

jamNjim

Quote: "Neurologist Dr. David Perlmutter, MD insists that being very strict in limiting your consumption of sugar and non-vegetable carbs is one of THE most important steps you can take to prevent Alzheimer's disease for this very reason. "

I've been preaching this for nearly 20 years now. There are very few options when it comes to "NON-vegetable CARBS" and those are processed foods and all SEED-like foods. Grains are seeds. Nuts are seeds. Beans/legumes are seeds. Potatoes are seeds. Anything that can sprout (not grow) when planted is a seed.

Unfortunately, they missed the boat as far as WHY these seed-like foods are so detrimental. Yes they have carbs, but the amount of carbs you get from a peanut is relatively low. The problem is inflammation. The toxic lectins from these seed-like foods cause inflammation and gut permeability. Even worse, seeds in the form of GRAINS (especially wheat) have toxic lectins that disrupt and even mimic hormones like insulin by attaching to the insulin receptors semi-permanently! An inflammatory response is often required by your body to detach the WGA (wheat) lectin from the cells and insulin receptors in your body. Long term chronic exposure to this lectin will cause irreversible damage (brain damage). As we get older our gut becomes more permeable (less mucus production) and this lets more toxic lectins from sources like wheat to bombard the brain and do damage. Bread often becomes a main source of calories for the senior population. Often it is due to propaganda being pushed in the form of the Food Pyramid. Not only that, but bread actually has addictive properties. The same WGA lectin causes a surge in serotonin which gives you a sudden and subtle feeling of pleasure. This is EXTREMELY addicting and deadly for seniors who may already be suffering from depression! When they eat bread they feel happy. Warning signs for everyone with elderly friends/family is a sudden increase in bread-like products in the pantry.

Posted On 07/24/2014

cokule

How do you feel about macadamia nuts? They are 70% fat and so many places mention them as super food.

Posted On 07/24/2014

guineapig_warrior

cokule, The term "super food" is a marketing term. Food either steals health or maintains it. there is no food that makes us super human. If a food does enhance some function beyond the norm then there is always something else that is being sacrificed. Often times a food can maintain health as long as it is not eaten for too long of a period. I'm not under the impression that macadamia nuts should be a daily staple for life. These are recommended as a staple by the high mono fat low carb people because its a source of high fat and adds the desperately needed variety where typically it takes fat extracts and hybrid food to keep such a high fat diet %. The same is true for high carb diets using hybrids but no extracts are needed and the variety is much more easily maintained.

Posted On 07/24/2014

holdfasthope

jamNjim: how do you feel about quinoa? i myself avoid most grains and especially wheat since i believe i do have an intolerance for it.

one of my favorite breakfasts is quinoa with a good amount of grass fed butter melted in it, handful of walnuts, teaspoon of raw honey, a dash of cinnamon and add water. i don't drink milk of any kind (including rice and almond milks)

it's a pretty satisfying and filling breakfast but i due have gut problems so was just wondering your thoughts on this grain and what you know about it

Posted On 07/24/2014

kefa55

jamNjim you have correctly stated that all seeds have protective proteins (lectins) to discourage animals from eating them. They create inflammation and indigestion. Other problem is that if you cook such food you spill glucose from the cellulose fiber and make it available for absorption. Glucose will stimulate over production of insulin and GLUT transporters. Increased GLUT amount will tremendously increase the absorption of glucose and fructose into the blood. This is another problem that starts the acidification and deterioration on cellular level. Once you have glucose in diet even fructose from fruits becomes your problem and it is all because of increased amount of transporters.

Posted On 07/24/2014

Tortolita

kim.68--I avoid peanuts and peanut butter because of aflatoxins. "Aflatoxins are powerful molds (think LSD) that grow on peanuts while in the ground and during storage that can create carcinogens. Aflatoxin is supposed to be regulated by the government but many contaminated peanut factories have levels that are much higher than FDA standards allow."

cokule--I agree with Dr. Mercola's stance on macadamia nuts. I find a little-just a small handful-goes a long way and keeps me satiated and energized for hours.

Posted On 07/24/2014

malijo789

Holdfasthope, if quinoa makes your body happy, then eat it. People differ in the amount of lectins and phytates their bodies can handle. Just like oxalates, tyramines, histamines, salicylates, etc. Like Mirandaola said, lectins can be reduced by proper preparation. Soaking/sprouting is good for non-grain seeds and some beans (not all). Souring/fermenting is good for grains. Gentle roasting is good for most nuts, which will mold if soaked. BTW, most organic peanuts and PB come from Arizona and are not heavily contaminated with mold. Because it's so dry there, there's no need to apply mold inhibitors to the peanuts.

Posted On 07/24/2014

Tortolita

Mali789----"China leads in production of peanuts, having a share of about 41.5% of overall world production, followed by India (18.2%) and the United States of America (6.8%). In Europe, the leading producer is Greece, at roughly 2000 tons per year." That's regarding peanuts.

Posted On 07/24/2014

cokule,

Nuts are OK in moderation and even better when eaten with a complete balanced meal that includes a lot of low-starch type veggies. The problem with ALL seed-like foods is we (as a society) have turned what used to be a topping, garnish, spice, or filler into its own meal. It's not uncommon today for an entire meal to be seed/grain/nut based. This is a recipe for digestive, metabolic, and neurologic problems.

I have found that most nuts can be eaten WITH a complete whole-food-meal, but almost none of them do well when eaten alone.

You can try this at home! Have you a complete non-grain/seed based meal and include a handful of macadamia nuts with that meal. Observe your feces 20-28 hours later to see if there are any pieces of undigested nuts. If you see NONE then you can rest knowing that your body can digest and process these nuts. Then try this without any other foods. Replace a meal with a MEGA size snack of your favorite nut and see what happens. If you see a mother load of pieces of nuts in you feces (looks like a PayDay bar?) then you know you over did it. Some nuts are easier to digest than others. I found that Pecans are very easy for me to digest so that is what I put in my salad.

A perfect example of this is fermented soybeans. If you swallow a soybean or peanut whole it will come out looking just like it went in. Chew these before swallowing and what comes out resembles coarse sandpaper. Ferment these before eating/swallowing/chewing and what comes out the other end is fully digested and is unnoticeable. Fermenting destroys the toxic lectins in seeds and nuts. That's why fermented foods are so important. This process took food that was once uneatable (no nutritional value) and turned them into super foods. Asian cultures knew this for thousands of years and somehow the FDA is ignorant of these facts and allow unfermented soy, peanuts, and seeds in just about every processed food that sits on store shelves.

Posted On 07/24/2014

jamNjim

holdfasthope,

I'm not as familiar with quinoa as I am wheat, rice, oats, and corn. I have tested (my wife actually did the lab work) rice for its lectin load and it is very high uncooked. Cooking it reduces it significantly but it is still very high when compared to an avocado. However, PRESSURE COOKING rice nearly completely destroys all of the lectins in it! That means you can pressure cook rice and have a high calorie starch for your BEFORE-workout energy boost and not worry about any side effects.

I assume that quinoa would be the same as rice in that aspect just looking at how both have similar properties (sticky gooey when cooked).

You also have to consider phytic acid. There are ways around this problem as well. Soaking is the most common method of reducing phytic acid but it is less effective with seeds/grains that have little or no Phytase enzymes. Phytic acid binds with minerals that are in the seed and prevents them from being digested. One study I read that was very interesting and I can't prove was that CoQ10 would cause phytic acid to bind to it rather than to minerals in the seed/grain/nut. CoQ10 was also supposed to lessen the effects of toxic lectins in the same manner. I never could substantiate these claims but it really has my attention. It would change the way I eat significantly if there was a supplement that would counteract the side effects of lectins and phytic acid.

Posted On 07/24/2014

malijo789

Tortolita, I know for sure that Maranatha brand PB is from peanuts grown in AZ. Valencia peanuts are primarily grown in New Mexico or Arizona, so if the jar says "Valencia" then it's probably not moldy. Obviously, if you have any kind of severe or life-threatening reaction to aflatoxin or peanuts in general, then it's wise to just stay away from peanuts regardless. Jam'n'Jim, a pinch of ground buckwheat in the soak water works wonders. Fresh buckwheat is full of phytaSe. Thank you for the CoQ10 info. Can you find that study again so we can all read it? Maybe that's why some cultures used to eat "loaves and fishes"?

Posted On 07/24/2014

HealthiestChoices

jamNjim ~

I always soak quinoa in water with 2-3 Tbsp. of whey that I get when making my curds and whey, along with a tsp. or so of sea or Himalayan salt. I first rinse the quinoa very well in a sieve, then soak for several hrs. ... around 12 or so. If you do this in the evening, it's ready to cook in the morning.

After bringing to a boil, I lower heat to simmer about 12 min. so it's not overcooked and sticky. You can tell when the water is absorbed. Then I cover a few min. before disturbing. I like doing things in big batches to save time, so I start with 3 cups of quinoa and cook in 6 cups water. I also add a bit of coconut oil when cooking and afterwards, always add more, or when serving.

