

Guillermou

Uridine found in the liver of animals, vegetables such as broccoli, breast milk and beer has been shown to increase choline levels in the brain. Uridine and choline act synergistically with DHA to increase the formation of phosphatidylcholine. The latter is necessary to produce alphetidylcine (PC), a precursor of acetylcholine, the essential neurotransmitter in the brain. It has been shown to boost mood, cognitive function, learning and memory. -----1) Uridine is a key metabolite used as a substrate for the production of DNA, RNA and glucose, -----2) Increases brain neurotransmitter levels -----3) Reduce stress -----4) Increases learning ability and memory -----5) It is a regulator of energy balance, being a potential target to address eating behavior dysfunctions in humans.

-----6) It has anti-cancer effects -----7) Cardiovascular protector. nootropicsexpert.com/uridine-monophosphate (2022).----- focussupplements.co.uk/es/2021/11/12/supplements-to-maximise-brain-hea.. (2021).----- www.institutovalencianodeozonoterapia.com/papel-de-los-nucleotidos-en-.. (2022).--- web.mit.edu/.../1010.pdf (2022).--- www.sciencedirect.com/.../S2666379122004761 (2023).--- www.nature.com/.../s41574-023-00808-5 (2023).--- www.mdpi.com/.../3552 (2023).--- www.researchsquare.com/.../v1 (2023).---

Posted On 04/12/2024

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Foods and nutrients influence the microbiome in different ways. For example, a Western diet with a high consumption of processed fats and sugars high in linoleic acid reduces microbial diversity, produces dysbiosis and affects cognition by triggering chronic low-grade inflammation. Diet interacts with the host's genetics and microbiota, with physiological consequences that can protect or harm the brain. The additive effects of the combination of DHA, uridine, choline, folate, vitamin B12, vitamin B6, vitamin E, vitamin C and selenium promotes synaptogenesis to counteract the synaptic loss that occurs in cognitive decline and AD. These ingredients may act through several synergistic mechanisms including, but not limited to, reducing homocysteine levels and increasing blood flow and cerebral perfusion.

Uridine and choline act synergistically with DHA to increase phosphatidylcholine formation, there is a compelling rationale for combining these nutrients. A multinutrient enriched with uridine, choline and DHA developed to support brain function has been evaluated in randomized controlled trials covering a spectrum of dementia from mild cognitive impairment to moderate AD.

www.cambridge.org/core/journals/nutrition-research-reviews/article/mul.. (2022).-----

link.springer.com/.../s40120-020-00227-y (2020).---- link.springer.com/.../jpad.2023.29 (2023).---

link.springer.com/.../jpad.2023.81 (2023).---

Posted On 04/12/2024

juststeve

Geez Professor, what an arm's lengths list of foundational health enhancers. No wonder there has been a non-stop Fear Porn campaign for decades of Don't Eat Eggs. Then what the Machine Fare dominantly offered is substandard, adulterated with many compounds either taking the goodness out, blocking them, or substituting with unnecessaries. Biggest insult is if enough of the population returns to Regenerative Sustainable Efforts, it will take decades for the proper methods to reduce, hopefully eliminate the toxic goo out of the environment to return simple basic foods demanded for personal use by Kings.

Posted On 04/12/2024

Guillermou

Yes just, above all organic foods that you explain perfectly: "hopefully eliminate the toxic goo out of the environment to return simple basic foods demanded for personal use by Kings." For years, producers have been using some tricks to color the yolks to the consumer's liking, which is why we find eggs with a yellower yolk and others, on the other hand, with a more orange and intense color. Jos Miguel Mulet, biotechnologist and popularizer at the Polytechnic University of Valencia, mentioned it in a chapter of his latest book *What is healthy eating?* where he addressed the techniques used to make industrial chicken meat resemble that of a chicken raised free will.

"A natural way to pigment chicken is to add calendula petals to the feed. Even if we want to increase the orange tone, we can add caxanthin, which is a red pigment that is found naturally in various algae and fungi and is the responsible for the red color of flamingos (which they obtain from their diet, since they are incapable of synthesizing it)", writes Mulet. "Similar tricks are also used to color the yolk of eggs," he adds. In reality, whether the yolk of an egg comes out more yellow or more orange has to do with the diet that has been provided to the laying hens (both with the type of food they eat and with their diversity).

In this way, if the chickens eat mainly corn, the color of the yolks will be more orange. Furthermore, if in that diet there are also calendula petals (a herbaceous plant with an intense orange color), or other types of foods rich in carotenoids (organic pigments found in different plants), the yolk will end up acquiring this shade. In fact, it is possible to raise chickens in cages that end up producing eggs with yolks of this color. It is enough to feed them this way or even use orange peels or carrots. A diet in which the main component is wheat or white corn flour, which will end up causing the yolks to have a paler, yellowish color.

