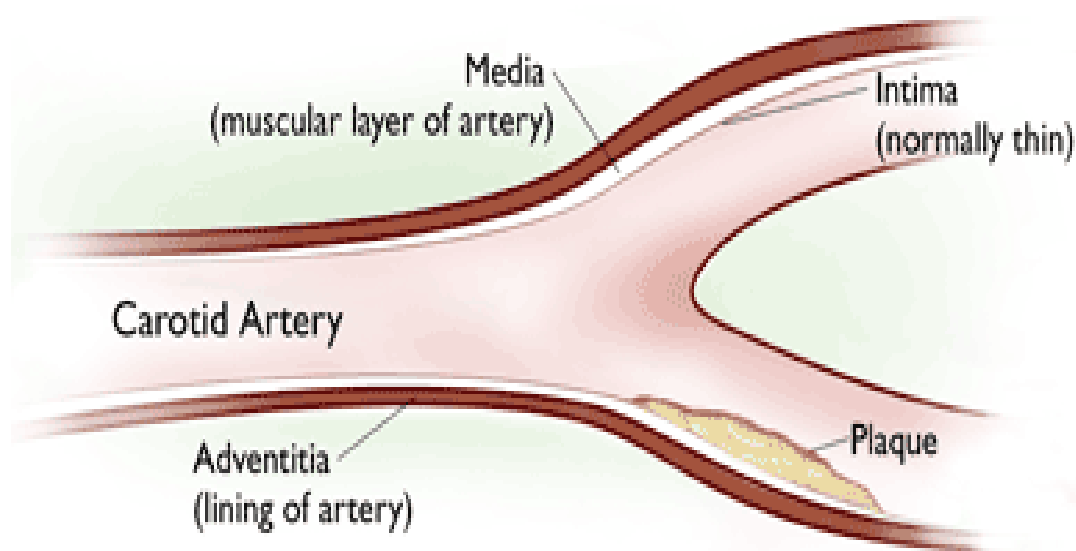


Epigenetic Signaling - Arteries

The illustration below appeared in the following Green Med Info article that focused on cellular health.

<http://www.greenmedinfo.com/blog/worried-about-clogged-arteries-drink>

Plaque Detection by Carotid Artery "IMT" Analysis



Having previously identified the epigenetic value of pomegranate juice as being, with near certainty, its high levels of nitric oxide (a vasodilator) we were aware of the needed for adequate nitric oxide (NO) to ensure cellular health; especially in the vasculature .

The following link is provided to identify foods that are naturally high in NO.

<https://www.healthline.com/nutrition/nitric-oxide-foods>

In terms of arteries, the following explains why the juice was able to increase the thickness of the intima media (aka tunica intima).

Anyone with access to Internet search can verify the following gasotransmitters and their sources relative to the vasculature:

- Tunica intima is comprised of endothelial cells that emit nitric oxide
- Tunica media is comprised of smooth muscle cells that emit hydrogen sulfide
- Tunica adventitia (externa and connective tissue) emits carbon dioxide

The following link describes the interactions between nitric oxide and hydrogen sulfide that can be easily verified.

<https://www.mcfip.net/upload/Vascular%20Constriction%20x.pdf>

The following includes reference to imbalance between the gasotransmitters for discussion purposes.

[https://www.mcfip.net/upload/Cardiovascular%20Issues%20\(Examples\).pdf](https://www.mcfip.net/upload/Cardiovascular%20Issues%20(Examples).pdf)

In terms of nitric oxide levels, the principles of biphasic activity will apply; see below. [http://www.mcfip.net/upload/Biphasic%20\(Yin%20-%20Yang\)%20Cellular%20Activity%20x.pdf](http://www.mcfip.net/upload/Biphasic%20(Yin%20-%20Yang)%20Cellular%20Activity%20x.pdf)