I purchased some bulk quinoa recently at our local grocery store and it said you didn't have to rinse it, but I didn't care for it...it was finer with different texture. The prices recently went up a LOT. The 5# bag has nearly doubled at our health food store. :(I fix this mostly for my husband and like to vary his breakfast with eggs, smoothies, buckwheat, etc. so I also just experimented with millet, which is gluten free and he likes it too.

Posted On 07/24/2014

Islander

I know Dr. Mercola advocates macadamia nuts and consumes them a lot. As for the rest of us...well, it's so hard to qualify for a second mortgage. Explains why I don't consume much lobster either....

Posted On 07/24/2014

seg

Jimmy you might be interested in this from Dr Michael Cutler

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www.sntr.com.au/index.php/healtharticles/85-drcutlerlectinsinthediet.h..

Posted On 07/24/2014

Towellie

jamNjim, well stated! I just recently became aware of exactly how damaging wheat is by helping a fellow nutritionist write a book called "Beat Wheat." There are five opioid peptides (exorphins) in wheat: A5, A4, B5, B4, and exorphin C (Fukudome S, Yoshikawa M, 1992, 1993).

In addition to the heroin-like high wheat can offer the carbs in wheat are quickly converted into glucose, flooding the body with sugar. Many people are addicted to sugar as well.

Posted On 07/24/2014

grulla

@ "hfh"; the grain-like quinoa is technically not a grain at all, but rather a vegetable; nutritiondata.self.com/.../2 with a relatively high vegetable protein content. However, that grain-like "grain", is a seed which probably would concern Dr.M., "jNj", etc.

Posted On 07/24/2014

Thank you JamNJim, Kefa55, Malijo and Mirandola. Here's my solution á la WAPF:

There are 3 good choices for preparing grains, nuts and seeds for consumption:

1 - sprouting,

2 - soaking, and

3 - souring.

You do not need to do all 3, pick one.

I use einkorn flour, rather than modern wheat. Emmer and kamut are also good, I do not recommend spelt though some do, but I react negatively to the harsh fiber (bran) it is covered in which cannot easily be removed. I soak my flour for 24hrs. in acidic liquid before finishing and baking.

I don't bother with sprouting, but it is a good idea I just don't spend the time, soaking is easier for me. Sourdough leavening is also good, and I don't do that either. I do what is easiest for me, do what works for you.

Wheat, ancient wheat (einkorn, emmer, kamut), rye, barley and buckwheat can all be soaked to remove 100% of the phytic acid. Soak in very warm (~115°F) 10% acidic liquid for at least 2 hours to neutralize phytic acid which binds minerals. Longer soaking makes the proteins more digestible. How this affects lectins I do not know, but it works for me for phytic acid and I am sensitive. Other grains can also be soaked, but the best that is achieved is around 25% neutralization for grains and a bit more for nuts and seeds. If you add some rye for phytase, which neutralizes phytic acid, that helps but I have not yet done it. I do have sprouted pumpkin seeds and they are not 100% safe for me but not too bad if I don't over-do, and I cannot eat sprouted sunflower seeds at all so the sprouting process does not neutralize a whole lot for them. Each seed is different, the ones I mention are the ones I am familiar with through both reading, and experience.

This is what we eat when we eat bread, though I have several variations as well: [Recipe to Follow...](#)

MollyMalone

Molly's Irish Soda Bread

Makes 2 loaves

I am almost at sea level, in a cool damp climate. Adjust your liquid and baking time accordingly.

4 1/2 Cups organic einkorn flour (or emmer or kamut)

3 Tablespoons unsalted butter

1 Cup raw milk with 2T removed

1C boiling water

2T organic raw apple cider vinegar or lemon juice - added just before adding liquid to flour

2 teaspoons baking soda

1 teaspoon Celtic sea salt

Put the flour into a large bowl. Rub the butter into the flour with fingers until the biggest pieces of butter are the size of a pea. In a 2C Pyrex measuring cup put the milk and pour in the boiling water to just under 2C to account for 2T less liquid. The vinegar will sour the milk, but it will also clabber the milk proteins, so dump it into the warmed milk and stir once then quickly pour it into the flour-butter mixture and mix in fast, and let sit to soak. You Cannot Overmix Soaked Batters / Doughs. Mix Away!

This will be a cross between a dough and a batter, as long as all the flour is moistened, just cover the bowl with plastic wrap and let sit in a warm place for 12-24 hours. Depending on the flour used, it may form an actual dough.

If it's an actual dough, knead carefully with your hands in the bowl until it just comes together to form a moist, slightly sticky dough (if it is really wet, you can add a little more flour, but don't make it too dry!) Again, leave out on the counter top or in a warm place overnight.

In the morning or whenever you are ready to bake, preheat the oven to 350 degrees. Mix together the baking soda and salt in a small separate bowl. Butter and flour 2 glass or ceramic loaf pans.

Continued ~

MollyMalone

Molly's Irish Soda Bread Continued ~

The doughy batter should be light and fluffy now. Sprinkle 1/3 or 1/2 of the soda-salt mixture on top and fold in several times. Repeat. Divide between the loaf pans and bake at 350°F for 35 -55 minutes. I reduce oven to 300°F near the end and bake for 10-20 minutes more or until done. The tops will be dark golden brown and they will be solid spring back if pressed in a bit. Use a toothpick to see if it's baked through if you're not sure.

You may add 1/2-1C of dried fruit, mix with the salt/soda and do as above.

You can add spices with the salt and soda, such as cinnamon and nutmeg and allspice.

You can also add herbs, how about rosemary soda bread? It's wonderful!

Some like to add 1 cup of raisins or dried cranberries or chopped figs or dates.

If you add fresh fruit to the batter it will be very wet and will need a much longer bake – mine about doubled from 35min. to 60min! (Blueberries)

If this is a dough, take it out of the bowl and press into a thick circle on a breadboard (use flour to prevent sticking). Pour about half of the soda-salt mixture on the dough, fold in half, flatten out a bit again, and then pour the rest on it and fold again.

You are now going to be gently folding and kneading the dough about 8 to10 times. You will almost feel like it won't come together and then 'magically' it will.

Cut the dough in half, and gently form into 6 inch domed circle loaves, place on a cookie sheet covered with parchment paper, and cut an X on the top of the loaf with a sharp knife. Use parchment, fresh soaked breads will oxidize an aluminum baking sheet, and who needs Al in their bread? If you prefer loaf pans, divide between loaf pans and bake as above.

Cool on cooling racks and enjoy with lots of pasture butter or clotted cream, and fruit curd

coolchick5418

Maranatha brand PB sources their glass from China and I know this only because I stock them to the shelf at Fred Meyers. The cardboard packing box clearly states glass made in China.

Posted On 08/07/2014

Ambassador777

With all due respect, table sugar consumption (sucrose) in the US does not correlate to the sharp rise in Alzheimer's-dementia, since the year 1980. In contrast, calcium, consumed via dairy and supplements in the misguided belief that it will prevent osteoporosis, is significantly correlated. Intracellular phospholipase A2 activation is calcium and catecholamine (stress hormone) dependent. PLA2 frees up the space on the phospholipid backbone for xanthine oxidase to cleave the C1 position fatty acid introducing reactive oxygen species cascades and subsequent oxidative stress to myelin in nerves and brain - the first phase of Alzheimer's and MS. Our research, dating back 40 years, implicates homogenized milk in diverse inflammatory, life-threatening presentations considering its introduction of calcium and bovine milk xanthine oxidase (BMXO) to sites of inflammation. Today, milk is homogenized at even higher pressures (super homogenizers) increasing the bioavailability of BMXO. We've noted that your articles correctly assess the value of quality saturated fat in reducing the vulnerability of cell membranes to PLA2 and XO (oxidants). By the same token, we have concerns about the omega-3 fish oil craze because of the content of arachidonic acid. Even EPA and DHA incorporated into cell membrane phospholipids heighten vulnerability to oxidants. We appreciate the cutting-edge information in Mercola articles and would be ready to expand on our findings and on our rather remarkable results in patients accomplished by blocking inflammation pathways. Respectfully, Nicholas Sampsidis, Biochemistry & Nutrition, Northport Wellness Center, NY

Posted On 07/24/2014

langresearch

I haven't spent much time on the statistics, but the following paper concludes that no definite trend can be seen. A quick read suggests the authors think any rise is due to a longer lifespan.

www.ncbi.nlm.nih.gov/.../PMC3026476

Lustig's video suggests sugar in soda has been rising since the end of WWII, when it started to become cheaper. I am happy to cut sucrose out of my diet and limit fructose from fruit, and to keep carbohydrate intake very low, for the same of my retinas. My diabetic retinopathy has nearly cleared up after 3 years on this regime.

Posted On 07/24/2014

kefa55

Ambassador good point. Also as in variety of diseases the causes are cumulative, Brain washing by Tel a lie Vision, medication, inactivity.... all of those things will contribute to Alzheimer's and variety of other diseases. We are further creating miss balance by consuming supplements as natural necessity. If it comes from a box or bottle, it is not natural period.

Posted On 07/24/2014

rrealrose

@Ambassador777 -

Interesting that you bring up super-high pressure homogenized milk.

