

Guillermou

The field of immuno-oncology has revolutionized the care of cancer patients and improved patient survival and quality of life. Much of the attention in this field has focused on exploiting the power of the adaptive immune response with therapeutic approaches to selectively engage NK cells for cancer therapy. Unlike T cells, natural killer (NK) cells act as a first line of defense and have the ability to detect and eliminate tumor or virus-infected cells. As mediators of the innate immune system, NK cells have two main functions: cytotoxic effect and immune regulation.

NK cells can recognize and kill abnormal cells. Many research studies are being conducted to develop cancer treatment strategies based on increasing the number of NK cells and improving their activity. These cells provide the first-line defense against carcinogenesis and are closely related to cancer development. As a result, many clinical trials of NK cell therapy alone or in combination with other agents are currently underway. Significant scientific research is being carried out on the function and mechanisms of action of NK cells. Many plant extracts and vitamin supplements can play an immunoregulatory role by stimulating NKC functionality.

The present study was designed to evaluate the in vitro and in vivo effects of vitamin C and Aloe vera juice on NK activity. Results indicate that vitamin C and aloe vera juice can modulate NK cell cytotoxicity and have the potential to improve the immune system. www.tandfonline.com/.../19420862.2023.2208697 (2023).-- www.liebertpub.com/.../jmf.2022.K.0079 (2023).-- www.sciencedirect.com/science/article/abs/pii/S2210803312000371 (2012).--- www.ncbi.nlm.nih.gov/.../PMC8394762 (2021).—

Posted On 04/01/2024

Guillermou

There is an internal mechanism involved in the relationship between the individual diversity of the gut microbiota and the heterogeneity of antitumor immunotherapy outcomes. The application of probiotics can improve the host's immune response, as well as the efficiency of antitumor therapy. link.springer.com/.../s13578-023-01135-y (2023).-- Biobran/MGN-3, a unique natural product extracted from rice bran, may strengthen immune health by improving the activity of natural killer (NK) cells. link.springer.com/.../978-981-19-5735-2_2 (2023).-- The effects of combined administration of red ginseng (RG) and gamma-aminobutyric acid (GABA) extracts on immunostimulatory activity and inhibition of tumor metastasis were investigated in mice.

For immunostimulatory activity, the activity of natural killer (NK) cells, including gamma interferon. www.liebertpub.com/.../jmf.2022.K.0079 (2023).--- The immunomodulatory potential of ginsenosides both in vitro and in vivo and even in human clinical data. Ginsenosides regulated the immune system by activating immune cells, cytokines and signaling pathways, as well as positively affected immune organs, intestinal flora structure and systemic inflammatory responses.

appliedbiolchem.springeropen.com/articles/10.1186/s13765-024-00881-y (2023).--- A nutraceutical supplement containing Aloe vera gel, Poria cocos (mushroom) extracts and rosemary increase immune surveillance and the expression of NK cell activation markers.

journals.plos.org/plosone/article?id=10.1371/journal.pone.0291254 (2023).-- Eight weeks of 50 mg daily cannabidiol (CBD) may improve sleep quality and NK immunosurveillance in younger, healthier adults www.mdpi.com/.../4173 (2023).--

Posted On 04/01/2024

Gui, very concerning data. The first of the article exposing the flood of negatives most likely sourced by a rising tide across the landscape of Humanity with LA Oils. Pushed, insisted upon for decades as a foundation for good health. Never was Butter, and now revealed to the newly initiated, I can't believe it contributes to heart attacks. Decade to follow decade old time-honored oils, fats used phased out for the industrial processed fare. Already a large percentage of the general population in a near walking dead situation. The last piece of the article focused on the Turbo Cancers with a black hole from heavy gravity of facts, data pulling directly to the Jobs as the most likely source.

Buried in this data are the enormous amount of those who are the foundation to the Professional Maintenance Class: Dr's, Nurses, Educators, Police, Firemen, Military all with exceptional numbers appearing to be Turbo Cancers. Mandated Jobs, either by the system, git yer Jab or git out. Or, from Fear Peer Pressure. So, we have an aging population in the throes of ill health of all kinds sourcing most likely from LA oils, and a toxic industrial Ag System, along with many toxic pollutions in growing numbers each year. Running side by side, with the young, those who historically are associated with the best health, best access to health, health insurance to address health needs dropping like fly's sprayed with an mRNA DDT.

As much as it is promoted we are a modern society, we don't need all the structures of the past, they are old fashioned, unscientific. Even the modern social safety nets, of retirement, healthcare, all things, even down to the cop on the street beat are generally made up of the young, a foundation needing the young. Kill off the young, kill off the old. All in the name of The Speed of Science, the Staff of Life. Who has to drop dead far before their time on national TV to make it all impossible to deny anymore?

Posted On 04/01/2024

Guillermou

Just, brilliant narration of the evils that affect our society. In all of this, young people are often the target of deceptive advertising tactics by junk food companies, which show our heroes and icons promoting junk food. In Australia, cricket, one of the favorite sports, is sponsored by a big fast food brand. Elite athletes, like cricket players, don't fuel their bodies with fried chicken, burgers and fries! One study showed that teens ages 12 to 17 see more than 14.4 million food ads in a single year on popular websites, with cakes, cookies, and ice cream being the most frequently advertised products. Another study that examined YouTube videos popular with children reported that 38% of all ads involved food or drinks and 56% of those food ads were for junk food.

Despite the serious state of obesity in these populations, sugary drink companies continue to increase their advertising aimed at black and Hispanic children, which may negatively influence the childhood obesity epidemic in the United States. Because the Supreme Court has determined that free commercial expression deserves full First Amendment coverage, advertisers' rights often inhibit productive methods of protecting children from junk food ads. www.liebertpub.com/.../chi.2018.0037 (2018).-- www.mdpi.com/.../1253 (2020).--- journals.healio.com/.../19382359-20220706-03 (2022).-- scholarsarchive.byu.edu/.../8 (2023).-- www.mdpi.com/.../12 (2024).--

Posted On 04/01/2024

Guillermou

Studies show that ultra-processed foods can also lead to adverse health outcomes due to overconsumption-related associations with obesity, heart disease, and non-alcoholic fatty liver disease. Alterations of the intestinal microbial ecosystem (changes in the relative abundance of specific microbial taxa or in intestinal bacterial diversity) and intestinal barrier dysfunction have been linked to excess adiposity, insulin resistance, metabolic diseases associated with cardiovascular and neurological pathologies and cancer. . The underlying mechanisms are hypothesized to include increased bacterial production of atherogenic metabolites such as choline, trimethylamine N-oxide, and betaine; endotoxemia-induced low-grade systemic inflammation; modulation of the host immune system; and weight gain.

