During my career, I was paid to stay in shape to perform on the field and it was a great way to make a living. I was able to stay younger—physically and mentally.

**Health & Fitness Report**


At the seminar, Durk and Sandy explained how the use of certain nutrients in adequate amounts could slow up the aging.

One nutrient they discussed was L-arginine (arginine). I became a very satisfied customer of a specific arginine formula in 1991 and now my company ships it to customers in many other parts of the country.

Arginine is one of 22 standard amino acids that can be obtained from the diet. Arginine is found in a wide variety of foods, including, dairy products, beef, chicken, seafood, wheat germ, granola, oatmeal, peanuts, seeds, chickpeas, soybeans and etc.

Unfortunately, a “modern day” diet may not provide us with adequate amounts of arginine.

Arginine is an amino acid that helps the body form nitric oxide (NO), a gas molecule that has been referred to as a “Miracle Molecule.” NO is so important as almost everything in the body depends on it.

The arginine/NO connection can help increase blood flow and circulation, which is useful not only for the heart, but also for erectile dysfunction. In 1998, the Nobel Prize for medicine was given to three doctors for their discoveries that NO serves as a signaling molecule in the cardiovascular system.

In addition, many scientists endorse arginine as a growth hormone releaser.

There are a whole range of other benefits linked to arginine, including increased metabolism, reduction in menopause and PMT symptoms. It is also highly effective at helping wounds to heal faster, which in cases of extreme injuries and major burns could prove to be invaluable during recovery.

Many arginine-containing supplements in the marketplace do not offer adequate amounts of arginine in each serving. Using enough arginine as a dietary supplement is very important.

Readers interested in using arginine are welcome to send me an email at customerservice@lifepriority.com to discuss suggested dosages and methods for using arginine effectively.

---

**Youth Sports and Family Fitness Fair comes to OP and Independence**

Mark your calendars now to attend the Agape Hoops Youth Sports and Family Fitness Fair! Find a club or recreational sports provider for your child, attend a youth sports clinic, hear from the experts on how to get your family moving and eating healthy—and have a great time with your kids!

The Agape Hoops Youth Sports and Family Fitness Fair will be held Saturday, Sept. 28, at The Fieldhouse of Overland Park and Saturday, Oct. 12, at the Kansas City Sports Lodge in Independence.

Do you offer a service or product that would be of interest to parents and kids who love sports? We are looking for exhibitors who offer programs in club or recreational team sports or individual sports—basketball, baseball, gymnastics, field hockey, football, lacrosse, martial arts, soccer, softball, swimming and diving, volleyball, wrestling or yoga—just to name a few. We’re also looking for exhibitors who offer goods or services to young athletes and their families—apparel, equipment, sports medicine, or even private lessons.

Do you offer a health screening or fitness program? Are you an expert in nutrition or sports medicine? A limited number of opportunities will be available for speakers, clinics or demonstrations at the fairs. Exhibitors may choose one or both locations. Special pricing is available. Contact Kay at Agape Hoops, 913-617-8698, for more information.

Kansas City Sports & Fitness Magazine is the exclusive media partner for the Agape Hoops Youth Sports and Family Fitness Fair.

---

**Nutric Oxide: A miracle molecule?**

Life Priority, Inc. ([www.lifepriority.com](http://www.lifepriority.com)) is proud to offer a product containing arginine called Muscle Memory. Muscle Memory, a Durk Pearson and Sandy Shaw Designer Food, contains six grams of arginine/serving and is combined with other important co-factors.

With 30,000 research articles published on arginine since the 1930s, and continuing investigation being done today, we will be learning about more benefits from arginine and nitric oxide in the future.

Greg Pryor, who was a member of the 1985 World Champion Kansas City Royals, is the co-owner of Life Priority, Inc. He works with dietary supplement ingredient manufacturers and research-scientists to bring high-quality, research-based dietary supplement ingredients and formulas to the marketplace. See the whole line of Life Priority products at [www.lifepriority.com](http://www.lifepriority.com). Contact Greg Pryor at customerservice@lifepriority.com.