

Guillermou

Evidence is demonstrating that mitochondrial dysfunction is related to obesity and diabetes. Alzheimer's (type 3 diabetes) and chronic and degenerative diseases, including cancer, are related to insulin resistance. Mitochondrial dysfunction is caused by poor nutrition. highly processed and pesticide-contaminated diet, load of sugars and additives, vaccines, fluoridated and contaminated water, stress, sedentary life, etc. linoleic acid is a major contributor to mitochondrial dysfunction The insulin index is a measure of insulin production in response to a given caloric amount of various foods ((see tables in the first link).

This index is related to the type of food and its glycemic index and glycemic load. The association of dietary insulin index and dietary insulin load with cardiometabolic risk factors. The satiety index is a classification of foods whose satiating effect has been proven. The satiety index is a classification of foods whose satiating effect is proven. The scale rates foods based on whether people feel extremely hungry, hungry, semi-hungry, numb, semi-satisfied, satisfied, or extremely satisfied. There are some common characteristics of very satiating foods.

-----1) Foods that are more satiating (that is, have a high satiety index) tend to have more protein. Proteins are considered more satiating than carbohydrates or fats. -----2) They also tend to have more fiber. Because fiber is not digested, it provides bulk. This amount tends to help you feel full longer because it slows down stomach emptying and digestion time. -----3) Very satiating foods tend to have more volume for the same amount of calories; This means that they tend to take up more space with water or air. -----4) Very satiating foods also tend to be whole and less processed.

Posted On 03/13/2024

Guillermou

Increased activity and a diet composed primarily of foods with a low glycemic index and high fiber content are more likely to reduce hunger and provide more satiety and lead to energy balance as a way to lose excess body fat stores. Adequate levels of ghrelin, the hormone that together with leptin regulates appetite and satiety, and can prevent us from losing weight if it is not controlled. There are factors that can influence the production of ghrelin, such as: sleep, stress that increase ghrelin, proteins that reduce ghrelin and soluble fiber, exercise regulates ghrelin. The interaction between flavonoids and target proteins of the insulin signaling pathway; characterizes the bioactivities of flavonoids, such as anti-inflammatory, lipid-lowering and antioxidant Nutrients such as resveratrol, berberine, anthocyanin extracts from purple plants, curcumin or flavonoids have a relevant role in improving insulin resistance at molecular levels and the risk of diabetes and obesity.

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Posted On 03/13/2024

Mmmarsha71

Let us not forget that psychotropics, cortisol from trauma, etc affect weight gain as well. There are many meds circulating that cause massive weight gain including steroids.

Posted On 03/13/2024

Gui, as we go through the headlines of each subject in the article, we can see how foundational foods or substances found in foods have been reduced or completely lost in Syn- Sin - Farming, then replaced by more Syn - Sin - Synthetic Substitutes stimulating either a hunger response or a false response a fundamental body need has been fulfilled. "The glutamate in MSG is chemically indistinguishable from glutamate present in food proteins. Our bodies ultimately metabolize both sources of glutamate in the same way." The first sentence is true, but the second sentence is false." While this previous sentence from the article definitely applies to Process Foods, the mechanism of - The First Sentence is True, but the Second Sentence is False, is a cornerstone up and down the whole scale of One Institution after another as they have been Globally Corporate Captured to give a veneer of Expert Recommendations.

It is these kinds of slick misdirection, lies cleverly wrapped with a thin veneer of a little truth misleading a general public. For the long haulers who have been with this site, it can be seen in the attacks on Doc. It can be seen in the attacks on RFKJR and why he constantly responds to hostile Infotainment Talk Show Legacy Media Host disguised as Reporters, when RFKJR says - SHOW THE WHOLE CLIP! Doc doesn't even get that opportunity.

As a refresher as has been shared before when engaged with the Legacy Media, if it is not a fluff piece, ten questions maybe asked. Of the ten they may use a few, maybe all, but they will move or mix them in any order they may well please to make you sound like you have said the complete opposite of your message. In some, many cases flat out leave part of your answer completely out. Yes, you said whatever, but it was inside something with more detail. It is why many public figures just keep repeating their message whether it answers the reporter's question or not. Drives people nuts, yet too many have no idea why this is.

Posted On 03/13/2024

Guillermou

Thank you Mmmarsha and Just for your interesting contributions. Life these days is full of stress that enhances the disease. There are an estimated 700 million obese adults worldwide, and obesity is a well-known and well-described risk factor for CVD, DM, and other diseases. There are significant connections between stress, insulin resistance (IR), inflammation and obesity. When your cortisol level rises, it sets off a chain reaction. The hormone increases blood pressure and insulin production, while suppressing the immune system. As your insulin levels rise, your blood sugar drops, making you crave fatty and sugary foods.

