

## Guillermou

The group from the Higher Council for Scientific Research (CEBAS-CSIC) identified the production of urolithins (AU) for the first time in the world. In new research a secret anti-aging ingredient is hiding in the intestine. UAs, molecules that are produced naturally in the intestine when foods rich in polyphenols are consumed, such as pomegranates and berries such as strawberries, raspberries, blackberries, etc. Urolithins are a kind of intestinal microbiota metabolites of ellagitannins (ET) and ellagic acid (EA) with potent in vivo biological activity.

The effect of UA on aging and age-related diseases was found to be mediated by activating mitophagy, improving mitochondrial function, and reducing inflammation and mitochondrial function. Other mechanisms of action have been proposed for UA, such as the activation of the Ahr/Nrf2 pathway and its response to antioxidant, anti-inflammatory stress, dysbiosis and intestinal permeability, cancer, neurodegenerative, mitochondrial protection, muscle performance.

metabolic, cardiovascular, degenerative diseases and regulation of genetic expressions.

[www.sciencedirect.com/science/article/abs/pii/B9780443189517000177](http://www.sciencedirect.com/science/article/abs/pii/B9780443189517000177) (2024).--

[onlinelibrary.wiley.com/.../fsn3.3777](http://onlinelibrary.wiley.com/.../fsn3.3777) (2024).---- [www.itjfs.com/.../2459](http://www.itjfs.com/.../2459) (2024).--- [www.mdpi.com/.../htm](http://www.mdpi.com/.../htm)

(2022).--- [www.tandfonline.com/.../10408398.2022.2036693](http://www.tandfonline.com/.../10408398.2022.2036693) (2023).-- [www.mdpi.com/.../4441](http://www.mdpi.com/.../4441) (2023).-

[www.mdpi.com/.../1479](http://www.mdpi.com/.../1479) (2023).-- [www.sciencedirect.com/.../S0098299722000541](http://www.sciencedirect.com/.../S0098299722000541) (2023).--

[www.ncbi.nlm.nih.gov/.../PMC10085614](http://www.ncbi.nlm.nih.gov/.../PMC10085614) (2023).-- [www.mdpi.com/.../3884](http://www.mdpi.com/.../3884) (2023)

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This study reports that ellagic acid (EA) and urolithins can exert preventive and curative effects on cardiovascular diseases with negligible side effects and possibly regulate the imbalance of lipid metabolism, the production of pro-inflammatory factors, the proliferation of muscle cells vascular smoothing, cardiomyocyte apoptosis, endothelial cell dysfunction. This can potentially lead to the prevention and improvement of atherosclerosis, hypertension, myocardial infarction, cardiac fibrosis, cardiomyopathy, cardiac arrhythmias, and cardiotoxicities in vivo. Several molecules and signaling pathways are associated with their therapeutic actions, including phosphatidylinositol 3-kinase/protein kinase B, mitogen-activated protein kinase, NF-B, nuclear factor erythroid-2 related factor 2, sirtuin1, miRNA, and extracellular signal-regulated kinase 1/2.

[www.sciencedirect.com/science/article/abs/pii/S0944711323002283](http://www.sciencedirect.com/science/article/abs/pii/S0944711323002283) (2023).-This review focused on the role of intestinal bacteria in the conversion of ellagitannins to urolithins. According to the results of in vitro and in vivo studies, the health benefits of urolithins, including antioxidant, anti-inflammatory, anticancer, anti-obesity, anti-diabetic, anti-aging, cardiovascular protective, neuroprotective, kidney protective and muscle mass protective effects  
[pubmed.ncbi.nlm.nih.gov/35959701](http://pubmed.ncbi.nlm.nih.gov/35959701) (2024).---

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## juststeve

Gui, it was quite some time ago but if the memory is working distinctly remember a Cancer Researcher who was asked about supplements. His reply was because of his research results, of all the supplements available, Black Raspberry was the one he took every day, and recommended to possibly prevent cancers. At the time when looking into it, for me it was just out of reach for the budget. Regardless, recommended or not, a Northwoods, backwoods favorite. Picked in the wild, in season and used, stored a variety of ways. Frozen, dehydrated, jam or jelly. Makes for excellent pies. Personally like to use Tapioca Pearls for thickener. The fragrance alone whether being cooked, or cooling brings on the brightest smiles.

