

## Guillermou

Great cardiovascular remedies. Also quercetin is a flavonoid that exists largely in the daily diet and in various vegetables, fruits and plants, including onion, asparagus and berries, buckwheat and broccoli and as a supplement. Quercetin has become a potential therapeutic agent in cardiovascular diseases (CVD) in recent decades. Experimental studies including in vitro methods and in vivo animal models mainly describe the following effects of quercetin: (1) antihypertensive, (2) hypolipidemic, (3) hypoglycemic, (4) antiatherosclerotic, and (5) cardioprotective (suppressed cardiotoxicity). . Quercetin may exert beneficial effects on arrhythmias by affecting cardiac ion channels, calcium homeostasis, gap junction and mitochondrial channels to inhibit mitochondrial oxidative stress and by suppressing cardiac fibrosis, inflammation, modulating autophagy and apoptosis.

, improving ischemia and reperfusion injury. antiarrhythmia, heart failure, blood pressure regulation and intestinal microbiota. Pharmacological studies also showed that quercetin exhibited biopharmacological activities such as antioxidant, antiplatelet aggregation, antiosteoporosis, antiaging and inhibition of cell proliferation, which can be used in the treatment of lymphoma, autoimmune diseases, neurological diseases, cancer, etc.

Posted On 03/27/2024

---

## Guillermou

Quercetin through Nrf2 modulates mitochondria, apoptosis and autophagy, which reinforces the potential for non-communicable diseases. At the molecular level, it interacts mainly with sirtuins and modulates numerous signaling pathways, which contributes to its therapeutic effects. Quercetin has also been used alone or in combination for the treatment of various diseases, including malignant tumors, autoimmune diseases, viral diseases, periodontal disease, and metabolic diseases.

[www.sciencedirect.com/.../S0753332222008368](https://www.sciencedirect.com/.../S0753332222008368) (2022).----- [www.nature.com/.../s41598-022-13911-w](https://www.nature.com/.../s41598-022-13911-w) (2022).----- [www.mdpi.com/.../1019](https://www.mdpi.com/.../1019) (2022) [www.mdpi.com/.../258](https://www.mdpi.com/.../258) (2023) [www.ncbi.nlm.nih.gov/.../PMC10694509](https://www.ncbi.nlm.nih.gov/.../PMC10694509) (2023).- [www.hindawi.com/.../8459095](https://www.hindawi.com/.../8459095) (2023).- [www.mdpi.com/.../1020](https://www.mdpi.com/.../1020) (2023).-- [link.springer.com/.../s00217-023-04368-w](https://link.springer.com/.../s00217-023-04368-w) (2024).-- [www.sciencedirect.com/.../S2095177923003039](https://www.sciencedirect.com/.../S2095177923003039) (2024).-- [www.mdpi.com/.../735](https://www.mdpi.com/.../735) (2024).-- [onlinelibrary.wiley.com/.../ptr.8168](https://onlinelibrary.wiley.com/.../ptr.8168) (2024).-- [onlinelibrary.wiley.com/.../ptr.8177](https://onlinelibrary.wiley.com/.../ptr.8177) (2024).--

Posted On 03/27/2024

---

## juststeve

And the Empire Strikes Back Gui. A recent uptick in Legacy Media with the usual misrepresenting Vitamins, Supplements, Foods, and so on. Skewed studies, wrong types or kinds, working combinations left out, the usual Chestnuts. There has also been reporting on mystery illness with 30% mortality rate in Japan. (Will we see if this is derived from Relative Risk or Absolute Risk?) Regardless, early returns suggest - get this - because of the Alone Together, the isolation, super obsessive cleaning, peoples Immune Systems were left lacking constant exposure to the many varieties of microbes, and left the Immune systems unexercised, weakened. Hmmm, where have we heard this discussed before? Expect slick Market Messaging promoting the general public just do not understand the Rockefeller Medical System, don't worry your pretty little head, if we want your opinions, we will give them to you.

Posted On 03/27/2024

---

Thanks Gui for enough studies to convince me to give an absolute 5-star salute to Quercetin. I'm happy I eat some foods rich in Quercetin, but I also always supplement Quercetin almost daily. It's something we should want in optimal supply continually. Though I have taken it for years, I had forgotten what it is actually so good for! Thanks Just, you mentioned that thanks to Covid "isolation & super obsessive cleaning, peoples Immune Systems were left lacking constant exposure to the many varieties of microbes, and left the Immune systems unexercised, [and thus] weakened." It's so good to see this get into publication. And it's just another reason the supposed "pandemic" had any substantial effect on human lives at all.