I have been suspecting US milk from corn & soy fed cows may substantially alter the nature of resulting milk product. Recently obtained organic, grass-fed cows milk ("Grassmilk") non-homogenized, with cream on top. The kefir and yogurt I make with this grass-fed cow milk tastes different, it is not sour in the least and my tummy tends to respond better than even "standard, homogenized, organic milk". This is similar to the product the milkman delivered in bottles until the time I was 4 or 5 years old, and mom would skim off cream for her coffee.

Are we referring to changes in cow feed and milk processing made 40 - 45 years ago or thereabouts??? If so, any ideas why the delay or sudden jump in Alzheimer's in only the past 10 years?

Posted On 07/24/2014

dividingcricker

MSG could be something to think about I think many products are using nano size materials that can cross the blood brain barrier .We use many meducines ,creams ,soaps ,foods and liquids that all use this science . In the EU many products are tested and banned from use but here in the USA we have become the testing grounds for many new products , Well we will pay for the quick fix and jumpjng on the next best thing . I am glutenfree ,sugarfree and organic . I switched to herbs and organic vitamins .I try to never use synthetic crap . I have told my dr and he thought it was funny but the next visit he was apologetic and said his whole family had change too. We can never be completely clean from this toxic crap but I'm doing my best . Good luck

Posted On 07/24/2014

Shasha

Hi, I have MS and gluten/dairy/soy/sugar/GMO hurt me. Dairy destroyed my brain...seizures/depression no medicine could help and demylinated me. Also soft serve ice cream may have wheat gluten in it. Any dairy hurt me. Autistic kids maybe hurt by the same things. I may have been autistic if I had the current vaccines and food. Fish oil, Vit C helps unclog the blood vessels..helps my brain. I take many good oils...2 fish oil, 2 evening primrose oil, 2 lecithin, krill oil, phosphatidylserine/DMAE, CLA. Sugar swells my brain, gives me instant cognitive errors fast. Gluten lowers nutrients absorbed in the intestines so that eventually hurts my brain and lowers Vit B12 intrinsic factor in the stomach lining and HCl. I suppress my MS by diet/supplements/Amour thyroid medicine/LDN/bioidentical hormones/ Vit B12 shot/HCl and enzymes with meal/dairy free probiotic at night. Sugar is very dangerous to me..now due to gluten hurting all glands...I may be like Type 2 Diabetic. Heavy metals and colloidal silver...I lost my sugar digestion. The American diet is high in sugar/junk/chemicals/pesticides/herbicides/GMO/dairy/GMO soy in 60% of food/low vegetables and more. The American diet is hurting people. Alzheimer's maybe higher here than other countries. Vaccines may also hurt with the heavy metals etc. I just got Lymes which hurts brain/body/inflammation. My profile shows what I do in detail.

Posted On 07/24/2014

naturalwoman70

mirandola... I feel the same way about fish oils. According to many sources I have heard it's VERY important to know a GOOD brand to avoid running into troubles with quality and purity. Too many risks for me to deal with. I too REALLY LIKE coconut oil. It's worth the price for me to know the organic brand I buy is pure and healthy. I don't have to worry about it like how many fishes were processed to make it, where and in what waters were they swimming in and how clean was the factory in which it was produced! Fish oil also upsets my stomach and coconut oil just plain makes me feel GOOD!

Posted On 07/24/2014

sten

But at the same time hidden sugar has exploded and the total sugar consumption is way up! Sucrose is now a lot more expensive than the cheap, toxic and subsidized HFSC, which is a lot more dangerous due to higher fructose content. I cannot pinpoint the stats for the US, but total sugar consumption in Sweden more than doubled while sucrose consumption declined, resulting in headlines like "we eat less sugar".

No, I agree with Perlmutter above.

Posted On 04/21/2016

JRuss

Comment on the reference to B12 above: Vitamin B-12 is a cobalt centered molecule. Vitamin B-12, I am told, controls cell division and growth. Cell division and growth is necessary to form new memory.

Glyphosate [RoundUp] locks up metal nutrients like cobalt so it cannot be used thus interfering with the production of B-12. For this reason, I believe that glyphosate leads to MS, ALS, Parkinson's disease and Alzheimer's.

Posted On 07/24/2014

stoneharbor

JRuss, definitely glyphosate locks up metals. I don't know about the B-12 connection, but here's a scientific article by Samsel (a Mercola subscriber who comments here sometimes) relating glyphosate to the diseases you mention (ALS, MS, Parkinson's and Alzheimer's). Possibly Anthony Samsel may enter the discussion and comment more on this himself. Meanwhile, here's the article:

www.mdpi.com/.../1416

Posted On 07/24/2014

Shasha

Hi, Celiac can cause the health issues you mention, but Roundup/GMO/gluten/dairy/soy/sugar may add to it and low Vit D3 etc. Hair tests can show good mineral levels and heavy metals. My Co was low on my hair test even through I am taking a Vit B12 2500mcg shot. I recently got Lymes disease which may affect it. Lymes may use up Mg. Round up may deplete soil of nutrients as it chelates it. Vit B12 is very important...without it I have like dementia. Vit B12 helps remyelinate the brain.

Posted On 07/24/2014

MollyMalone

Thank you JRuss, your information is valuable and succinct. I would also like to add to your list of health issues that can be caused or exacerbated by glyphosate poisoning: Chronic Fatigue, Fibromyalgia, Chronic migraines. I'm sure there are others as well; anything that has to do with energy production in the body. For this reason, I think we should avoid all supplements that include rice flour as a filler! Rice has been found to often be loaded with arsenic, but unless it's organic (good luck finding and then affording that) it's also likely contaminated with glyphosate.

Posted On 07/29/2014

eevie1

Sugar has always been around. GMO corn syrup has not. Speaks for itself.

Posted On 07/24/2014

Labtech S

True, yet my thinking is that extraction of the tasty part of the food only (ie; the sugar from sugar cane) is still unnatural, especially since we know it can cause blood glucose to spike. Our bodies respond to it, and with more insulin than it takes to knock it down to normal, thus leaving us temporarily hypoglycemic.

Speaking of GMO's, I find it amusing that as the general public gets to know GMO's are bad, they misapply use of the term. Yesterday, I asked one of the cooks at a restaurant if they add MSG to the food. His reply was that they do not add MSG or GMO's...I'm really glad they don't add any GMO's! :)

Posted On 07/24/2014

eevie1

@ Labtech. lol I hear you on the lack of knowledge concerning GMOs. I went thru the same when i developed a severe allergy to sulfites.

Posted On 07/24/2014

malijo789

LOL! I can just see the salt shakers lined up in the kitchen. One for salt, one for MSG, and one for GMO's. I wonder what GMO sprinkles taste like.

Posted On 07/24/2014

seg

malijo et al, just the other day a poster was sharing her views about "GMO Orgasms"..Not a word a lie...

Posted On 07/24/2014

eevie1

lol GMOs to flavor with. And, they think sulfites is a type of food. It gets as good as menu translations around the world.

Posted On 07/24/2014

eevie1

LOLOL that is too cute. GMO orgasms. That might be all the angle they need to get people to shut up and eat their Frankenfood. =)

Posted On 07/24/2014

dvddoodle99

Thank you Dr. Mercola for popularizing this important information, life saving information. I am amazed by the complacency of people who already have the information. During my internship I often heard a "psych" joke that insanity is repeating the same behaviour with the expectation of different results. Add to that, I think, refusing to accept fact. I insist on converting even organic grass fed butter to ghee. Whey has been shown to be an irritant to delicate arterial lining, and it is possible to be certain that all traces of casein has been removed. The resulting high quality, and tasty, source of butyric acid is a powerful healer.

An ND pal quipped last year in reference to commercial producers of food and supplements and "healing topical product", "Ya can't trust the buggers !!!" It is mandatory that we take responsibility to do due diligence. You are to be commended for doing your part, your huge contribution, to enable people to educate themselves.

Posted On 07/18/2014

IamZoe

Sweet is natural. According to Physiology, it is there as one of the kind in our taste buds. Like sour, bitter, salty, etc. Nature put it there as one of the 4 different kind of tastes. But unfortunately, Many people think, that any kind of Sweet is bad. Absolutely no.!!

It is White-refined sugar is bad. Or, any manufactured sweet. Simply, because they are refined. Many people are accepting the fact now (especially this site), that almost all of our manufactured products is bad to our health. Like canned fruits, commercial juices, etc. Logically, why it is bad? Because our God, is a Jealous God. If possible, we should consumed, or eat His products like fruits and vegetables directly. I mean, we should eat orange fruit, as it is. Not in the form of commercial juices, etc. In the Bible it is mentioned in the Revelation, that someday He will surely destroy Babylonia. Babylonia are those commercial entity that produces manufactured goods, or services that is directly harming the health of His people.

