

Guillermou

Coenzyme Q-10 increases adenosine triphosphate levels by preventing the loss of the adenine nucleotide pool of cardiac cells. Additionally, coenzyme Q-10 has demonstrated activity in the prevention of lipid peroxidation and an indirect stabilizer of lipid peroxidation. calcium channels to reduce calcium overload. Coenzyme Q-10 has been authorized for treatment. of congestive heart failure, against ischemia and reperfusion injury in animal studies. CoQ 10 affects the function of all cells in the body, making it essential for the health of all tissues and organs. CoQ 10 also functions as an intracellular antioxidant at the mitochondrial level, which perhaps explains its benefit in neurodegenerative diseases, male infertility, periodontal disease, cardiovascular diseases, diabetes mellitus, cancer, asthma, kidney failure, migraine, and immunity. In Fig. 1 Mechanism of action of Coenzyme Q10. [themedicon.com/.../MCMS-04-121.pdf](https://www.themedicon.com/.../MCMS-04-121.pdf) (2023)

Posted On 02/05/2024

Guillermou

In this systematic review, a total of 154 articles were analyzed to evaluate the metabolic effects of coenzyme Q10, magnesium and vitamin D on cardiovascular diseases. It was concluded that magnesium plays a fundamental role in the metabolism of glucose, insulin and glycemic homeostasis, in the synthesis of adenosine triphosphate, proteins and nucleic acids. Vitamin D plays an important role in innate and adaptive immune responses, cell cycle, and metabolic processes, as demonstrated by the reported relationship between its deficiency and the prevalence of immune-mediated disorders, cancer, and cardiometabolic diseases. Coenzyme Q10 exerts an important antioxidant protective action.

The clinical studies carried out demonstrated that pathologies such as acute myocardial infarction, arterial hypertension, statin-induced myopathies, physical fatigue inherent to physical exercise, male infertility, preeclampsia, Parkinson's disease, periodontal diseases and migraines had low plasma concentrations of Q10. Additionally, Coenzyme Q10 reduces the amount of lipid peroxide found in atherosclerotic lesions. Thus, Q10 protects the lipids present in cell membranes, as well as plasma lipoproteins. ijn.zotarellifilhoscientificworks.com/index.php/ijn/article/view/259 (2023)

Posted On 02/05/2024

333mary

Guillermo would you please explain the difference between Ubiquinol and CoQ10. Are they interchangeable or completely different. Do Berberine and PQQ add to the effectiveness? Of one or both. How. Thank you.

Posted On 02/05/2024

Guillermou

From Dr. Mercola: Ubiquinol is the completely reduced version of the enzyme CoQ10. They are the same molecule, but when the CoQ10 enzyme is reduced it accepts two electrons, converting it to what we know as ubiquinol. In the body, this conversion occurs thousands of times every second within the mitochondria, which are the "powerhouses" of almost all cells. The conversion of CoQ10 to ubiquinol is part of the process that allows the body to convert food into energy. Ubiquinol is the only fat-soluble antioxidant that is generated within the body and does not need to be obtained from food.

The downside is that by the time you reach age 30, your body begins to produce less and less. With age, many people also begin to lose the ability to convert coenzyme CoQ10 to ubiquinol and this is why ubiquinol is commonly recommended for older people, while younger people do quite well with coenzyme CoQ10. www.bitchute.com/.../zDaJdYgEv9hZ .-----

articulos.mercola.com/sitios/articulos/archivo/2020/09/04/coq10-ubiqui.. .--

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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. 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/ (03/11/2021)..---- 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) A reduced concentration of endogenous CoQ10 can partially block electron transfer in the respiratory chain, resulting in reduced adenosine triphosphate (ATP) production in patients after COVID-19. Targeted mitochondrial therapy with CoQ10 supplementation and rehabilitation can improve mitochondrial health and accelerate patients' recovery after COVID-19. Platelet mitochondrial function and CoQ10 content may be useful biomarkers of mitochondrial health after SARS-CoV-2 infection. pubmed.ncbi.nlm.nih.gov/34967652 (2022) michaelrucker.com/.../..----

