

jamNjim

If you're like me, soups/broths, in general, just don't satisfy you. If anything, you are hungrier after a bowl of soup than you would have been if you had just skipped the meal. What if you could have basically the same thing and be satisfied? Hogs-Head-Cheese will provide you with more collagen than bone broth, and will satisfy your appetite. "Back in the day", it was common in the south to take the parts of the hog you wouldn't normally eat and cook them down into a slurry and pour that into a pan like a bread pan and refrigerate. It solidifies into a gelatin-like brick that you slice up and eat on a cracker or stack on bread for a sandwich.

The high-collagen content on the connective tissues of the knees, jaw, ears, ankles, rib tips, and other low-meat/high cartilage areas of the pig make for a fantastic sandwich meat that resembles SPAM when finished. You could look at Hogs-Head-Cheese as the home-made version of SPAM. Here's a video on how to make it: www.bing.com/videos/riverview/relatedvideo?q=collagen%20content%20in%20. I ate this as a young child. My grandparents used to make it. They raised hogs and the parts they normally didn't eat got put into this concoction. Little did I know how healthy this was.

With all the brainwashing and demonization of all foods animal, fat, and protein related, I was under the mindset that this was unhealthy. It took me another 25 years to learn how good this is for you. It has one of the highest collagen contents of anything you can eat. It's literally a bowl of GELLO except it has meat/protein in it instead of artificial flavors and sugar. What I found even more amazing is that the Koreans still eat this stuff! My wife MAKES IT FOR ME!! She buys pigs-feet and makes the home-made spam from that. The ankle of foot of a hog is very high in collagen.

Posted On 04/11/2024

forbiddenhealing

JamN...Amen to pig feet...trotters/water/garlic/salt/splash vinegar...2hrs low boil...EZ no sweat...I gnaw the skin/cartilage, chill/eat the gel>>>gel>>>structured water! And Vitamin C is the critical cofactor to maintain/repair all connective tissues;skin,bone,joints,vessel linings, fascia.

Posted On 04/11/2024

grulla

Also, if one does not have the time or ability to make their own headcheese, there is an outfit in MO that sells mail order, various free range, grassfed meats. One can call them on a toll free landline, and if you purchase large(r) quantities, you can negotiate discounted price with a live person. They ship in appx 2 days in a styra-foam, dry ice packed container. My first order for their natural liverwurst and head cheese, was 7 one lb. rolls (mix n' match), and my later order was for 10 rolls, both with good discounts from MSRP. grasslandbeef.com/search?q=head+cheese&options%5Bprefix%5D=last

Posted On 04/11/2024

justamom1

Serbian people still prepare it as traditional dish. It is one of many specialties we serve, especially in the winter time, when we celebrate our SLAVA. We also used to make the most delicious stew using pig feet, potatoes, paprika, onions, garlic and other vegetables - try it, much better than with meat.

Posted On 04/11/2024

Avate53

I'm in Louisiana and we still eat Hogs Head cheese. You can buy it at several places.

Posted On 04/11/2024

Guillermou

In this sense of promoting the entry of collagen and its formation, fish, especially its skin and scales, are an excellent source of collagen. Collagen derived from fish, known as marine collagen, has high bioavailability. Marine collagen is primarily composed of type I collagen, which promotes the health and elasticity of skin, bones, tendons, and other tissues. For those following a Pescatarian or semi-vegetarian diet, fish offers a viable option for obtaining collagen naturally, providing a good alternative to beef or chicken. Oysters, although less common in collagen discussions, play a vital role in collagen production. It contains a lot of zinc which is a fundamental component in the creation and repair of collagen, promoting skin health and healing.

Additionally, oysters are rich in amino acids such as glycine and proline, the main components of collagen proteins. Also consider broccoli and berries rich in vitamin C blueberries, raspberries, strawberries or blackberries. They are all a great way to add vitamin C to your diet, a nutrient that helps your body produce collagen. It does not need to be consumed at the same time as collagen-rich foods or collagen supplement. Including both in your diet throughout the day is enough. Low doses of aloe increased collagen content in the dermis layer of the skin (the middle layer).

