

Guillermou

Gratitude to Dr. Mercola for the extensive research that establishes the current health aid recommendations. The sun, vitamin D with vitamin D and magnesium represent an excellent combination against the fight against cancer, metabolic and cardiovascular diseases and consequently authentic neurological pandemics today. The light of truth shows the way for the awakening of human consciousness, recovering lost harmony and the path of life in accordance with nature, sunlight, medicinal plants and foods loaded with nutrients and nutrients. healthy lifestyles. The human mind, in confluence with natural energies, is capable of defeating the plagues of disease and death, while leaders in their desire for power and money are proclaiming themselves false gods, destroying this planet and degenerating the human race.

The sun's rays produce two types of sulfur: cholesterol sulfate and vitamin D3 sulfate. Healthy cholesterol and sulfur levels also depend largely on vitamin D levels. Stephanie Seneff tells us that cholesterol and sulfur are oxidized after exposure to sunlight and transformed into vitamin D3. Cholesterol sulfate deficiency can cause glucose intolerance, fat cells store more fat to supply fuel to the muscles and excess fat accumulates causing obesity and metabolic disorders, the origin of multiple pathologies including cancer.

Red blood cells produce cholesterol sulfate, and this molecule protects red blood cells from disintegration. According to Dr. Seneff, glyphosate 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 02/29/2024

Hey Gui a nice reminder of Dr Stephanie Seneff and her work. How a lot of seemingly small things have such a massive impact on our ability to heal and be healthy. The sulfur, magnesium, cholesterol and more get used by the Sun's rays for a Foundation for our Health. Yet the Dominant Message from the authorities is stay out of the sun. Slather up with chemicals to block the Sun's rays as if we are not already being drowned in a chemical toxic soup. Block, disrupt health builders, then here, take more chemical of the pill treadmill. Structured water was mentioned in the clip. If I've understood things right, a favorite way to generate Structured water is to take a quart mason jar, or even a gallon glass jug and use a hand wand mixer for about a minute.

(A handheld people powered mechanical mixer could be used too.) On a personal level, it just seems to have a different mouth feel, compared to the well water. Even when the well water has been filtered - a must do, high Iron levels. And, just wondering? As Doc is referring to the elimination of LA acids from our bodies, would Broken Cell Chlorella and or Milk Thistle capture and pull them out of us like they can with heavy metals and other toxins? Wouldn't they also be useful for the endotoxins that could be brewing in the gut?

Also, when Doc addresses panel questions about LA - seed oils and how they are accumulating in the skin, body fat because the body knows not to use them. This if the memory is working is also what the body does with many chemicals, heavy metals and Vit C and the previously mentioned Chlorella and Milk Thistle can absorb and take out of our bodies. Also mentioned in the clip was astaxanthin may help prevent sunburns. This rises the question, does perhaps astaxanthin either help block the effects of sunburning, or other harmful effects, or even help breakdown and remove LA - seed oils from the body?

Posted On 02/29/2024

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All excellent references Just. Much of the water in a healthy human body is in a crystalline/structured liquid state. Many components of the body are also considered liquid crystals, including collagen and cell membranes. These tissues work in cooperation with structured water to create a network of information that reaches each cell. It is the liquid crystalline organization of the human body that accounts for the instantaneous transfer of signals and other biological information. Healthy DNA is also surrounded by structured water; As water loses its crystalline structure (with age and disease), the integrity of DNA is often compromised.

It is structured water that is responsible for the stability of DNA and the maintenance of a strong electromagnetic field around it. Juvenile DNA, surrounded by crystalline/structured liquid water, has a much stronger electromagnetic field than DNA from older people. Water's liquid crystalline structure is made possible, in part, by electrostatic forces called hydrogen bonds. Hydrogen bonds are formed by the attraction of positive and negative charges.

In the water molecule, the oxygen atom maintains a slightly negative charge while the hydrogen atoms maintain a slightly positive charge. These charges attract each other and bind water molecules together to form an interconnected crystal lattice. www.dancingwithwater.com/the-new-science-of-water/what-is-structured-w.. .----

www.yokosojapan.net/article.php/20151006shirahata_international_en .----

bmcproc.biomedcentral.com/.../1753-6561-5-S8-P18 .----

www.facebook.com/KangenWaterExperience/videos/professor-dr-shirahata-o.. .---

core.ac.uk/.../81943134.pdf .-----

Posted On 02/29/2024

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One of the reasons infrared saunas make you feel so good is because the infrared energy penetrates deeply into the cells of your body, generating and storing structured water. The same thing happens with light therapy, spending time in the sun, and laser therapy. In addition to optimizing your drinking water with a vortex, you can also support your body's negative charge by connecting with the Earth, which is also negatively charged. This is the basis of the technique called earthing or grounding. Fasting, calorie restriction, a healthy diet, exercise, social contact and contact with nature, dedication to a profession chosen by vocation, help with happiness.

These factors enhance certain molecules such as NAD that are vital for health. The levels of NAD in our body determine the speed of the aging process. In younger cells and tissues, NAD levels are higher with better physical activity, cognitive function, and potential for cell repair and regeneration. IN THE LINK HOW WE CAN INCREASE NAD selfhacked.com/.../nad-important-increase (2021)

Posted On 02/29/2024

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As Dr. Mercola reported, niacinamide helps improve the damage caused by the consumption of linoleic acid (LA). One of the most toxic metabolic byproducts of LA is 4 HNE. There is an enzyme system called aldehyde dehydrogenases that deactivates 4 HNE. An efficient way to optimize your NAD+ level is to make sure you consume 50 mg of niacinamide three times a day. Some of the metals that are particularly detrimental to mitochondrial function are aluminum, arsenic, cesium, tin, and thallium. Other toxic metals that many people have in their bodies are cadmium, mercury and lead. When you have heavy metal toxicity, your body often attracts electromagnetic fields.

These in turn affect your metabolism and ability to effectively eliminate toxins and heavy metals. Some strategies that are great for detoxifying you are a low-EMF, full-spectrum infrared sauna along with R-lipoic acid. Minerals such as magnesium, zinc, selenium, potassium and iodine are also important for detoxification Myers also has an online program called "Myers Detox Protocol Course," which focuses on replenishing minerals lost during the detox process such as Magnesium and Zinc. Zinc helps expel cadmium, a metal that causes more cancers than all other metals combined.

Selenium also prevents viral replication and helps eliminate arsenic, beryllium, cadmium, mercury and silver. Potassium helps expel thallium. Iodine to displace fluorine.. Also consider getting a high-quality, low-EMF infrared sauna. DANGERS OF HEAVY METALS AND HOW TO DO A HEAVY METAL DETOX draxe.com/.../heavy-metal-detox (2018).---- FOODS THAT HELP YOU TO DETOX FROM HARMFUL HEAVY METALS loovfood.com/7-foods-that-help-you-to-detox-from-harmful-heavy-metals/ (2021) www.healthline.com/.../heavy-metal-detox (2021)

Posted On 02/29/2024

spp3369

Gui, Thank you for sharing your observations and ideas. Regarding the following, "The...mind....is capable of defeating the plagues of disease and death..." I question to the use of militaristic terminology to describe complex biological systems. Terms like "defeating or fighting," are not scientifically accurate, nor do I think they even helpful at this level. Ironically, use of these terms may even be down regulating our ability to explore consciousness. Life may be better characterized as a dance with disease. The dance goes by many names, but where I come from, we call it homeostasis. It's also very apparent that most of us would benefit from more lessons.

