

## Guillermou

Four relevant and essential factors for energy production. Solar radiation produces anti-inflammatory, analgesic and modulating effects. It stimulates cells and regulates the production of hormones and neurotransmitters. Through the skin we absorb between 25-30% of solar photons. Studies by Fritz Albert Popp and doctors such as Xiuxiu Wang and Jinzhao Huang, from the University of Jinan (China), have demonstrated the effectiveness of acupuncture or moxa treatment to increase the emission of biophotons along the meridians. . Also the photobiomodulator provided by the sauna. The most frequent indications are pain, fibromyalgia, nervous system disorders, respiratory and inflammatory problems, hormonal imbalances and chronic infections.

A sufficient amount of raw foods that we eat not only provide calories, proteins, vitamins or minerals, but also enzymes that help digestion and literally transfer sunlight to the body. The phenomenon of digestive leukocytosis was studied and scientifically described by the doctor of Russian origin Paul Kouchakoff, who verified that uncooked foods did not produce said increase in leukocytes. Eating enough steamed foods and always accompanying them with other raw foods is a very healthy practice.

[wholefoodsmagazine.com/.../nehealth\\_0.pdf](https://wholefoodsmagazine.com/.../nehealth_0.pdf) .--- 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](https://www.sciencedirect.com/.../S1887836913700887) .---- [www.terra.org/.../biofotones](https://www.terra.org/.../biofotones) .----

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## Guillermou

THE ENERGY THAT HEALS PART II: BIOPHOTON EMISSIONS AND THE BODY OF LIGHT---

[www.chi.is/energy-heals-part-ii-biophoton-emissions-body-light/](http://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](http://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/](http://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..](http://domesticgeekgirl.com/wellness-natural-living/eating-sunlight-all-about..) Eating fresh, sun-ripened, locally grown fruits and vegetables rich in light energy or biophotons has energizing and healing properties. Practical Tips for Biophoton-Powered Fitness 1) Adopt a diet rich in fruits, vegetables, fermented and raw sprouts to maximize your biophoton intake.-- 2) Prioritize pre- and post-workout snacks containing biophoton-rich ingredients to effectively fuel and replenish your body.--- 3) Incorporate light-based practices, such as sun exposure, grounding, and breathing, into your exercise routine to enhance biophoton absorption and optimize cellular vitality.--- 4) Stay hydrated with pure filtered water or fruit to promote biophoton transmission and hydration at the cellular level.-- [alisabattaglia.com/2021/07/15/biophotonic-nutrition-the-benefits-of-ea..](http://alisabattaglia.com/2021/07/15/biophotonic-nutrition-the-benefits-of-ea..) (2021) [www.juicefastcoach.com/.../raw-food-fitness](http://www.juicefastcoach.com/.../raw-food-fitness) (2024).--

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## juststeve

Gui, we have the sources of Life generally always available to all for Healing, and we have sources of antilife, Stealing 5G, Jabs and all.

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## Guillermou

Very well said Just, and also live foods with dietary fiber are below the recommendations in all countries. Epidemiological studies have shown that dietary fiber intake is consistently associated with a reduced risk of weight gain, as well as the incidence of non-communicable diseases such as cardiovascular disease, type 2 diabetes and some types of cancer. The beneficial effects exerted by the intake of dietary fiber are not fully understood; they could be explained in part by physicochemical properties (such as viscosity and volume) that affect the metabolic response to food (such as glycemia, lipid profiles, etc.).

and its ability to shape the intestinal microbial composition and/or its metabolic activity. Fiber-based metabolomics showed negative associations with cardiometabolic risk factors (i.e., high-sensitivity C-reactive protein, systolic and diastolic blood pressure. They cause modulation of glycemia, blood lipids, and immunometabolic pathways that reduce inflammation. chronic systemic, a central characteristic in the development of non-communicable diseases. Direct associations were observed between fiber intake and plasma concentrations of 2,6-dihydroxybenzoic acid (2,6-DHBA) and indolepropionic acid that may represent a new set of biomarkers reflecting interactions between diet and host microbiota.

intestine relevant to the cardiometabolic effects of dietary fiber. Biomarkers that reflect interactions between specific dietary components (dietary fiber) and gut microbiota may represent a novel measure to guide personalized diets to improve cardiometabolic health. [pubs.rsc.org/.../d3fo04763f](https://pubs.rsc.org/.../d3fo04763f) (2024).-- [www.sciencedirect.com/.../S0002916522007821](https://www.sciencedirect.com/.../S0002916522007821) (2020)-

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## eastvirginian

Hey Gui, what do you think about taking aspirin if you get sore after exercising, like not just the feeling good bit of soreness but not feeling good the next day or two, and making you not want to exercise so much... I feel like it's some roadblock in the electron transport chain, but overall I'm doing really well, and don't want to invest the time in sorting out all the details here and I don't know if I could figure it out anyway... My health limiting factor is microbiome, and for me, as long as I'm taking care of that, everything else seems to work... but this problem with exercise is annoying and I often take aspirin to alleviate it, but then I think about all the people who say taking aspirin negates the benefit of the exercise that you have done... I really appreciate your thoughts that you post on here, so much knowledge in one place!! thanks in advance!

