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I asked Daystar to stand with me in prayer for my sister Gladys as she was being taken to the hospital. While we were on the phone, the ambulance was rerouted to a different hospital where she had a successful surgery—now she is cancer-free! Hallelujah! Thank You, Jesus! Thank you, Daystar—we love you all!

Alice from Ohio

YOUR BODY'S MISSING LINK

with Dr. Nathan Bryan

For those who may not be familiar with it, what is nitric oxide, and why is it so important for our health?

NB: Nitric oxide is a naturally produced gas that regulates many important biological functions, such as the regulation of blood pressure, circulation, oxygen delivery, mobilization of stem cells, as well as brain, sexual, and athletic performance."

You've said nitric oxide may be one of the most overlooked molecules in the human body. Why hasn't this been more widely talked about in mainstream medicine?

NB: Unfortunately, doctors and practitioners do not treat or consider what is not measured. Because nitric oxide is a gas that is gone in less than one second once produced, it is not measured clinically and therefore not part of the conversation or any therapeutic solution. However, we know that loss of nitric oxide contributes to every major age related disease and is too often overlooked or not considered.

What are some of the biggest health issues that can be traced back to a deficiency in nitric oxide?

NB: There are many symptoms that arise from a deficiency in nitric oxide. The first to show up is erectile dysfunction in both men and women. Loss of nitric oxide also leads to an increase in blood pressure. Since nitric oxide is involved in insulin signaling, loss of nitric oxide also leads to metabolic disease, insulin resistance, and diabetes. This can cause people to become exercise intolerant, which can lead to dementia and Alzheimer's disease if not corrected. Cardiovascular disease, which is the number one cause of death worldwide, is caused by a loss of nitric oxide production.

Many people struggle with things like high blood pressure, fatigue, or brain fog. How is nitric oxide connected to these everyday health concerns?

NB: High blood pressure arises when the blood vessels become chronically constricted. Nitric oxide is a vasodilator that causes blood vessels to dilate. When we lose the ability to produce nitric oxide, vessels become smaller, more constricted, and stiff. Fatigue is a lack of energy. Nitric oxide levels improve the function of the mitochondria (the energy producing organelles in our cells). If we cannot produce nitric oxide, our mitochondria do not effectively produce energy and we get fatigue. Brain fog is caused by a decrease in blood flow to the brain that can be measured by SPECT scans and MRI. Without nitric oxide, the body is unable to increase blood flow to the brain and brain fog occurs. If we can restore the production of nitric oxide, we can correct high blood pressure, fatigue, and brain fog.

What are some of the most common lifestyle habits that actually destroy nitric oxide production without people realizing it?

NB: The most damaging contributor to nitric oxide production is the consumption of sugar and simple carbohydrates. An elevation in blood sugar causes severe loss of nitric oxide

production by the enzyme in the lining of the blood vessels and also changes the oral microbiome, leading to a loss of nitric oxide production. Using fluoride toothpaste, antiseptic mouthwash, and antacids (proton pump inhibitors) can lead to a loss of nitric oxide production.

You've also been vocal about issues within the healthcare system. Why do you believe preventative, root-cause solutions aren't more widely embraced?

NB: I think there are many contributors. Firstly, physicians and medicine in general do not treat things they cannot measure or monitor. Since nitric oxide is a gas that, once produced, is gone in less than one second, it cannot be measured clinically. Since it is not measured or used as a diagnostic, it is not treatable. However, what counts is not always counted, and what is counted does not always count. This highlights the fact that quantitative data (numbers, metrics) does not always measure qualitative value (importance, meaning, quality). Secondly, there is no money in cures or addressing the root cause of chronic disease. Drug companies make the most money by treating disease for the entire life of their customers. There is enormous opposition to root-cause solutions because they are very disruptive. However, they are the only logical solution to our health problem.

How does nitric oxide play a role in immune health and the body's ability to fight off infections?

NB: Nitric oxide is part of our innate immune system. Once our body detects an infection, it sends immune cells to the site of the attack to produce nitric oxide. The nitric oxide shuts down bacterial respiration and inhibits viruses from replicating. However, if your body is compromised in its ability to produce

nitric oxide, the blood vessels do not dilate rapidly to get our immune cells to the site of infection. When this happens, the bacteria and viruses rapidly replicate and spread throughout the body. It is known that well vascularized tissues (tissues with sufficient nitric oxide production) are resistant to infections. On the contrary, when tissues are poorly vascularized due to low nitric oxide levels, they are more prone to infections. This explains why diabetics have poor wound healing response, because they do not produce sufficient nitric oxide.