Other mechanisms may involve increased host calorie intake, alterations in energy homeostasis, and hepatic lipid accumulation. A study published in the American Journal of Preventive Medicine linked the consumption of highly processed foods to premature death. The study estimated that in 2019, the deaths of up to 57,000 Brazilians between 30 and 69 years old were related to ultra-processed foods.

www.sciencedirect.com/.../S2161831322004628 (2021).---

academic.oup.com/eurheartj/article/43/3/213/6446064?login=false (2022).---

academic.oup.com/.../6675536 (2022).---

pubs.rsc.org/en/content/articlelanding/2023/fo/d2fo02628g/unauth (2023).---

www.ijirss.com/.../2892 (2024).--

Posted On 04/01/2024

Ronald_H

Guillermou, Regarding Natural Killer cells, my sense of imagination of how things work and how they fail has been extraordinary in my realm of mechanical and electronics. How that might translate to cancer and disease is unproven which leaves me with just untested theories. But, I have high confidence that I'm correct. I believe the key to solving multiple diseases is in anomalous highly functional natural killer cells which is extremely rare. Part of my theory regards spontaneous remission which appears to not even being a field of study.

Most professionals dismiss it with no interest as being for unseen reasons, perhaps a miracle, rare, and anomalous with no notion to study it. But, I believe my theory explains it. Some cancer patients near death often require increasingly large numbers of units of blood. The blood banks have blood from generally unhealthy homeless people. My theory is eventually someone near death randomly gets a unit of blood from the untracked mix from someone like me, gets up, walks out, resumes life as if never having cancer, goes in to be checked and is found to have no cancer.

This is never explained and there seems to not even be curiosity. My theory is my blood contains those anomalous highly functional natural killer cells and direct and instantaneous transfusion is the key to not destroying them. I have such a high oxygen carrying capacity that I can give plenty and health sufficient to replace it overnight. It shouldn't remain stagnant as just a theory. What is known in this realm of untested and unproven?

Posted On 04/01/2024

Guillermou

Yes Ronald, the immune system is complex. Natural killer (NK) cells and cytotoxic T cells (CD8 +) are two of the most important types of immune cells in our body, protecting it from deadly invaders. While NK cells are part of the innate immune system, CD8+ cells are one of the main components of adaptive immunity. Still, these two very different types of cells share the most important function of destroying tumor and pathogen-infected cells by releasing cytotoxic granules that promote proteolytic cleavage of harmful cells, leading to apoptosis. In this review, we discuss NK and CD8+ T cells, but we also pay special attention to their different subpopulations, the immune defenders.

We examine all of these cells in relation to their role in protecting the body against different microorganisms and cancer, with emphasis on their mechanisms and clinical importance. Overall, the close collaboration between NK cells and CD8+ T cells may play an important role in immune function and disease pathogenesis. Understanding how these immune cells interact to defend the body against pathogens and cancers can help us find ways to optimize their defensive and healing abilities with methods that can be applied clinically.

Figure 2. Seven main cells that protect our body against pathogens, cancers and neoantigens. The identifying cluster differentiation (CD) markers for each specific cell type are outlined in red boxes. To better understand the division of labor between NK cells and cytotoxic T cells in protecting the body against pathogens, we have summarized this information in the following seven steps (see Figure 3). In Figure 5 the multiple interactions of the NK cells with other cells of the immune system.

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Guillermou

NK cells perform various functions and roles that require them to interact with different cells in different ways, from shaping immune responses by producing cytokines to killing or destroying infected or cancerous cells by releasing granules. Alterations in NK cell and CD8+ T cell subpopulations have been observed in the following different major disorders:--- 1) Viral infections, including COVID-19.--- 2) Long COVID due to viral persistence.-- 3) Cancer .-- 4) Autoimmune disease, including celiac disease-- 5) Exposure to toxic chemicals.-- 6) Neuropsychiatric disorders.-- 7) Neurodegenerative disorders Immunodeficiency .-- 8) Others.-- These seven important subpopulations of NK and CD8+ T cells have been shown to combat many different diseases with their own diverse and specific functions and capabilities.

The studies discussed in this article on these seven lymphocytes provide more information about the anticancer and antimicrobial functions of NK cells and CD8+ cells. www.mdpi.com/.../230 (2024).---

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Guillermou

An essential characteristic of NK cells is their ability to distinguish between normal cells and endangered cells, and eliminate the latter directly or indirectly (Table 1). NK cells recognize their targets by expressing multiple cell surface receptors. Table 1 The ten hallmarks of tumor immunity of NK cells compared to T cells. Several cancer diseases and oncological treatments, particularly chemotherapy, are known to attenuate both the abundance and operational capacity of the patient's endogenous NK cells. This depletion underscores the therapeutic rationale for adoptive NK cell transfer, a strategy to enhance NK cell efficacy and resistance within the TME.

NK cells are effector ILCs that arise from bone marrow progenitor cells. The total number of NK cells in humans has been estimated to be 2×10^{10} cells, which represents about 1% of the total immune cell types in the body and 2% of the total lymphocytes. At steady state in healthy individuals, NK cells are present mainly in the liver, bone marrow and blood, where they constitute about 10% of the total number of peripheral lymphocytes.