And over time, that elevated cortisol can wreak havoc on our bodies. There is a connection between the stress hormone cortisol and being overweight. He also found that higher cortisol levels are associated with extra weight around the waist. The evidence we present suggests that counteracting excess glucocorticoids may lead to improvements in appetite signaling and may therefore represent a crucial target for the prevention and treatment of obesity. In turn, targeting hormonal signals of appetite may not only improve weight control and eating behavior, but may also decrease the detrimental effects of excess glucocorticoids on cardiometabolic outcomes and mood.

Chronically elevated levels of glucocorticoids appear to interfere with insulin signaling at multiple levels, including the development of whole-body insulin resistance. It has also been found that our metabolism is slower when we are stressed and that high levels of cortisol can actually improve the feeling of satisfaction we experience when eating fatty and sugary foods.

Posted On 03/13/2024

Guillermou

The link between stress and weight gain is real. Those elevated levels of cortisol circulating in your body slow your metabolism and encourage cravings for fats and sugars. And Dr. Heinberg points out that healthy habits, like getting enough sleep, exercising, and eating a healthy diet, are harder to maintain when you feel like you're at your peak emotionally. Finding coping mechanisms for negative emotions and nutritional education can prevent the prevalence of emotional eating. Future studies should further explain the mechanisms underlying the interconnections between emotional eating and overweight/obesity, depression, anxiety/stress, and dietary patterns.

Furthermore, diet structure and IR or inflammation indicators are influenced by obesity. The triglyceride-glucose ratio (TyG), which is the logarithmic product of fasting triglyceride (TG) concentration and glucose concentration, has recently been proposed as a surrogate for IR, which are associated with long-term harmful cardiovascular events in populations, with a stronger association observed in those who were obese.

The comprehensive anabolic effects of insulin throughout the body, in addition to glycemic control, include ensuring lipid homeostasis and anti-inflammatory modulation, especially in adipose tissue. Altered tissue sensitivity to insulin or IR paradoxically leads to diseases with an inflammatory component despite hyperinsulinemia. Excess visceral fat in obesity initiates chronic low-grade inflammatory conditions that interfere with insulin signaling through insulin receptors (INSR).

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Furthermore, in response to IR, hyperglycemia itself stimulates a primarily defensive inflammatory response associated with the subsequent release of numerous inflammatory cytokines and a real threat of impairment of organ function. In this review, all components of this vicious cycle are characterized, with special emphasis on the interplay between insulin signaling and obesity-related innate and adaptive immune responses. Increased visceral AT accumulation in obesity should be considered the main environmental factor responsible for the alteration of epigenetic regulatory mechanisms in the immune system, resulting in autoimmunity and inflammation.

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Posted On 03/13/2024

lookforit

Two things- Senomyx- tissues/cells from aborted fetuses. Or HEK-293. I am surprised that anyone can write about this additive without mentioning what it comes from! My question is, are aborted baby tissues in our food??? Or are the cells being used for product development?? Or both? Both are demonic. Second- I am also surprised this article about the dangers of MSG does not list the other names for MSG. Such as, hydrolyzed vegetable protein, autolyzed yeast, hydrolyzed yeast, yeast extract, soy extracts, protein isolate. Why?

Posted On 03/13/2024

irenevroom

Thank you for posting that. I was wondering the same thing!!

Posted On 03/13/2024

muttbakercom

I had no idea MSG was listed by these names! more discussion, PLEASE

Posted On 03/13/2024

Hippocrates460

Thank you, lookforit, important reminders. Also, MSG is said to evoke umami flavor and this, as we learned from Dr Richard Johnson (author of The Fat Switch, I believe originally published with Dr Mercola's assistance) and other researchers, the effect, like fructose, is a triggering of insulin resistance and can lead to obesity. Thus, perhaps it's the primary mechanism for the association of MSG and weight gain.

Posted On 03/13/2024

CarolynMas

I'm old enough to remember when people knew that MSG was bad for you. Chinese restaurants stopped using it and started putting on their menus that they didn't use MSG in their food. We seemed to have forgotten that. I remember that it would give people headaches. Remember Accent, the shaker powder you could put on food to enhance its flavor? It was also MSG. Is that coming back, too? Did it ever leave?