It would do one good to read a few studies on all the "Antimicrobials including antibiotics, antiseptics and antifungal agents" including some of the risks of these items that are still offered free-of-charge to patrons of many, many markets and venues. [www.ncbi.nlm.nih.gov/.../NBK363143](http://www.ncbi.nlm.nih.gov/.../NBK363143) Also, speaking of isolation (during Covid) of people to their homes, I still haven't seen a study that shows (I'm sure) that isolation in contained quarters with no open windows, and no exposure to sun-provided Ultra Violet radiation (which kills viruses daily), causes an increase in exposure to Covid (or any other viral or bacterial presence).

Why? because if a person walks into their home with even a few virions or bacteria in their lungs, every time they breath out, some of these pathogens go back out into the room while others continue to multiply in their lungs and airways. It only take minutes, but definitely hours, and the viral load in an enclosed space begins to rise, an it won't stop. This can happen with just one person occupying the enclosure by themself. So our "system" of isolation was really a system of forced viral fission and proliferation every time a person brought home even a small quantity in their airway.

Posted On 03/27/2024

---

## Guillermou

Thank you Just and stoneharbor for your constructive dialogue. Regarding the immune system in several recent studies, quercetin has been reported to attenuate rheumatoid arthritis, inflammatory bowel disease, multiple sclerosis, and systemic lupus erythematosus in humans or animal models. This review summarizes the evidence for the pharmacological application of quercetin for autoimmune diseases, supporting the view that quercetin may be useful for their prevention and treatment. Recent studies suggest that the intestinal microbiota participates in the production of glycosidases and enzymes that convert quercetin into more easily absorbable molecules. Quercetin can be metabolized as glucuronidated, methylated and sulfated derivatives, such as homoprocatechuic acid, procatechuic acid and 4- hydroxybenzoic.

Glycosylation of quercetin, as demonstrated by rutin, is an important structural feature of flavonoids with respect to their efficacy against inflammatory bowel disease. Quercetin that works with food, modes of action of quercetin for antiviral effects. Quercetin counteracts monosodium glutamate to mitigate immunosuppression in the thymus and spleen. [www.ncbi.nlm.nih.gov/.../PMC8260830](http://www.ncbi.nlm.nih.gov/.../PMC8260830) (2021).-- [scholar.google.es/scholar?as\\_ylo=2024&q=Quercetin+and+immune+syste..](https://scholar.google.es/scholar?as_ylo=2024&q=Quercetin+and+immune+syste..) (2024).-- [www.sciencedirect.com/science/article/abs/pii/S0944711323005858](http://www.sciencedirect.com/science/article/abs/pii/S0944711323005858) (2024).-- [www.intechopen.com/.../1177073](http://www.intechopen.com/.../1177073) (2024).-- [www.mdpi.com/.../938](http://www.mdpi.com/.../938) (2023).--

Posted On 03/27/2024

---

## Guillermou

Along with folate, we can also consider vitamin B6 for its benefits for cardiovascular health. Marginal vitamin B6 deficiency is common and occurs in a constant proportion of the population. Marginal vitamin B6 deficiency appears to be linked to an increased risk of inflammation-related diseases such as cardiovascular diseases and cancers. Of all cardiovascular diseases, heart failure is a complex clinical syndrome associated with a high mortality rate. Information on the cardioprotective mechanisms of vitamin B6 has been limited. Meanwhile, recent studies have revealed that vitamin B6 treatment increases cardiac levels of imidazole dipeptides (e.g., carnosine, anserine, and homocarnosine), histamine, and -aminobutyric acid (GABA) and suppresses the NLRP3 inflammasome-mediated the P2X7 receiver.