Their functions are tightly regulated by a repertoire of inhibitory and activating receptors, allowing them to directly or indirectly recognize and eliminate stressed cells without affecting normal cells. The vast majority of mature NK cells are cytolytic and all NK cells can produce several cytokines, including interferon- γ (IFN γ), growth factors such as FMS-like tyrosine kinase 3 ligand (FLT-3L), and colonies of granulocytes and macrophages. -stimulating factor (GM-CSF) and chemokines, including XCL1 and CCL5

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Guillermou

Beyond the potential of four immune checkpoint inhibitors to activate both T cells and NK cells (Table 2), considerable advances in NK cell therapies are evident. As things stand, the most advanced of these therapies are in phase 2 clinical trials. To amplify the therapeutic index of NK cell-based treatments, it is necessary to promote NK cell trafficking to tumor sites, their metabolic profile, and their effector capacity (both direct cytotoxicity and soluble factor production) (Table 1). This can be achieved through specific medications or advanced NK cell products.

With respect to next generation NK cell products, techniques or pretreatment with agents such as nicotinamide can be used. As CD38 is an NAD⁺ consuming ectoenzyme, CD38 inhibition or nicotinamide supplementation leads to NAD⁺ accumulation and increases NK cell metabolic fitness and effector functions. Furthermore, increasing evidence highlights the importance of epigenetic regulation in immune cell differentiation and function. www.nature.com/.../s41586-023-06945-1 (2024).--

Posted On 04/01/2024

Guillermou

Most deaths from cancer are due to metastasis, the journey that stem cells take through the body. Chemotherapy and radiotherapy is ineffective and has serious side effects in suppressing stem cells. For this to happen, some of them acquire particular properties: through fundamentally epigenetic mechanisms they become more "liquid", they detach more easily from the tumor mass. But they also have to be capable of starting a new tumor wherever they nest. In particular, a receptor called CD36, responsible for introducing fatty acids into cells, is abnormally active in these cells. Natural substances against stem cells are Epigallocatechin-3-gallate (EGCG) (Green tea).

Beta carotene (carrot). Green leafy vegetables. Delphinidin (blueberry, raspberry). Isothiocyanate (Cruciferous vegetables). Linalool (Mint). Lycopene (Grapefruit, tomato). Quercetin (Capers, onion). Resveratrol (Grapes, plums, berries). Silibinin (Milk Thistle). Ursolic acid (Thyme, basil, oregano). Vitamin D3 (Fish, egg yolk, beef) and the complete extract of some plants are capable of killing CSCs. www.ncbi.nlm.nih.gov/.../PMC7523548 .---- Aging is largely defined as a gradual and progressive time-dependent decline in cellular and organ functions of living organisms, leading to increased susceptibility to chronic diseases, including cancer and death.

Senescent cells are involved in a series of biological functions, from embryogenesis to aging. An excessive accumulation of senescent cells is associated with a decrease in regenerative capacity and chronic inflammation and mitochondrial dysfunction, characterized by a reduced oxidative capacity and the consequent increase in oxidative damage, contributes decisively and significantly to diseases and biological aging.

Posted On 04/01/2024

Guillermou

Studies are investigating the use of calorie restriction (CR) mimetic substances capable of producing the same effect. These include some phytonutrients such as oleuropein, hydroxytyrosol, epigallocatechin gallate, fisetin, quercetin and curcumin and minerals such as magnesium and selenium. Some of them also have senolytic effects, which promote the apoptosis of defective cells that accumulate over the years (senescent cells) and alter normal metabolism. Underline the important role that various phytochemicals and bioactive compounds play in boosting our immune system. Flavonoids are among the broad groups of phenolic substances that possess antioxidant, anticancer, antimicrobial, cytotoxic and antimutagenic properties.

Consumption of polyphenols (such as flavones-3-ols, procyanidins, catechins, flavones, resveratrol, anthocyanidins and flavanones) can help maintain the proper balance. There is increasing evidence that supplementation with some natural compounds can mimic calorie restriction, protecting mitochondrial function, reducing inflammation, chronic diseases and cancer.

www.mdpi.com/.../16219 (2022).--- onlinelibrary.wiley.com/.../fft2.129 (2022).---

www.sciencedirect.com/science/article/abs/pii/S092422442200108X (2022).----

www.mdpi.com/.../915 (2023).--- www.sciencedirect.com/.../S1568163723001022 (2023).----

Posted On 04/01/2024

lpmcewanprotonmail.com

G --- If you are not aware....do some research on albarin. An extract of glucomannan sugars from a certain species of aloe vera. Dr. Ivan Danhof developed this extract and a clinic in Florida treated between 300-400 cases of a variety of cancers using this extract. The results: 90% success rate. Being mindful that most of these patients had been cut, burned, poisoned by the MSM oncologists and then told there was nothing more to be done. Unfortunately, in 2001 the FDA shut down the clinic and tried to indict the owner of the clinic 4 times. Dr. Danhof has passed on and there is nothing to be found of his research. Oh, and by the way, the total cost of the treatments using albarin??? Around \$5,000.

Posted On 04/02/2024

Cabocho

Phew! For a moment there, I thought the elephant in the room was going to be ignored yet again. While LA consumption may play a role in chronic diseases increase, it is a slow process and unlikely to develop cancers overnight. What is the common factor in cases of fast acting "turbo-cancers"? Yep, that elephant will soon be too big for the room. Could explain why possibly latent abnormalities suddenly required emergency operations in both parents of close family relatives who were repeatedly jabbed. Can't think of any connection there nor to some sort of globalist depopulation conspiracy. Death by injection seems quite unrelated. Just a co-incidence and nothing to worry about.

Posted On 04/01/2024

Guillermou

COVID injections have resulted in sky-high cancer rates and the government is actively colluding with Big Pharma to cover up the evidence, a former intelligence official has warned. Two graphs in the link illustrate how cancer mortality is artificially suppressed. In the video above, Swedish pathologist, researcher and senior physician at Lund University, Dr. Ute Kruger, describes the changes she has personally observed from the COVID vaccines.--- 1) Cancer patients are getting younger: the biggest increase is between 30 and 50 years old ----2) Tumor sizes are dramatically larger: Historically, 3 centimeter tumors were commonly found at the time of cancer diagnosis.

