

NurseKaren45

What IF.... I'm going out on a ledge here.....but what IF we just accepted aging as the BEAUTIFUL GIFT that it is? Years from now we will be reading advanced articles about how all of this nonsense of trying to have the hormones of a 12 year old in a 50 year old body caused dementia, cancer, auto-immune disorders, etc.... I DON'T TRUST IT. The modern assumption is that the hormones decrease and the body gets ready to shut down and die because we are useless after reproduction. I DON'T BUY IT.

I believe that we are perfectly designed and that quite possibly the changes in our hormones is exactly what keeps us living to ripe old age because THE CREATOR knew we need old people! Children NEED old folks. Maybe it's easier for me to accept aging because I am doing it so well - guess all the activity, good water, decent food, and amazing oils internally AND applied externally have paid off! I have a few stubborn pounds I'd like to drop, but I am happy with how I look at 51.

It is a pretty regular occurrence when meeting new people that they are shocked to hear that I am a grandmother and usually guess my age to be in the 30s. I'm just stubborn like my 100 year old grandmother who once said, "Menopause schmenopause." I decided then that since I am so much like her, menopause will be easy. (I understand that this is not the case for many women and I am not suggesting that it isn't hard for some). I think if you do the best you can to avoid the toxic load of modern life as much as humanly possible (without getting neurotic and anxious) and eat a lot of fruits and vegetables (for fiber to keep those bowels moving) and get outside in the sun and dirt and water, then hallelujah, you are going to age well!

I have had an INCREDIBLE amount of stress in my life and that I aged this well is mostly because my grandmother also said things like, "So what if you don't have shoes, at least you have feet," and "If you were born to hang, you won't drown."

Posted On 12/03/2023

Ido5111

Your grandmother was a wise woman.

Posted On 12/03/2023

mky4735

Agreed 100%

Posted On 12/03/2023

fourkidzmom

AT LAST !! FINALLY, A voice of REASON !! Thank you, Nurse Karen,for your wonderful words of WISDOM. You are a GEM. ALL things in moderation,including moderation. Live life the "middle " way and try to find JOY and PEACE and LOVE with all creatures and humans. Be THANKFUL for your everyday BLESSINGS !! Support your body with KINDESS (and some supplements :))

Posted On 12/03/2023

Guillermou

Good recommendations, avoiding toximia and nutrient deficiency helps a healthy old age. Fasting, calorie restriction, healthy eating, exercise, social contact and contact with nature, dedication to a profession chosen by vocation, helps with happiness. These factors enhance certain molecules such as NAD that are vital for health. The levels of NAD in our body determine the speed of the aging process. In younger cells and tissues, NAD levels are higher with better physical activity, cognitive function, and potential for cell repair and regeneration. [IN THE LINK HOW WE CAN INCREASE NAD selfhacked.com/.../nad-important-increase](https://selfhacked.com/.../nad-important-increase) (2021) Also to enhance health we must pay attention to the function of the mitochondria, true metabolic funnels where the energy of the entire organism is produced.

Amino acids, glucose, glycerol and fatty acids in the Krebs cycle, where interconversion between different substrates occurs. Reduction of mitochondrial biogenesis, oxidative stress and chronic inflammation lead to mitochondrial dysfunction, generating less ATP and more free radicals, deregulating the synthesis of steroid hormones, cellular calcium, ammonia detoxification in the liver, genetic mutations in mitochondrial DNA, with metabolic disorders, aging and chronic and degenerative diseases. Mitochondrial dysfunction is caused by poor nutrition.

highly processed and contaminated food with pesticides, load of sugars and additives, vaccines, fluoridated and contaminated water, stress, etc., Mitochondria are especially abundant in organs and tissues of the body with higher energy requirements. Supplements and lifestyle changes can improve mitochondrial health by increasing the availability of proteins necessary for ATP production (AMPK activation, PGC-1 α , NAD $^{+}$, SIRT1). They also act as antioxidants, helping mitochondria to reduce oxidative stress and other important functions, including: signaling, differentiation, programmed cell death and control of cell growth.

