

Dottie74

Not so easy to get proper sun exposure nowadays due to the ongoing and illegal Solar Geoengineering/Solar Radiation Management being carried out, WITHOUT our consent, in our skies!! Not to mention the fact they this geoengineering has shred our ozone layer, so as Pet Rock says, we all getting dangerous amounts of UVC, so have to be a bit more careful in the sun, unfortunately. Here is the Avaaz petition with almost 50,000 signatures, if you want to try and help stop this spraying of our skies and blocking of our life giving sunlight!!

secure.avaaz.org/en/petition/A_world_wide_ban_on_illegal_Chemtrail_spr..

Posted On 05/16/2017

nao3425

This is probable the BEST REASON for us to get out of the Paris Accord. Corporations all over the world are getting "CARBON CREDITS" from the UN to Geo-engineer the Environment of our PLANET. Corporations, who by their own actions can only be described as Sociopaths. There is no reason to believe we have NOT been invaded by EVIL Aliens, and in truth, we would never know because of the National Security Umbrella. The Movie "They Live" comes to mind... www.imdb.com/.../tt0096256

We NEED to get RID of the "National Security umbrella" where the Government hides all the Corporations welfare/misdeeds/ and general BS. "Because climate change is a threat to U.S. agriculture, it has been labeled a national security issue. With the influence and cooperation of Monsanto, a secret Geoengineering lab dubbed Muad'Dib has been operating since the late 1960s, and the chemtrail program is often referred to by insiders as its "crown jewel." Muad'Dib has aimed to protect North America's climate at all costs – even if that means accelerating desertification in Sub-Saharan Africa or spreading trace amounts of carcinogens over lightly populated areas. Other side effects, which scientists at the secret Muad'Dib Geoengineering Lab have predicted, include droughts in the Amazon and powerful windstorms along the East Coast."

chronicle.su/news/snowden-uncovers-shocking-truth-behind-chemtrails/

Posted On 05/16/2017

jca652041

Dottie74, thanks for bringing this up. I was going to do it, but you said it all very well. I signed the petition even though it improperly referred to the spray as "chemtrails" as opposed to geoengineering programs. They'll get more signatures if they refer to it by what it really is and not the conspiracy theory term. Don't forget about the awesome Dane Wigginton's work on geoengineering: www.geoengineeringwatch.org . If ever there was a genuine hero among us, he is it. I rail constantly against vaccines and despite that still have a few friends left (fortunately), but when I bring up geoengineering it's a whole other story. For a long while I talked about it, but I'm more silent these days due to the incredible backlash I received. I'm brave, but at this point I'm picking my battles. So, I'll talk about it on sites like this, sign petitions and I even traveled to Redding, CA to attend a huge conference put on by Dane and the "Vaxxed" crew just so I could be with like minded individuals. Surprisingly, no tin hats. Just an extremely intelligent, very SANE and very large group of people. Meeting Dane personally was an honor and I knew immediately that this man is 100% sane and if I had any doubts they were immediately banished. Just like when I read Dr. Andrew Wakefield's book to hear his side of the story. Another hero of mine.....just like Dr. Mercola just like anyone brave enough to buck this insane system we've found ourselves in the middle of.

Posted On 05/16/2017

chavah

Dottie, forgive me for hooking on to your comment, but you're at the top right now, and this is a time-sensitive request (due by tomorrow, May 17) from Ronnie Cummins at OCA regarding the forced spraying of Roundup on a 2,000 acre certified organic farm in Oregon: action.organicconsumers.org/o/50865/p/dia/action4/common/public/?actio.. There is a link at the bottom which takes you to two videos and further information.

Please, everyone, help stop this crime against humanity by signing OCA's petition. To the lowlife scum negging everyone, what you are doing will come flying back into your face at Mach 10. Bank on it.

Posted On 05/16/2017

jca652041

Chavah, the spraying of Azure Farm is getting a lot of attention. You can also contact the Sherman County reps directly by: How to take action today... Complain by email to lhernandez@co.sherman.or.us or ... Call Lauren at 541-565-3416 at Sherman County and raise your concern. I have signed the petitions as well as wrote Lauren Hernandez directly. Thanks for bringing this up.

Posted On 05/16/2017

otis101

Thanks chavah and jca for bringing up the OCA petition to stop Sherman County in Oregon from the forced spraying of weed killer on the 2,000 acre organic farm. I signed the petition. Hope others will sign.

On a Monsanto related note it has come out in a SF lawsuit against Monsanto that they have hired armies of trolls to counter any negative online news, comments, and other Monsanto info. That is a partial reason for the negging here on Mercola comments.

www.thedailymeal.com/news/eat/monsanto-accused-lawsuit-hiring-internet..