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## Guillermou

Very true eastvirginian, a good intestinal microbiome is the basis of health and its alterations, especially intestinal permeability, are the source of many diseases. It is true that aspirin is used by athletes to reduce inflammation and suppress pain after soft tissue injuries and is even sometimes used to prevent pain during competitive activities. However, you could experiment if before and after exercise you drink an antioxidant and anti-inflammatory fruit drink such as watermelon, kiwi, apple, etc., with a little taurine. This study aimed to clarify the combined positive effect of taurine and omega-3 supplementation on delayed-onset DOMS muscle soreness and muscle damage after high-intensity eccentric exercise.

[www.jimc.ir/article\\_172531\\_3e82e1dfd94f270ec30366198eb39c3d.pdf](http://www.jimc.ir/article_172531_3e82e1dfd94f270ec30366198eb39c3d.pdf) (2023).--- In these reviews, a low dose of taurine (0.05 g) before performing strength-building exercises may decrease muscle fatigue and increase enzymatic antioxidants. Taurine supplementation significantly increased SOD and GPX. The results of the present study indicate that taurine has antioxidant effects against oxidative stress induced by resistance exercise and lipid peroxidation. [link.springer.com/.../s40279-018-0896-2](https://link.springer.com/.../s40279-018-0896-2) (2018).--- [www.frontiersin.org/.../full](http://www.frontiersin.org/.../full) (2021).---- [www.science.org/.../science.adi3025](http://www.science.org/.../science.adi3025) (2023).--- [www.magiran.com/.../2575766](http://www.magiran.com/.../2575766) (2023).---

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## **fvomasch**

eastvirginian. Do you take enough magnesium. Having low mag levels can increase your soreness. Muscles need mag. Try taking capsules or rub magnesium gel on sore areas and take an Epson salt bath on occasion. Be careful not to take too much mag at first for it will cause loose stools. Work your way up to bowel tolerance and you should feel better after a workout. [physiotomy.com/magnesium-for-muscle-recovery-the-key-to-optimal-perfor..](https://physiotomy.com/magnesium-for-muscle-recovery-the-key-to-optimal-perfor..)

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## **Almond**

The owner of our local ma&pa grocery tells me soda is his biggest selling item, bringing in the most revenue.

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\* "I have the Holy Grail this is what health is." After of being told for decades, taught such things as A Calorie is Just a Calorie, doesn't matter what you eat, if you have a high number on the scale you need to exercise or eat less. The Rockefeller focus on the wrong things and feed a business model pulling us up just enough so it seems to be an improvement, but we are only surviving, not thriving. As more people begin to recognize the Symptoms of Thriving and how it is maintained is the beginning of a real, actual Healthcare System. All and everything involving discovering what it is to actually be healthy, Thriving starting from Healthy Soil all the way up to solid basics affording also creating Healthy Thriving Communities, along with an ability for fine tuning on a personal level.

Now it is gardening season and on a personal level the Sun and some barefoot grounding have been the missing chord. The warmth, energy flowing through the body has been such a joy. The energy gets right down deep in ways a D3 supplement can't. Still necessary in the low light days in the North here, but the first and best choice isn't always available. Certainly not year-round. Good to have solid positive solutions and to know as we will be tasked to achieve a real Healthcare System from the Ground up, it won't come from the Top Down.

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## Guillermou

Yes Just, above all, as Dr. Mercola has pointed out, achieve a good energy balance that prevents obesity. The fight against obesity requires changes in lifestyle that should be based more on achieving a balance between the intake and expenditure of energy that the body needs than on mere food restriction, according to the executive director of Anschutz Health and Wellness Center, James O. Hill, which recognizes that the latter "is not a good long-term strategy." Knowing and understanding the concept of energy balance will allow us to modify the factors that cause a positive balance and weight gain.