Posted On 12/03/2023

Guillermou

Related to Dr. Mercola's reports additional support for mitochondrial function includes acetyl-L-carnitine, Q10, pyrroloquinoline quinone, vitamin C, choline, NADH, -lipoic acid, -ketoglutaric acid, resveratrol, N-acetylcysteine, magnesium and a quality multivitamin and mineral complex. In the following link more references: 33 NATURAL WAYS TO IMPROVE MITOCHONDRIAL FUNCTION selfhacked.com/blog/natural-ways-to-improve-mitochondrial-function/ (2022). onlinelibrary.wiley.com/.../full (2017) www.annualreviews.org/doi/abs/10.1146/annurev-pharmtox-010716-104908 (2018) link.springer.com/.../10.1007%2F978-3-319-73344-9 (2018) To avoid mitochondrial dysfunction, changes in diet and the use of natural supplements are required: carnitine, alpha-lipoic acid, coenzyme Q10, NADH, pyrroloquinoline quinone, a and other mitochondrial enhancers, foods rich in polyphenols, N-acetylcysteine, taurine, acetyl L-carnitine, which transports fatty acids in the mitochondria, D-ribose, which is the raw material for ATP, magnesium, omega-3 fatty acids phospholipids and DHA and all B vitamins.

link.springer.com/.../978-3-319-73344-9_22 (2018) zakboekdietetiek.nl/wp-content/uploads/2017/05/patients-with-mitochond.. (2018) Regarding Q10.

The most common metabolic and mitochondrial diseases (MMDs) are cardiovascular diseases, cancer, respiratory tract diseases, diabetes, and chronic kidney diseases are a major epidemic. Prevention of the development of mitochondrial EMMs by coenzyme Q 10 is one of the basic forms of protection of human health. www.sciencedirect.com/.../B9780128198155000495 (2022)

Posted On 12/03/2023

Guillermou

The beneficial effects of vitamin D supplementation may be mediated by an improvement in cellular glutathione levels and a decrease in ROS and pro-inflammatory cytokines.

www.ncbi.nlm.nih.gov/.../23770363 NAC supplementation increased glutathione and the expression of mRNA and vitamin D 25-hydroxylase in the liver, and at the same time resulted in elevated blood levels of cysteine and GSH, as well as increases in vitamin D levels and decreases in inflammatory biomarkers. www.ncbi.nlm.nih.gov/.../PMC4876732 (2017) Glutathione is the king of endogenous antioxidants. It is synthesized from three amino acids: NAC, glutamine and glycine. Its concentration also depends on the concentrations of lipoic acid, zinc, and vitamin.

C, E and selenium, methylation: vitamins B6, B9, B12, SAMe, and biotin. Whey protein, silymarin, sulfur foods are glutathione enhancers. Glutathione is reduced in chronic diseases.

www.healthline.com/nutrition/how-to-increase-glutathione#section4 Pyrroloquinoline quinone (PQQ) protects mitochondria from oxidative stress and promotes mitochondrial biogenesis. PQQ is also a powerful antioxidant capable of carrying out 20,000 catalytic conversions: michaelrucker.com/.../pqq-foods In the link you have a table of contents of PQQ in foods of plant origin and in milk. Parsley, green peppers, celery, kiwi and papaya contain about 2-3 mcg per 100 grams. michaelrucker.com/.../pqq-foods

Posted On 12/03/2023

Heart_jewel

Menopause at 46 years was easy.

Posted On 12/03/2023

Westerlund

Exactly! This whole study is insane. Possibly true, but so what? Crazy! We had the same grandma Nurse Karen

Posted On 12/03/2023

foe9211

The ancient traditions in both the East and the West point to moderation, the golden mean in all aspects of our lives. Life is simple and complex at the same time. Acceptance is part of awareness. To try and dissect it and turn it into a biochemical formula is to mutilate that which is natural and beautiful. "For everything there is a season, and a time for every matter under heaven, time to be born, and a time to die"

Posted On 12/03/2023

kwik54

A very nice, positive, upbeat post! I like what I see of you...my mom had some good attitudes, ate healthy and junk foods, worked hard gardening and lived to be 94. would have been longer but for talcum powder. She was a strong hardy woman, raised on a farm in CT.

Posted On 12/03/2023

wns115

I love your attitude and approach! When I was 51, I looked fantastic and felt fantastic. Now that I'm in my 60s, everything is different and I'm fighting old age only because I want to continue to be able to hike 10 miles, run sprints, have an active love life with my husband, play and have full use of my body for as long as possible and with no physical pain and limits. The hormone changes in the last couple years have definitely impacted me and I'm following these protocols to maintain my quality / active life...so far it's working :)

Posted On 12/03/2023

Segstar

Good for you Karen, really good for you...That ledge you're on is a good one...I am often reminded the things we applaud and gravitate towards today, will be proven exactly the opposite tomorrow...We have seen this time and time again..The Creator gave us the manual, the blueprint if you will on how we should live, this is what I subscribe to... Last night I rewatch the movie Paul the apostle of Christ... Great movie, and i really loved when he said "fight the good fight, finish the race and keep the faith." These are powerful words indeed, so let's not ONLY focus on nourishing the body, eventually it will die, disintegrate, how about we put some focus on nourishing the spirit as well...And try not to stress too much ; remember today is the tomorrow we dread yesterday.... Also know that HATE cannot be defeated by HATE, it can only be defeated by LOVE...Fight the good fight, finish the race and keep the faith...

