

The Real Dr. Judy Newsletter

February 5, 2022



Hello everyone,

Thanks to all of you who joined us on the Cardio Miracle Webinar last Friday. If you want to watch it again, and for those who missed it, here is the replay link [THE SECRET LIFE OF NITRIC OXIDE](#) with John Hewlett and Stanford Graham.

Cardio Miracle is a staple in my diet. As a natural products chemist for more than 40 years, I have an appreciation of the damage done to our health by genetically modified organisms including most of our foods. I appreciate that we are missing key nutrients supporting our nitric oxide pathway essential for cardiovascular health, also contributing to brain health as I discussed briefly in the webinar.

Try Cardio Miracle for 60 days and feel the dynamic difference

- Empowered
- Revitalized
- Happier
- Stamina
- Clarity
- Wellbeing



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I love to use my knowledge and experience to take advantage of synergies in my nutrition program. It changes daily, which is why I add different products to my daily super nutrient drink. In the webinar, I mentioned that when experiencing increased stress, I will add additional nutrient support to my Cardio Miracle daily meal.



Product of the Week

Dimethyl Glycine (DMG)

I use two products both available in my Get Healthy Store. For normal days I use **liquid or chewable DMG from Nutritional Frontiers**. On days when I struggle to focus and become easily frustrated or am excessively fatigued, I use the **Behavior-Balance formulation of DMG made by DaVinci Laboratories of Vermont**. Behavior Balance-DMG is a synergistic combination of vitamins B6 and B12, Zinc and Magnesium designed to help cope with stress. It does so by supporting proper immune function by reducing inflammation in the brain.

All the best of health,

Judy A Mikovits, PhD
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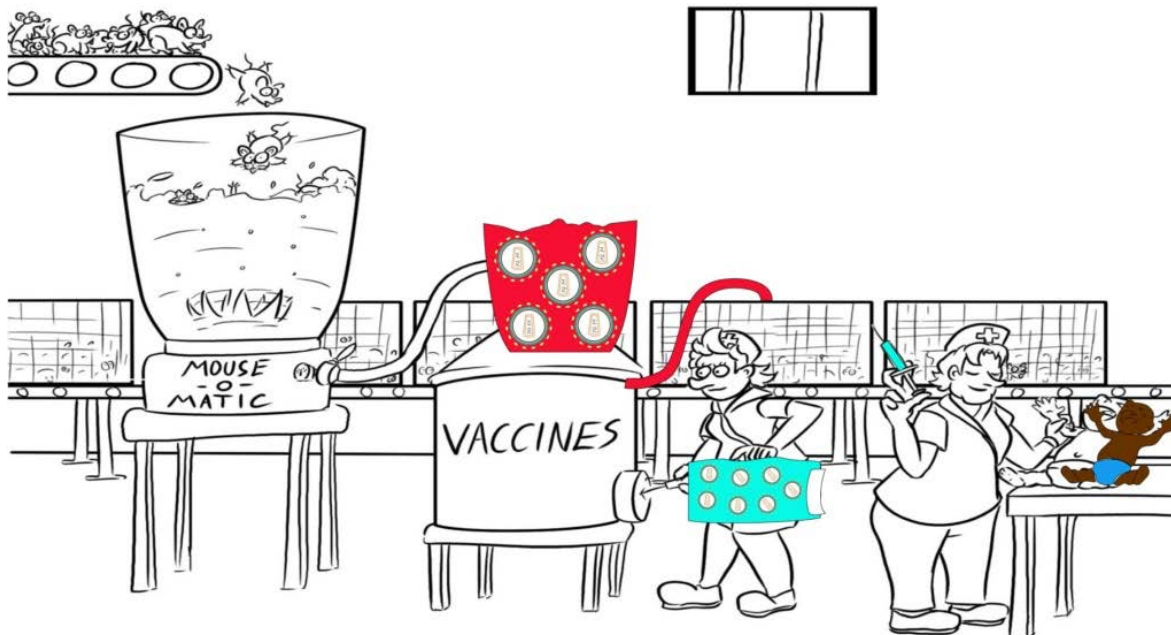
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The Real Dr. Judy
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