One study claims that a daily oral intake of 40 micrograms of aloe helped increase skin barrier function, moisture and elasticity. Garlic does not contain collagen itself, but it contributes to collagen production in the body. Garlic is rich in sulfur, which may play a role in collagen production and prevent its breakdown in the body. Garlic also contains taurine and lipid acid, compounds that help rebuild damaged collagen fibers. BEST FOODS TO EAT FOR A COLLAGEN BOOST

www.eatingwell.com/article/7896640/best-foods-to-eat-for-a-collagen-bo.. .--

www.health.com/foods-high-in-collagen-7972020 .--

Posted On 04/11/2024

Guillermou

One of the functions that vitamin C plays in the body is to help maintain the collagen network. The mechanisms that allow this regulation and that justify its use as an antiaging treatment are listed below: -----1) Prevents the autoinactivation of the enzymes lysyl and prolyl hydroxylase, key enzymes in the collagen synthesis process, and its physiological cross-linking at the cellular and tissue level.--- -- -----2) It directly activates the transcription of factors involved in collagen synthesis and stabilizes messenger RNA (mRNA), which regulates the synthesis of type I and III collagens.----- -----3) Increases the activity of the collagen expression gene by increasing the synthesis of the tissue inhibitor of MMP-1 and, consequently, decreases collagen degradation.----. www.intechopen.com/.../85565 (2023)

Posted On 04/11/2024

Krofter

One of my favorite ways to make stock is to put a whole head and trotters of one of my pigs into the pot and cook it down. I use the stock to braise many of my meals. Pig skin is also very high in collagen. For those near the coast, fish head stock made from wild fish is another great option.

Posted On 04/11/2024

rschmoyer

My grandfather was a Pennsylvania Dutch farmer in PA. They used to make something similar called Souse. Back in the day, this gelatinous substance could be bought from the PA Dutch/Amish farmers at a livestock fair they had every week. When I was a kid, I thought it was really gross. Who knew it was probably loaded with healthy properties. When I was in my 20s, I taught ESL in a small farming village in Slovakia. At the time I was a vegetarian, but the Slovaks found this completely preposterous. We had a meal program at a Menza. One time, after a diet of pork cutlet for like a month, I asked if they had any vegetarian foods. I was promptly served a large slab of Souse. This was the first time I had seen the substance since I was a child hanging out with my grandfather. This was what the Slovak farmers gave you (with some amusement I think) if you asked for a vegetarian option.

Posted On 04/11/2024

Antisandman

I would posit that head cheese also contains hormones from the thyroid, thymus, pituitary, and other glands. Almost all that live in civilization are deficient in hormones because of EMFs and various toxins. As Captain Forbidden keeps saying, vitamin C is essential for making and maintaining collagen. Sulfate is also essential for collagen production and maintenance. As Stefanie Seneff suggests a bath in epsom salts takes care of that and Mg needs also.

Posted On 04/11/2024

healthylongevity

Very true. My ancestors, in Central Europe did the same. No one had the joint problems and it was common to see grannies in their nineties carrying a huge loads of fire wood in burlap sacks on their backs regularly. These people were very functional till the end of their lives. Nowadays, pork is non stop demonized. I could understand the warnings about the CAFO raised pork. But organically raised pork is very nourishing and healthy, fat included - it is very stable heart healthy saturated fat.

Posted On 04/11/2024

Guillermou

An article that shows us the toxins that we can find in cereals that add to the problems of gluten and excess linoleic acid. Unfortunately, cereals with pesticides, herbicides, chemicals, GMOs, high levels of sugar and other harmful ingredients are very common in traditional children's cereals and can cause harmful health effects to the immune, reproductive and nervous systems and increase the risk Of cancer. Many children's cereals are made using something called the "extrusion process." This exposes the grains to high levels of heat and pressure, which changes the nature of the grain, effectively turning it into processed food.

FoodMatters.com quotes biochemist Paul Stitt, who notes that this process destroys most of the grains' natural nutrients. This is why many children's cereals are fortified, although extrusion can also destroy those added nutrients. Additionally, the proteins in the extruded grains are fundamentally altered, leaving a product that can be toxic. According to "Dirty Secrets of the Food Processing Industry," there are two known but unpublished experiments testing breakfast cereals on laboratory rats.