A reminder: May 20th is the annual International March Against Monsanto. Get your signs out and join your neighbors and friends as we continue to slowly bring this monster down.

Posted On 05/16/2017

chavah

Jca, thanks. You and I did exactly the same thing. Otis, thank you.

Posted On 05/16/2017

CocoaCin

Act by May 17: No Forced Spraying of Roundup on this Organic Farm! Thanks for taking action! Now, please help us spread the word! Petition signed and submitted.

Posted On 05/16/2017

mirandola

Dottie, thank you for posting the petition, I spread it around widely.

Chavah, simply extraordinary! I signed the petition and want to comment here, that such action, where the government seizes control of a private farm and overrides their free choice in cultivation practices of their own private land, is far above and beyond concerning for the cause of organic farming alone. Much further-reaching, is the deep concern about American freedom, and such an unprecedented power grab as an act of dictatorship. Monsanto is overstepping its bounds to insane degrees, as is the US Government. The Organic Consumers Association is right to circulate a petition, but very remiss in not addressing this core issue. If this goes on, we will have absolutely no freedom left and soon, we will not be so much as discussing organic farming. It is time for people to address the core issues, at last. Yes, organic farming matters, you bet! I speak as one who has conquered environmental illness and must watch my chemical exposure on a life-long basis. Not funny at all, that they are doing this to the land and our bodies. On our tax dollars, while we pay for it, and against the will of the farm owner, and that of the greater public. Brazen, and unacceptable! I find this astonishing. This has to be stopped.

Posted On 05/16/2017

mirandola

Thank you Dr Mercola, for bravely cutting through the nonsense in mainstream medicine and educating people in ways that gets them to think things through. This is very good of you and we appreciate you for it!

Posted On 05/16/2017

mirandola

hi Randyfast, thank you for the laugh. I did laugh out loud! I am seeing negs this morning for some really thought provoking and very smart posts. I think we have illegitimate activity on this forum and it is afoot. Good for them! Let them have their laughs. We will laugh even harder. S/he who laughs last, laughs best.....

Posted On 05/16/2017

stanleybecker

although this article is referenced to scientific observation - I am a sun lover by intuition - my attitude to the sun is that the sun provides the prerequisites for all life on our Planet - the sun is a life donor - if I look at the sun it is with religious gratitude - sun worship was the original basis for all religious impulse in its original phase

- our ancestors knew that the sun was the "bread of life" - they weren't stupid - they didn't see the giving sun as an object of deteriorating health - our ancestors noticed that plants and other life forms thrived in the sun - they saw the difference between darkness and light - cold and hot - warmth and coldness - how much more basic can you get? - the sun grants life to all Earthlings - micro and macro organisms

- even light skinned types can condition themselves to hot sunny climates that their skin type indicates was not what they as light skinned types were oriented to - lack of light involves lighter skin in order to be capable of catching as much light as possible - dark skin types are adjusted to excessive light by natural pigmentation that makes sun penetration more difficult as a protection against over exposure - the Bible says "Let there be Light" - it shuns "Darkness" as less life promoting - sun phobia and sun fear are in many cases merely propaganda by commercial sun screen corporations like Nivea that want to sell more sun screens - ignore these LIARS - they will not pay your medical bills that result from a lack of beneficial sun exposure - sun worship is the most gratifying of all affinities - Brother Sun is everyone's favorite relative [or should be!] - this is a form of sensuality that gives and gives - Amen

Posted On 05/16/2017

mirandola

hi Stanley, I posted the below to a separate thread, not having first read your wonderful post. I have cut and pasted it here, so as to underscore you instead of running a separate thread about it. Here 'tis! God bless and be well! -Mirandola

In addition to the science and the conversion of Vitamin D from the sun via cholesterol in the skin, I truly believe that light is a spiritual element which we need. Shining The Light on things is The Light of Truth. Bringing Something To Light is another element of truth. Light uplifts us. It gives us Light, Hope. We walk outside to a sunrise morning hearing the birds sing, and instantly our spirits are uplifted. The Sun strokes us from afar, so nurturing and cozy. Plants grow and life thrives. The sun nurtures and warms us. Light fosters Life Itself. I believe that vitamin D is truly important ,but I also believe that Light itself is an Element which nurtures and supports all Life, both physical and spiritual, inner and outer. Thank you, Light and thank you, Sun!

