

## Guillermou

**INFLAMMATION BIOMARKATORS, AND CARDIOVASCULAR RISK** Scientific evidence, as Dr. Mercola points out, emphasizes that classical risk factors are insufficient to predict vascular disease. The emerging biomarkers of inflammation are highlighting the importance of inflammation as the basis of atherosclerosis. Dr. Mercola points out risk factors. Within inflammation, CRP, homocysteine, fibrinogen, and white blood cell count are the most commonly evaluated in laboratories.

1. **C-REACTIVE PROTEIN** With regard to CRP, a factor of great importance in inflammation, as Dr. Mercola points out, consider this meta-analysis. [annals.org/aim/article/744957/c-reactive-protein-risk-factor-coronary-..](http://annals.org/aim/article/744957/c-reactive-protein-risk-factor-coronary-..)

2. **HOMOCYSTEINE** Homocysteine is a very aggressive molecule for the arterial endothelium, and under normal physiological conditions, its elimination is efficiently performed through two main metabolic pathways, which prevent the increase of its plasma concentrations. These two metabolic pathways are transsulphurisation and remission. In the first, homocysteine condenses with the serine, to give cystathionine and cysteine, a process involving the enzyme cystathionine- $\beta$ -synthetase (CBS), and pyridoxine as cofactor. In the second, homocysteine, is remethylated by a mechanism closely associated with folates, in which the enzyme 5-methyl-tetrahydrofolate-homocysteine-S-methyltransferase (MTHFR) is involved, which is activated by cobalamin.

Alterations in re-methylation may be due to improper supply of the co-substrate 5-methyltetrahydrofolate (MTHF reductase deficiency), which is the main form of folate in the blood, or cofactor B12 (methionine synthetase), causing a defect in the activation of these enzymes. Some cases are attributable to changes in cobalamin (vitamin B12). The metabolic pathway of B12 involves the participation of various enzymes, coenzymes and cobalt in a set of biochemical reactions. [www.scielo.org.ar/.../v48n1a04.pdf](http://www.scielo.org.ar/.../v48n1a04.pdf)

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Other factors that influence the occurrence of homocysteinuria are: advanced age, male gender, and white skin color, as well as sedentary lifestyle, and excessive consumption of tobacco and coffee. The administration of the active forms of vitamin B12, folate and B6 contribute to the decrease of homocysteine. An increase of 5  $\mu\text{mol} / \text{l}$  in serum homocysteine increases the risk for ischemic heart disease, 1.42 in genetic studies, and 1.32 in prospective studies. For venous thrombosis, 1.60 in genetic studies and, for stroke, 1.65 in genetic studies, and 1.59 in prospective studies. Reducing homocysteine concentrations by 3  $\mu\text{mol} / \text{l}$ , using folic acid, would reduce the risk of ischemic heart disease by 16%, deep vein thrombosis by 25%, and stroke by 24%.

[www.revmediciego.sld.cu/index.php/mediciego/article/view/564/1065](http://www.revmediciego.sld.cu/index.php/mediciego/article/view/564/1065)

[www.ncbi.nlm.nih.gov/.../PMC135491](http://www.ncbi.nlm.nih.gov/.../PMC135491)

3. **FIBRINOGEN** Fibrinogen is a protein abundant in the blood, is cleaved by thrombin to generate fibrin, which serves as the basis for thrombus formation. Fibrinogen is also closely related to other vascular risk factors, including obesity, physical activity, and smoking. stress, thyroid dysfunction, weight changes, drugs, which makes it a factor with high variability. <https://www.clinicalkey.es/#!/content/book/3-s2.0-B978849113015400085X>

4. **WHITE BLOOD CELL** In the Atherosclerosis Risk in Communities Study, white blood cell count was associated with an increased risk of coronary events, stroke, and cardiovascular mortality of 1.8, 2, and 2.3 resp. [kardiologi-ui.com/uploads/guidelines/guidelines-CVD-prevention.pdf](http://kardiologi-ui.com/uploads/guidelines/guidelines-CVD-prevention.pdf)

