

fnstst

The link between dental root canals and heart disease, known since the 1930s, is still being covered up.

Posted On 06/04/2016

Leee-la

Even with pets, having their teeth cleaned prevents other disorders. My HDL is 102, my trig. are low, my LDL and total are high, my doc screams statins. I scream, NEVER.

Posted On 06/05/2016

nao3425

I guess this would be another reason I am glad I put a charcoal tablet in my cheek every night when I go to bed. Well, that might not be that far from the truth... the root cause of your illness may be in your mouth. 97% of Terminal Cancer Patients Previously Had Root Canal Procedure.

articles.mercola.com/sites/articles/archive/2012/02/18/dangers-of-root..

Dr Mercola on his website regarding the health risks he sees in root canals. Mind you, the emphasis isn't on root canals themselves, because Dr. Mercola acknowledges that root canals save teeth. His concern is more with whole-body health. He cites the research of a 20th-Century dentist Dr. Weston Price (and more contemporary research as well) to show a strong correlation between root canals and a range of chronic, inflammatory diseases and cancers. More specifically, these diseases range from heart, kidney, joint, neurological and autoimmune diseases to breast cancer. The culprit in many cases is explained as toxins produced by bacteria entombed in the tooth and in the tissues surrounding the tooth. These toxins can then inhibit and sometimes "short-circuit" the immune system, resulting in either too much, not enough, or mis-applied inflammation. www.puresimpledental.com/root-canals-alternatives

Posted On 06/05/2016

nao3425

Here is another Smarty. Who is Dr Natasha? Dr Natasha Campbell-McBride is a medical doctor with two postgraduate degrees: Master of Medical Sciences in Neurology and Master of Medical Sciences in Human Nutrition. She graduated as a medical doctor in Russia. After practising for five years as a Neurologist and three years as a Neurosurgeon she started a family and moved to the UK, where she got her second postgraduate degree in Human Nutrition. www.doctor-natasha.com/dr-natasha.php

Posted On 06/05/2016

nao3425

mirandola I believe your question could best be answered by epigenetic medicine. Dr. Kruse seems to be studying that field in depth. "A simple tissue failure to understand is that of a bone fracture. This is well understood and rather straight forward to deal with. Osteoporosis is another type of failure of bone that is much more complex to deal with and is a result of the failure of multiple systems acting upon the bone. Heart failure is very common and occurs under autophagic control. The causes vary but we understand how the heart fails. What we do not understand well yet is how to modify the process to facilitate health as one ages.

For the brain, we now believe that most degeneration occurs by autophagic processes but it is clear that the interaction with other systems plays a huge role on its ability to stave off functional decline. We have already seen this in the brain-gut axis but it is clear that the brain is impacted by most other organ systems in some fashion once they begin to decline. The brain must compensate to offset that loss of efficiency. www.jackkruse.com/the-quilthow-to-beat-agin

Posted On 06/05/2016

veritasoreventus

Want to live to 120 years and not worry about heart disease and other problems such as cancer, etc.?
The first place to look for answers is by seeing how the longest lived groups of people in the world are doing it. For starters, check out how this long lived senior has been so successful. Go to youtube.com on your computer, then enter in the search box: Charlotte Gerson on cancer and disease. I wouldn't want to bet against Charlotte making it to 120 years or beyond. Enjoy and good luck to each of you in your personal quest for a long healthy life.

Posted On 06/05/2016

nao3425

mirandola Activated Charcoal has been applied to the scalp of children to remove Mercury. Charcoal "electro-wins" all + charged materials and because it is - charged and is not absorbed into the body it carries the positive ions out of the body. Most all bad ions are + charged, poisons and heavy metals. Activated Charcoal is an absolute must in my book because it "ADSORBS" Not ABSORD, over 5,000 poisons/chemicals.

www.amazon.com/Charcoal-Remedies-John-Dinsley/dp/0973846402/189-316474..