These modulations may involve possible cardioprotective mechanisms of vitamin B6. These modulations may also be involved in the underlying mechanisms through which vitamin B6 suppresses oxidative stress and inflammation. This review provides an updated assessment of our current knowledge of the cardioprotective mechanisms of vitamin B6. [link.springer.com/.../s00394-021-02665-2](https://link.springer.com/.../s00394-021-02665-2) (2021)

Posted On 03/27/2024

---

## Guillermou

Hypertension is a global health problem, with more than 1.3 billion people with high blood pressure worldwide. T cells, monocytes, macrophages, dendritic cells, B cells, and natural killer cells are implicated in hypertension. Neoantigens, NLRP3 inflammasome and increased sympathetic outflow, as well as cytokines (including IL-6, IL-7, IL-15, IL-18 and IL-21) may contribute to immune activation in hypertension. . Activated immune cells migrate to target organs such as arteries (especially perivascular fat and adventitia), kidneys, heart and brain, where they release effector cytokines that raise blood pressure and cause vascular remodeling, kidney damage, cardiac hypertrophy and cognitive impairment and dementia.

Effector mediators alter the bioavailability of nitric oxide, leading to endothelial dysfunction and increased vascular contractility. Inflammatory effector mediators also alter renal sodium and water balance and promote renal fibrosis. These mechanisms link hypertension with obesity, autoimmunity, periodontitis and COVID-19. In this context, immune cells are emerging as central cellular components of the heart that communicate with resident cardiac cells during homeostasis, cardiac injury and The remodeling.

These findings are contributing to the development and continued expansion of the new field of cardioimmunology. Although the acute immune response is necessary to initiate inflammation and tissue repair after injury, it becomes detrimental when sustained over time and contributes to adverse cardiac remodeling and pathology. [www.nature.com/.../s41569-023-00964-1](https://www.nature.com/.../s41569-023-00964-1) (2024)---  
[link.springer.com/.../s11886-023-01854-1](https://link.springer.com/.../s11886-023-01854-1) (2023).--

Posted On 03/27/2024

---

## barb.herbert

"Cardiologists are seeing a rise in heart problems in connection with certain herbal remedies, specifically, heart arrhythmias in young people". Hmmm. Yes I have heard that there appears to be a disturbing trend since 2021 of heart problems, particularly in young people. What could it be, what could it be? Strange. It's almost as though billions of people around the world suddenly took a particular "herbal supplement" that is causing health problems. What could it be?

Posted On 03/27/2024

---

**SUSAN HOWARD**

**Vaccine**

Posted On 03/27/2024

---

**JohninND**

**Energy drinks/shots?**

Posted On 03/27/2024

---

Consumption of Folate, the natural source from food is what is important to human health, and consumption of folic-acid from food/supplements is what may be important to AVOID in human health (except possibly in 3rd world areas where green leafy vegetables and other sources of Folate are unavailable and no folic acid is being used to "fortify" foods such as cereals, breads and pastries). While Dr. Mercola stated "Vitamin B9 is essential; your body cannot synthesize it" I don't know if he was referring to folic acid or using "Vitamin B9" as a synonym for Folate, Let's assume the latter, as what is important is that it is Folate that is essential.

I just want to provide information on why folic acid can be dangerous and why one should probably not take it as a supplement. Why? Because even though the whole health industry tends to use folic acid as a synonym for Folate, it SHOULDN'T as they are two different things, and thanks to many countries fortifying foods with folic acid (since about the year 2000), including the USA, Canada, Chili and South Africa, we now have rampant "Unmetabolized Serum Folate" (USF) circulating long-term in our bodies. USF is toxic folic acid that is building up in our circulation due to excess consumption of fortified foods.

If you are chronically eating breads or cereals or other foods so fortified, you are accumulating this USF by the week, and it is a known cancer risk. Besides this, there isn't ANY substance that you want accumulating in circulation that your body can't eliminate on a timely basis. Overall, just be careful whenever you read "folic acid" and make sure the writer is not using that term to mean natural Folate which is a proven essential nutrient and often in short supply in the body thanks to modern man avoiding fresh vegetables replete in Folate. [www.ncbi.nlm.nih.gov/.../PMC2904036](http://www.ncbi.nlm.nih.gov/.../PMC2904036) Here's the history on fortification: [www.ncbi.nlm.nih.gov/.../PMC2904036](http://www.ncbi.nlm.nih.gov/.../PMC2904036)

Posted On 03/27/2024

---



So if for some reason you cannot eat foods rich in Folate (there is at least one genetic mutations that make Folate unattractive and high levels a threat) and you also don't eat any commercial foods that have been enriched, then that might be a reason to carefully take a folic acid supplement. Otherwise, I would reduce consumption of any foods where "folic acid" is mentioned as an ingredient, and you are going to find this on most commercial breads and cereals. It's required by law. First of all, here is a warning on taking folic acid as a supplement: [www.drbenlynch.com/folic-acid-side-effects](http://www.drbenlynch.com/folic-acid-side-effects) I notice that this source says that though the human body can convert folic acid to Folate, "Folic acid has no known physiological effect on human biochemistry.

