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High Desert Heart Institute Clinical Study 2009

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The High Desert Institute, in Victorville California (HDHI), is an affiliate of Cedars-Sinai hospital. It provides stellar primary care for heart disease to its high risk patients.

In 2009 the HDHI conducted the most comprehensive human clinical trial ever conducted on a nutritional supplement, for the purpose of proving the efficacy and profound health benefits of **PROARGI~9 PLUS**. HDHI, with no inducement whatsoever from Synergy Worldwide, conducted, administered and FUNDED the study, with the collaboration of Dr. Joe Prendergast.

At the helm of the HDHI is world renowned cardiologist, Dr Siva Arunasalam, another uncommon doctor, with an unrelenting passion for saving lives

Dr.Siva Arunasalam.

He is the Director and founder of The High Desert Heart Institute. He came to the U.S in 1977 as an undergraduate of medicine, to the University of Nebraska. He did his MD and PHD in both Johns Hopkins and Emory University in Atlanta; He completed his residency and fellowship in the prestigious Cedars-Sinai hospital in UCLA. There he studied under P.K. Shah who is a world renowned Cardiologist, he is board certified in Internal Medicine, Cardiology and Interventional Cardiology.

In his interview with John Hewlett, he gives us an in-depth look into his philosophy for cardiovascular care and his findings with the use of L-Arginine in the care of his patients.

In 1995, a local hospital was looking for the services of an interventional cardiologist and invited Dr.Siva to set up a practice. He did just that and has gone from humble beginnings of a 2 room office, in ten years to a 20,000 square ft building offering the services of 5 cardiologists.

During this time Dr.Siva has seen a significant increase in the chronicity of illness, from congestive heart failure. He explains that he is seeing less and less heart attacks because of modern medicine and interventions, such as stenting and bypass, he is now able to save people that would not have lived 20 years ago in the same circumstances. The problem now is that he sees muscle weakening, damaged by cardiovascular disease, these people can have continuous symptoms of chest pain and other related illnesses. He has patients who are now in their 80's, still having perfect brain function and wanting to be more active, but are limited by their cardio or medical condition. From a medical management point of view he was looking for an alternative treatment.

In 1999 when Dr.Siva was sitting for his internal board exams he read many articles on L-Arginine. He made the correlation between Nitro-glycerine and L-Arginine as both could produce more Nitric Oxide in the body to dilate blood vessels and promote blood flow, but the idea that L-Arginine could mimic Nitro-glycerine, without the usual side effects, was a novel one for him. He went on to use L-Arginine in his own practice, but never in high enough doses to see the results has he seen today.

When asked why others of his profession do not promote the use of L-Arginine, he replied by saying that it is all to do with what they have been sold on up to now. L-Arginine is a generic product, and unless there is

money to be made, nobody will promote it. He is glad that people are now taking the first steps and he is hopeful, for change. He points out that it took 25 years for the medical profession to be convinced on the benefits of cholesterol lowering, and even now debate goes on as to how aggressive treatment needs to be.

Dr.Siva specialises in certain types of stenting. At the HDHI, 450 angioplasty procedures were carried out in 2008, he uses bare metal stents as well as a newer type of drug eluding stent. This type prevents collapse of the arterial wall, due to proliferation of smooth muscle cells (The body's response to scarring during insertion of balloon, during angioplasty). He is also an expert in inserting stents in the carotid artery, via the groin, as opposed to opening the neck.

When asked if many of the findings from the study were a surprise to him, Dr.Siva said it was not so much the results, as the speed with which they saw the results that surprised him. He explained this by saying, if he treated somebody for high blood pressure, he would not see the results of lowering that BP for years, whereas he saw direct results within a month of beginning the trial with **PROARGI~9 PLUS**.

Dr. Siva is unique in his thinking about the long term risk prevention through the use of **PROARGI~9 PLUS**, therefore the benefits of using **PROARGI~9 PLUS** means less angioplasty and stenting procedures. Would that not be a conflict in terms of his livelihood? Dr.Siva explained that if a patient has been with him for 5 years and needs a stent or a bypass, then he sees that as a defeat. He would rather not see patients in the cath lab, operating room, nor even in the hospital, for those who have already had interventions, such as stenting or bypass, he wishes to prevent further procedures. Some stents need replacing after 6 months, more after 3 years. Treatment with L-Arginine can prevent this, he would much rather take care of patients in his office as he regards his job as preventing heart attacks and aggressively managing high risk patients, now with **PROARGI~9 PLUS**.

When asked who funded the clinical trial, Dr.Arunasalam intimated that his institute , with the exception of the product used in the trial funded the entire operation – hundreds of thousands of dollars were invested by them for echocardiograms, stress tests, 6 minute walks, and extensive laboratory testing. Synergy Worldwide provided only the product.

Dr. Siva was impressed but not surprised by the marked improvement to many conditions such as Peripheral Arterial Disease (PAD), Pulmonary Hypertension, Renal Failure, Neuropathy and Oxygen dependency. He answered it by saying “Everything depends on Blood Flow”. It's a significant factor in strokes, heart attacks, liver function, and kidney function. All organ systems improve with increased blood flow. He points out that as we age blood vessels become harder, less compliant. Things like kidney function are affected, for example a 70 yr old would have half the kidney function of a 30 yr old. Cellular death takes place through lack of or inadequate blood flow, he describes the smaller blood vessels to the kidneys, feet etc, as the micro vascular system, symptoms of pain, such as those experienced with neuropathy can be alleviated through improved circulation.