Posted On 07/24/2014

LisaLis

Zoe, your comment is certainly interesting, but certainly not everyone's "God is a jealous God"

And I doubt He's watching what I put into my coffee. That is quite the sweeping generalization and, personally, my God is a kind, benevolent one. Life's much nicer and the earth is a better place that way:)

Posted On 07/24/2014

malijo789

There are two main types of casein, A1 and A2. A1 is damaging to most people, in varying degrees, and the A1 gene is found in most cows, including some Jerseys, Guernseys, etc. Goats, sheep, bison, etc still have A2 genes. A2 casein is much gentler and easier to digest, and less likely to cause a reaction. Casein isn't evil necessarily, there is a good side and a bad side to it. It's just that most people now have compromised digestion and can't handle it so well anymore.

Posted On 07/24/2014

seastars

So raw milk (grass-fed) kefir would be a bad food in your opinion?

Posted On 07/24/2014

guineapig_warrior

Mercola states, "Contrary to popular belief, your brain does not require glucose, and actually functions better burning alternative fuels, especially ketones, which your body makes in response to digesting healthy fats." When starving to death your body switches to providing more ketones from body fat. you still produce glucose from glycerol from fat where your brain will use 25 to 50 %. for the first three days of starvation your body will make plenty of sugar through gluconeogenesis from muscle tissues and if starvation continues after all fat is gone it goes for all the muscles to make glucose to keep you ALIVE.

Your brain will REQUIRE about 30 grams of sugar a day or bad stuff will happen. Clearly your brain needs sugar if it has insulin receptors to fuel it. Starvation is a survival crisis and the body does what it can to help you survive death so ketones are preferred during starvation only not during a fed/growth/repair state. Major ketosis is actually not a natural thing nor is it "nutritional" as some low carb gurus call it. Even the low carb Eskimos got enough carbs from raw meat glycogen to keep them OUT of ketosis and this would probably be true for many prehistoric people. Diet induced ketosis is only possible because we started cooking animal products.

The reference article #4 states, "but she cautions that their data cannot establish a causal relation between sugar and brain health." the reality of this is these people were eating junk sugar and I'm sure you would get the same results using junk fat. Healthy higher carb studies need to be done. Using healthy high carbs is vital for optimal recovery and performance and when mixed in with the balance if intermittent fasting and some lower carb periods according to your body's personal needs you will flourish.

Posted On 07/24/2014

gdamien

Yes, the brain is the carbohydrate hog and I can't find anything wrong with some reasonable amount of healthy sweets. Anything to excess will cause some sort of problems.

I think that isolating sugar and grains from their interaction with the many chemicals and pesticides present in processing is not reasonable. Further, there are complex factors which exacerbate all diseases, less obvious than simple stress and little exercise. Would these problems exist if people had not eaten chemically infested commercial bread and the glyphosate that coats commercial wheat? Who knows?

Posted On 07/24/2014

rrealrose

@guineapig_warrior -

Yesss! I suspect this to be an unbalanced adrenal issue, but if too low in carbs, I don't feel that well, or even focus well. The operative words in your third para. may be "recovery and performance".

My guess is those who already recovered may not feel this as sharply, nor require many carbs. Does not require adding back grains to accomplish this, rather my juicing has branched out from various shades of green to take on red and orange colors.

Posted On 07/24/2014

alpine22

Thank you for these comments, friends. My brain also is sluggish without enough sugar. And I eat some healthy high carb foods with good result. Labs show inflammation markers very low. Normal bmi. Tired of the criminalization of sugar/carbs. Nutrition is individual. And balance & synergy is integral. In the pursuit of health, let's not get out of balance, causing ripple effects that ultimately defeat our purpose.

Posted On 07/24/2014

EWELLS2

I recently, stopped taking Alpha Lipoic Acid, as it causes the TSH to increase, which is an indication of a thyroid problem.

Information from Dr. Brownstein's news letter.

Good health to all.

Posted On 07/24/2014

Natural4Arlen

I am Zoe, I'm with you on your philosophical point of view. I've taken this view to the extreme. I'm living off what I can grow on my own land. I also eat what nature provides me in season. I eat just about anything that moves for protein and almost anything that grows green for carbs. Some of the most disgusting things I've eaten are crickets and grasshoppers. Just about anything that moves is potentially food for me. I drink water from the ground.

I started this as a survival experiment over 10 years ago. I stayed the course because I saw immediate improvements in my well being. I still have a home with electricity so I have not gone completely off the grid but the thought does inspire me. Having no grocery bill was my first goal and that was too easy so I started down this of slowly becoming 100 percent independent. Unfortunately, I still have to pay taxes and that's been the toughest hurdle to cross.

Posted On 07/24/2014

naturalwoman70

N4A... Good for you! You're one of the extremely few who are being able to achieve this sort of life style! I know how it must irk you to have to pay and support the corrupt gov and all it's crap. I feel the same way.

Posted On 07/24/2014

liliberg

One thing that puzzles me is that in a previous article raw milk was touted as a healer - in this article no dairy food except butter is recommended - that means yoghurt as well I presume. It's becoming very confusing and in the end we risk looking at all food as potential poison. For people on a limited budget, those who would benefit most by a wholesome diet, this is a tragedy. They cannot afford to buy organic produce, let alone fancy supplements.

The increase in Alzheimers is alarming and it cannot simply be explained by diet, the increase in environmental toxins, high stress levels, poverty, anxiety and despair must surely play a part. Unless you are well off financially, can afford optimum nutrition and good healthcare, the world is a very scary place indeed.

Posted On 07/24/2014

truthinadvertising

The problem is that modern factory dairy is no longer that good for our bodies, since it is A) pasteurized which kills the useful enzymes along with the sick cows milk (that shouldn't be milked anyway), and B) homogenized which the body can't deal with properly since homo milk is not natural. Butter or maybe pure cream are about all that's still useful unless you have raw milk from a healthy non factory cow.

Chemtrails with aluminum in the air aren't helping either.....

Posted On 07/24/2014

LNLNLN

This is great stuff. We see the misery of this horrible sugar rot to the brain all around us amongst all age groups. The medical problems it produces are so profitable that clearly it will be an uphill battle to get really helpful info out there. Very interesting about 'normal' blood sugar levels being too high as many newborns are channeled onto formula milk when blood sugar levels go low - that never used to happen because babies couldn't be tested and there was no formula to sell in years gone by, Breast feeding is crucial and is being stamped out through NHS guidelines, They pay lip-service to breast feeding but in reality everything that new mums are told funnels them out of it. We interfere so much at this point, insist on a so called normal blood glucose and possibly build the foundations of sugar cravings for the rest of that child's life. All great business if profit is more important than being able to sleep with a clear conscience.

That is not research based, it's experience and hunch based! Another hunch tells me that when tobacco stopped being the biggest gravy train the investors moved into sugar, I wonder if the names are the same?

Posted On 07/24/2014

hellbent

Yes, the DH and the NHS are in the pockets of Big Pharma and the purveyors of Sugary Muck! NHS really is all about maintaining sickness - it's a moneyspinner and people are just Cash Cows. Look at the size of our hospitals: imagine all those job losses if those employees didn't have a vast sick population to "treat". Wellness really isn't "good news" for our politicians. It's embarrassing and shameful how clinicians and execs across all levels can see the harm that mainstream medical provision is promoting and perpetuating and simply turn a blind eye because they're lazy, ignorant, greedy or simply don't care. Sorry, rant over. If we persuade even one person to say no to sugary rubbish, we'll have achieved something!

Posted On 07/24/2014

mark_hongkong

Another amazing Dr M article on not just sugar's evil effects but with a comprehensive list of all healthful tips!

I just bought some Whole Food Adults MultiVitamins and Children from the Mercola store.

On Vegetables and Folate it rightly mentions above "Avoid supplements like folic acid, which is the inferior synthetic version of folate" and I have been doing so for the last few years ever since we found a Vitamin B12 deficiency in our family and thus only buy supplements with Methylfolate and Methylcobalamin used.

So now I am a little confused as I noticed the Childrens formula includes Folic acid (400mcg) whereas the Adults Whole Food formula has Folate as L-methylfolate (also 400mcg).

Can anyone from Dr Mercola's site or anyone else help clarify this supposed contradiction?

It could be that I have overlooked or misunderstood something!

Thank you

Posted On 07/23/2014

veronicasmom

Good question. however, if you write to them they will answer promptly. I have emailed them with questions, in particular about children's supplements, and I always get a response.

Posted On 07/24/2014

cokule

The new recommendation is to take methylcobalamin, hydrocobalamin and Adenosylcobalamin.

This is one example.

www.seekinghealth.com/active-b12-lozenge-589.html

Posted On 07/24/2014

kim.68

"war is peace" from the book 1984

@veronicasmom

seems like your suggestion implies that mark_hongkong 's question should be asked and answered through email, why?

it would be better if his question were answered by MERCOLA or staff in this forum for all of us to view as many of us are also interested in the response.

Posted On 07/24/2014

Mercola_Moderator

@ mark_hongkong - The body can't synthesize folate and thus it is necessary to supplement the diet. There are different forms of folate, including folic acid. Folate is the naturally occurring form which is found in many foods (especially leafy vegetables). Folate can be used directly by the body.

Folic acid is another form. Folic acid is not, in of itself, biologically active. But it is converted in healthy livers to dihydrofolic acid, which is active. Thus folate is the preferred form because it can be used directly by the body, and is especially important if your liver is not healthy.

