

## 19beets

It's absurd that "psychoactive properties" prevent acceptable use of cannabis to help those who suffer when lab-made synthetics often cause much more intense, multiple, far-reaching effects on the body, often including death.

Posted On 05/15/2017

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## grulla

At a glance, "Capsaicin, commonly found in hot chilies, triggers a chemical cascade that calms the inflammatory response in your gut." I don't have any gut problems that I'm aware of. But recently, I was searching through the Mercola archives when I inadvertently came across a post from a sometime forum member, where she anecdotally mentioned that taking a flat teaspoon of cayenne pepper (powder) each and every day with a half cup of water for 3 weeks could help clean out one's calcified arteries. I did a bit research on that, and that suggestion looked somewhat promising, so being a bit of a "labrat", with 60% calcified carotid arteries, that motivated me to buy a small (bulk) jar of capsaicin containing Cayenne powdered pepper from my health food co-op. I'm not "holding my breathe" on this, but what the hell have I got to lose., I'm into my first week taking a more tolerable 1/2 tspn (for a longer period of time than 3 weeks), at the end of my breakfast, mixed into my remaining coffee.

Since I am already taking many other supps and ALA IV treatments for arterial decalcification, low and slow doses are always better and safer, to help prevent any sizable chunk of plaque breaking off, that could possibly block my carotid artery causing a stroke. We shall see, the jury is still out, but it's nice to know that this Cayenne pepper also has the potential to help keep my gut in check as well.

Posted On 05/15/2017

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## **seg**

grulla yes in the past i came across folks that used high doses of cayenne pepper along with a whole bulb of garlic to clear out plague in the arteries and other blood vessels..see this one here left for dead, [www.sowinglife.com/left-for-dead-and-the-miraculous-cayenne-pepper/](http://www.sowinglife.com/left-for-dead-and-the-miraculous-cayenne-pepper/)

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## **grulla**

Hey "seg" great read, thanks much. After reading that blogger's report about the late author, Dick Quinn, as well as the blogger's mom's carotid artery experience, I feel as I may be on the right track. "Otis101" may find this of interest as well. Cheers!

Posted On 05/15/2017

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## **love2garden**

Grulla, Hot chocolate is another really good delivery method for cayenne. I make mine with organic chocolate and no sugar or milk--just stevia, butter, and coconut oil (and a whole lot of other good ingredients). Very tasty. Stay well.

Posted On 05/16/2017

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## kenwolfe

I bought the book Left for dead for a friend of mine,now 75,when she was 60 and on 3 different heart "medications".Couldn't walk to her mailbox,100 feet.Long story made short,from then until present she takes a cayenne birdseye pepper capsule of 100,000 heat units a day and dances 4 nights a week for 3 hours a night.Was done slowly and all medication gone,no muscle pain,no fainting spells or palpitations,normal blood pressure.This was coupled with vitamin and mineral supplements and very low carb diet.I do this for myself(74)except my cayenne is liberally sprinkled on food along with turmeric and black pepper,Himalayan salt.Brings a tear to the eye but all my medical checkups come out excellent....Should also mention it is not recommended to use cayenne with blood thinners,better not to use the blood thinner in my opinion.

Posted On 05/26/2017

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## Almond

Many people are quick to state that cannabis should be legal for recreational purposes because it is so much better than alcohol. This ignores common sense--and, it is not about what is or is not legal. It is not about what is better or worse. Marijuana is an herb. Like many other herbs, it has positive and negative properties. Like many herbs, it is not for everyone or every condition. Many plants (and alcohol) have purposes in our lives and should be treated with respect. The problem is not the herb, but the mindset of some of the people that abuse it. There is an issue of self-responsibility that often seems absent in contemporary society.

Having said all of that, I think there are 2 huge problems with regard to safety on the roads. One is the number of people on prescription drugs. Not only the well-known mood-altering drugs that reduce anxiety and eliminate conscience, but also the kinds of drugs that ultimately destroy health, and along with it, cognition. The other problem is self-centeredness and greed. I see people driving recklessly, without concern for others because they think only of themselves and figure they can get away with dangerous behavior. Since many police budgets have been cut, there are fewer traffic cops arresting people for traffic offenses.

Along with drivers licenses, we should each be issued an air gun that shoots orange rubber balls that will adhere to a trunk. Then, when you are subjected to dangerous azzhole behavior, you could pop off an orange ball. Let's say that a minimum of 10 balls on a trunk would be grounds for getting pulled over and receiving a ticket for being an azzhole driver. Get these people off the roads! I think I could be a libertarian if my tax dollars were not collected for the purpose of providing so many safety nets for people who suffer the consequences of their own actions. But, that only works in a society where individuals are responsible for themselves and pay their own way.