Version=1&*entries*=0

What is of concern, is Dr. Kruse's information from Dr. Frey's research. "Dr. Frey injected methylene blue dye into the veins of rats. The dye was absorbed in all the tissues except for the brain. That is because we are all equipped with a blood-brain barrier, or a protective filter that protects our brains from foreign substances. He then exposed the rats brains to pulsed EMF in the range one would find in most cellphones and technology today and he found that the rat's brain's turned blue from the dye because the EMF made the BBB permeable at quite low doses. He showed quite convincingly that EMF weakened the blood brain barrier and could allow many toxins normally excluded from the brain's circulation to enter it to affect it. This is precisely how fluoride now permeates the modern human brain unimpeded to cause cognitive haze because of the dielectric effect of fluoride on iodine in the brain's semiconductive pathways."

www.jackkruse.com/emf-rx-the-top-ten-emf-faqs

Posted On 06/06/2016

nao3425

veritasoreventus Here is Max Gerson's testimony in 1946, which clearly identifies Cancer as what we would call a Metabolic disease, as his cure for cancer was diet.

www.newmediaexplorer.org/.../1946_Testimony_ocr.pdf

Posted On 06/06/2016

wannabeaknowitall

nao, please explain what the charcoal tablet does?

Posted On 01/01/2017

Maritt

Statins reduces cholesterol that is critical for hormonal and brain function. Is the increase in dementia related to low cholesterol levels?

Posted On 06/05/2016

rrealrose

Maritt, Statins are known to make women stupid. However, insulin resistance is being proposed as a primary cause of dementia, and unfortunately the clarity or lines defining dementia and Alzhiemers are getting blurred. As this is still evolving, here's a 2016 article you may want to read from the Mayo Clinic: www.mayoclinic.org/.../art-20046987 - this is kinda scary correlation, especially if you read the link between statins and diabetes - see katndognco's comment below.

Posted On 06/05/2016

Tltoburen

If you take statins you may lower cholesterol, but you also reduce brain-repair-ability, destabilize hormones, increase insulin resistance and promote dementia... it all seems to follow, if you ask me.

You will never convince me to take a statin. period.

Posted On 06/12/2016

Invisibleman

Let's grow hemp for food, fuel, medicine etc. Hemp seeds contain over 30% fat. They are exceptionally rich in two essential fatty acids, linoleic acid (omega-6) and alpha-linolenic acid (omega-3). They also contain gamma-linolenic acid, which has been linked with several health benefits (1). Hemp seeds are a great protein source, as more than 25% of their total calories are from high-quality protein. Let's get back to local/community farms so we can control the foods we eat. Every city should have at least 2 different farms/markets from which to choose from. #foodsecurity

Posted On 06/05/2016

LNLNLN

Great idea, and it was so even 50 years ago in France. I'm not really a believer in the whole omega thing, but this benign plant, hemp, is surely one of the saddest losses to bureaucracy and over-regulation, amongst Nature's gifts to Man.

Posted On 06/05/2016

allunoisrong

Hopefully, inhaling its vapors regularly imparts the same benefits.

Posted On 06/05/2016

stanleybecker

if lifestyle changes were to become THE medical protocol Big Pharma would lose control of the biggest honeypot in Modern Commercial History - this is the PROBLEM!

Posted On 06/05/2016

forbiddenhealing

Yeah Stan...Common sense is bad for the pharma business model...so it is forbidden...replaced by a phony science reality...Same honey in war/chem-food/energy monopolies...Either fascist neocons go or no one gets to ActIV...cockroaches write the epilogue.

Posted On 06/05/2016

c2leighsbcbglobal.ne

People don't WANT to change their diet. They want a quick fix, a pill, a procedure. They don't want to change from an unhealthy lifestyle to a healthy lifestyle. I know doctors who try to tell their patients to change something and the response is to ask for a prescription to fix the problem.

Posted On 06/05/2016

allunoisrong

C2 - Look at it this way - as a mass, we are screwed. So save yourself and yours.

Posted On 06/05/2016

BillieBob

allun,

I agree. The only way this awful toxic system is going to change is by one person at a time learning to do things differently - and then making the decision to follow through.

But they will never learn through the conventional medical establishment. If a person is taught how to make himself truly healthy, the doctor will be cutting his own financial throat.

What do doctors do who find out about, say, carb restriction, ketosis, etc? Do they go on not rocking the boat or do they deal with their patients honestly? I think if I were a cardiologist/internist and I knew what I know now, I would give all of my patients two choices: (1) I can show you how to get healthier -but it's going to require an education and a commitment to changing your lifestyle. (2) I can treat you with the current "standard of care" and suck your bank account dry while you slowly succumb to your ailments.