Posted On 02/29/2024

Guillermou

Thank you SPP, for your appropriate reference. I frequently use the word homeostasis in my comments. For example in a recent comment: NAD acts as a cofactor in several oxidation-reduction (redox) reactions and is a substrate for several non-redox enzymes. NAD is critical for a variety of cellular processes, including energy metabolism, cell signaling, and epigenetics. NAD HOMEOSTASIS appears to be of utmost importance for health and longevity, and its dysregulation is associated with multiple diseases. NAD metabolism is dynamic and is maintained by synthesis and degradation.

Deregulation of CD38, a glycoprotein found on the surface of many immune cells, causes changes in NAD homeostasis and contributes to the pathophysiology of multiple conditions. Indeed, in animal models, the development of infectious diseases, autoimmune disorders, fibrosis, metabolic diseases, and age-related diseases, including cancer, heart disease, and neurodegeneration, are associated with altered CD38 enzyme activity. pubmed.ncbi.nlm.nih.gov/35138178 (2022)

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Ranging between 80 to 98% gel water by volume, plants are nature's perfect biological packaging of nutrients and hydration. The next time you eat a fruit or a vegetable, it is a form of water. Water rich foods are nutrient rich, packed with antioxidants, proteins with their amino acids, and vitamins. They also carry minerals like calcium, magnesium, potassium, and sodium, which when activated by the electrical charge in water are then known as electrolytes that we need for energy.. We need this fuel not only for biological nutrition but also for cognition, judgement, and mood. And get this, because of the fiber in plants, the water stays in our system longer because we absorb it more slowly. It's a triple play of hydrating health: pure nature's water, absorbent fiber, and not only needed nutrients but electrolytes! Top 12 Hydrating Fruits (% H3O2) and Top 12 Hydrating Veggies (% H3O2) hydrationfoundation.org/guide-on-how-to-be-hydrated-eat-natures-water/

Posted On 02/29/2024

phoenix999

Gui and Steve: agreed on the importance of SUN! Dr. Roger Seheult's YouTube videos from 3 yrs ago started the ball rolling for me ("It's about much more than vitamin D"). . . . Yes, many sunblock products are toxic (avobenzene, octocrylene etc.). Even before the toxic chemicals snuck in, for a very long time all sunscreens blocked the beneficial (Vit D-forming) UVB rays without blocking the carcinogenic UVA rays. It took decades for "broad spectrum" sunblock to emerge. The infrared range is immensely beneficial to human health as well; for pain, inflammation, vision

Posted On 02/29/2024

cedricpermaculture

Mostly vegetarian diet delivers daily about baby aspirin of salicylate. Carrots can contain useful amount of salicylate, reverse estrogen dominance. Prof. Ray Peat recommended eating carrot salads. Carrots delivers apigenin (phytoprogestrone) Glyphosate inhibits shikimate pathway so salicylate too. Benzoate acts partially like salicylate. www.ncbi.nlm.nih.gov/.../PMC9003278 " Sodium Benzoate –Harmfulness and Potential Use in Therapies for Disorders Related to the Nervous System: A Review" They both deplete glycine, vit.C and methyl groups but lower iron as a bonus. Salicylate intolerance can be glycine depletion. Good source of salicylate could be Ulmaria tea-protective for the stomach, they say it can be even used in younger persons.

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Thanks, PHOENIX, yes, the full spectrum of electromagnetic radiation from the sun is known as sunlight, which primarily comprises three distinct regions of light organized according to their frequency range: visible, ultraviolet, and infrared. Far infrared light is also called: "the light of life". Although light or far infrared radiation was discovered more than 200 years ago, only in recent decades have its wonderful thermal and therapeutic properties been studied. Far infrared rays are the safest and most beneficial for health, as they have the unique ability to penetrate deeply into the body's tissues to free it of toxins and increase its core temperature from the inside, unlike ultraviolet rays that can cause serious skin problems after prolonged exposure.

The working principle of red light therapy is the stimulation of mitochondria, the organelles inside all the cells of your body, which are responsible for producing energy in the form of a molecule called ATP (adenosine triphosphate). If mitochondria are stimulated with infrared radiation, they can produce more ATP, which the cell will then use to regenerate and repair damage, or in other words, rejuvenate.

In fact, aging is identified as a decrease in the activity of mitochondria. It is thanks to its surprising qualities that the use of far infrared radiation is increasingly spreading around the world for different applications, which is why we can currently find it integrated into various products intended for agriculture, alternative medicine and industry in general, including girdles, orthopedics, patches, bandages, heating panels, lamps, sauna equipment and many others.---

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1) Far infrared rays exert therapeutic effects on chronic pain. A study conducted in 2008 set out to investigate the effectiveness of far infrared radiation in patients with fibromyalgia, a condition characterized by widespread musculoskeletal pain.--- 2) Far infrared radiation improves heart health. In 2004, a study set out to determine the effects of repeated far-infrared therapy on cardiac arrhythmias in patients with chronic heart failure.--- 3) Far infrared radiation stimulates blood circulation. In 2007, a group of researchers conducted a study on 145 hemodialysis patients with arteriovenous fistula to improve blood flow in their vascular access using far infrared therapy.

..-- 4) Far infrared therapy helps relieve lower back pain. A recent study conducted in the United States evaluated the effects of far infrared rays on low back pain in 50 workers at a company in Florida. .--- 5) Far infrared radiation combats allergic rhinitis. A 2007 study set out to evaluate the effects of far infrared therapy on chronic rhinitis. Here I include a list of some of the therapeutic benefits obtained after the application of far infrared:----- 6) Decreased stress and fatigue.--- 7) Strengthening the immune system.--- 8) Revitalization of skin cells.-- 9) Reduction of fat and cellulite.-- 10) Relief of muscle spasms.-- 11) Improved cardiovascular function.-- 12) Improvement of the respiratory system .-- .-- 13) Improvement of enzymatic activity 14) Improved brain nutrition.-- 15) Improved nervous system function.

..-- www.orientalremediesgroup.com/far-infrared-therapy-the-science-and-ben..
www.rupahealth.com/post/11-health-benefits-of-infrared-light-therapy .---
pubmed.ncbi.nlm.nih.gov/18703857 .--- pubmed.ncbi.nlm.nih.gov/15564698 .---
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pubmed.ncbi.nlm.nih.gov/18002246 .--- www.ncbi.nlm.nih.gov/.../PMC4935255 .--

Posted On 02/29/2024

Guillermou

Thank you doctor cedricpermaculture. References of great interest. Yes, carrot salad is one of Dr. Ray Peat's most famous dietary recommendations. It may seem stupid to recommend raw carrots for serious health problems, such as chronic inflammation, liver problems, and hormonal imbalances. Dr. Ray Peat explains that many people have problems with the overgrowth of bacteria and fungi (candida) in the intestine, resulting in intestinal inflammation, which can cause symptoms such as irritable bowel syndrome with constipation or diarrhea.

As Dr. Mercola has reported, Dr. Ray Peat reports that endotoxins and inflammatory mediators from the gut poison the liver and the energy production system of our cells, leading to chronic inflammation and hormonal problems such as estrogen dominance. and low thyroid function. According to Dr. Ray Peat, raw carrots are extremely good for cleansing the intestine because they contain fibers with antimicrobial properties. Carrots are fibrous vegetables that grow underground.