In both studies, rats that ate breakfast cereal and water died sooner than rats that were not fed at all or that were fed a cardboard box of cereal and water. A published study showed that these rogue proteins could interact "with each other and with other components, forming new compounds that are foreign to the human body." In the link 10 toxic cereal brands including General Mills
www.mamavation.com/featured/top-10-toxic-kid-cereals-to-avoid.html .-----

Posted On 04/11/2024

Guillermou

The consequences are also quite real: from inflammation, behavioral problems in children, obesity and diabetes, to name a few. The high pressure and heat manufacturing technique called extrusion that denatures the whole grains of our cereals and makes them toxic. Most of the 7 bad cereal ingredients we cover below go hand-in-hand with this processing methodology. When a food product is highly processed and removed from its natural state, the need for harmful additives is normal. Here are the four key parts of a research paper: -----1)PART I: The 7 Unhealthy Additives in our Ultra-Processed Cereals -----2)Part II: Extrusion - an inflammation causing and neurotoxins producing process so harmful it gets its own section -----3)Part III: The Worst Breakfast Cereals. -----4)PART IV: Guidance for a better breakfast smallbatchgoodness.com/blog/what-makes-cereal-unhealthy-and-worst-cere..

Posted On 04/11/2024

juststeve

Discouraging to say the least Gui. Ag Toxins. If not fed to the soil disrupting the Foundations of Life, then fed to livestock disrupting quality or availability of once sourced Health and Life builders. Then, but of course, fed to us and we are told to pile it on, cheap and full of goodness. Somebody is full of something. Today, once again the Instant Pot gets a mention. What a valuable tool. All kinds of areas of kitchen use built right into it. Soups, stews, stock, bone broth, as a crockpot, pressure cooker, make yogurt, even for creating your own essential oils. It can be used as a pressure cooker to do legumes to dampen or remove lectins. It offers recipes for whole meals in one take. Great investment without breaking your personal bank. Time and money saver.

Posted On 04/11/2024

juststeve

organicconsumers.org/our-forgotten-sacred-relationship-with-food/?utm_...

Posted On 04/11/2024

Guillermou

Good suggestions, Jusr and great link. We need to take care of health and especially educate children because they are the future of a healthy nation. Indoctrination in junk food from childhood is a big market for BigPharma and parents and schools are taught to make children obese. There is one thing most experts agree on: increased consumption of highly processed foods is a major contributor to the childhood obesity epidemic. The government and media made a lot of fuss about C-19 as together they destroyed society to keep people "safe" from a "virus." Meanwhile, hundreds of thousands of people die every year from eating processed foods and no one in a position of power says a word.

With 1 in 5 children now obese, Pharma targets \$50 billion market for weight-loss drugs Twenty-two percent of U.S. children between the ages of 2 to 5 and 12 to 19 are obese compared to 18 percent a decade ago, according to a new analysis of health survey data. Nacional level. Pharma Targets \$50 Billion Market for Weight Loss Drugs Obesity shortens life expectancy. It is linked to hypertension, high triglyceride levels, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, low quality of life, depression, and difficulty with physical functioning.

Obesity-related cancers, including colorectal, uterine corpus, gallbladder, kidney, pancreatic cancer, and multiple myeloma, are increasingly diagnosed in younger people. But here's a lesser-known fact: High-fructose corn syrup (HFCS) is the linchpin of the processed food industry, and the HFCS industry has generated massive profits for Warren Buffett and Bill Gates, two of the men richest in the world.