Posted On 12/03/2023

MoMac46

Nurse Karen i like your take on aging, and your wise grandmother. Menopause wasn't a problem to me. I never had any adverse symptoms or flushes thankfully.. I'm 77 and doing ok so far. My mum and aunts on both parents sides lived well into their 90's so I'm keeping my fingers crossed.

Posted On 12/03/2023

LSquare

Good for you, Karen, but for a few of us getting old really sucks. It's not just a wrinkle here and a minor ache there. And, it is true; youth is wasted on the young. As for God, yes, we're all perfect in His eyes, yet He gave us brains, doctors, scientists, along with common sense. A Lexus comes from the factory nearly 100% defect-free. Unfortunately, we're more akin to Jeeps, VWs, and Chryslers, which frequently suffer problems both early and often. So, a little less judgment, please, especially for those of us for whom quality of life is at least - if not more - important than its quantity.

Posted On 12/03/2023

Lee1959

Amen! There is no "one size fits all." I expect that at my age (64), it has been because of all the activity, sun and outside time I had and did not have too many foods that were processed. I am not afraid of looking old, but I am afraid of "feeling" old. The woman that raised me was born in 1910. She had a wealth of wisdom like your grandma. One other thing I want to mention, this article was waaaaaayyyy to difficult for a layman to understand. The good doctor has to remember that he is not dealing with people with his enormous IQ. Please give it to us in a more comprehensible fashion.

Posted On 12/04/2023

Lee1959

Uh, wns115, you mentioned an active love life with your husband. I am right there too, but hubby who is somewhat younger than me, has uh, problems. Can you friend me and we can talk?

Posted On 12/04/2023

Lee1959

Lsquare, I don't think nurse Karen is judging you. There are several kinds of aging. For women it is the loss of their beauty. I am 64 now and I am losing my hair. A couple weeks ago, I told my husband tearfully that I was losing my hair. He looked at me like I was on fire. He said, "Do you really think I care about your hair? I care when you are a b--ch." And then I thought long and hard about it. My husband, my adult children, my friends, my grandkids, my dog, my co-workers, my church, they all care about or love me. And it is not because of my HAIR. There is more to all of us than our beauty and bank account. I don't wish for the glory days again, because they would be misspent as they all are when a person is young. Because the mentality is different. If I could be young and also have the wisdom I have now, it is impossible. 2 cents worth.

Posted On 12/04/2023

Guillermou

The so-called “chromanol” head is the fundamental unit of vitamin E, and is also the site of antioxidant activity. Vitamin E is made up of four tocopherols (alpha, beta, gamma, delta) and four tocotrienols (alpha, beta, gamma, delta). The slight difference between tocotrienols and tocopherols is in the unsaturated side chain which has three double bonds in its farnesyl isoprenoid tail. Tocotrienols are natural compounds found in walnuts, pumpkin seeds, sea buckthorn, broccoli, cereal bran and other foods that, due to their omega 6 content, we must consider the total intake of omega 6 because the evidence that supports the hypothesis that omega-6 PUFAs have proadipogenic and prolipogenic properties as reported by Dr. Mercola.

Dr. Lester Packer of the University of California/Berkeley reports tocotrienol's superior antioxidant capacity is attributed to its greater flexibility, allowing greater mobility to cover a greater surface area of cell membranes. Tocotrienols safely address all three areas of atherogenic dyslipidemia: reduction in triglyceride levels, moderate increase in HDL cholesterol. Additionally, there is evidence in animal studies that tocotrienol reduces blood pressure, arterial plaques, adhesion molecules, and blood sugar, all signs of metabolic syndrome.

"Tocotrienols exhibit very different health benefits than tocopherols, and in most cases these activities are superior for human use," says biochemist Bharat B. Aggarwal, PhD, of MD Anderson Cancer Center. from the University of Texas at Houston, where he and his team study curcumin, resveratrol, tocotrienols and other natural compounds that could help us beat cancer. "We now know that different isomers of tocotrienols exhibit different activities. "While alpha-tocotrienol is highly effective in the brain for cerebral ischemia, gamma and delta tocotrienol exhibit greater anticancer and anti-inflammatory activities."

