

## Guillermou

Great research on vitamin A. According to the IDF Diabetes Atlas (2021), 10.5% of the adult population (20-79 years old) has diabetes, and almost half are unaware that they suffer from this disease. By 2045, IDF projections indicate that 1 in 8 adults, approximately 783 million, will be living with diabetes, an increase of 46%. Complications of diabetes can occur in various parts of the body, among which complications that can occur in the eyes are diabetic retinopathy. Diabetic retinopathy is caused by angiogenesis, inflammation and formation of fibrous connective tissue. Diabetic retinopathy can cause blindness such as vitreous bleeding, diabetic macular edema, neovascular glaucoma and fibrosis as inflammatory molecules are generated and angiogenesis occurs during the disease.

Vitamin A is essential for maintaining the immune system, cell differentiation, and maintaining vision. Vitamin A has a positive effect on inhibiting angiogenesis, inflammation and fibrosis. Vitamin A plays an important role in the process of angiogenesis, inflammation and fibrosis, which are the causes and mechanisms of diabetic retinopathy. Vitamin A inhibits angiogenesis by inhibiting vascular endothelial growth factor. And vitamin A works to suppress inflammation by reducing cytokines in the blood flow that increase during the inflammation process.

Vitamin A also plays the role of inhibiting fibrosis that leads to the exudation of lymph, white blood cells, fibrinogen and macrophages. High serum vitamin A levels are associated with a low risk of diabetic retinopathy. Particularly, there is a more effective relationship in men and adults under 60 years of age. Regarding age, the relationship with the risk of diabetic retinopathy according to the degree of vitamin A level in the blood is shown in Table 5. [www.nature.com/.../s41598-023-49937-x](https://www.nature.com/.../s41598-023-49937-x) (2024).---  
[pubmed.ncbi.nlm.nih.gov/34879977](https://pubmed.ncbi.nlm.nih.gov/34879977) (2022).---

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In one study, vitamin A and zinc were found to be significantly lower in patients with retinopathy than in patients without retinopathy. In addition to vitamin A, vitamin D (calcitriol) has been shown to play roles in animal and in vitro studies, such as reducing the intracellular expression of ROS and VEGF in retinal cells and decreasing cellular damage due to high blood glucose levels. animals and be a potent inhibitor of retinal neovascularization in animals. A pilot study of patients with mild to moderate nonproliferative diabetic retinopathy (DR) received combined vitamin B6, B9, and B12 tablets for 6 months and there was a significant improvement in retinal sensitivity and thickness. Two large prospective cohorts demonstrated that a high dietary intake of vitamin B6 and fruits rich in vitamin C and E could significantly reduce the risk of DR by 50% after an eight-year follow-up.

[www.mdpi.com/.../6490](http://www.mdpi.com/.../6490) (2023).--- [f1000research.com/.../12-1469](http://f1000research.com/.../12-1469) (2023).---

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## juststeve

Gui it is interesting to see once again how so many were aware of health builders, health offenders a Century ago. It all suggests the Rockefeller go behind the scenes, buy up, own all the horses in the race, the racetrack, the concessions, ticket counters, parking lot and the roads to get there, all a one-way ticket out of sight, under the radar. Embraced, grab onto what was desired and once well set, Extend, describe in the first part, then Exterminate any and all real competition. It is no small wonder his activities were often described as a dangerous octopus with tentacles reaching out and into anything and everything. Discouraging to think how much unnecessary suffering and devastation sourced from this one well spring has impacted so much, so many. Even far beyond Humanity, but to all Life itself.

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Just fortunately, alternative medicines have experienced substantial growth attributed to a growing emphasis on holistic health practices and a growing consumer preference for natural remedies. With increased awareness about preventive healthcare, the market is seeing a rise in demand for herbal supplements, acupuncture and other unconventional therapies. Industry leaders actively invest in research and development, focusing on innovative approaches to meet changing consumer needs and ensure market resilience in the face of changing healthcare landscapes. Innovation and adaptability play critical roles in shaping the complementary and alternative medicine market, as companies prioritize the development of novel therapies and strategic approaches to meet the diverse demands of health-conscious consumers.

Despite occasional challenges related to regulatory frameworks and changes in healthcare priorities, the sector remains strong and demonstrates a commitment to providing essential wellness solutions. This steadfast dedication positions the industry for continued growth, showcasing its proactive response to the changing preferences and requirements of people seeking alternative healthcare options.

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With the global COVID-19 disease has been staggering, and the market has seen higher than anticipated demand in all regions compared to pre-pandemic levels. Market growth reflected by market growth and demand continue to maintain similar levels to the pre-pandemic period. COVID-19 has significantly influenced the complementary and alternative medicine market, fostering a notable increase in interest and adoption. As people have sought holistic approaches to improve overall well-being and immunity, there has been an increased demand for natural remedies, herbal supplements, and mind-body practices. With an increasing emphasis on preventative healthcare, the pandemic has sparked a positive shift toward alternative and complementary modalities. Consumers increasingly recognize the value of holistic approaches to support physical and mental health, contributing to a thriving market for complementary and alternative medicine.

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## stoneharbor

Yes, Gui and Just, those "health builders" starting 100 years ago knew a lot and from the beginning encountered resistance from the Rockefeller MDs. My first exposure to alternative nutrition advice was from reading Adelle Davis books back in the 1960's which she had begun writing in the 1940's. She had already been a nutrition consultant to doctors in New York, Oakland, and Los Angeles during the 1920's and 1930's. What stuck with me from Adelle more than almost any other fact was her recommendation of vitamin A for a "sore throat" which she claimed was only caused by a lack of vitamin A, the vitamin that was needed to allow sufficient release of keratinized epithelial cells from the air passages.