Posted On 02/05/2024

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Research from Virginia Commonwealth University shows that creatine offers additional benefits for heart health, such as its ability to reduce blood levels of homocysteine. It is an amino acid with a structure similar to cysteine, although it should not be confused with that beneficial amino acid. The opposite is true: homocysteine degrades important structures inside the veins and is associated with a higher risk of cardiovascular disease. It also leads to higher concentrations of asymmetric dimethylarginine, a form of the amino acid arginine that interferes with your ability to produce nitric oxide and, therefore, dilation of the veins.

Having elevated levels of homocysteine not only increases the risk of cardiovascular disease but also interferes with blood flow to the muscles during workouts and minimizes the ability to get a good pump. Virginia researchers found that healthy young adults who took creatine plus a multivitamin for four weeks markedly reduced homocysteine levels, while the group taking only multivitamins saw a slight increase. Take creatine not only to promote muscle development but also to improve your health, particularly cardiovascular health. Homocysteine is produced when S-adenosyl methionine (SAME) is depleted.

Creatine supplementation can favor the conservation of SAME in our body and therefore reduce the appearance of homocysteine. When homocysteine accumulates in the blood, it indicates that the subject is at greater risk of suffering from cardiovascular diseases such as atherosclerotic disease. Therapeutic homocysteine reduction through creatine supplementation is believed to reduce the risk of cardiovascular disease. www.mediavida.com/foro/fitness/la-creatina-ayuda-al-corazon-621654 .--
----- wheystore.es/.../la-creatina-al-detalle

Posted On 02/05/2024

Guillermou

With an abundance of evidence supporting the ergogenic benefits of creatine supplementation, recent evidence suggests a much broader application of creatine in various myopathies, neurodegenerative diseases and other pathologies. Furthermore, creatine has been found to exhibit non-energy-related properties, contributing as a possible direct and indirect antioxidant and causing anti-inflammatory effects. Despite the new clinical success of creatine supplements, there is little scientific knowledge about the potential effects of creatine on cardiovascular disease (CVD), the leading cause of mortality.

Considering the non-energy-related actions of creatine highlighted in this review, it can be speculated that creatine supplementation may serve as an adjuvant therapy for the management of vascular health in at-risk populations. Therefore, this review not only aims to summarize the current literature on creatine and vascular health, but also shed light on potential mechanisms in which creatine may serve as a beneficial supplement capable of imparting vascular protective properties and promoting health. vascular. health. www.mdpi.com/.../857 (2021)

Posted On 02/05/2024

Kitera

Can pain in the back feeling like a sciatic nerve issue be a sign of a heart attack? My son went to emergency om a Sunday night for what he thought was a sciatic nerve issue - didn't get seen for 7 hours and after sitting in a chair for that long in pain was told another emergency would be seen in the hospital and the wait would be another 5 hours. He went home and rested on Monday - got up on Tuesday and started looking for other medical alternatives to emergency - never woke up Wednesday morning. The immediate autopsy was an enlarged heart - which I presume led to a heart attack - maybe independently of the nerve pain. I am still waiting for more detailed findings.

Posted On 02/05/2024

dolittlema02

Oh bless you! That is awful and scary. I would want to blame the slowness of the medical staff at those places for not seeing him quicker. It could have made all the difference in the world.

Posted On 02/05/2024

Segstar

Dear Lord, even chewing a few Aspirin or swallowing a half teaspoon of Cayenne pepper could have possibly saved his life..But no one knows the minute or the hour when we will be called home to rest ...My condolences to you and your families Kitera..

Posted On 02/05/2024

bchristine

I'm so very sorry for your loss Kitera. And yes ... having to wait so long to be seen was horrible under the circumstances -- should never have happened! My deepest sympathy is with you and your family.