Posted On 12/03/2023

Guillermou

There is groundbreaking research showing that tocotrienols can improve and often cure fatty liver disease, improve end-stage liver disease, and protect liver function. Tocotrienols protect neurons, prevent neuronal cell death, inhibit cholesterol and beneficially alter its fractions, and dampen inappropriate inflammation. Tocotrienol lowers cholesterol by regulating and decreasing the enzyme responsible for its production in the liver and this is a safe route to address cholesterol compared to statins with their harmful side effects. Vitamin E and especially tocotrienols control inflammatory mechanisms and markers, including the reduction of atherogenic lipoprotein, also inhibiting the adhesion of sticky molecules present in the first stage of atherosclerosis.

Bacterial infections contribute to the body's inflammatory response and tocotrienols have been shown to reduce infection by chlamydia, a bacteria found in atherosclerotic tissue, and exacerbate inflammation. In summary, tocotrienols promote arterial health. -Tocotrienol in combination with resveratrol improves cardiometabolic risk factors and biomarkers in patients with metabolic syndrome.

www.clinicaleducation.org/resources/reviews/the-next-generation-vitami.. (2021) .---

www.womenfitness.net/tocotrienols (2021) .---- onlinelibrary.wiley.com/.../jsfa.11345 (2022) .---

iubmb.onlinelibrary.wiley.com/.../biof.1873 (2022).----

www.sciencedirect.com/.../S2405457722005198 (2022) .---

aacrjournals.org/cancerpreventionresearch/article-abstract/15/4/233/68.. (2022) .----

www.mdpi.com/.../834 (2023) .---- www.liebertpub.com/.../met.2022.0052 (2023) .---

www.sciencedirect.com/science/article/abs/pii/S2405457723000347 (2023).-----

Posted On 12/03/2023

Guillermou

Some studies found that vitamin E affects certain transcription factors, such as nuclear factor erythroid 2-related factor 2 (Nrf2), a transcription factor that induces the expression of many antioxidant enzymes. Vitamin E supplementation increases antioxidant activity in the musculoskeletal system, slowing the progression of osteoarthritis, and may also inhibit the NFB pathway, suppressing inflammation. Compared to tocopherols, some studies indicate that tocotrienols may be more potent antioxidants; although this is not supported by all studies. Regardless of which antioxidants are the most effective, tocotrienols clearly play an important role in cellular metabolism.

For example, while all vitamin E vitamers can scavenge free radicals, tocotrienols are thought to be better scavengers due to uniform distribution within membranes, a large number of double bonds, and higher efficiency of the redox cycle. A study was conducted that examined the ability of vitamin E to increase endogenous antioxidants in healthy older adults (50-55 years) by supplementation with -tocopherol or a tocotrienol-rich fraction, compared to a placebo.

Compared to baseline levels, six months of tocotrienol-rich supplements significantly increased superoxide dismutase levels in the entire population; -Tocopherol, however, had no impact on this measure. When examined by gender, women had significant increases in both superoxide dismutase and glutathione peroxidase after six months of supplementation with a tocotrienol-rich fraction. -Tocopherol only had a significant impact when examining the ratio of reduced glutathione to oxidized glutathione in women; tocotrienol-rich fractions also significantly aff

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Guillermou

The authors suggest that this higher ratio of reduced glutathione to oxidized glutathione indicates better cellular health, as a lower ratio is associated with chronic diseases such as diabetes, high blood pressure, and Alzheimer's disease. While males showed similar patterns, the impact was not significant. After absorption in the small intestine, vitamin E is transported within chylomicrons through the lymphatic system and is finally absorbed by the liver. The liver again secretes mainly α -tocopherol, to be transported through the bloodstream within various lipoproteins. From these lipoproteins, α -tocopherol accumulates in specific tissues such as skin, muscle, and adipose tissue, while less is available in plasma. γ -tocopherol and its metabolites (e.g., 13-carboxychromanol) appear to have important anti-inflammatory effects by blocking cyclooxygenases (COX-1 and COX-2) which in turn block prostaglandin production, as well as by inhibiting 5-lipoxygenase (5-LOX) activity.

Furthermore, due to structural differences, γ -tocopherol is able to trap electrophiles that α -tocopherol cannot. Therefore, it is superior to α -tocopherol in detoxifying nitrogen dioxide, peroxynitrite and copper-zinc superoxide dismutase, thereby protecting mitochondrial function.

www.mdpi.com/.../1222 (2022) This review article examines the potential of tocotrienols, a class of vitamin E compounds with antioxidant and anti-inflammatory activity, to improve aging-related cardiovascular diseases and their associated morbidities. In particular, the potential of tocotrienols to improve inflammation, dyslipidemia, and mitochondrial dysfunction in aging-related cardiovascular diseases is discussed. a class of vitamin E compounds with antioxidant and anti-inflammatory activity. nutritionandmetabolism.biomedcentral.com/articles/10.1186/s12986-018-0.. (2018)

Posted On 12/03/2023

Guillermou

Cardiovascular disease (CVD) is a leading cause of morbidity and mortality and atherosclerosis is the common root of most CVDs. Oxidative stress. Thus, strategies for the prevention and treatment of cardiovascular events had oxidative changes as a potential target. Natural . All tocopherols and tocotrienols are potent antioxidants with lipoperoxyl radical-scavenging activities. In addition, -tocopherol possesses also anti-inflammatory as well as anti-atherothrombotic effects by modulating platelet and coagulation system. Experimental and in vitro studies described molecular and cellular signaling pathways regulated by vitamin E regulated by antithrombotic and antioxidant properties.

