

Robert Scott Bell: All right. It looks like the door is a bit open and people are flooding in. Welcome everybody. We're going to get started in just a moment. As everybody joins us, you're going to learn about the secret life of nitric oxide this evening, or this afternoon, or this morning, depending on what time zone you are in. So we appreciate you all being here today. Still populating.

Stanford Graham: Robert, I'd ask folks to jump into the chat. Let us know where you're from.

Robert Scott Bell: Yeah, that is a great idea.

Stanford Graham: So we'll know where everybody is coming from.

Robert Scott Bell: Kind of get a sense of what time zones present here.

Stanford Graham: Speaking of time zones. Yeah.

Robert Scott Bell: Yeah. There's a little chat room there. Jim says hello from Illinois. Excellent.

Stanford Graham: We are saying hello to you from Utah. Oh, Vancouver.

Robert Scott Bell: Vancouver Island, Canada. All right. Beautiful area. Germany - Deutschland, as we like to say in American style. Welcome! So that's definitely a different time zone. Wow, I'm so impressed with the outreach around the world. This is awesome. Well, the information...

Stanford Graham: Right now that is a different time zone. New Zealand, that is in a different time zone.

Robert Scott Bell: I always joke about this, but we check in with from New Zealand, they know what's going to happen tomorrow because they're already there. That's cool. Indonesia.

Stanford Graham: Iowa.

Robert Scott Bell: Oh, we actually have some people from the United States. Tennessee and Wisconsin. We got Toronto, Quebec, UK. Oh, it's midnight there. Good morning to you. Iowa, Alaska.

Stanford Graham: Wonderful.

Robert Scott Bell: Soon the sun won't set if it isn't already in Fairbanks. We've got California. All right. Excellent. I love it. This is amazing. Good morning from Brisbane. Tomorrow already in Brisbane.

Stanford Graham: Happy Friday.

Robert Scott Bell: You know what? I wish it was already Friday already. Today's Thursday here where we are, Stan. It's been like a barn burner of a day from the moment I got up. And then after this, it's going to keep on going and thank God for nitric oxide. I'll tell you what, they get me through this day. After this, I'm going to go hit my workout routine because I had no time this morning so we're going to get to that.

So let's go ahead and get this thing started. My name is Robert Scott Bell. Welcome everybody. My good friend, Stanford Graham. Stan is amazing. He'll introduce himself a little bit, but I am so impressed when I met him. Not only is he super tall, but he's super fit. Well, attempting to win what we call a world record in the mile for over 50. And if he keeps training, it'll be over 60.

Stanford Graham: Winning by attrition.

Robert Scott Bell: Right. It's an impressive thing. And just so you know, my background as a homeopathic doctor, I was raised although pharmaceutically and medically through a bunch of my young life and suffered through many ailments, chronic illnesses, et cetera, and had to learn how to undo the damage caused by even well-meaning doctors.

I'm not anti-doctor. I've just realized that what we need to do is address what the body really needs. There's no such thing as a pharmaceutical drug deficiency and we need to help the body remove what it doesn't and those are waste products, metabolic waste products, or other things from the environment.

And one of the keys to do that of course, is an efficient circulatory system. A system that fully functions in terms of adequate and optimal blood flow, the ability to deliver oxygen to the cells at the deepest levels where they need it and bring up the waste as well that the blood can also carry away.

All of this is so critical to life itself that you'll find tonight if you haven't learned this one, or this morning, wherever you are, that your vascular system, the blood vessels, all the way down to the micro capillary beds that only allow one blood cell to go through at a time are not any more than three nanometers away from some area of your body.

In other words, nothing's further away than that. So it tells you how incredibly important this system is. And tonight with talking about... I speak tonight because of the time zone Stan and I are on, it's evening. We're going to talk about the vital importance and the secret life of nitric oxide. You may have heard about this.

We're going to go into some of the science about it. I'm going to share some stories I've had with it, working with it, as is Stan. Letting you know through the course of our hour together, there is a Q&A area. You can submit questions right there. I know we have a chat, but there's a special area that says Q&A.

So if you have specific questions, try to drop them in. We'll try our best to get to all of them. If we can't get to all of them, then there are going to be ways that we can interface afterwards. Stan or others have a direct email link. We'll make sure everybody gets a follow-up support.

And as you learn about the way to safely produce the nitric oxide that you're going to want to produce endogenously with the help of bringing things into your system and how to do it safely. You're going to want to do what I've done and what Stan does. Now, I'm going to say this briefly as I introduce myself here in this webinar. I know the founder/developer of the Cardio Miracle product that we'll end up discussing in this formulation, John Hewlett.

John is an amazing man. A real lover of liberty, right? He's very much invested in freedom. He loves people to have the freedom to know things, to act on knowledge, that kind of thing. And when he introduced me to this formulation to facilitate the increased production of nitric oxide, I was like, I know about nitric oxide, but I got to really dig deep on the science to understand why I would want to take it because at this point, I had been all organic now for like almost 30 years.

I'm so pretty darn fit. Although, not to the level I was about to achieve when I started utilizing this formulation we're going to talk about. I go to a gym, which is a kickboxing gym almost every day. And I'm in my mid-fifties. I don't say exactly how old, but it's there, I'm there.

And as I started this product that we'll discuss that produce this nitric oxide safely, I was able to witness because I have what they call a monitor to the heart rate that's on a screen that lets you know what zone you're in while you're working out intensely. From a gray zone, which you get no points for that. To blue, one point at a minute. We go to green where you get two points a minute. Yellow, three points a minute. Then you go to red, you're like, oh my gosh, you're struggling. You get zero points.

