

Guillermou

Adequate zinc intake is essential to maintain the integrity of the immune system, specifically for the normal development and function of cells that promote innate and adaptive immune responses. Another opposite mechanism is to intoxicate intracellular microbes within macrophages with excess zinc. Zinc deficiency has been associated with decreased vitamin A release, which is essential for the immune system. The bioavailability of dietary folate is increased by the action of a zinc-dependent enzyme.

Diabetes and older people are more at risk of death from covid-19 infection. Zinc is involved in insulin synthesis and storage in secretory vesicles. Higher serum copper concentrations and lower serum zinc concentrations in people with Alzheimer's disease. Zinc supplementation fights neonatal sepsis leading to decreased inflammation and better neurological development. 1. Factors that affect or inhibit zinc absorption

- 1.1. Iron: High-dose iron supplements (greater than 25 mg) can decrease zinc absorption. This does not happen with iron from the diet. Taking supplements between meals is not recommended.
- 1.2. Calcium: Calcium in combination with phytic acid inhibits zinc as it forms insoluble complexes for the intestine.
- 1.3. Phytates: present in whole grains, corn and rice. Phytates bind to the mineral, blocking its absorption.

The mechanism by which phytate inhibits zinc absorption is because it is a powerful mineral chelator. Diets with a phytate / zinc molar ratio > 15-20 have been suggested to be associated with poor zinc absorption

- 1.4. Fiber: present in foods that also contain phytates.
- 1.5. Cadmium: Toxic levels of cadmium can inhibit zinc absorption.
- 1.6. Casein: Protein present in milk shows to have a negative effect on zinc absorption.
- 1.7. Medications: antibiotics (tetracyclines and quinolones), anticonvulsants (sodium valproate), diuretics, contraceptives, and corticosteroids.

Guillermou

2. Factors that facilitate absorption 2.1. Animal proteins: the amount of protein present in a food leads to an increase in zinc intake and has a positive effect on zinc absorption 2.2. Histidine and methionine (amino acids) 2.3. Organic acids: the addition of citric acid to certain foods can stimulate zinc absorption In the first link zinc sources: lpi.oregonstate.edu/.../zinc .-----
naldc.nal.usda.gov/.../PDF
www.researchgate.net/profile/Richard_Wood2/publication/14043256_High_d..
.academic.oup.com/.../4686381 citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.959.1580&rep=rep..

Posted On 04/27/2020

Guillermou

Dietary plant polyphenols, such as quercetin flavonoids and epigallocatechin gallate, act as antioxidants and signaling molecules. These polyphenols chelate zinc cations and also act as zinc ionophores, transporting zinc cations across the plasma membrane.

dialnet.unirioja.es/.../tesis (2015) Doctoral thesis

pubs.acs.org/.../jf5014633 (2014)

threadreaderapp.com/.../1243009893377822720.html (2020)

Posted On 04/27/2020

Canuch

Perhaps you should have your own website.

Posted On 04/27/2020

Morning Gui, good to see your usual exceptionally valuable information. A daily article a day can't possibly cover everything and the questions and information from the many posters are just as important for many of us. { From Doc, "So, in my view, I doubt this study is worth placing too much stock in, seeing how it did not administer supplemental zinc."} The usual when Big Pharma does research into much of anything. First the Allopathic drive to focus on one thing, the second to ignore anything from natural sources. Three, absolutely ignore whole systems and how those interactions support each other. Of course medical schooling trains them in these ways from day one and it is enforced throughout the care givers careers.

Four, such things are so ingrained into the mind, it would just not occur for most caregivers. Another thing, there is a lot of chatter that some are getting relapse after already recovered. If so, doesn't this suggest any vaccine would be useless? (Even if they worked as advertised?) Also openly expressed by Gates the desire to prevent any natural herd immunity from occurring & pushing for a vaccine makes it hard not to have suspicious caution as to what is actually up. A point of interest, a local man having contracted Covid-19 has spent 28 days and counting in the hospital and the bill so far is in excess of \$300,000. Try taking that on after being laid off and losing your health insurance. Yikes.

Posted On 04/27/2020

Gui, very good information to supplement that of Dr. Mercola. Thank you. I suggest that everyone might consider one other factor when dosing Zinc, and that is the copper hidden in much of our drinking water. If you don't filter water and you have copper plumbing that is over a few years old, as most is these days, be aware that older copper always sheds into your water supply and if you don't test your water specifically for copper, you have no idea what level of copper you intake and therefore what level of zinc provides you with a ratio that is within the "safe" proportions suggested by Dr. Mercola ("2:1 to 15:1 in favor of Zinc").

So if one's home happens to be providing one with drinking water that has this chance of being heavily laden with copper one might consider testing their water. Copper test strips are available on line. From my experience, testing water from aged copper plumbing, the first-draw water each morning can contain as much as 10 times as much Copper as what otherwise courses through the pipes during the day. If this is the case, a person may get over 1 mg. of copper in their first 2 cups of coffee made from unfiltered water, and continue to get copper from the water throughout the day.

The US Environmental Protection Agency has a Maximum Contaminant Level of 1.3 mg/Liter for copper/water, and I have measured nearly that high in my home when water has stayed 12 hours in the pipes. People with old copper piping might want to measure their copper levels before they decide they want to supplement copper at all, unless they are taking very high doses of Zinc. Also, people should be aware that they may be getting copper already from a multi-mineral supplement.

coppertoxic.com/diet-%2Fdigestion

articles.mercola.com/sites/articles/archive/2010/02/11/copper-pipes-in..

www.townsendletter.com/.../copper1013.html

Posted On 04/27/2020

nothingsound

I read and heard, sorry folks I need to remember or notate my references, that this virus mutates as does all viruses but it is to be believed that this one more rapidly than others. So a vaccine is totally useless.