This review focuses on the impact of vitamin E on the atherothrombotic process and describes the results of experimental studies.

www.sciencedirect.com/science/article/abs/pii/S089158492100825X (2022) The anti-inflammatory effects of -tocotrienol, quercetin, riboflavin, on serum TNF- and NO levels have been reported for the first time. Furthermore, all treatments except dexamethasone resulted in lower serum levels of total cholesterol, LDL cholesterol, and triglycerides. The mechanism for this inhibition appears to be decreased proteolytic degradation of the P-IB protein due to proteasome inhibition, resulting in decreased translocation of activated NF-B to the nucleus and depressed transcription of expression.

TNF- and iNOS genes. The impact of the above compounds increased on these parameters when combined with -tocotrienol. Furthermore, these results also indicated that intravenously administered tocotrienols inhibited acute platelet-mediated thrombus formation and collagen- and ADP-induced platelet aggregation. -Tocotrienol, riboflavin and quercetin inhibit NO production in macrophages. europepmc.org/.../36626569 (2022)

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Guillermou

Included in this review are 32 eligible meta-analyses with four sources of vitamin E and 64 unique health outcomes. Only the association between circulating α -tocopherol and wheezing or asthma in children was corroborated with consistent evidence. Suggestive evidence was suggested for seven outcomes on endothelial function (supplementary vitamin E): serum C-reactive protein (CRP) concentrations (supplementary vitamin E), cervical cancer, esophageal cancer, cervical intraepithelial neoplasia, pancreatic cancer, and cancer. colorectal; all of them showed a protective effect consistent with the source of vitamin E.

In conclusion, this work has indicated that vitamin E protects several particular health outcomes www.mdpi.com/.../3301 (2023) This study shows that taking vitamin E can reduce the risk of Parkinson's disease and play a preventive role. www.tandfonline.com/.../1028415X.2023.2192561 (2023) In conclusion, vitamin E intake has a beneficial role in improving HbA1c and insulin resistance in a population with diabetes. Additionally, short-term interventions with vitamin E have resulted in lower fasting blood glucose levels in these patients. nutritionj.biomedcentral.com/articles/10.1186/s12937-023-00840-1 (2023)

Posted On 12/03/2023

juststeve

Gui, after taking all this in, the Gut is left wondering would an occasional detox the liver help eliminate some of the many toxic offenders. Giving the liver a break with milk thistle and or broken cell chlorella? So much around us mimicking hormones, disrupting vital life functions.

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Guillermou

A good reason is Just, Many minerals and foods help to eliminate heavy metals including cadmium and lead. From the information of Dr. Mercola: Some of the metals that are particularly harmful to the mitochondrial function are aluminum, arsenic, cesio, estao and talio. Other toxic metals that many people have in their bodies are their cadmium, mercury and lead If there is any toxicity in heavy metals, your body will be affected by electromagnetic fields. It will affect your metabolism and the ability to effectively eliminate toxins and heavy metals. We suggest that its excellent for detoxification is an infrared sauna with full spectrum and low EMF together with R-lipoic acid.

Minerals such as magnesium, zinc, salt, potassium and yolk are also important for detoxification Myers also has an online program called "Myers Detox Protocol Course", which focuses on responding to lost minerals during the detoxification process like Magnesium and Zinc The zinc ayuda expelled the cadmium, a metal that caused more types of cancer than all the other metals combined. This option also prevents viral replication and helps eliminate arsenic, carbon, cadmium, mercury and silver. El potasio, ayuda a expulsar el talio. El yodo para desplazar al fluor.. Also consider getting an infrared sauna with high temperature and low EMF.