Posted On 03/05/2018

forbiddenhealing

What Stoneharbor says....but get past fats alone..plaquing, metals and oxidative stress/low grade inflammation are involved...vessels harden and linings begin to erode..signs of scurvy...inadequate Vitamin C, inadequate intake of lysine/proline/sulfur compounds (soup)...Go Mega C to clear arteries!

Posted On 06/05/2016

katndognco

I am surprised that you did not quote the Women's health initiative which studied 160,000 women aged 50-79 for 15 years. Dr. Joanne Hansen from Harvard stated that 48% of women who take Statin drugs develop diabetes. There have been other control trials that support this as well. Women should NEVER take statins. Statins are dangerous!

Posted On 06/05/2016

LNLNLN

Even the olive and coconut oils, I have doubts that we should be consuming the quantities that are now available through new techniques. Tree fruit -olive and nut oil, may be best consumed in the quantities supplied by eating the whole shelled nuts themselves, rather than extracting it in such a way that one can eat the oil of hundreds of nuts in one day. There is no reliable way to know what amount of any nutrient one person needs, but if you eat moderate amounts of various, whole, home grown food, in season, might that not be the likely way that your body would receive everything it needs? Can it be that we need food that has been produced thousands of miles away, forced, stripped, extracted. If you think there is a way of being 'on the safe side' then that would likely be it, along with the effort and physical exertion of some gardening to sow, grow, gather prepare that food. I don't suggest that we go back to the stone age, just to spot when a wonder food is something unnatural, and think twice before consuming large quantities, even of the recently highly vaunted coconut oil.

Posted On 06/05/2016

c2leighsbcbglobal.ne

I agree,even there, we want the quick fix that the patients who want a pill. We want a food extract, not to eat the whole food with its fiber, extra nutrients and such. I wonder how much good we miss when we eat some sort of "health food" extract, such as coconut oil, instead of eating the whole coconut. This can be applied to every extract and refined food. Coconut oil is a refined food, even the organic unrefined coconut oil. It occurs naturally as part of the whole coconut.

Posted On 06/05/2016

nita44

I took Lipitor for one month back in the 1990ties because my cholesterol was around 300. I developed painful muscles so stopped and have refused to take statins ever since. When I had to have part of my lung removed due to cancer a couple of years later the doctor had me go through a heart catharation because my cholesterol was so high. They found my arteries were "as clear as a high school athlete's)-my heart doctor's words. My cholesterol has risen to around 340 but my carotid arteries are always clear when they do an ultrasound. BTW My CRP is always very good.

Posted On 06/05/2016

Bigfletch

I met my best friends next door neighbour a few years ago. He was working on the development of statins in Ireland many years ago, and became a g.p.. I asked him (albeit, a loaded question) about the statin controversy (ive learned to be very diplomatic). His reaction was predictable, me being a layman and all (although a really nice guy...him ...not me ;-)). He was planning (in his late fifties) to do the Kilimanjaro trek, and failed part way up. I suggested that long slow distance was not the healthiest of pursuits. Same reaction. A couple of years later (last year) I heard he made it. Yesterday I heard he died...of a heart attack on the golf course. From a visual pov, he was a perfect specimen. About 5'9 and 150 lbs with low subcutaneous fat (about 10 %). I know one swallow doesnt make a summer, but some "swallows" have more impact than others on the "flock". Thanks Dr Patrick

Posted On 06/04/2016

tru9845

My 26 year old son was admitted to ICU unconcious and had to be put on a ventilator... His kidneys and liver shut down and no one can say why. He woke up from his comma 2 days later and they started him on Ensure! 1st ingradient water, second SUGAR! I was beside myself, for lunch they brought him a ham and cheese sandwich on WHITE bread! I just couldn't believe it! Long story short, I snuck in to the ICU healthy protein drinks, organic juices that I cold pressed at home and home cooked organic veggies and grass fed proteins... I just could not believe the JUNK they tried to feed him! After a month at the hospital he was sent home and is finally doing well!

Posted On 06/05/2016

dogfangtoo

Yeah, my dad has been in and out of the hospital the past year, age=91. They had him on a "heart healthy" diet of trans-fat and sugar.No butter, only margarine, lots of processed crap and sugary drinks...and of course, he always drinks that nasty Ensure. My mama is scared to death of saturated fat and always cooks with canola trans fat!