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## meehan2661

Great information and thanks Gui as usual. Ironically I have been addressing this issue recently. In searching for what support my body needs I was taking Endocalyx recently as I am trying to correct an issue with some plaque deposits in my lad. The first ingredient was glucosamine sulfate along with Fucoidan which wasn't mentioned in the article. Trying to find that balance is key. In looking at recent lab results, my Lp PLA2 activity was high but my HS Crp was .4. Is there other specific markers for endothelial activity to look for? Sdma was low, Adma and myeloperoxidase was normal. Must remain teachable.

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## Guillermou

Just, if you invite me to the wild berries!! Pomegranates from Elche and blueberries from Asturias (both from Spain) are my favorites (I freeze blueberries for most of the years. We know that health in general and cardiovascular health in particular depends on good intestinal health. A diet rich in polyphenols reduced intestinal permeability (IP) in older adults. In this study the objective was to evaluate whether participants categorized according to urolithin metabolites. After the polyphenol-rich diet, participants of the urolithin B metabolite (UMB) versus those of the UMA showed a twice greater improvement in the levels of zonulin (intestinal permeability modulator).

In addition, the participants of the UMB compared to those of the UMA were characterized by alterations in the metabolism of fatty acids, the kynurenine pathway of the tryptophan catabolism and microbial metabolism of phenolic acids. These changes were correlated with reduced zonulin levels and modifications of gut microbes (increased Clostridiales, including *R. lactaris* and *G. formicilis*). In conclusion, urolithin-based metabolotyping identified older adults with greater permeability improvement after a polyphenol-rich diet.

[www.sciencedirect.com/.../S0963996922006901](https://www.sciencedirect.com/.../S0963996922006901) (2022).----

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## Guillermou

Grateful for your reference. I also admire his comments. Endothelial cells (EC) line the blood and lymphatic vessels, as well as the chambers of the heart, forming the boundary between the tissues, on the one hand, and the blood or lymph, on the other. This strategic position of the endothelium determines its most important functional role in the regulation of vascular tone, hemostasis and inflammatory processes. Damaged endothelium can be both a cause and a consequence of many diseases. The state of the endothelium is indicated by the phenotype of these cells, represented mainly by (trans)membrane markers (surface antigens).

This review defines endothelial markers, provides a list of them, and considers the mechanisms of their expression and the role of the endothelium in certain pathological conditions.

[www.ncbi.nlm.nih.gov/.../PMC7553370](http://www.ncbi.nlm.nih.gov/.../PMC7553370) (2020).-----

----- The activation of endothelial cells is part of the physiological and pathophysiological response of the cardiovascular system in conditions such as physical activity, growth, pregnancy and in all cardiometabolic diseases (e.g., hypertension, diabetes mellitus, autoimmune inflammatory diseases, coronary artery disease, atherosclerosis, ischemia and reperfusion, etc.).

During activation, there is a change in the morphology and function of endothelial cells, which could be a defensive response of the endothelium to the provoking factor or could lead to an increased risk of injury and damage to the end organ. This chapter aims to summarize current knowledge on established biomarkers of normal and disease-related endothelial activation and provide information on potential novel biomarkers in common cardiometabolic diseases. [www.intechopen.com/.../60875](http://www.intechopen.com/.../60875) (2018).----

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## MoMac46

Guillermou - I like to holiday on the Murcia Coast in Spain the Mar Menor and the wonderful fresh fruits and vegetables in the farmer markets, and the beautiful sunshine. Its a treat and joy for taste and health. Unfortunately I don't manage to get there every other year, but do the best I can with our limited produce in the North of the UK. I worry that the farmers of the world are having such a tough time with their governments stopping them farming. Without farmers there will be no food, and not all of us have land. No farms - No Food.

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## Guillermou

Have a good holiday in green Murcia!! I have visited all the regions of Spain and Murcia is one of my favorites. The municipality has nearly four million square meters of green areas distributed in the more than 3,000 parks and gardens of the city and the districts. In these areas, in addition to the urban networks, there are more than 116,000 trees of 210 different species.