They don't want you in the red. So you want to be optimal in delivery of oxygen. And as I began to utilize this Cardio Miracle, suddenly from being in the yellow, almost red, I was finding that I was able to achieve things and even win competitions for the entire gym of people 30 years younger than me in these called challenges of the week. And Stan knows that my producer on my radio show gets annoyed with me. He says, "*You win every week.*" I said, "*No, I don't win every week, just most weeks.*"

But the ability to deliver oxygen and things that are necessary via the blood with less stress. It means your heart has to work less hard and you can achieve things that you thought were impossible. And this has been my journey since I've utilized this and we're going to go into the basics of that. And Stan, of course, you working to set a world record in the mile. We're talking high levels of fitness. But we'll also want to acknowledge that there are people who are not into fitness here, you're just wanting to recover from something. There's going to be a vital understanding of how this can help as well.

Stanford Graham: I would say Robert, there are folks who are chronologically approaching and hanging out in that 50 to 60 range but I don't tell my body that because I actually believe my body listens to what I say. So biologically, I'm hanging in my thirties. But you know, Robert, I enjoy high level of athletic performance, but what you see on the outside used to be very different than what you would see in the inside.

It's like saying, oh, you can't cover up a bad electrical job with a good paying job. Or you can't cover up bad electrical or plumbing with a good paint job. My genetic makeup is such that my cardiovascular system is genetically compromised. It's made up of a combination of genes that structurally give my vascular system a quality of kind of like a blue light special that's what used to be known as K-Mart or maybe like an express sale at the Dollar Store for 50 cents.

That was the quality based on my genetic makeup of my cardiovascular system: my heart tissue, my vascular tissue, from my muscular arteries down to my micro capillaries. I learned that through a very substantial DNA test and having a phenomenal human being, Mansoor Mohammed, told me, *"Here's the problem. There are a lot of things that just weren't working well in your body. You've got a red flag here with the cardiovascular system. If you were Stan Graham in an alternative universe who work 12 hours a day and then came home and sat on a couch and ate fried food or ate garbage, then you'd be dead."* It's because of the nature of the interior lining of my cardiovascular and lymphatics.

So that was a little bit of a wake-up call to me because I felt pretty good. As we're going to talk a little bit later about this interior, all of our blood vessels and actually the interior of our heart as well, and the interior lining of our lymph system, all of them have this interior lining that is one cell thick and that is composed of a single type of cell called the endothelial cell.

When you take that inner lining and in its total composition, lining all of your arteries, all your veins in your lymphatic system and the interior of your heart, that's the largest organ in your endocrine system called your endothelium. And that's what I had a Dollar Store variety of, the endothelium.

And when it wears and tears, its ability to up to uptake oxygen from my blood is really compromised. The ability to uptake vitamins, nutrients, hydration is exceptionally compromised. We'll talk a little bit more about that. But fortunately, I've got that under control now because we actually can. There are some things that we can do to help the body take care of itself.

Robert Scott Bell: Stan, I want to add to your perspective, because we all start at different places, right? You found out that you had a very weak system of endothelial integrity, right? There are many people that may say, *"Well, mine is pretty good. Mine is pretty strong."* But we'll recognize over the past couple of years, without saying anything more that you'll understand that a lot of people have had endothelial compromising interactions with things. Let's just say it that way.

So a lot of what we've seen in terms of cardiovascular health, the challenges like no other time in recorded history. And so this is for everybody, weak or strong right now, to understand that regeneration and the ability to withstand assault has a lot or almost everything to do.

Again, the blood vessel system, the integrity, its elasticity, its strength, its ability as we know now to actually produce this nitric oxide. This very, very helpful molecule that has often been misunderstood, but is also as we go into the slide deck, to let you know about the secret life of nitric oxide is so critically important that we didn't know about it until recently in the 1990s.

Now, I just want to say one disclaimer here that the things we're going to tell you, some of it is going to be rooted in some very deep level science and even peer reviewed articles that are published in the medical literature. And also we'll share stories as we go too. But this is not intended to replace medical care should you need it. It's not intended to diagnose, treat, cure, mitigate, prevent any disease. You know how that goes, you have to say these disclaimers to honor that we're just trying to share with you information to give you, let's say an educated view of your own body and its abilities and the ability to regenerate faster than you degenerate, which is the key to staying young and vital at elder ages like me and Stan. Stan says, *"Speak for yourself."*

So if you want to go at the beginning of the slide deck, we talk about the molecule of the year in 1992. This was kind of cool. Go ahead and put that up on the screen. We want people to be able to see what we're talking about here. The nitric oxide, in fact, had won the most coveted slot in chemistry that's called "The Molecule of the Year" when it was discovered not long after it was discovered. Do you have the ability to put that up on screen imagery?

Stanford Graham: It's on. I can see that. I can see the slide.

Robert Scott Bell: Oh, good. I'm sorry, I could not see it that's why I was asking for it. Go ahead, Stan.

Stanford Graham I just going to say, yeah, this is quite an achievement in 1992 by what was thought to be a narrative well molecule. Just prior to 1992, in the world of science, let's say scientists who conduct their business thought that this nitric oxide molecule was toxic. Well, it happens to be toxic. Oxygen can be toxic too.

But their only experience with nitric oxide led to them to believe that it was a toxic molecule that was dangerous to humans. And then as disclosed in the article in 1992 in Science Magazine, we call this a Cinderella molecule because as it turns out, it could be toxic but it was also absolutely necessary for life. In fact, it was the most important signaling molecule in the human biological system. It actively supported the functionality of the entire cardiovascular system at a very fundamental level.

The second quote cracked me up as I was reading the actual article. The first time I read it about a year and a half ago. The “nitric oxide has a split personality”. This is true. I'll tell you everybody, this is something to be aware but not afraid of because all biological systems have a split personality. They can do much good and they can also be in a position to harm us like oxygen or too much water.

Very simple examples of basic life giving substances and molecules combinations that promote life, that also in the wrong volumes can do as harm. That was one of the things in 1992 that really came out. Robert, this blew up a wide range of research that just went gonzo from 1992 forward.

Robert Scott Bell: Yeah, and this is an important distinction, this quote about nitric oxide having a split personality because in the regulatory systems of the body, there's good, there's bad. I think there's intelligence about it. But sometimes we as medical men or women, or however you want to say intelligence, we'll look at something and we'll say, “*Man, we need more of that, more of that, more of that, more of that*” and neglect the other aspect that could be detrimental.