However, for children, since they have very healthy active livers, folic acid also works. The other reason to use folic acid in children's products is that the folic acid molecule is smaller than the folate molecule for the same biological activity. This helps to make preferred smaller sized pills for children.

Posted On 07/25/2014

mark_hongkong

Dear Mercola Staff,

Thank you so much for your kind, detailed and soothing reply!

Much appreciated,

Mark

Posted On 07/28/2014

stanleybecker

there is a pleasure in dopamine released sugar addiction - what is also possible is changing the preferences so that pleasure can be derived from other stimuli that can be acquired in an effort to broaden the horizon and open the limited vistas of taste and desire by embracing more than one "taste sensation" [usually, the sweet], and adventurously experimenting with as wide a sample of "tastes" as one can - sugar is powerful but is like listening to a symphony that only uses one note - grow out of the baby food/sweetness syndrome and evolve into a multifarious human being - spices, citrus, sea salt, peppers, fermented, all make your world of taste larger and more exciting - break out of being a "sweet junkie" and become part of the Garden of Eden

Posted On 07/24/2014

constellation

Stopped 'sugar' by 90% over a year ago. Bread & grains 100%. Weaned off of it over 3 weeks while increasing good fats to 65% of caloric intake. WOW. Brain fog gone, memory back, energy levels off the scale. Age: upper 50's. Not just me, the whole family. Degenerative issues...all gone. Goodbye Coke, Pepsi, ALL sodas, etc. Actually got all of my friends to do the same and the results are similar.

Processed sugar is pure garbage. Play games, don't pay attention, make excuses, continue to eat it ...you'll find out. This is one area you don't want to look back and say "wish I paid attention". By then, it's too late. Happy dribbling in your government paid wheelchair.

Posted On 07/24/2014

bocheball

Constellation,

Do you include fruit in your sugar consumption?

Fruit keeps me away from processed sugar. I eat mostly berries. I rarely drink soda or eat junk food, except ice cream at times.

Like you I'm in my upper 50's and do show symptoms of memory loss, brain fog, and loss of energy plus I take meds to

stabilize my genetic induced diabetes. I am not overweight and exercise.

Thanks

R

Posted On 07/24/2014

rinske

Good for you, your family and friends. Good for you that you were able to convince your family and friends. I cannot get my spouse to do the same; doesn't believe it and it's too expensive he says.

I did the same as you over 2 years ago. Lost 2 dress sizes - mostly middle age belly. Feeling much better too. I will be 60 next week and can wear skinny jeans again. I have more stamina than my mid thirties kids.

My sweets of choice are fruit, maple syrup, 85% chocolate and dried fruits - all in moderation.

Water, green tea, black coffee and red wine are what I drink - quantities in that order. On occasion I will mix a cranberry juice with soda.

No grains, only organic potatoes and rice - both sparingly. Organic grass fed cheese, yogurt and butter from cows that have names.

Lots of salads and vegetables, sauer ***, grass fed meats - recently found bison - wild fish only. Free range uncaged hens provide the eggs.

It takes willpower and for some the co-operation of the rest of the family. A friend of mine who has all kind of health issues was doing good for months, fell off the wagon on her birthday when her family came over(I say emotions have more to do with this than we think) Now she looks like a mess again. You can lead a horse to water.....

Posted On 08/04/2014

brit38

while I know sugar is harmful, my husband has Azheimers and hardly ever ate anything with sugar in it. I get so sick of these attention getting headlines that amount to nothing.

Posted On 07/24/2014

naturalwoman70

Yes, brit38, I HEAR YOU! My mother died of complications due to Alzheimers. She never ate a lot of processed foods or sugars. She did have A LOT of antibiotics due to a BAST@\$D Dr. misdealings!!! Now my Dad... he would heap white sugar into his coffee, and would eat chips-a-hoy and the like. He didn't get Alzheimers. Go figure! Mama did cook out of the standard for the era, aluminum cook ware. But Dad ate the same meals as she did, plus all his sugar and sweets! There are so many factors we don't know about the brain and this article lumps issues together that to me may not have ANYTHING to do with brain health. We've got a LONG way to go before we figure this one out!

Me, I FEEL better not eating sugary junk... I eat NO bread, accept for Bays English muffins now and then... No white sugar...honey to sweeten my black tea and so forth. I simply feel more clear headed without it.

Posted On 07/24/2014

AIStuV

According to the most recent statistics, native Italians consume five times more pasta than the average American. If a diet "rich in carbohydrates results in an 89%increased risk for dementia" this terrible condition must be rampant in the Italian population.

Posted On 07/24/2014

rgb1244

Reading all those comments about carbohydrates, dairy and sugar I am amazed that I am still alive.

I do not know if I have diabetic but probably I have some kind of "Alzheimers" because I do not remember when in last 30 years I was in doctor office. For 56 years I was milk and cookie person with incredible high sweet tooth...I doubt there was even single day in my life when I ate less than 50 gram of sugar and I cannot even imagine world without bread, milk, cheese and butter... my weight of 130 pounds stay the same for more than 30 years and I had no reason to visit doctor for common occasional cold or sore throat. I am not vegetarian and I eat meat but it would be much easier for me to give up meat than dairy or sugar. I just wonder if current dairy , carbohydrates and sugar paranoia will fade in a few years the same way as fat and salt that was blamed for everything 10 or 20 years ago.

I like to read Dr. Mercola articles and some of his remedies work great.. I cured my hemorrhoids just by taking vitamin C , magnesium and drinking a lot of kefir... zinc, copper and selenium helped me having more hair on my head and much (less gray) but his suggestion to reduce sugar intake to less than 25 grams is in my opinion silly... in average day I use 25 gram just to sweeten my tea and coffee... and I cannot imagine drinking coffee without eating some sweet coffee cake or cookies .

Posted On 07/24/2014

Labtech S

Statins.. besides what's written in the second to last point.. can cause permanent, severe, liver damage requiring transplant; can cause the feet to go numb, increasing the risk of car accidents when the driver can't feel the gas or brake pedal; and affects our body's ability to make hormones for reasons that hinge on what is detailed in the same point. I cringe whenever anyone tells me they are on them.

Posted On 07/24/2014

helenallen69

I remember years ago, a report from the Journal of Medicine stated Aluminum was the major cause of Alzheimer's. Another report, that I saw stated Alzheimer's was hereditary. Dr. Alzheimer, where the name originated, died of the same disease. As I stated in my other comments, my mother's parents both died from Alzheimer's, yet no one my dad's side of the family, going back hundreds of years, ever had this disease. Maybe there should be a study, like they use to do to find out the real cause. Find out which countries have no history of this disease and which countries have the highest. As for sugar? I have to disagree. My grandparents didn't have sugar in their house, so there. And as a kid, we might get a candy cane at Christmas, but we were too poor to afford candy.

Posted On 07/24/2014

bowgirl

In my family it does not seem to be hereditary. My grandparents lived a long time with all their brain cells functioning properly. One set in their 70's(they were smokers) The other set 100+. My parents are in their 80's and have no sign of AD.

My brother on the other hand was diagnosed 2 years ago, we are taking the car in the next few days and moving him to a safer location. He just turned 56. He does not really cook and really likes pasta and cookies.

Wheat causes huge inflammation issues(arthritis) for me including asthma. I gave up wheat and as much grain as possible 10 years ago. I was never a cake and cookie person, but I did make great bread! My body and brain are much improved.

The party line is there is no known cause, but logically we know what we eat, drink and breath control our health. Different foods or chemicals will be triggers for different people. Also the accumulation of toxins/chemicals/junk- you name it, is known to affect our health.

Posted On 07/24/2014

lovemywesties

IMO, the major cause of Alzheimer's is all the prescription/OTC drugs people pop, although I doubt that this would ever be admitted to by either the medical profession or the drug industry. Too much revenue is involved. It isn't at all unusual for people over the age of 65 to be taking half a dozen or more prescription drugs, many of which would be totally unnecessary if lifestyle changes were made. In addition, they pop cheap supplements of questionable value/quality by the handful, further unbalancing their body's natural chemistry. These same people are often low in vitamin D, setting themselves up for the "perfect storm" since Alzheimer's, or any disease for that matter, is rarely caused by a single factor. Maybe they eat too much sugar, maybe not. My question is: What ELSE are they putting in their body?

Medical procedures involving anesthesia are also suspect. I have a family member who developed Parkinson's immediately following a medical procedure. My sister-in-law is a nurse. She mentioned that full-blown Alzheimer's can develop in vulnerable persons following anesthesia, which should make us all think twice about any medical procedures that aren't absolutely necessary.

Of interest, in today's newspaper there was an article indicating that research has shown that people with rheumatoid arthritis seldom get Alzheimer's. The reason for this is a protein created by the inflammation that is present with RA. This protein has been shown to reverse and repair the damage from beta-amyloid plaques in mice. People aren't mice, so who knows if it will amount to anything. At the moment, however, it appears to be promising.

Posted On 07/24/2014

rrealrose

@bowgirl -

The latest on this topic is that most people ARE being affected by wheat gluten, gliadin and especially its WGA component, driving them to eat more of the same. Just look at the map showing a zillion pizza and fast food restaurants...wrapped up in or around wheat.

