



## Open Letter from J. Joseph Prendergast MD

My father at age 42 suffered a massive stroke that left him extensively paralyzed. This event significantly affected our entire family and would later come into play again in my personal and professional life. At age 37 following a CAT scan, I was informed by the radiologist that my vascular system was sclerosed that of an 80 year old. This finding together with my father's medical history focused me on finding an immediate solution to my condition and that of my patients. I searched the medical literature for anything and everything traditional allopathic medicine had to offer and finding these options lacking, I began looking for complimentary alternative natural approaches and finally in 1991, I learned about L-arginine from the Director of Cardiovascular Research at Stanford University Medical Center - Victor J. Dzau, MD.

Dr. Dzau was the first to explain to me the extraordinary observation that **atherosclerotic heart disease could not only be controlled - but reversed**. His research touched on clinical improvement and following Dr. Dzau's appointment as Chancellor of Affairs at Duke University and Director of Molecular Vascular Biology, his work was forwarded with multiple studies by John P. Cooke, MD. Dr. Cooke is presently head of Cardiovascular Research at Stanford. My research and that of those I was interacting with was further validated in 1998 when the Nobel Prize in Physiology or Medicine was presented to three researchers **"for their discoveries concerning nitric oxide as a signaling molecule in the cardiovascular system"** (L-arginine is the precursor of nitric oxide).

In 2001 I had a follow-up CAT scan just like I had at age 37 that discovered my asymptomatic atherosclerosis. My atherosclerosis was completely gone. To confirm that all the calcium built up in the arteries was indeed removed **"I also had a heart scan that produced a "Zero Calcium Score"**. As astonishing as my personal story may seem, I have been able to consistently produce results just as dramatic and life changing in virtually 100% of my patients, regardless of whether the vascular impairment is in a diabetic or not, the results are the same. In fact, over the last 17 years treating more than 5,000 patients 85% of which are diabetic, I am not aware of a single hospital admission or death due to cardiovascular disease, stroke or vessel disease exacerbated by diabetes in those patients that followed my various iterations of the current L-arginine formulation. As an endocrinologist I usually don't see patients until they have developed clinical symptoms of vascular disease or diabetes and prior to 1991 more than 30% of my patients would be expected to see at least one hospitalization per year.

Between my introduction to L-arginine and this current date, I have learned that there are many additional elements that when properly balanced and in sufficient quantity, can significantly improve the effects of L-arginine alone. Over the last few years these new formulations have helped me immeasurably in the safe and effective treatment of my patients and I can whole-heartedly endorse the resultant product that I currently use: **ProArgi-9 Plus**.

To see my living document on this topic please see: <http://www.pmrf.org/projects/larginine.pdf>

To order a copy of my book: **Dr. Joe's Rx for Managing your Health** - Please visit:

<http://www.uncommondoctor.com/about-dr-joe.html>

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