From watching The Truth About Vaccines 2020 docu-series Episode 4 which included a lot of information on the flu vaccine, there was a reference to the fact that the flu vaccine compromises the immunity system enough that those who get it will not be able to fight off a new strain of flu. Sound familiar? Wouldn't it be interesting and of great import to find out how many dying have had the flu vaccine? I am simply blown away by the science in this series. Also I did not know, and forgive this please, that the multi-dose flu vaccine has enough mercury in it for the EPA to call this amount in water as toxic sludge; and in some states if the flu vial breaks; the office has to be evacuated and the hazmat team called in because of the amount of mercury contained. We cannot drink water that contains the amount of mercury in the vaccines, but we can shoot this into our bodies????

Posted On 04/27/2020

Guillermou

Thanks Canuch, it is an honor for me to participate and exchange information on Dr. Mercola's Natural Medicine website number 1.

Posted On 04/27/2020

NewlandsWanderer

Hello Gui, an interesting article and some great links. Thanks.

A link here to Dr.Shiva Ayyandurai "Vitamin D Defends YOU. More evidence MSM are forced to admit Truth."

twitter.com/.../1252068126495129600

Posted On 04/27/2020

Guillermou

Well expressed JUST, we do not need vaccines, we need to take care of our eating habits and follow the instructions of Dr. Mercola regarding special supplements to prevent and combat covid-19. Herd immunity will be achieved without vaccines and I hope that people understand the danger of vaccines, and Gates, Big Pharma and their institutional and corporate partners do not harm humanity. In Spain, the Government has launched a study together with the National Statistics Institute. For eight weeks, 30,000 families will be sampled to find out the incidence of the virus. The data will then be extrapolated to calculate how much percent of the population is immune to COVID-19. Information is key to advancing measures to stop the virus from spreading in a pandemic situation like the current one. Next Monday they begin to do these massive tests.

The objective is to know when the collective immunity or herd immunity is reached; that is, when a sufficient number of people are protected against a certain infection and act as firewalls for those who are not protected. Achieving herd immunity depends on several factors, including that R_0 . If this basic reproductive number is above 1, it is called a pandemic, if it is at 1, the disease is endemic and if it is below 1, it is controlled. This is why the number is so important. It gives an image of the contagious capacity of the virus. At first the transmissibility of coronavirus was that one person spread from 3 to 5 people. For example, measles has an index of 10, so you need a very large herd immunity, around 90%.

Posted On 04/27/2020

Guillermou

IN THE CASE OF CORONAVIRUS, IT HAS BEEN ESTIMATED THAT THIS HERD IMMUNITY ARISES WHEN MORE THAN 60% OF PEOPLE ARE PROTECTED. One of the drawbacks is that not enough time has yet passed to know what type of immunity COVID-19 generates and how long it lasts.

SEROLOGICAL TESTS MEASURE TWO TYPES OF ANTIBODIES: IGM AND IGG. DETECTION OF IGM USUALLY MEANS THE PRESENCE OF AN ACTIVE INFECTION AND THAT OF THE IGG THAT HAS BEEN PASSED BEFORE.

IMPERIAL COLLEGE LONDON TALKS THAT IN SPAIN THERE COULD BE UP TO SEVEN MILLION PEOPLE INFECTED. A large percentage do not know it, they are asymptomatic. "The Imperial Colleague has algorithmically calculated the transmission speed of the virus and reached a range of about seven million infected, which could now be ten million, an order of magnitude greater. Right now we do not have infected numbers, We have sick numbers. Now the magnitude is beginning to be discovered, that up to 80% of the tests done on people without symptoms are positive. And this data could be beneficial because Spain could achieve herd immunity before other countries ", José Antonio López Guerrero, virologist, director of the neurovirology group at the Autonomous University of Madrid, and author of the book 'Viruses: neither alive nor dead'".

Posted On 04/27/2020

rrealrose

Hi Gui, That's a hell of a price to pay in Spain to get close to herd immunity, yes? Meanwhile, "they" don't know if this virus will burn itself out or return in the fall, or return ever again...here in the US, they did sampling and estimating downstate NY (around New York City) about 12 to 15% of population has been exposed. Working on distributing faster, easier antibody tests, to get better idea of who got what, but immunologists are not sure even these will be meaningful, as having antibodies does not mean you cannot contract virus again!

Posted On 04/27/2020

Guillermou

Hi STONEHARBOR, as always your information is always valuable. In connection with your link on Glyphosate and Zinc. There are three main classes of SOD, which are distinguished by the metal catalyst, which can be copper (Cu), Zn, Mn, iron, or nickel. Eukaryotes are based in a different way on the mitochondria, which depends on Mn, whereas Cu / Zn SOD is present in the cytoplasm and extracellularly. Many bacterial species, including Escherichia coli, use Fe-SOD and Mn-SOD. The adjuvants in Roundup inhibited SOD activity in all three organs examined, by 51-68% in the brain, 58-67% in the liver and 33-53% in the kidney, and this was the most surprising effect I observe. A plausible explanation for this effect is the chelation of Mn, Cu, and Zn, which are essential cofactors for the two SODs. We know that glyphosate affects an increase in the incidence of multiple neurological diseases and other pathologies. www.ncbi.nlm.nih.gov/pubmed/?term=Samsel%20A%5BAuthor%5D&cauthor=t.. (2017) www.ncbi.nlm.nih.gov/.../PMC4392553 (2015)

Imbalance of the copper / zinc ratio leads to inflammation and oxidative stress. One study points out that inflammation and oxidative stress influence the copper / zinc ratio, generally increasing copper levels and decreasing zinc levels. Impaired insulin balance and other hormonal imbalances can also contribute to an increased copper / zinc ratio. Part of the normal immune response depletes zinc-infected tissues to deprive pathogens of this essential metal, while also moving zinc elsewhere to support the immune response. Copper increases to aid in the immune response as well, as it is known to regulate the pathways of macrophages (white blood cells, especially in response to infection). More information on these links: COPPER TO ZINC: ACHIEVING THE RIGHT BALANCE www.deannaminich.com/copper-to-zinc-achieving-the-right-balance/ (2017)