[www.murcia.es/.../PlanForesta2030.mp4](http://www.murcia.es/.../PlanForesta2030.mp4) The Region of Murcia has established itself as one of the best places for agriculture in the country. Its geographical characteristics, its privileged climate and the long agricultural tradition have turned this region into a true paradise for farmers.

Its land is extremely fertile, which is the result of the combination of clay and sandy soils. This combination allows for excellent water and nutrient retention, which is essential for plant growth. In addition, the region has a network of irrigation ditches and canals that guarantee the supply of water to crops. This autonomous community is known for the diversity of crops that are produced on its lands. From fruits and vegetables to cereals and olive trees, the region has a wide range of agricultural products.

Especially noteworthy is the cultivation of fruits such as citrus fruits, melons and grapes, as well as vegetables such as tomatoes, peas, cabbage, chives or peppers. These products are recognized for their exceptional quality and flavor, which has led the Region of Murcia to be one of the main food suppliers in Spain and Europe. The Region of Murcia has a great tradition in organic farming and has been a pioneer in the production of fruits, vegetables, rice, grapes, almonds and cereals. Already in the seventies, these types of practices began to be applied in some plots.

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## phoenix999

Gui-Do you know how "Urolithin" got its name?? Since "Lith" is Greek for "stone", I wonder how it relates to urinary stones. OXALIC ACID in raspberries and other plants makes up 80% of kidney stones. Thanks to David m\_1 below for mentioning this. Many sites state "Raspberries are considered a high-oxalate food with 48 mg per cup"; black raspberries are 46mg. Cherries and other stone fruits have less. Oxalic acid binds with mineral ions in the body (calcium, iron, magnesium), not only depleting these, but forming mineral "salts" that generate pain and inflammation ANYWHERE in the body (urinary tract, joints, organs, muscles, even brain and retina).

The more "rounded" crystals aren't as problematic as the elongated needle-shaped ones called "raphides" (see article):

[www.cfs.gov.hk/english/multimedia/multimedia\\_pub/multimedia\\_pub\\_fsf\\_17..](http://www.cfs.gov.hk/english/multimedia/multimedia_pub/multimedia_pub_fsf_17..) . Worst offenders are rhubarb and the Amaranth family (Spinach, beets, chard, amaranth, quinoa) as well as most grains/nuts/beans (esp. almonds & sesame), sweet potato, starfruit, aloe, & wild edibles purslane, sorrel, oxalis, dock, taro. Chocolate also has some, but you'd have to eat 10 1-gram squares to equal 1 cup of raspberries.

We manufacture some endogenous oxalic acid from vitamin C. Iron oxalate formation can cause anemia (believed to be common in autism). Looking at 'myfooddata.com' I'm pleased to find that nutrients aren't necessarily lost after boiling AND draining green leafy vegetables (this is needed to decrease oxalates). Citrate, D & NAC help prevent & remediate. Oxalate-digesting probiotics, "oxalobacter" & others, can help. Not only the nutrition density, but the avoidance of Oxalates, other antinutrients, glyphosate, sugar & seed oils, may explain the many carnivore success stories on YouTube!

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**david m\_1**

Suggesting raspberries (red or black) for health is questionable because they are considered a high oxalate food. For example, i just heard Dave Asprey (bulletproof) in a recent interview say that red raspberries caused him severe urinary tract problems because of the oxalates and he had to stop eating them. If you are sensitive to oxalates (which most people are and they dont realize it), raspberries should only be eaten in small quantities or not at all. Blackberries are also somewhat high. Blueberries are better.

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**ms.libby**

Just read Sally Norton's book on the subject. Raspberries are "up there" in containing oxalates. Everything in moderation.

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**phoenix999**

Wise advice! Thanks! I once thought this was a minor issue, but no longer.