"The main components of energy balance are energy intake, energy stores and energy expenditure so that they are all interrelated and changes in any of these components affect the others." Currently, the body strives to achieve a balance between energy intake and expenditure, but there are environmental factors such as high-calorie diets that, together with the lack of need for physical activity or the attractiveness of sedentary activities, tend to cause energy intake to increase and energy expenditure to decrease. "The body adapts by increasing body fat deposits that serve to increase energy expenditure," so obesity "should not be perceived as a defective regulation of the energy balance but as an adaptation to the modern world," he noted.

he. This expert considers it "difficult" to maintain food restriction for a long time, and advocates maintaining the energy balance of our body in the long term through three general guidelines: increasing the physical activity of the population; promote a smarter way of eating without food restrictions which includes raising awareness about portion sizes; and teach people energy balance techniques.

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Yes Gui, what would seem to be so obvious has been clouded by a fog to promote what is in the end a faulty business model wearing a white lab coat appearing to do something it is not. The Mafia Business Model Machine is focused on the beginning of and the end stages of rack and ruin of toxic health offenders of many kinds. It has little if any create, maintain, prevent such conditions of Disease. Too much focus on the Steal, not much of anything on the Heal. Those who have turned away from the deceptions are attacked, but the tide must be turning, or the usual suspects wouldn't be acting out in so many desperate ways.

The last four years they have resorted to throwing whatever they could on the wall to see what would stick. Now, it doesn't appear like they are doing much laughing at you these days, and the standard attack methods are falling short. Now we are seeing some movement into well of course, We all knew this all along. Rewrite history if they are left and allowed to do so.

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## Almond

I believe it is very difficult to remain healthy if you do not have a garden and produce much of your own food. You especially cannot trust most mass-produced food. The laws keep changing and allowing companies to put healthy-sounding labels on their products when they are anything but healthy. Even "organic" may not mean what we think it should mean. Some of the best food is grown in isolation away from other fields and gardens (cross-pollination, GMOs and chemicals). It is not enough to just add fertilizer to the soil.

Unless you build your soil in a wholistic manner, deficiencies will remain. Producers have gotten very smart about marketing "pretty" food that is nutrient-deficient. Food that is not fresh is also nutrient deficient--something like vitamin C content declines rapidly within even the first 24 hours. You do not need an advanced degree to figure this stuff out. Just think about how good a fish you just caught tastes when cooked as soon as you get home the same day--or the fruit you munch while picking.

Real food is supposed to rot. That is how you know it is no longer fit to eat. If food does not naturally decompose, how can it be broken down in your body and metabolized? In addition to consuming nutrient-deficient foods, many people eat foods that do not break down and pass thru their bodies without much being absorbed. Or, worse, the chemicals that should not be in food get absorbed, tightly bound deep in the tissues where they cause a lot of damage--stored because they cannot be utilized.

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## 9ellie1

FROM DR. MERCOLA'S ARTICLE ON WHITE WILLOW BARK -- ".....When you consume willow bark, your liver metabolizes its major constituent salicin to salicylic acid, the same substance created in your body within minutes of taking aspirin. Researchers have learned that aspirin and salicylic acid may promote the production of new mitochondria in your cells by turning on SIRT1, the master regulator protein. A recent study with liver cells found that both aspirin and salicylic acid, by itself, increased the total concentration of mitochondria by 2-3 times. This discovery has researchers suspecting that the positive effects seen with aspirin might actually be from salicylic acid, and not aspirin per se!

Although highly debatable (in my opinion), some believe that low-dose aspirin therapy may offer potential benefits to certain individuals. I think white willow bark may be a much better option. Because willow bark converts to salicylic acid in your liver, you get all its potential benefits without any of aspirin's negative effects, even with low doses! (Risks associated with aspirin therapy include upper gastrointestinal bleeding and intracranial bleeding.)"

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## josephunger

Another perspective of energetic healing for any interested.. 1 hour in 4 parts. Condensed from the original 4 hour presentation. [www.youtube.com/watch](http://www.youtube.com/watch)

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## HilltopJPJ

I have overall good health (I believe) and still at 63 enviable energy compared to many. I do occasionally take supplements (vitamin D in the winter), but I really hate the idea of trying to make the final optimization of health via supplementation. I really prefer to make my best efforts of getting what I need as simply as possible. So for me, spending time outside, growing as much of my own food as I can, and eating as close to the dirt as I can. That said, I know the earth is increasingly depleted and/or poisoned, and I'm getting older and at some point something will fail and I'll die, my goal is for that to be (hopefully) quick and uncomplicated. I'm blessed and thankful for the good life I've had overall.

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## JGB123

Just Steve, I work in the healthcare industry (yes, it is an industry) and coworkers and I have renamed from healthcare to sick care.

