

7 ways to say NO to disease

NO, short for Nitric Oxide, is a gas that widens arteries and increases blood flow. It is produced by the body when you ingest healthy nitrates found in fresh produce like greens and cruciferous vegetables.

- 1 Eat a fresh dark, leafy green salad every day. Include cruciferous like kale, broccoli, arugula, Swiss chard and different kinds of cabbage.
- 2 Include a daily dose of vitamin C, especially from darkly colored fruit like berries. You'll also get vitamin C in bell peppers, kiwi, citrus and potatoes.
- 3 Chew your green thoroughly, making sure you have broken down the fiber in the greens, giving time for the oral bacteria to break down nitrates.

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- 4 Avoid killing healthy oral bacteria with anti-bacterial mouth wash. Practice good oral hygiene by brushing and flossing daily. Rinse with water or a non-astringent mouthwash.
- 5 Reduce consumption of processed meats that convert nitrates to nitrosamines known to be carcinogens. Lower saturated fats by reducing meat and fat. Use nuts and seeds for healthy fats.
- 6 Include both cardio and strengthening exercises in your daily routine. Exercise increases nitric oxide production and conversely, nitric oxide also makes exercise easier and improves performance.
- 7 If you're taking blood thinners, tell your doctor you are going to consume 2 cups of raw greens daily. Your medication can be adjusted as long as you keep your consumption steady.

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