Posted On 04/11/2024

Guillermou

The Academy of Nutrition and Dietetics, the world's largest organization of food and nutrition professionals, with more than 100,000 credentialed dietitians, nutrition professionals and students, is one of the most influential health professional associations in the United States. USA This article discusses the Academy's relationship with pharmaceutical, pesticide, beverage, and ultra-processed food corporations, including accepting contributions and even investing in those companies. Evidence from the Academy's own internal documents suggests that the group offers favors to its corporate sponsors at the expense of public health.

childrenshealthdefense.org/defender/big-food-academy-nutrition-dieteti.. (01/12/2023)--

childrenshealthdefense.org/defender/bill_gates_warren_buffett_obesity_.. (08/03/2023)----

childrenshealthdefense.org/defender/kids-obese-pharma-weight-loss-drug.. (2022)----

about.kaiserpermanente.org/health-and-wellness/health-research/news/yo.. (2022).-----

www.ox.ac.uk/news/2009-03-18-moderate-obesity-takes-years-life-expecta.. (2022)-----

----- TELL THE USDA: KIDS DESERVE HEALTHY, ORGANIC FRUITS AND VEGGIES, NOT MORE JUNK FOOD! Some 30 million children participate in the National School Lunch Program, and 22 million are from low-income families.

Lowering the nutritional standards for school meals could have disastrous implications for those children. The food low-income children eat at school is often their only chance for a healthy meal. That's why we think the USDA should be raising the standards for school meals, not lowering them. School breakfasts and lunches should include more healthy organic foods that are pesticide-free—not more processed junk food. organicconsumers.org/tell-usda-kids-deserve-healthy-organic-fruits-and..

Posted On 04/11/2024

bowgirl

I have been eating protein and veggies for decades for breakfast. The past decade the eggs and veggies are from my organic garden. Organic bones and meat are not easily or reasonably sourced in many areas. My bone broth is from my chickens.

Posted On 04/11/2024

SWIZZLE

Didn't Dr. Mercola recently say he ate 2-4 lb, of watermelon for breakfast? And he ate white rice? I don't recall him saying that he consumed bone broth. If bone broth truly is better for one's health, hopefully he'll change his breakfast habits.

Posted On 04/11/2024

bowgirl

I consume 800-1000 calories for breakfast.....Eggs, veggies, from my organic garden, and healthy fats. I am very lean. I need something to hold me for 4-5 hours. I am an active person.....

Posted On 04/11/2024

BeatriceW

I've been making bone broth for many years but thought I would look on the internet to see how other people made theirs. One lady said that she uses the bones more than once. I always throw mine away and use fresh every time. What do people on here think. Thanks.

Posted On 04/11/2024

wannabeaknowitall

I prefer to make a soup stew with oxtails & bones as I can't stand the taste of bone broth. I usually eat it at lunch. It's a bit more expensive but the taste is way better.

Posted On 04/11/2024

JKolbus

I make bone broth from the chicken carcass every time we have a roast chicken. Adding a little vinegar to the cooking water helps break them down. I give the scraps and cooked bones to my dogs, what a treat! I just make sure the bones are cooked to the point that they crumble.

Posted On 04/11/2024

LynnMeyer

The GAPS diet (Gut and Psychology healing diet) state that chicken feet should be used for a bone broth to get that high collagen. Co-ops will sell a pack of chicken feet just for this - usually found in the frozen section next to duck back. We use duck back as well, gives an umami taste - it's not gamey. GAPS also mentions that nothing should be cooked at super high temps (oven - no higher than 350), which makes me wonder about this pressure cooker and cooking broth fast. They state that the bone broth should be on low for at a minimum of 8 hours. Also, apple cider vinegar helps bring out the collagen when cooking bone broth.

Posted On 04/11/2024

pea7228

Sally Fallon Morell, in her book Nourishing Broth, writes, "Larger bones from beef or veal can be simmered a second and even third time." She also notes that "some cooks like to place softened bones in the blender and make a thick bone paste, which can be thinner with a little stock." I don't know if lead would be an issue with this kind of "bone soup." I have reused the bones of our pastured hogs with fine results.

Posted On 04/11/2024

rawfordogs

I have tried making broth myself on and off, but have had sporadic success getting that beautiful gel! My son turned me to Bare Bones bone broth. It GELS in the frig. I drink about 6 oz in the morning with my 5 warm prunes. Delicious with a bit of that fermented garlic and a bit of turmeric and cayenne pepper. That along with the first drink in the morning: 1 oz ACV, 2 oz Aloe juice, a spot of lemon in 5 oz water. that get me through my 3 miler run. THEN breakfast: oats, hemp seed, moringa, flax, 1/4 apple (with seeds/core/skin), handful of fresh or dried berries or banana depending on season, plain full fat yogurt, raw full fat milk.