To protect itself from the humid environment, carrots produce antibacterial and antifungal substances. It is these antimicrobial compounds in carrot fibers that help prevent the overgrowth of bacteria and fungi in the intestine. Even better than eating 1 or 2 raw carrots a day is Dr. Ray Peat's famous carrot salad. This salad has the ability to greatly improve your health by deeply cleaning your intestine. (Picual olive oil with only 3% linoleic acid. biochemnordic.com/dr-ray-peat-carrot-salad

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We can also consider some supplements or foods high in apigenin such as chamomile, parsley, celery, mint and citrus fruits. The researchers analyzed the action of apigenin on breast cancer cells. The flavonoid bound to the hnRNPA2 protein, an important factor for the induction of the cell replication process. By binding to this protein, apigenin corrected abnormalities in the RNA and thus prevented the excessive cellular production typical of cancer. www.pnas.org/.../pnas.1303726110 (2017).-- www.nature.com/.../s41419-023-06342-6 (2023).-- In this study, a meta-analysis is performed to systematically evaluate the efficacy and therapeutic potential of apigenin in various types of cancer.

Meta-analysis suggested that apigenin has a significant anticancer effect in animal models of cancer. The results show that apigenin inhibits tumor volume, tumor weight, tumor number. This is due to the anti-apoptotic, anti-proliferative and anti-invasive properties of apigenin.

www.sciencedirect.com/science/article/abs/pii/S1040842822001755 (2022), Apigenin is a plant-derived molecule with attractive properties for chemoprevention, for instance, promising anti-tumor effects, which may make it a desirable adjuvant to reduce genomic instability and the risks of second malignancies among normal tissues.

Furthermore, it may improve the efficiency of anticancer modalities. This paper aims to review various effects of apigenin in both normal tissues and malignancies. In addition, we explain how apigenin may have the ability to protect usual cells against the genotoxic repercussions following radiotherapy and chemotherapy. Furthermore, the inhibitory effects of apigenin on tumors will be discussed.

onlinelibrary.wiley.com/.../1440-1681.13725 (2023).---

Posted On 02/29/2024

Guillermou

The use of willow bark dates back to the time of Hippocrates (400 BC), when chewing the bark was advised to reduce fever and inflammation. Willow bark has been used over the centuries in China and Europe, and continues to be used today for the treatment of pain (particularly lower back pain and osteoarthritis), headache, and inflammatory conditions such as bursitis and tendonitis. White willow bark contains salicin, which is a chemical similar to aspirin (acetylsalicylic acid). In combination with the herb's powerful anti-inflammatory plant compounds (called flavonoids), salicin is thought to be responsible for the herb's analgesic and anti-inflammatory effects.

In fact, in the 19th century, salicin was used to develop aspirin. White willow appears to relieve pain more slowly than aspirin, but its effects may last longer. Willow has analgesic, antipyretic, anti-inflammatory and antiplatelet activity. www.mountsinai.org/.../willow-bark .---- www.indigo-herbs.co.uk/natural-health-guide/benefits/white-willow-bark .----

Posted On 02/29/2024

rrealrose

@cedric, recently started carrots - first alone, now in coleslaw. seems to be doing something so will continue with variations on that theme.

Posted On 02/29/2024

rkostoff

"The best carbs to eat are ripe fruits" Herbert Shelton was preaching that ninety years ago, and Arnold Ehret was preaching that 100 years ago.

Posted On 02/29/2024

The only reason Ray Peat and Georgie Dinkov and now Dr. Mercola recommend fresh fruit as a best source of carbohydrate is that Ray Peat proposed this as a way to avoid absorption of Lipopolysaccharides (LPS) or "endotoxins" that derive from dying gram-negative bacteria in the gut. Peat was petrified of endotoxins and actually thought a sterile gut would be ideal and often proposed taking antibiotics as a way to cleanse the gut of excess bacteria. What Peat didn't realize is that a proper functioning human gut keeps the bacteria almost totally in the large intestine (via having an actual valve, the ileocecal valve) where there are actually 2 layers of mucus generated to constantly protect the gut endothelial cells from intrusion by LPS.

www.nature.com/.../s41586-021-03852-1 If a person doesn't overeat, their stomach will expose all foods to enough acid to kill off most bacteria, and the small intestine (SI) will digest and absorb the protein, fat and carbohydrate nutrients via enzymes while it neutralizes the acid, and then open the ileocecal valve to push the contents on into the large intestine.

There's no threat from decaying bacteria in the small intestine where there's only 1 layer of protective mucus, but where the food doesn't remain long enough to have bacteria feeding on it and then dying. Peat tried to minimize the threat from LPS by speeding up digestion as much as possible ("eat only fruit and cooked starches"). But anyone of his followers who ate too much still had problems as: 1) there might not be enough acid delivered in the stomach; 2) too much food digesting in the large intestine prevented movement of the bolus from the SI continuing on downward; and 3) the ileocecal valve remains open, allowing bacteria to invade the SI from below.

I began reading Ray Peat's work and visiting his forum over 12 years before Dr. Mercola discovered him. His followers have continual trouble with digestive issues, trying to eat mostly fruit for glucose

The huge problem with a fruit-heavy diet is that not only do you not get enough fiber into the large intestine to have a healthy batch of microbes there, but modern fruits of all types are very heavy in an equal quantity of both glucose and fructose. Just like table sugar, (sucrose), fruits deliver very close to as much fructose as they deliver glucose. While glucose is a necessary food, and can also be derived from starches, fructose in the quantities some people now ingest is a toxin. Even if they eat no HFCS at all (as from soda and commercial pastries), people can get entirely too much fruit into their systems just from eating raw fruit.

Not only does it cause gout, but many other metabolic disorders. drgundry.com/fruit-lecture-transcript
In my opinion, it's a lot healthier to eat plants that deliver mostly fiber (greens, celery, asparagus) and also those that are comprised of starches that include very, very little fructose. Yes, starches, being more complex carbohydrates, will require a bit more time in the small intestine for complete decomposition, but the reward is also worth the time, as the result of digestion is more variety of macronutrients, micronutrients, and also of many types of fiber that each feed separate categories of microorganisms.

Here's more on the dangers of fructose: robertlustig.com/fructose2 Ray Peat just had no concept of the importance of the microbiome, which modern science now determines constitutes 80% of our total immune system, with continual, substantial communication between our gut "brain" and our central nervous system. It seems Ray Peat did hardly any research of modern scientific studies in his last 30 years of life. We must keep this in mind when we read from his work, or the work of his most strident followers.

Posted On 02/29/2024

Guillermou

The ripe raw fruits that we eat not only provide calories, proteins, vitamins or minerals, but they literally transfer sunlight to the body. This light is essential because it provides physical coherence, order, and organizational capacity, which is essential for all living beings. The vitality and quality of a food can be determined from the intensity and coherence of its biophotonic emission. Fritz-Albert Popp has proven that the emission of biophotons can be distinguished from fresh vegetables, grown with ecological methods and free of harmful residues. Organic, raw and grated vegetables provide the greatest amount of coherent biophotons to the body.

Biophotons: a modern interpretation of the traditional "Qi" concept*.

www.sciencedirect.com/.../S1887836913700887 .---- www.terra.org/.../biofotones .---- The Energy That Heals Part II: Biophoton Emissions and The Body of Light www.chi.is/energy-heals-part-ii-biophoton-emissions-body-light/ (2018) Biophoton Detection and Low-Intensity Light Therapy: A Potential Clinical Partnership www.ncbi.nlm.nih.gov/.../PMC2957070 (2010) Biophotons and UV light therapy: a whole new era of 'medicine' www.hbmag.com/biophotons-uv-light-therapy-whole-new-era-medicine/ (2018) EATING SUNLIGHT ALL ABOUT BIOPHOTONS IN RAW FOODS.

