

juststeve

Despite alerting the public for quite some time now that those who use the most antibacterial products, hand sanitizers actually become more susceptible to becoming infected with something there doesn't seem to be much of a slowdown of the use of them. Germ Fear Porn Decade following decade has seen an increase of Germophobes in each generation. It's a wonder these products aren't delivered to the house the way milk used be dropped off at the door in years gone by.

Posted On 04/16/2024

Guillermou

Yes, Just, let's take care of the immune system as the best defense against bacteria and viruses. Research from the University of Rochester (USA), published in "Science Advances" reports on the quality of sleep. The depth of sleep can affect our brain's ability to efficiently clear waste and toxic proteins, connecting to the links between aging, lack of sleep, and increased risk of neurological diseases such as Alzheimer's. because sleep often becomes lighter and more interrupted as we age. This study shows that, "the deeper the sleep, the better," says the study's lead author, Maiken Nedergaard.

The study shows that slow and steady cardiac and cardiopulmonary activity, associated with deep non-REM sleep, is the most optimal for glymphatic system function. The glymphatic system serves the same function in the brain that the lymphatic system does in the rest of the body. The author of the discovery in 2012 was also Maiken Nedergaard, MD, co-director of the University's Neuromedicine Conversion Center. Later work showed that this system works mainly while we sleep.

www.urmc.rochester.edu/news/story/3584/scientists-discover-previously-..

Posted On 04/16/2024

IzzyKitty

Just Steve, last line of your post made me laugh out loud. I needed a good laugh! Kristine

Posted On 04/16/2024

anthony.aaron47

I noticed way back in the first year of the FauciFlu the many times that folks used these nonsensical hand sanitizers. In visits to my PCP, I paid attention to how often their assistants (who take BP, etc.) used them and I often actually laughed at them for their foolishness (besides their wearing of the face diaper). At my local clinic, the PCP and assistant work in a couple of different patient rooms and, on a given day, they're the only 2 folks besides patients to use those rooms and the computers in them. The assistants almost universally will sanitize upon initial entry into the room then, after entering some information on the keyboard (that only they and the PCP use), will sanitize again.

Then it's BP and temperature more sanitizing afterward. Then a few questions and more sanitizing. I've counted most assistants -- who are in the office a total of about 6-8 minutes, on average -- will typically sanitize 7-8 times. The doctors are not quite as bad but they, too, oftentimes wear the diaper and, of course, most of them have a full course of the latest jabs and boosters and then rail at me when I tell them that I've had none of their jabs and the last flu vaccine I had was in 1964. Better mental health week in this Nation is a disaster every week

Posted On 04/17/2024

rrealrose

Thanks Dr. M! this is amazing information to have after the fact, yes? Here's the latest on delays from James Lyons-Weiler for those interested in catching up: Combined Early Treatment of Dewormer, Combined with Antihistamine, Expectorant and SSRI Shows Major Clinical Efficacy Against Serious Illness From COVID19 Amazing, it only took 3 years - - popularrationalism.substack.com/p/combined-early-treatment-of-dewormer

Posted On 04/16/2024

ciaopaty

What about plain alcohol?

Posted On 04/16/2024

rrealrose

Straight-up? For what? Isopropyl alcohol will likely dry your skin out in no time flat! Needs to be seriously cut with something to retain moisture.

Posted On 04/16/2024