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## bpm4539

How about death care industry?

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## juststeve

JGB123, yes and I have known many in the current healthcare system and it is discouraging because most of them were in it with nothing but the best in mind. Thoughtful, caring people, who put much into their education. When it's a system snuck in by hook and crook by the son of an honest to God Snake Oil Salesman. A master manipulator who used much of the same tactics used to create an Oil Empire Monopoly to create a monopoly sick care system. It escaped the attention Oil Trust got. When for a century the whole public was mass hypnotized by the gee-whiz high-tech successes, it blinded a large enough majority of us from the whole of how things were done.

Lots of pop culture reinforcement of the gee whiz, a lot more downplaying of the Oh Geez. Skip ahead to today and those who invested life, money into training for those such as you to become frustrated when the picture given of our current system, doesn't match the puzzle pieces of Reality. One of the things bothering me the most is how many of those who knew, resisted were pushed out of the system where they are needed. How many in the system who felt so trapped as to succumb to taking the Jab and now are also suffering what many of those also suffering the aftereffects of the Jab know all too well.

Just the Gut Speaking but it is a concern there are a great many people who we will need to address, work to reform and create a real Health System have been taken down, removed or have passed. Not only in the healthcare, but firemen, police, teachers, military. Who needs enemies when Greed has hollowed out so many foundational structures needed in a large society. So just the same, a thank you shout out to you and all those in healthcare like you who do their best to do what they can, when they can.

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## Lifeistough

What a glorious day.

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## JGB123

Gui, your comment about eating raw made me consider if that is why I inherently prefer raw vegetables over cooked ones?

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### Guillermou

Among raw foods, carrot salad is one of Dr. Ray Peat's most famous dietary recommendations. Raw carrots for serious health problems, such as chronic inflammation, liver problems, and hormonal imbalances. This blog post explains the biochemistry behind Dr. Ray Peat's carrot salad and how it can help improve not only your digestive system but also your thyroid function and overall hormonal balance. The late Dr. Ray Peat claims that eating raw carrots with the skin on helps remove excess estrogen from the body.

Dr. Ray Peat describes how intestinal inflammation can become so severe that the intestine leaks endotoxins and inflammatory mediators into the bloodstream. According to Dr. Ray Peat, endotoxins and inflammatory mediators in the gut poison the liver and our cells' energy production system, leading to chronic inflammation and hormonal problems such as estrogen dominance and low thyroid function. [biochemnordic.com/dr-ray-peat-carrot-salad](https://biochemnordic.com/dr-ray-peat-carrot-salad) .--- [cookinginthekeys.com/ray-peat-carrot-salad](https://cookinginthekeys.com/ray-peat-carrot-salad) .—

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### Cabocho

An honest appraisal of her own journey towards efficient energy production, which should guide us all to improving mental and metabolic health. Not surprised she was gaining weight initially with her “very high protein” diet. Apart from activating the mTOR pathway, which may increase the risk of cardiovascular issues, excess protein will surely be converted into carbohydrate eventually. For women, especially mothers with children, who are on the never-ending, multi-tasking rollercoaster, energy is one currency they need even to survive, let alone thrive. [www.nature.com/.../s42255-019-0162-4](https://www.nature.com/.../s42255-019-0162-4)

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## Guillermou

Also. Methionine is an essential amino acid with many key functions in mammalian metabolism, such as protein synthesis, DNA methylation, and polyamine synthesis. Methionine restriction may be an important strategy in controlling cancer growth, particularly in cancers that exhibit dependence on methionine for survival and proliferation. Methionine dependence in cancer may be due to one or a combination of factors, polymorphisms, or alterations in gene expression in the de novo and salvage methionine pathways. Cancer cells with these defects cannot regenerate methionine through these pathways.

Defects in folate metabolism may also contribute to the methionine-dependent phenotype in cancer. Selective methionine-dependent killing of cancer cells has been demonstrated in coculture with normal cells using methionine-deficient culture media. Several animal studies using a methionine-restricted diet have reported inhibition of cancer growth and extension of healthy lifespan. In humans, diets with higher consumption of vegetables, which may be low in methionine, may be a useful nutritional strategy in controlling cancer growth. The development of methioninase that depletes circulating levels of methionine may be another useful strategy to limit cancer growth.

[www.sciencedirect.com/science/article/abs/pii/S0305737212000059](http://www.sciencedirect.com/science/article/abs/pii/S0305737212000059) (2012).--- Normal cells can tolerate methionine deficiency, but most cancer cells are methionine auxotrophic and require dietary intake as they cannot synthesize it. In vitro, methionine deficiency causes cancer cells to undergo cell cycle arrest and cell death, and in vivo, a methionine-restricted diet (MRD) enhances radiosensitization without significant adverse effects.