Posted On 04/12/2024

Anne.Kirsche

A nice benefit of beer!

Posted On 04/12/2024

Insearchof63

I've been a Mercola fan longer than a member, and I have to say he has put me on a health journey that is an endless process. However I must say I learn SO much more in the members comments that helps me start to begin to touch the surface of even asking the questions! Thank you Guillermou, Just, Almond, every single one of you have helped me along the way!

Posted On 04/12/2024

airsurfer

The sad part is, when unhealthy people ask you healthy food advice and you give it to them, they don't believe it. As they have been brainwashed to believe it has to be waaay more complicated than just eating natural foods.

Posted On 04/12/2024

juststeve

Yeah, you get the I don't care if it does cause - fill in the blank, I like it. Tongues trained to stay chained to flavor, appetite enhancers and dulled to the actual flavors of healthy fare. The other addiction, dump it out of a box or can because it is easy, saves time.

Posted On 04/12/2024

Guillermou

It is the domain of the science of allopathic medicine that rejects and/or ignores Natural Medicine, it is a science that is governed by protocols and allopathic doctors do not want interference with what they are taught in education and Congresses sponsored by BigPharma. . It is science outside the domains of ethics, imposed by Rockefeller where support rests on the pharmaceutical mafia and the corruption of institutions, linked to Big Pharma. The religion of the State is that imposed by large corporations through many years of domination of the media that are owned by bankers, large corporations and philanthropic organizations such as that of Bill and Melinda Gates. In support of the media there are scientists and universities of the Rockefeller current that support the dominant paradigms of allopathic medicine that are built by elites based on a domain that only seek their benefit.

It is the historical tradition of the billionaire families who run Davos and the new world order, through the control of the global financial systems, the absorption of all monopolies and companies. The tyranny imposed on the world creating this "pandemic" and developing draconian measures, which have constituted the ideal scenario to deliver the final death blow to the world economy. As illnesses and deaths continue to grow and life expectancy is compromised in the future as these undesirables continue to line their pockets.

Posted On 04/12/2024

bee70578

Well there is an addiction element for them to overcome I guess, especially with so much HFCS content in regular processed foods.

Posted On 04/12/2024

zparkie2

It's Bill Gates until everyone realizes that Bill Gates is an SOB with a very severe mental illness trying to destroy everything people are not going to realize he is behind everything regarding food and trying to poison everybody to reduce the population. He is nothing but a piece of dog crap.

Posted On 04/12/2024

jef9075

Agreed.

Posted On 04/12/2024

rrealrose

Could use quite a few more eyes on this topic. This report is about 1 year old: Ice Age Farmer | BIRD FLU: The Next Pandemic? - - Ice Age Farmer | BIRD FLU: The Next Pandemic? - - its scary stuff, awareness is key.

Posted On 04/12/2024

forbiddenhealing

I'm coming too think prostate problems are result of molds/yeasts lodging on the gland, previously studded with metals which attract them....and since relief has been found from reducing alcohol/sugar and using vinegar, baking soda or oregano oil. Since so many chronic issues begin with toxic metal burdens, I'm sticking with this logical theory until proven otherwise.

Posted On 04/12/2024

Guillermou

The following may reduce the risk of developing benign prostatic hyperplasia (BPH): -----1) Diet rich in vegetables and fruits -----2) Maintain healthy body weight and blood sugar levels -----3) Physical activity and exercise. -----4) Maintain sufficient levels of vitamin D -----1) American saw palmetto. Saw palmetto is the most widely used phytotherapeutic treatment for BPH. -----2) Beta-sitosterol. Beta-sitosterol is a plant-based compound similar to cholesterol. It has been shown to improve BPH symptoms in several clinical studies. -----3) African Pygeum. Also known as African plum, P.

africanum can prevent the growth of prostate cells. - -----4) Rye pollen. Rye pollen extract has been shown to reduce nighttime urination, improve urinary flow, and shrink the prostate. -----5) Nettle. Nettle, alone or in combination with saw palmetto, has been shown to improve BPH symptoms. -----6) Isoflavones. Soy isoflavones were found to reduce PSA levels in men with prostate cancer. Isoflavones can inhibit testosterone-mediated prostate cell growth. -----7) Pumpkin seed oil. Pumpkin seeds contain compounds that can interfere with the action of dihydrotestosterone. One study showed that pumpkin seed oil reduced BPH symptoms in a selected population.