Posted On 05/15/2017

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## Almond

Hot chili peppers can also have a stimulating effect. They can be compounded in formulas to boost the effect of other herbs. However, caution must be used if a person is taking meds where this effect might be undesirable. Peppers have tonic properties and are also a source of vitamin C. CBD oil is a better source of essential fatty acids than flax seed.

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## **love2garden**

I just received an order of CBD oil, and with one single drop each at bedtime, both my spouse I sleep through the night. What a miracle! I have no interest in the effects of THC. The article doesn't mention that the FDA just classed CBD oil as a class 1 drug, making it totally illegal. THAT WAS CRIMINAL--and only to benefit big farma.

Posted On 05/16/2017

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## **kkeithm**

"Socially unacceptable high from THC? let's compare that to too many martinis!!

Posted On 05/15/2017

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## Guillermou

Inflammatory bowel disease (IBD) is a chronic and relapsing inflammatory bowel disease, which mainly includes Crohn's disease (CD) and ulcerative colitis (UC). Changes in short-chain fatty acids (SCFAs) are considered an important pathogenetic mechanism of this disease. SCFAs can effectively reduce the incidence of enteritis, cardiovascular disease, colon cancer, obesity, and diabetes, and also play an important role in maintaining the balance of energy metabolism (mainly glucose metabolism) and improving insulin tolerance.

Butyric acid, also known as butyrate, is one of the short-chain fatty acids (SCFAs) generated when bacteria in your microbiota ferment the fiber you eat. The most abundant are acetic, propionic and butyric acids, which are essential for maintaining proper gut function by regulating immune response and inflammation, providing energy, stimulating hormones that control appetite and metabolism, and protecting against diseases such as colon cancer or ulcerative colitis. Butyric acid in particular is especially important because it is anti-inflammatory, enhances the immune system, prevents autoimmune diseases, and is involved in various bodily processes, including strengthening the gut lining.

This last function is critical because a strong lining makes it easier for important vitamins and minerals to leave the gut and enter the bloodstream, while keeping potentially harmful compounds out. For people who have fiber intolerance because it feeds harmful bacteria and even have SIBO, butyrate supplementation may be a practical approach.

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## Guillermou

High levels of butyrate could exert significant anti-inflammatory effects through numerous metabolic pathways, which may normalize pro-inflammatory cytokines. Butyrate can act on regulatory T cells to decrease the production of both TNF-alpha and IL-6. Butyrate also increases the levels of other anti-inflammatory immune cells such as M2 macrophages and inhibits pro-inflammatory immune cells such as M1 macrophages and neutrophils. Butyrate decreases pro-inflammatory cytokines, including IL-6, IL-1, MCP1/CCL2, and TLR4. Furthermore, butyrate also inhibits multiple pro-inflammatory signaling pathways through histone deacetylase inhibitor-dependent and -independent mechanisms. 6 Therefore, we anticipated that butyrate could not only facilitate anti-TNF treatments but also enhance the efficacy of treatment with other anti-inflammatory cytokines.

Importantly, butyrate, a short-chain fatty acid, may be further developed for the treatment of IBD alone or in combination with other treatment modalities. Sodium butyrate supplementation significantly improves clinical outcomes and quality of life in patients with Crohn's disease.

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## PowerlifterX

Hi Gui, great information - thank you for taking the time. I appreciate it very much. First, I have never been a big fruit eater. But when I do it does not agree with me. I then looked up higher FODMAP foods and found that the ones listed seem to give me the same reaction. I then looked up lower FODMAP foods and realized they do generally agree with me. On the vegetable and grain spectrum I do okay on Spinach, leafy greens, oats, potatoes, white rice, cucumbers, olives, carrots, tomato sauce/paste (do not like tomatoes), etc. BTW I went low carb because I was not working out like I used to and wanted to keep my belly fat under control being over 60 (and I am not overweight at all, just wanted to maintain fitness).

In the process I gravitated to a carnivorous type diet which I want to change. A Few follow-up questions if I may. Are low FODMAP foods (like I mentioned above) good at providing fermentable dietary fiber? What are your thoughts on L-Glutamine for healing? I have read it helps but caution since cancer cells love this amino acid. Best way to add fiber? I tried adding fruit and fruit juice but I did not do well on it like I said and ended up in distress. I love sourdough - what brand did you buy (or did you make it) the sourdough buckwheat bread? And what are your thoughts on the Sprouted grain type breads? Curious - what was it about the carnivorous diet you disliked and do you think it is safe?