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## stanleybecker

thank you for highlighting some of the most known risk factors in the heart disease Gui - there are also major risks in visiting your doctor - this professional might diagnose you as needing some of the many drugs that exacerbate and cause terminal heart disease - this iatrogenic intervention is thought by some to be the leading cause of death in the USA - the whole medical cabal is corrupt and needs some major overhaul at least - criminals like drug pushers must be prosecuted - the Health Industry must stop treating people as patients/ cash cows - this is a problem for the Greater Society - if society and our Earth are to continue to support human life - otherwise we are ..... doomed to be NOTHING

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Yes, KITERA, it includes the stroke. The article is complete in [www.ncbi.nlm.nih.gov/.../PMC135491](http://www.ncbi.nlm.nih.gov/.../PMC135491)

Brain attacks occur when blood flow to the brain stops. In just a few minutes, the brain cells begin to die. There are two types of strokes. The most common type, called ischemic stroke, is caused by a blood clot that blocks or blocks a blood vessel in the brain. The other type, called hemorrhagic stroke, is caused by the rupture of a blood vessel that bleeds into the brain. "Mini-strokes" or transient ischemic attacks occur when the blood supply to the brain is interrupted briefly. • Sudden numbness or weakness in the face, arms, or legs (especially on one side of the body) • Sudden confusion, difficulty speaking or understanding • Sudden trouble seeing with one or both eyes • Sudden difficulty walking, dizziness, loss of balance or coordination of movements • Sudden and severe headache with no known cause

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## melissawl

Cholesterol is also needed for brain development and the nervous system.

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## ray1098

Inflammation is your body's healing response to damaged tissue. Inflammation, therefore, is a symptom. It is always better to address the cause of a disease rather than tamping down the symptoms of a disease. Atherosclerosis is caused by multiple nutritional deficiencies. Eating a nutritious diet is great but modern food grown on factory farms doesn't have the nutrition it had 100 years ago. Dr. Thomas E. Levy in his book, *Stop America's #1 Killer*, references over 650 studies published in medical and scientific journals that prove conclusively that coronary heart disease is caused by multiple nutritional deficiencies. On page 253 he lists 33 nutritional supplements, available at any health food store, "...for optimizing the ability of the artery to regenerate itself and reverse any existing atherosclerosis...the typical diet does not even come close to supplying enough of these essential vitamins, minerals and nutrients." As someone with a family history of heart disease, I have been taking this list of supplements since 2000. I am now 63 years old and recently had an MRI. The doctor declared, "Ray, your arteries are as clean as a whistle!" Needless to say, I am a big fan of Dr. Levy and am dedicated to disseminating this important information. So, I give away free paperback copies of his book (this book is not available as an e-book). If you want a free paperback copy of *Stop America's #1 Killer*, just email me at [rayellis@reagan.com](mailto:rayellis@reagan.com), leave your name and physical address and I will snail-mail it to you right away. Be Well!

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## jdarnall64

I have been telling folks the truth of cholesterol for years but most don't believe me. i am not a doctor just a student of truth when it comes to the truth on drugs and phony diagnosis for the benefit of drug companies. Sadly, even doctors are caught up in this brain washing. Inflammation is the root cause of most all diseases. Cholesterol is just an easy victim to blame for heart disease. History will eventually prove this despite the FDA.

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**hut**

The correct balance is still obscure. It may be that CRP and Homocysteine play an important role in fighting sepsis. High "iron" levels of course feed some bacteria. And cholesterol may not be your personal friend. If you notice xanthomas about the eyes, as mention the B vitamins play an important role. One solution is to eat your asparagus. What is needed is more money for this very difficult research.

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**cocoy777**

Here is one of deceptions that they did to divert our attention from the real causes of heart disease: their hydrogenated fats, their nicotine, their milk's calcium, their refined flour, their homogenized milk, etc.

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If inflammation is not present in the body, there is no way for oxidized cholesterol to build up on the blood vessel wall and cause heart disease and stroke. Without inflammation, cholesterol would move freely throughout the body to meet biological needs. It is inflammation that causes cholesterol to become trapped, especially with very low density lipoproteins (VLDL) and low HDL. A diet rich in healthy fats, antioxidants, polyphenols, vitamins and minerals are essential to prevent oxidation. Dr. Mercola has reported causes of inflammation and cholesterol oxidation.