Now, the tumors they are finding regularly measure 4 to 12 centimeters, suggesting they are growing at a much faster rate than normal. ---3) Multiple tumors in multiple organs are becoming more common ---4) Recurrence and metastasis are on the rise: Kruger notes that many of the cancer patients she sees have been in remission for years, only to be suddenly beset by uncontrollable cancer growth and metastasis shortly after their cancer vaccine.

COVID ---5) These "turbocancers," as Kruger calls them, cannot be explained by delayed cancer screenings due to lockdowns and other COVID restrictions, as those days are behind us. Patients, despite having access to medical examinations as in previous years, are showing up with extremely exacerbated tumor growths, and she believes this is because the cancers are being "recharged" by the mRNA injections. thepeoplesvoice.tv/govt-insider-cancer-deaths-from-the-toxic-covid-jab..

Posted On 04/01/2024

srg03462

Same thought!! I also wonder if cell phones/vaping and synthetic marijuana plays a role? There is an unprecedented number of young kids/teens vaping and using juul pens and it has been around for several years. They carry their vapes and phones in their bras and stick them in the front of their waist bands to hide them. Can't be good.

Posted On 04/01/2024

Cabochon

Thanks for these important links, Guillermou. More power to my political elbow but trying to convince close and beloved relatives that they have chosen the wrong path is fraught with difficulty - natural human kindness and sympathy for their situation overrides any tendency to lecture. The best one can do is apply our mercola-guided knowledge of a healthy diet and lifestyle and offer to care for them which has been accomplished in at least one case. Re your point about vaping, cell phones etc, srg - another cause for concern is the construction by stealth of massive 5G masts everywhere without consultation.

There are no less than three huge 5G masts next to the kindergarten attended by our local children including our grandchildren, whose parents sadly do not want to know about possible health effects. Bottom line - we all are in the dark about long term exposure, we know only that 5G coverage is part of a wider agenda. magdahavas.com/5g-and-mm-waves/key-concerns-about-health-effects-of-5g..

Posted On 04/01/2024

Eevee

Srg - yes, and also phones / laptops, less active lifestyle, movement down in general, less lymph flowing around the body to carry away wastes...

Posted On 04/01/2024

rrealrose

As horrible as this turbo cancer is, along with repeated denials and failure to investigate cancer issues by so-called health authorities, Many distractions are showing up to keep us from looking at the overarching plan (this is the European version, modeled after control systems used in China): cdn.who.int/media/docs/librariesprovider2/euro-health-topics/social-de.. - its also time to keep at least one eye on the bouncing ball.

Posted On 04/01/2024

Martix

Those Scientist and Journalist are all confused about spiked protein, do not exist, it is (PRION)

Posted On 04/01/2024

Ronald_H

I see parallels. First they make up an imaginary "long covid" for cover, but with people catching onto the diversion of blame, now they add LA into the mix to obfuscate blame and create uncertainty for cover.

Posted On 04/01/2024

Horsea

OK, OK - I'm a broken record - I would work on my overall liver health in addition to limiting LA. Also, essential oil of Lavender, taken one drop a day, has been known to discharge old poor quality accumulated fats, according to Healing with Whole Foods 3rd edition (Asian traditions & modern nutritional science) by P. Pitchford. As always, dealing with overall health would be the way to go IMO. However, the major thing is: avoid any and all vaccinations. Period.

Posted On 04/01/2024

Karen51

Horsea, I think you have mentioned this before about using one drop of lavender oil a day. What kind of results have you personally experienced? I'm starting it today. I tried to find it in the book you mentioned but haven't had time to really get into the book. Such an easy thing to do. Thanks

Posted On 04/02/2024

Horsea

@Karen51. I am reporting what I read in a health book which I generally (though not 100%) agree with. I take it only occasionally to prevent side effects; as I am sure you know, essential oils are powerful and Pitchford cautions us to be careful with it. So, taking it only once or twice a week, I am not seeing any dramatic shift, except maybe constipation and irritability, which could be the result of too much detoxification. Emotional overload is associated with liver situations. Sorry I could not be more helpful. Best to you.

Posted On 04/02/2024

Ronmus

Dr Joanna Budwig's protocol for cancer suggests at least 6 tablespoons of organic flaxseed oil along with 4 tablespoons of grounded flax seeds and cottage cheese (FOCC) daily for cancer patients.....people have held cancers in abeyance and swear by it. Flaxseed oil is loaded with polynunsat fats and LA.

Posted On 04/01/2024

zrog2000

"Considering the mRNA technology itself appears to produce carcinogenic results, I'd be extremely wary about cancer drugs based on it. Time will tell if they can somehow perfect it," There is zero money in perfecting a drug unless perfecting means making everyone reliant on it and other drugs for a long miserable diseased life. Western medicine will never improve health because there is no incentive for anything other than making people sick forever.

Posted On 04/01/2024

Horsea

@zrog2000. What an excellent comment!

Posted On 04/01/2024

HilltopJPJ

Since I learned about seed oils, linoleic acid and associated insulin resistance, I've been eliminating as many sources from diet as possible. It's been almost four years now, I was never the typical consumer of processed food, but did have my guilty pleasures, ie; potato chips and fresh donuts. I've stopped that now, with an occasional treat of olive or avocado oil cooked chips and cider donuts (in season) when I can find them cooked in lard or palm oil, but as I said it is an occasional treat not the norm. I buy local grass fed beef from someone I know and render the tallow from the animal as I request all the scraps. I also buy leaf lard from pastured pork and render that as well. I do still use olive oil (you can look online to find the brands that are certified unadulterated, Colavita is one brand). I know that my diet is way cleaner than most, but I'm sure I can still make improvements, it's a journey.

Posted On 04/01/2024

kwik54

And if peanut oil is bad, does that mean no more peanut butter, even organic???

Posted On 04/01/2024

rrealrose

Please look up mycotoxins in peanuts (due to questionable drying practices at near sealevel elevations). You may want to banish these from your diet.

Posted On 04/01/2024

HilltopJPJ

Yeah, if I have to give up peanut butter, just shoot me now. I eat eat Teddie, non gmo, just peanuts and salt.