Posted On 04/27/2020

Guillermou

UNDERSTANDING CHRONOMETER'S NUTRIENT RATIOS - ZINC / COPPER

cronometer.com/.../nutrient-ratios-zinccopper (2017) SERUM COPPER TO ZINC RATIO:

RELATIONSHIP WITH AGING AND HEALTH STATUS The high ratio of Cu to Zn in serum is associated with mortality in the elderly. Nutrition, oxidative stress, inflammation and hormones impact the Cu to Zn ratio. The serum Cu / Zn ratio modulates immune defense, growth stimuli, and stress response.

www.sciencedirect.com/.../S0047637415000068 (2015)

ASSOCIATION BETWEEN SERUM ZINC AND COPPER LEVELS AND ANTIOXIDANT DEFENSE IN

SUBJECTS INFECTED WITH HUMAN T-LYMPHOTROPIC VIRUS TYPE 1 Zinc deficiency and excess copper have been reported to be associated with inflammation. Human T-lymphotropic virus type 1 (HTLV-1) is a retrovirus, believed to cause systemic inflammation. In patients infected with HTLV, the serum Zn concentration is lower and the Cu concentration is higher than healthy controls.

www.ncbi.nlm.nih.gov/.../PMC6312056 (2019)

Posted On 04/27/2020

Guillermou

Yes, nothingsound, very good references. Yes, Dr. Mercola also commented that a coronavirus disease vaccine (covid-19) would be useless due to its high mutation rate. Indeed, the production of the Covid-19 vaccine must be carried out for each virus mutation, and invest in a new vaccine, a lot of time in trials and money, as it happens with the flu. Normally a vaccine takes more than a year to produce, but as the virus mutates faster, the virus may mutate before the vaccine becomes available. The process of a vaccine could ultimately cost hundreds of millions of dollars, money that NIH, startups, and universities must shoulder. Nor do they have the production facilities and technology to mass-produce and distribute a vaccine, if the mutation is high. As you say the vaccine depresses the immune system. This study is of interest: PENTAGON STUDY: FLU SHOT RAISES RISK OF CORONAVIRUS BY 36% childrenshealthdefense.org/news/vaccine-misinformation-flu-shots-equal.. (april 2016)

Posted On 04/27/2020

Guillermou

Thanks NW for your excellent link. In Europe infections and deaths are decreasing, hospitals are no longer saturated. Economic activity is normalizing and you can go out to do sports and sunbathe. Hopefully this summer the situation has normalized and you can walk around the mountain. The seashore and swimming A study carried out by the Catholic University of Leuven (Belgium) and the Polytechnic of Eindhoven (Netherlands) underlines the special care that must be taken when exercising on public roads. For these two institutions, the safety distance of one or two meters between people is not enough if you want to avoid contagion.

Test results are visible in various animations. "People who sneeze or cough scatter drops with greater force, but those who breathe also leave particles in their wake," says Belgian professor Bert Blocken, an expert in urban physics, wind engineering and sports aerodynamics. Red dots in video images represent the most damaging and fastest fading particles. "But when an athlete breaks through that cloud, it can still permeate," Blocken warns. Social distancing plays a minor role when two people walk or run side by side in low wind situations or stand diagonally one behind the other, but not when they follow the same line or draft.

You need to keep "at least four to five meters" apart while walking in the direction of walking, ten meters when walking and cycling silently, and "at least twenty meters" when cycling hard. "If you want to pass someone, it is also recommended to start" pre-ordering "from a fairly long distance, twenty meters with bicycles, for example, to be able to pass at an angle." www.hln.be/wetenschap-planeet/wetenschap/belgische-simulatie-fietsen-j..
www.urbanphysics.net/Social%20Distancing%20v20_White_Paper.pdf

Posted On 04/27/2020

Guillermou

Yes, ROSE, in Spain, 36,000 households, in which all age groups, sex and geographic location are represented. In total, 90,000 people are invited to participate, voluntarily, in the study, in which they will undergo a first rapid antibody test (with a finger ***), and a second serum antibody test, which will require a blood draw with specialized health personnel.

Posted On 04/27/2020

Randyfast

Gui; the talking heads are already telling us that there will be a "second wave" of this virus in the fall. I'm sure that they already have the "schedule" laid out for the 'new' vaccine(s)! I'm going to stand my ground and state again that nobody should "need" to take a vaccine. If they merely ate real, nutritious food and exercised and otherwise took care of their own health; there would definitely be no need for any vaccine. Unfortunately; the people who really need to watch docu-series, such as TTAVs, never will and they will continue to believe the lies and deception of the lamestream media! SICK PEOPLE ARE PROFITABLE PEOPLE and vaccinated people are SICK people - even if they don't know it! Most people I see, these days, are in poor shape and I imagine that FAKE FOOD and VACCINES are mostly responsible. Add to that, the absence of exercise for most of those people and what you have is a very sick society!

I firmly believe (as I had already predicted that a bioweapon would be released soon) that if the globalists don't achieve what they hope to from the current "pandemic", they will simply release another one - or pull some other 'trick' out of their sleeve. Apart from that; I don't think anyone really understands this current virus. I have a suspicion that it has the ability to morph/mutate into something more "deadly". I don't put anything past those evil minions! Something else I picked up from the 'rhetoric' was the allusion that "People will be able to start going back to work - AFTER they've been vaccinated"..."and no one will be able to buy or sell, unless they have the mark"! Something to think about, while our society collapses. I desperately need a new pair of running shoes (problems with my feet) and I can't get them; because all the department stores are closed. Does this seem "normal" in any way - to anyone?

Posted On 04/27/2020

Darzoum

Guillermou, if you were giving the press conferences instead of Dr. Fauci, we would actually learn something. Of course that goes for Dr. Mercola and a few other conscientious doctors out there who are really trying to help people.