Stays with me for hours and keeps my bowels functioning smoothly. For you who have dogs and are making broth--do NOT give your dog the cooked bones. The bones get too brittle and that is the danger. Raw bones--no problem. None weight bearing bones are the best for eating--adjust for the size of your dog. Even the smallest can handle wings. My standard poodle has even enjoyed chicken thigh bones which are, yes, weight bearing, but relatively small.

He is about 55 pounds and has been eating bones since we brought him home as a pup 11 years ago. Introduce rookie bone eaters by offering the bone to them at the end of plyers to force them to bite off chunks instead of letting them wolf it down. I had a dog (that I was switching from kibble to real food when she was about 11) do this, fortunately she gagged it back up and didn't choke to death! Bigger bones are good for chewing; some dogs need to be watched with these "wreck" bones, though.

Posted On 04/11/2024

donnannff

Beatrice, I usually use my bones twice. While I admit the gelling and flavor are usually somewhat decreased in what I call "Batch 2," I feel like at least I didn't waste any nutrition from the bones, and Batch 2 still always makes a fine broth for sauces or any "heavier" soups (those with a milk or cream and cheese base, or just with lots of flavorful ingredients like garlic, ginger, etc.). I think it's healthier and much less expensive than buying broth. I just divide my broth up into usable portions to freeze, labeling them as "batch 1" or "batch 2."

Posted On 04/11/2024

Boomer5

A baked potato, plain or with cheese, is quick, cheaper, and better for most people than cereal. Some cereals are so gross, mainly sugar or chocolate and in bright colors that look like a weird dream.

Posted On 04/11/2024

MoMac46

Boomer 5 - baked potato is tops with me

Posted On 04/12/2024

dealt7faux12

No matter what the time of day cereal is so sickeningly sweet I don't understand how people eat it anyway.

Posted On 04/11/2024

jdrose199

My husband eats cornflakes almost every day I cringe every time I see it. They are the aldi brand but I do not doubt they are much different.

Posted On 04/11/2024

therealjones

I eat rice and corn chex. They are probably the healthiest cereal out there. Check out the ingredients, see for yourself.

Posted On 04/11/2024

grulla

Hey there "jonesy", don't forget your granular, unsweetened version of Post Grapenuts. ALSO; in the past couple weeks at least two interviewers were poo-pooing oatmeal, and without making any distinctions between store bought crap VS high nutrition, (organic) whole oat groats VS compromised/adulterated/mutilated rolled-crimped-steelcut-instant oats. I used to buy my WHOLE, (not rolled, crimped, instant, or even steel cut) oat GROATS from a bulk food dispenser, but now I buy it a bit cheaper in 1 lb hermetically sealed, (probably preserved in an inert gas), packets, USDA organic, something the bulk dispenser did not claim. I find that very convenient because my prep procedure I use is always with 3 cups of dry groats that happens to equals 1lb. :-) Also, I have preserved a 50 lb sack of groats in my chest freezer, which can also kill off any mites or other insects should they occur. rainydayfoods.com/oat-groats-50lb.html ~~~ hickorywindfarm.net/.../hull-less-oat-groats CONTINUED

Posted On 04/11/2024

grulla

I have slightly updated my WHOLE oat GROAT procedure. My 3 dry cups (which = 1lb), of WHOLE oat groats are first soaked and rinsed in a pot of water with ~1/4 cup of ACV, for a 24 hour period, (PLAN AHEAD!), in order to help curtail any lectins and phytic acid. But what I hadn't previously mentioned was that soaking for 24 hours also allows me to boil the groat batch for just a minimal ~5 minutes, helping to keep the groats nutritionally well preserved, as well as avoiding an otherwise half hour of boiling, over heating the groats' nutrition and using more stove energy, as well as overheating a summer kitchen.