Posted On 06/05/2016

Maritt

Sorry I 'negged' you by mistake (finger trouble). You did great by feeding your son nutritious food that assisted to his recovery! It is truly a scandal for hospitals to feed people Ensure that is basically a sugar drink and other food that is depleted of nutrients.

Posted On 06/06/2016

dogfangtoo

I finally cured my high blood pressure with magnesium. I believe it was what made the difference. I began taking 1 to 1.5 grams daily along with all the other supps I have taken for a long time. You would be hard pressed to name something I am not taking...haw! So, yes, D3, K2, C, B, E...all kinds of stuff...you name it but no extra calcium at all. I never had my BP improve much even at age 44 when I lost ~60 lbs and got down to about 190 (I smoked then). Not even at age 50-55 when I was about 225 and doing 500 bodyweight squats 3 times a week (no smoking then or since). Finally, I think it is very good, at age 63-65, wt=245, and only about 150 squats 3 times a week. When I first found out I was not even exercising at all...but had been doing the extra mag intake for almost a year...the BP check then was 124/78. Got another BP check last Friday when giving blood (dumping some iron) it was 124/82. It has been in this range for the last year plus that I know of. It was at least 140+/90+, or much worse, my whole adult life that I remember. I have never taken any drugs for it. Magnesium did the trick. Avoid mag oxide...cheap but will not absorb well.

Posted On 06/05/2016

brian334

People might find interesting Dr Malcolm Kendrick's (MD) author of the original "The Great Cholesterol Con" who's blog :- <https://drmalcolmkendrick.org/> is currently at 15 in a series titled "What causes heart disease"

Posted On 06/05/2016

rrealrose

brian334 - I enjoy Malcolm Kendrick's sense of humor in explaining medical conditions and drug convolutions: Speaking English is the common thread!...thanks for your link!

Posted On 06/05/2016

Skip.Stevens

In the 1930's Dr. Wilfrid Shute noticed what appeared to be a seemingly sudden onset of heart disease in this country and was determined to discover why. He determined that heart disease began shortly after the time when a vital nutrient was being removed from our basic food supply and that vital nutrient was Vitamin E.

In his book entitled 'Vitamin E Book' he writes that coronary thrombosis was relatively unknown in 1900. Dr. Dudley White (one of the original cardiologists) wrote that at the time when he graduated from medical school in 1911, he had never heard of coronary thrombosis!

This connection to the onset of most heart disease in this country with the beginnings of the food industry processing the germ out of our wheat, essentially removed the main source of d alpha-tocopherol from our diets. This was what Dr. Shute discovered and he dedicated his life to researching Vitamin E.

Linus Pauling was also an ardent supporter of Vitamin E research, along with his own interest in Vitamin C.

Posted On 06/12/2016

Acroyali

A few years ago, a young friend of mine decided to go vegan. We spoke briefly about this, and I expressed my concern, but out of respect for her I let it go as I knew I would never change her mind. A year or two later, she married a young man in his late 20's and he went vegan as well. In his early 30's, he suffered a heart attack. Thankfully he survived. I've since lost contact with this couple, but last I knew they were scrambling to create a "heart healthy" vegan diet, and I wanted to scream.

Posted On 06/05/2016

phil222

View this comment on the cause of heart attacks and leads to solving our heart attack problem:

www.youtube.com/watch

Posted On 06/04/2016

billcyprus

People should view this youtube. Lack of vitamin C is likely the greatest cause of plaque formation and coronary artery disease.

Posted On 06/05/2016

mlredmond

As a healer and counselor, i understand today that heart disease is about your heart being so shut down to accepting the loving energy within us that supports and nourishes our health that it cannot function. When a person changes to being open to a loving spirit supporting their life, life can happen. You cannot live in a dark closet; you need the sunlight of the spirit for sustenance. All things die in the dark. Allowing the light within to manifest and fill you brings health. It has in my healing addictions, mental illness, domestic violence, depression and more. Fear stops our living and loving. Release the fears of your past for a life today.

Posted On 06/12/2016

grulla

In the above article subtitle: "The Connection Between Saturated Fats and Diabetes", in the last sentence it says, "That said, I believe a caution may be warranted. Milk, even raw milk, is actually high in net carbs, which your body converts to glucose. So as a general rule, I recommend avoiding milk. Butter is an exception, as it's almost pure fat and has virtually no net carbs." Shouldn't it simply be said to avoid high LACTOSE dairy. And any high quality yogurt or cheese should have most all of it's lactose cultured or fermented...right?