When I read "The good news is researchers are in fact planning to study the use of quercetin against COVID-19" in the article above, I (sarcastically) thought to myself: Don't they have to get Bill Gates' permission first?

Here's what the UN Secretary-General feels about what we're doing here:

off-guardian.org/2020/04/25/say-it-aint-so-consortium-news-deploys-the..

(The brief video embedded in the article is worth seeing to studying the machinations of mind control.)

Posted On 04/27/2020

Guillermou

Yes, RANDY, I'm sure you hit the target. We can only hope that this virus is weakening. In Spain, famous people, including athletes, are getting sick and dying. In addition to the chronic diseases that are a major pandemic and poor diet, it may also influence some genetic basis, although more research is needed. A recent study suggests that there may be a connection between genetics and the body's response or susceptibility to SARS-CoV-2. The researchers in this study identified a number of ACE2 variants that are significantly more common in East Asian populations compared to other groups. Some of these variants (also known as SNPs) include rs4646127, rs2158082, rs5936011, rs6629110, rs4830983, and rs5936029. www.nature.com/.../s41421-020-0147-1 (2020)

Posted On 04/27/2020

Guillermou

DARZOOM, I believe that you would defend with great passion and firmness the truth of what is happening with the coronavirus disease (COVID-19), in the four points that the UN Secretary General cites as lies. I'm left with this: It's no "conspiracy theory," but an established fact, that the World Health Organization, the Gates Foundation (WHO's most lavish funder), the World Economic Forum, the Clinton Foundation, UNICEF and the component giants of Big Pharma have joined forces in " Gavi, the Vaccine Alliance, "a" public-private partnership "that is explicitly intent on vaccinating every human being on Earth, through house-to-house campaigns by goon squads (personnel with" minimal training ") ready to confront and overcome resistance .

Nor is it a "conspiracy theory," but a matter of public record, that Gates intends, through those mass vaccinations, to inject every member of the human race with a "tattoo-like mechanism," so that one's vaccine history may be read instantly by cell phones; and it is also not a "theory" but a fact that, in the meantime, Gates et al. plan to require everyone who wants to leave the house to carry "immunity certificates" - a concept first proposed in Germany two weeks ago, and one that Dr. Fauci says is "being discussed" for roll-out here in the US.

Posted On 04/27/2020

Darzoum

Guillermou, now, to these moves and alliances taken by these actors you cite, we simply need to ask-- in our heart of hearts--if we really believe these actors are at all interested in our health and well being. If yes, then why is there never any self-empowering, accessible guidance they offer in that regard? If no, then what are they really up to? It is the tyrannical machinations reveals by addressing the second question that we have to keep a firm watch upon.

Posted On 04/27/2020

NewlandsWanderer

A calm, collected view of the current Covid-19 situation, sorting the truth from the BS propaganda:
swprs.org/a-swiss-doctor-on-covid-19

Posted On 04/27/2020

axkershaw

I absorb zinc & other cations better topically than orally. An experiment of the mind. Glyphosate is a chelator of cations. Our bodies have been dealing with Roundup for 30+ years and sometimes uses glyphosate in place of glycine. During autophagy some glyphosate is released back into the system to chelate again. I postulate that taking zinc in any manner other than through the digestive tract would be more effective. I make a colloid of zinc gluconate in coconut oil that works well. Zinc lozenge dissolved in bath water. Ocean immersion provides all the 60+ essential minerals. For immediate respiratory benefit an old fashioned steam treatment with eucalyptus & added zinc . I am sure there are other non oral methods used by people on this site. I will check back.

Posted On 04/27/2020

farmercist

Trials can be really sneaky and then the media exploits the negative results. In this case they know hydroxychloroquine and zinc works.....so what do they do? They use hydroxychloroquine without zinc (so it doesn't work). They use the older version chloroquine (which has known heart side effects and the reason why hydroxychloroquine was developed) to say that the therapy is dangerous (with the help of the FDA confusing the two drugs). The propaganda media then spouts the conclusion is that the drug therapy of Covid 19 is ineffective and dangerous.

Posted On 04/27/2020

mirandola

Time to sue the media.

Posted On 04/27/2020

rrealrose

Failure to follow research evidence in new trials? Dr Burzynski in Texas tells his story how he ran into this years ago, its as if the researcher design testing to fail, either skipping steps or leaving a key ingredient out, thereby blocking inexpensive and/or new effective solution from widespread approval and use. With covert and overt suppression, tell me you do not believe the medical mafia is still alive and kicking?

Posted On 04/27/2020

epower925

@farmercist et al - Completely agree. There have been known cases of people whose lives have been saved by Hydroxychloroquine. The "known" side effects of this treatment don't seem to be too much of a problem for them. I was also very concerned about the side effects listed on the internet, so why are these patients, some with comorbidities, still alive?

Posted On 04/27/2020

katguy

Interesting how all other disease disappeared . Interesting how no one is dying of anything but Wu flu. Interesting how easy it was to lock down the free world and remove all God given rights. Interesting.

Posted On 04/27/2020

carol lee t

All other diseases absolutely have not disappeared. I know two who died of non-COVID illness in the past three weeks. Social distancing is crucial to stop the spread; it is not about removing God-given rights.

Posted On 04/27/2020

rrealrose

The vaccine story may need to be put to bed, permanently. Last night on TTaboutVaccines, someone reviewed the list of negative side effects attributed to 2009-2010(?) swine flu vaccine, it was long and nasty, ending with narcolepsy. Big Pharma spent years on bacterial infections, not nearly as much on virus' - nevermind, seems elements and herbals may work much better, but those do not fit the current and past "one-size-fits-all" and single silver bullet mentality, drilled into most researchers they have funded for the past 40 years. Requires a paradigm shift in thinking...