I tried her ideas and found that I could cure a sore throat that had just arrived within a few hours. I would just take 5-10 gel capsules, break them with my teeth, then slowly swallow the liquid while supine so the vitamin A ran down the back of my esophagus. Apparently the vitamin A gave enough nourishment to the cells that growth would resume, and the sloughing of the already dead keratinized cells could resume, letting those bacteria-feeding outer cells just fall down into the stomach where acids would nullify the bacteria.

What was left in the mouth and throat then were epithelial cells that were young, self-protective, and not infected with pathogenic bacteria. The "infection" was superficial and suddenly gone. It was such a simple explanation that Adelle Davis gave that I never forgot it, and continued from the 1960's until today to always take a large dose of vitamin A for any oral or upper respiratory infection. It always works.

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## juststeve

Stoneharbor, simple, easy for most to follow for a life with a full range of activities for most of one's life, shot down, ridiculed, shouted over through slick marketing and sales techniques. Each hill gained to shut out so many things most people followed almost by instinct not seen as each health disaster caused by some of the new and modern were most likely used for the Fear Porn to introduce the next thing to cause more of the same. As Vandana Shiva likes to point out, Cause a Problem then offer a 'Solution' not curing the Problem and this causes yet another Problem to offer more 'Solutions' for. Wash, Rinse, Repeat.

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## MannaFood

(Off Topic) For those interested, Dr Mercola's book, "Generation XL: Raising Healthy, Intelligent Kids in a High-Tech, Junk-Food World" digital version is only .75 cents today on Amazon.

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## gup5336

Not in Canada for some strange reason?

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## DeadDogWorms

Is it true that you cannot eat polar bear liver? ..... Guess why, it will kill you....! Retinol is just the chemical name for a form of vitamin A. Polar bears are carnivores, feeding mostly on seals, and seals eat fish loaded with vitamin A. Polar bears have lots of fatty tissue, so they accumulate lots of vitamin A, particularly in their liver as they are higher up on the food. You can OD on vitamin A.

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## frankcang

I remember reading about one of the north pole expeditions. The ship was trapped in ice for months. The crew went out one day and hunted a polar bear. Are the meat and liver, and their skin fell off!

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## ono4884

Beware of vitamin A toxicity [medlineplus.gov/.../000350.htm](https://pubmed.ncbi.nlm.nih.gov/000350.htm)

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## grulla

Good point "ono", and here's yet another link; [health.clevelandclinic.org/vitamin-a-toxicity](https://health.clevelandclinic.org/vitamin-a-toxicity)

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## josephunger

I think it was Melvin Page who also conducted some compelling research with pigs and A about that time. Piggies are very sensitive to A deficiency. Offspring of deprived mothers were born blind. However, when properly nourished, these blind offspring produced sighted children! Moral of the story according to the old and wise....take care in blaming genetics for conditions that may be the result of generations of deficient nutrition. BTW, all us earthlings are a couple generations down the road of poor foods, but we continue to look for other factors to blame. Japanese proverb..."Fix the problem, not the blame".

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## **APhotoWizard**

One more comment on lard and perhaps tallow. At least in my area, it is impossible to purchase lard that has not been adulterated. Read the label. All I can find in Atlanta and surrounding areas is labeled lard and hydrogenated lard. The problem is that pure lard is only shelf-stable for about three months. After that, it goes rancid. To preserve the lard for a longer time, they hydrogenated part of the lard. This adds trans fats which you definitely do not want to consume.

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## **pattyday**

What vitamin a do you recommend? I am fighting cancer naturally Thank you Patty Day pattysday67@gmail.com

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## **rachelt**

I was also introduced to Nutrition by reading Adelle Davis. I believe that some people can convert carotenoids into vitamin A better than others. Carrots are no good for my eyes, I don't seem to have the enzyme that makes that conversion, so I have to have real vitamin A. I have supplemented 25,000iu every day for decades, going up to 50,000iu if needed. Some of the toxicity of A may relate to the balance between the fat solubles, A,D and K2, so I am very careful to have adequate amounts of the other two. My personal believe is that the spike proteins from covid itself or the shot created massive epithelial damage, meaning that pretty much everyone should supplement real vitamin A to repair that damage.

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## Bumble01

I find retinol vitamin A helps with any cold/flu symptoms and so do supplement with it from time to time. It is one of the supplements that can be dangerous if taken in excess so I've done some reading on what is a safe dose to take when unwell. I believe that in developing countries it is used in the treatment of childhood measles and even in the west there seems to be evidence for how it can benefit measles [pubmed.ncbi.nlm.nih.gov/8354037](https://pubmed.ncbi.nlm.nih.gov/8354037)

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## mili.mili.g

Is ghee from grass fed cows also a good source of vitamin A or is the temperature of the preparation too high to retain an active form of vitamin A?

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## MollyMalone

vitamin A is heat stable, vitamin C is not, but with C not all is lost, as much as 50% remains after cooking.

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## Sta5496

There is a conflict rising between pro and anti vitamin-A ideologies. I am confused about it all as both sides seem to make valid points. This study is insightful but dated 1925. I would like to hear more current discussion in a video interview with Dr. Mercola and Georgie Dinkov or another great source of his choice.

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## **MollyMalone**

Maybe this will help: [lpi.oregonstate.edu/.../vitamin-A](https://lpi.oregonstate.edu/.../vitamin-A)

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## **Allaglow**

Good to know grass fed butter is a source of vit A. I enjoy the flavor of butter and occasionally use ghee to sautee

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## **ghfinn**

I recall the post a while back that stated retinol acetate was the best form of A to take, did I miss that in this article.

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