Posted On 05/16/2017

mihail

Stan talking of sun-phobia, I can not recall one single occasion that my mother, or a mother for that matter, issued warnings to us against the hot summer sun, when we spent endless hours outdoors, with minimal clothing and no hats on, at preschool or grammar school ages. I guess even children knew how to protect themselves somehow. Obviously this anti sun wisdom is a later day breakthrough, which those mothers missed out on. It's mind boggling that such lies can be passed on to the public so easily.

Posted On 05/16/2017

axkershaw

Stanley I always look for your comments here. The perspective and humor make your comments worth reading. Thank you. I am of Northern European descent and grew up under the blazing sun of the Western deserts. White skin made no sense to me after I learned of evolution as a 6th grader. Of course at the time I didn't know that the sun seldom shines in Northern Europe. Thankfully I developed a "healthy tan". At 75 my skin has gone over to the enemy but I think it is due more to spending days in the chlorinated pool than to the sun. Over time the science gradually became clear that skin color is an evolutionary dance between the sun and its damage and benefits. Sun penetrates white skin more easily and can destroy folate so light skinned women in the tropics tend to have less healthy babies. Dark skinned women in the North tend to have less healthy babies and tend to die more often in child birth because the D deficiency makes their bones less flexible. A simple explanation of something that is more complex but sufficient to please me.

I now live in Ecuador so I get all the sun I need in a short time. In spite of the readily available sun, many Ecuadorians are D deficient. They avoid the sun and use sun block and work indoors and cover everything but face and hands. I see deficiency all the time as flu and colds are as prevalent here as in the North and other deficiency diseases such as hypertension, arthritis, cancer and diabetes are as common here as in the North. As a result the pharmaceutical business thrives here. On the positive side I make a little extra to supplement my SS by charging for health advice. I used to give it away free, but I find if I charge, the information is more often used and the benefits are part of peoples conversations and more keep coming for my advice. I think I will start wearing a white coat to enforce the placebo effect.

Posted On 05/16/2017

mihail

I know what a sunburn is and I don't want to feel it again because it's terrible. Exposing myself to bright sunlight, sitting motionless versus engaging in some type of vigorous activity are two different things. If I go to the beach and sit in the sun I'll probably be in trouble within 30 minutes, but there have been instances that I had to work outside for longer periods with no ill effect. No scientific or other evidence to back this up, just personal observation.

Posted On 05/15/2017

stanleybecker

"ACTIVITY" - this functionalizes - as against "sitting still in the sun" - more bodily function, more absorption of Vit D - stands to reason - very good point, Mihail

Posted On 05/16/2017

mirandola

I love working outside in the garden in the sun. And I find it has a wonderful effect on the spirits. I also have autoimmune tendencies and find that the sun really smooths things out. Vitamin D is magic for this! Six physicians on a panel discussion I attended, said that "vitamin D is like a firewall to the immune system. It calms down the over-active immune system and activates the tired immunity". In my experience, this seems to be true. How lovely to see the greenery, the flowers, hear the birds sing and watch the sun sparkle on the leaves! It's a great experience.

Posted On 05/16/2017

iamblessediam

Actually mihail, the IR waves - both near and far - in sunlight "structure" water. The "intracellular/extracellular" water - meaning the water inside the cell and that which bathes the cell - is structured water. So, the IR waves in sunlight contributes to - as an energy source - and maintains "intracellular/extracellular" water. IR waves - in particular near - effect the electron transport chain - An electron transport chain (ETC) is a series of complexes that transfer electrons from electron donors to electron acceptors via redox (both reduction and oxidation occurring simultaneously) reactions, and couples this electron transfer with the transfer of protons (H⁺ ions) across a membrane: [www.ncbi.nlm.nih.gov/.../PMC2996814]. Notice the reference to H⁺ ions - hydrogen. Current research is confirming what Dr. Albert von Szent-Györgyi stated many years ago - hydrogen is the only fuel the body recognizes. As to how one gets that hydrogen supply - either from whole food sources or water - the best "form" of water would be structured water. The more movement activity, the better or more efficient the electron transport chain functionality - that is - as long there's hydrogen replenishment going on. Me thinks the findings - and debate - regarding the effects of UVA, UVB, and UVC on the human body boils down to who is selling what;-))! Love, blessings and peace!

Posted On 05/16/2017

mihail

hey iam, that was good of you to explain activity so nicely, especially because we are not selling anything to each other, therefore I have the tendency to believe what you say. I have positively observed this about being active in the sun vs idle since very early but it's the first time I've had an explanation.