Use regularly in combination with aglutinants and any mineral that may be necessary. Find what we live in a totally toxic world. Including if you think that practically everything is good, probably it has accumulated heavy metals in your body, so that you can avoid experiencing maximum health. Other informants: DANGERS OF HEAVY METALS AND HOW TO DO A HEAVY METAL DETOX

draxe.com/.../heavy-metal-detox (2018).---- FOODS THAT HELP YOU TO DETOX FROM HARMFUL HEAVY METALS loovfood.com/7-foods-that-help-you-to-detox-from-harmful-heavy-metals/ (2021) www.healthline.com/.../heavy-metal-detox (2021)

Posted On 12/03/2023

Guillermou

Along with Dr. Mercola and Dr. Klinghardt The three pillars of detoxification in general and, in particular, of metal detoxification are: 1. Clean and remove your gastrointestinal tract from metals and toxins, with silicone functioning with tiol (Intestinal Metal Detox or IMD) with a doctor, or with chlorella, more carbon and arcilla, they contain all other toxins. Las hierbas like the tooth of len and the vara of gold its good to darle an apoyo extra al hgado and have the riones. The bardana ray and the tooth of the lion help to clean the blood. Use plenty of water to eliminate toxins. Find out if this detoxification is very bad; necessary to eliminate more toxins from your gastrointestinal tract and your blood.

However, already our Nrf2 regulators and, in change, have more supporting substances for the gastrointestinal tract and more yesterdays that help with health and the kidneys. Beba mucha agua. If you have missed it again, you will have to start with the Nrf2 regulators. 2.Optimizar del glutacin. Increases gluttony levels, there are sea salts with precursors (like N-acetylcysteine [NAC] or suero protein) or a liposomal glutatina formula. Glutatin is the dominant substance that is a commodity and helps to eliminate its fatty acids, together with other heavy metals.

3.Regular of Nrf2 in cells with R-lipoic acid, polyphenols and compounds based on sulfur, cruciferous vegetables and allium. The traditional Ayurvedic haritaki is beneficial, as is the sulphurous extract (broccoli seed extract) and the alicina and the dialil disulfuro (ajo). All of them are regulated by Nrf2 and help with detoxification.

articulos.mercola.com/sitios/articulos/archivo/2022/03/03/desintoxicac.. (2022)

articulos.mercola.com/sitios/articulos/archivo/2016/06/19/desintoxicac.. (2015)

Posted On 12/03/2023

Ambassador777

Be careful with taking too much DHEA. More than 50 mg can increase balding in men before the age of 55.

Posted On 12/03/2023

Guillermou

Hi Ambassador. Also. Yes, it seems to be for high doses of DHEA . DOES DHEA CAUSE HAIR LOSS & IS IT REVERSIBLE? Medically reviewed by Riccardo Armelli. Riccardo Armelli is a 6th-year Medical Student (Final Year). He has all the necessary knowledge and skillset to make sure the article is accurate and concise with over 5 years of experience doing it in school and in his work Last updated Oct 25, 2023 "Androgenic alopecia is the leading cause of hair loss in both men and women. It is a progressive condition. It is a genetic disorder. It appears that the scalp or hair follicles of individuals living with this genetic trait are more sensitive to the influence of androgens.

Since DHEA has mild androgenic action, there is a reason to believe that it may cause hair loss. However, it appears that it does not cause any severe hair loss in men and women. Even if it appears to show signs of early hair loss, one may discontinue its use, as it is not a medication and not used to treat severe medical conditions. Further, treatment of hair loss would be similar to other cases of androgenic alopecia."

Posted On 12/03/2023

wns115

I have been doing the progesterone/DHEA protocol (with butter) for 5 weeks now and here is what I'm seeing so far: Hot flashes used to keep me up and I was unable to go back to sleep. Now I fall asleep easily and - I sleep like a baby through the night. So far, that's the main change but it's a big one for me and well worth a restful night's sleep :) I am also taking Malaysian ginseng to help with low testosterone levels. I notice that I definitely have more energy with the Malaysian Ginseng (and if I take it late at night it disturbs my sleep so I take it in the AM now) I will do a lab test in a couple weeks and see where my hormone levels are...and then adjust accordingly thought I am half expecting not to see any change since it can take several months for changes to show up in bloodwork.

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Guillermou

DHEA exhibits several behavioral effects in mammals, at least one of which is memory enhancement that appears to be mediated by an interaction with the gamma-aminobutyric acid A (GABAA) receptor complex. We investigated the effects of a single oral dose of DHEA (500 mg) on sleep stages, sleep stage-specific electroencephalogram (EEG) power spectra, and concurrent hormone secretion in 10 healthy young men. DHEA administration induced a significant increase in rapid eye movement (REM) sleep, while all other sleep variables remained unchanged compared to the placebo condition. Spectral analysis of five selected EEG bands revealed significantly enhanced EEG activity in the sigma frequency range during REM sleep in the first 2-h sleep period after DHEA administration.

