How Nitric Oxide Powers Your Bodys Healing Energy and Longevity Transcript

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Introduction to Nitric Oxide

Hey there, I'm Jen from Thriving Proof and today we're talking about a molecule that could be the missing link in your health journey. It's not new, not flashy.

and definitely not talked about enough. It's called nitric oxide and it's the reason your blood flows. Its the reasons your brain remembers things and your heart doesn't throw in the towel.

What Nitric Oxide Does in the Body

So let's dive in. First I want to address what it actually is. Okay. We don't want, we want make sure that we're not confusing it with laughing gas. okay.

it is a signaling molecule that your body makes naturally. its produced in a lining of your vessels and helps them relax and dilate, improving blood flow and oxygen delivery.

Every time you take a deep breath, climb the stairs, or get a little romantic, nitric oxide is doing the heavy lifting behind the scenes.

Why Nitric Oxide Declines With Age

And these are just some of the reasons why it matters, okay? By the age of 40, we've lost about 50% of our nitrous oxide production. By age 70, We've Lost up to 75%. This decline has massive consequences.

Memory issues and Alzheimer's, both linked to nitric oxide deficiency. Erectile dysfunction, often the first warning sign. High blood pressure and diabetes, directly tied to Nitric Oxide loss.

Can't exercise for 20 minutes without feeling wiped? Yep, Nitroxide again.

What Blocks Nitric Oxide Production

Yet, most people have never even heard of it. Even fewer know that their toothpaste and mouthwash might be blocking its production. So let's talk more about what blocks it!

Here's what you don't want to do if you want healthy nitric oxide levels. One, you wanna stop using antiseptic mouthwash. It kills off good oral bacteria needed to make nitrous oxide.

You wanna get rid of that fluoride toothpaste. That's a thyroid toxin and it disrupts your microbiome. You want avoid sugar. It literally gums up your enzymes and shuts down nitro oxide production.

You wanna limit an acid use. Stomach acid is really super important for absorbing nutrients that support nitric oxide synthesis.

How to Boost Nitric Oxide Naturally

So that's what we don't wanna do. Now, how do we boost it? So you can absolutely support and restore nitrous oxide naturally. You want to eat nitrate rich veggies like beets, arugula, spinach.

you wanna practice nasal breathing and even humming. You want to get daily sun. UV light triggers nitric oxide release. You wanna use non-fluoride, microbiome-friendly toothpaste.

And you wanna move your body. Exercise activates nitrous oxide production. Nitric oxide isn't just about aging gracefully. It's about functioning powerfully at every stage of life.

If you want help choosing oral care or supplements that actually support nitric dioxide production, just drop us a comment or message us.

Closing Thoughts and Support

We're here to guide you with real science around a real plan. At Thriving Proof, we believe healing is your birthright and nitrich oxide, it's one of your body's best tools to claim it.