Genetically determined activation of the NLRP3 inflammasome is associated with systemic inflammation and cardiovascular mortality, a risk that increases mortality from Covid-19. [www.hindawi.com/.../abs](http://www.hindawi.com/.../abs) (2017).--- [www.futuremedicine.com/.../fca-2021-0027](http://www.futuremedicine.com/.../fca-2021-0027) (2021).--- [academic.oup.com/.../6179517](http://academic.oup.com/.../6179517) (2021).--- [journals.sagepub.com/.../00033197211017406](http://journals.sagepub.com/.../00033197211017406) (2022).-- [heart.bmj.com/content/108/1/73?utm\\_content=americas&utm\\_campaign=u..](http://heart.bmj.com/content/108/1/73?utm_content=americas&utm_campaign=u..) (2022).--- The famous cardiologist surgeon Dr. Dwight Lundell, with 25 years of experience, having done more than 5,000 open heart surgeries, said today we have to right the wrong in the medical and scientific vision.

The only accepted therapy was prescribing cholesterol-lowering medications and a diet that severely restricted the intake of saturated fats. These recommendations are considered heresy and result in malpractice. The biggest culprits of chronic inflammation are overloading highly processed and refined foods and excessive consumption of omega-6 vegetable oils such as soy, corn, and sunflower.

[www.youtube.com/watch](http://www.youtube.com/watch) .--- [istem.info/ueditor/php/upload/file/20191121/1574335434995707.pdf](http://istem.info/ueditor/php/upload/file/20191121/1574335434995707.pdf) .--- [www.proze.com/dr-dwight-lundell](http://www.proze.com/dr-dwight-lundell) .--

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## dclavett

Hello Gui, I just watched the video you linked with Dwight Lundell, great information from a brilliant cardiologist. Thank you for that. Also, the link, isystem. info, to the pdf, after the video, is broken, or maybe its my browser?. It goes to a Chinese site.

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## Guillermou

Thanks dclavett. The evidence reported by Dr. Mercola reveals an essential foundation for health: the importance of an organic diet of fresh foods, avoiding industrial processes as represented today with cooking sprays, ultra-processed (hydrogenated fats and carcinogenic compounds), low in omega 6, fish (EPA, DHA, vitamins D and E), saturated fats from coconut and livestock and grass-fed products, fasting and exercise. These factors are decisive in avoiding insulin resistance, obesity and metabolic diseases. Obesity and aging predispose to numerous overlapping chronic diseases.

For example, metabolic abnormalities, including insulin resistance (IR) and type 2 diabetes (T2D), are important causes of morbidity and mortality. Chronic low-grade inflammation of tissues, such as the liver, visceral adipose tissue, and neurological tissues, is considered to contribute significantly to these chronic diseases. The intestinal barrier function, which is strongly implicated in the pathogenesis of obesity and age-related diseases. [febs.onlinelibrary.wiley.com/.../febs.16558](https://febs.onlinelibrary.wiley.com/.../febs.16558) (2022).--

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There is evidence to support the hypothesis that omega-6 PUFAs have proadipogenic and prolipogenic properties, and exposure to a diet rich in omega-6 PUFAs during the first years of life has been shown to be sufficient to program mass gain. body fat in offspring. Excessive consumption of Omega-6 polyunsaturated fatty acids (PUFAs) versus deficiency of Omega-3 PUFAs in modern diets: the disturbing factor of their “balanced antagonistic metabolic functions” in the human body. . The imbalance between -3 and -6 FAs in the modern Western diet appears to contribute to the marked increase in the incidence of metabolic diseases, such as DM, over the past 30 years.