pubmed.ncbi.nlm.nih.gov/.../----- BENEFITS OF NIGHTLY DHEA INTAKE -----1)Improved Sleep Quality One reason to take DHEA at night is its potential to enhance sleep quality. Research suggests that DHEA supplementation can alleviate insomnia symptoms, leading to better sleep and overall health. -- -----2)Hormone Regulation Nighttime DHEA intake can help maintain hormonal balance, crucial for bodily functions ranging from metabolism to mood regulation. -----3)Reduced Stress and Inflammation In addition to its role in cortisol regulation, DHEA intake at night can help manage stress levels and inflammation—crucial factors in overall well-being. vagibiom.com/why-nighttime-dhea-intake-improves-your-health

Posted On 12/03/2023

grulla

I've been taking one 50 mg (preventative lifestyle dosage) tablet of DHEA every day since about 15-20 years ago when I/we first saw Dr. Nicholas Perricone's health lectures and interviews on PBS-TV, touting that supplement for greater longevity. www.healthline.com/.../dhea-supplements ~~~ en.wikipedia.org/.../Nicholas_Perricone

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Guillermou

DHEA RESTORATION THERAPY Aging disrupts hormonal balance, with the levels of several critical hormones dramatically reduced in comparison with youthful levels. DHEA is no exception. By age 80, levels of DHEA fall by as much as 80%-90% compared to what they were during young adulthood.

WHAT ARE RISKS OF LOW DHEA LEVELS? 1)Cognitive decline 2) Cardiovascular disease 3) Bone loss 4) Cancer 5) Depression 6) Sexual dysfunction 7) Inflammation and inflammatory disorders WHAT ARE THE POTENTIAL BENEFITS OF DHEA RESTORATION?

1)Improved cognitive function and mood 2) Increased bone mineral density 3) Enhanced cardiovascular health 4) Improved insulin sensitivity 5)Enhanced immune function 6) Youthful skin restoration 7) Improved sexual function in men and women 8)Decreased levels of inflammatory markers 9) Increased longevity 10)A metabolite of DHEA, 7-Keto DHEA, has been linked with improved metabolism www.lifeextension.com/protocols/metabolic-health/dhea-restoration -- The DHEA Debate www.lifeextension.com/.../cover_dhea .---

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Guillermou

13 BENEFITS OF DHEA + SIDE EFFECTS & SUPPLEMENTS selfhacked.com/.../dhea-dhea-s

Posted On 12/03/2023

badboy2

Over the age of 45, there is a 100% chance that you will need DHEA. Get your DHEA levels checked to be sure.

Posted On 12/03/2023

wns115

Dr Mercola, I corrected all my thyroid markers (T3 Total/Free, T4 Total/Free, TSH, in 4 months through diet (and I am in my 60s). I work with a genius nutrition alchemist who is also an intuitive. Here are the steps I took: 1. 90% of my food intake NOW comes from local farmers only including veggies, fruits, meats, oils (no processed/boxed food of any kind) 2. I fixed my digestion (stomach acid loss/leaky gut/absorption issues with large amounts of cayenne pepper, powerful healing oils (butter oil, raw fresh cod liver oil, C60 oil, "miracle" oil), organic living MSM.

3. I drink 1 cup fresh raw beet juice followed by 3 apples 3 x week alternated with kale/collard smoothies
4. I do a 'shaker cup' daily made of fresh squeezed orange/lemon/lime juice base with added Dr. Schulze Superfood+, Sea veggies+ Moringa, Barley grass concentrate, mushroom concentrate, stablized rice bran, flax lignans, SuperTrace minerals, Methylene blue 5. I flood my body with high electrolyte water content aka minerals every day 6. I did a 1-month cleanse that included daily hyperbaric oxygen, red-light near infrared sauna, magnetic sulfate baths to remove heavy metals alternated with magnesium baths 7.

I supplement with several of your supplements (Vitamin C, Zinc/Selenium, probiotics, etc.) 8. I take 'perfect iodine' supplement along with detox iodine daily, frankincense topically 9. Dr. Christopher complete bone and tissue 10 Black walnut, hyaluronic acid, beta glucan twice daily And then after 4 months...my labs went from 'bad' to FANTASTIC in all categories

Posted On 12/03/2023

dch7181

After menopause at the age of 50, I developed severe insomnia for several years. Stopped the coffee, improved my nutrition, started on progesterone cream - nothing worked until I stopped using fluoride toothpaste and stopped drinking/cooking with tap water. About a week after eliminating the fluoride the insomnia went away. Also, after menopause I noticed anytime I ate food with gluten my thyroid gland would enlarge and my skin would get dry. By stopping gluten and sugar, I noticed my skin became soft and supple again.