Posted On 02/05/2024

grulla

At 78 Y.O., it's trying to tolerate breathing and shoveling snow in cold weather that concerns me of a possible coronary. No matter how heavily I'm dressed, even if just my hands (without gloves), and face are exposed to the wind chill that I experience here in 6300' elev mountains of sw NM in the winter, I still feel it quickly throughout my body, as those small exposed body parts can act like a heat-sink quickly chilling me. The older you get, the colder you get. More recently, I spent the last 26 years (1984-2010) of my job working out of my company Thyocol snow cat on a frigid winter 10,000' elev mountain maintaining a telecom radio site.

But if I had to do that all over again today, Jeremiah Johnson would find me frozen to death, just like Hatchet Jack, but with an IFR radio service monitor in my frozen hands, instead of that great old 50 caliber Hawken rifle. lol 25formsofhappinessandcounting.blogspot.com/2013/12/hatchet-jacks-last-.. PS: And I'm gonna slow down donating blood from 6 times a year to just 2 Or 3 times a year to see if that makes any difference in being too cold???

Posted On 02/05/2024

brianallen1

Grulla, take Interstate 10 and travel west. Keep going until you get to where I live. Snow is illegal here. However, it's still too cold for me. I don't like going outside when the temperature (F) is lower than my age!

Posted On 02/05/2024

grulla

LOL!!! Brian, in the mid 80s, because of family I once had in Tucson, I lived and headquartered temporarily in Bowie, Cochise County, AZ, before returning to my assigned RR headquarters in sw NM, and experienced quite a few cold miserable winters there, even down in the I10 corridor valley, just north of the Chiricahua and Dos Cabezas Mountains between the NM state line and Willcox, AZ. But back in those days, dressing properly in winter clothes did the trick in tolerating the cold...for the most part. Weather-wise, there is no escape from adverse weather conditions in Cochise county...whether hot or cold. lol!!! BTW, Cochise County in terms of sq. mile area, is 83% the size of NJ., and all the way down to the Mexican border at Douglas, where I used to have to travel on my job back in the 80s, and with a nice, reasonably priced lunchtime dinner at that grand old Gadsden Hotel down there. Thanks for reminding me of those memories.

Posted On 02/05/2024

Segstar

grulla you need to trade in those corn chips for a nice juicy Steak and eggies.. Yeah a good reason to go visit Brian..And for sure back of on donating blood..And it could always be worse like living here . www.msn.com/en-ca/weather/topstories/day-3-of-atlantic-snowstorm-deep-..

Posted On 02/05/2024

dejure

For that very reason, I've thought about taking a CPAP hose and mask and routing it into a bulky coat (lots of air). The air heated by the body would be a lot more easily tolerated than freezing or near freezing air. _____ grulla "At 78 Y.O., it's trying to tolerate breathing and shoveling snow in cold weather that concerns me of a possible coronary. No matter how heavily I'm dressed, even if just my hands (without gloves), and face are exposed to the wind chill that I experience here in 6300' elev mountains of sw NM in the winter, I still feel it quickly throughout my body, as those small exposed body parts can act like a heat-sink. . . ."

Posted On 02/05/2024

grulla

Great idea "dejure", and it would also prevent fogging my glasses.

Posted On 02/05/2024

grulla

"seggy" those are good quality organic 16 oz blue corn chips, for my noontime IF/TRE dinner appetizer, with a bit of soft muenster cheese, home prepared refried bean dip (packed in water from a 7lb, #10 restaurant sized can), also dipped/spread in a whole avocado, and with red or green Herdez salsa, almost a whole meal in itself. Adele Davis 24 hour slow roasts are usually the main course. My life-long disabled, dependent SIL ward enjoys my healthy cooking and learns a lot of healthy food prep from me, as she always enjoys her kitchen activities, but needs to be pointed and guided in the right healthy direction. www.amazon.com/Garden-Eatin-Added-Tortilla-Packaging/dp/B001BM4RC8

Posted On 02/05/2024

emj69036

My neighbor's son sent a photo of the morning thermometer outside his home in Tok, AK. The thermometer maxes out at -70F, and the needle was past that last marker!