Zero." Second, there are many problems with the USF that continues to circulate in higher accumulations, including: "Folate transport proteins bind it preferentially over more reduced active folate, Folate receptors bind it preferentially over more reduced active folate, it Reduces DHFR enzymatic function which reduces biopterin recycling, thereby contributing to a biopterin deficiency, [and it] Masks a vitamin B12 deficiency" to name some of the problems mentioned by the above source. Overall, that link is well worth reading if you want more on folic acid.

Third, here is a study that shows that high folic acid consumption leads to pseudo-MTHFR deficiency, altered lipid metabolism, and liver injury in mice: [www.ncbi.nlm.nih.gov/.../PMC4340065](http://www.ncbi.nlm.nih.gov/.../PMC4340065) I am not promising that I am offering a complete list of folic acid accumulation (USF) problems, as this field is just being explored since the addition of folic acid to your everyday food supply has only been ongoing for about 20 years. If you don't happen to live in a country that has mandated addition of this chemical to foods, you are lucky. Certainly think twice before you supplement with folic acid (or B9). It is often included in multi-pills.

Posted On 03/27/2024

---

## Guillermou

Very true stoneharbor. Folate is undeniably a vital component of the human diet, its deficiency causing impairment of many metabolic processes. In modern society with increased availability and access to folic acid, hypertoxicity rather than deficiency may become a problem with voluntary food fortification, high availability of low-cost folic acid supplements. Adding folic acid to cereals may be adding excessive amounts. to a person's diet, which in turn can cause many undesirable effects. Adverse effects. These adverse effects can affect multiple areas of public health, with studies suggesting that high folic acid intake may, under certain conditions, promote cancer, interact with medications, and impair fetal development.

Studies in mice have shown more sinister impacts, suggesting that high levels of folic acid have serious detrimental consequences by causing epilepsy and liver damage. Folic acid administered in the presence of preneoplastic cells increases their proliferation and cell growth. High serum folic acid levels caused tumor cells to divide at a higher rate, allowing for higher rates of nucleotide synthesis. Observational research carried out in Chile showed that after folic acid fortification was implemented in this country, there was a 162% increase in colorectal cancer in the 45 to 64 year old group and a 192% increase in the 65 to 79 year old group.

compared to the pre-fortification period. Examination Survey Study (NHANES) showing that between 1% and 4% of the US population is exceeding the tolerable upper limit of folic. 1 mg per day, after flour fortification, there is an area of concern that folic acid fortification has contributed to increased cancer risk in the US population.

Posted On 03/27/2024

---

## Guillermou

The increased risk of prostate cancer in older men may be due to too much folic acid. Since the adverse effects of excessive folic acid intake on cancer are still being investigated. In another study, intake of vitamin B-6 and riboflavin through diet and supplements was associated with a lower risk of colorectal cancer (CRC) in postmenopausal women, but increased folic acid intake during the post-fortification period. may have been associated with a transient increase in CRC risk. The literature highlights possible harmful effects, such as an increased risk of carcinogenesis; alteration in DNA methylation; and impacts on embryogenesis, pregnancy outcomes, neurodevelopment, and disease risk.

Notably, these consequences go beyond immediate effects and can influence future generations through epigenetic reprogramming. A key message: If excess folate has tumor-promoting effects, those effects are likely to outweigh any beneficial effects of folic acid supplementation on mutation rates, and cancer rates are predicted to increase.

[aacrjournals.org/cebp/article/17/6/1360/177611/Does-Folic-Acid-Supplem..](http://aacrjournals.org/cebp/article/17/6/1360/177611/Does-Folic-Acid-Supplem..) (2008).-----  
[www.ncbi.nlm.nih.gov/.../PMC3545682](http://www.ncbi.nlm.nih.gov/.../PMC3545682) (2012).--- [www.researchgate.net/profile/agata-sobczynska-malefora/publication/309..](http://www.researchgate.net/profile/agata-sobczynska-malefora/publication/309..) -OF-AN-Excessive-folic-acid-intake.pdf (2016) .- --  
[www.mdpi.com/.../4699](http://www.mdpi.com/.../4699) (2023).-----

Posted On 03/27/2024

---

## stoneharbor

Thanks for the additional data on the dangers of folic acid, Gui. Fortifying foods with folic acid was begun in Chili in the year 2000. It's so nice that they managed to do the study quickly enough to show how damaging this increase of folic acid was to people's health. One thing we haven't talked about is the amount of time it takes to drop plasma levels to safer levels. I know it takes quite a while, so it's best for people to get off the commercial foods ASAP which are continuing the folic acid overload.