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## PowerlifterX

Hi GUI - What fibers are best to increase SCFA. Also like the article says, if fiber is not easy on your system then what else can you do to increase them. And what if probiotics seem to cause discomfort? And finally, I keep reading that the carnivore diet with no fiber seems to "cure" IBD - at least anecdotally. I don't have IBD but aside from stress which I do not deal with very well - I am trying to figure out what is occasionally bothering my digestive system. BTW I have noticed fruit tends to be bothersome but not immediately - like apples. I have never been a big fruit eater anyway but I try to add it to no avail. And are sprouted grains like those in Ezekiel bread best? Thanks for the help.

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## Guillermou

Hi Power, besides stress, it is difficult to know the causes of your digestive problems. In addition, poor intestinal health is the cause of many diseases, including stress. I personally do not feel well on a carnivorous diet, but the diet must be personalized. Among the foods rich in fiber related to the production of short-chain fatty acids are fruits, vegetables and legumes. These categories are quite broad, so there are many options. Whether you eat artichokes, apples or anything else, you will be giving your body a good supply of fiber. If you have problems with fiber, you may have intestinal dysbiosis or even SIBO and as Dr. Mercola says, endotoxins are produced.

As I say in my comment, try taking a sodium butyrate supplement to see if it has a positive effect. Butyrate is also in butter. Personally, I eat sourdough buckwheat bread. As the good bacteria in your gut, the microbiome, break down fiber to create short-chain fatty acids, these fatty acids provide energy to your cells and support healthy inflammation in your colon. Essentially, short-chain fatty acids help keep your large intestine running smoothly. Research has shown that eating a variety of fiber-rich foods diversifies your microbiome, and people with a diverse range of microbes in their gut respond better to environmental challenges.

However, greater protection may occur when adequate amounts of fermentable dietary fiber are present. This fermentation process has been shown to help maintain gut health in two ways: increased cell proliferation and specialization. Studies have pointed to the gut as the main line of communication between the central nervous system (the brain) and the resident microbiome. This connection, known as the "gut-brain axis," is crucial to maintaining balance in the gut and the body as a whole.

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## Guillermou

Recent studies have shown that short-chain fatty acids can cross the blood-brain barrier. This means that short-chain fatty acids can travel from the colon, where they are produced, to the brain. The exact impact of this movement has not yet been fully explored, but it is speculated that short-chain fatty acids help maintain the health of the blood-brain barrier, which in turn contributes to promoting the balance of the central nervous system. Regulating intestinal flora is very important for normalizing bowel movement, regulating digestive transit, boosting immune health, and preventing chronic and degenerative diseases, as Dr. Mercola has reported.

In the digestive tract of humans, there are 3 times more bacteria than there are cells in the entire body that are essential for the immune system and the control of inflammation. The prebiotic action of fermentable fibers promotes bowel movement, preventing constipation, provides a healthy intestinal flora, preventing insulin resistance, preventing diabetes, improving mineral absorption and lowering serum cholesterol, triglyceride and phospholipid levels and preventing cancer. Inulin and fructooligosaccharides (FOS) from onions, chicory, garlic, asparagus, banana, artichoke, onions, murrong, yacon, among many others and galactooligosaccharides (GOS), found in sweet potatoes, lentils, chickpeas, beans, peas and green bananas are some recommended foods.

GOS are also found in breast milk. They are also produced by conversion of lactose from dairy products, which ferment in the colon, and resistant starches (abundant in legumes), generating lactobacilli

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## Guillermou

FOS consumption increases fecal bolus and stool frequency, while a dose of 4-15 g/day administered to healthy subjects reduces constipation, considered one of the growing problems of modern society, and newborns during the first months of life. It is also known to affect the intestinal epithelium by improving the morphology of its mucosa, and enzymatic activity of the gastrointestinal tract, reducing the risk of diseases related to gastrointestinal defense dysfunction. FOS or oligofructose occurs naturally in significant amounts: Jerusalem artichokes (up to 6 g/100 g), Shallots (up to 5 g/100 g), Red onions (up to 2.5 g/100 g) Dietary fructooligosaccharides and potential benefits on health [link.springer.com/.../BF03180584](https://link.springer.com/.../BF03180584) .---- Fructooligosaccharides: applications and health benefits.

A Review [www.teknoscienze.com/Contents/Riviste/PDF/AF6\\_2015\\_low\\_10-14.pdf](http://www.teknoscienze.com/Contents/Riviste/PDF/AF6_2015_low_10-14.pdf) (2016) Knowing more about FOS and GOS [womenesi.com/.../baby](http://womenesi.com/.../baby) .--- Functional properties of fructans and their potential role in management of intestinal inflammatory pathologies [www.unicampus.it/documents/ricerca/UCBM\\_Settimana\\_ricerca\\_2015\\_prese](http://www.unicampus.it/documents/ricerca/UCBM_Settimana_ricerca_2015_prese)

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