

The Amino Acid that's Such a Powerful Performance Enhancer for Your Body Google CENSORED IT!

People wouldn't believe me at first when I told them. That a "hip", and cutting edge company like Google would censor me. But that's what they do now.

In recent years, they've really tried to scrub the internet clean of anything outside of the mainstream, and one of their primary targets has been natural cures.

They told me if I wanted to continue advertising with them and talking to people with Gmail accounts, I had to remove any mention of this cure (I'll share with you) from my website.

Now you might say, "Who cares about Google? Just walk away." Listen there is nothing I'd love to do more, but the truth is Google has us all over a barrel.

Think about just how many people use Google. Leaving Google doesn't cut your audience by a third, or even by half. It cuts it by about 67%!ⁱ How can I turn my back on that many people as both a doctor and businessperson? The truth is, doctors like me are at the mercy of Google.

Which only makes the fact Google censored me even more infuriating!

Now, I didn't have it as bad as my friend Dr Jonathan Wright did. He had the feds bust down his door guns drawn and throw his receptionist to the ground. And do you know what his great "crime" was? He was prescribing B vitamins.

But what Google did do, was make it very difficult, if not impossible, for me to defy them. I wrote about a natural cure, and after a few days of little traffic we realized Google blocked it.

We spent hours trying to figure out why they block it, and you know what they told me when I finally got them on the phone. They said what I was talking about was a steroid and I wasn't allowed to talk about "steroids."

I was furious, because arginine—the natural cure I was taking about —isn't a steroid at all. In fact, it's a protein while steroids are fats. But the goons at Google wouldn't listen to me. The policy had been set, and Google had spoken.

It turns out they have a list of words you're not allowed to use... and then I was told by a Google representative that there is a larger, unpublished list of topics, called a "monitored list," which includes other things we can't talk about.

You can't even talk about "related content". That means even if the FDA and FTC consider what I'm talking about okay, if Google doesn't, and I want to use their services...I have to comply.

It was one of the reasons I created Confidential Cures as you know, so I would never be censored again and be free to share with you all of my research.

I'm particularly excited to share in Confidential Cures, what Google censored...

The Potent Performance Enhancer Google Doesn't Want you to have

The natural cure Google calls a steroid is arginine, but isn't a steroid at all. It's a protein and a semi-essential amino acid (it's considered this because even though your body normally makes enough, supplementation is sometimes needed).

You might remember that last year I wrote an article about arginine as a natural cure for heart disease. The article got a great response, and I hope positively affected many readers.

But what I only mentioned briefly, that I want to tell you about today, is that arginine is also a powerful performance enhancer.

It's been used by bodybuilders for years to help improve their workouts, and build better, stronger muscles. Yet few people know about arginine's performance enhancing powers.

I've been taking arginine supplements for over 20 years, and recommending them recently to my patients as a performance enhancer though.

Now I want to share with you the secret that makes it so effective. It helps produce a natural cure for blood flow that also helps super charge your muscles, lungs and other organs.

The name of this secret is nitric oxide (NO). Nitric oxide is synthesized from arginine by a family of enzymes, the nitric oxide synthases, through the L-arginine-nitric oxide pathway. It's a compound produced naturally by cells in your blood vessels, and is one of your body's "blood flow signals".

Why Blood Flow May Be The Secret To A Stronger, Fitter You

Blood vessels are a lot like balloons. They can expand and contract rapidly. When they're relaxed and open, they can move tremendous amounts of blood that carry vital oxygen, glucose and vital nutrients all over your body.

But when they're too stiff and narrow, blood flow slows and your energy and performance levels plummet. This is a problem, as you get older your supply of NO drops off, making it much harder for your blood vessels to expand.

And if your blood vessels can't expand, blood and oxygen delivery becomes restricted. And this lack of oxygen accelerates aging, drains your energy, and makes sex difficult, if not impossible.

With arginine, you can help your body produce more NO and get your blood flowing at thundering levels helping improve energy, endurance and physicality.