Posted On 04/01/2024

grulla

Hi "rrosie" et al, if one has to eat peanuts, at least eat the organic, dryland peanuts as grown in eastern NM and west Texas. Peanuts grown in humid climates are not only prone to mycotoxins, (more specifically aflatoxins), but are chemically sprayed for accordingly. But that still might not solve the problem of too much omega 6 oils in one's diet???

www.tandfonline.com/.../02652030701658357

Posted On 04/01/2024

Some black pigs farms in Spain and Italy are being fed with seeds, therefore they probably have a bad ratio of polyunsaturated linoleic over linolenic fatty acids. I wonder if the lard of such pigs is also plenty of LA

Posted On 04/01/2024

Guillermou

To get healthy fat from pigs I prefer Spanish ham raised with acorns. Jabujo Iberian ham because the pigs are fed acorns on the farms in Extremadura. Iberian pigs spend the last months of their lives eating acorns in the pasture, in an idyllic landscape surrounded by mature oak trees. After a curing process of at least 36 months, the meat leaves a fatty trace and the acorn that the pigs have eaten gives the ham a flavor appreciated in all corners of the world. Our country exports hams to practically the entire world, creating a highly recognized product outside our borders and highly demanded by countries such as Germany, France, the United Kingdom and even China or the United States. Two North American companies have decided to import not hams, but Iberian pigs to produce the ham themselves, as published by The Guardian.

Two companies established in Texas, formed by two Spaniards, and another Hispanic American in the state of Georgia, intend to create their own version of ham. However, there will be notable differences. Contrary to what happens in the Spanish pastures, the pig will not feed on acorns in its last months, but will instead feed on walnuts, peanuts and sunflower seeds. Experts in the production of acorn-fed Iberian ham explain that it will not be the same at all, because the acorns are essential for the meat to be so delicious and give off that characteristic fat. www.theguardian.com/world/2020/aug/15/fury-in-spain-at-us-plans-to-pro..

Posted On 04/01/2024

innovativest

Yes, Spanish pigs are usually fed with acorns. However, an increasing number of farmers, providers of the largest supermarket chains, are feeding them with seeds and feed because of the scarcity of acorns and the time that is needed for raising that pigs, a leading farmer said.

Posted On 04/01/2024

LSquare

@Gui: Aged for 36 months? That's insane and amazing. Does it end up with a thick cuticle?

Posted On 04/01/2024

bolke

Estrogen. Xeno-estrogens have increased to a frightening extent, and most cancers have estrogen receptors.

Posted On 04/01/2024

Guillermou

Bisphenol A (BPA) is a synthetic estrogen found in numerous consumer products and is widely exposed to humans and wildlife. It can cause infertility, various changes in offspring, development and function of reproductive organs, and behavior. BPA also affects the metabolic, thyroid hormone, and androgen systems. Infertility is a problem that affects one in six couples, which represents approximately 15% of the population who wants to start a family. In 30% of infertile couples, the male factor is one of the main causes. Bisphenol A (BPA) is associated with several chronic metabolic diseases including obesity and diabetes. Obesity increases the risk of associated diseases, such as infertility, type 2 diabetes mellitus, dyslipidemia, cholelithiasis, hypertension, coronary heart disease, stroke, endometrial and breast cancer, premature aging and neurodegenerative diseases.

It is estimated that complications derived from obesity contribute to more than 4,000,000 deaths per year worldwide, representing 7% of mortality from all causes.

www.sciencedirect.com/science/article/abs/pii/S0166445X11002529 (2012).--

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www.ncbi.nlm.nih.gov/.../PMC10042660 (2023) onlinelibrary.wiley.com/.../obr.13738 (2024).--

journals.sagepub.com/.../1559325820916949 (2020).--

Posted On 04/01/2024

Guillermou

The importance of knowing what emerging contaminants are is that every day we face them in pharmaceuticals, household cleaning and personal care products; even in food. It is estimated that a source of contamination is untreated urban wastewater and effluents from wastewater treatment plants, since these substances end up being released into surface water, into the soil or, in very specific cases, reinjected into the aquifer as well as medical. Studies reveal that the main effects of exposure of different fish species to estrogenic compounds include alteration of sexual development, as well as changes in mating behavior, reduction of reproductive success and alterations of the endocrine system.

These changes can be expressed later in the life cycle or even in future generations. This affects humans who have reported low sperm count and deterioration in male reproductive health and, on the other hand, breast cancer in women, as a consequence of increasing exposure to these compounds. Pharmaceutical industries, hospitals and treatment plants oppose legislation for in situ disposal because it involves high costs in treatments to eliminate harmful compounds before they are released into the environment. However, on the other side of the reflection are all the harmful effects that its presence in the environment can cause, so a delay in awareness could cause a time to come when it is too late.

DES is a synthetic estrogen that has been used as an agent to prevent miscarriage in pregnant women. Since then, adverse effects of DES exposure have been detected in exposed mothers and especially in their daughters, known as DES daughters. The most pronounced effects seen in DES daughters include structural abnormalities in the reproductive organs, adverse reproductive outcomes, and cancers of the reproductive system, including the vagina, cervix, and breast.

Posted On 04/01/2024

Ronald_H

I've removed all processed foods from my diet and my healthy fats are sour cream, olives themselves -- not even bottled olive oil, fresh avocados, macadamia nuts, dark chocolate and beef. My supplemented oil is highest potency and highest grade molecularly distilled fish oil kept in my freezer. Are macadamia nuts the best?

Posted On 04/01/2024

Guillermou

Dr. Mercola especially advises macadamia nuts that are high in oleic and linolenic and low in linoic (omega 6), so they are a healthier option, especially if you are trying to avoid inflammation. Almond oil has more omega 6 fatty acid: Palmitic acid (C16:0) 2 6%, Palmitoleic acid (C16:1) < 2%. Stearic acid (C18:0) 1 3%. Oleic acid (C18:1), 60 78%, Linoleic acid (C18:2), 10 30%, Linolenic acid (C18:3) < 2%.---- Macadamia nuts contain many properties and high nutritional value, so they have enormous positive health benefits. In fact, recent research published in March 2021 in the National Library of Medicine (NIH) concluded that, in addition, the different changes in the composition of nuts during roasting contribute even more to the quality of this product.