And that's part of the secret life of nitric oxide that we're going to reveal today and recognizing there is a way certainly, there are many ways, in fact, to boost nitric oxide production once you realize you may want to do that. But there's very few who've figured out how to do it to not have that let's say that other side of the equation, the split personality that might be negative and inflammatory and destructive, like it says to DNA and human cells.

So that's part of the journey in this very webinar that you'll be more informed than most people, even medical on the planet right now about this molecule and how to work with it safely and most efficiently for all the benefits we want for you.

Stanford Graham: Robert, for everybody listening here, from 1992, the science that was then conducted, the research that was conducted on this molecule just exploded which culminated in a 1998 Nobel prize award with these three gentlemen, three American doctors who discovered that the interior lining...

Remember we talked earlier about the interior lining of your blood vessels, this endothelium composition of our blood vessels, that it was these endothelial cells, the interior lining of the blood vessels that actually communicated to the vasculature to constrict and relax to prevent hardening of the arteries. We are aware of that as we call that atherosclerosis.

So they discovered that the functioning of the blood vasculature, the ability of the blood vessels to be flexible to move blood well throughout the body, was the function of this interior cell called the endothelium. The health of that endothelium was really a function of whether it was producing nitric oxide. So that's why they received this Nobel prize for discovering that these endothelial cells produce nitric oxide, which was the X factor they were trying to find like why did these cells inside the blood vessels makes such a

difference? What's going on in terms of keeping those blood vasculatures flexible and moving blood efficiently? So this is the reason for the for the award.

And as a consequence of this, we had the president of the American Heart Association say, *"Now we've solved heart disease. Now we found a solution that will get us out of the heart disease being the number one killer in the country."* Well, that was in 1998 and there hasn't been a lot of progress in that department in over 20 years because it remains. The heart disease is still the number one killer in the country.

Robert Scott Bell: So, as you can see here on this slide that I see up now. I apologize. I couldn't see it earlier, but you talked about nitric oxides responsibility for relaxation and constriction of blood vessels, lymph vessels as well. So the healthy movement of the fluid through both systems is critically dependent upon adequate, appropriate and optimal nitric oxide levels.

And this is something that we recognize again, that is not been known for a long time in the history of modern science, right? When we're talking a couple of decades, two and a half decades or so. These are major breakthroughs, but still the breakthrough in identification of nitric oxide still led to how is it possible that we could facilitate its production, but do so safely so that we don't have any detrimental let's say side effects.

Oftentimes we hear about drugs having side effects. I like to talk about side benefits and I think that's what we'll see with this discussion is we're going to learn about not side effects, but side benefits.

Stanford Graham: Take us to discovery number two, Buck. I referenced this just a few moments ago that the second discovery that these gentlemen made was that endothelium produces this molecule. And there's some beauty to that, there's some biological beauty. I would even call it's a God-given beauty to the body. The body is producing the molecular components that it needs to actually function well.

And the body begins to dysfunction when it's unable to produce what it needs to function properly. We hear about this dysfunctional brain, dysfunctional liver, dysfunctional pancreas, dysfunctional heart. All these dysfunctional categorizations in the medical practice. And really getting down to what's causing guide dysfunction? What do we need to do to the body? What do we need to give our bodies in order to turn that dysfunction into optimal functionality?

And then the body will right itself, correct itself in a beautiful way. So this was the second discovery for which the Nobel prize was awarded. But this X factor that those doctors had been looking for is what's making these blood vessels. Why is the endothelium relevant? Well, it came down to that answer, the production of nitric oxide is very interesting.

Robert Scott Bell: And then we look at one of my favorite images. We talked a little bit about the microvasculature and how that there's nothing in the body that's more than three nanometers away from some aspect of this delivery system if you will, lymph and blood. And this is that single cell layer, if you will. At that level, where only one blood cell at a time. And even that, it might have to fold over to fit through it, right?

And if there is inflammation, if there is a hardening, if there is any kind of damage to that layer or lining, that impedes the flow of this life saving delivery system and the blood that is carried everywhere. And at that point, all kinds of dysfunction can occur in any organ or system in the body. Not just the system we're talking about in terms of vasculature, but everything that relies upon it, which by the way, is everything.

So as you said earlier, Stan, the endothelium is the largest organ of the endocrine system. The surface area, if you were to unload it or unfold it outside of your body, it would cover over six tennis courts of surface area. You think about that. It's quite extraordinary. There's a lot of surface area we're talking about here.

It's just a testament to creation that we could have a little bit of damage here and there and still function. But the problem is when that dysfunction grows and grows and grows, we get into serious life-threatening trouble. And so we've got to tend to this system. We now understand another way to do so that is I think, beyond anything that I had even conceived of earlier on in earlier years in my homeopathic practice and I could address vascular issues.

But not knowing about this, it's like when I was dealing with patients with renal dysfunction or even the story of my father, not realizing how much the vasculature was impacting on whether the kidneys would function properly as well. So we look at a system like that. We go, "*Kidneys has to do with this?*" Absolutely everything does. The health of every system, every organ has everything to do with what we're discussing tonight.

Stanford Graham: Robert, let's see if we can help the folks connect a couple of points here. This is really staggering and very helpful if we can make these connections. Number one, to understand that our microvasculature, as you see in this illustration, the finger. The ubiquity of our microvascular throughout our body. As you say, I was fascinated when I read that in the literature that there's not a piece of tissue that's further away than three nanometers from a micro capillary because oxygen has a half-life of six seconds. It just so happens that it can cover that territory in that amount of time.

Once the oxygen gets outside the vascular cavity, once it gets outside the blood vessel into the interstitial tissue. So think about this. Our vasculature is that ubiquitous throughout our entire body and that our vascular system is the communication system and the supply chain to every tissue in our body, whether that's organs or whether that's muscle tissue, brain tissue, nerve tissue. All of our tissue is supplied by a blood vascular system.