Posted On 04/27/2020

Guillermou

Yes, ROSE. Swine Flu Vaccine Brochure admits to causing Guillain-Barré Syndrome, Vasculitis, Paralysis, Anaphylactic Shock and Death (among many others) The Novartis 2009 monovalent influenza A (H1N1) vaccine brochure (insert) has been leaked online. According to this insert, the vaccine (based on a product formerly known as the Fluvirin vaccine) is known to cause a host of very unpleasant side effects, such as Guillain-Barre Syndrome, Vasculitis, Anaphylactic Shock, and even DEATH. detenganlavacuna.files.wordpress.com/2009/09/novartis_a-h1n1_2009_monv..

Posted On 04/27/2020

DeeMarie123

Alongside quercetin, one of the reasons I have my elderly folks on wholefood vitamin C is that it has a lot more than just those carbon, hydrogen, oxygen molecules to it. AA can chelate copper out of ceruloplasmin, whereas combining tyrosinase (copper found inside WF VC) zinc and AA makes Vitamin C up to 20 times more bioavailable. I think AA has its place and is anti-viral in its own right, potentially due to the copper it blows out of ceruloplasmin, but a vitamin is a complex that works with many other parts. Just as sunlight does many different things, such as transporting dopamine as well as creating vitamin D, we need to focus on all the parts not just one.

Posted On 04/27/2020

mirandola

I agree with you. I don't think the body was even made to accept or to like strong chemical isolates. That said, there can be a time and a place when the stronger, chemically isolated stuff can be useful and helpful.

Posted On 04/27/2020

lindalonia

@DeeMarie123 What is AA?

Posted On 04/27/2020

David Boyle

Listen to your body. My body definitely starts feeling off at 50 mg of zinc a day. Too much zinc interferes with cortisol production (check NIH site for info on that). Recently I've been taking about 20 mg zinc a day with Quercetin and doing OK at that level. Off topic but Mercola's liposomal Vit C seems to be better than advertised; I had been using competing brands with little effect but notice considerable improvement from Mercola's, taking 5 gram a day,

Posted On 04/27/2020

forbiddenhealing

Mineral/nutrient absorption depends on stomach acidity which depends chloride/salt intake and electrolyte levels in blood as well as the contents of food...e-electrons are pumped from stomach to blood leaving acidity, and pumped back into intestines to make them more alkaline; pH ping-pong.....All the minerals are critical to physiologic balance..they create and depend on body charge from metabolism and other e- energy inputs.....Hair metal/mineral analysis is so valuable in establishing one's needs and sources of heavy metal inflammation....so I avoid the silver bullet ideas in favor of an informed tested organic holistic shotgun approach covering all nutrients, toxins and lifestyle/emotional factors. Put it all together and design a personal protocol..That said, a one size fits all redox approach of Vitamin C/antioxidant polyphenol, oxidative H2O2, polymineral approach has worked perfectly according to many clinicians and personal practitioners of "the black art" of forbidden healing.

Posted On 04/27/2020

rrealrose

Want another secret? Adequate bile formation and flow are needed to break down dietary fats, seems women over 40 have a tendency to produce ever decreasing bile. And acc to AnnLouise Gittleman, the bile is a strong detergent, breaking down and allowing fat-soluble vitamins to be retrieved from incoming food, then bile is sent on to the intestines to - ready for this? Trigger regT cells! Why, why, why does it take years to get the scoop that all roads lead back to bile? And why on earth do we allow white coats to cut out the gb? This little sack is way too important, yes?

Posted On 04/27/2020

david48

forbidden, Thanks for your interesting post. I didn't quite understand it all, but definitely some of it. It is tempting to want things to be simple and easy (and thus, people search for implementable, or rather do-able, or rather affordable ..."one size fits all" solutions that are within their means, and within their range of understanding). With all that said, I have a question for you - and I hope it will be taken in the most positive light (i.e., assuming good intentions only, on my part, of course). What is "... redox approach of Vitamin C/antioxidant polyphenol, oxidative H₂O₂, polymineral approach " and how can a layperson learn some basics about it? For one thing, I don't even know what REDOX means. Is there a website, or other source, where things are broken down a little bit more -- to be more comprehensive to the layperson? Thanks!! // On a related note, ... I will say that, recently, I've been learning a great deal about mega-dosing with Vitamin C, and few co-factors and cautions. I still have more to learn on that front, but am way ahead of where I used to be.

Posted On 04/27/2020

epi-cure

A couple of days ago I made a silly but inoffensive comment on the hydrogen thread discussion. I was censored. Although referencing hydrogen my quip lacked informational content. It was intended to elevate the mood in the chatroom. Did someone complain? Possibly. I'll admit, I'll never be an Olympic grade comedian. But since I wasn't submitting my doctoral thesis at Oxford I thought it should have been allowed to stand. In the slim chance the arbiter of submissible comments reads this please contact me regarding this delicate filter. Customer support was cordial but not useful. May we all not be overcome by these times in which we live and remain open to both life's beauty and absurdity.

Posted On 04/27/2020

mirandola

Foods rich in quercetin, ranked by percentages, chart

public.tableau.com/views/QuercetinRichFoods/Dashboard1?:embed=y&:e.. When working in an area with high levels of pollen, I found that people responded best to the combination of nettles together with quercetin. 12 Zinc Rich Foods 333oe3bik6e1t8q4y139009mcg-wpengine.netdna-ssl.com/wp-content/uploads..

Global Zinc Statistics public.tableau.com/.../christian.felix

!/vizhome/GlobalZincStats/GlobalZincStatistics click on the chart to enlarge

Study: Elderberry binds H1N1 swine flu and inhibits its replicating or entering human cells

www.ncbi.nlm.nih.gov/.../19682714

Grapefruit seed extract in dilutions of 512:1 seen to melt exoskeleton of microbes and liberate the contents. Caution: That means high toxic die off response if taken internally, may be best for external use. This study was done on bacteria however similar results have also been noted with various viruses as well, it is extremely acidic www.ncbi.nlm.nih.gov/.../12165191 Note: coronavirus is said to have a can opener-like effect on cells medicalxpress.com/news/2020-03-covid-coronavirus-epidemic-natural-scie.. Ask your naturopathic physician about this. Education is for generic purposes, not for personalized medical advice.