And if you don't 24 hour soak, that 5 minute boil will not work as the groats will be very chewing that only a horse could tolerate. lol So after the 24 hour soaking, the groats are rinsed and placed back into a pot with a diced Granny Smith baking apple, with JUST 2 CUPS OF WATER, and brought to that quick ~ 5 minute full boil, at which time the groat batch heat is quickly turned off and allowed to sit all day to cool down to room temperature, at which time it is placed in the fridge to cool the rest of the way, also helping to make it even more starch resistant. Once cooled, I stir in some UNSweetened dried TART cherries, plenty ghee or butter, and cassia/coumadin free Ceylon cinnamon, for the next day's breakfast.

After ~ 2 weeks, when I see my groat batch about to run out, I start the above procedure all over again so I don't run out, so again; PLAN AHEAD! This above procedure can also apply to whole wheat (berries) groats, buckwheat, rye, barley, and even quinoa, as well as some other whole grain groats. The results reminds me of an unsweetened apple cobbler or oatmeal cookie. And you can't find anything like this, including low cost, at the SM dry shelves.

Posted On 04/11/2024

Suzicreamcheese

This time in history is not being called by some 'The Great Poisoning' for nothing.

Posted On 04/15/2024

MASONMANNIX

"LOADED?" I was going to say; "Ate They Serious?" Of course they are; especially when it comes to making us sick, possibly killing us & MAKING \$MONEY\$ off of us! Stay away from the sugar-LOADED cereal aisle!

Posted On 04/15/2024

dandebcook

How much bone broth should you have for breakfast?

Posted On 04/13/2024

Greebo

I recall being so tired after work that I would eat a bowl of boxed cereal & go to bed & get up & do it again for a year or so. My health was excellent prior to that time but never after that. It may have been other things but that is something to consider. Perhaps I should have myself checked for heavy metals. I was also given some vaccines for hepatitis required at work. That could not have helped

Posted On 04/11/2024

jer66298

Wonder if anyone else is having Mercola emails sent to JUNK! Maybe just started this week, I didn't JUNK it. Censorship!!

Posted On 04/11/2024

Suzicreamcheese

Do you by chance have a gmail account?

Posted On 04/15/2024

barb.herbert

Sounds "loaded" all right. Thankfully, I have not really eaten cereal in years with the exception of a bit of steel cut oatmeal on occasion

Posted On 04/11/2024

mmmbeckwithwindstream.ne

About Alow Vera, is the just inner leaf best to take, or the whole leaf? Any ideas on the best one/brands?

Posted On 04/11/2024

rschmoyer

Since I have Lyme Disease, with neuro complications, I have been considering giving up caffeine. I will try bone broth in place of coffee/tea and see how that works out. I posted another comment here that did not seem to appear. It was a response to those talking about head cheese. My family is part Pennsylvania Dutch. My grandfather, a farmer in PA, used to make something called "souse." It is a gelatin made from bones, feet, ears, etc. I thought it was really when I was a kid. I believe it is actually healthy. You used to be able to buy it Pennsylvania Dutch and Amish markets.

Posted On 04/11/2024

brodiebrock12

It's pretty astonishing when shopping and seeing just how many people will STILL load these products like General Mills in their carts.

Posted On 04/11/2024

m231231

General Mills? I wouldn't touch Betty Crocker if you paid me. She was my mom's closest friend , thought she roomed down the hallway from me as a kid. Then they changed her face every decade. I thought what is that about and how can that be? Had she died? A hottie. Been driving past their home office my whole life. Avoid. Husband of our talented church choir director back then had something to do with the cheerio machine and he invented bugles. Females of my youth if anyone interested, girl with umbrella on Morton Salt, land o lakes Indian squaw as their symbol, Mrs Olson Foldgers? coffee, and Betty Crocker. Women of my youth and the 10 year old Morton babe. Eye candy for each age group. lol O my. Elementary, high school , seniors, middle age.

Posted On 04/11/2024

kanajelly

Here are a few articles worth reading and sharing! [scientific progress.substack.com/p/autism-day-shall-we-celebrate-the](https://scientificprogress.substack.com/p/autism-day-shall-we-celebrate-the) scientificprogress.substack.com/.../why-is-food-poisoning-legal scientificprogress.substack.com/p/system-failure-ai-exposes-zero-gover..