Posted On 03/27/2024

---

## rrealrose

Thanks, this is a highly important discussion, surprised no link to an earlier article on folate vs folic acid?...well, there is! [takecontrol.substack.com/.../b-vitamins-benefits](https://takecontrol.substack.com/.../b-vitamins-benefits) , and you need to read down to the B9 paragraph. But no where are the dangers outlined as a you both did.

Posted On 03/27/2024

---

## meehan2661

Thanks again Doc. One thing I wanted to add thru personal experience. In my case I was getting enough nutrition circulating in my system but my liver wasn't detoxifying at a normal level and my folate wasn't transferring into my rbc. The culprit started with an undiagnosed root canal abscess. It is very long story. Let's just say without my education reading here daily I would have become another statistic. I wanted to believe my good nutrition and immune system would be able to isolate the root canal bacteria and keep it from leaving the area. I knew better because I learned here in 2013 on an article. I redoubled my efforts. Be proactive and pay attention to your body. Surround yourself with like minded individuals.

Posted On 03/27/2024

---

## Almond

It is not what your body takes in, but what it can metabolize and make good use of. Nutrients may be consumed, but in many cases, the kidney decides what the body will keep.

Posted On 03/27/2024

---

## **epi-cure**

This proponent of B1 (Thiamin) says it is a micronutrient with both known remarkable and still heretofore undiscovered potential for health improvement; a veritable missing component which in elevated doses for some, especially with high toxicities, can restore enzymatic and hormonal function, all or in part.

Caveat: good info but he does have a product to sell. [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 03/27/2024

---

## **forbiddenhealing**

Scurvy, the breakdown of connective tissues; gums/blood vessels under chronic oxidative stress (inflammation) due to endotoxins, metals and or emotional stress. Vitamin C provides the antioxidant e-electrons to bolster the immune system reducing stealth infections, helps remove toxic metals and rebuilds connective tissues along with collagenous proteins. Oxidative erosion of vessel linings is responded to with plaquing. The key to prevention/recovery is in appropriate dosing of Vit C to oppose levels of inflammation/oxidative stress; think GRAMS not Milligrams.

Posted On 03/27/2024

---

## Guillermou

Yes Randall. While plaque is made up of a variety of substances: fibrinogen / fibrin; lipoproteins; cholesterol and other fatty particles, as mentioned, the main glue-like substance that initially binds to the arterial walls is lipoprotein (a), abbreviated Lp (a). Heart disease begins with an injury, crack, or stress fracture, in the arterial wall. Work that led to the 1987 Nobel Prize in Medicine discovered that lysine (and proline) binding sites cause the formation of atherosclerotic plaques. Lp (a) was the genetic difference between beings that suffer from cardiovascular diseases and those that do not.

Lp (a) had evolved only in species that do not make their own vitamin C such as humans and guinea pigs. Pauling and Rath realized that the species suffering from chronic scurvy, Lp (a) had evolved to patch cracked blood vessels. As chronic scurvy progresses, the liver produces more Lp (a) molecules. As the number of Lp (a) molecules increases, formations tend to settle on the existing plate. When the healing process is overrun, the arteries narrow and blood flow is reduced. This problem has a solution. The Lp (a) molecule has a finite number of lysine binding sites - lysine attachment sites.

The cure for heart disease is to increase the serum concentration of the amino acid lysine enough to bind Lp (a) Lp (a) binding inhibitors are converted to Pauling Therapy for heart disease only in high doses, between vitamin 3 to 18 g of ascorbic acid and 3 to 6 g of lysine. In his video, Pauling recounts the first cases where his high vitamin C and lysine therapy quickly resolved advanced cardiovascular disease in humans. THE CURE FOR HEART DISEASE: CONDENSED [cardiacos.net/wp-content/uploads/ArticulosMedicos/20170813/2004---Hear..](https://cardiacos.net/wp-content/uploads/ArticulosMedicos/20170813/2004---Hear..) LINUS PAULING PROTOCOL [asociacionaibb.com/linus-pauling-protocol](https://asociacionaibb.com/linus-pauling-protocol)