Posted On 04/27/2020

Cabochoch

While zinc is a vital 'gatekeeper' of the immune system and can block the replication of viruses, including COVID-19 (at least in vitro), it needs to get into the cell - a process which the malaria drug hydrochloroquine and several natural substances may promote by acting as carriers or ionophores if taken at the same time. The recommended daily dose of zinc as a supplement is usually between 20-30 mg for women and 30-40 mg for men. Dr K 's Core-S formula contains 28.5 mg.

All drugs come with contra-indications and side effects but the competent professional weighs up the relative risks and benefits in each individual case. It was therefore perfectly reasonable for Donald to suggest hydrochloroquine as a treatment in viral infection. The fact that this might have been at odds with someone's vaccine agenda could have been the reason it was summarily removed from the market. While natural compounds such as flavonoids can act as zinc ionophores or bind to SARS spike proteins without side effects, quercetin, for example, may have poor absorption and low bioavailability. Zinc from food sources would be ideal if it were not for its variable content in the modern diet and compromised absorption rates in the host.

Berries, broccoli sprouts and epigallocatechins from green tea have similar benefits but the 'go to' natural remedy must surely be proteolytic enzymes which digest proteins in food but also presumably the proteins attached to viruses, thus reducing their ability to infect and replicate. While these enzymes are produced naturally in the stomach and pancreas in response to food ingestion, when taken as a supplement without food on an empty stomach, could have a systemic effect as part of our main first line natural defense against infection of any kind.

Posted On 04/27/2020

ChairmanoftheBored

There is extensive research on Zn and viruses. It's primary effect is inhibition of the viral replicase. As noted above chloroquine's probable primary effect is as a Zn ionophore. Quercetin and epigallocatechin gallate are also Zn ionophores and when taken together demonstrate some synergism. One reason the chloroquine only studies fail to demonstrate a salutary effect is the widespread moderate Zn deficiency in the US. As correctly noted by others in this blog, numerous things impact Zn absorption. One I didn't see but is pretty major is the use of superphosphate fertilizers which inhibits Zn uptake into the crops. If it's not in the food to begin with, even if the other factors are ameliorated you still wind up deficient. Zn deficiency in the US is more common in the north central region but most interesting is it is most marked in the elderly and African Americans, precisely those most prone to severe coronavirus clinical consequences. Quercetin, epigallocatechin gallate, Zn, and Melatonin (for the cytokines) would probably be very effective but would yield few profits.

Posted On 04/27/2020

NewlandsWanderer

Just seen that @Dominic Raab, on Twitter, British Cabinet Minister is boasting that the UK will be hosting a Vaccine Summit in early May with the usual suspects and Bill Gates. The response on Twitter has been a fire-storm of incandescent rage. I tweeted that he should invite Dr Shiva Ayyandurai who has no Big Pharma money in his pocket, is a world expert on the immune system and with his Vitamin protocol we could improve immune health and so not need vaccines and save billions for other worthwhile causes. Please feel free to express your opinion on twitter.

Posted On 04/27/2020

mirandola

YAY!!! This is actually *Good!* News: That people are massively outraged!!! Excellent! The higher they rise, the harder they fall. I am glad that people "get it". I hope people will also tell Twitter and the media in general, that we need objective media that reports multiples of points of view, not just one, and that does not censor those who ask questions, that they are discrediting their own selves in the process. Thank you all, and thank you Newlands!!! :-)

Posted On 04/27/2020

mpo58125

What isn't mentioned in some of the quoted articles is how long it takes high does zinc to suppress copper levels. I can tell you it takes a long time. There is published Mayo Clinic studied patient who took 1 gram of zinc for an entire year before he developed severe copper deficiency and resulting secondary anemia. I personally took 300mg of zinc gluconate daily, and in some cases 600mg daily for several days at a time, (to treat a copper overload condition induced by mercury poisoning), and did so for over a year, monitoring serum/plasma zinc, which went out of range high by about 20% over the upper reference ranges for zinc, and serum copper and ceruloplasmin, which within remained within normal ranges. I didn't supplement with copper.

From personal experience I would NEVER consume zinc (or copper) on an empty stomach. 150mg of supplemental zinc on an empty stomach will give you stomach pain you'll remember for a very long time. I also personally would be more cautious taking high doses of copper (ie 10mg). I personally wouldn't exceed 5 mg. The copper must be taken at a different meal than zinc because zinc and copper compete for absorption. The amount of time a Covid19 patient might need to take the high dose zinc might only need to be for 10 days or so. If the patient can't eat, or has no appetite, (typical for viral infections), IV administration of zinc sulphate is the only other option but rates of absorption are much higher than via oral route, something like 6 to 10 times higher. I believe the risk of suppressing the immune system in such a short period of time is minimal verses the risk of not stopping the virus from replicating inside the cells.

Posted On 04/29/2020

Maritt

Great article from Dr Brownstein: We Must Wear Face Masks? Show Me the Science Behind That!
www.drbrownstein.com/we-must-wear-face-masks-show-me-the-science-behin..

Posted On 04/27/2020

NewlandsWanderer

Hi Maritt, Good interview with Dr Judy Mikovitz who also discusses masks in a less than positive way
www.sophiaeducate.com/covid-19-briefing-judy-mikovits/?inf_contact_key..

