

Cardio Cocktail: Detoxing and Allergies

By Elizabeth Owings, M.D.

When starting a supplement program, some people experience a “healing crisis” or detox-type reaction. Cardio Cocktail is designed to support the cardiovascular system and overall health. People may experience more optimal blood flow to every organ in their body, which releases stored toxins. The reaction to this may include headaches and/or diarrhea. This usually does not last longer than 2 weeks.

About 5% of people who begin a supplement program with L-Arginine experience diarrhea. This usually goes away within 2 weeks. If it is troublesome, then this is what I recommend:

- 1) Reduce your intake to ½ ounce once a day. Mix with at least 8 ounces of water (NO CHLORINE). If the diarrhea does not go away, stop altogether for 2-3 days, and start over with only ½ ounce of product.
- 2) Take with toast or crackers. If you are allergic to wheat, take with some other carbohydrate source your body can work with. Do not mix with milk.
- 3) These 2 steps usually take care of the problem, and people can increase their intake every 2 weeks or so until they are up to their goal. If they still have diarrhea, I recommend stopping for 2-3 days, let the diarrhea completely go away; then re-start with ½ ounce each day WITH A FULL MEAL.
- 4) If you have stopped taking your Arginine product and still have diarrhea after 2-3 days, it is not because of the Arginine. You may want to visit your health care professional.
- 5) If you have done steps 1-3 and still have diarrhea whenever you take an Arginine product, this product may not be for you.

People with various conditions ask what the makeup of Cardio Cocktail is due to sensitivities.

Cardio Cocktail and Argenix contain:

NO SOY
NO WHEAT
NO OAT
NO RYE
NO BARLEY
NO CORN

Hence, these products are considered safe for consumption by people allergic to any of the above ingredients and by people with Celiac Sprue.