Posted On 05/16/2017

iamblessediam

Hi mihail -- Over the last six to nine months I've done a TON of research on water - it really started out as a "fluke discussion" about Dr. Emoto's water research work with a neighbor friend. One thing lead to another and the deeper I got in my research, the more my "view(s)" about what it takes for optimal health began to "shift" towards and be centered on the role hydrogen plays in mitochondria function and cell lifespan - it's HUGE to state the least - as you'll gather from the first embedded video: [drsircus.com/molecular-hydrogen/increasing-the-lifespan-of-cells-with-..]. I didn't even get to the role structured water plays in the bicarbonate buffer system in maintaining proper full body pH - meaning blood, collagen, lymph system, etc. - all intracellular/extracellular fluids. Sunlight - interacting with our body's structured water and movement - plays a role in how our DNA expression unfolds. The human body is really a low heat quantum nuclear reactor comprised of a liquid crystalline matrix functioning as a semi-conductor constantly storing and moving energy and information. At the core, what makes the human body work like a semi-conductor are minerals, water, sunlight, movement and "life force" - however one wants to describe life force - working together at "femto" speeds - we truly are beings of light at that speed - a composite bundle of biophotons - notice the nano speed calculations - :

[www.ted.com/talks/ramesh_raskar_a_camera_that_takes_one_trillion_frame..]. LBP!

Posted On 05/16/2017

mihail

iam you've given me some good reading, and I'm telling you this from the bottom of a big pile of books I'm studying right now, I've always liked diversity however, so your links are welcome. Also that other link about Magnesium Bicarbonate Water you posted a couple of times drew my attention but I'm not sure I can find fancy stuff like milk of magnesia where I'm living right now! Supplements are hard to find and expensive thanks to directives from the big pharma controlled, european bureaucratic, hugely paid, misguided *!#)m+F%\$@g puppets. Research aside, I guess water is not what it used to be. Not too long ago people drank from springs that are not there anymore, so now we have to reinvent water!

Posted On 05/16/2017

Jennycat24

Thanks for the link to the ipetition, Dr M - signed, quoting the Nutrition ref (footnote 49) - I hope they listen! Excellent article - many thanks.

Posted On 05/16/2017

grulla

Safe and proper tanning for the purpose of generating Vit D is not accomplished randomly, just arbitrarily walking around in the sunlight. One needs to safe tan as naked as possible with a CLEAR haze free sky, with the sun being at least 50* (some say 30* in following link) above the horizon, before, at, around, or after solar noon.

I personally prefer safe tanning, especially in the hot summer, a couple hours BEFORE solar noon as OPPOSED to a couple hours AFTER solar noon for the simple reason that the morning temperatures are convectively cooler and more comfortable than the afternoon temperatures, but the radiant energy remains the same (at the same leading/lagging angles, apples to apples). Also, I prefer a couple hours before solar noon so as I can sit and lean back in a chair as opposed to lying down on a beach blanket, especially when the sun is tracking directly overhead, which is optimal for most people, but a PITA for me to lie down. In that way sitting/leaning upright, I can enjoy my mid morning IF eating window snack like an apple or maybe pimento/chile/horseradish/cumin enhanced hummus, cashews, almonds, blackberries, etc. and/or also maybe soak my feet to remove the skin "barnacles" while tanning.

A truly clear, hazeless sky is important to prevent filtering and refraction of the UVBs, and the lower the suns angle, the more critical UVB filtering and refraction can be. The closer to a perpendicular overheadsun, the better. One can use a satellite (not mountaintop radar) real time weather map to help check for a clear sky.

www.accuweather.com/.../satellite One can navigate to zero in on your particular geographical region/location for better resolution.

articles.mercola.com/sites/articles/archive/2013/02/07/vitamin-d-testi.. Especially subtitle: Revised and Updated Recommendations for Optimizing Your Vitamin D Levels

Posted On 05/16/2017

anitajones12

My Daughter who was diagnosed with lungs cancer has just been cured with Rick Simpson cannabis oil after 5 months of treatment with his Cannabis oil medication. So much thanks to Rick Simpson cannabis oil that we bought,the Hemp oil was successfully used in curing my Daughter lungs cancer within 5 months as stated in instructions,My Daughter is now a living witness and am testify to the greatness of natural remedies to cure cancer. All hope is never lost now that you have Rick Simpson involve and not the big Pharmaceutical anymore.

Unquenchable appreciation and gratitude from my family is going to Rick Simpson for his wonderful Cannabis Oil that saved my Daughter from dying of lungs cancer.Thanks and stop beat cancer with Rick Simpson Cannabis oil and also inform your love ones about this great opportunity of peace from cancer.you can contact for your medication at: Email:phoenixtearsmedicalcentre@gmail.com,or you can also get in touch with them on their Facebook Page web.facebook.com/Rick-Simpson-Cannabis-Oil-620198314847370

now we have a family with a great health and unlimited grace in life with the help of Rick Simpson medicine services to my Daughter, God bless you all..