Dr.Siva is already planning the next series of tests and studies so that he can promote **PROARGI~9 PLUS**, and improve the lives of his patients. He says Stents do not prevent heart attacks, only improve symptoms. He aims to, in his own words “prevent heart attacks, do what we need to do at that time, then be aggressive in **RISK REDUCTION** with **PROARGI~9 PLUS**”

What is unique about the clinical trial is that under normal circumstances, when a clinical trial is performed, subjects who would normally do very well on the particular product would be chosen, so as to show that study in a favourable light. Dr. Siva, on the other hand chose 35 of his high-risk patients for the clinical trial, one of which was offered a heart transplant and then another opted out of the study. All of these patients had reached the position where in the words of Dr.Siva “everything medically and pharmacologically” that could be done for them had already been done.

We will include the findings from the clinical trial conducted, but it is undoubtedly the stories from remarkable improvements in the quality of life, in these 33 patients, that we must share with the world, in our quest to **SAVE A MILLION** lives.

Dan Swindell witnessed firsthand, many of the patients, before, during and after the study. He gave incredibly moving accounts of how these patients came from planning their funerals to getting their lives back, he saw patients with diabetes who had had partial or full amputations, patients on maggot therapy from having necrotised tissue, patients with MRSA, patients on as much as 6l units of oxygen at rest. All of them were gravely ill, on several medications a day. One such story is that of a man that had gone home to die. Angelo Cici

Angelo Cici was a major player in corporate America, he had been the senior litigator for Litton Industries for many years. Now 72 years old, Angelo is retired since 1996. In 2002 he had a pacemaker fitted and continued to work full time as a realtor, despite having retired. In 2009, his pacemaker failed and he suffered congestive heart failure, renal failure and pulmonary hypertension simultaneously. He survived the initial organ failure, but endured many many trips to the ED in the following weeks. He lost all strength, could not walk 20ft at one time, couldn't even open a bottle of water and he needed oxygen 24/7 just to survive. This giant of a man felt totally defeated, he discharged himself from hospital and went home to die. His heartbroken wife tried to get him to hang on, by telling him he couldn't die until he did the taxes, he couldn't die until he planned his memorial service..... and so on.

In the following days Angelo had an appointment at the HDHI, during which Dr.Siva suggested he be part of the upcoming clinical trial. Angelo agreed and proceeded to take therapeutic doses of **PROARGI-9 PLUS** along with his existing meds. After 30 days he had not visited the ED once, this was an amazing milestone for him. After 90 days on the trial, his life changed dramatically, he no longer needed oxygen, he has gone from facing dialysis, as a result of renal failure, to having NORMAL kidney function, he reports having all of his strength and stamina back to that of 40 yr old (he is 72). Angelo says he "wanted to open death's door". Now he is living life to the full and he has joined the Synergy Worldwide team of distributors, not to make money, but to share his story and these products with as many people, as is humanly possible

More and more stories will come on stream, and we will tell those too. The findings are at present with the medical writer for publishing. Dan Swindell tells of how this writer, a seasoned pro, qualified MD, P.H.D, got so excited at the statistics, you would think it was his first assignment.

In a nutshell Dan explained that there were significant improvements to every system of the body. He asked Dr. Joe Prendergast how it could be possible that every single category, every single marker tested within the comprehensive baseline blood labs, had shown marked improvement. Dr.Joe, replied by saying "When you improve blood flow, what isn't AFFECTED? when you improve nutrient transfer, oxygen transfer and waste transfer, what doesn't respond Positively"? Dr.Joe and Dr.Siva have an amazing ability to communicate in both medical and layman's terms.

A few of the compelling results were as follows:

- § 18% increase in HDL Cholesterol
- § 40% decrease in triglycerides
- § 8% Glucose reduction
- § 25% decrease in c-reactive proteins
- § 11% reduction in creatine levels
- § 35% increase in magnesium levels (even though there is no magnesium in the product) magnesium is very important in improving heart health
- § Decreases in platelets in the blood
- § Albumin decreased by 70%

- § Bilirubin decreased significantly – This meant taking the load off of the renal system by 51% negating the requirement for Dialysis treatment for many of the patients.
- § Vitamin D levels increased by 183%
- § Systolic BP decreased by 13%
- § Diastolic BP decreased by 17%
- § Peripheral blood flow increased to the feet (an ankle reading) by 16%
- § CASP (Central Aortic Systolic Pressure) decreased by 6% .
There was a 3% increase in cardiac index. In the medical world, the act of reducing pressure within the Aorta while increasing volume is truly a remarkable thing.
- § Pulmonary Hypertension dramatically improved. Incredibly difficult to treat,
- § Quality of life measurements significantly improved for all participants

This information is life changing and irrefutable, based upon the results at the High Desert Heart Institute. These results will be released to the general public soon, but for now we have the tools that have proven to be very successful including but not limited to the Nobel Prize information with Dr Ignarro , Dr. Cooke, Dr. Joe, and now Dr. Siva,

There are over 70,000 articles on the effects and benefits of Nitric oxide. We need to tell everyone we can about the product and the opportunity to improve their heart health and overall wellness.

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