-----8) Lycopene. Men with higher levels of lycopene are less likely to develop prostate cancer and supplementation may slow prostate cancer growth. -----9) -Fatty acids such as eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA) and gamma-linolenic acid (GLA) can promote prostate health. ---- -10) Other natural interventions, such as lignan extract, Boswellia serrata, ginger, quercetin, selenium, moringa, garlic, and beta-carotene and vitamin C, can improve prostate health and reduce risk of developing BPH.

Posted On 04/12/2024

samwoo

And for the asthmatics here..choline is also implicated in asthma, or should I say shown to help in asthma. This is the reason I take it. Although I rarely manage the high doses used in the experiments. Interestingly my self decode genetic analysis threw up choline as one of my suggested increased requirements

Posted On 04/12/2024

bee70578

I have CFS and take BB's PhosCol supplement, In particular it helps restful sleep greatly in that I have noisy neighbours and can be woken at 3am by noise but just drift off back to sleep with no problems. I'm told that there is a similar supplement derived from Lecithin that is more affordable but has a lesser health advantage. Does anyone have a comment on this?

Posted On 04/12/2024

rrealrose

Don't have asthma however started taking PC as a supplement because was told I had a "fatty liver" (now know closer to a clogged liver...a long story) Regardless, after some time noticed it helps the brain and all cells of the body. This is in addition to eggs and other high choline foods. You can make of this whatever you want, seems to improve recovery from a plateau.

Posted On 04/12/2024

wga68917

Thank you Dr Mercola for all of the endless research you do. You have helped me more than the doctors I've been to! You're a plethora of valuable information and my hats off to you!!! Wanda

Posted On 04/12/2024

luc53277

Thank you for this information Dr Mercola. It was a very interesting read and again highlights the many benefits of natural food, including meat and eggs which seems to be demonized by certain organizations, even more so at present...

Posted On 04/12/2024

billstri

For years, I kept a BMI of 25 to 27. No matter what I do, I can't seem to lose the excess weight, all in one area, which interferes with much in my life that I do and like to do. I've been studying how to get enough Choline for more than a year, as I am thinking that fatty liver is the likely problem and choline seems to be the best potential cure. Krill oil is my best source as a good normal daily dose can supply 100mg of Choline or about 20% of minimum daily requirement. But I don't like eggs enough to eat 2 eggs per day every day indefinitely. But I much rather eat lots of eggs than any Beef Liver. I do take a daily Choline supplement, but it only provides 120mg of Choline.

I am afraid to take more of the supplement as there are lots of professionals that say the supplements are not bio-available. It is still a rare day that I can get the full 550mg of Choline recommended minimum. As with most other supplements and protein, you should not aim for the absolute minimum daily requirement, but you should instead exceed the minimum. I am guessing that fatty liver can be undone by exceeding the minimums of Choline, eliminating sources of significant LA in the diet, and consuming a low fat diet. I gained my excessive weight about 10 to 15 years ago when I switched from a diet high in fruit and vegetables over to a diet much higher in fat as was the wisdom of that time period.

Most of that extra fat in my diet was in obedience to many doctors who say PUFA's are good for you and that is what I started eating a lot of, and now I can't get rid of that weight, which I had blamed on getting older. BPH also came with that extra weight, so I am guessing if I got back to the normal weight I had most of my life, if BPH would decrease. I wish studies could be done to see if a higher choline intake would help in weight loss for those with elevated BMI due to belly fat. I do lots of exercise every day, all of my life, mostly hiking and walking.

Posted On 04/12/2024

DeniseBrandon

Is using raw eggs in smoothies acceptable?

Posted On 04/18/2024

Dr. Mercola

Yolks but not the whites

Posted On 04/18/2024

ela3783

Thanks Dr Mercola for clarifying the source of lecithin in eggs being the yolk and not the egg white (I also assumed it falsely that it's the white) Rich blessings to you and many many member inputs that have blessed many fellow readers . You have proved to be trustworthy since you are quick to correct your information of past knowledge when new knowledge reveals otherwise

Posted On 04/16/2024

maniii

My teenage daughter has been getting headaches and migraines for over a year now. A friend recommended supplementing with choline cdp and her headaches almost immediately decreased by about 90%. She still gets headaches and migraines just not as often. I still wish there was something I could do to get rid of the monthly (possibly "hormonal") migraines that come with nausea.

Posted On 04/14/2024

bdmatt

Are turkey and duck eggs as nutrient rich as chicken eggs?

Posted On 04/13/2024

angielatte

So what should I be feeding my chickens, ideally? My small flock is mostly confined to a run because of my dog, so they don't get much free-ranging time.

Posted On 04/12/2024
