NO, short for Nitric Oxide, is a gas that widens arteries and increases blood flow. It is produced by the body when you ingest healthy nitrates found in fresh produce like greens and cruciferous vegetables.

1. Eat a fresh dark, leafy green salad every day. Include cruciferous like kale, broccoli, arugula, Swiss chard and different kinds of cabbage.

2. Chew your green thoroughly, making sure you have broken down the fiber in the greens, giving time for the oral bacteria to break down nitrates.

3. Include a daily dose of vitamin C, especially from darkly colored fruit like berries. You’ll also get vitamin C in bell peppers, kiwi, citrus and potatoes.
Avoid killing healthy oral bacteria with anti-bacterial mouth wash. Practice good oral hygiene by brushing and flossing daily. Rinse with water or an non-astringent mouthwash.

Reduce consumption of processed meats that convert nitrates to nitrosamines known to be carcinogens. Lower saturated fats by reducing meat and fat. Use nuts and seeds for healthy fats.

Include both cardio and strengthening exercises in your daily routine. Exercise increases nitric oxide production and conversely, nitric oxide also makes exercise easier and improves performance.

If you're taking blood thinners, tell your doctor you are going to consume 2 cups of raw greens daily. Your medication can be adjusted as long as you keep your consumption steady.