[ascopubs.org/.../JCO.2023.41.16\\_suppl.e15087](http://ascopubs.org/.../JCO.2023.41.16_suppl.e15087) (2023).---

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## Guillermou

Data indicate that dietary methionine restriction leads to a reduction in cancer growth. Interestingly, evidence also indicates that methionine restriction may lead to an increase in cellular lifespan. Although the exact mechanism causing this paradox is poorly understood, some research indicates that methionine restriction causes increased autophagy. Methionine is also thought to signal through mTOR, a protein kinase, to promote cell growth and inhibit autophagy. It was found that mTOR and autophagy do not appear to affect each other. [scholarlycommons.obu.edu/.../881](https://scholarlycommons.obu.edu/.../881) (2023).--- There are many risk factors for gastric cancer, including Helicobacter pylori infection, smoking, dietary habits, abdominal obesity, alcoholism, and genes and genetics.

The influence of Met on gastric cancer cells has been found to encompass the entire process of gastric cancer development. Existing research suggests that, in the initiation stage, the presence of Met favors cancer survival and its impact on surrounding normal tissues. However, creating a favorable methionine-restricted (MR) environment through dietary interventions or the addition of enzymes makes gastric cancer cells more susceptible to oxidative stress-induced damage and impairs their survival, in addition to mitigating inflammation.

, thus delaying the appearance of gastric cancer. Regarding programmed cell death in gastric cancer cells, an RM environment can facilitate several types of programmed cell death, including autophagy, apoptosis, and ferroptosis. MR can inhibit monocyte/macrophage infiltration, alleviate T cell competitive suppression of cancer cells, and promote T cell proliferation and differentiation, thereby facilitating T cell-mediated destruction of gastric cancer cells. [www.mdpi.com/.../161](https://www.mdpi.com/.../161) (2023).--

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## Cabochon

Not only does restricting methionine tend to prolong life, limiting high methionine foods such as egg white, meat, seeds and grains, helps support the thyroid, according to Deering. This little myth-busting gem of a book sets the record straight on protein, fibre, salt and vegetables. Re fibre - if some is good, more is not necessarily better - of course. So NOT another dieting book, NOT a one-size-fits-all bible written by the food police, more of a common sense approach to healing your metabolism. "You need to be healthy in order to lose weight, not necessarily lose weight in order to be healthy." Her book is like a breath of fresh air.

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## m231231

As Rodney D. said, "when you get older, doctors tell you don't smoke, don't drink , eat certain foods. At my age, what can I look forward to? I mean, from this point on, if I take excellent care of myself, I'll get very sick and die." Guess I'm different. I didn't like my wage with one shift 45 yrs. ago, so I worked two and often 3 in a row. Most ever was June 2006 where I went 60 hours with maybe a short nap, I was self employed for 45 years. Two women that know this bag of bones, a Dr. PT, and masseuse , I asked them if I can get 20 more years and both thought yes. I think I can get more than that. And I'm doing my 2x25 sprints a day, 100 yarders, pushed through 2,300, boring and sucks. Including walking the block to the park, that's 8,000 steps (not many) but 3,500 strides. Age 69 , so I guess I'm doing ok. Maybe I'll die today, maybe not. Pulse 55. At high school weight. Losing more.

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## francica

I Worked in the medical field for over 40+ years learn some good but mostly not so good, or Doctors didn't know any better. I Decided to research myself. Good points in this Article. I would like share my views in our unhealthy society. I attendee my granddaughters graduation yesterday... amazing to see ALL the mothers I figured ages late forties....all overweight. Except two ladies born in another country. A Very very wealthy crowd. They have the diseases of kings. They looked bloated & tired. I was asking myself why?? then two ladies approached and asked me how i keep myself thin..... I said is not hard if you want to be healthy but takes work.

I told them this is a party is fine to celebrate but if you eat DAILY or feed your kids with this food( except the healthy salad) you cant achieve health or energy. They were very honest, and funny. They asked what's wrong with the food.? is a mental issue... sad but this younger generation blame the food chain for their problems...when I told them my age then they said no way you had surgery I said i haven't done a thing or even color my hair anymore I have my silver hairs dancing on my head & made peace with them. I dont wear make-up never did... I told them start moving your body pick a fun sport that you ladies like they said too tired..... OK.

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## jessicajuniper

What about progesterone as delivered via the Mirena coil? My doctor has recommended it as both a contraceptive and HRT

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