Posted On 04/27/2020

sdi6987

Hi all ,, although I've used Mercola's site since it started; I've not felt the need to comment until now. It is so hard when we are the guinea pigs and have to dig up our own information and be our own advocates in this medical war. There is more controversy regarding use of this drug cocktail as it is being promoted by big pharma. Why do people forget that 99% of drug formulas originate with natural plants, herbs etc.? I coincidentally read this site before seeing the Mercola article and can no longer consider the drug protocol as a possible last resort if holistic care isn't enough to protect my family.

www.sciencemag.org/news/2020/04/antimalarials-widely-used-against-covi..

In a preprint posted on 10 April on medRxiv, Prieto-Alhambra and colleagues looked for clues about the safety of this combination in the medical records of nearly 1 million people in six countries taking hydroxychloroquine for rheumatoid arthritis. More than 300,000 of them also took azithromycin at some point to treat an infection. The researchers found that a person's risk of heart failure in the month after starting hydroxychloroquine was comparable to the risk from starting another common arthritis drug, sulfasalazine. But in the month after adding azithromycin to hydroxychloroquine, the risk of cardiovascular death more than doubled.

And there's reason to think heart complications will be more common in people with a coronavirus infection than in those with autoimmune disease, says Lior Jankelson, a cardiac electrophysiologist at New York University (NYU). Hospitalized COVID-19 patients tend to be older, and some are already taking other drugs that can extend their QT interval. Because pre-existing heart conditions seem to increase the severity of COVID-19, many patients may already be at risk of arrhythmia. And the virus itself can attack many organs, including the heart and kidneys, damage that can bump arrhythmia risk

Posted On 04/27/2020

cyn38847

Gui I tried to post your link to the Childrens Health Defence Org on Facebook, and the Fact Checker police said it wasn't true. Of course we all know who pays those fact checkers to hide all the real truth about vaccines!!!

Posted On 04/27/2020

Guillermou

Thanks CYN, you have expressed a great reality

Posted On 04/27/2020

Canuch

Thank you for this great article.

Posted On 04/27/2020

mirandola

Echo, thank you Dr Mercola! I suggest we readers contact local doctors and hospitals, asking them to use IV Vit C, zince and quercitin.....link the science.

Posted On 04/27/2020

paulsreliable

Makes good sense to me. Great article Dr. Mercola. I good common sense approach and not dangerous. Thanks!

Posted On 04/27/2020

chr6061

Possibly administered to worst affected vets patients, as a last resort. Then if it was ineffective, you would expect to see more deaths in that group. One individual can not "widely tout" a treatment. The drug was widely touted, i.e. by a lot of people, who were hopeful of a cure, including the President, on advice in his case. The research so far has not supported that hope.

Posted On 04/27/2020

Apeon.1

The HCQ tests were cancelled because of Inappropriate Procedures,,,,,no data I have looked at since January indicates poison level doses.

Posted On 11/23/2020

Pillinger

I just ordered quercetin, H2, and fermented beets with red spinach. Is there some order I should use those in? should I avoid taking them together or even the same day?

Posted On 05/09/2020

lindalonia

On ForbiddenKnowledgeTV Dr. Judy Mikovits recommends taking zinc along with a glass of water to which Chlorofresh and tonic water are added. She claims that Chlorofresh will oxygenate blood and that tonic water will drive zinc into your cells. Many online claim that this is false information. What does the Mercola community think about her recommendation?

Posted On 04/27/2020

Newbones1

I just listened to the YouTube, NewlandsWanderer, twitter.com/.../1252068126495129600 and it's excellent. It doesn't mention Vitamin K2 (MK7). I have read that D3 puts calcium into the blood but K2 is necessary to pick up that calcium and put it into the bones. Apparently leaving calcium in the blood can be dangerous as it can go into the arteries. Dr Mercola sells Vitamin D3 & K2 combined in one capsule.

Posted On 04/27/2020

wannabeaknowitall

We cannot build an immune system if we're stuck at home not getting inoculated by the viruses that protect us on a daily basis. I can understand that if you're old you run the risk if you have a compromised immune system but what about the rest of us who are healthy, why should we stay home? This literally makes no sense at all. There's definitely another agenda at play, we all know the players of this fear mongering tactic and their accomplices; BG, Clinton's, Soros, The WHO, and the mainstream media.

Posted On 04/27/2020

mirandola

Wannabeaknowitall, there are several major health experts who agree with you and have made your exact statement. www.youtube.com/watch Dr Johan Giesecke, Swedish advisor to the WHO says there is "no science" to the shelter in place www.anhinternational.org/.../getting-over-the-first-hump Kurt Wittkowski PhD epidemiologist from New York swprs.org/open-letter-from-professor-sucharit-bhakdi-to-german-chancel.. microbiologist Sucharit Bhakdi letter to German chancellor Angela Merkel They all concur, each from across the globe:

Shelter the elderly and vulnerable, this cuts down the tragedies, and let the rest of the nation go back to work and school. They say that we need herd immunity and it is asking for a rebound to "Shelter" in place. They are all concerned about health, and about civil liberties. Dr Giesecke adds that we can't help it if some people are lost to us, it is not meant to be a calloused statement, but it is a fact. We can shelter in place, have a rebound, and then it will happen again. So ultimately we can't escape it, he says. He says that it will only take a few months to acquire herd immunity, whereas sheltering in place will drag things out, the death rate is 0.1% (I do not recall if he said in Sweden or world wide, see the interview). He added that in most cases, except for those with immune compromise, "this flu is mild" and the USA Center for Disease Control echoes in its own statistics.

So why are we hearing this hullabaloo that to go out in public is to cause someone else's death? If there are asymptomatic carriers, as can happen with any flu, isn't that a sign that the immune system is keeping it in check? So it is immunity itself, not the virus solo, that is the concern at hand, obviously. The virus is real, but the zoom lense is making a big boom of the problem areas, magnified in the public mind, by the complicit and deeply unethical media. We all really have to sue.

Posted On 04/27/2020

Imoberoi

A compound from Ashwagandha called Withinone has shown to inhibit interaction of spike protein and human protein for entry into the cell.