"The more I study nutrition the more I am convinced that we need to eat more raw uncooked unprocessed food. In 1970 Americans spent about \$6 billion a year on fast food while in today they spend more than \$110 billion! Americans now spend more money on fast food than on higher education, personal computers, computer software, or new cars. And we wonder why we have an epidemic of chronic degenerative diseases!" domesticgeekgirl.com/wellness-natural-living/eating-sunlight-all-about..

Posted On 02/29/2024

Guillermou

Dr Norman Cousins cites in "Creating Peace by Being Peace" the biophoton readings of people on sharply varying diets. The average reading of a person eating live or raw wild foods was about 83,000 units, while a person eating a junk food diet only had a reading of roughly 1,000 units of biophotonic radiation. It should be of great interest to learn that increased biophotons in food have the power to order and regulate cells in that it can elevate an organism to a higher oscillation or order of vibration manifesting as a feeling of vitality and mental well-being. This is why eating naturally locally grown fresh sun-ripened fruits and vegetables rich in light energy or biophotons possess energizing and healing properties. [alisabattaglia.com/2021/07/15/biophotonic-nutrition-the-benefits-of-ea..](https://www.alisabattaglia.com/2021/07/15/biophotonic-nutrition-the-benefits-of-ea..) (2021)

Posted On 02/29/2024

rrealrose

Oh yeah? 3000 plus years of Chinese medicine says - fruits are cooling, best eaten at the end of growing season. Dr M is in Florida, with 2 growing seasons, probably can get away with watermelon and other choices. However, further north and esp north of the Mason-Dixon, some years local melons do not appear until mid-August or even Labor Day. Could be a mistake to focus extensively on cooling foods, as one needs to generate warmth to keep seasonal illnesses away. However, slowly but surely seeing signs of spring, so hopefully more spring greens will appear in the markets. Cannot overstate importance of seasonality.

Posted On 02/29/2024

stoneharbor

Thanks Gui and rrealrose for your ideas on biophotons and seasonality. Yes, it's good to remember that light is everywhere, and actually enters the body via the foods we eat, plus is also produced during our normal metabolism. I haven't found yet the biometric studies that show how much deterioration there is in biophotons as harvested plants age, or the differences in biophoton levels in different fruits and vegetables, but if that's available, I would like to see it and save the links. As it is, I would still favor eating foods that contain minimal fructose, as long as I still get value from biophotons from many different kinds of fresh foods.

Freshness is key. This is why home gardens are so important, as with a garden next to a home, a person can actually consume vegetables and fruits that are practically alive compared to the same plants that have been laying in trucks or stores for days in some state of decomposition. Freshness is so important, but we all tend to ignore it's value due to our inability to actually get food that is fresh. We need to re-investigate the importance of freshness, and the subject of biophotons may help us get into this. Thanks for all of this again.

Posted On 02/29/2024

rrealrose

Hi stoneharbor, I read a long time ago, that within several hours of harvesting, the most active part is gone. Farmers Market produce is much different than store-bought, due to extended distribution. Outside yer door even better!

Posted On 02/29/2024

Otorongo

I am impressed with all of the comments and totally agree with eating fresh fruits. We also have to consider our temperate zone as rrealrose has stated and fresh vegetables as well Gui suggests. Plus the fact that we are all different. We have differing body types, energy levels, circadian rhythms, male, female, age, lifestyles and living conditions to consider. Watermelon is certainly not available in the tri-state area until late summer. And if we're going to be healthy we should be eating locally. That being said, this area in particular and most northern areas fresh anything is not **LOCALLY** available in the winter months.

The stuff in the grocery stores, although they are a blessing, are not from the north and are far from being fresh. To be honest, if we want to be true to eating from our temperate zone, meaning the northern areas, think freezing, drying, canning, making cheese, curing meats or hunting, putting vegetables in a root cellar and home made bread are more likely the norm. Not to be construed as a negative. There are positive aspects such as In the fall apples, pears, and root vegetables can be stored for the winter. Vegetables, eggs, Cider and milk can be fermented. Not to forget fruit wines. So there are healthy components to wintering over.

When the winter season ends, you then eat fresh dandelion and other wild greens to cleanse. Except that many do not have those skills anymore. We are definitely going to need them when the supply chain collapses. Don't get me wrong. All the information garnered here on a regular basis from Dr M. and the community is invaluable and I have not regretted being part of this community for one minute. I'm just saying one size doesn't fit all. So we all need to take the information and knowledge we've gained from the articles and forum here, and use it the way it works for us individually. Be Blessed

Posted On 03/01/2024

stickybud

I never cease to be amazed that, at 70, I am still discovering things that I had absolutely no inkling of, thanks to Dr Mercola, and the amazing people who put comments 'below the line', particularly Gui and stoneharbor, educating me about about biophotons! "It should be of great interest to learn that increased biophotons in food have the power to order and regulate cells in that it can elevate an organism to a higher oscillation or order of vibration manifesting as a feeling of vitality and mental well-being. This is why eating naturally locally grown fresh sun-ripened fruits and vegetables rich in light energy or biophotons possess energizing and healing properties".

It made me recall 'The Celestine Prophecy' by James Redfield, where a research institute in remote Peru was growing food to have the highest energy levels. A great book, but spoiled by the ending, in my opinion. It also made me consider 'sun-gazing', and those Indian mystics who claim not to have eaten in years: get all your energy directly from the sun, and cut out the 'middleman'!

Posted On 03/01/2024

wns115

I became healthier almost immediately after I switched to 100% whole foods that I buy from the farmers market. I rotate the foods I eat (never eating one thing every day...except for apples and oranges are a daily staple). Everything I eat is real food, doesn't come out of a box nor a package...whole organic chicken, wild-caught fish, fresh veggies as salads and then other veggies that I cook (sweet potatoes, turnips, parsnips, squash, etc. for carbs and then broccoli, greens, etc. for cooked veggies), and fruit in season (+ apples/oranges). My oils come mostly from butter, avocados, and coconut oil with very limited olive oil as well as a small amount of nuts.

Since removing all box/processed foods and grains of any kind (no rice, no oats, no wheats, no quinoa, etc.), all inflammation went down to near ZERO...and when I did a Functional Medicine \$600 blood panel testing everything from A-Z...my practitioner looked at me and said...WOW - what do you eat that your inflammation markers are near zero?! This is AMAZING!...best blood work I ever had - who would have thought by just eating non-processed food, what a difference.....Fruits, veggies, meats, butter, little bit of olive oil, raw, soaked, sprouted organic nuts...no processed anything...no BS (also went down to perfect weight).

Posted On 02/29/2024

Otorongo

Kudos wns.. welcome to the club.

Posted On 03/01/2024

BlueQuasilica

Yes, kudos also wns115. I'm also on that road you're taking and I simply/crudely gauge it by my weight which is in the healthy range by now.

Posted On 03/01/2024

Alldogsgotoheaven

This is a lot to take in. I do feel that Dr. Mercola is always ahead of the curve in advice and I appreciate his sharing his knowledge and not being afraid to change his mind when science proves otherwise. I feel very fortunate to have this source.

Posted On 02/29/2024

GoldCoaster

My raw organic honey is much cheaper, and sweeter than, pure maple syrup.

Posted On 02/29/2024

Guillermou

The combination of organic raw honey and turmeric is a more powerful antibiotic that we can use. It is also known as Golden Honey and has been commonly used for thousands of years. According to Benefits Of Honey, this combination is “an invaluable natural remedy for a wide variety of ailments and illnesses such as indigestion, cold, flu, asthma, hypertension, high blood sugar, arthritis, diabetes, heart disease, depression and anxiety, inflammation of wounds and burns, eczema, psoriasis, acne, and aging. A study has shown that an Ayurvedic medicine containing turmeric and honey as two of the active ingredients, stimulated the production and functionality of immune cells and could therefore improve immunity against diseases.