Posted On 02/02/2024

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**HilltopJPJ**

It's remarkable that this blob of cells that just came together as the result of myriad accidents and mutations (us, we are told) is constantly being plumbed as to the depths of its infinite symbiotic complexity. It's as if there was a master designer who built it and then provided all that was necessary for the perfect function of the design! Interesting also that the primary food given to man in the beginning was fruit bearing seed. Hmmm

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## brianallen1

Hilltop JPJ, it has always astounded me that anyone could observe a wristwatch and determine there had to be a designer, creator, maker for the item to exist. But many of those same people could look at the human body and determine it was entirely designed and created by a random explosion 14 billion years ago. Makes as much sense as having an explosion demolish a book factory and after the debris just lies there for billions of years, a perfectly designed, printed and bound set of encyclopedias appear!

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## Segstar

Keep on shouting from the Hill top JPJ...Who knows maybe one or three might listen and clue in...The rest might gravitate to the "Big Bung Theory." Ahh "well," yeah deep subject indeed ..

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## Guillermou

Interdependence, complexity and diversity have been identified by ecology as factors of successive balances aimed at the continuity of life and symbiosis. The German botanist Anton de Bary, in 1873, already defined symbiosis (in the narrow sense) as "the life in conjunction of two dissimilar organisms, normally in close association, and usually with beneficial effects for at least one of them." ". As a central aspect of ecological thinking, symbiosis in the broad sense affirms the interconnection of vital phenomena and living beings at all scales. "Symbiosis is what the intricate association of organisms and functions that articulates the chain of life on Earth is called," summarizes Jos Manuel Naredo in his article Taxonomy of profit.

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## LSquare

Weird, huh, right, Hilltop? Just completely random, and relying on such a conflation of specific, sequential, and controlled events that they can't even be reliably recreated in the most high tech labs - for even the most rudimentary of protozoan life forms. Whatever. Free will, I guess.

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## Cabochon

Great recommendations for endothelial health. Aged kyolic garlic was always a popular product for the heart as part of Nature's apothecary. But now we are talking as though there was ever such an event as "the COVID-19 pandemic"? "The connection between enzymes and the endothelium was highlighted during the COVID-19 pandemic. Studies suggested damage to the endothelium contributed to the development of blood clots, or thrombosis, in the blood vessels of severely ill COVID-19 patients. The connection between enzymes and the endothelium was highlighted during the COVID-19 pandemic.

Studies suggested damage to the endothelium contributed to the development of blood clots, or thrombosis, in the blood vessels of severely ill COVID-19 patients. Studies signal that damage to the endothelium—cells that cover blood vessels like wallpaper—could underpin the thrombosis and inflammation induced by coronavirus infection" - all according to reference no. 29. We have learned not to trust The Lancet. References 29 and no. 32 dated 30/6/20) raise a number of questions. How was the infection diagnosed? Hopefully not via the PCR test. The C-19 coronavirus was never isolated, according to some researchers (Chossudovsky, "The Global Coup against Humanity", 2022).

The timing of the introduction of the mRNA "vaccine" was approximately January, 2020, therefore the subjects may have suffered its consequences but the question was never asked. In the light of Dr John Campbell's latest information from the British Heart Foundation re complications after mRNA "vaccination", the references quoted from today's article raise pertinent questions in the light of what has been learned over the last three years. <https://youtu.be/L6103jQREy8>

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## juststeve

Great catch Cabochon. So many sources who have never heard of such a thing as the Clots, let alone seen them. So many 'civilized nations' filled with walking heart attacks waiting to happen. WEF and all must have gotten tired of waiting. Looks like the cracks in the Denial Dam are slowly widening some more. Now the Great Re-Write History begins, eh? We never said that. We never did that. We would never do that. Maybe mistakes were made, we didn't know at the time...Bull Spit! Plenty of top notch in their field and people here knew and if we knew so did they.

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## Guillermou

Thoughts of interest, A team of researchers from the United Kingdom has reported that the sudden increase in excess deaths in the country is due to circulatory problems. Meanwhile, several studies have found that COVID-19 vaccines significantly increase the risk of dying from circulatory problems [kirschsubstack.com/.../excess-deaths-in-the-uk-are-being](https://kirschsubstack.com/.../excess-deaths-in-the-uk-are-being) (2024).-----  
--- In this study, researchers in Switzerland found that among hospital workers who received the primary series and then the booster, cases of myocarditis and other associated cardiovascular events were much higher than health authorities claimed.