Posted On 04/27/2020

Eyes_Wide_Open

I have been recently adding ionic zinc drops (Good State) to matcha green tea which naturally contains quercetin. The quercetin acts as an ionophore instead of the questionable HCQ. It seems like a safer combination to me.

Posted On 04/27/2020

david48

Hi Eyes_Wide_Open, thanks for sharing w/ us a little of how you take your zinc. According to Chris Masterjohn - and the little bit I've read of his writings, so far - there seem to be 2 reasons to take Zinc supplements: 1) to achieve nutritional sufficiency (optimum Zinc status, for overall health reasons) and 2) to fight off viral infections (taking extra amounts temporarily, when one develops early symptoms OR if one suspects a recent exposure to viral particles). Are you knowledgeable about the distinction / benefits of taking Zinc, for general nutritional sufficiency, .. or for temporarily *ramping up* zinc levels, in certain areas of your body (localized areas, such as nose and throat) , in order to "fight off" viral invasions? Do you ever gargle with your liquid zinc concoction (diluted with green tea, it sounds like...), to try and help the zinc saturate your throat tissues?

If you prefer to discuss such matters privately, rather than in a public forum, would you be willing to send me a "Friend" request? Or else receive one? Such that we can exchange a message or two on the topic? I've been researching nutritional ways (including supplements) for having a robust immune system, and good anti-viral bodily capacity (in case of exposure), and am willing to share some of what I have learned so far. // This goes for anyone else reading this note, also. I'm interested in learning if zinc can ever be used "topically" to saturate nasal tissues also, such as thru neti pot or other sinus irrigation. Chris Masterjohn talks about saturating nasal and throat tissues with Zinc, but I'm not sure of the best way to do this. Using lozenges seems like an OK way to apply zinc to "back of throat" but how can zinc get applied to nose tissue (or "upper sinuses")? In a safe way, that won't burn tissue of course.

Posted On 04/27/2020

brontas

We are taking 2 tabs quercetin with one zinc on empty stomach two hours before dinner is that the right dose thank you

Posted On 04/27/2020

Guillermou

Hi brontas. Look at the composition. Dr. Mercola's recommendation is 500-1000 mg quercetin and 10-15mg zinc

Posted On 04/27/2020

wannabeaknowitall

Take only 1 a day, Quercetin is extremely strong and unless you have Covid 19 then take it 2x a days skipping a day or two before taking it twice again. If the instructions say to take it with food, then take it with food as you will get better absorption for it to break down and get into your cells but don't take 2 unless your oncologist or physician recommended it. My oncologist recommended it to me when I had cancer and the recommended dosage was only 1 a day. He specifically told me not you take 2. Best of luck.

Posted On 04/28/2020

Almond

Micha... I hope you see this. I do not do friending. Thank you for your generosity and kind words. Many years ago, I lived in Spain and made it to the border of Portugal. Due to my circumstances at the time, I never crossed over. I have become quite complacent with age due to being quite content living and owning land in the location where I do, as I choose. My life pretty much revolves around the nature year. I have lost much desire to travel because I already live in paradise—I seem to have found my special place in life. However, I have sort of considered walking the Pilgrims Road to Santiago de Compostela. It may, yet, be something I will put on my bucket list if I ever decide to venture out again. At least walking part way. Sunshine, wine and a laid back life style sound very appealing. Wishing you all the best and with kindest regards...

Posted On 04/27/2020

janeri9

"A malaria drug widely touted by President Donald Trump for treating the new coronavirus showed no benefit in a large analysis of its use in U.S. veterans hospitals. There were more deaths among those given hydroxychloroquine versus standard care, researchers reported." As recorded by Associated Press, Time, CNN and others 21-27 May. I just hope the poor Vets were volunteers.

Posted On 04/26/2020

farmercist

They didn't use zinc and one of the docs had ties to Gilead drug company which is producing another new drug to fight Covid19. Those conducting the trial should be charged.

Posted On 04/27/2020

ScouseBilly

Top Microbiologist Slams 'Fake' VA Hydroxychloroquine Study. The Department of Veterans Affairs' study on the drug hydroxychloroquine was "closer to scientific fraud than reasonable analysis," according to famed French microbiologist Didier Raoult. Raoult said some 30 percent of patients in the supposed "control group" were given the antibiotic azithromycin, which is being used to treat the coronavirus, while "nearly dying patients with lymphopenia were treated with hydroxychloroquine." principia-scientific.org/top-microbiologist-slams-fake-va-hydroxychlor..

Posted On 04/27/2020

katguy

The mainstream media has no interest in any off patent drug to cure anything. That would not make their master, the Pharmaceutical Industry, any money. Roll up your sleeve cause only a vaccine will save us. Just ask Bill Gates.

Posted On 04/27/2020

epower925

I would be very suspicious of anything reported by the main stream media. There is a doctor in NY that has treated hundreds of patients with Hydroxychloroquine, and not a single death. Of the hundreds of patients, there have been only two hospitalizations, and they are also recovering. This doctor may be using zinc, but I'm not sure.

There is a also a case in Michigan where a state legislator (a Democrat) recovered using Hydroxychloroquine. She could no longer breathe and she stated that she knew she was dying. As a last resort, she took Hydroxychloroquine. She recovered within hours so well that she wondered how long she had really been sick as she felt SO much better. This woman had comorbidities (Lyme and diabetes). She thanked President Trump for making it known that this could cure her, and got a tremendous amount of flack from her own party. They actually are looking to censure her. So I guess it depends on where you get your news from. I saw the interview and these were her own words.

Posted On 04/27/2020

wannabeaknowitall

Ironically, France, Italy and Germany have cured their patients with HCQ and z-pak, as well as using Vitamin C IV and zinc. Don't trust pharmaceutical companies in USA, nor the CDC, nor anything mainstream media puts out. If you're listening to CNN then you're obviously not well informed.

Posted On 04/28/2020