Posted On 12/03/2023

salviachela

Healthline is owned by Summit Partners, an investment company receiving profits from health care industry. The 'trusted sources' on their website may be factually based. However many of the scientific academic level articles were over 10 years old, and the research even of the newest ones were over 5 years too old to be representative articles. Maybe the research is applicable but by the time it gets into a journal it's already out of date so I look for more recent articles.

Posted On 12/04/2023

Heart_jewel

Shasha, I'm reading the transcript of the interview and I think it'll answer your questions. All I know is by ingesting the Forefront Health progesterone, the hated hair growth has stopped. Maybe just a few weak hairs. I don't know how long it will take to have this effect. I didn't originally take progesterone for stopping hair growth, because I didn't know. The dermal progesterone will NOT stop hair growth in my body.

Posted On 12/04/2023

anthony.aaron47

The one really good 'natural' thyroid hormone I used to take for my hypothyroid condition was NatureThroid by RSL Labs. Unfortunately, they've been shut down for more than 2 1/2 years something about their FDA sampling was 3% short on the active ingredients in just a couple of batches -- so the whole company has shut down insofar as producing that product anymore. I'm not sure what their status will be going forward but, at least for me, their product was super to Armour's and far, far better than the synthetic 'Synthroid' (levothyroxine). <https://getrealthyroid.com>

Posted On 12/03/2023

monjo2536

Does Dr. Mercola's multi contain all the necessary forms of vitamin E as mentioned in this article?

Posted On 12/03/2023

os00

Increasing endogenous production of hormones is ideal and hoping we can focus on that since supplementing with hormones sounds great but the downstream effects could be risky longer term.....

Posted On 12/03/2023

mvn3764

Dr. Mercola recommends not taking bioidentical estrogen, but there was not any discussion on bioidentical estrogen topically (not sure if they are considered the same or different when absorbed locally). It does help with vaginal dryness and other menopause symptoms. I'm not sure why that would be the case if, as discussed, the tissue levels of estrogen are still there. It would be appreciated if anyone has any insight on this, as my wife uses a 100mcg estrogen (80mcg estriol/20mcg estradiol) cream topically.

Posted On 12/03/2023

Shasha

Hi, Some only use estriol. There is estrogen in soy/dairy etc... which may add to hormones and block the thyroid. I could not handle any estradiol. Estriol/progesterone/testosterone in the right ratios to rub on may help. Too much estrogen may all skin tags/precancer. Too low progesterone may allow black bumps.

Posted On 12/03/2023

rrealrose

Have been watching a few Ray Peat videos recently, He does not recommend using any estrogen, as the issue is unopposed estrogen is a toxin to the body, and topical applications tend to clog skin pores in just a short time. Progesterone is the ticket, watch or read this interview again.

Posted On 12/03/2023

trun87114

Many hormones have endogenous production suppressed with exogenous administration. I'm disappointed that was not addressed in this article.

Posted On 12/03/2023

Lou321

Now I know why famous and notorious people eat babies.

Posted On 12/03/2023

epi-cure

A lot said in 20 seconds: twitter.com/Whiplash437/status/1731050511896297643?s=20&utm_source.. I just posted this 2 hours ago and have since received a notice than it had been "edited". I'm leaving it up till the end of the day as a corrective measure for the benefit of those who may have viewed the content already.

Posted On 12/03/2023

LSquare

Though I don't doubt that these are his true feelings, this seems like an AI deepfake, and not a terribly good one. If he said it out loud, it would've been to his big, dark money bundlers, and not recorded.

Posted On 12/03/2023

rrealrose

Grrrrr, please be curious (scroll down to read other twitter comments before re-posting - quite a few are asking people not to chop videos) question everything! Someone had chopped that 30 minute presentation and posted the short video for their own purposes. Here's the full unedited version: x.com/.../1731383128910868751 - - see what you think now!

Posted On 12/03/2023

epi-cure

LSquare, we know now that two-face Obama might have given that other "20 second" speech before a different crowd. Anyway, don't hire hasty, sloppy me to vet those suspect X/twitter video snippets especially on a Sunday. Rose, x/ twitter declined my curiosity. I found it on YT instead. Anyone interested in the contextual flow can find it here www.youtube.com/watch starting around 3:15. That smooth speaker was WHO (a member of)?

Posted On 12/03/2023

forbiddenhealing

Be aware that Vit E is reduced/recharged by Vit C, probably other antioxidant electron donors and preserved in a well charged/structured fluid terrain. Terrain is the biochemical environment that determines redox reactions, synthesis, genetic expression and protection/destruction of cell molecules.

forbiddenhealing.substack.com/p/the-root-cause-of-chronic-disease

Posted On 12/03/2023