Receiving a booster with Moderna almost TRIPLES the probability of suffering cardiac events [www.theepochtimes.com/health/subclinical-heart-damage-more-prevalent-t..](https://www.theepochtimes.com/health/subclinical-heart-damage-more-prevalent-t..) (10/2023).-----  
----- The objective of this review was to provide modernized, broad and considered information on the cardiovascular consequences after COVID-19 and the effects of garlic on cardiovascular consequences as an immunomodulator.

According to the results obtained, garlic has hyperlipidemic, antithrombotic and antiatherosclerotic properties. . On top of that, it has a wide range of therapeutic effects, from antibacterial to anticancer. The summary was formulated after a thorough reading of all the reading materials. From this review it was concluded that garlic acts as an immunomodulator and minimizes the consequences of cardiovascular ailments. [192.248.19.137/.../33](https://192.248.19.137/.../33) (2021).---

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## Guillermou

Other research has reported that the health benefits associated with the consumption of garlic are attributed to the various sulfur compounds present in it, such as allicin, ajoene, vinylidithiin and other volatile organosulfur compounds that are metabolized from alliin. Various researches in the literature have shown evidence that garlic exhibits antioxidant, antiviral, antimicrobial, antifungal, antihypertensive, antianemic, antihyperlipidemic, anticancer, antiaggregant and immunomodulatory properties. Garlic has been shown to have beneficial effects “on the cardiovascular system, Alzheimer's disease, diabetes, wound healing, neuro/nephroprotection, osteoporosis, stress and aging.” [www.frontiersin.org/.../full](http://www.frontiersin.org/.../full) (2023).--- [www.tandfonline.com/.../87559129.2022.2100417](http://www.tandfonline.com/.../87559129.2022.2100417) (2023).-- [knowledgeableresearch.com/.../56](http://knowledgeableresearch.com/.../56) (2023).---

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## Cabocho

Dare we hope the counter-narrative is going mainstream? The elephant in the room is getting restless. The British Heart Foundation I found on the WEF partner list although I do not see it listed now. But there are other signs and symptoms. Peer reviewed literature is generally in that category. Perhaps from now on every case will be a landmark case. Last Davos circus was perhaps a wake-up call to Schwab and his henchmen we are taking no more b.s. from them. Second last to catch up - the UK Wastemonster Whitewash “Enquiry” into Covid-19 (postponed til after the General Election for some reason).

Last to catch up our local government apparatchiks who are pursuing Net Zero to the bitter end. [news.rebekahbarnett.com.au/.../landmark-covid-vaccine-injury-win](http://news.rebekahbarnett.com.au/.../landmark-covid-vaccine-injury-win) [thewhiterose.uk/medical-peer-reviewed-literature-the-covid-vaccines-sh..](http://thewhiterose.uk/medical-peer-reviewed-literature-the-covid-vaccines-sh..) [kirschsubstack.com/.../bhakdiburkhardt-pathology-results](http://kirschsubstack.com/.../bhakdiburkhardt-pathology-results) [dailysceptic.org/2024/01/29/excess-mortality-in-2023-associated-with-c..](http://dailysceptic.org/2024/01/29/excess-mortality-in-2023-associated-with-c..)

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## rrealrose

Cabochon and everyone, am late today, last night, This horror story was posted recently a new interview by Ed Dowd: 'The UK Has a Problem': Ed Dowd Reveals Alarming Excess Death Data in Children - - [vigilantfox.substack.com/p/the-uk-has-a-problem-ed-dowd-reveals](https://vigilantfox.substack.com/p/the-uk-has-a-problem-ed-dowd-reveals)

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## juststeve

rrealrose, and yet, no ticker counter posted on the nightly news giving cases? Actual deaths of children are not useful for the narrative blown up make believe you have to have kids, basically about immune to the said boogiemans as one could get, but then ignore the deathly outcomes of the Jabs. Trust us, because we say you have too!