And so we have, as Robert says, we have these red blood cells that are carrying data, oxygen. Blood, otherwise carry nutrition ration through every area of the body. It just so happens that this microvasculature which is illustrated here is made up of one type of cell, which is endothelial cell.

And so as it happens in the literature, this comment here, this quote up here under the term endothelium. This fascinated me when I read it that it's the communication interface of our body. That between the blood and all the tissue that exists outside of the blood compartment. The interior of our blood vessels, the endothelium, these endothelial cells, that interior lining of the blood vessel is the communication interface between the information that the blood carries in all the tissue outside of the blood vessel. And so imagine if that endothelium is compromised, if its functionality is compromised.

Robert Scott Bell: Communication breakdown. Can you say that?

Stanford Graham: Yeah. But I think if the folks that are a little older who are watching this, there's a movie called Cool Hand Luke that I remember. But what we have here is a failure to communicate.

Robert Scott Bell: Right. Yeah. So many ways to address that. We look at the endothelium, it's highly specialized. It performs many functions, including regulating blood vessel health, flexibility and tone, maintaining blood fluidity. Regulating platelet and red blood cell function, controlling inflammation, facilitating blood circulation. This is as you said, Stan, the communication interface between blood and all the organs and peripheral tissue. So it's governing circulating molecules. This is amazing.

Stanford Graham: Yeah, it puts a fine point on does it matter what we put in our mouth? It can. Whether the bioavailability of what we consume depends on the endothelium. Think about that, folks. The fact that we ingest good food, that we ingest proper nutrition, all these things, the bioavailability of those molecular compounds are a function of how healthy the interior lining of your blood vessels are. And that in turn depends on whether it's producing nitric oxide.

In fact, when the body's ability to produce nitric oxide decreases which actually happens with age. So it's in our early forties that our body's ability to produce sufficient nitric oxide begins to reduce. And it reduces or decreases its ability to produce nitric oxide. It decreases at an increasing rate as we age.

Robert Scott Bell: Look what happens. This next slide shows you visually the health of the vascular system, right? The actual presence of inflammation, arterial plaque, calcification, all of these things has nitric oxide production reduced. We see the aging, premature aging of the vascular system. Therefore, the efficiency with which we have good communication, much less delivery of nutrients and oxygen, is dropping over time.

Now, my experience and Stan's experience is that even as we're aging, because we have understood now how to facilitate this safely, this production of endogenous if you will, endothelial miracle which is the nitric oxide, has facilitated an ability to do things that I know that I was limited when I was in my twenties I couldn't do, that I can do now in my mid-fifties. And Stan is achieving world record level type runs.

And as I said, even if you're not deigned to be a world record holder, to function and facilitate the love that you have for your family and your kids and perhaps your grandkids, and be able to lift them up and run around with them. That's a very real thing. A desire that is not a pipe dream, per se. Although if we use a pipe analogy, opening up those pipes with nitric oxide is a good thing because it'll facilitate all the wonderful things you probably want to still do.

Stanford Graham: Yeah, I think for some people, being able to walk up the stairs without pausing would be. We have our own personal records based on where we are in our life path and health path. The wonderful thing that I love about the human body, Robert, is it's such a beautiful hybrid. On one hand, the biomechanics are phenomenal. But its artistic value is equally beautiful. It's really a great work of art in mechanics.

And so, we actually can reclaim lost grounds like treating the body well. Its ability to heal itself is phenomenal. Both you and I have been through injury and disease. To arrive to where we are right now, it doesn't mean we've always been in the kind of condition that we are. So I just hope that you folks out there will accept this as an invitation to be hopeful and actually have certitude. The fact is your body can certainly begin to heal themselves if we provide them a way to do that.

Robert Scott Bell: Now, John Cook, MD-PhD at Mayo Clinic has said that most Americans, and I would say most Westerners, wherever you are living a Western style lifestyle, if you will, all the conveniences we've become accustomed to for a long time. We're just not producing enough nitric oxide to maintain all the wonderful things we've been describing. That seems to be a common agreement now when we are assessing this in terms of what we talked about, aging or otherwise lifestyle issues. And so it comes to the question is like, what can we do, right?

What can we do to facilitate that healthy production? And also address perhaps the downside, the dark side, as we talked about the duality of producing nitric oxide, facilitating it. Some people ask about can I just take it in as nitric oxide from the outside world? And even people taught of canning these and they breathe it in, but it's very local and short lived, and it's not really a systemic issue. What we'd like to do is facilitate your body's own ability to produce it.

It's not about taking it in and artificially a bump. And then what? Have we really achieved a change, a real transformation long-term as opposed to a quick fix that's not really a fix? So I think that's, again, a big part of why I utilize what we're talking about tonight, because it's really corrective and I've seen continued improvement each time I hit another level of function.

I'm like, *"Whoa, I thought I had hit the best already and it keeps getting and wow, there's even more?"* And so there's a long way wherever you're starting. It's a very exciting journey and it's very measurable. And for me, it's been a sensational journey because I've been able to achieve very, I would say, visible leaps in functionality. So again, it's so exciting for me genuinely to introduce this to anybody who you all are here listening to this because you're interested, thank God. But what it'll do is just extraordinary.

Stanford Graham: To me, one of the relevant stories in my life about this is when I discovered this a few years ago was to put my folks. My father is 85. He's going in his 86th year. And my mother is 83. Seeing a few years ago, the initiation of their cognitive decline was concerning. So this has been a significant thing in their life. My dad has always been an avid reader and I saw that decline. It's a beautiful thing now because when I visit, he has got his bookshop and he is reading again. His brain is active, clear thinking. And so I know the story of how it works, even the producer of the Robert Scott Bell Show.

Robert Scott Bell: Right. My super Don.

Stanford Graham: We have to mention Don himself.

Robert Scott Bell: Yeah. We'll mention that. And just so you know, I got to remind you all, we're not here to replace your doctor. There are things that we're not here to do. We're giving you information, education. We're not trying to make any health claims per se, other than to acknowledge that when you facilitate the production safely of this miracle molecule within your body, there's extraordinary things that happen.