While black pepper may seem like an odd addition to the mix, its presence plays an important role. The addition of black pepper with turmeric increases the absorption of turmeric by 2000 percent when used in a 1:10 ratio of pepper to turmeric. Pretty amazing, right? Black pepper helps combat respiratory conditions and rejuvenate the lungs. Finally, cinnamon gives the remedy a sweeter flavor and is packed with medicinal benefits. It is excellent for coughs, colds and nasal congestion as it helps clear mucus. It also relieves gastrointestinal pain, which is often part and parcel of winter bugs. kripalu.org/resources/boost-your-immunity-ayurvedic-honey-turmeric-and..

Posted On 02/29/2024

Alro

Fenugreek increases absorption of curcumin by 30,000%

Posted On 02/29/2024

Otorongo

Gui: I guess that's why Golden Milk is so healthy. A mixture of tumeric, cinnamon, pepper, ginger, nutmeg, and different variations. Coco was taken by the natives with cayenne. If I have that correctly.

Posted On 03/01/2024

meehan2661

Alot to take in and adjust. Thanks Doc, as long time readers we were on this journey with you. Don't forget the k2. The late Bill Sardi recommended to me the now brand molecturely distilled fish oil manufactured in Norway for AMD. My omega 3 levels stay high. My omega 6 ratio are actually on low side around 3. Does that throw things off balance also? Is cod liver oil distilled that you use? My body responded the best with daily consumption of watermelon. Instead of all fruit in morning I just started with sprouted organic oatmeal which I never touched before because of fears of contamination and carbs. Must remain teachable.

Posted On 02/29/2024

Almond

www.youtube.com/.../qa9xOnV59ME

Posted On 02/29/2024

Segstar

Yuck, i'm currently making a beef stew and after watching this i feel like hurling....But this is what is being pushed on the Populace..I think i'll go take the dog for a walk now..

Posted On 02/29/2024

BlueQuasilica

Thank you, Almond. Even the mom-and-pop pizza shop(s) here in my country isn't even healthy by any standards. I recently found out when I got elevated liver enzymes on my blood test and other tests (ex. lipid panel). Plus, I would put on unnecessary weight if I prolonged my eating of that kind of pizza. I experimented with this and for the next 4-5 years that I stopped eating U.P.J.F.s (ultra-processed, junk foods), I'm already on my natural weight.

Posted On 03/01/2024

Almond

I love pizza, but we now make it at home. Pizza is one of our cheaper and more frequent meals. I use ancient grains for the crust. I was able to stock my pantry with vacuum sealed flours when on sale before shortages hit. Sometimes, I use chunky tomatoes instead of homemade marinara sauce. We have toppings from our own garden or foraging--basics are mushrooms, onions, peppers, garlic, etc. Whatever else we might have... sometimes venison sausage, either bulk or sliced. If I am in a hurry, I use a biscuit crust instead of a yeast-raised crust. We are out of lettuce at this time of year, although some volunteer red leaf mustard is creeping in. Some of our salad substitutes are home-canned spiced red cabbage and applesauce or other fruits.

Posted On 03/01/2024

This is utterly a jam packed interview in terms of the quantity of information shared in just a short time. It is very hard to get full information on any of the dozen or so subjects presented here, so I am glad Dr. Mercola provided a link to a web site where Georgie Dinkov's articles are featured to give more explanation of each subjects covered today. I recommend those interested in more on this to explore that site and see what you think, as much of this information is not well known by Dr. Mercola's long-term followers except probably the fact that omega-6 (linoleic acid, or LA) PUFA is to be shunned by avoiding all processed foods, all commercially fried foods, and even avoiding the use of any seed oil derived from plants such as canola, sunflower, soybeans, and cottonseed.

I think Dr. Mercola very importantly emphasizes that not only does LA do damage to your body immediately on absorption, but also endangers your body by the excess of it being stored in your fat cells where it can go rancid (oxidize) and where it may then exist for literally years until finally is withdrawn for use as a fuel, but only if you happen to diet heavily enough that you draw down your fat stores. It's also good that Dr. Mercola mentions that not only oxidation of the LA is a concern but also that oxidation of omega-3 oils is even more likely, and that this should be a concern of anyone buying and consuming omega-3 supplements in order to get sufficient EPA and DHA.

Omega-3 oils are more likely to go rancid sooner than omega-6, and studies have been done testing many commercial brands of fish oil and show a majority of these products are already rancid before they are even delivered to the customer. www.yahoo.com/lifestyle/fish-oil-omega-3-supplements-rancid-study-2129.. I'm glad that Dr. Mercola recommends that people obtain the very low levels of omega-3 derivatives of EPA and DHA by just eating certain fresh foods, including small fish and shell fish.

Posted On 02/29/2024

Guillermou

Aspects of interest, stoneharbor. The incidence of obesity and its related metabolic disorders has increased significantly over the past 3 decades, culminating in the current global epidemic of metabolic diseases and leading to the search for contributing factors. Exposure of the developing fetus/newborn to a typical Western diet increases the risk of obesity and metabolic disorders throughout life, creating an intergenerational cycle of metabolic diseases. In Western countries, this epidemic of metabolic diseases has coincided with a marked increase in the intake of omega-6 polyunsaturated fatty acids. Recent studies have emphasized the proadipogenic properties of omega-6 polyunsaturated fatty acids.

Recent studies have shown that perinatal exposure to a diet rich in omega-6 polyunsaturated fatty acids results in progressive accumulation of body fat over generations. There is evidence to support the hypothesis that omega-6 PUFAs have proadipogenic and prolipogenic properties, and exposure to a diet rich in omega-6 PUFAs during the first years of life has been shown to be sufficient to program mass gain. body fat in offspring. Excessive consumption of Omega-6 polyunsaturated fatty acids (PUFAs) versus deficiency of Omega-3 PUFAs in modern diets: the disturbing factor of their “balanced antagonistic metabolic functions” in the human body.

Posted On 02/29/2024

Guillermou

The beneficial effects of the polyunsaturated fatty acids (omega-3 PUFAs) eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are now highlighted by a large number of studies. They play a role in the suppression of inflammation, gene expression, cell membrane fluidity/permeability, immune functionality, and intracellular/exocellular signaling. The imbalance between -3 and -6 FAs in the modern Western diet appears to contribute to the marked increase in the incidence of metabolic diseases, such as DM, over the past 30 years. Preclinical studies indicate that -3 may have a positive effect on glucose metabolism through its hypoglycemic and insulin-sensitizing effects.

journals.lww.com/co-endocrinology/Fulltext/2013/02000/Omega_6_polyunsa.. (2013).-----

link.springer.com/.../978-1-4939-9882-1_3 (2020).---- www.hindawi.com/.../8848161 (2021).---

www.mdpi.com/.../10717 (2023).--- www.mdpi.com/.../2672 (2023).---

Posted On 02/29/2024

Otorongo

I am especially grateful for the information regarding low carbs burning lean muscle. Plus the information about lactic acid production.

Posted On 03/01/2024

Almond

LA is an essential fatty acid. This means that it must be obtained thru diet because the body does not make it. It is a precursor to certain prostagladins, endocannabinoids and other chemical compounds in the body. Like many foodstuffs, it must be obtained in appropriate forms and amounts. I seem to recall that it is missing from refined oils which should not be consumed anyway. However, when I was in Tunisia, it was a common practice among some of the people in some of the isolated desert areas to consume a small glass of olive oil daily. This was some of the highest quality and freshest cold-pressed olive oil I have ever seen. Very light and fragrant. I later regretted not buying it for \$2/gallon when we found it, but my thoughts at the time were that it would be difficult to carry as I traveled around the country and also to bring thru an airport with the risk of leakage.