Posted On 02/02/2024

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## wns115

Green Tea is loaded with Fluoride - most of it comes from Asia and much of the ground there is poisoned. How do I know? I was drinking 5-6 cups of "organic" green tea per day and tested off-the-charts high for fluoride. I eat 100% organic produce and mostly direct from farmers... Turns out MOST teas are loaded with fluoride that come from Asia (and unfortunately most teas come from Asia) - The tea aisle in your grocery store is filled with this poison and unknowing health-focused people buy tea thinking it's 'healthy'... I did it myself for years and now I'm working at cleansing it from my body. I also don't use toothpaste or anything containing fluoride and I go to a SMART dentist. Dozens of sources out there on this issue - here's one: [www.rdhmag.com/patient-care/patient-education/article/14033922/hidden-..](http://www.rdhmag.com/patient-care/patient-education/article/14033922/hidden-..)

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## **Idg9170**

Green tea is also high in lead, even more so the organic green teas. Many are not aware that a lot of 'superfoods' are contaminated and people just overdose on them. Like turmeric and most spices and herbs. Don't even get me started oxalates.

Posted On 02/01/2024

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## **LSquare**

I've read that Japanese green tea is marginally better than Chinese, especially Matcha, but who knows? Unless I witnessed something's growth or production, or just did or made it myself, I trust no one. So, I'll just try to practice moderation and get attacked by a bunch of little things instead of concentrated, really bad things. Try' being the operative word.

Posted On 02/01/2024

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## **Arlen1**

Moderate consumption of Alcohol maintains the endothelial function. Excess alcohol consumption destroys it.

Posted On 02/01/2024

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## Guillermou

The ingredients of black grapes and red wine relevant to health are polyphenols, which are divided into flavonoids and non-flavonoids. Resveratrol is a non-flavonoid component of wine widely known for its health-promoting properties. This article reports its chemical structure, synthesis, metabolism, occurrence in nature and impact on human health. Resveratrol has a wide range of health-promoting effects. It inhibits some stages of platelet activation by reducing the synthesis of thromboxane A2 and its aggregation caused by agonists such as collagen, ADP, cathepsin G or thrombin. In addition, it causes a reduction in blood glucose and glycated hemoglobin levels, increases insulin sensitivity and potentially has a protective effect on pancreatic cells.

It reduces total plasma cholesterol and low-density lipoprotein levels while increasing insulin sensitivity and high-density lipoprotein level. In addition to this, it has a neuroprotective, antitumor and antiangiogenic effect demonstrated in specific types of cancer. Resveratrol improves therapeutic outcome in patients suffering from cardiovascular diseases, type 2 diabetes, Alzheimer's disease, other neurodegenerative diseases and in certain cancers. [apcz.umk.pl/.../47735](https://apcz.umk.pl/.../47735) (2024)

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## Track Record

Interesting to see grape seed extract included as beneficial to the endothelium. Weve been taking this supplement for nearly four decades following advice from our in veterinarian treating our dog for melanoma. The young Golden Retriever survived and in old age also survived a large benign spleen tumor which are most often cancerous in this breed. The Vet's knowledge resulted from also being an equine specialist and knowing that the French had been using it on horses for the past one hundred years. Trust the French to find a use for their wine waste byproduct. The dog received it every day for the rest of her life as did we humans and any dogs we owned since that date. We now have a chain of six Golden, none of which have died from cancer.

The statistical probability of this is about one in one thousand since large data bases indicate about two out of three Golden die from cancer, usually a blood cancer, so the simple math indicates this unlikely occurrence. We are also two humans about eighty years of age that have also been cancer-free so far. More recent in-vitro research work indicates that grape seed extract is effective by inhibiting angiogenesis and metastasis and promoting apoptosis. These are the three principal mechanisms of cancer metabolism. I'm happy to learn from this article more details of its influence upon metabolism and its other beneficial properties.

Posted On 02/01/2024

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## LSquare

If true, Track, you've hit the, ahem, golden formula for not only saving Retrievers, but many other life forms, including ours. Just not sure of the grape seed supply? Especially since most are probably used to create high linoleic acid seed oils, right?

