

The President's Plan

This comprehensive health program, designed by NutriGuard's President and Science Director Mark McCarty for his personal use, is the fruit of over 35 years of persistent study and thought regarding preventive health issues. McCarty, the author of over 230 biomedical papers cited on MedLine, is dedicated to the proposition that, to maximize your chances to preserve your functional capacities and avoid major diseases into a ripe old age, you need to ***Eat Right, Exercise Right, and Supplement Right!*** This cutting-edge supplementation program focuses on optimizing your antioxidant protection while amplifying your body's production of protective nitric oxide, of key importance to the health of your vasculature, brain, and bones, and also an aid for efficient exercise performance. Fish oil and a comprehensive nutritional insurance formula round out the program.

Full-Spectrum Antioxidant Protection :

Chocolatl Verde – Recent research establishes that the chief antioxidant in spirulina, phycocyanobilin, has remarkable health-protective potential owing to its ability to inhibit an enzyme complex known as NADPH oxidase, a key source of the oxidative stress that drives many health disorders. Spirulina is also very rich in zeaxanthin, vital for ocular health. Each serving of Chocolatl Verde – just blend with a cup of soy milk – provides a rounded tablespoon of Spirulina (15 grams), plus Quercetin, Soy Isoflavones, Taurine, and Coffee Antioxidants.

Astaxanthin – This carotenoid antioxidant – responsible for the pink color of flamingos and salmon! – is emerging as the most protective nutraceutical antioxidant for biological membranes ever discovered.

LipoCys – This blend of Lipoic Acid and N-AcetylCysteine is intended to boost the production of antioxidant enzymes and glutathione in your body's cells.

Nitric Oxide Boosters :

Quercetin – This natural flavonol stimulates production of nitric oxide by the inner linings of your blood vessels.

Potassium Nitrate – This is the compound in green leafy vegetables and beet juice that likewise can boost your production of nitric oxide.

Comprehensive Essential Nutrients:

EPA Concentrate - A potent source of the long-chain omega-3 fatty acids supplied by marine fish that help to preserve vascular health, support brain and retinal function, and moderate inflammation

Broad Spectrum – A comprehensive nutritional insurance formula, featuring ample amounts of vitamin D, magnesium, calcium, zinc, lutein, and the entire range of essential micronutrients (except for iron)

Of course, supplementation is only part of the solution. McCarty also strongly recommends (and practices) *a whole-food vegan or Mediterranean diet*, and *a mini-fast with exercise program* to optimize leanness and insulin sensitivity. Aside from taking supplemental fish oil, McCarty has been a vegan for nearly over a decade, as he has concluded that vegan diets (wholly plant based) provide by far the best protection from cancer, while also minimizing risk for coronary disease and diabetes, and promoting leanness. Plus, from both an ethical and an ecological standpoint, a vegan diet is simply the most responsible. But a whole-food Mediterranean diet, low in saturated fat and high in fruits and vegetables, is a reasonable alternative for those unwilling to go all the way to a vegan approach. An explanation of the mini-fast with exercise strategy can be downloaded from the NutriGuard website; McCarty developed this himself (in conjunction with his friend Austrian physician Dr. Babak Bahadori), and has employed it for over a decade, in conjunction with vegan food choices, to maintain a body fat of about 5% as he now enters his sixties.