I did not find it again in the cities. We do consume high quality nut and seed oils in moderation at our house along with butter and lard. My skin is one of my best features, smooth and without wrinkles. I also take a variety if supplements inc. vitamin E and betacarotene. The only cosmetic I use is a natural homemade foundation for oily skin. I think people have gone overboard with the avoidance of oils. However, I also believe many people consume too much of them and inferior quality oils. Extra virgin olive oil and sesame oil, especially, have many therapeutic properties.

Posted On 02/29/2024

Guillermou

In Spain, the most marketed variety of oil is Picual and Arbequina. The Arbequina Variety and many others are high in linoleic acid (up to 22%), but one of the most notable characteristics of the Picual Olive is its high oleic acid content, 80% of the total composition. This, together with its low omega 6 content (less than 5%), makes picual olive oil one of the most permissive oils with regard to oxidation and rancidity. This gives it certain ideal characteristics, such as its great resistance to oxidation during exposure to high temperatures. Raw it has an intense flavor and a certain bitterness that is sought after by many consumers. Always consume cold pressed and organic.

In addition to the peak-shaped shape of the Picual Olive fruit and how Picual extra virgin olive oil is perceived in the mouth and nose, it is worth highlighting its nutritional properties and the numerous benefits it brings to health, such as its high content of oleic acid, capable of reducing "bad" cholesterol (LDL) levels; the abundance of polyphenols, which help reduce the oxidation of fats in the bloodstream and prevent blockages, among other benefits- Picual extra virgin olive oil is very stable to oxidative processes and resists exposure to high temperatures and frying better than any other variety, without losing its properties.

The olive oil obtained from the Picual olive helps, according to recent studies, to alleviate the appearance of different types of cancer. Specifically, it protects us against the appearance of bowel and colon, pancreas, endometrium, prostate and breast cancer. olivadelsur.com/.../picual-olive-oil-b104.html .--- web.ujaen.es/.../jja-0007-01-15-M1.pdf .---- www.researchgate.net/publication/350279924_Experimental_Carcinogenesis.. (2021).---- ggoliveoilcompany.com/.../picual-olive .---

Posted On 02/29/2024

wns115

I take fresh, raw, wild-caught cod-liver oil each day (shipped to me packed w/dry ice and stored in freezer)...I eat sardines a few days a week and I also take pasture raised, organic butter oil as a daily supplement. Since reducing my olive oil and seed oil intake, all my inflammation disappeared. I stay away from sesame, sunflower, safflower, and all the other seed oils and my body (and blood tests) are hugely improved. I eat no processed foods of any kind nor any grains ...AND...My HDL is (finally) high...my LDL is (finally) low (perfect ranges).

Posted On 02/29/2024

lordbasil

What makes Dr. Mercola better than most doctors in medicine today? He just proved it. He admitted he got something wrong and is thus human. What is more important is he publicly in writing told us what he got wrong and corrected it. A good number of people today are type II diabetic. This is being treated and sometimes doctors treat it wrong! It is often caused by a number of factors. It is also a 50 billion dollars or more cash cow for the medical profession. Fix diabetes and you destroy all of that 50 billion dollar industry. 50 Billion dollars? It is likely too conservative a number. Diabetes often leads to other complications including kidney disease and heart problems.

I speak from personal experience. Having at 81 developed an afib(wrong spelling) and kidney disease. It also commonly leads to amputations. I have little proof but feel there is real motivation for doctors to hide anything that may lead to a cure for type II. This article corrects a whole lot of misconcepts as to nutrition and diet concerning heart conditions, kidney problems, and corrective diet requirements currently in common use. Over 10 years ago the generation of the islet cells was traced to a different organ of the body.

It then migrates to the pancreas. Anyone having this organ removed will be a type I diabetic within a year. It is being researched under a grant in Canada. There is a layer of fat between the Kidneys and the Pancreas. It keeps the two organs from communicating with one another. Remove that fat and sometimes the diabetes disappears. Anything that reverses the type II should be headline news. Money talks a lot louder than potential cures. Maybe it is time to examine exactly what motivates our medical profession. Consuming the right foods may be what is needed to reverse a whole lot of diseases.

Posted On 02/29/2024

Eevee

May I add, caution to emf 4g and 5g as additional health tip. Personally have observed lack of insects over the last decade or so and thought it was agrichemicals and pesticides. This observation from Greece where the family farms do not use chemicals state it is since the introduction of 4g and 5g and that to put everything right again, we need to go back to the lower frequencies of 3g and 2g, which appeared to cause little or not harm.... safetechinternational.org/dna-and-developmental-damage-from-cell-tower..

Posted On 02/29/2024

healingartist

Is there a reputable source for niacinamide in 50mg? The lowest I've found is 500mg.

Posted On 02/29/2024

songlover

Yes Mercola sells 50mg

Posted On 02/29/2024

Guillermou

www.mercolamarket.com/product/3338/1/niacinamide-vitamin-b3-270-per-bo..

Posted On 02/29/2024

DennisJames

Just buy it in gel-cap form break some open in a small dish and take a little at a time to get 50 mgs 1/64 tsp I believe....don't fret you'll be alright.

Posted On 02/29/2024

BlueQuasilica

Good day healingartist. You could also get it from here (which is also link later provided by past Mercola.com articles, I believe):

www.amazon.com/gp/product/B07SKLQRV6/ref=ppx_yo_dt_b_asin_title_o01_s0.. using these special measuring spoons: www.amazon.com/gp/product/B00KH9PSNI/ref=ppx_yo_dt_b_asin_title_o00_s0..

Posted On 03/01/2024

drawlr55

Having lived 68 years and seeing health advice change over the years, I wonder how we can know that this advice won't soon be overturned too? I realize that research is ongoing, so I guess that nothing can be written in stone except the fact that most of us will live the average lifespan and die a natural death, regardless of how many supplements we have taken, our diet, or lifestyle. That's why the lifespan is an average. I know which foods make my waistline expand in no time, so I avoid them. I feel better when I exercise, so I exercise. On the other hand, I take a lot of the supplements that are recommended, but I don't see a real difference in when I take them and when I don't. Maybe the effects are cumulative and unnoticeably contribute to better health and longer-than-average lifespan. I don't know. Maybe I'm just flushing a lot of money down the toilet every day.

Posted On 02/29/2024

artist.jill

Stand for Health Freedom has been tracking U.S. state legislative bills -- for example their top issue is supporting "expanding medical freedom and exemptions". To see their report on 10 states who've filed bills or resolutions taking a stand against the the World Health Organization (WHO) having the right to rule in their state, go here: standforhealthfreedom.com/state-sovereignty-v-the-who Learn more there about the WHO and their International Health Regulations treaty amendment vis-a-vis our rights. ~ ~ ~ ~ ~ ~
Also, have you signed Stand for Health Freedom's petition to protect our rights and stop this threat to our Constitution? standforhealthfreedom.com/actions/the-who-cant-tell-the-states-what-to.. Blessings and strength to all !!

Posted On 02/29/2024

NancyLJ

So much info to take in. I'm here to post my comment to say how much I appreciate all of your comments, because there is so much more valuable information being shared in those as well. And that I appreciate Dr. Mercola sharing the new information with us. I've been mostly Carnivore since June 2023 and I saw huge changes and improvement in my body but I did lose a lot of muscle. Even though all I was eating was protein, meat, eggs and dairy. So, this article really stood out to me as to why I experienced muscle loss. I stayed pretty dedicated for the first four months but overtime I started cheating here and there once I had lost about 35 pounds. Eating ice cream, etc.

