

Smart Life Forum

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J. Joseph Prendergast, M.D.

L-arginine, a Key Factor in Optimizing Metabolism

Cubberley Center, 4000 Middlefield Road, Room H1, Palo Alto

Thursday, February 15, 2007 at 7:00 PM

See additional **notes** and links now and after this month's meeting here (and add your own!):

<http://SmartLifeForum.org/2007/02>

Mini presentation

Dr. Tim Gallagher, DDS, will speak about new data linking essential fatty acids to the prevention of tooth decay. He will present recent data that shows that the ratio of omega-6 to omega-3 should be between 1:1 and 2.5:1. He will show that there is also similar data correlating EFAs with cancer prevention.

Main Presentation

Dr. J. Joseph Prendergast



J. Joseph Prendergast has been a practicing physician for over 30 years. He is Board Certified in Internal Medicine as well as Endocrinology and Metabolism. A graduate of Wayne State University in Detroit, Michigan he completed a fellowship in Endocrinology and Metabolism at Henry Ford Hospital Detroit, MI and his residency at the University of California, San Francisco. Dr. Prendergast has published over 45 [medical articles](#) in well-known publications such as the Journal of the American Medical Association, The New England Journal of Medicine and Diabetes Care. In 1986, Dr. Prendergast formed a single specialty endocrinology practice, (Endocrine Metabolic Medical Center) and a non-profit research foundation (Pacific Medical Research Foundation). In 1999, he founded DiabetesWell, an eClinic that helped patients with diabetes so that they could lead healthier, stronger lives.

Dr. Prendergast became a practitioner of Integrative Medicine after reversal of his widespread but asymptomatic atherosclerosis. Severe asymptomatic atherosclerosis discovered at age 37 made him feel he was following his father's footsteps. His father had a career ending major stroke with residual hemiplegia at age 42.

The remainder of Dr. Prendergast's career was focused on his personal struggle and triumph over atherosclerosis, which then allowed him to focus on transferring his success to his patient population.

L-arginine, a Key Factor in Optimizing Metabolism

Dr. Robert Furchgott in 1980 found that the endothelial lining of the walls of blood vessels made a substance that kept the vessels smooth and dilated. This was Nitric Oxide (NO). Subsequently it was discovered that L-arginine converts to NO in the endothelium.

Dr. Prendergast learned about L-arginine in 1991 when he was in a professional association teaching physicians with Victor J. Dzau, MD, then director of Cardio-vascular Research at Stanford University Medical Center.

Dr. Dzau was the first to explain to him the extraordinary observation that atherosclerotic heart disease could not only be controlled but reversed. His research touched on clinical improvement and was advanced with multiple studies by John P. Cooke,

MD., head of Cardiovascular Research at Stanford, who provided new insights and understanding of vascular health. Dr. Cooke has written extensively on this area of research.

Since atherosclerosis research is so personal to Dr. Prendergast, he has been concentrating his work in this area and is looking for assistance in passing on significant information to others. As noted in his biography above he had severe atherosclerosis in his abdominal arteries at age 37. **After 10 years of L-arginine use he completely wiped out the atherosclerosis.** Today's testing with arterial waveform analysis allows him to monitor how well he's doing with personal regression therapy.

What other studies support this therapy?

There are many studies on the effect of L-arginine on the lining of the artery, the endothelium. The results depend on the structure of the study, the patient population and dosage of L-arginine used. Nothing works in every situation, but in Dr. Prendergast's experience it works in 99% of the patients he sees with vascular disease.

L-arginine does not change the endothelium in healthy people. It will change it in people who are asymptomatic but who have elevated cholesterol, hypertension, or the impact on metabolism due to vitamin deficiencies.

Heart failure is a complex situation but the endothelial dysfunction is improved with L-arginine. Other conditions that respond to L-arginine, I include pulmonary hypertension, transplant vasculopathy, tobacco use, type 1 and 2 diabetes mellitus, and salt-sensitive hypertension.

In 5,000 patients with coronary artery disease, more than 90% taking five grams of L-arginine have shown increased endothelial function, treadmill exercise time, and improvement in symptoms. In peripheral artery disease walking distance improved for 76 per cent of the subjects in two of three studies.

What is lacking is the large, double blind, placebo controlled, long term study that will answer all the questions. L-arginine is an orthomolecular (naturally-occurring) product that cannot be patented. Although many pharmaceutical companies are beginning to try to develop products that have the positive aspects of L-arginine, none have yet reached the market.

So far Dr. Prendergast himself has become the only long term study that he is aware of, having started on L-arginine in 1991 when Victor Dzau introduced him to John Cooke.

In 2001 he had another CAT scan of his abdomen just like the one he had at age 36 when his asymptomatic atherosclerosis was first discovered. All his atherosclerosis was gone. He also had a heart scan to confirm that all the calcium build up in the arteries was gone. None was seen. His score was zero.

The full "white paper" on his sixteen years of experience with L-arginine and references are on his web site at EndocrineMetabolic.com. The site also includes a few of the works that led to the granting of the [Nobel Prize in 1998](#) to Furchgott, Ignarro and Murad "for their discoveries concerning nitric oxide as a signaling molecule in the cardiovascular system".

The subsequent published research data is on [PubMed](#), the National computerized library of medicine that is open to anyone.

Prendergast was scheduled to speak to the United States Senate to keep Pubmed going, twice—first to be sure there would be no cut in funding and second to make it free to the world. He was asked to speak in favor of funding and having searches made free to all, based on the use of the Internet and the Library to enable a major clinical turnaround for a patient.

He did not have to go, because the Senate voted to keep PubMed free, with help from Al Gore's testimony.

The abstracts now in Pubmed supporting L-arginine can be found there with all the usual identification that the Library includes. These are the same features that anyone can use to find special news they may want to pursue or for a personal need for health information.

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