Posted On 03/13/2024

DebbyW

I remember having an MSG headache--pain at the base of the skull. No MSG for me.

Posted On 03/13/2024

smiller352

We were at the local ethnic grocery store the other day and MSG in a bottle is on the shelf, for sale.

Posted On 03/13/2024

jamNjim

It has always been around. Almost everything you buy off the shelf has it. All of grocery stores that cater to Asian cuisine sell it by the gallon bags.

Posted On 03/13/2024

Cabochoh

Sadly Dr Peatfield passed away in August last year at the age of 87. He is remembered chiefly for his work on what he regarded as an epidemic of sub-clinical thyroid disease affecting at least one third of the population and was not afraid to speak out against the prevailing wisdom of orthodox medicine which measures only TSH in attempting to diagnose thyroid conditions. His association with Dr Broda Barnes in the U.S. led to publication of his book "The Great Thyroid Scandal" (2006, since updated in a second edition, 2012) which is required reading for all serious researchers on thyroid conditions, their causes and solutions.

Being the epitome of generous and kindly, he agreed to see a friend of mine privately and diagnosed Hashimoto's thyroiditis, an auto-immune condition which at the time was not well recognised. Peatfield was ahead of his time but his work is well recognised by natural health practitioners and Thyroid, UK of which he was a trustee. Re monosodium glutamate (MSG) - unlisted in many processed and restaurant foods, can elicit very distinct symptoms, including headache, trembling and general gut discomfort, but as a flavour enhancer is no doubt prevalent in the fast food industry along with sugars and genetically modified starches.

Fluoride, as an endocrine disruptor continues to be ignored and is still in almost all commercially available toothpastes. Molecular mimicry of essential micronutrients from ubiquitous and hidden chemicals such as glyphosate, fluoride and MSG will no doubt continue to fuel the obesity time bomb. As always, the devil is in the detail, but an explanation of why the epidemic continues unabated in spite of a greater awareness of healthy food choices is long overdue. www.amazon.co.uk/Your-Thyroid-How-Keep-Healthy/dp/190514010X/ref=monar.. thyroiduk.org/the-death-of-dr-barry-peatfield

Posted On 03/13/2024

Guillermou

Yes, Cabochon, great poisons that feed metabolic diseases. Monosodium glutamate has been linked to obesity, metabolic disorders, Chinese restaurant syndrome, neurotoxic effects and harmful effects on reproductive organs, diabetes, hepatotoxic, neurotoxic and genotoxic effects. Different reports revealed increased hunger, food intake, and obesity in human subjects. There are reports of harmful effects such as oxidative stress, DNA damage, protein modification, and stromal cell lysis. the intake of monosodium glutamate. Ingestion of MSG has also been linked to Parkinson's disease, Alzheimer's disease, addiction, brain trauma, anxiety, stroke, depression and epilepsy, The term "Chinese restaurant syndrome" (CRS) was first used more than four decades ago.

At the onset of symptoms, patients experience discomfort such as a burning sensation in the neck, blisters on both arms and occasionally on the front of the chest, generalized weakness, fatigue and palpitations. These symptoms occur 20 minutes after consuming a meal rich in MSG. Other symptoms that may appear later include flushing, dizziness, syncope, and facial pressure. MSG acts on glutamate receptors and releases neurotransmitters that play a vital role in normal physiological and pathological processes. All of these types of receptors are present throughout the central nervous system. They are especially numerous in the hypothalamus, hippocampus and amygdala, where they control autonomic and metabolic activities.

Posted On 03/13/2024

Guillermou

Ingestion of MSG causes altered energy balance by increasing the palatability of foods and altering the leptin-mediated signaling cascade of the hypothalamus, potentially leading to obesity. MSG has been shown to trigger micro-RNA (mRNA) expression of interleukin-6 (IL-6), tumor necrosis factor alpha (TNF-), resistin, and leptin. in visceral adipose tissue. This, in turn, leads to increased concentrations of insulin, resistin and leptin in the circulation and ultimately to impaired glucose tolerance. In the same study, the authors were able to show that MSG induces a significant decrease in liver transaminases, indicating liver damage www.tandfonline.com/.../10942912.2017.1295260 (2017) .----- www.ncbi.nlm.nih.gov/.../PMC5938543 (2018) .----- www.sciencedirect.com/.../S0024320523004484 (2023).--- www.frontiersin.org/journals/pharmacology/articles/10.3389/fphar.2023... (2023).---