Posted On 05/16/2017

Pet Rock

Unfortunately because of geoengineering, the ozone layer has been damaged and we are now all getting heavy doses of UVC. Has anyone noticed how much hotter and uncomfortable the sun feels now versus 20 years ago? So I struggle because I think the sunlight before we damaged the ozone layer is extremely good, but what to do now? www.geoengineeringwatch.org/geoengineering-is-destroying-the-ozone-layer.

Posted On 05/16/2017

mirandola

IT's absolutely time for chemtrailing/geoengineering to be stopped! People must step forward and speak out, and raise awareness with the public. We should take photographs, frame them with the texts of bills and printouts of US Government patents www.geoengineeringwatch.org , and exhibit them wherever we can. I was outdoors the other day, and breathed in such bad air. My gums and tongue tasted like salt and metals for two days after the spraying thank god, stopped. I am still coughing salty stuff out of my lungs. I was sick, more sick than a dog, for two days afterward. This is just plain an assault on our health and the environment. www.youtube.com/watch With nanoparticles of aluminum, barium, strontium and SULFURIC ACID, is it any surprise that fish are dying in droves? Are they the canaries in the coalmine? After all, if they are dying then something is environmentally wrong, and that means that sometime it will also tag onto us. Time for a think?

Posted On 05/16/2017

Dottie74

Have you signed the petition to stop this geoengineering??

secure.avaaz.org/en/petition/A_world_wide_ban_on_illegal_Chemtrail_spr.. Don't know if it will work, but we've got to try!

Posted On 05/16/2017

mirandola

Dottie, petitions garner results when people by the millions sign them. But at least, if there are tens or hundreds of thousands of people, politicians will have to notice that people are waking up. And they may not like to see that. They may organize to discredit the movement, but in the end the truth will win. The more people sign, the better! When millions sign a petition, I have seen politicians reverse course 180 degrees. The crowds have enormous power! Make no mistake about it, they are brainwashing us because they know this true and simple fact. They WANT us to believe that our voice won't count! It is just not true. When the masses speak out, change happens alright, countries rewrite the law itself based thereon (think of the fall of the former Iron Curtain dictatorship!) Let us take our power back and use our peaceful voice for effective change! A tsunami cannot be stopped.

Posted On 05/16/2017

jca652041

Dane Wiggington has a legal team working on stopping geoengineering. He's way more on top of this than most people realize. I don't know where that man finds the energy, but he's committed to exposing this madness. Looking at the photos he posts on his site not only of the spray trails, but also the HAARP installations that are manipulating the weather.....the frequency patterns are horrendous and there are these facilities everywhere now. There's no weather that is natural any longer.

Posted On 05/16/2017

Acroyali

Good to see you, JCA! We've found that watching the sky is the most sadly accurate weather report, as the heavy spraying days ALWAYS lead to an abrupt change of weather for the next day(s). We get comments from folks who live in the city all the time on how it must be great to breathe this clean, country air and I have to bite my tongue. Between the sky spraying and the farm community that goes round-up happy this time of year, there ain't NOTHING clean about this air...

Posted On 05/16/2017

strangemagic

Dottie, i just signed the petition, well, may nit help, but it can't hurt

Posted On 05/16/2017

mihail

I would click "reply" at the lower left of the post you want to comment on, that way they can see your comment directly under theirs, and probably will receive an e-mail with your comment too!

Posted On 05/16/2017

strangemagic

I crave tge sun, i gi ou in the morning to get rechatged, but too iften the planes come and chemtrailed the sky and it turns into a sea of milky gray and i grumble and go do something, else to try not to think about it.

Posted On 05/16/2017

Randyfast

"The Cure for Vitamin D Deficiency Is Right Outside Your Door". Would you be a bit more specific; because, I can't seem to find it! What we get around here; almost everyday - is RAIN! It's raining as I type this. Of course; the lamestream news just announced that annual water restrictions are now in effect! The insanity continues! I have some skin issues and when I recently went to see the young woman Dermatologist, who had replaced the previous man; she merely glanced at me and told me I was fine. Meanwhile; at the very least, I have an obvious "gator" patch of skin on my left shoulder. This woman was totally useless to me. She barely glanced at me and told me that my skin was fine. I believe she made around \$100 for that "expert" opinion! I have no use for these FOOLS! Does anyone here, believe that the Medical Industrial Complex is offering good medical care, these days? Hands up!