Posted On 03/27/2024

---

Yes, vitamin C is tremendously important to maintenance of cardiovascular health. So important that the vascular endothelium actually tries to keep a supply of protective ascorbic acid on hand for emergency use. This was demonstrated only in 2018, slightly before some virus known as Covid-19 was supposedly released on the world population in 2019, causing, as a major symptom, acute respiratory distress syndrome (ARDS), which is always aggravated by low levels of vitamin C in endothelial cells. Here in the following link I find: "Cell-free hemoglobin [CFH] is the major cause of acute respiratory distress syndrome (ARDS), but the exact mechanism was never completely understood until Jamie L Kuck et al.

(2018) conclusively demonstrated that cell-free hemoglobin decreased the integrity of epithelial monolayer causing increased permeability of macromolecules, while at the same time CFH significantly decreased intracellular ascorbate in human endothelial cells (HUVEC).<sup>93</sup> Healthy endothelial cells maintain tight barriers with high resistance to current flow that limits permeability. When this barrier is disrupted, current flow is facilitated and is concurrently marked by a drop in resistance. Kuck et al. showed that CFH caused a time-dependent and dose-dependent decrease in electrical resistance in endothelial monolayers resulting in a loss of barrier function, allowing the passage of large macromolecules due to increased permeability.

This disruption was observed with the concomitant decrease in intracellular L-ascorbate." Notice the last phrase: "decreased L-ascorbate"? Note also that the free hemoglobin came from red blood cells destroyed by Covid attack, releasing Iron loaded Heme. Deadly. So "after treatment with L-ascorbate for 18 hours, human endothelial cells were able to prevent CFH from lowering monolayer resistance". The link: [www.townsendletter.com/article/online-covid-19-ards-cell-free-hemoglob..](http://www.townsendletter.com/article/online-covid-19-ards-cell-free-hemoglob..) Why read more here:

Posted On 03/27/2024

---

## stoneharbor

So the really most important part of the link above is NOT just how Ascorbic Acid can end some of the most deadly symptoms of a Covid infection. It's actually how Ascorbic Acid taken straight, not as an acid-neutral substance such as Sodium Ascorbate (used BTW in IV vitamin C treatments), is tremendously faster acting than IV administration of Sodium Ascorbate, and should be in everyone's emergency first aid kit in case of any need for a high dose of vitamin C. Read further down in the link than where my quotes were from, and you will find that Ascorbic Acid is absorbed in the stomach and can be in circulation within 4 minutes in higher concentrations than you can ever achieve via an intravenous (IV) dose.

Further you find that Sodium Ascorbate is NOT regenerated by the human body as Ascorbic Acid is. And you can see graphs of how both Ascorbic Acid and Sodium Ascorbate populate the plasma over time. People also push liposomal vitamin C as better absorbed than Sodium Ascorbate, but to note: both these require intestinal absorption. Ascorbic Acid is still faster as it enters circulation from the stomach.

Posted On 03/27/2024

---

## forbiddenhealing

Stoneharbor, Thanks, The problem with straight ascorbic acid is it's too sour in large doses to be palatable....And we should also consider the value of all electron-rich antioxidant vitamins and polyphenols...since they all contribute to system charge, protect cell structures and protect O2 and each other...to promote a healthy charge terrain and oppose oxidative stress/inflammation.

Posted On 03/27/2024

---



## stoneharbor

Yes, thanks, Forbidden. I guess I should have stressed that the Ascorbic Acid that you should keep in your emergency store should be for emergencies, not daily dosage. I'm sure in an emergency, as if you had found your relative collapsed during an severe attack of pneumonia or Covid, you might want to use the Asorbic Acid to save their life and not worry about what their throat feels like or what their stomach thinks of it. It will get absorbed in minutes where no other means of getting vitamin C in the blood can deliver the same results. The stomach deals with severe acid several times a day so it won't cause problems, and only that aste might be objectionable.

Posted On 03/27/2024

---

## moxa1man

Ephedra has been used safely for centuries in Traditional Chinese Medicine. It only causes problems when it is used alone as a supplement. Many herbs mitigate its dangerous qualities when combined in herbal prescriptions. It's use in lung disorders is well documented.

