, and meet the challenges of a greater field of play.

In order for us to prevent flat lining and maintain Nitric Oxide puffing, we must view stress, regardless of how it comes to us, as a proactive life challenge. Then everything we do can either enhance or diminish our wellness. It is our choice. When we take responsibility for our challenges and mobilize the necessary resources to meet them, we will achieve a high-level state of wellness marked by the constant puffing of Nitric Oxide.

EnRhythm One and Spiking

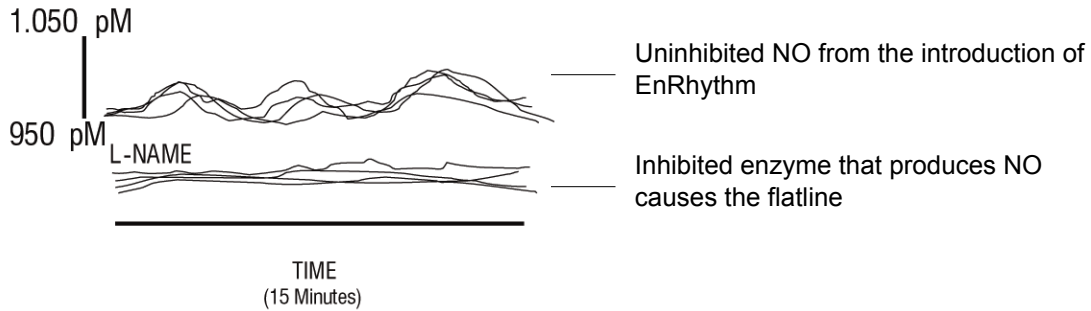
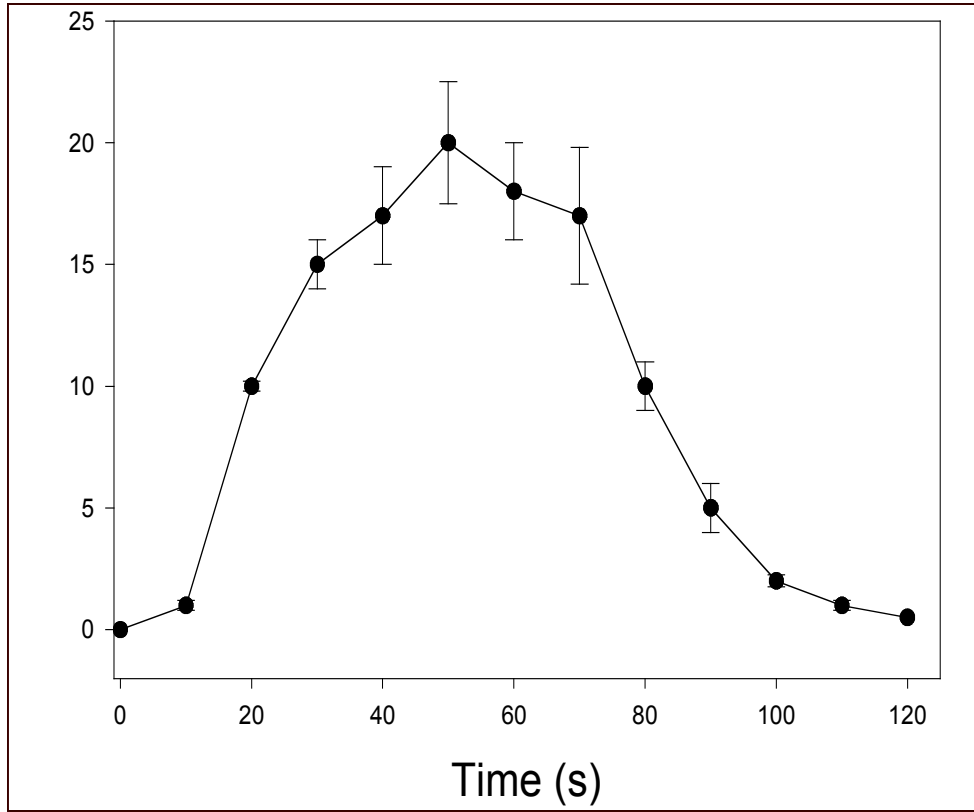
Researchers use the word *spiking* to describe the stimulation and/or reactivation of Nitric Oxide puffing. Spiking serves two functions: The first is to restart puffing in flat lined tissue; the second, and perhaps more important function of spiking, is preventative. If you are already puffing Nitric Oxide, spiking serves as a gentle Nitric Oxide boost which naturally releases anti-bacterial, anti-viral, and free radical destroyers on a micro cellular level.