And these are validated again, through peer reviewed medical literature. That's kind of where we're going to dive into as well next as we go into some of these discoveries that were validated by high-level PhD, researchers, and MDs, et cetera, including this particular guy. If you see this next slide, Dr. Tadeusz Malinski, PhD at Ohio University in nanotechnology. What he did when John Hewlett reached out to him to get the Cardio Miracle formula analyzed just to know what it's doing.

John Hewlett and what he had to overcome was so extraordinary and he saw the benefit in his own life. And we may talk about that more in depth, but I think it's fascinating when you go to a high level PhD university researcher and say *"Here, test this."* And that researcher says, *"Are you sure you want me to test it because I'm going to tell you what I'd find?"* And then John Hewlett, the maker/manufacturer, the designer or formulator says, *"That's what I want to know. I'm here to learn anything good, bad, ugly. Whatever it is, please tell me."* And fortunately of course, what we learned is very exciting.

Stanford Graham: Buck, take us to the Ohio University study, please. And on that point, Robert, John had requested that the nanotechnology lab out of Ohio University conduct research studies exactly on this formula made a significant contribution to the university for purposes of having that research done. To introduce Malinski, he is a

professor of biochemistry there. He has a nanotechnology lab there at Ohio University, which is the first lab in the world that measured real-time production of human endothelial cells of nitric oxide.

And so with over 200 peer reviewed articles regarding vitamin D and nitric oxide, what he found was that when human endothelial cells, this is an in vitro study. When he bathed, that's the verb in the study. When he bathed human endothelial cells that were taken from the interior part sample from an umbilical cord, arteries, and capillaries in different areas in the body including the organ, what he found was when these endothelial cells were bathing Cardio Miracle, there was an immediate instantaneous production of nitric oxide, which surprised him.

What really surprised me was that that production of nitric oxide extended for over 24 hours, which he'd never seen before. I mean, he'd seen a nitric oxide produced by the same type of cells previously up to three hours with a stimulation of nitric oxide substance, but it's never over 24 hours. So it was a, a slack jaw moment in the science world for Dr. Malinski when he saw something that he never observed before. Not even close.

Robert Scott Bell: Right. Stan, I want to add to that because there are questions about how do we produce nitric oxide? Can we just take it? Do we facilitate by how? It's not that it's unknown how to facilitate nitric oxide production or boosting it. We've talked about ingredients like citrulline and arginine and beets as a food, for instance. But what has been found about that method is that it's a short burst of nitric oxide production, which seems to be great. But then that darker side of nitric oxide, if you show that slide on the Malinski study, the first slide on it, you'll actually see something quite profound in the first three bullet points.

We talk about the long term bioavailability of nitric oxide depends on the delicate ratio of nitric oxide and the most cytotoxic oxidative molecule in the human biological system. This is the peroxynitrite, the ONOO. There's nitric oxide (NO) and ONOO (peroxynitrite). This is the system's most distressed free radical produced as a normal byproduct, if you will. If you're getting more nitric oxide, you're going to get more peroxynitrite. And that becomes a counterpoint or a counterbalance, unfortunately, to the good that we're trying to do, even though we acknowledge there are ways to boost nitric oxide temporarily.

And what you pointed out, Stan, is not only was it a, a longer term elevation for over 24 hours, which had never been seen before. But as we find in the next slide, the key here that there was an improvement of ratio of nitric oxide to peroxynitrite by about 50%. So the negative or the dark side, the secret life that you're like, *"Oh, we don't want that part"*, is now being counterbalanced by the formulation that is unique to this product that we call Cardio Miracle.

And that was something that Malinski says to John, *"You solved a problem you didn't even know existed. We've all been trying to figure out how to do this."* And John Hewlett, I believe touched by God in the sense, because he had to overcome his own near-death

story at the age of 55 back then in the early 2000's when he was on death's door in surgery because of cardiovascular events. And here he is, alive and well. I think large part because of this formulation, which just wasn't one thing to boost it, but it also, again, countered and neutralize the harmful free radical production that occurs with a boost in nitric oxide normally.

Stanford Graham: I've had occasion to speak with Dr. Malinski many times about this study. When John presented it to me, I was absolutely captured. And to go back to my own personal story, I learned from a wonderful DNA gene specialist that my cardiovascular system, my endothelium specifically was very compromised, inadequate. And so when I read this study and found out that the endothelium produces nitric oxide and the nitric oxide producing endothelium is a healthy endothelium, I thought I got my answer. I've got my answer, in fact.

There was a question earlier. I mean, there are other things that we can do to produce nitric oxide that are that are inducible. There's a nitric oxide synthase, which just makes some clarification for folks listening. There's a synthase molecule that produces nitric oxide through a process called inducible nitric oxide. And someone mentioned, can our bodies produce nitric oxide by nasal breathing and humming? And the answer is yes. Yes, it can.

The other thing that helps our body produce nitric oxide is movement, exercise. Now it doesn't have to be strength, it doesn't have to be heavy weightlifting. It's not necessarily a muscle mass type of exercise, but here is the thing. Our endothelium has this very interesting characteristic. Its ability to communicate to our blood. It persuades our blood. Listen to this, the endothelium, the interior blood vessels, persuades your blood to stay liquid. They persuade your blood to maintain an optimal viscosity.

If that interior lining of your blood vessels is healthy, if you're in endothelium is healthy, it communicates to your blood to increase its viscosity if it becomes too thick. But it's always persuading our blood to maintain an optimal fluidity that encourages a specific speed of our blood for vasculature. And as it happens when our blood travels at a specific speed, it creates a sheer force against the interior lining of our blood vessels.

And that sheer force, that actual mechanical sheer force of the blood getting the interior of our blood vasculature induces our endothelial cells to produce nitric oxide. So when you go out and do a vigorous walk, that kind of thing, you feel better. That's because your body's doing that. You can actually influence your nitric oxide production through movement and increasing your blood's speed through your blood vessels. So nasal breathing, absolutely. Exercising, absolutely.

