

Muckrake

Bone broth is high in histamine, for those who have histamine issues and need to know that.

Posted On 09/04/2024

bpm4539

What are the general symptoms of having high histamine?

Posted On 09/05/2024

Guillermou

As Dr. Mercola has reported, the essential one is the methionine/glycine ratio. Inflammation is a common factor in cancer, cardiovascular disease, and diabetes, as well as arthritis and other inflammatory diseases. Studies establish an inverse association of plasma glycine levels between patients with insulin resistance and diabetes, cardiovascular disease, and cancer. This suggests that low blood glycine levels may generate a hyperinflammatory state, predisposing the body to the spectrum of chronic diseases including cancer. Plasma glycine levels in human populations, while they may be adequate for glycine's biochemical functions, including protein synthesis, may not be sufficient for glycine's cellular physiological function in stabilizing membrane voltage, cellular activation in macrophages, and other cells.

Amino acid metabolism suggests a more complex relationship between glycine and methionine, the latter of which is abundant in muscle meats. Specifically, removal of excess methionine requires two to three molar equivalents of glycine per mole of methionine. Therefore, one might hypothesize that high consumption of methionine-rich, glycine-poor muscle meats as staple foods causes a net reduction in plasma glycine levels.

Observational studies, a clinical trial in Mexico City a decade ago reported reversal of type 2 diabetes with consumption of 15 g/day of supplemental glycine for 90 days. Observationally, the inverse association of type 2 diabetes and prediabetes with plasma glycine has been abundantly documented, as demonstrated by the recent SRMA of 46 studies. www.ncbi.nlm.nih.gov/.../PMC4839172 (2016)-----
www.ncbi.nlm.nih.gov/.../PMC4859380 (2016).-----
analyticalsciencejournals.onlinelibrary.wiley.com/doi/abs/10.1002/bmc...).-----
link.springer.com/.../BF03346417 (2008).----- www.bmj.com/.../rr-1 (2018).---

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Glycine also plays a role in transmitting nerve signals and removing toxins from the body. Glycine modulates the production of serotonin, the "feel good" hormone that helps elevate mood, improve sleep, and memory. Glycine is anti-inflammatory and antioxidant, which are properties that reduce the risk of heart disease. Therefore, some researchers have looked at the connection between glycine and heart disease. TOP 9 BENEFITS AND USES OF GLYCINE www.healthline.com/.../glycine .-----
Glyphosate in particular is working synergistically with most other factors to increase toxic effects.

Glyphosate causes insidious damage through its action as an amino acid analogue of glycine, and that this interferes with natural protective mechanisms against other exposures.

www.ncbi.nlm.nih.gov/.../PMC6695815 (2019).--- Glycine administration modulates dietary amino acid levels, especially methionine, which may increase healthy lifespan

onlinelibrary.wiley.com/.../acel.12953 (2019).--- GLYNAC (GLYCINE AND N-ACETYLCYSTEINE) SUPPLEMENTATION IMPROVES IMPAIRED MITOCHONDRIAL FUEL OXIDATION AND LOWERS INSULIN RESISTANCE IN PATIENTS WITH TYPE 2 DIABETES.

www.mdpi.com/.../154 (2022).-- Glycine supplementation improves several components of metabolic syndrome, such as diabetes, obesity, hyperlipidemia, and hypertension. In the future, the use of glycine may have a significant clinical impact in the treatment of patients with metabolic syndrome.

link.springer.com/.../s40618-021-01720-3 (2022).-- Higher levels of glycine, glutamine, betaine, indolepropionate, and (phosphatidylcholines were associated with a lower risk of type 2 diabetes diabetesjournals.org/care/article/45/4/1013/144892/Metabolomics-and-Ty.. (2022)

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K31Scout

I use 2grams of glycine in every mug of coffee I drink. It has a subtle sweetness.

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juststeve

Just me but I put collagen & colostrum in with the bone broth and right and/or wrong, take the probiotics & prebiotics along with it. Just the Gut Speaking it would seem the bone broth, collagen, and colostrum may help feed the probiotics & prebiotics to heal and repair Gut health.

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