However, some of us are way more sensitive to long term damage than others, women in particular seem to get mechanical damage over time; the stomach loses its acids, intestines no longer absorbing key nutrients well, and subsequent deficiencies can set off a variety of other responses. Therefore, Dr. Perlmutter's advice is for everyone.

As for classifications, many older people are being thrown into the Alzheimers bucket in our one-size-fits all health care system, whereas they may have varying degrees of dementia - not actually Alzheimer's. Some dementia is partially reversible. This happened to parents of 2 close friends. Proper labeling depends more on insistence of family members and caretakers to get to the root, and have their parent thoroughly tested. Right now, treatments hardly vary...and this is why it is important to work on preventative measures.

Posted On 07/24/2014

Labtech S

Most of the diabetics I've known in my life were either alcoholics, who are not very interested in sweets, or overweight. Alcohol affects how the liver handles glucose and is a factor that affects glucose levels in the short term. This is why a diabetic may not see a difference between his or her glucose level before versus after a drink. This lack of change does not mean that alcohol does not affect the diabetes negatively, rather, it means the liver is immediately affected by the alcohol. Wait a minute, what is the topic today? I forgot...

Posted On 07/24/2014

shalombendavid

my wife is giving me a hard time because i haven't had a shingles vaccine. i am nearly 70 years old, engage in high intensity exercise 3x/week, do core exercises, weights etc. , eat a predominantly vegetarian diet except for salmon and sardines, and take many supplements. . does anyone have any hard evidence one way or the other with respect to getting a shingles vaccine?

Posted On 07/24/2014

bowgirl

My thoughts for myself are- I have worked so hard to get the crap out of my body and get healthy why would I put other chemicals in? I had the chicken pox and both my kids had the chicken pox around the time the vaccine came out, so I have been exposed a couple of times as an adult. Currently I have no health issues and on no meds. I don't take supplements during garden months.

Posted On 07/24/2014

realfoody

My father had the shingles vaccine and two weeks later my mom started noticing blisters on her neck! My dad gets a flu shot every year and he and my mother always end up getting sick as dogs for weeks. Hmmmmm.... My mother doesn't opt to have any vaccine, yet my dad, believing that doctors are gods, does and invariably ends up getting my mom sick.

I personally wouldn't get any vaccine. You sound like you take great care of yourself, so I would continue what you are doing, think positive, add immune-building fermented foods to your diet, and have a spoonful of fire cider (Google recipe) on a regular basis.

Posted On 07/24/2014

kim.68

"war is peace" from the book 1984

@shalombendavid hard evidence shows those getting shingles are those people who either #1 had received the shingles vaccine or #2 they never had chicken pox. although i'm sure she means well..perhaps your wife should do

research on the pros and cons of vaccines before giving you a hard time about not taking the needle.

It sounds like you are doing a fine job maintaining your health yourself. here is a link to view

<https://Vaccines.mercola.com/>

Posted On 07/24/2014

Tortolita

Avoid the vaccine. Please look up Mary Tocco's research on line or watch her talks on Youtube.

Posted On 07/24/2014

malijo789

This might help: www.cdc.gov/.../additives.htm This is the CDC website, and these are the ingredients in vaccines, "straight from the horse's mouth". Also remind your wife that these ingredients are not being eaten or applied to the skin. They are being injected directly into the bloodstream and circulating through all the major organs. I've seen the scary commercials on TV, warning about shingles. But there are even scarier diseases that happen when things are put into the body that don't belong there.

Posted On 07/24/2014

malijo789

When you get to the website, scroll down to "Additional Facts" or click on the link under "Reference Materials" in the middle of the page.

Posted On 07/24/2014

I too would love to be pointed to any hard evidence RE shingles vaccine. I have read that it is only about 50% effective, not sure how that is measured.

Here are the ingredients (excipients/additives, not the virus)(source = CDC): sucrose, hydrolyzed porcine gelatin, monosodium L-glutamate, sodium

phosphate dibasic, potassium phosphate monobasic, neomycin,

potassium chloride, residual components of MRC-5 cells including DNA

and protein, bovine calf serum

"MSG"? Good grief. Anyone have comments on the others?

FYI I had chickenpox as a child, and 4 months after my heart surgery (to replace a congenitally defective valve) -- that is, 2 weeks ago -- shingles hit me viciously in the trigeminal nerve (head, face). I think the surgery/recovery impacted my immune system and the virus took advantage... . The head pain has been UNbelievable and there is no effective way to treat it that I can find. To treat the nerve pain, I mean, not the virus (I am practically living in my "mild" hyperbaric chamber and using essential oils, herbs, etc, which have dampened the rash and I think killed the virus though I also took an antiviral). Crossing my fingers that I do not develop postherpetic neuralgia, i.e. nerve remains damaged from the virus and causes pain indefinitely. "Trigeminal neuralgia" aka "the suicide disease", WELL NAMED.

In other words, shingles can be serious enough that it's worth weighing the risks/benefits of the vaccine. If only it were really effective. Right now, even with my current experience, I lean towards NOT taking the risk, partly because the initial episode may have already bolstered my immunity to the virus. (Problem is, I have long term Lyme, which seems also be reactivating and is very hard on the immune system. Life is not simple. But I had drifted away from regular use of the hyperbarics because the Lyme was in remission -- won't make that mistake again -- so we shall see.)

Posted On 07/24/2014

Martix

You don't need to be vaccinated, period

Posted On 07/24/2014

Labtech S

Shalombendavid:

Because you've mentioned all you're doing to stay healthy, probably means you already know that shingles develops primarily when a person's immune system is down, and factors such as stress play a part. The hard evidence you're seeking can be found in package inserts. I've located one from Merck for you and linked the PDF below.

Notice on page 5 the vaccine has been associated with increased cardiovascular events, and on page 9 the efficacy rate is about 41% for someone your age. Notice also the tables that list the number of people who developed shingles within 3 years of receiving the vaccine, compared to how many who received the placebo. The package insert confirms what another poster wrote today, that others near you may develop shingles after you receive the vaccine. It is a live attenuated virus vaccine.

www.merck.com/product/usa/pi_circulars/z/zostavax/zostavax_pi2.pdf

Posted On 07/24/2014

Maritt

In the unlikely event that you get shingles, high dose vitamin A (retinol not beta carotene) is very effective in eliminating this virus from your body. Vitamin A is better absorbed with fat and taken with Vitamin K2 and Vitamin D3 if you do not have sufficient sun exposure at that stage. The herb Mullein is also highly recommended to build your immune system and killing viruses (and bacteria and other pathogens).

Posted On 07/25/2014

Nice Malijo, thank you! Here's my 25¢ (this is long, sorry; I hate vaccines...)

From: www.cdc.gov/.../additives.htm

Ingredients of Vaccines - Fact Sheet Chemicals commonly used in the production of vaccines include a suspending fluid (sterile water, saline, or fluids containing protein); preservatives and stabilizers (for example, albumin, phenols, and glycine); and adjuvants or enhancers that help improve the vaccine's effectiveness. Vaccines also may contain very small amounts of the culture material used to grow the virus or bacteria used in the vaccine, such as chicken egg protein.

here are a few vaccines and ingredients listed in the pdf chart:

Anthrax (Biothrax): [OB] aluminum hydroxide, benzethonium chloride, formaldehyde, amino acids, vitamins, inorganic salts and sugars [May, 2012]

Human Papillomavirus (HPV) (Cerverix): [OB] vitamins, amino acids, lipids, mineral salts, aluminum hydroxide, sodium dihydrogen phosphate dehydrate, 3-O-desacyl-4' Monophosphoryl lipid A, insect cell, bacterial, and viral protein.

Human Papillomavirus (HPV) (Gardasil): yeast protein, vitamins, amino acids, mineral salts, carbohydrates, amorphous aluminum hydroxyphosphate sulfate, L-histidine, polysorbate 80, sodium borate [August, 2012]

Influenza (Agriflu): egg proteins, formaldehyde, polysorbate 80, cetyltrimethylammonium bromide, neomycin sulfate, kanamycin [June, 2012]

MMR (MMR-II): Medium 199, Minimum Essential Medium, phosphate, recombinant human albumin, neomycin, sorbitol, hydrolyzed gelatin, chick embryo cell culture, WI-38 human diploid lung fibroblasts [December, 2010]

Zoster (Shingles – Zostavax): sucrose, hydrolyzed porcine gelatin, monosodium L-glutamate, sodium phosphate dibasic, potassium phosphate monobasic, neomycin, potassium chloride, residual components of MRC-5 cells including DNA and protein, bovine calf serum [June, 2011]

~ Continued ~

MollyMalone

~ Continued ~

Here are a few questions:

- 1 – What amino acids are in the listed, generic “amino acids”?
- 2 – What vitamins in particular? What exact forms are they in?
- 3 – Which inorganic salts and sugars in particular were used?
- 4 – What lipids in particular were used?
- 5 – Which mineral salts in particular were used?
- 6 – What insect cell protein in particular was used?
- 7 – What bacterial protein in particular was used?
- 8 – What viral protein in particular was used?
- 9 – Which yeast protein
- 10 – Which carbohydrates
- 11 – Which egg proteins – all of them?
- 12 – Hydrolyzed gelatin from what animal? How kosher is that?
- 13 – Chick embryo cell culture – I assume from one of the gazillions of chicken breeds, but I don't really know...
- 14 – WI-38 human diploid lung fibroblasts? Seriously? Foreign human tissue injected directly into the bloodstream??? Does the term autoimmunity mean anything to these people? How about the concept of rejection of foreign tissues which are perceived by the individual's immune system as 'not self'???
- 15 – Why sucrose? That's the wrong sugar for health... the body burns glucose!
- 16 – How about hydrolyzed porcine gelatin? Any Kosher or Halal folks know or care about that one?
- 17 – Why On Earth is monosodium L-glutamate (MSG) in a vaccine?!