If there's one message you wish everyone understood about their health and their body's ability to heal, what would it be?

NB: People get sick for only two reasons: their body is missing something that it needs, or their body has been exposed to toxins that are preventing it from working at its best. If we can identify missing nutrients & replace them and remove any toxins, the body can heal itself and perform as intended. However, we need good circulation and blood flow to deliver nutrients and excrete toxins. Without nitric oxide, there is poor circulation and toxins accumulate. Start with nitric oxide as a foundation for your health, and then focus on good diet, exercise, and detoxification.

WE KNOW THAT LOSS OF NITRIC OXIDE CONTRIBUTES TO EVERY MAJOR AGE RELATED DISEASE

MORE KEYS TO UNLOCK YOUR HEALTH FROM DR. BRYANT AT [DAYSTAR.COM/BLOG!](https://daystar.com/blog)

N¹ The Nitric Oxide Bundle

At Daystar, we are always looking for ways to serve our partners not only spiritually, but holistically. Through a special partnership with Dr. Nathan Bryan and N'O¹, we are excited to offer you a powerful bundle designed to support your health, energy, and overall well-being.

As we age, our bodies naturally produce less nitric oxide, a key molecule that supports circulation, energy, and cardiovascular health. In fact, by age 40, production can decline significantly. This can affect everything from stamina and focus to recovery and overall vitality. That is why maintaining healthy nitric oxide levels is so important.

N'O¹ Nitric Oxide Lozenges are designed to help restore those levels in a simple and effective way. As the lozenge dissolves, it releases nitric oxide to support blood flow and circulation throughout the body. This can help improve energy, endurance, and even cognitive function by delivering oxygen and nutrients more efficiently where your body needs them most. Many people also experience benefits in cardiovascular support and overall performance in their daily lives.



Along with the lozenges, this bundle includes the Nitric Oxide Activating Age-Defiance Serum, a unique skincare breakthrough that works directly on the skin. This advanced formula helps improve tone, texture, and radiance by supporting microcirculation at the surface level. With continued use, it can help smooth the appearance of fine lines, brighten your complexion, and restore a healthy, refreshed glow.

We are excited to make this exclusive bundle available to our Daystar partners at a special reduced rate of \$161.96 when you use the enclosed form. This is a unique opportunity to experience products developed from Nobel Prize-winning science while taking a step toward supporting your long-term health and vitality.

Your partnership means so much to us, and we are grateful to bring you resources like this that can help you feel your best. Complete the enclosed form today to take advantage of this special offer and begin your journey toward renewed energy and confidence.



A Mother's Legacy



WORDS THAT SHAPE GENERATIONS

Motherhood is more than moments... it's a legacy in motion.

The words you speak, the prayers you whisper, the faith you carry—it all lives on.

This Mother's Day, take a quiet moment to reflect on what's been passed down to you... and what you're passing on.

✿ My mother taught me...

✿ One thing she always said was...

✿ The prayer I'll never forget...

✿ Because of her, I learned...

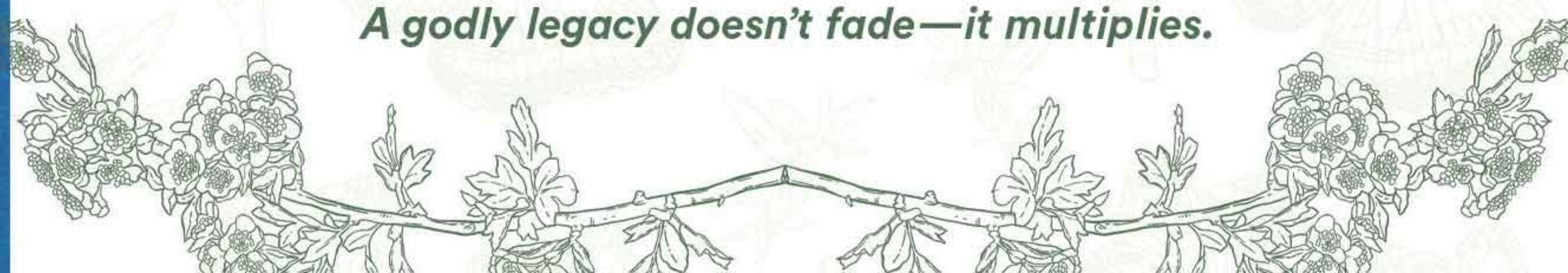
✿ The legacy I want to leave is...