And then there's certainly some things that you can eat because the composition, this is one of the things that Dr. Malinski at Ohio University, he noted about this Cardio Miracle product is that there this long ingredient list of number one, amino acids and vitamin D that were the constituents that actually induced the endothelium to produce nitric oxide.

And then there's this other long list of ingredients, which is super fruit, vegetables and fruits. Strange things like the white pine tree bark and things like that. But anti-inflammatories and anti-oxidants that scavenge oxidative molecules that are produced when nitric oxide is produced. And so he said it was the synergistic, he noted in the study, this synergistic effect of these very specific ingredient list where you have a very healthy production of bioavailable nitric oxide over long period of time while simultaneously down-regulating, Robert, as you said, down-regulating that dangerous molecule, peroxynitrite.

Robert Scott Bell: Right. This is the moving forward and something that many of you who tuned in to this, who are a part of this are aware to some degree now of the benefits that you're after with nitric oxide. But maybe not completely aware of that darker side that John, I would say miraculously touched by God because I joke about it. He's very self-effacing in his knowledge base because he's not a research scientist like Dr. Malinski.

But a lot of breakthroughs in scientific endeavor came outside the box, right? It wasn't restricted thinking and all these scientists trying to figure this out. And John comes along with this amazing formula of amino acids, antioxidants, anti-inflammatory botanical ingredients from food and solves the problem. And so we facilitate some extraordinary things. And Stan, you mentioned my producer on my show. We were on six days a week and super Don, I call him, he used to be knocked out once a month by a migraine so severe. He would just almost pass out in pain and nausea. All the things, the lights, everything would be going.

And I'm not saying that this product cures migraines. We can't say that. But remember when we understand what nitric oxide does especially when you're able to reduce the oxidative stress or potential damage of that production on the other side of it, that you facilitate circulatory recovery to all the microvascular, to all the areas that are needed, including, I always argue that a migraine and a headache has a lot to do with the liver.

And if there's a vascular flow restriction in the liver, you're going to have an accumulation of things that could even elevate blood pressure. And there's a lot of blood pressure related headaches and migraines as well. And since that time, he's no longer suffering that way. That was a huge thing for him right now.

Stanford Graham: Yeah, to that point, Robert, everybody in the United States. There's a lot of countries represented here. In the United States, over 70% of the deaths that occur annually in the United States were a function of chronic inflammatory disease. So we're talking diabetes, Parkinson's, Alzheimer's, cancer. I mean, you can go down the list of these chronic inflammatory diseases.

When our bodies are stressed, our blood can even become an inflammatory agent. Our blood becomes an inflammatory agent. Somebody asks, "*Well, why does our body stop producing nitric oxide?*" Well, when our body becomes stressed, whether it's from

psychological stress, from toxic stress or what we're eating, and what's in the exterior environment, what's in our interior environment, our body's ability to function properly is compromised.

So one of the things, for instance, that happens when our endothelium is healthy is it prevents the formation of plaques. It prevents the adhesion of [inaudible]. It prevents the adhesion of everything. It acts like a Teflon coating on the interior of the blood vasculature so that blood continues to flow in beautifully without restriction and being able to communicate very well with the endothelium and communicate oxygen, nutrition, and hydration.

Take a look at what happens in the diabetic situation. They start cutting our feed off. I mean, you start cutting off the edges of the body because the circulatory function in those areas decreases. Your eyesight is lost because of blood flow restriction. So what is that? The point is that one of the primary reasons of death in the United States is chronic inflammation.

And the point is this, here's the fine point. Chronic inflammation has three common denominators. All those diseases have three common denominators. You got low blood flow. It leads to low blood supply and low blood oxygen. Low blood flow, low blood supply, and hypoxemia or low blood oxygen. So if our vasculature is healthy in the alternative, if our endothelium is healthy, guess what that solves? Blood flow, blood supply and oxygen supply from the blood to the interstitial tissue.

I grew up on a farm and so my dad, we had to irrigate. I grew up in Idaho on a farm. My dad and maybe some folks here who grew up on a farm too, but we had to irrigate. I grew up in Idaho and it doesn't rain enough so you got to irrigate your crops. I grew up hearing my dad always say, "*Get the water to the end of the row to the crops.*" Because if you don't get it to the end, those crops out there on the end are going to stunt. Their growth goes stunt, the production quality of the plant is going to decline and it'll die early. It's too weak. The root system is shallow. All these different things.

Same thing for our body. We need to keep the cardiovascular system, specifically our micro capillary system that feeds the end of all our rows in our bodies, in our organs, in our muscle tissue, in our brain, all these things, to facilitate our body's ability to get our blood to the end of the row of those micro capillaries. As a result, the body function much better.

Robert Scott Bell: Well, it's a powerful visual. And when we talk about health and longevity. Not just longevity, but what's the health span, right? How long are we healthy in that longevity? And that has everything to do with the delivery and the pickup at the end of the row, just like you described. A powerful visual from farming. I love that.

Now you mentioned something about vitamin D. I want to take a vitamin detour with you for a moment because there are a lot of people that take vitamin D and are not getting the full benefit out of it. It's very likely that you have adequate vitamin D stored

in your cells almost locked away. And for some reason, your body is not able to relinquish it and utilize it fully for all of the benefits that we know that hormone complex D is. I don't know how to switch over to the other slide deck, but there's a couple of slides that maybe it gets very scientific, but suffice to say, what you're about to learn about the utilization of vitamin D when you have adequate nitric oxide production versus not. That's another layer of this brilliant formulation, what it's unlocking for you. Go ahead, Stan.

Stanford Graham: Yeah. Thank you, Robert. It was just in the last couple of months, a biotech company that is doing some phenomenal research on Cardio Miracle using what is called [warm] technology. They actually use the database for this molecular research of every ingredient in Cardio Miracle called this warm technology that over 17 million scientific articles published on every ingredient in part in Cardio Miracle to discover what it is, what's its functionality, what's this actually doing to the body.

