



October marks the beginning of Fall. The weather turns cooler, the days get shorter, the leaves turn color, begin to fall and it also marks the beginning of seasonal viral infections.

As the weather turns cooler and less sunlight each day, more people are spending more time indoors in close quarters. The perfect recipe for transmission of respiratory viruses. As long as there has been life on Earth, we humans have been exposed to viruses. Healthy people typically are resistant to viral infections. On the contrary, the unhealthy, feeble and particularly the elderly are more susceptible to viral infections and illness from the infection.

The past 100 years has witnessed a scientific wave of new understandings of our immune system and how our body is designed to deal with chronic pathogens, including viruses and bacteria. Each year for the past 100 years there are an estimated 12,000-52,000 deaths in the U.S. alone. During the 1918 -1919 Great Influenza pandemic, there were more than 675,000 deaths in the U.S.

The introductions of the seasonal flu vaccines have really had minimal effects on reducing the number of deaths from flu each year. Therefore, now would be timely to explain how adequate and sufficient nitric oxide production can protect you from the seasonal flu and all other infections, including bacterial to keep you healthy during this time of year and throughout the year.

Vascularized tissues are more resistant to infections and capable of localizing/containing offending agents. By contrast, poorly vascularized tissues are relatively inefficient in responding to inflammatory stimuli.” This essentially means that if you have good circulation and healthy, clean blood vessels, your body can effectively fight and kill any infections before they have a chance to make you sick.

We know that nitric oxide is the key to good circulation and keeps our blood vessels clean, healthy and functional. Furthermore, we know that it is the loss of nitric oxide production that leads to poorly vascularized tissues and increased risk of infections.

If we have poor circulation that means we have a weakened immune response. Our white blood cells (neutrophils and macrophages) along with antibodies, which are the body’s primary defense against pathogens, are dependent upon our cardiovascular system to be delivered to the sites of infection. With poor circulation, these infection-fighting cells cannot reach the primary site of infection, allowing bacteria and viruses to multiply with little opposition.

Poor circulation leads to reduced oxygen delivery and supply (hypoxia). Oxygen is critical for the proper function of our immune cells to produce oxygen radicals to kill bacteria and viruses. A lack of oxygen also inhibits our cell’s ability to produce nitric oxide. Nitric oxide is known to prevent virus replication, and nitric oxide shuts down bacterial respiration. We need oxygen to make nitric oxide and we need nitric oxide to deliver oxygen. Houston, we have a problem.

Inadequate circulation leads to an accumulation of waste products. The circulatory system transports oxygen and nutrients but also is responsible for removing cellular debris, toxins, and other waste from a wound or site of infection. When circulation is poor, these waste products up, creating a toxic acidic environment that further impedes healing and promotes infection.

Without good circulation we cannot deliver antibiotics or other medicines to the site of infection. For an established infection, antibiotics delivered via the bloodstream cannot reach the affected tissue in high enough concentrations to be effective. This can render antibiotic treatments useless and allow the infection to worsen. Think about your Amazon order but the delivery truck getting stuck in traffic and unable to deliver the goods. This is what happens to our immune system without adequate nitric oxide.

I strongly encourage anyone reading this to incorporate these tips and avoid getting sick this fall and winter.

1. Take a daily nitric oxide supplement like V-Nitro. If your body has lost the ability to produce nitric oxide naturally, V-Nitro increases nitric oxide production using natural vasodilators like Beet Root and Red Spinach to enhance circulation, stamina, and nutrient delivery at the cellular level.
2. Workout every day. I start my day with a 10-minute workout with stretching. I do some push ups and about 8-12 minutes of movement and stretching. This will increase your heart rate, breath rate and get your blood flow going.
3. Try to get at least 30 minutes of direct sunlight every day. Try to catch the first sunlight of the day. Sunlight is the best disinfectant.
4. Practice deep breathing through the nose. Respiratory viruses enter through our sinuses and can penetrate our lungs. Part of our body's natural defense is the production of nitric oxide through our epithelial cells in our sinuses. If we incorporate at least 3-5 minutes of deep nasal breathing exercises each day, we activate nitric oxide production and help kills off any viruses or bacteria that may have entered our pulmonary system.

Nitric oxide is a foundational molecule for optimal health and disease prevention. Science is clear. Those who are deficient in nitric oxide or

compromised in their ability to naturally produce it are more prone and susceptible to illness. It is not just infectious disease but cardiovascular disease, which remains the number one killer of men and women worldwide.

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Promotes nutrient absorption and mitochondrial health

What makes it unique?

Nitro increases nitric oxide production using natural vasodilators like Beet Root and Red Spinach to enhance circulation, stamina, and nutrient delivery at the cellular level.