Thus, among its benefits, the most notable include:---- 1) Reduce cholesterol ---- 2) Improve blood sugar levels--- 3) They help you lose weight----- 4) May support gut health--- 5)Can improve brain health----- MACADAMIA NUTS: PROPERTIES AND BENEFITS siliciumg5.com/.../properties-macadamia-nuts ----- www.healthline.com/.../macadamia-nuts

Posted On 04/01/2024

sgouris

I have been reading about the link of LA to health problems including cancer for sometime now. There is certainly a link with the seed oils but I am wondering if this link is as simple as a direct quantitative measure. There is other research for instance that shows positive anti-cancer effects from whole seeds that contain a lot of LA like walnuts (that have 4.1grams of LA per 10grams):

www.medicalnewstoday.com/.../324193 www.news-medical.net/news/20230425/The-potential-anti-cancer-and-antio.. Or with oils like black-seed oil: www.ncbi.nlm.nih.gov/.../PMC3252704 I would appreciate some feedback on this perspective - that maybe not all LA is bad and taken in moderation along with whole foods like nuts or certain oils may actually be overall net positive.

Posted On 04/01/2024

Horsea

I think you might be on to something there. A certain amount (what is that amount, though) of seed oil or whole foods containing such oils is good for you. Let's not throw the baby out with the bathwater. BALANCE, people - balance.

Posted On 04/01/2024

jasperberrington

Not being a biologist, research scientist, nor medical doctor, the technical aspects of this article, and others, resonate problems but no clear, everyday practical solution except to stop eating. Trying to put together a menu of varied meals is virtually impossible. Since not eating was surely not the intended message for this doom and gloom article, I went online to look for recipes from a published integrative doctor that my fellow laymen and colleagues follow. Before doing so, I thought to see if Dr. Mercola had any recipes since they would surely follow what he generously teaches through these newsletters.

Lo and behold, I found: <https://recipes.mercola.com> . There some superb sounding and looking recipes. Many have in the hundred thousand views, have nutritional facts, have been fact-checked and list references as do his newsletters. The site is recopyrighted 2024. There are recipes using what I thought were to be disposed of: cashews, almonds, olive oil, dark leafy greens. There is a section for seeds and nuts. I guess the lesson is, everything in moderation. Thank you Dr. Mercola for the recipes.

Posted On 04/01/2024

sunshine4all

Please educate me on the health implications good or bad roasted pistachio nuts are. Never eat them. Eat a small amount of them , or a cup or so a day. Thank you so much. ~Barb~

Posted On 04/01/2024

Dr. Mercola

Limit eating to three or less per day. Ideally none.

Posted On 04/02/2024

minkacat

It is frustrating when you think you're doing the right thing and find out you're not. What healthy dressing can you put on a salad since olive oil is not healthy?

Posted On 04/01/2024

Dr. Mercola

Sliced avocados

Posted On 04/01/2024

billstri

From one source, it says pumpkin seeds are 45% Linoleic Acid. What about sprouted pumpkin seed? Does sprouting seeds reduce LA by a lot? Or should most or all sprouted seeds be avoided? At some point, a sprouted seed should have used up all of its LA content and start depending on the sun for its energy source to generate the hydrocarbons that make up plant life.

Posted On 04/01/2024

barb.herbert

While I agree that modern habits and the increase in unnatural food items and increased consumption of poor fats are definitely contributing factors to cancer, I still think that the sudden onset of rapidly advancing and returning cancers deemed "turbo cancer" (Very aggressive and does not respond to treatment the way oncologists expect) are basically being caused by one thing. And I think we all know what that is.

Posted On 04/01/2024

WillieBe

Talk about an elephant in the room, Americans have been lining up for the annual flu shots for the past 25-30. Multiple shots and how they interact with one another other inside the human body cannot be good.

Posted On 04/01/2024

bou1864

Might have to look at Vaccine status for individuals who are experiencing turbo cancer rates I'm sure the toxic chemicals in the food supply, gmo s along with antibiotics use is not healthy

Posted On 04/01/2024

cricket1956

Even Whole Foods Market has soybean oil and canola oil in the foods they sell. Alot of so called healthy organic foods products have unhealthy ingredients in them. Primal Kitchen is pretty good.

Posted On 04/01/2024

rrealrose

What did you expect? The price is right, and human effects are relatively unknown outside a certain circle. The price of Primal Kitchen mayo has climbed steadily higher over the past year. its a sad state of affairs.

Posted On 04/01/2024

SomeMo888

In their pizza slices and soups too! Watch out!

Posted On 04/01/2024

Jam1883

And mainstream doctors are now telling patients when the get a cancer diagnosis that it perfectly normal to get cancer.

Posted On 04/01/2024

stoneharbor

April Fool! (The operative word is "Our".) Linoleic Acid is only lurking in "Our" Food if you are one of "Them", the uneducated or careless. But I'm not, and I'm fairly sure most of "You" ARE NOT one of the uneducated and careless any longer, thanks to Dr. Mercola who has been warning on the use of polyunsaturated seed oils (PUFA) in junk and convenience foods for a dozen years. Speaking of PUFA though, this might be a good way to wake up some of our Woke sheeple. If we have a friend who eats as though they are ignorant, this might be a good first step to raise their awareness of alternatives to poor health, and then, if you get a listen, a next step might be raising their awareness to the evils of the medical/pharma complex, and then the government's actions to poison them into servitude and take away their freedom of choice.

I use this "first step" techniques to make friends with people who are just an acquaintance but show signs they need some health advice in their life because some of their habits are quite obviously spoiling their health. This is no joke!

Posted On 04/01/2024

addisonrose

It is the vax. Turbo cancer.

Posted On 04/01/2024

WillieBe

Don't rule out the annual flu shot as well.