Posted On 03/13/2024

grulla

"Sadly Dr Peatfield passed away in August last year at the age of 87." Another sad passing on this past Monday was my integrative doctor, Dr Burt Berkson PHD, who Dr. Mercola had interviewed with many articles from 2009-2013, mainly about his IV use of ALA (alpha-lipoic acid). Hopefully, it appears that his son Dr. Art Berkson will follow in his footsteps. RIP Dr. Burt. <https://drberkson.com/> ~~~
www.lcsun-news.com/.../paco0746616

Posted On 03/13/2024

Antisandman

Dr. Broda Barnes in his book "Hypothyroidism: The Unsuspected Illness" 1976, said that up to 40% of Americans were suffering from hypothyroidism. 80% of our energy is consumed to maintain body temperature. If our body temp is low, fewer calories are burned to maintain temp and some becomes stored as fat. I suspect that hypothyroidism is even more prevalent now. There are many more chemicals and elements in our diet that suppress thyroid function. Among them are fluoride and bromide which contest iodine. EMFs from cell phones suppress thyroid function also. The average temp of Americans has dropped since 1900. The medical establishment has attributed it to better antibiotics and other treatments for inflammation. HAH!!!

Posted On 03/13/2024

Kitera

As "goforit" mentioned above there are other names for MSG - there are actually 13 other names. I wish I had kept the list. So looking for msg on a label is misleading unless you keep the list with you when looking at food ingredients.

Posted On 03/13/2024

Not to promote Keto, it was 2015 when Dr. Mercola was promoting higher fat diets that I made the switch from peanut oil to Lard in my deep fryer and other devices. We were already reusing drippings from pork fat (lard) to cook things like eggs in. I say cook, not fried, because I keep the temp in the 250 degree range. The eggs never brown. You are basically poaching the eggs in lard rather than water. We got rid of all the seed oils except sesame seed oil. The flavor profile of roasted sesame seed oil is powerful. Usually, 1 teaspoon is all you need to add a TON of flavor to a dish. The results were phenomenal. Eight years later i can really tell the difference.

It is much easier to maintain a healthy weight, normal blood pressure, and normal a cholesterol level. We literally did nothing else but get rid of the seed oils. We've always used butter, but Dr. Mercola was so right on ousting seed oils we started buying organic butter in bulk and we use it almost every time we cook asparagus, broccoli, green beans, and the like with NO consequences! Where was this advice my entire life? Trust me, when I made the leap in 2015 I was skeptical. I understood the logic, but it was hard to understand why it wasn't more mainstream. Like myself, the public has been brainwashed into believing fats from animals are bad for you.

There probably is some truth to that, but vegetable oils are DETRIMENTAL! Avoid lard and tallow you see in the stores because they have been hydrogenated just like vegetable shortening. This gives the lard or tallow a long shelf life without having to refrigerate it. Look for organic lard from a small mom-n-pop or do like I do and render your own. It's taken me over 8 years, but I have 4 gallons in the fridge that I use every day. That's one whole shelf in my fridge. I would use tallow, but lard is more convenient for me. Pork Belly is a staple in my house (Asian) and we render as much lard as possible when we cook the pork belly.

Posted On 03/13/2024

artist.jill

Thrilled to see writing posted here from Sally Fallon Morell! I'd thought for years that if the Weston A. Price Foundation and Dr. Mercola were to somehow join their enlightened, insightful forces, it could be world-changing! The authority on MSG is neurosurgeon Dr. Russell Blaylock, author of *Excitotoxins: The Taste that Kills* www.goodreads.com/.../259097.Excitotoxins MSG (and some other food substances) are neurotoxins. MSG creates an addiction as well. Also hidden in the labeling; thanks, FDA. Inconvenient truths. Blaylock went to the food industry to say, "Hey, I found this out with my research, so you guys need to stop putting these in our food," and they replied to the effect of, "Well, we have no intention of stopping this practice." So, that tells ya everything ya need to know, and is emblematic of what's going on today more broadly. Blessings and strength to all here!!

Posted On 03/13/2024

jsmccord7

One thing that I see are some people I know that have health trials and some that have cancer and are going through the traditional mainstream medical mafia poison of radiation and chemo and I see them out and about and they are drinking diet sodas like there going out of style. Then you tell them that the ingredients are bad and not good for the body and they call you a conspiracy theorist.

