

Arginine and Sexual Dysfunction

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Arginine is a vitally important amino acid that has had researchers studying all of its benefits for over fifty years.

Arginine is an essential amino acid that participates in many biochemical reactions in the brain and body and is secreted by the anterior pituitary gland.

Arginine is found in proteins consumed in the average diet and can either be metabolized for glucose synthesis or catabolized to produce energy. Arginine performs specific and vital tasks in the body. Arginine builds muscle, enhances fat metabolism, assists in the release of growth hormone from the pituitary gland and increases sperm count and mobility in some individuals and fights off infection.

A healthy liver can produce approximately 80 percent of the body's required amino acids. The human body can readily synthesize arginine to ornithine, or ornithine to arginine. Arginine normally constitutes approximately five to seven percent of the amino acid content of a normal, healthy adult diet.

Arginine transports via the gastrointestinal tract and absorption occurs in the small intestine. Arginine has been shown to enhance immunity, the release of growth hormone, greater muscle growth and mass and increased sexual desire. According to medical researchers arginine can help reverse atherosclerosis. Recently researchers found arginine prevents clotting without increasing the risk of hemorrhagic stroke, ulcers gastric bleeding or kidney damage that occurs with aspirin and other anti-coagulants.

Researchers at Stanford University School of Medicine report that supplementing with arginine is very effective in reversing endothelial dysfunction. Dosage of arginine for heart disease is 1,000 milligrams three times daily.

In recent years research demonstrates arginine is very beneficial to both men and women for sexual enhancement. As the primary source of nitrogen in the body, arginine is essential to the production of the most important biomolecule, nitric oxide. Nitric oxide is present in all cells of the body.

Nitric oxide forms from arginine and is a vital factor in a number of important homeostatic processes. Research indicates that nitric oxide works with arginine and plays a major role in a male's ability to have an erection. Viagra cannot produce nitric oxide.

Arginine functions also as a neurotransmitter that is a part of learning and memory. In one study 16 senior patients with cardiovascular disease received 1.6 grams of arginine per day for three months. They all showed a remarkable improvement. No side effects were noted.

In the immune system, nitric oxide protects the body against invading bacteria and parasites. In the brain where nitric oxide forms in nerve cells, it spreads in multiple directions and activates all cells in the vicinity. The activation of cells modulates multiple functions including behavior and gastrointestinal transit flow.

If you have a problem with herpes take one gram of lysine daily for a week before you start taking arginine. Do not use arginine if you have an active malignancy, severe infection or diabetic retinopathy.

Arginine deficiency is associated with skin rash, hair loss and breakage, poor wound healing, constipation, fatty liver, hepatic cirrhosis, coma and hypoglycemia.

There are good food sources of arginine found in carob, chocolate, brown rice, whole grains, nuts, seeds, popcorn and raisins.

According to Dr. Ronald Klatz, president of the American Academy of Anti-Aging Medicine effective doses of arginine should be taken on an empty stomach.

Surgical or traumatic injury greatly increases the body's need for arginine. This amino acid is a key building block to repair damaged tissue and bones. Arginine also helps promote optimal healing of wounds, post-surgical recovery or accidents.

SUGGESTED USAGE AND DOSAGES

For sports and weight training – 12-15 grams weekly
To reduce cholesterol levels – 5-6 grams daily
To strengthen a weakened immune system – 25-30 grams daily
Anti-aging – 3-5 grams daily
Anti-cancer – 10-20 grams daily
To increase sex drive – 3-5 grams daily

Arginine can be combined with ornithine, lysine and glutamine. This is an effective combination to raise growth hormone levels. Arginine helps to improve exercise performance because it is one of the components the liver uses to make creatine.

Experts in nutritional medicine strongly suggest antioxidants be taken with arginine. Senior citizens respond to arginine with increased levels of glucose and growth hormone. Several clinical studies have produced excellent results.

Arginine is the main source of energy for muscle. The primary metabolic role of arginine is in stimulating the enzyme that starts the urea cycle, which converts ammonia into a less toxic compound called urea that the blood carries to the kidneys for excretion. For this reason it is extremely important that people drink enough water to flush out their

kidneys. Too much arginine will result in diarrhea with cramps and headaches.

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