18 – And please excuse my ignorance because I didn't look this up (on purpose) in order to be on the same page as Jane Doe off the street, but what on earth is: residual components of MRC-5 cells including DNA and protein? Why do people need this in their blood?

~ Continued again ~

Posted On 07/29/2014

~ Continued Again ~

Conclusion:

Even with the list of ingredients, doctors really do not know what they are injecting into babies, children, teens, adults, the elderly; all people in general. All those many long years of education and hard work and doctors are turned into drug dispensing machines whether they like it or not. They do not make their own vaccines fresh, they cannot choose what to include in the mix or not, and they are not told everything; just enough to coerce them to do the pharmaceutical company's bidding. No wonder so many people have egg and food allergies, and autoimmune diseases. I'm surprised anyone survives this onslaught at all!

Just a thought, even for those who believe that vaccines are the answer to disease, how do you know? How can you know? There are too many variables involved to know what any one does, let alone all together, and some of those variables remain hidden...

A biochemist walks into the lab, with a new vaccine design. It must be made fresh, it only works for one pathogenic disease, it only needs to be administered once, it will cause a milder version of the disease it claims to protect against. The point is, all vaccines as we make and use them are a dangerous, health destroying, life threatening fraud based on flawed science, lying statistics, and with money as a driving force.

I don't even want to think about animal vaccines! My sweet 6 year old healthy dog became vaccine damaged in June, just last month (2014), because we had to kennel him and they insist on vaccines. He lost 16lbs from 65 down to 49, and now has Addison's disease, according to my (now fired) vet. She blamed our raw food... which incidentally is saving him and he is gaining back the weight he lost, 4lbs in 2weeks. He would have died at her hands, but not at mine; poisoned by synthetic drugs, but not on my watch.

Run fast and far, far away from vaccines, and stay well!

Posted On 07/29/2014

syungk

I heard many people say the opposite. That the brain needs glucose. There are many fruitarians that eat tons of fruit per day I think that would argue this point. Fat I'm sure is important too.

Posted On 07/24/2014

garden.of.life

I just started going to a naturopathic doctor who specializes in weight loss. She is obsessed with Omega 3s. She tells the story of a brain damaged teen who was unresponsive. The parents learned about omega 3s and convinced the doctor to put high doses in his feeding tube. 48 hours later he "woke up". This doctor also insists that Omega 3s are vital, not just for brain health, but for whole body inflammation and healthy weight. She has me taking 9000 mg a day!

The biggest change for me?: I have seriously bad digestion. I am better with a good probiotic and digestive enzyme, and even better wince Jordan Rubin talked me into taking at least 1 Omega 3 a day, but still not good. Since I have been taking 9 it has been like a miracle. A lifetime of bad digestion is suddenly 90 percent better!

Here is my favorite Omega 3 product because the capsule is actually made from fish gelatin instead of cow gelatin, so it is more digestible. healthy-vitamins.me/.../5425018611058

Posted On 07/24/2014

Marian Araci

I would like Dr. Mercola to comment the importance of smoking in the development of all those diseases. Many times, I can not find any link but smoking to justify them.

Posted On 07/24/2014

bennybensky

By Dr. Mercola's standards, my blood sugar levels are too high. However, even after severely restricting fruit (I am already on a Paleo diet), I find my blood sugar readings are much the same. I find it discouraging that it is so hard to influence my blood glucose level. I wonder if some people just have a certain set-point?

Posted On 07/24/2014

Maritt

You could be magnesium deficient.

Posted On 07/24/2014

gr8tful2bme

I am not diabetic though most of my sisters and our father plus grandparents were. I have been grain free since 1983 because of allergy or sensitivity which makes a difference for sure. However, my glucose levels have gradually increased over the yeas until last year I was occasionally getting fasting levels of 130 or so.

Then almost four months ago I started using gelatin in hopes of improving my very dry skin and hair. Those have been improved a bit, but to my surprise, my glucose levels dropped into the 90s. Also my very high blood pressure, controlled some with three meds, has also dropped.

When I read reviews on Amazon for the Great Lakes Kosher gelatin, several mentioned using as much as 4 tablespoons a day. I think I'm using more like one tablespoon daily.

Maybe this could help someone.

Posted On 07/24/2014

HealthiestChoices

gr8tful2bme ~ What wonderful news for you.

I also buy the Great Lakes Kosher gelatin and add a little to my bone broth when I make it. You can read all about the benefits of bone broth and it's nearly free if you're using bones from beef or chicken that you've cooked. Not only is it good for you with that gelatin (needs to be cooked for about 24 hrs. or so) but the house smells wonderful while it's cooking. I add a little of the powdered Great Lakes at the end. Also, it might be helpful to know, if you add some chicken feet, it will be even more beneficial and gelatinous. Some folks would gag at the thought, (and I'll admit I was a little squeamish the first time) but the people who sell them to me wash them well.

Hope this helps too.

Posted On 07/24/2014

gr8tful2bme

Healthiestchoices... good stuff. When we were able to get them from healthy chickens we cooked down the feet for soup. The only tummy tipper was when we would run across a claw. Smiles. Got better at picking them out after awhile.

Posted On 07/25/2014

Brynn

My endocrinologist is concerned about my obesity, as he tries to lower my thyroid medication every time I see him. :(I try to follow Dr. Mercola's advice, as much as possible at my age, 84. I use no sugar, except what is in foods such as yogurt, and limit that. I rarely eat processed foods. I avoid all grains except my morning oats, no sugar except what is put into the oats. I'm a small eater, always have been, and obesity didn't start until the last few years, along with chronic insomnia. I won't go into more of what I eat, just believe me that I'm very careful of my diet.

My relatives on both sides of my family, have never had an obesity problem. I have a treadmill, and that is the extent of my exercise. But I remember my grandmothers who didn't get regular exercise while in their 80s, and they weren't overweight. But they didn't have hypothyroidism. I don't believe my doctor when he tells me thyroid medication eliminates all hypothyroid symptoms.

Btw, the only prescription medication I use is Synthroid.

Posted On 07/25/2014

naturalwoman70

Brynn, Synthroid is BAD. ARMOUR(sp?) is more bioavailable. The only reason docs prescribe synthroid is because the pharmacy companies representatives of Big Pharma offer them more incentives to prescribe their drugs. If your Dr. won't work with you, tell him or her, "I'm finding another Doc" Look in to the archives here and see what else you can find out. 84!!! Wow! Be proud of your age! I would suggest further info. but I don't know your thyroid numbers. I know mine were slightly toward the hypo range and I began to take Nascent Iodine and after 3 mths now I'm feeling more energy so I can get up and GO, instead of Got up and went! You're age has to be taken in to account though, so what's good for me might not be good for you.

Posted On 07/25/2014

Brynn

Thanks for reply. But I have no choice. My doctor won't prescribe Armour, and I can't afford to buy it myself. I'm leery of taking iodine supplement. Does sea or Himalayan salt contain iodine? I've been hypothyroid for 60 years, but only in the last few years did I become overweight. Long story.

Btw, my endocrinologist is considered the best in my area. I can't afford to go to a doctor outside of my insurance recommendation, if I could even find one who would prescribe Armour. Over several years and many doctors, the one I have now is actually the best. I had one ten years ago who brought my medication down three times in three months, and I gained 40 pounds I could never get rid of. Naturally, I worked hard to get away from her as my doctor. Again, long story.

Posted On 07/25/2014

naturalwoman70

I know what you're going through with the doc then. I don't know what else to tell you but, you're doc's not right about the synthroid eliminating all hypothyroid symptoms,:(it's just all kinds of wrong!

I stopped taking it and started the Nascent Iodine and I feel much better. Maybe you can personal message me and let me know your numbers when you find out. Your Dr. should explain them to you. Just tell her you're not stupid and you have the right to have it explained in laymens terms. I hope you get this message, if not I will PM you. I wouldn't take Himalayan Salt, I've heard too many bad things about it here. Kelp, and other sea vegetables, maybe.

I'll check back tomorrow.

Posted On 07/26/2014

Brynn

My lab results are weird, have been for a long time. A doctor told me my low TSH mean it doesn't register anymore. Confusing. So it's 0.01, T4 is 1.8 and T3 is 2.5. My understanding is that T3 is the measurement that shows how well your thyroid medication is actually working. I've also been told that because I've used Synthroid for so long, it's best not to try to change it.