Posted On 06/05/2016

archivesDave

A lot more attention needs to be drawn to the lobbying and collusion going on between big Pharma and the Food Industry. This is the key reason why the hospitals, schools, and other institutions are locked into the junk foods addiction!

Posted On 06/05/2016

annies1964

This is right. Big pharma needs sick people to servive as an industry. There's no money in healthy people.

Posted On 06/15/2016

Krofter

www.youtube.com/watch

Posted On 06/05/2016

seastars

Krofter, thank you for the link to Dr. Rath explaining cholesterol and Vit. C. Most informative for those with heart disease or attempting to avoid it.

Posted On 07/07/2016

SalsaDave

One thing that would be very useful would be to have a list of foods and how well they fit into this diet. Olive oil is OK, but is low omega-6 Safflower oil also OK? How do I construct this diet when shopping at the grocery store? Example meals? Buy full fat meats? Thanks for this most useful article with the numbers suggested!

Posted On 05/27/2016

Bigfletch

There's a "supermarket" of info on this site. "Look and ye shall find";-)

Posted On 06/04/2016

stoneharbor

Great question. I think something advertised as "low omega-6" is not going to be healthy if it's Safflower oil. It's still a refined oil, and probably just means that instead of omega-6, it has more omega-3 in it. Well, omega-3 oils ruin even quicker than omega-6 oils during processing.

Just don't trust any processed oils. They are an unnatural product. Olive oil seems to have great health benefits, but many olive oils are adulterated with other oils (illegal, yes, but how to catch the) to allow a lower price on the product. Olive oil is still about 6% omega-6. It is somewhat protected from spoilage by the preponderance of mono-unsaturated oil in the bottle, but it's best to not leave olive oil a lot of time to spoil on your shelf. Keep the bottle closed tight, keep it in a dark cabinet, and use it up within a month of opening the bottle. Rancid oil is bad for you and your heart, as the article explains.

The only things that allow us to eat coconut oil and butter safely are the fact that these oils are virtually free of polyunsaturated fats, and so can't become rancid. So these processed oils are considered heart-safe. And if you are going to saute foods, use these oils (or ghee), not the omega-6 oils. Another thing to watch out for are pre-shelled nuts. Nuts have a lot of omega-6 oils, and don't age well once exposed to oxygen and light. I don't eat nuts any longer because of this. An exception would be nuts, in season, and unshelled until eaten.

Posted On 06/05/2016

rrealrose

SalsaDave, Oh for goodness... Dave and any other new people on this site: Suggest you check out Dr Mercola's updated Nutrition Plan available for free on this website. It is loaded with nutritional information and dietary choices based on your particular eating type. Here's a link to get started and you can always find it again using the search box at the top of each blog page:

www.mercola.com/.../index.htm

Posted On 06/05/2016

Krofter

Salsa - It's an ancestral thing. If your great grandparents wouldn't recognize something as real food then you shouldn't eat it. This would include any foods processed by modern methods. Olive oil has been pressed in primitive presses for thousands of years. Safflower, canola and vegetable oils have not.

Posted On 06/05/2016

gumhill

Does anyone know the best recommendation for people with familial hypercholesterolemia, my doctor thinks I should take statins. Even though he doesn't usually prescribe them for patients. He thinks I am an exception and should take them, any ideas?

Posted On 11/18/2017

jimmya1

Quote from the article "For overall mortality, there is an inverse association with LDL. The higher your LDL, if you're over 60, the less likely you are to die." Where do I find information on the studies that prove that?

Posted On 06/17/2016

annies1964

I lost my mum 2 years ago and my sister last year from medication induced cirrhosis of the liver. My mum was on Lipitor because her cholesterol had gone up as a side effect from another drug. My sister was on diabetes medication. Drugs are not the answer. Our health lies in the food we put in our bodies.

Posted On 06/15/2016

herbalinda

For women it is very important to have your thyroid checked. Low thyroid leads to strokes and heart attacks. Women are more prone to thyroid disease and heart disease is the number one killer of women. Very few doctors acknowledge this link. Having this issue myself I have met numerous women that have had near fatal outcomes from low thyroid. I wish there was more info out there to make women aware of this threat.