Posted On 02/01/2024

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## Concerned Patriot

Can you let us know the dosage of grape seed extract you use with your Golden Retriever dogs as compared to their weight in pounds. Do your veterinarians support the use of this or provide it for you, or where do you purchase it? We've lost 3 beautiful Goldens, 2 to cancers and 1 to a pheochromocytoma. I am actively looking at our state's Golden Retriever Rescue site for an older dog but am also trying to prevent some of the heartache we had in the past. One of our dogs was treated with yunan baio (probably not spelled right) for the hemangiosarcoma, while the other with cancer wasn't diagnosed until it was much too late. The 3rd dog lived the longest (almost 12 years) even after we'd decided not to have surgical removal of the tumor. We didn't want his last days to be painful from a surgical procedure. The pheo rarely caused seizures but the dog did not usually appear in any pain. Can I also ask what type of preventive you used for tick and heartworm prevention.

Posted On 02/02/2024

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## Track Record

I am receiving questions regarding the use of grapeseed extract to inhibit cancer in Golden Retrievers. There is almost no research data for dogs, there is some for horses and for people. Contrary to erstwhile medical opinion, cancer is a metabolic disease. Cancer metabolism depends upon three metabolic properties, 1. Apoptosis. Cells are supposed to have a lifetime and die on command. Cancer cells don't die because they have reverted to a wild condition. 2. Metastasis, the ability to migrate and grow in other parts of the body 3. Angiogenesis. The ability to promote the growth of blood vessels in order to gain nutrition.

A good target metabolic remedy would attack all three of these properties. Grape seed extract does that. I have used approximately 100mg capsules daily of the pure extract. However there are better anti cancer biochemicals that are well known outside of western medicine, for example in Ayurvedic medicine. The people of India suffer about one fifth of the numbers of new cancers and Ayurvedic medicine claims it is the very high levels of Curcumin present in the bodies of most Indians. It comes from the extremely high levels of turmeric in their diet, so much that at autopsy the tissue even of the brain is dyed yellow. The reference for the India information is from a book written by two cancer specialists, "Foods That Fight Cancer".

Curcumin is not soluble in water so it is very difficult to reach the body levels of the typical Indian however there are two supplements which have solved this issue by different methods, Meriva and Theracurmin. Many will be amused to learn that the FDA's horse medicine, Ivermectin, is proving to be particularly effective in all three of the cancer cell vulnerabilities and an English research group has just published data on over one million people indicating that the lowly baby aspirin has some effect.

Posted On 02/02/2024

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## joeanddonna

I appreciate Dr. Mercola's educational articles so much; I've learned so much over the years. The mitochondria and metabolic flexibility is the key to health.

Posted On 02/01/2024

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## Naxossa

It always burns down to the presence of anthocyanins and yes the black raspberry is a fantastic fruit. But isn't it time to bring to the table a fruit that has a much higher level of anthocyanins because while all other fruits carry the anthocyanins in the skins, the haskap or honeyberry has the anthocyanins all through the fruit. Get your plants (you need two for cross pollination). Added advantage: the blooms can handle -8 frost.

Posted On 02/01/2024

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## a295935

Northwest Wild Foods has frozen black raspberries and many other berries. I have bought them many times. There is also a company I cannot remember who has black raspberry extracts.

Posted On 02/01/2024

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## bchristine

I receive their catalogs, but their food items are \$\$\$\$\$. If you can afford it, great. Most cannot.

Posted On 02/01/2024

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## epi-cure

Remember this commercial? Wasn't it a hit on Country Radio back in the late '80s? But what happened to the raspberry performer in the fruit band? It was especially the raspberry, plus the chickens and the steel guitar that hooked me into the brand back then, or so I recall. [www.youtube.com/watch](http://www.youtube.com/watch) Maybe I should attribute my health to something else.

Posted On 02/01/2024

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**anthony.aaron47**

Growing up in the '50s, we were told that there were red raspberries and black raspberries -- the black raspberries were also known as blackberries. Is this true under this article's main premise -- i.e., are black raspberries the same as blackberries?