Posted On 05/16/2017

MASONMANNIX

I'm in my 50's and NEVER have used sunscreen, especially the name brands with all their funky chemicals in them. It's warm out and time for me to "get out into the elements". This is how I stayed thin in college and how walking and riding really helped with digestion.

Posted On 05/19/2017

Beachvue

I live real close to the beach, I walk my dogs everyday twice a day on the beach. Between sunshine and walking barefoot, I'm feeling better.

Posted On 05/16/2017

Almond

Sun alone can heal many conditions. Even so, when sun is used therapeutically, it must be at the proper dose and frequency. I am not talking only about sunburn. For examples, in certain cases of blindness, natural light (vs. darkness/shade, not artificial light) must be reintroduced slowly to allow the eyes to recover and adapt to light again. Whereas, in the case of tuberculosis, you want daily full body exposure on naked skin in a warm climate just to the stage where the skin begins to turn pink, but not burn, along with a special diet. The best is if people are raised in nature from early childhood, with regular exposure from outdoor activities, never falling sick or needing therapeutic measures. Some of the greatest natural remedies on the planet are also the simplest that are widely avail. Sun, water, heat/cold.

Posted On 05/16/2017

javiersfox

To say Sun Exposure Does Your Body Good is an understatement. In reality: Sun Exposure is awesome for us! We could get tons of different wavelengths of light, the whole spectrum on healing colors and besides that Vitamin D. We as a species are born to be sun creatures, not vampires hiding in houses or offices. The maximum pleasure I get on the day is to do my strenght training workout close to the solar noon, naked in my backyard.

Forget your dreaded sunlotions and sunglasses, they harness extreme damage in your body. The lotions inhibits the Vitamin D production, the sunglasses block the UV light the eyes perceive and therefore those missing colors of light don't reach the brain through the optic nerve. Using sunglasses is like watching an alien sun, instead of our beautiful Sun. You can check Dr. Jack Krause information on the Sun and its benefits through the skin and through the eyes.

Posted On 05/16/2017

Krofter

"Expose as much skin as you can, not just your arms and face." Gardening naked is a good way to accomplish this.

Posted On 05/16/2017

dfarrich

I must agree with the posters that prefer sensible levels of sun exposure. Personally, I don't use the crap at all. I wear protective clothing if need be aka a hat since I have no hair - remember this takes some common sense - My grandfather was a farmer and outside 365 as long as the sun was up. It finally killed him at age 92+. So what are the chemicals in sunblock doing to your system?

Posted On 05/16/2017

russelleaton2

I live in Quito, Ecuador, at an altitude of 9000 ft (3000 m). It is known that uvb radiation increases about 4-5% for every 1000 feet ascended. This presumably means I am getting more uvb radiation compared to living at sea level. I understand that vitamin D from the sun occurs through uvb radiation, not uva radiation. So presumably, people living at high altitude are getting more vitamin D than people not living at high altitude. It would be interesting to know if any studies have been done showing this to be so, and showing that as a consequence people living at high altitude are 'healthier'.

Posted On 05/16/2017

bahmi0

Some naturopaths recommend usage of natural oils to combat fungal infections. Tea tree oil is recommended to remove Candida infected areas. Rather than resort to synthetic anti-fungals, the naturals are recommended. However, is this merely bias by the naturopath?

Posted On 05/16/2017

axkershaw

Tea tree oil is very good. So are garlic and coconut oil. Related to this article, sun exposure works very well in controlling and eliminating fungus. UV exposure kills fungus. That is why you don't find mushrooms at the beach. Another good remedy is simply heat. A hot pack applied to the growth will kill it and improve the immune function of the area heated. The reason we have a high body temperature is that many of the pathogens cannot tolerate high temps. That is why we get a fever from an infection. It is an evolutionary adaptation.

Posted On 05/16/2017

StormiWindRider

I really appreciate this article. As a black woman with caramel brown skin I learned from Dr. Mercola long ago to get more sun than generally recommended. But the VA hospital, I'm a navy vet, told me my D level at 80 was too high, that I'd end up getting kidney stones. Well, I cut back, stopped sunning, covered up when out, and I got an autoimmune disease instead, neuromyelitis optica (NMO). NMO is similar to MS but rarer. Many feel D deficiency may be the cause of MS and NMO and other autoimmune diseases. I was in the three different hospitals getting treatment and learning how to walk again over the course of a month. Now maybe I'm wrong and my year of avoiding D and sun wasn't the cause but one generally gets NMO at a younger age and I was 61.