Posted On 02/05/2024

Bunny3

grulla, I believe donating blood less often will make a difference, even though as we get older, we lose some of our ability to stay warm. Six times a year may be thinning out your blood too much. You recover the blood volume quickly, but not the red blood cells, which take longer to replace. People with blood that has a tendency to clot are often advised to give blood a few times a year to "thin" it out.

Posted On 02/06/2024

grulla

"Bunny3", thanks very much for helping me to confirm some of my suspicions. I was always motivated to donate blood every 8 weeks, exercising my bone marrow reproduction system and keeping my existing blood fresh, but as I'm getting older, I may be overloading that bone marrow reproduction's abilities.

Posted On 02/06/2024

fvomasch

grulla- Have you had your thyroid checked lately? An under active thyroid can make someone more sensitive to heat and cold since the organ regulates body temperature. Having your iodine and selenium levels checked would help. Caution-Too much selenium is toxic since we only need trace amounts and our bodies do not produce any. www.verywellhealth.com/selenium-and-your-thyroid-4134998 www.palomahealth.com/.../thyroid-function-cold-intolerance

Posted On 02/06/2024

grulla

Thankyou "fvtomasch", I've been taking a 200mcg selenium tablet every day for many years. I'm going to stop that and observe results.

Posted On 02/06/2024

dolittlema02

Another thing to have on hand if you dare. CAYENNE. Dr Christopher cued me onto that. I can't remember how much off hand. (Depends on what you can tolerate) I believe I had a small heart attack last year. I never went to the dr because number one I wasn't sure. But then another small episode 2 days later which again I wasn't sure. We called the dr the next day but couldn't get into to see a specialist until 10 days later. An echocardiogram was clear. Anyway, during the pain episode I took about 1/4 teaspoon of cayenne in water and chugged it down. The pain dissipated pretty quickly. My symptoms presented as pain in the left shoulder blade that was intense, pain in my left arm, pressure on my chest and dizziness.

Posted On 02/05/2024

Segstar

Some years ago there was a video showing a man had a heart attack and when the Paramedics arrived he was supposedly dead.. Well his daughter had stuffed a lot of Cayenne Pepper down his throat and by the time they got to the hospital the man regained consciousness..Can't find that video anymore , but here is a Dr. Christopher explaining the benefits of Cayenne in a man shot here..youtu.be/gJLXpYA6GuY

Posted On 02/05/2024

Lee1959

segstar, I watched the video. I am going to keep lots of cayenne pepper on hand!

Posted On 02/05/2024

Lee1959

I wonder what doses? Good info to know!

Posted On 02/05/2024

loridobson

The two times I had a blockage in my LAD, I experienced a tightness in my neck, as if someone was choking me or I had a blood pressure cuff around my neck. The pain in my chest came later, the first time it was days, the second I didn't wait and called 911. Once while vacationing in the Rockies, I spoke with a shopkeeper who was expressing the exact same symptoms, I told her to call 911 immediately. I hope she made it.

Posted On 02/05/2024

dejure

Hear attack symptoms vary PERIOD. The nonsense depicted in the movies is like all the other nonsense in movies - theater loosely based on fact. For example, some experience pain radiating up their RIGHT arm, rather than the left. Sadly, many doctors are not as expert as they claim and ignore the noted symptoms, allowing damage that, if treated, might not have occurred. On a side note: Symptoms generally repeat for second and third time offenders.

Posted On 02/05/2024

Bunny3

That's why if there is any possible chance you are having a coronary event and are taken to a hospital, it's best to tell them you're having a heart attack, so they'll treat you immediately. I know a woman who had very bad heartburn pain and she had to be taken to the emergency room. When she got there she said it was heartburn so they left her there for hours unattended. When her family insisted that they see her because it had been too long a time, they found her dead.

Posted On 02/06/2024

rscic1

One of the more frequent symptoms of heart disease in a patient who has never been diagnosed with heart disease is sudden death.

Posted On 02/05/2024