Posted On 04/01/2024

VACCINES AND RANCID FATS AND ALTERED FATS

Posted On 04/01/2024

MarkoOkram

The reasons for this situation given in the article are incomplete, the reason is also the manipulation of diagnoses, this action resembles tests for the so-called viruses (it is known that none have been isolated), something that is not cancer is detected, and the patient is subjected to lethal therapy, the so-called chemotherapy (a preparation with a pH equal to battery acid is poured into the patient's vein, there is also mustard gas and many other toxic chemicals), let me remind you that the so-called called Coca/Pepsi Cola also has a very acidic Ph and about 15 teaspoons of sugar in a cup of this deadly drink and these are not April Fool's jokes.

Posted On 04/01/2024

pjucla

Sit down and talk with a patient with PCOS/ metabolic syndrome and review their diet!!! Thank u Dr. Mercola , you hit the nail on the head .. follow them thru their lifetime they get heart disease, diabetes, uterine hyperplasia, uterine cancer and breast cancer . On and on . the diseases are outrageous.

Posted On 04/01/2024

Guillermou

Metabolic syndrome (MetS) is a constellation of conditions that coexist and increase the risk of heart disease, stroke, and type 2 diabetes. MetS was diagnosed according to the International Diabetes Federation definition, which includes the following criteria --- ----eleven : Central obesity determined by a WC 90 cm for men and 80 cm for women. Presence of two or more of the following factors: 1) increased TG (>1.7 mmol/L); -----2) decreased HDL-C (<1.03 mmol/L for men and <1.29 mmol/L for women); -----3) high blood pressure (BP 130 mm Hg, DBP 85 mm Hg or being treated for previously diagnosed hypertension); and 4) increased FPG (5.6 mmol/L) or a previous diagnosis of type 2 diabetes MetS encompasses conditions such as high blood pressure, high blood sugar levels, excess body fat around the waist, and abnormal cholesterol and triglyceride (TG) levels.

These conditions are not only interconnected but also synergistic and, when combined, can lead to more serious health problems. Recent studies have shown that MetS is associated with an increased risk of cancer; People with MetS have an increased risk of developing colon, liver, and breast cancers.

Factors such as chronic inflammation, insulin resistance and altered hormone levels. Trajectories of MetS scores are associated with the occurrence of cancers, especially breast, endometrial, kidney, colorectal, and liver, emphasizing the importance of long-term monitoring and evaluation of MetS. acsjournals.onlinelibrary.wiley.com/doi/full/10.1002/cncr.35235 (2024).--

Posted On 04/01/2024

mthfrgal

Hi, I make homemade Sacha Inchi seed butter. It contains 50% of the fat in Sacha Inchi seeds comes in the form of the Omega-3 fatty acid alpha-linolenic acid. Is this bad for me to consume this? I eat it daily. I have major food intolerance and this is one of the few I can eat!

Posted On 04/01/2024

Guillermou

Aacha inchi seed oil has a lot of omega 6. The phytochemical screening results of sacha inchi seed oil were positive for containing flavonoids, triterpenoids, and steroids. The results of the fatty acid profile were omega-3 (48.5%), omega-6 (34.8%), and omega-9 (7.7%). www.researchgate.net/figure/Fatty-acid-composition-in-crude-and-in-lip..

Posted On 04/01/2024

Almond

We need some massive cleaning--clean up the food supply, clean up the water, clean up the bio-sludge and toxic wastes, eliminate the xenoestrogens and environmental toxins. Discourage promiscuity and bad habits like smoking if you want to reduce the number of cancer diagnoses. This requires individual responsibility if not moral grounding. Following the release of the vaccine, there was an increase in turbo cancers. People are getting cancer because we have corrupt govt officials that support industry instead of protecting the citizens.

There are many things that should be front page news, but are not because media (due to \$advertising\$) is complicit. It is no secret that govt, directly or indirectly, funds a lot of cancer research. => There is a saying that you must first write up your research results and have them approved before you get your grant money to do a study. We already know what causes cancer, but it is not lucrative to prevent it. This kind of knowledge has long been hidden from the public, just as many "cures" have also been.

Selling drugs is such a profitable business that even the cartels consider investing in pharmaceuticals. We have a kleptocracy that steals from the people, using every means to keep control them and keep them submissive. We are running out of time. I hope people have planned ahead to cover their basic necessities. (The 2 weeks of food recommended by NGOs and govt agencies is not enough for a SHTF situation.) Once that is done, start working on your backup Plan B. Think long-term.

Posted On 04/01/2024

Guillermou

For cellular cleansing we also have senolytics. Aging is largely defined as a gradual and progressive time-dependent decline in cellular and organ functions of living organisms, leading to increased susceptibility to chronic diseases, including cancer and death. Senescent cells are involved in a series of biological functions, from embryogenesis to aging. An excessive accumulation of senescent cells is associated with a decrease in regenerative capacity and chronic inflammation and mitochondrial dysfunction, characterized by a reduced oxidative capacity and the consequent increase in oxidative damage, contributes decisively and significantly to diseases and biological aging.

Studies are investigating the use of calorie restriction (CR) mimetic substances capable of producing the same effect. These include some phytonutrients such as oleuropein, hydroxytyrosol, epigallocatechin gallate, fisetin, quercetin and curcumin and minerals such as magnesium and selenium. Some of them also have senolytic effects, which promote the apoptosis of defective cells that accumulate over the years (senescent cells) and alter normal metabolism.

Nicotinamide (an excellent compound known to increase levels of sirtuins, called the “longevity proteins”). There is increasing evidence that supplementation with some natural compounds can mimic calorie restriction, protecting mitochondrial function, reducing inflammation, chronic diseases and cancer. www.mdpi.com/.../16219 (2022).--- onlinelibrary.wiley.com/.../fft2.129 (2022).--- www.sciencedirect.com/science/article/abs/pii/S092422442200108X (2022).---- www.mdpi.com/.../915 (2023).--- www.sciencedirect.com/.../S1568163723001022 (2023).----

Posted On 04/01/2024

Guillermou

Fisetin, quercetin, epigenin and berberine as effective natural senolytics. Fisetin, an excellent antioxidant polyphenol. Several studies have confirmed that fisetin could effectively promote the elimination of senescent cells. Fisetin is also possibly a mimetic of caloric restriction: so it is possibly capable of deactivating autophagy (the mechanism of elimination of toxic elements stored in cells. Everyday foods like tea, onions, apples, and cucumbers contain fisetin, a flavonoid that is very similar to quercetin; According to experiments by researchers at the American Scripps Research Institute, fisetin can prolong life.