And so one of the things... Buck, if you can scroll this down a few slides to the caveolar-mediated [angiotensin]. There you go. Right there. That's excellent. Thank you. What you'll see here on the left folks, you see this circle with numbers 1, 2, 3, 4, 5. This is what we call a biological [inaudible]. And this is what was discovered just in the last few months, by the latest research on this composition of the product called Cardio Miracle.

At number one stage, you have the body producing long-term bioavailable nitric oxide. What that does when nitric oxide is produced in a manner that it's ubiquitously available to the body, that it messages our fat cells. Robert says we have inert vitamin D stored in our fat cells.

So if nitric oxide miscues our fat cells to release vitamin D that's stored there that isn't active. And that inactive vitamin D is then transferred to the liver for hydrolyzation and becomes activated. It's called calcitriol. This is vitamin D3, which then becomes very bioavailable to the body.

This was not known before. This wasn't a known fact in the scientific literature a few months ago. So one of the things that we see with folks that take Cardio Miracle is that their vitamin D levels increased dramatically in short periods of time, 30, 60, 90 days, and all the benefits that come from that vitamin D3.

Now at the same time, as the nitric oxide increases, vitamin D production in the body produces and assimilates on its own. Not because you're taking vitamin D supplements. The body's making its own. The other thing that happens is in steps four and five over here on the flywheel, you've got on this feedback loop, the plasma layer on your cells improve. It becomes more permeable to nutrition, becomes more permeable to healthy fat at the same time. So now everything that you take effectively is more bioavailable to the cells.

Robert Scott Bell: Your metabolic Kung Fu is enhanced, right? The efficiency with which your body utilizes everything is suddenly gone up a level to where you're like, *"I'm*

in my youth again. This is how it's supposed to work." Right? And it's not so much a mystery now that it's solved but what Stan has just related to you is something that most physicians on the planet have yet to learn. This is that new, coming out of the medical literature, this identification of this pathway of nitric oxide facilitating the utilization and production of vitamin D endogenously because people are taking a lot maybe to excess of their actual needs because they're not utilizing it.

And I always sat, it's not what you take, it's what you can use. Now we're facilitating the use of something that everybody knows we need. Do we need to take as much as we're taking? Maybe not. This opens up that pathway of efficiency. I know there's a lot more science than we have time to go into Stan, but you did a great job of at least introducing a very complex subject in a way that helps us to understand certainly why I'm having continual benefit.

Just briefly as we're wrapping up here, we'll look at some of these questions too. How I was measuring my successes in the gym by monitoring heart rate and seeing me be able to do things I couldn't do at high levels, now at lower levels. And I've won the challenge of the week a number of times. Particularly the one I'm most interested in winning is when they do the max out challenge of all nine rounds.

You do three minutes full on, 30 seconds off. Three minutes full on for full nine rounds and they count all of your reps. I've won them a few times at the gym. Again, I'm the old guy at the gym. I mean, there might be some people older than me and I'm winning this. And I noticed in the one that was about, I don't know.

Stanford Graham: With over a thousand reps, I mean.

Robert Scott Bell: Yeah, it was like almost 1700, almost 1800 reps in those nine rounds of a various different exercises. And what I noticed from the time I won the previous challenge, which was a few months ago, three months ago. I think they do it every quarter. And I looked at my heart rate in those times and it's like, ooh, it's really high in the yellow, a little bit in the green. And that's okay. I mean, that's still great.

Because a lot of people are in the red just trying to keep up. I wasn't in the red at all. This last one, a couple of weeks ago that I won, I compared it and I was like more in the green than I was in the yellow. And I was working as far as I know, to get the same amount of reps or more with less effort. This is extraordinary.

Again, seeing the progress. Again, I'm not in my twenties anymore. And this consistency that there's a benefit over a benefit over a benefit. It's not just a one-off like we talk about people that want to boost nitric oxide for a few seconds or a few minutes or a couple hours. We're sustaining something that is resulting in sustained and prolonged health and vital function, vital force.

And again, leading to things that I sort of knew it was possible, but I wasn't sure how to unlock all of it. And we're seeing this particular thing, addressing the vasculature unlocking all of these.

Stanford Graham: Some asks; can too much nitric oxide be dangerous? I've read that it can cause headaches. Well, here's the thing. This has to do with the secret life of nitric oxide. The fact that how and when it's produced, this endothelial nitric oxide. If you're allowing the body to produce it on its own, if you're facilitating the body's ability to produce its own, your body's self-regulate. It's remarkable.

If you take out the ingredient list of this product, you'll see that it's food. I don't know if any of you, any of the folks that are watching, if you know Dr. Judy Mikovits. Just over the weekend, John was in Southern California presenting to an audience there where Judy had spoken. Someone from the audience asked that question. Well, can you take too much of this stuff? John told me that Judy charged up the stage and said, *"No, it's just food. It's really good food."* Obviously, she's one of the most brilliant women in the country.

Robert Scott Bell: The smartest doctor/scientists on the planet, Judy Mikovits. And she's got such a great heart too. Just so you know how I take it pretty much one a day. I wake up in the morning. It's one of the first things I do. I mix it with water and drink it down. There are some times like today, I'm going to take it a second time because I wasn't able to work out this morning and it's been such an incredibly stressful day.

The things that I'm doing, including this and everything else I'm not done yet. And so I'm going to take another scoop and I'm going to go hit the gym right after this. I feel so much stronger, so much better with each and every time I do this. And in fact, Stan, you don't know this recently. I've been telling people at the gym and I tell the story about this nice man, Adam, who may be my age, a little older, but a little bigger around the belly.

And he was in the red zone a lot. And I kept telling him, you need to try this Cardio Miracle. It'll help the oxygenation. It'll make it easier for you to get good workouts. And I saw him a week or two later. I don't know what it was. This was some months ago now. And I noticed as I was watching his heart rate thing and he was all in the yellow and not much in the red anymore.