Share this with a daughter, granddaughter, or someone who has impacted your life.

Read it together, pray over it, and let legacy continue from one generation to the next.

"Her children arise and call her blessed..." — Proverbs 31:28

A godly legacy doesn't fade—it multiplies.



A letter from our President

JONI LAMB



Dear Partner,

As we step into the month of May, I'm reminded of how much God values the small things. In a world that often celebrates the big and the visible, the Lord sees something deeper. In Luke 16:10, we are reminded, "Whoever can be trusted with very little can also be trusted with much."

So many of the most meaningful things we do in life happen quietly. A prayer whispered in faith. A kind word spoken at just the right time. Choosing to keep going when no one else sees. These moments may seem small, but they matter greatly to God. In fact, they are the very seeds He uses to build something lasting and significant.

I want to encourage you today that your faithfulness is not unnoticed. God sees your consistency. He honors your obedience. And He is working through those small, daily choices to bring about something far greater than you can imagine. Stay faithful in this season. What you are doing matters, and God is using it.

On a personal note, this month brings some special celebrations in our family. Please join me in wishing my sweet grandsons **Noah** and **Boaz** a very happy birthday, as well as my wonderful son-in-law **Josh**. Each of them brings so much joy into our lives, and I am so grateful for the blessing they are to our family.

I'm also excited to share some encouraging **network updates** with you. Because of your partnership, Daystar continues to reach more homes around the world with the hope of Jesus. We've recently launched on **ZipWave TV**, a new U.S.-based platform, where Daystar holds the top position as **Channel 1** in their lineup. While they currently have around 2,000 monthly active users, they are projecting significant growth to **100,000 subscribers** by the end of the year.

In addition, Daystar is now available on **TV Plus**, based in the Middle East and available worldwide with **110,000 monthly active users**, and on **TV iZLE**, based in Turkey and also available globally with **317,000 monthly active users**. We've also launched on **NEXGEN TV** in Belize, reaching **30,000 subscribers**, bringing Daystar to English-speaking homes while Daystar Español continues to serve Spanish-speaking audiences in the region.

Every new platform represents lives that can be touched by the Gospel. Thank you for your faithfulness in helping us reach them.

As you continue through this month, be encouraged that the small things you do in faith are making an eternal difference.

With love and gratitude,

Joni Lamb

THIS MONTH

MINISTRY NOW

05/05 - Rick Renner

05/12 - Nadeen Flaveney

05/18 - Nicole Crank

05/27 - Sam & Brenda Rijfkoel

JONI TABLE TALK: FRIENDS FROM THE TABLE

MAY 4

Power of the Spirit

Otha & LaRonna Turnbough

Otha and LaRonna Turnbough share how to live a true Book of Acts lifestyle and why healing, deliverance, and miracles are still available to us today.

MAY 5

The Fight for Your Faith

Mac Hammond

In "The Fight for Your Faith," Mac Hammond reveals why putting on God's armor each day releases strength, stability, and victory in every season of life.

MAY 12

JONI MUSIC

From Entertainment to Eternal Impact

Leon Patillo

From being Santana's lead vocalist to a life fully surrendered to the Lord, Leon Patillo shares his powerful story of redemption, reminding us that with God, you can always begin again.

MAY 26

Rescued By Love

Nadeen Flaveney

Nadeen Flaveney joins us to share her powerful journey from trauma and suicide to true freedom in Christ, showing how God can redeem and transform any life.

Programs subject to change. Check your local listings or visit Daystar.com/Schedule for updates.

We now have time to follow along and pray before bedtime, listening to the beautiful, inspiring, and faith-building songs and sermons. Daystar has become like a family guest in our home. We partner to grow in faith and help bring others into fellowship.

John from Malawi

Thank you for your prayers. My son was in the hospital in critical condition, but today he is better and being released to go home! This is my praise report—please continue to pray for his complete healing. May God continue to bless Daystar and your family.

Patricia from Texas

Share Your Testimony Daystar.com/DaystarTestimony

Need prayer? Daystar.com/Prayer or 1-800-329-0029

Estate Planning: Daystar.com/Legacy or 817-799-2471