The difference NO can make is staggering. In randomized study from Germany of healthy humans, they found arginine helped increase blood flow in the femoral artery by 42.3%.ⁱⁱ

Supercharging Your Blood Flow To Get More Oxygen To Your Muscles, Build Strength, And Even Decrease Lactic Acid

By increasing blood flow so drastically, you're not only getting more blood to your muscles but also more of the oxygen and nutrients it carries. That's what makes such a difference in the body's performance when taking arginine.

It doesn't matter your age, or fitness. In one study they looked at how arginine helped a group of sixteen elderly cyclists with half receiving an arginine, antioxidant supplement and half receiving a placebo.

Those who received arginine had their anaerobic threshold increase 21.33% more than the placebo group after week one, and sustained it all the way through the trial.ⁱⁱⁱ

This allowed arginine cyclists to ride longer. Another study, this time from France, gave heart failure patients arginine, and tested its effectiveness using bicycle exercise tests.

You know what they noticed first? It took longer for arginine users to start breathing heavy. They also could work out 27% longer, got 18% more oxygen to their muscles and could do 29% more. It also helped in recovery, decreasing lactate acid by 21%.^{iv}

Arginine also helps strengthen and grow your muscles. In a double-blind study, a group of scientist really put my theory on arginine and muscles to the test. They measured the change in muscle strength and lean muscle mass in men taking arginine.^v

Twenty-two men on a strength-training program took either the L-arginine supplement or a sugar pill. The men taking the arginine supplement showed a significant increase in muscle strength and lean muscle mass after only five weeks.

Listen, even though I am a big advocate of arginine I'm not going to bash other performance enhancers that professional athletes are castigated for taking them. While some do abuse these performance enhancers, if taken in proper dosages in a well-structured program they can be effective and safe—and are used around the country by many doctors.

But I do believe arginine is a safe, powerful and natural performance enhancer you should take advantage of. It'll help your body feel better, and perform better at the very least.

Here's How You Can Get More Arginine

I recommend you try to get arginine from food sources first if you can. You can find it in red meat, fish, chicken, beans, chocolate, raisins, nuts, and sesame and sunflower seeds.

But if you want to supplement instead that's great. I've used arginine supplements for over 20 years, their natural and safe.

Take 500 mg each day to support your muscle growth, also to maintain healthy muscles and prevent heart disease. To fix a specific problem that has already occurred, you'll get the most from arginine if you take it in powder form. To build lost muscle, improve sexual performance, or reduce chest pains, start with a loading dose of 5 grams daily for two weeks. Then take 2.5 grams daily for maintenance.

Never exceed 10 grams a day. Because arginine is an amino acid, proteins compete with its absorption. For this reason, you will absorb more of it if you take it between meals on a relatively empty stomach. Simply take a teaspoon of powder and mix it with water.

Add this For Even Better Blood Flow, Longer

Arginine on its own is effective, but it produces NO for about an hour after you take it. But you can add something to arginine that gives you a lasting boost throughout the day.

In my clinic, I combine standard l-arginine with a specialized form of arginine called Arginine Alpha-Ketoglutarate (A-AKG).

This gives you a time release effect. Instead of getting a quick boost and then fading fast, you get a sustained NO release that last much longer.

A-AKG is remarkably effective. The combination is far superior to anything else you'll find.

ⁱ Comscore, "comScore Releases October 2013 U.S. Search Engine Rankings", www.comscore.com, November 13 2013

ⁱⁱ Bode-Boger SM, "L-arginine Induces Nitric Oxide-Dependent Vasodilation in Patients with Critical Limb Ischemia.", *Circulation* 1996 Jan; 85-90

ⁱⁱⁱ Chen S., "Arginine and Antioxidant Supplement on Performance in Elderly Male Cyclists: A Randomized Controlled Trial." *J Int Soc Sports Nutr.* 2010 Mar 23;7-13.

^{iv} Doutreleau S., "Chronic but not Acute Oral L-arginine Supplementation Delays the Ventilatory Threshold During Exercise In Heart Failure Patients.", *Can J Appl Physiol.* 2005 Aug;419-32.

^v Elam et al. *Journal of Sports Medicine and Physical Fitness.* 1989. 29(1):52-56.