Posted On 04/11/2024

nat2185

I was using Dirty Mouth tooth powder for my kids. I found out through Tamara Rubin's website that bentonite clay is high in lead. There are so many sources that we don't know. Also, just found out that the "thing" they spray on vegetables and fruit at the grocery store is not water! They spray it on organic food too. Not to mention apeel. It's getting harder and harder to eat wholesome foods.

Posted On 04/11/2024

clindesbcglobal

Raise your own food if you can! I grew up with all farm raised food including our Beef and pork and chicken. We never bought those items at store. We knew exactly what they were fed and how kindly they were raised Carol

Posted On 04/11/2024

SanDiegoGirl

My husband and I use diatomaceous earth as a tooth powder. It works very well and has a negative electrical charge so it attracts the positively charged bacteria and toxins. You could probably mix it with a tiny bit of peppermint or spearmint essential oil if you want that flavor, but we don't find the basic flavor of diatomaceous earth the least bit offensive. Makes our mouth feel so clean after.

Posted On 04/11/2024

david48

There is a December 2023 article, written by Leah Segedie, at the Mamavation website, titled: "Sea Salt & Himalayan Salt Tested For Heavy Metals Like Lead & Microplastics – Guide". It is a very detailed article, including some comparative charts (of lab tests results) of how different Salts were rated, in terms of contamination of heavy metals (such as Aluminum, Lead, Cadmium, Arsenic, Mercury, etc.). "...EPA-certified laboratory that tested 23 popular brands" (of salts, mostly the unprocessed kind that are so-called "healthy" -- due to being unprocessed and without additives or anti-caking agents put into them).

Redmond's Real Salt and Celtic Sea Salt, unfortunately, ended up doing quite poorly (especially in the Lead department). As a consequence of reading this article, I bought some salt from my local butcher's retail store, with the hopes of reducing my lead exposure. Has anyone else read this article? Think it's credible, and/or know of any other independently-written article (involving lab tests) that comprehensively covers which salts are safe? ~ I would be very appreciate to hear others' opinions on this matter.

Posted On 04/11/2024

sue2613

I have Celtic sea salt that is over 25 years old. I wonder if it is as contaminated as salt that is harvested now?

Posted On 04/11/2024

shery77

Hi david48, I recently looked into Salt and found this article, please have a look: tamararubin.com/2020/10/how-much-lead-is-in-salt-which-salt-is-safest-.. After testing, the article lists Jacobson as one of the safest salts. Maldon and some other "well known" brands are listed as unsafe.

Posted On 04/11/2024

david48

Hi Shery77: thanks for your reply, and the link to 'Lead Safe Mama' website & articles. I do wish she would answer more of the comments under her articles; some of them have outstanding (excellent) questions - but about 95 - 98 % of them go completely unanswered. I wonder what kind of salt (i.e., what brand of salt) Dr. David Brownstein, of West Bloomfield, MI, uses and/or advises his clients / patients to use? In general, and for most people, he recommends 1 teaspoon to 1 Tablespoon of salt per day, and to stay well hydrated. Doing such "salt loading" for a while helps your body do better with iodine / iodide supplementation, as it helps escort the toxic haloids (such as Bromides) out of the body better.

Posted On 04/11/2024

minimaniac1111

How sad. I don't consume any of that garbage. For years now I eat what God gives us in nature. Almost 70yo I've no chronic conditions, no aches no pains, no ailments. I don't worry if this or that is bad for you.

Posted On 04/11/2024

energy70

Wow.. I didn't consider how polluted breakfast cereals could be. As you grow up with them, you don't know any different and they were a source of comfort, when the world seemed ok. Could be a contributor to my previously sky high arsenic levels, that took years of cilantro-based detox medicine to finally get rid of. Bone broth for breakfast, that's a great idea! I think it's more common to have soup noodles using broth in Asian countries.

Posted On 04/11/2024

med9764

I respect and admire most of your articles, but this one is offensive, even though it does call out how bad commercial breakfast cereals are. Is anybody seriously going to make bone broth for breakfast? Where is oats? How can you write an article about breakfast cereals and not mention oats?

Posted On 04/11/2024