In this study published in the journal EBioMedicine, the compound eliminates sensitive cells and prevents tissues from functioning poorly due to the accumulation of decomposing cells In terms of natural senolytics, we cannot fail to mention quercetin either. the elderberry Resveratrol at Harvard University published in the journal 'Nature' the role that this compound had in the activation of sirtuins, enzymes that have a powerful anti-aging effect. Apigenin is a compound present in vegetables and fruits that, according to a recently published laboratory study, weakens cancer cells until they become normal and deadly cells.

The compound is present in parsley, celery and chamomile and weakens cancer cells. Cancer cells can lose their "superpowers" to escape death induced by our immune system or programmed cell death if they face this compound abundant in the Mediterranean diet. This compound converts cancer cells into normal cells and is therefore capable of preventing the spread of cancer.

onlinelibrary.wiley.com/.../fsn3.1872 (2021).-- europepmc.org/.../ppr304849 (2021).--

www.mdpi.com/.../1528 (2022).--- www.mdpi.com/.../196 (2023).-----

www.tandfonline.com/.../10942912.2023.2236329 (2023).---

Posted On 04/01/2024

HilltopJPJ

Almond, an absolute SHTF situation will be difficult for even the better prepared among us. We'd do alright, but certainly would have to forego some things that we can't or don't produce. We have clean water available and the ability to filter it if necessary, we grow a fair amount of food and know how to preserve. We always allow our hens to free range and brood new chicks, which usually results in at least 50% cockerels for eating. The easiest wild meat to obtain is beaver, which is actually quite similar to venison IMO. The thought of the absolute chaos in the urban areas when a collapse occurs is not a pretty sight.

Posted On 04/01/2024

Kneecaps

I have never find any indication that ancient Hebrews consumed olive oil nor have I found any evidence that Polynesians consumed coconut oil. They rubbed it on their bodies but I have been able to find anywhere they consumed coconut oil.

Posted On 04/06/2024

htlaeh

I thought the Del Bigtree-William Makis video in the second part of the above article (under "mRNA Injections and Turbo Cance"r) was fantastic. Dr. Makis, a Canadian, courageously spoke out with strong evidence implicating multiple COVID vaccines (boosters) as very possibly responsible for the rash of turbo cancers now occurring. Dr. Makis has been locked out of his office to prevent him from continuing his research. He cites a fellow Canadian, Dr. Byram Dagleish, a famous virologist, who has been locked out of his lab for the past 1.5 years also for finding inconvenient COVID truths. Could it be that Canada is even worse than the U.S.? But then, the recent firing from Harvard of Great Barrington Declaration co-author Martin Kulldorff makes one conclude that both countries are on a dastardly, deadly par.

Posted On 04/02/2024

tomwooldridge@gmail.com

If you look at the graphs of the increases in cancer it appears to start in 2020 with a much bigger increase in 2021. There was no vaccine out in 2020. To postulate all the increase in 2021 would be to say the vaccine almost instantaneously caused the cancers. I have no idea if the vaccine causes cancers or not. But it would seem the virus may be a better (or at least one cause) of the increase. Would like to hear other opinions

Posted On 04/01/2024

[JayD2021](#)

Glad you mentioned the elephant in the room! Albeit right at the end!

Posted On 04/01/2024

[Ronald_H](#)

We have conflicting information. I have been consuming enormous amounts of the highest quality, and potency of molecularly distilled fish oil (kept in my freezer to reduce oxidation) for years for the reason of achieving a good ratio with other oils and whatever LA might be present. But a recent Mercola.com article had be consider cutting back. Now, with this article on the danger of LA, I'm going back to ridiculous amounts of Omega-3s as my best guess, yet with multiple uncertainties now.

Posted On 04/01/2024

Pete.Smith

Hi all, dr. Mercola is back on YouTube since Feb 22, 2024, with 14 videos and only 155 subscribers until now. Yes, dr Mercola, your video at the top is a real treat, thank you for your effort. The subtitles, are a treat also, so now I can see how difficult words like 4-hydroxynonenal and malondialdehyde are spelled. But why didn't you put those subtitles into a pdf transcript so that we can download it. I like to have such a transcript so I can divide it into paragraphs, parts like about olive oil or vitamin E, etc. Also then I can highlight the important sentences in the text. At YouTube you can make a rough transcript, which I did, but many words are misspelled, unfortunately, and you don't know where a sentences start. So it needs a ton of work to correct it. And it would be nice if you put timestamps in your YouTube video, so we can find the different subjects where thay start in the video.

Posted On 04/01/2024

act8931

...and I need CC because I have a problem understanding words

Posted On 04/01/2024

christofir

I've not posted for years but this one is too important to miss. The FDA booster trial for BNT162b2 "Comirnaty" shows the authorised product is at least 13x as reactive - potent - than the clinical trial product. This is very important because it shows the production method is to blame for the excessive reactivity. The P2 was a linear an Escherichia coli cultured active substance and the endotoxin from the process were not filtered resulting in the potency shift. Nobody has pointed out this very significant regulatory failure but those in the US can make a maladministration claim against the FDA not for the decision but for failing to consider all the evidence in making the risk benefit appraisal.

The complication and the cleverness is that pfizer used only the P2 product at the BOOSTER TRIAL JAB 3, but the P2 authorisation was based on the CLINICAL TRIAL jabs 1+2. There is no evidence of cumulative reactivity between jabs 1 and 2 and the P2 product was not used for jabs 1 +2 , making the P2 the culprit for this. Happy to provide more information on this if required , but it it needs publicising and citizen action, either legal case or maladministration

Posted On 04/01/2024

skizex

I too, haven't posted in some time. Re: 'Comirnaty' - think about this - CO - (with) MiRNA - (gene expression +/- cancers) - TY - (To You/Thank You). >Look up 'miRNA and cancer NIH' - and tell me they didn't hide one of the main results of getting their "vaccine" in plain sight?

Posted On 04/02/2024