As it is, two years later I'm much better and definitely getting sun as much as possible in Ohio. Today with beautiful snow on the ground my walk was full of sunshine. And of course I'm back to taking my D. In fact, supplements are the only thing I take aside from a bi-weekly antibody infusion. Overall, I should've done more research as D level at 80 was fine. Hard lesson learned over a rough year and a half. So I'm always grateful for this site and most especially the comments.

Posted On 02/17/2024

bchristine

Good for you StormiWindRider! Many of us have to learn the hard way when following conventional treatments, unfortunately (I've been there too). I am glad you are back to your healthy self again ~ from one Ohioan to another ... and thank you for your service :)

Posted On 02/17/2024

bouboulina

StormiWindRider, I'm sorry to read about your experience, but I'm very glad you're back to getting your sunshine. I have read quite a bit on the carnivore diet having astounding results in putting autoimmune diseases into remission, including MS. It's possible it could help you improve your particular condition. It's definitely worth looking into. I've been carnivore for a year, now. I'm a 61-year-old grandmother and feel healthier and stronger now than when I was 40. It's completely resolved many of my health issues. Whatever your path, best of luck in regaining your health!

Posted On 02/17/2024

karlspid

well done with your recovery but i'd be cautious of the suggested carnivore diet - it's not known whether its the meat per se or the elimination of carbs etc that creates positive diet change results . its my take that you don't go overloading the body with dense cooked protein

Posted On 02/17/2024

artist.jill

BIG NEWS!!! Our own Dr. Mercola has been named "Hero of the Week" at The Solari Report (Catherine Austin Fitts). home.solari.com/hero-of-the-week-february-12-2024-dr-joseph-mercola/ Hearty Congratulations, Dr. M! You've been a courageous crusader and champion for our best interests, and our gratitude to you is boundless! We here relish knowing that you and your truths will nobly triumph!

Posted On 02/17/2024

Guillermou

Instead of promoting preventive and curative medicine for diseases through natural means, the pharmaceutical industry offers advertising of Allopathic Medicine drugs to the public in the media, it is an act of corruption on the part of BigPharma and the government institutions of the USA. Pharmaceutical companies lie when they claim that advertisements are designed to educate patients and motivate people to take greater responsibility for their health care. This type of marketing encourages people to believe that they suffer from certain dysfunctions. When your skin is exposed to the sun's rays, it produces two types of sulfur: cholesterol sulfate and vitamin D3 sulfate.

Healthy cholesterol and sulfur levels also depend largely on vitamin D levels. Stephanie Seneff, a senior researcher at the Massachusetts Institute of Technology, says, "I think heart disease is a problem of cholesterol deficiency, and in particular , a cholesterol sulfate deficiency problem..." Cholesterol and sulfur are oxidized after exposure to sunlight. Cholesterol oxidation is the first step in the process by which cholesterol is transformed into vitamin D3. Cholesterol sulfate deficiency can cause glucose intolerance, fat cells store more fat to supply fuel to muscles and excess fat accumulates causing obesity and metabolic disorders.

Red blood cells produce cholesterol sulfate, protecting red blood cells from disintegration. According to Dr. Seneff, glyphosate is a major problem because it interferes with several biological mechanisms, including the enzymes responsible for activating vitamin D in the liver and kidneys. Sulfur also plays a key role in glucose metabolism, the electron transport system, detoxification, vitamin B1 and biotin for energy production. synthesize glutathione and proper insulin function. holisticprimarycare.net/topics/nutrition-a-lifestyle/sulfate-the-most-..

Posted On 02/17/2024

Fisher153

Snake oil salesman employing advanced technology to sell their fake products.

Posted On 02/17/2024

Guillermou

Yes, All studies are subsidized to believe that skin cancer is caused by the sun, rather than environmental pollution, foods loaded with toxic substances, pesticides like glyphosate, are part of the greed, of dermatologists and authorities through a combination of research, affiliate-sponsored organizations, sponsored advertisements, medical school curricula and scholarships, as well as indirect lobbying of health officials and politicians. We need the sun, the Creator gave us the sun and we can consider ourselves children of the sun. According to new research, the origin of life on Earth would date back to the formation of the solar system: it has been proven that the organic matter in the meteorites that supposedly brought life to our planet comes from the interstellar ice that gave rise to our solar star.