I'm like, *"Dude, that's great. What are you doing?"* He says, *"I did it. I ordered the Cardio Miracle. I've been on it for a week."* And I'm like, *"One week and you're on? Wow. That's amazing."* And then the owners of the gym, Stan, you'll love this. They know I keep telling them it's Cardio Miracle. And they're like, *"Well, yeah, I know but..."*

And they come to find out that the owner, husband and wife team that own it, his parents have been on the Cardio Miracle for a year. They didn't tell him, but the dad especially was saying, *"Oh yeah, I don't believe in any of this stuff. The only thing I'm*

doing is Cardio Miracle because I'm out on the tennis courts and I don't even get winded anymore." So they finally said, "Okay, I'm convinced. We're going to get it now too."

Stanford Graham: I got it. That's a great story. I got to mention Dr. Jeff Cap. He says, *"If you'd stayed at our home in the beginning of the pandemic, the alleged pandemic, that might amend that."* He says that Judy is phenomenal. Melanie, thanks for putting up that ingredient page. Hey folks, here's the thing. As we age, our body's ability to produce nitric oxide is compromised. That's a fact. It could for a number of reasons. In my case, it was because that was my genetic disposition.

I had the parking basement variety of endothelial cells. That was it. I had lived a life full of activity. I had eaten well for decades, exercise five-six days a week for decades. But had I chosen a different lifestyle, if I had been less crazy, to be so fastidious as I have been, if my lifestyle had been different, Mohammed told me, *"You'd be dead because you have a compromised cardiovascular system. But because you've lived this, because of your lifestyle."*

And now, in addition to that, I've noticed my own physical performance, even non-sports performance, just physical performance, lifestyle performance increased. My athletic performance has gone off the charts. Even at my age, I can outrun most fast 20-year-old. Here's the point. I just recommend folks that the science is great, the stories are great. You are your best lab rat and so I would encourage you to try it.

The company provides a 60-day money back guarantee. I just take the 60 days off. There's no way that we're going to expect your exchange of money for Cardio Miracle with the outcome that you experienced is not okay. So you have nothing to risk here, nothing to lose other than improving your health, your longevity, you're going to feel better. And the best way to test this out because everybody is biologically different. Test it out on yourself. I sympathize to folks that are in Europe and further away because we don't ship to them. And if we did, the shipping costs would be just enormous.

Robert Scott Bell: Oh, yeah. It's incredible with everything that's happening to get it there. But if you guys and gals can pull up. I saw one mentioned from Canada saying, hey, if anybody else is in Vancouver, BC and wants to share shipping costs, that's a great idea. Get together and split that and make it more reasonable. But in the slide conclusion from Dr. Malinski on Cardio Miracle specifically, he says L-arginine, L-citrulline and vitamin D3 can significantly alter the function of the endothelium and nitric oxide production in a favorable manner.

While, and this is key, pointedly reducing the peroxynitrite, the main component of oxidative stress. The effect can be significantly potentiated in the presence of these antioxidants. That's why, again, I love beets and I grow beets, but it's not as comprehensive as far as addressing the peroxynitrite production. That's what is important here to learn, part of the secret life of nitric oxide.

In addition to the bonus information that we got from Stan, that's breaking news, if you will, of vitamin D utilization and endogenous production of D as well. So we're finding more and more side benefits and I hope you have enjoyed our dalliance into both the science and the stories that we've experienced and there's more than we have time to run through here.

Stanford Graham: I want to toss some one word. I'll just say an ending treat on this last 30 seconds. I'll tell you this, when you fast, you get tremendous biological benefits when you fast. Intermittent fasting has been in front page health news for a couple of years. Cardio Miracle up regulate the autophagy, which is the cellular cleaning your body performs. It's the biggest benefit you get from fasting.

When you fast, it gives your body cell by cell the ability to clean itself out. The used proteins and other toxins, get them out of there. And then to function more efficiently. We've just discovered this in our scientific research that autophagy is significantly up regulated during your fast, when you fast Cardio Miracle.

Robert Scott Bell: Mimic with Cardio Miracle, yeah. And of course, some of you may have heard of this autophagy. So it depends on what scientists you talk to in case you weren't sure what Stan was talking about. Autophagy, all the same, but whoever you're talking to will tell you, this is how I pronounce it. So remember this is far less per dose than often you go out and get a cup of coffee and you'll not get the benefits from a cup of coffee, even organic coffee, I will say.

So the payback in terms of your life and vitality, that's a decision we all have to come to. But as Stan said, give it a try. I think you'll find it as wonderful as we talked about. It might even be more wonderful for you depending on where you're starting. But they do have a 60-day money back guarantee.

Stanford Graham: Yeah. Try it and tell us your story. They're just so wonderful to hear. They're inspiring to hear.

Robert Scott Bell: Yeah. And if we didn't get to your questions answered, again there's an email that you can follow up on to make sure that we do. And just the thought, acknowledged as John Hewlett, the founder/developer of this. As Stan and I believe, our bodies are sacred gifts from God. And we believe in support your choice in how you want to care for it.

For those of you that are on medications, I would say yes, consult with your doctors if they're able to talk about these things. Because if you're on certain medications, it could interfere with certain feedback loops that we're talking about normalizing. But as you are better able to produce safely nitric oxide and address the oxidative side of that too. You'll find that a lot of the reasons those docs and pharmacists have interacted with you before is because you weren't doing what your body is designed to do as efficiently as it once did.

And what we're trying to do is turn that back on for you at any age. And so I utilize it and I tell everybody about it because of what it's done for me and others in my family and friends as well. And my super Don, my humble and lovable producer of the Robert Scott Bell Show as well. So I thank you all in Health Means for helping us to be here. And Stan, thank you for connecting us with this group from all over the world. How cool is that?

Stanford Graham: How cool is that? Yeah, very cool. Great to be with you, everybody.

Robert Scott Bell: Yes. So as we wrap it up here, I'll tell you what I tell all of my viewers and listeners on my show, six days a week, two hours a day, that the power to heal is yours. Thank you.