Posted On 06/12/2016

seastars

Does this statement made by Mercola apply to raw milk kefir or just plain raw milk? "Milk, even raw milk, is actually high in net carbs, which your body converts to glucose."

Posted On 06/05/2016

grulla

Depends which raw milk. Here is a classic Mercola article explaining "The Devil in the Milk" and A2/A2 dairy stock and the resulting healthy(ier) milk.

Posted On 06/06/2016

dmprisk

he says that the patients have "normal cholesterol", yes but there are two types of supposed bad cholesterol. Big clumps or small clumps...see Cereal Killer Diet. Small clumps are bad, they will pug up the arteries, but Big clumps your fine. So I question his normal Cholesterol wording.

Posted On 06/05/2016

grulla

Healthy diet is a double edged sword. It's not only what one should eat, but also what one should not eat. That said, recommending essential fats is all well and fine unless sugar is in the mix, and that is a stipulation simply not said often enough. Consuming the two together is worse than just consuming carbs by it self, which is what the likes of Ancel Keys et al counted on. Just watch some of these TV cook shows and watch how all that sugar is mixed together with eggs and (any) fats. It's like mixing the epoxy glue with the chemical hardener ingredient.

Posted On 06/05/2016

QuebecCity

The nervous system is involved in many cases and oddly enough this aspect is just beginning to surface in research papers. I have a friend who had a heart condition, and then recovered with no medication nor any treatment, her heart was as if nothing had happened. I believe the nervous system can constrict blood vessels enough to cause a heart attack. This friend had suffered some very distressing situations losing two sons in two separate car accident. Grief and other traumatic conditions could provoke such symptoms. One common example is when we are cold or stressed, the blood vessels going to our arms constrict and we see our veins becoming very thin. If that happens in the heart or brain...

Posted On 06/05/2016

TheFacts

Great article, I am relieved about my 150 LDL level (normal HDL and Triglycerides)!! And the LDL should come down significantly with the re-intro of folic acid and increased B12 and leafy greens...

Posted On 06/05/2016

reptile

When studying for my MS nutrition degree, I realized from a study on hemoglobin A1c levels and mortality that blood sugar levels were a real smoking gun. In keep lowering my carb intake, fast 13 hours per night, take benfothaiman (glycation prevention) and I'm lean and fit. Still can't get A1c below the highest level of normal and insulin was recently 7. I'm eating a higher fat diet but more like 40-50% of calories. Causes intestinal upset if I go much higher and I take digestive enzymes. Stubborn metabolism.

Posted On 06/05/2016

Islander

Are you saying that your A1c is 7, and you can't lower it any more? Mine is at 5.1 and has been for years, but I couldn't do it without vigorous exercise every day. Diabetes is a ****lifestyle**** disease, meaning diet AND exercise. Do you engage in any physical activity? A brisk 30-minute walk every day (or equivalent) might produce surprising results.

Posted On 06/05/2016

Maritt

Dr Mercola previously mentioned barberine to lower blood sugar levels, but must be taken with a balanced diet.

Posted On 06/06/2016

Shirnett

Very enlightening, informative, thanks wholeheartedly for the information.

Posted On 06/05/2016

tdmartinson

My husband hates the taste of coconut oil, is there an alternative? Would refined have the flavor removed?

Posted On 06/05/2016

nita44

I found one brand-Carrington Farms-that is unflavored and odorless. It stays liquid just like other oils. It is also NON GMO certified. It costs a little more but I think it is worth it.

Posted On 06/05/2016

iamblessediam

How about avocado oil...here's a link and then view the comment posts:
[\[www.integrativenutrition.com/blog/2014/08/iin-expert-advice-avocado-oi..\]](http://www.integrativenutrition.com/blog/2014/08/iin-expert-advice-avocado-oi..)...just a suggestion in the hope it helps.

Posted On 06/05/2016

QuebecCity

I contacted one company in Canada and their oil is deodorized with steam but not under pressure and it is organic, so I use that because try as I might I cannot get used to the taste of the original coconut oil. The brand is Maison Morphee.

Posted On 06/05/2016

phil222

View this latest information relating to ascorbate cure for heart disease.

Posted On 06/04/2016