Posted On 02/01/2024

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**GoldCoaster**

Pomegranate and black raspberries are high in oxalates (BTW blueberries aren't) , so green tea is a better choice

Posted On 02/01/2024

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**epi-cure**

And on a more serious side this slow news day at the health trough as told by, I think, one of Docs favorite comedians. [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 02/01/2024

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## Segstar

There's ample proof that Wine Is Heart Healthy. A study from researchers at the University of Palermo, Italy looked at the well-known connection between wine consumption and risk of heart disease. We all have heard that this connection was due to resveratrol, a component of wine that protects the heart and arteries. But these researchers found that there's much more to wine than just resveratrol. Drinking wine exerts many other protective effects. It improves the cholesterol levels. It decreases the tendency of the blood to form the abnormal clotting that leads to strokes.

And it improves the way the cells, including the cells of the heart and arteries, use oxygen. Because of this last effect, drinking wine can truly be said to be an anti-aging treatment. But that's not all the researchers found. Just like aspirin, wine decreases the way platelets stick together. I'd much rather take a glass of wine than an aspirin any day. And lastly, wine improves what is known as endothelial function. Endothelial cells are the cells that line your arteries and capillaries.

These cells regulate and balance blood flow and circulation. They do so by either relaxing and increasing blood flow, or by vasoconstricting and decreasing flow. Wine helps these cells to relax and vasodilate. This causes increased blood flow and decreased blood pressure. Of course, these benefits are greatly enhanced with a Mediterranean-type diet. But there's more to good health than just eating right – you have to drink right, too. As with anything else, just don't overdo it ..CHEERS

Posted On 02/01/2024

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## epi-cure

Seg you ever the tutor, this one is just for you. [www.youtube.com/watch](http://www.youtube.com/watch)

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## bchristine

Seg, I've seen numerous studies saying you'd have to drink a LOT of wine to get the good resveratrol effects. And it seems lately, alcohol (especially red wine) has taken a beating as far as being healthy ... I don't care, I enjoy a few glasses of organic red wine on the weekends. One of my favs:

[www.ziobaffa.com/toscana-rosso-igt](http://www.ziobaffa.com/toscana-rosso-igt)

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## Segstar

Epi classic indeed, Wine me up, helps to keep me Young like Faron...Cheers...

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## Segstar

BChristine, yeah the commercials and marketers that sells Resveratrol always made that argument like if Resveratrol is the ONLY component in Red Wine that affords the health benefits... Many years ago I came across a Finnish study that shows the arteries of drinkers that didn't smoke and the ones that smoke as well.. When they did the autopsies on the ones that DIDN'T smoke, the researchers were floored to see their arteries were clean, but the ones that DID smoke their arteries were mostly blocked... When they published the paper they lumped drinkers that smoke and didn't smoke together so the end result was heavily skewed...

I also saw a guy that was diabetic , and he started to drink a 6oz glass of wine with dinner... He used to test his blood every half an hour after dinner...He was floored to see his glucose levels didn't spike like it normally did after his glass of red wine..His doctor encourage him to publish the results so it will help others...So we all just need to be careful not to overdo and as with anything take breaks to keep our cells sensitized and not develop allergies.....My bias like you is heavily skewed for drinking that there very dry eevil red wines with my dinner...It must be 5 O'clock somewhere lol CHEERS...

Posted On 02/01/2024

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## **louisstark**

There is a small thorny tree in New England I think of as the hawthorn, but which I have heard referred to as chokecherry. It has purple-ish fruits which make your mouth pucker.

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## **sunflowerjanis**

Great article! Did not know that raspberries helps with our heart health also. i take a small of grape seed extract everyday along with vitamins D3, K2 and A (retinol) to keep calcium where it belongs in the bones; and not in the arteries and veins. And of course my other supplements. Dr. Mercola had an interview with the author of the eye-opening book on this subject (Vitamin K2 & the Calcium Paradox) not too long ago. i had found out about this book years back from another holistic health magazine and jumped onto reading it right away. Very eye-opening and a must-read for anyone who values their health. i really do believe that had i not been doing what i do as far as taking the supplements and eating/living the way i do that i would have broken my left wrist/hand and/or ribs when i slammed onto my brick paver patio last summer. i did not break anything thank God! Anyways, thanks once again Dr. Mercola.

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