Posted On 03/13/2024

smiller352

Jsmccord7 - not everyone can be educated or wants to be educated about what is healthy and what is not healthy - food choices, lifestyle habits, treatments, medicine, etc. it is so sad to watch, but I find it better not to say a word unless the other person asks or shows some interest. I've found most do not actually care enough about true health to challenge their own thought process and their already-accepted conclusions. And the past 4 years have been eye-popping and polarizing when it comes to where people stand on the question " what is healthy?" My opinion - our energy is best spent elsewhere.

Posted On 03/13/2024

muttbakercom

and they're also completely ignorant about our gov't problems. Mr. Pants-on-fire is perfectly normal and loves America. what??? spoiled rotten I guess and too lazy to actually research anything.

Posted On 03/13/2024

ms.libby

Consuming seed oils will also contribute to those awful "age" spots you see on people of all ages. Seed oils age a person, create inflammation in the body, and opens the door to autoimmune issues, cause obesity, and not to mention promote dementia in later years. You can look at a person's face and see if they have a proper diet.

Posted On 03/13/2024

Kalle21

Here's a list of alternative names for MSG : Glutamic Acid (E 620)2 Glutamate (E 620) Monosodium Glutamate (E 621) Monopotassium Glutamate (E 622) Calcium Glutamate (E 623) Monoammonium Glutamate (E 624) Magnesium Glutamate (E 625) Natrium Glutamate Yeast Extract Anything hydrolyzed Any hydrolyzed protein Calcium Caseinate Sodium Caseinate Yeast Food Yeast Nutrient Autolyzed Yeast Gelatin Textured Protein Soy Protein Isolate Whey Protein Isolate Anything :protein Vetsin Ajinomoto

Posted On 03/13/2024

bevfh12

thank you! I'm saving this.

Posted On 03/14/2024

Horsea

As I understand it, very little sodium is needed by humans. It is the chloride component which is more important, and you can obtain that by taking magnesium chloride or potassium chloride. The latter is especially good for persons with hypoglycemia. Read Adelle Davis' Let's Get Well for the gen on this topic. Not everyone is prediabetic or outright diabetic; nondiabetic hypoglycemics are not helped by consuming a lot of salt (NaCl). Just at a glance, I would say that 99% of all health advice is geared toward those who are diabetic or prediabetic.

Posted On 03/13/2024

m231231

Will drink a rare ginger ale but my last Coke was mid 80s and Pepsi before that. Try for one donut a year. Eat less more often. Outdoor sprinting season is open. 500 done, 9,500 to go by October. 100 yarders. The year of the abs. Age 69.

Posted On 03/13/2024

wannabeaknowitall

Same here I had to buy ginger ale recently for some gastro issues that weren't subsiding with my conventional home remedies. Ginger ale worked! Albeit, I haven't had it since maybe 15 years ago or more. Coke tastes awful to me, it tastes like chemicals along with many other sodas which I end up throwing out and going for tea. As for MSG, I get horrible migraines.

Posted On 03/13/2024

markuzick

MSG gives me terrible headaches, and there are many other awful ailments it induces in some people. I remember hearing claims that long term use caused brain lesions. As far as it causing weight gain, that would make sense in that it causes people to crave food and is mostly used in processed and restaurant foods. I suspect that if it was used on healthy foods, it probably would reduce weight gain, but that would be a dangerous and counterproductive strategy to improve ones' diet. In my case, MSG actually improves my diet, as it causes me to avoid those poor sources of food where it's mostly used.

Posted On 03/13/2024

mercola_reader

Soft drinks and starvation mode. In Ayurveda it has been said for 5000 years that the taste of sweet is associated with calories = fuel. Now when you drink these drinks the taste says sweet to the brain get ready to absorb the calories read fuel and what happens? There are no calories to be absorbed at all and the expected natural process cannot take place. The desire is awakened but cannot be fulfilled and can therefore only grow. Ultimately, it promotes absorption and storage because the next time you may be cheated again. So all sugar substitutes are ultimately fatteners. So that science was simple, you just had to read the science from the past and therefore absolutely NOTHING new was established, only confirmed.

Posted On 03/13/2024

juststeve

Raw Stevia is said not to trigger an insulin response so should not be a problem. The kinds of stevia with additives do.

Posted On 03/13/2024

pisces

It is amazing how sure the medical profession believes it understands hydration, to the point of arrogance.

Posted On 03/15/2024

mourningwarbler

I've been gifting her NOURISHING TRADITIONS to family. Not just a cookbook. It's also on Audible.

Posted On 03/14/2024

Barbara Charis

MSG has to have been concocted by those who hate other humans and want them to suffer...every time I went to a Chinese Restaurant i wound up with a 3 day migraine...and could barely function. A friend who told me about his experience...he went blind for three days. it is a very dangerous additive...and people who want to stay well...must avoid it.