Posted On 03/27/2024

---

## Almond

RFK, Jr. will not win this election. There are 3 major reasons. His choice of a VP, and, the fact that she is from California. His support for reparations. (For many reasons, this an impossible agenda to realistically carry out.) All his candidacy will accomplish is to split the vote. Splitting the vote, may or may not, be his intention, but it is the result. Much will be determined by his supporters, if and when he withdraws, and also the undecided voters. The best that RFK can hope for is that Trump wins and appoints him to some position. Much of the election outcome will rely on the choice of VP candidates by Trump and Biden--that is, if there is a fair election--or, even an election.

Posted On 03/27/2024

---

**jaygee123**

STRAINED MERCY The Economics of Canadian Health Care Robert G. Evans UBC "[www.phac-aspc.gc.ca/.../01\\_overview\\_e.pdf](http://www.phac-aspc.gc.ca/.../01_overview_e.pdf) "??[www.phac-aspc.gc.ca/.../01\\_overview\\_e.pdf](http://www.phac-aspc.gc.ca/.../01_overview_e.pdf) ? ... total expenditure on health care by category over the post-war period both in dollars and relative to Gross National Product. These expenditures are frequently referred to as "health care costs" and are alleged at various times to "spiral," to be "explosive," or to do other peculiar things. From another perspective, however, these data describe the sales of the health care industry to Canadians, by product line. They are total revenues, not costs of production. This dual nature, with each expenditure item being simultaneously a revenue item to someone else, has important implications for both interpretation and policy. Health care "expenditures" are costs to the rest of Canadian society, not to health care providers -- to the providers they are income.

Posted On 03/27/2024

---

**I\_hatam**

Omega 3's DO NOT contribute to good health. This is a fallacy which has been disproven by men like Ray Peat and all those before him. This is really bad advice. These are PUFA's, not healthy fats and they do not help the heart. Read Dr. Broda Barnes' book on the secret of heart attacks if you want the best advice.

Posted On 03/27/2024

---

**bchristine**

QUESTION: I realize the importance of taking K2 with D3, but does it necessarily have to be taken at the same time? Example: Can you take the Vit D supplement (in my case a liquid), then take the k2 supplement later in the day? I also take magnesium and boron as well. Thanks in advance.

Posted On 03/27/2024

---

## **jerryplush**

D3 is stored a long time if sufficient volume is maintained by supplementation or via sun exposure near noon. Vit K2 has a short half-life in the body, usually depleted by day 2. Obtain K2 daily but D3 can be taken anytime, as it stores much longer. But strive to never have large stores of D3 while K2 is lacking. Vit C , Magnesium, and CoQ10 are also a large part of the bodies mechanism of preventing and reversing CVD plaques and calcifications. Google or search You Tube videos for Patrick Theut, the biochemist engineer who reversed a death sentence of calcified heart wall and left main.

Posted On 03/27/2024

---

## **DumberFarmer**

I overlooked mentioning supplementing with collagen in my previous comment as collagen is the protein source to rebuild a healthy circulatory system In addition to boron and silica, this trifecta will not only support a strong skeleton, healthy joints, but also a healthy circulatory system This is the correct way to get your calcium absorption as opposed to calcium supplementation and remember calcium is the Trucker of all minerals

Posted On 03/27/2024

---

## **Almond**

Prepare Now!! Oregon Farms Are Being Shut Down [www.youtube.com/watch](http://www.youtube.com/watch) The State of Virginia: [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 03/27/2024

---

## juststeve

The Empire Strikes back. If it isn't built Locally, the Globalist Totalitarians will build their Fart Free Zones. They will build it for you enforcing the chase for their money system of dollars consistently losing purchasing power no matter how many you have. The likes of the WEF/Gates and all must be giggling up a storm with these test balloons meant to shut down Real Wealth, the sources and means for as many of the General Public to produce as much of our own basic needs with limited, to little use for their capture and control money schemes.

Posted On 03/27/2024

---

## Guillermou

A diabolical situation resulting from the greed of a globalism of interests and allied institutions. Yanasa TV, a project of Yanasa Ama Ranch, shared a video of approximately 20 minutes. Bureaucrats mistakenly call small family farms concentrated animal feeding operations, or CAFOs. close them "for the environment." "The state of Oregon has effectively shut down small farms and large-scale commercial orchards, and they are actually sending cease and desist letters to farms and they are using satellite technology to find their victims and send them these letters that say no can operate," explains the rancher in the video below.