So hopefully that helped stop some of my muscle loss. Anyway, the biggest change I had was loss of inflammation. And let me tell you, I was eating big salads every night with what I thought was olive oil. So now I realize it probably wasn't 100% olive oil, even though I was really careful trying to buy legitimate brands. But because of my shocking reduction in inflammation (which I didn't even know I had until the pain was gone), I now know it was causing lots of pain. I was so happy I was telling everybody to go carnivore. I couldn't believe that my olive oil lathered salads were causing my problems. It was the biggest change for me.

No more salads, no more olive oil. I don't feel like I could ever trust any olive oil brand ever again. I have been an armchair nutritionist for years, diet and nutrition was my major, and have been really conscientious of the foods I eat. No packaged foods etc. so it could've only been the salads and olive oil that caused the pain for me. Now, I do keep some pineapple in the fridge. Fresh cut. And I'm going to slowly bring fruit back into my diet and now white rice. And potatoes. Thank you again to everybody who diligently posts their experiences in the comments, and thank you to Dr. Mercola for always bringing us the latest findings.

Posted On 02/29/2024

jef9075

Hi Nancy. Yes, the olive oil you were consuming might have been an imposter. Some of the greens in your salad might have also been responsible for the inflammation as well. Sally K. Norton, MPH writes in her book about particularly high oxalates in spinach, beet greens, & chard... along with lists of other offenders. Keep an eye on how you feel if eating potatoes. They're relatively high in oxalates as well... especially sweet potatoes. Good luck.

Posted On 02/29/2024

stoneharbor

Thanks Nancy. Yes, so much to take in today. I watched the entire video, plus read thru the text and most of the very informative comments. Yours especially stood out as you placed yourself as a prime example of what can happen when just the macronutrients don't include enough carbohydrates and you get muscle wasting and other complications. I think your comment may also be of benefit though to people who have spent a lot of time trying to follow a ketogenic diet and focused mostly on high levels of fat and protein while ignoring all carbs that contained any measurable sugars and starches.

What you say of olive oil is very important. I don't have a solution of how to avoid PUFA adulterated (not 100%) olive oil. It's a big problem and there's just no way that I've ever heard of finding how to select only 100% pure olive oil. People need to be aware of the risk. Possibly selecting more expensive brands will help, but Dr. Mercola even had an article on the industry, and at the end, there was really no definite way recommended to help select only 100% pure olive oil.

I take my chances on a few brands and still use olive oil on a large daily salad, but if I experienced the problems you have, I would have to find a remedy as I just love the salads with the oil. One thing to note is that olive oil is mostly omega-9 fats, or medium chain triglycerides, (MCTs: 6-9 carbon atoms), which deteriorate far slower than the seed oils that are sometimes used to adulterate the oil.

Also, Olive oil, coconut oil and some A2 dairy, especially goat milk, contain some MCT oils that absorb and transport via the portal vein to the liver and also may be absorbed directly from cells to make energy in the mitochondria. www.livestrong.com/article/272678-list-of-foods-that-contain-medium-ch.. This makes the MCT oils far more quickly usable than long chain PUFA that must be put on chylomicrons and sent in the lymph system (days to move just feet) while aging further.

Posted On 02/29/2024

brianallen1

Please be careful, almost all pineapple is genetically modified organisms now.

Posted On 02/29/2024

KLowe44

This is interesting as I've been working with a teen athlete who only gets migraine headaches about 1 hour post-soccer games. The games are intense as his team is #1 in the state and heading to Nationals. We have increased carbs, reviewed breathing for CO2 optimization but continue to wonder if we have the right fat/carb balance and when to include more carbs. Trying to deduce if this is a cortisol 'let down' or lack of ATP.

Posted On 02/29/2024

devensavon

Have you tried triple magnesium supplement. Taking this M-W-F (3x/week) has almost eliminated my terrible migraines. Usually means ur heart needs that magnesium when having migraines.

Posted On 02/29/2024

Palazzolo

A caveat regarding the use of aspirin. It can be ototoxic. Sodium salicylate (aspirin) does not damage the sensory hair cells located in the cochleae, but instead damages the spiral ganglion neurons (SGN) and their peripheral fibers connected to hair cells in a dose-dependent manner. pubmed.ncbi.nlm.nih.gov/20298761/ . Much more supporting and current investigative research can be found in PubMed (National Library of Medicine) at pubmed.ncbi.nlm.nih.gov . All things in moderation. Mic., the ototoxicity guru.

Posted On 02/29/2024

hydronic

Being a ripe old age of 71, I've heard so many arguments for eating this way or that way. I've also tried numerous ways of eating. There is no one size fits all as Eve stated. What I eat changes from month to month, but for the most part eating animal based diet works best for me with very little carbs. Given the state of our food in the US it's difficult to get too excited. Commercial agriculture, chemical fertilizer, glyphosate, Apeel, and mRNA technology being introduced into the food chain lack luster. If you can find a diet that works for you, you are very fortunate.

Posted On 02/29/2024

cup

I use Now Tri-3D softgels for my fish oil. It is in the phospholipid triglyceride form. I used to try a lot of different fish oil brands with no improvement on lab results (the Omega-Check test) in my omega-3 status, until Dr. Mercola wrote his first article on this form of fish oil. I tried this particular product, and the next year my omega-3 level had skyrocketed up into the range it was supposed to be in, and it has stayed there. I only have to take one softgel per day on any day that I'm not eating fish like sardines or wild-caught Alaskan salmon. With the previous brands I used, I had to take many more softgels than that, and they still didn't help me.

Posted On 02/29/2024

A great segment of this interview, and text, involves the importance of glucose as a primary fuel for mitochondria in order to generate energy. A lot of credit is given by Dr. Mercola to Georgie Dinkov for convincing Dr. Mercola that the ketogenic diet is not a healthy diet, and mostly this is because a ketogenic diet focuses on minimizing carbohydrates. Well, it turns out that even though there were dozens of books written on ketogenic diets in the last 15 years, (2 from Dr. Mercola), the science has moved on.

Ketogenic diets have very little support by "the science" these days because as Dr. Mercola implies, easy access to glucose, and in sufficient quantities to make life easy on the human species, is vital to long life and survival without stress. As Dr. Stephen Gundry stresses, humans just can't live without a minimum of 30% of their energy deriving from glucose. If they don't ingest the glucose, they will make it by deconstructing protein found in muscle (mostly) and reusing the atoms to make glucose molecules.

And this is expensive metabolically, and as Dr. Mercola explains, also causes cortisol to be released as part of this process. So are ketones a bad thing, or is it just the "Ketogenic Diet" the part that we need never to look at again. (Well, except that science still sees a short-term use of a ketogenic diet as a super way to lose weight in a short span of time.) The answer seems to be that ketones are always a part of the normal daily life cycle (circadian rhythm) and have been since the beginning of our species.