. The same could have happened in other planetary systems. According to the researchers, this ice could be the source of organic matter that could have been brought to Earth, through meteorites called carbonaceous chondrites, which represent 85.7% of the meteorites that fall to Earth. The conclusion drawn from this study is that life on Earth could be the result of meteorites that crashed on our planet with the necessary ingredients for life, coming from the same interstellar ice that would have given rise to our Sun. And something no less relevant: the same thing could have also happened in other planetary systems. www.nature.com/.../s41467-021-23895-2 (June 2021)

Posted On 02/17/2024

Guillermou

This is a narrative review of the evidence supporting the anticancer actions of vitamin D. The first section reviews findings from cancer ecological studies regarding solar radiation indices, which found a reduced risk of incidence and mortality for approximately 23 types of cancer. An analysis of 25(OH)D cancer incidence rates suggests that achieving 80 ng/mL versus 10 ng/mL would reduce cancer incidence rates by 70 10%. www.mdpi.com/.../1448 (2022).----- The potential of vitamin D for cancer prevention and complementary treatment has long been enhanced by several discovered mechanisms involving the regulation of cell growth and differentiation, apoptosis, intercellular contacts, angiogenesis, immune function and the interaction with the intestinal microbiome.

Figure 2 shows, graphically, the main mechanisms of action of vitamin D. www.mdpi.com/.../4512 (2022).---- Hypovitaminosis D increases the risks of bacterial and viral infections, associated complications and deaths. Magnesium deficiency increases the risk and worsens complications and outcomes related to cytokine storm. Therefore, it is crucial to prevent (intracellular) magnesium deficiency and provide sufficient amounts of other micronutrients and cofactors, allowing for robust immune and metabolic functions. www.mdpi.com/.../1542 (2023).----

Posted On 02/17/2024

airsurfer

1. There is no problem. 2. They market a saviour product through fear campaigns. 3. The product causes the problem, as well as the indoctrination to believe in the existence of a problem. 4. Once the problem really exist they say "see, we told you so, now buy our product". 5. The problem gets increasingly worse. 6. They offer gene therapy to 'remedy' it. 7. They limit your human rights based on your gene profile. 8. satan says hello and will inflict pain to make your brain grow.

Posted On 02/17/2024

fra2163

This topic seems to be far from settled. If you've seen the Mercola article with Stephanie Seneff, you also are aware that she said that she doubts that Vitamin D supplements have little value. And in the same interview Dr M acknowledged that most of the studies on Vitamin D were done with real vitamin D from sunshine. And there's also Morley Robbins, who teaches followers of his RCP protocol to stop using vitamin D supplements, who says that we are measuring storage D and not active D He also states that supplemental Vitamin D interferes with Vitamin A absorption. I would like to see more on this. It seems it is not a settled issue. But then again, what is?

Posted On 02/17/2024

The Texan

Taking supplemental Vitamin D3 without also eating animals fats in the diet (like bacon or cheese, etc., sources of Vitamin K2), will cause calcium to be pulled out of the bones and teeth. Animals, in specific dogs, cannot get their vitamin D3 from the sun. They have to get it by eating game. Rats and mice who are active at night get theirs, D2, through eating moldy grains. This is not a good one for humans to take. Based on animal models, I would think a supplemental source would also work to some degree.

Posted On 02/18/2024

versatile

The title "The Greatest Public Health Mistake of the 20th Century" makes a common error. This is not a public health mistake. It is a public "medicine" mistake. Sunscreens are medical preventatives. The FDA has a guidance for "Labeling and Effectiveness Testing: Sunscreen Drug Products for Over-The-Counter Human Use." It's a drug. to your health, tracy

Posted On 02/17/2024

The Texan

Following information I read on Mercola, I totally cut seed oils out of my diet after reading how they caused inflammation and how inflammation was the cause of sunburn. I will attest now that I never sunburned last summer! I went totally without any sunscreen in Texas in midsummer with 100-plus temperatures while working outside in tank tops and NEVER blistered or burned even when out in the middle of the day! I got just a nice, even, farmer's tan. I naturally have the propensity to tan but, if I was not careful, would burn first even with high SPF sunscreen on. Even though we had cut seed oils out so far as cooking years ago, I still was using a little sesame seed oil plus I was taking flax seed oil then. Not this past summer!

Posted On 02/18/2024

jeanpet

It is my understanding that the skin takes up to 48 hours to synthesize the sun into vitamin D. It was recommended not to scrub the skin for that time period...

Posted On 02/18/2024

The Texan

Yes, the oils on your skin play a part in that.

Posted On 02/18/2024

ICONOCLAST

Yes I'm fairly sure Dr Mercola said that in the past.

Posted On 02/19/2024

Fisher153

Health devastation under guise of health protection- so it is not a new tactic???

Posted On 02/17/2024

Trailermaid

We can't go out in the sun where I live here in Washington - there's poison in the air from everyday chem trails

Posted On 02/17/2024