The rancher explains that there are two different laws that Oregon officials are using to carry out these closures. One involves the state of Oregon's broadly vague definition of a CAFO. Under this state of Oregon definition, a farm of a few acres with pasture and, say, two dairy cows and a few chickens qualifies as a CAFO if it has some area on the property where rock or gravel is used as a path to reach a small barn or coop. "The way they've redefined CAFOs will affect almost everyone," the rancher warns of Oregon's "updated" CAFO definition, which also affects his property.

"Even on our property, we don't have animals that are necessarily contained to one area (they're roaming around in the pastures)." Another thing Oregon farmers have to deal with are state water regulations. The only water farmers can legally collect in Oregon is rainwater. Everything else, including water from rivers and streams, and even privately owned groundwater, is considered a public resource. [www.youtube.com/watch?app=desktop&v=unOXcKigSuY&feature=youtu...](http://www.youtube.com/watch?app=desktop&v=unOXcKigSuY&feature=youtu...)

Posted On 03/27/2024

---

## Almond

juststeve and all... I bet there are more deer, elk and moose farting in the woods than all the cattle combined. What is to be done about that?

Posted On 03/27/2024

---

## Almond

Guillermo and all. Most barns have concrete floors. I wonder how govt will make the big feeding operations exempt.

Posted On 03/27/2024

---

## jerryplush

All interesting comments on the article, .....in practicality though, how is one to consume the high intakes of ascorbic acid necessary to bind Lp(a)? Mercola's Multivit/Minerals with 8 pills /day contains 500 mg consisting of 4-5 different ascorbates. I never have a problem with this dosage but separate supplementation of even small amounts of generic ascorbic acid pills or powders induce diarrhea immediately. Have no problem consuming Mercola 1000mg Lipo C in 2 divided doses of 500 mg/pill. But that is expensive if upping dosage to deal with increased need from colds/flu/ calcifications/etc. Hard to believe anyone could actually cope with taking the 3-18 gr of C on the Pauling Therapy.

Posted On 03/27/2024

---

## car9880

Document on heart will not download.

Posted On 03/27/2024

---

## catboertje08

Im glad the info is coming out. However in my situation along with more than half the population we have MTHFR variant(s) that do not allow us to process folic acid which is a synthetic form of folate. It is considered toxic for us. Methylfolate is the way to go if you need to supplement not folic acid.

Posted On 03/27/2024

---

## and328931

Thank you for this information! I take all 3 of these supplements, Omega 3 in the form of Krill Oil, Ubiquinol, and Methyl Folate. I have been urging my wife to do the same but she only regularly takes the Methyl Folate which was recommended years ago by our GP. She was diagnosed over 30 years ago with PPH and we prepared for her expected death within a few years. After about a year of treatment and exercise showing constant improvement, the doctor said it was apparently Secondary Pulmonary Hypertension caused by the diet drug, FenPhen. With that experience in mind, I think she really needs to take better care of her heart health. You've given me some good information here with which to convince her to take the Krill Oil and Ubiquinol and I thank you profusely for that!

Posted On 03/27/2024

---

## **josephunger**

BIG thanks! Thorough and underscores the philosophy promoted by Pottenger, Price, Lee, Albrecht, De Jarnette, Page, etc. I have seen this for 50 years. An essential nutrient is identified and promoted. Within a couple years, an additional factor or cofactor nutrient is found essential to its function and companies formulate their special blend. Then later another, and another essential ingredient is added to the mix. But they only add the ones they "discover". The power of whole foods nutrients is in what we do not know is in the concentrate! Some companies taut their "PURITY" stripping the product of potentially important micro nutrients, not yet discovered, in the refining process. Then there is the problem of the soil. Due to the severe depletion, we may never find some missing goodies. We have a long way to go in understanding health and nutrition. The more I come to know, I am increasingly humbled by the vast void of the unknown. Thank you for being a mind expander!

Posted On 03/27/2024

---

## **DumberFarmer**

Don't overlook the benefits of supplementing with boron and silica. Your brain and heart will thank you.

Posted On 03/27/2024

---

## **Docathelake**

I've seen folic acid cause terrible mouth ulcers and one pill of Co q 10 gives me terrible arthritis so these don't work for everyone

Posted On 03/27/2024

---

**josephunger**

They are a part of everyday chemistry and physiology. Possibly you are consuming refined chemical isolate products?

Posted On 03/27/2024

---