Different methods of spiking Nitric Oxide are being explored in many fields of healing. Within medicine, research into drugs that spike NO is taking place in the areas of Heart Disease, Diabetes, Alzheimer’s, and Auto Immune Diseases. The most famous Nitric Oxide spiker to date is the drug Viagra®. Viagra began as a drug to lessen the symptoms of Angina. During trials, men reported obtaining erections with greater ease (a side effect of the drug), and consequently, did not want to return their remaining tablets. ☺ Researchers soon realized that Viagra spiked Nitric Oxide in the blood vessels, which supplied blood to the penis.

The most exciting and promising research in natural medicine and Nitric Oxide spiking is being conducted by Cell Dynamics Laboratories in partnership with the State University of New York. Cell Dynamics researches natural herbal combinations and their ability to spike Nitric Oxide using state-of-the-art NO-detection equipment. To understand their laboratory procedure, imagine a hollow needle with a net at the end through which only Nitric Oxide gas can pass. When NO is released from endothelial nerve, or immune cells, it immediately passes through the net and is calibrated by sensors inside the needle. The data is sent to a computer which then graphs Nitric Oxide puffing in real time.

In the following graph, the EnRhythm One formula has been injected into a cellular culture causing the cells to spike NO. If you were in the lab you would see the NO wave graph on the computer screen within a few seconds of EnRhythm One being injected into the culture.

THE RHYTHM OF NITRIC OXIDE



The ability of EnRhythm One to effect molecular change promises to transform traditional herbal medicine. The moment a capsule of EnRhythm One begins to be absorbed, it releases a boost of energy which spikes Nitric Oxide. This results in a “bioresonance” which stimulates NO puffing throughout the whole body. Once stimulated, the NO wave moves through the endothelium, nervous system, and immune system. It can be compared to a sound which begins with an impulse from an instrument and moves as waves throughout a concert hall. EnRhythm One is the instrument and the concert hall is our body.

EnRhythm One sets the tone and can be compared to a tuning fork setting the tone for an entire orchestra. The tone produced by EnRhythm One tunes our micro cellular

environment and harmonizes thousands of biochemical events throughout our body by increased NO puffing.

The spiking wave is an important key to understanding how EnRhythm One can be effective in a very small dose. EnRhythm One consists of three herbs—wheatgrass, dandelion, and white willow bark—which are combined in special proportions based on ratios found in nature. When these herbs are absorbed, they release a burst of energy at the molecular level which is finely tuned to spike NO puffing. The amplification of the NO puffing creates a molecular wave which travels throughout the whole body, retuning NO puffing as a musician would retune their instrument.

Exercise: Experiencing the Effects of NO

Puffing: To intuitively understand puffing, pretend your whole body is a cell. Sit in a comfortable place and close your eyes. As you breathe in, let your body relax, and feel open and expansive. This represents the rising of the wave and the release of NO in the microcellular environment. When you reach your maximum expansion, slowly open your eyes and breathe out, using just enough tension to control your exhalation. Be alert and look around at your surroundings. This represents the dissipation and falling wave of NO. During this exercise it is important to feel the difference between each phase and how they each work together.

Flat lining: To intuitively understand flat lining, begin with a normal puffing cycle. On the next puffing cycle, allow your body to relax and then expand. Next, when your body moves inward and tightens on hyper-alert, quickly look around and scan your environment. When the time comes to expand, tighten some more and do not expand. Continue to be on hyper-alert and scan your environment. Hold yourself like this for approximately thirty seconds. During that time, imagine what would happen to you if you were like this for days, weeks or years.