Posted On 03/14/2024

4321bp

As a female in my 70's, I was eager to see what I was missing by reading this article. For me, nothing new was mentioned. I've had Hashimoto's thyroiditis for 30 years although I never suffered with many of the listed symptoms. My weight was under control (5'5", 135 lbs), Then due to some life circumstances, I added adrenal fatigue to that. But still no weight gain. From 2019 through 2022, I was actually recovering from the AF. Then I had what was likely the Omicron C-19 virus. I lost 10 lbs during the 3 weeks it raged in me.

By God's grace, I recovered. However, soon after, I started gaining weight for no apparent reason. Within 4 weeks, I gained 50 lbs! Nearly all of it is like a huge belt around my midriff. What would cause such a reaction? I still watch what I eat and exercise as I can. But that 50 lbs will not leave. I hear there are clinics popping up across the nation to deal with c19 and clot-shot side effects. I will not go near them. The same people who killed c19 patients in hospitals are running the clinics.

Posted On 03/13/2024

wbml01

50 lbs in four weeks is almost certainly not just fat accumulation. More likely, water retention: kidney, and/or liver, and/or heart. See a competent doc and get a proper diagnosis, soon. You may need to use meds to get through the immediate crisis, while you research approaches for long-term recovery. (Your doc should also look carefully at thyroid, which is often affected by illness.)

Posted On 03/14/2024

iro5345

Excellent teaching Dr Mercola. Thank you! We had some friend that were missionaries to China. When they visited they brought their MSG. Yuk. MSG is an excitotoxin!!! I love our raw Guernsey cow milk. I am so glad you mentioned that you can loose weight with it. Thank you Sally Fallon Morell. We have several of her books.

Posted On 03/13/2024

sel553476

Is lard from factory, corn fed pigs really healthy? I'd like to use it, but figured the answer would be too much Omega 6?

Posted On 03/13/2024

Dr. Mercola

you are correct, too much omega-6

Posted On 03/13/2024

chieromancer

I have found both MSG and diet sodas aggravate my Restless Leg Syndrome. They are neuro exciters and mess with your brain chemicals.

Posted On 03/13/2024

emmaportman

I have high LDL cholesterol genetically. cannot eat butter. what do you recommend

Posted On 03/13/2024

emmaportman

I have genetic high LDL (high HDL also) and refuse statins. Told I cannot eat butter or drink whole milk. not sure what to do about this

Posted On 03/13/2024

helpothers

I've struggled with high ldl but mine is associated with stress and food. I saw a book by Andrew Saul called Niacin: the real story. He claims some have what he calls niacin dependence - that their body needs more of certain things than just taking a multivitamin. There is info on how to dose the flushing kind of niacin with vitamin c to tone the flushing down. I ramped this up to eventually taking 900mg 3x per day. My cholesterol came down 60 points while I ate what I wanted. I realize genetic high ldl can be quite high but it might be a way to lower that ldl. I would do your own test by having your cholesterol tested at one of those walk in labs, then eliminating butter and milk for 3 weeks and then retest.

Then you'd know for sure if those things need to be avoided. My brother's ldl goes up eating eggs but mine does not. I go to a place called anylabtestnow.com and I know Quest labs also will do tests without a lab order. I've also been able to lower my cholesterol with policosanol, fish oil, red rice yeast - there are many things that will possibly help. I just get tired of taking so many supplements so it's easier to avoid foods and de-stress.

Posted On 03/13/2024

zeevisje

Hi there, any research or knowledge about the topical use of vegetable (seed) oil on the skin? For example abbyssinian oil or moringa oil black or seed oil etcetera Thank you.

Posted On 03/13/2024

jamNjim

I've heard of using olive oil, but it's not considered a seed oil. Olives are fruits.

Posted On 03/13/2024

BiomedMom1

I'd be curious about this as well. I love moringa oil as my facial moisturizer; works better for me than anything else I've ever tried.

Posted On 03/13/2024

den7788

The Chinese restaurant syndrome is a hoax. MSG is fine for most people. I don't use MSG daily. I have many different salts in my pantry that I rotate through. And I am nowhere near obese. More fear mongering. forums.t-nation.com/t/salt-and-msg-forget-everything-you-think-you-kno.. Taylor-Smith K. MSG: The Misunderstood Sodium Substitute Technology Networks Applied Sciences. January 27, 2023.

Posted On 03/13/2024