Every new doctor I get, right away wants to work with my thyroid med, and you can see why. So that's why I stick with my endocrinologist, just because he doesn't go berserk trying to balance this mess.

Why do you say Himalayan salt isn't a good salt? I also use sea salt. But I've read only good things about the Himalayan.

Posted On 07/27/2014

naturalwoman70

Himalayan salt has iron in it that is not bioavailable in many peoples opinion. Not good for post menopausal woman as well. Better to get your iron in moderation from other sources, and iodine as well.

Research the pro and cons and you can draw your conclusions.

It's too bad your dr. is so closed minded. Manufacturers of Synthroid really have the market sewn up, unless you have a dr. that knows better.

All the best to you and I hope you can find help.

Only on one med.? BRAVA!!! allopathic dr.s HATE that! The older we get, the more meds they want us on. Only to our detriment!!!

Blessing!!!

Posted On 07/27/2014

coolchick5418

Have you tested your zinc levels, selenium, magnesium, how is your digestion, b vitamin status? The insomnia is very telling because that is a classic sign of suppressed thyroid. Can you try eating beans once in a while, trying the zinc taste tolerance test and a iodine patch test? Zinc tolerance test involves putting some liquid zinc on the tongue and see how quickly you can taste it. Or you could need more amino acids broken down by increasing stomach acid. Some people use apple cider vinegar for that purpose, Betadine HCl, or a digestive enzyme supplement for example.

Posted On 08/07/2014

taiella

This may be true, but in a recent heatwave I was on my usual veg, fats and a small amount of protein. I felt really ill and only revived by eating some squares of chocolate. Obviously I needed the sugar to cope.
aged 85

Posted On 07/24/2014

katndognco

Why Isn't My Brain Working?: A Revolutionary Understanding of Brain Decline and Effective Strategies to Recover Your Brain's Health

This IS THE BOOK!!

Posted On 07/24/2014

Shasha

Sugar swells my brain/body..then I get instant cognitive errors. Gluten hurts my gut lining so nutrients are not absorbed...then brain/body cells are not made right to work right. GMO corn may also hurt the gut lining. Coconut oil/olive oil clogs my blood vessels. Taurine helps fat digestion. Thyroid medicine lowers cholesterol but is needed for the cells to burn oxygen/"food". Vit B12 intrinsic factor may get hurt by gluten hurting the cells in the stomach that make HCl and intrinsic factor that carries Vit B12 into intestines. Vit B12 shot/under the tongue kind/spray helps me. Laughing gas etc. may destroy Vit B12. When my Vit B12 was low after being in the hospital for Lymes and they withheld my Vit B12 shot....I could not think. It took me 1 1/2 months to be ok. If a person waits too long to get Vit B12 shot....the brain may be hurt and not be able to remyelinate.

Many people in nursing homes are not getting enough Vit D3 or Vit B12 shot or vitamins/good oils etc. Coconut oil may help some Alzheimer's, but maybe it depends on the person. Fish oil thins blood which helps circulation. It helps the cell wall and helps the immune system. Vit E, Vit C, ginkgo, bacopa, MTHF folate with Vit B12 shot helps circulation, Bioidentical hormones (estriol helps circulation/progestrone helps sleep and thyroid medicine go into cells and helps estrogen receptor sites be more sensitive/testosterone helps lower swelling due to estriol), Amour thyroid or zinc/Se with Synthroid helps T4 to to T3, LDN helps heal the gut lining and helps every cell be made right and work better. No gluten (wheat/barley/rye..oats)/dairy/soy/sugar/GMO (perhaps corn/soy/canola oil etc.) helps my brain/body work right. Exercise/real sunlight/dancing (challenges my brain/body)/having purpose/being loved and loving/forgive self and others/prayer helps me. Re moving heavy metals by EDTA/DMPS helped chemical reactions/thyroid work better and brain.Organic veg/berries/good water/Asian food/no premade boxed foo

Posted On 07/24/2014

Shasha

....dairy hurt my brain....onions...Vit C, zinc, Mg, sea salt and more help me. Too much starch...which changes into sugar hurts me.

Posted On 07/24/2014

farmercist

Makes sense since Alz is probably Type 3 diabetes.

Posted On 07/24/2014

nikkimc

This is such a perfect article for this subject -- enough science to back up the concepts without being mind-numbing to the average reader-- and it is so timely. Thank you.

Posted On 07/24/2014

kefa55

Slowly the truth is coming out. Next step is to stop blaming the sugar and focus on the true culprit the GLUCOSE. When glucose becomes available in the food chain it stimulates increase of insulin and GLUT transporters. This tremendously increases the absorption of glucose and fructose into the blood. If we do not increase the ability of sugar absorption, sugar cannot harm our health. By not understanding this we are creating panic about sugar and people start to avoid fruits.

Avoid dietary glucose and you will be fine. Dietary glucose is not available in raw foods. By cooking and processing plants especially those with high amounts of starch we are opening the door to sugar invasion into our body. What we are being told about "safe carbohydrates" is rubbish. Use your mind, think about it, stop being the victim of manipulation. Namaste

Posted On 07/24/2014

TrueToLife

You are recommending that I eat my sweet potatoes raw?

Posted On 07/24/2014

nodiet

Alright, so all sweeteners are poison to our system?. Sugar and honey and anything dealing with a sweetener, now is evil. So, I will pose this question. Who has run and ruined this industry and its derivations? Why is it harmful? What "sweetener" is natural and has been used in history? Honey! Now that it is destroyed and the "honey" in grocery stores is so adulterated, it is no longer anti-bacterial, there is nothing that can be a natural sweetener without being a commercial for some "new/natural" product. Wake up people as to whom is destroying your natural foods and their board of directors!

Posted On 07/24/2014

chr3023

Well, "nodiet"..there is organic Stevia, and there is wild natural honey, to be used....

Posted On 07/24/2014

Islander

Buy your honey from a known local source. The same with maple syrup. And yes, pure stevia powder is calorie-free and safe.

Posted On 07/24/2014

mark_hongkong

Blackstrap Molasses I have heard is an excellent alternative to sweeteners and has some amazing properties!

Posted On 07/28/2014

imainge686868

a few quick questions, what about pure, liquid stevia. Does it still do the damage sugar does. Costco now sells organic multi grain breads, no gmo's, or gluten, is it as bad as the processed crap most breads are at the market place. I love a couple pieces of the Costco organic bread with organic honey and organic cinnamon, in the morning, (sometimes)! What confuses me is this: Is it the SWEET taste on the tongue that signals the secretion of insulin, or the sugar/carb's themselves! In other words when I use liquid pure Stevia without fillers, does it do the same damage as sugar?

Posted On 12/10/2014

tb5103

So now i wonder what the healthiest range for cholesterol should for women. I have been dealing with mine they say a little on the high side when it started out at 219 last Aug. since then I've gotten it down to 170. So should I keep trying to lower it or just maintain. It gets really confusing.

Ms. Hungry alot

Posted On 08/05/2014

iprovedit

If you know someone with Alzheimer's, try turning off the power at the breaker to where they sleep. You need special equipment to make sure there isn't another circuit running close to the bed. If they live in a two story you will need to shut the power off to the floor beneath.

I saw a bedroom the other day that backed a kitchen and had 7 circuits running behind the clients head. This is a good reason to get someone to check and make sure all electrical fields are off within 6-8 feet of the area. WiFi, cordless phone base stations, and cell phones emit electrical fields so make sure they are off too. Cell towers will need to be mitigated.

We have been programmed to deny any harm can be caused by electricity that doesn't burn or shock you. This is science from the 50's. We know much more today. Just look at the what the 2013 Nobel Prize Winners found. We are electrical beings and the fields we produce are much weaker than man made emf. It disturbs intercellular communication and cause inflammation.

Where do we go when feeling sick? I've tested too many bedrooms with high emf correlating with chronic disease to keep quiet anymore.

Some will become angry with this post. Some will be open to experiment and have success.

The person with a chronic problem will not get better over night. It took time to get sick and it will take time to repair. Be patient and may you succeed.

Posted On 08/02/2014

Bradroon

There are links between saturated fats, glucose vs ketone powering of the brain and other factors.

people.csail.mit.edu/.../alzheimers_statins.html

Posted On 07/25/2014

tbran10

Well researched! There also is research that acetaminophen may be contributing to the problem.

Produces a brain toxin called gliotoxin? Is it by chance that alzheimers trend and use of acetaminophen follow the same growth pattern? Does aspartame also contribute? Does statin drugs also have a role?

The more toxic substances we consume along with brain nutrient deficiencies may all play a role. It's complex but manageable if we stop harming ourselves. Also, there are studies that says acetaminophen contributes to autism development. google "autism crisis n2e"

Posted On 07/25/2014

gveurink

In addition to the supplements listed, it is also good to take organic cold pressed coconut oil. Kind regards. Dr. Gerald Veurink. www.naturels.com.au/reversing-alzheimers.html

Posted On 07/25/2014