Spiking: To intuitively understand spiking, start with one puffing cycle. Next, tighten and flat line for thirty seconds. Then, suddenly take a deep breath, open your body, and relax. Feel the effect on your body as you relax and sense a whole body pulsation returning. Notice that the breath is faster compared to the sense of the whole body pulsation. The speed of the breath is like an NO spike or a special rhythm which stimulates the puffing rhythm to resume.

Taking EnRhythm

EnRhythm One™ nutritional supplement should be taken correctly with realistic expectations. The purpose of EnRhythm One is to spike nitric oxide and set the tone for your day. Therefore, the best time to take EnRhythm One is in the morning with breakfast. You may or may not feel the effects of EnRhythm One; however, it is working. Once it begins to be absorbed into your cells, the NO spiking wave is immediately released.



It is important to do everything possible to support the effects of the NO spiking wave in your life. The EnRhythm One formula is there to support your ability to handle stress. The spiking wave resonates with the place inside of you that knows how to change and adapt to get the most out of life. It helps bring you back to center to meet the many stresses of the day. EnRhythm One is not a substitute for the skills necessary to meet the stresses of your life. Those are skills you must earn, just as the hang glider must train in order to enjoy his sport.

Being *in rhythm* is something we should strive for each moment of our lives. In order for us to maintain our life rhythms, we must view stress as a proactive life challenge. Then, everything we do can either enhance or diminish wellness. It is our choice. When we take responsibility for our challenges and mobilize the necessary resources to meet them, we will achieve a state of high level wellness. In the midst of stress, EnRhythm One resonates with and retunes us to our state of maximum wellness.

Product Quality and Efficacy

The precision required for the molecular spiking wave is why it is so important that the EnRhythm One formula is scientifically tested. Cell Dynamics tests each herbal harvest and certifies that each batch of EnRhythm One spikes Nitric Oxide. Although the herbs in the EnRhythm formula can be bought in a health food store, this is not a guarantee of potency. Based on growing conditions, pesticide use, harvesting, and the age of the herbs, their ability to spike NO can vary.

Cell Dynamics has conducted preliminary studies on herbs grown organically and those grown using pesticides. The pesticide grown herbs showed an erratic and compromised ability to spike NO and often times failed to spike NO at all. We suspect that herbs grown in depleted soil or stored in poor conditions also lose their ability to spike NO.



Cell Dynamics

The biggest criticism of the herbal industry logged by the pharmaceutical companies is a lack of guarantee of potency. When you see the Cell Dynamic seal, it means that the EnRhythm herbs have gone through a rigorous process and are scientifically-tested and certified to spike NO. Because there are no regulations in the herbal industry, the Cell Dynamics seal is a necessary guarantee of quality.

Find a retailer at www.EnRhythm.com.

Nitric Oxide-Related Research

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About the Author

John Beaulieu, N.D., Ph.D. is the primary developer of EnRhythm's products. Dr. Beaulieu is a board-certified naturopathic doctor and has a Ph.D. in Psychological Counseling, bringing over thirty-five years of academic and clinical experience to EnRhythm. As EnRhythm's designer, Dr. Beaulieu ensures that the product follows the principles of traditional herbology in order to create a new class of herbal medicine based on modern science. He works closely with Dr. George Stefano of Cell Dynamics to scientifically ensure that EnRhythm will have the desired physiological result with each batch.



Dr. Beaulieu is a world-renowned expert in the field of natural medicine and herbology. He has studied natural healing approaches and herbal medicines in different cultures around the world. Internationally, Dr. Beaulieu has served as a resident at the Bircher Brenner Clinic in Zurich, Switzerland and the Ayurvedic Medicine Clinic in Banglor, India. In the field of psychology, Dr. Beaulieu was a supervising therapist at Bellevue Psychiatric Hospital where he conducted research and developed special programs. He also served as an Associate Professor of Research and Counseling at City University of New York before going into private practice. Dr. Beaulieu specializes in mind-body medicine and the relationship of herbs to physical and psychological disorders.