The problem with our metabolism these days is not so much the proportions of fats, carbs, and proteins we eat, but yes, the quantities and the quality. Humans can do well eating what has usually been accepted proportions of the macronutrients, ranging from 20 - 50 percent of each, however you wish to mix it, as long as you don't get any one of these over 50% continually, nor protein over 30% for weeks at a time. So what about ketones?

stoneharbor

Ketones are very important! Even though Georgi Dinkov stresses that glucose is the most efficient method of generating ATP in the Krebs cycle (and therefore votes it the most valuable nutrient from which mitochondria can generate energy), what is missing from all his writings that I've read is that: 1) 30% of all calories entering mitochondria are not even used to generate ATP; and 2) if you only use a small, 6-10 hour eating window, this "intermittent fasting" during the remaining 14-18 hours will automatically cause your blood insulin to run out, having put all the circulating glucose either into muscle, liver, or fat cells, and when the insulin is gone, fats are released from your fat cells, and some of those go to the liver to be converted to ketones, which act as a signal to mitochondria to divide, making more mitochondria.

This is known in the scientific literature as "mitochondrial uncoupling". This is continual rebuilding of the mitochondrial inventory. This is how you keep your cells young and healthy and generating lots of energy daily. For example, 3000 mitochondria per cell produce a certain amount of energy far easier than only 1500, or only 300. So while some people dumped the ketogenic diet idea and threw ketosis away with the bath water, and embraced glucose as the golden calf energy production, science continued on, and there are now whole books that explain mitochondrial uncoupling, and how mitochondria can only survive and be healthy and productive if they are allowed time to reproduce and repair.

This is your state of early morning ketosis. Little ATP is produced, but you are gaining many more mitochondria during this resting period. Here is a beginning exposure to how ketones signal the start of this daily regenerative process: www.youtube.com/watch Here's more on time restricted eating: academic.oup.com/.../6371193

Posted On 02/29/2024

rrealrose

Thanks for the Drs. Perlmutter/Gundry link!

Posted On 02/29/2024

Alro

The information on mitochondria uncoupling is fascinating. Thank you! Love all the educated contributions on these threads and appreciate it so much. Mentioned it above but stumbled across info that adding fenugreek to curcumin increase absorption 30x, dramatically more than piperine etc

Posted On 02/29/2024

umfuli

I collect rain water in a tank and I have placed a Lakovsky Coil around it which I believe gives the water energy. I have used Lakovsky Coils around three Ash Trees that were suffering "Die Back" and they are now thriving. The coils are made from the metal rims of wooden wagon wheels.

Posted On 02/29/2024

rof3516

If the cortisol actions are truly as described in this article does this not have major consequences for the recipients of the new wonder weight loss drugs, Wegovy, Ozempic, etc? Could we be looking at a whole new cohort of super thin but super frail? In London we have an epidemic of people addicted to crack, walking the streets hunched over, surely their bodies are ravaged not just by the drugs but by cortisol as their body struggles to counteract the drugs in their system. Is this a scary snapshot of the future for the feckless quick fix users of GLP-1s?

Posted On 03/01/2024

Almond

Oatmeal is a good source of fiber and many nutrients. We were often told that oatmeal is a good way to start the day and will "stick to your ribs". That in itself, may be part of the problem nowadays. Oatmeal may contain many residues that you do not want sticking to the linings of your intestines. Chlormequat, glyphosate. Other residues, such as atrazine, in the contaminated soil from other crops? Anything leaching into the groundwater, esp. in parts of the Midwest, where water tables are high and fields need to be ditched. Further, many bulk grains, and all of those that are imported and not in pre-sealed packaging, may be fumigated repeatedly.

How many of you have contacted grain companies to ask what the level of contaminants are in the grains they sell and whether it has been tested? Do they readily disclose test results? Do they monitor farming methods? Do they give you a direct reply or the run-around? Realize, that, not only is most supermarket food unfit for human consumption, but you would not even want to feed it to your animals. In recent years, there has been much in the news about toxic petfood and also chickens not laying because of some brands of commercial feeds.

I would not even choose to compost these for my garden. You can put your thinking cap on and realize most of the major companies I am referring to that might get me sued for if I mentioned them by name. It is absolutely essential that people fill their pantries from home gardens nowadays. Avoid the food-dependency trap and save your own seed. (Also, watch for sales and invest in reusable canning lids.) Nature is also provident if you have educated yourself to wild-harvest. Know what you are eating. This will also free up your budget so you can afford top quality for the few items you may still need to buy.

Posted On 02/29/2024

Almond

P.S. On testing, many brands that claim to be organic are not. You really need to do your research to find out which companies are reputable.

Posted On 02/29/2024

butlerbv

Interesting! But: on Omega 3 fat: one major reason to keep cattle in grass is that that fiber diet is key to the animal depositing high amounts (50/50 Omega 3 :Omega 6 fat in its tissues and meat. This is one reason why its meat is much healthier to consume. Sosalmon is not the only source of clean omega3 in your diet! (Bryan Butler).

Posted On 02/29/2024

harry11

Is it also bad to eat whole sunflower seeds due to LA? I eat them for vitamin E. Thank you

Posted On 02/29/2024

dejure

I do not believe we are "in a lull," regarding the war against freedom involving rogue public agents and their principals, and against non-government organizations [NGO'S]. We, yet, have for profit corporations masquerading as news sources, rather than what they are - propaganda machines for government other than that which we were and are guaranteed, and for monster corporations promoting deadly poisons. We, yet, are being brainwashed with that government is some magical thing able to tend our needs, rather than a collection of people, many who will be in jail for their acts that include rape, murder, arson, theft, extortion and ever other crime under the sun. and on and on it goes.

Posted On 02/29/2024

Almond

Govt is the long arm of business. Corporations are directly answerable to shareholders, some of who are it's officers who hold large amounts of stock as part of their benefit package. In many cases, the share price takes precedence over human life.

Posted On 02/29/2024

non7379

Does anyone know if cold pressed organic BLACKSEED OIL should be grouped among bad seed oils? I thought this oil was very good for the heart and lowering LDL. Thanks,!

Posted On 02/29/2024

Rosebud10000

Blackseed oil is fantastic both topically and ingested for inflammation and a whole host of other things including Covid when I could not get Ivermectin. The ancients reckoned it cures everything but death! But I take it medicinally, 2 teaspoons a day only when needed. Also rubbed in to the face for sinus congestion or into the joints for any little ache (which I hardly get). I only use organic. I would not take it as a culinary oil. (Although when I tested my omega 3 was sky high and my omega 6 almost zero! Hope that helps.

Posted On 02/29/2024

billstri

How does a person get enough calcium? The government recommended amount for anyone is hard to get without drinking a full quart of milk every day or taking supplements. But I hear supplements are mostly not absorbed. And most foods supposedly high in calcium only provide 2 to 3% per serving meaning you would have to eat 50 servings of those foods every day to get enough. Many say calcium is as important as vitamin-D, K2/mk-7, and magnesium and that you need all four to get the full benefits of any one of the four in this list.

Posted On 02/29/2024

ker1872

Do you know who makes non enteric baby aspirin? I can only find chewable with ingredients other than cornstarch.

Posted On 02/29/2024

tmr1591

Gericare 81 mg.

Posted On 03/03/2024

m231231

The king of processed foods , General Mills, is 5 miles down the road. I wouldn't touch ol' Betty Crocker if she was my wife.

Posted On 02/29/2024

songlover

How do we get the EZ water? Is it something we drink? Do we expose our drinking water to the sun before we drink it? Or does it happen inside our bodies after sun exposure?

Posted On 02/29/2024

Dr. Mercola

No need to swallow EZ, or structured water, although fruit, especially high water fruit like watermelon, is full of it. The best way is to expose your skin to near IR. Sunlight is the easiest way to do this.

Posted On 02/29/2024

dfe9250

Does this involve keto and carnivore diets or low carb? Are you saying that instead of burning fat for fuel should be burning sugar. If eating no carbs does this apply or just low carb diet

Posted On 02/29/2024