Preclinical studies indicate that -3 may have a positive effect on glucose metabolism through its hypoglycemic and insulin-sensitizing effects. [journals.lww.com/co-endocrinology/Fulltext/2013/02000/Omega\\_6\\_polyunsa..](https://journals.lww.com/co-endocrinology/Fulltext/2013/02000/Omega_6_polyunsa..) (2013).----- [link.springer.com/.../978-1-4939-9882-1\\_3](https://link.springer.com/.../978-1-4939-9882-1_3) (2020).----- [www.hindawi.com/.../8848161](https://www.hindawi.com/.../8848161) (2021).--- [www.mdpi.com/.../10717](https://www.mdpi.com/.../10717) (2023).--- [www.mdpi.com/.../2672](https://www.mdpi.com/.../2672) (2023).---

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Yes, thanks, Gui for the Dwight Lundell presentation. He is a very clear voice that tells an exciting story on what he and others have discovered and invented with regard to cardiovascular health, and how mainstream medicine still continued for a long time to lie and mislead the public on the cause and cure for heart failure. Amazing that it took over 30 years for the science to clearly show that statins did nothing to improve the health of any patient. It is nice to hear him say that there is no danger in eating saturated fats. His side stepping his normal practice in order to open a clinic that studied the carbohydrate/inflammation cause for cardiovascular disease was impressive.

Listening to Dr. Lundell I am impressed with his focus on "sugar" as a serious threat in that it causes cellular damage, and thus inflammation, but primarily to endothelial cells which cannot resist glucose intake as other cells do via GLUT1-GLUT4 insulin receptors. So it's in the different endothelial cells that systemic inflammation originally begins. Nice to know. One thing not mentioned by Dr. Lundell, as he's focused on the threat of glucose to endothelial cells, is that actual table sugar, or high fructose corn syrup (HFCS), or even fruit, all have the additional presence of fructose, in about equal, or even greater amounts as the glucose present.

Fructose is another very damaging agent to the human body. The way to eliminate fructose is easy though. We should avoid eating fruit, sucrose (table sugar) and HFCS. Then we are left just with glucose sources as a threat. And this includes all the foods that we think of as starches (grains, potatoes, etc.) But that is a great advantage, as starches convert slowly to glucose, and some never get digested. Here's more on starch, actually a better food than "sugars" that are always half fructose: [www.sydney.edu.au/science/news-and-events/2021/12/20/nutritional-quali..](http://www.sydney.edu.au/science/news-and-events/2021/12/20/nutritional-quali..)

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Thanks stoneharbor, add polyphenols to the benefits of omega 3, vitamin D, sulfur and magnesium. Numerous studies have supported the beneficial effects of polyphenol intake on health, especially on the cardiovascular system. This is important, because cardiovascular diseases are the leading cause of death in the world. The effects of polyphenols are fundamentally a consequence of their antioxidant properties. These compounds have vasodilating effects, are also capable of improving the lipid profile and attenuate the oxidation of low-density lipoproteins (LDL). They present clear anti-inflammatory effects and these compounds are in turn capable of modulating apoptosis processes in the vascular endothelium.

qPolyphenols can also interfere with cellular detoxification systems, such as superoxide dismutase, catalase or glutathione peroxidase. Additionally, these compounds can inhibit ROS-generating enzymes such as xanthine oxidase and nicotinamide-adenine dinucleotide phosphate (NADPH) oxidase. As a consequence of their antioxidant action, polyphenols have vasodilatory, antithrombotic, anti-inflammatory and antiapoptotic effects. In addition to the vasodilatory properties that favor the control of arterial tone, other properties of flavonoids have been described that also favor their cardioprotective effect.

Polyphenols have antilipemic and antiatherogenic effects. It should also be noted that some studies have shown that these compounds can also inhibit the angiotensin-converting enzyme (ACE), and the inhibition of this enzyme would also justify their vasodilatory and cardioprotective effects.

[www.mdpi.com/.../3779](http://www.mdpi.com/.../3779) (2013) [www.tandfonline.com/.../10942912.2017.1354017](http://www.tandfonline.com/.../10942912.2017.1354017) /2017)  
[www.sciencedirect.com/.../S0753332220309070](http://www.sciencedirect.com/.../S0753332220309070) (2020)

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## DocTwinkle

I second dclavet's thanks for the Dwight Lundell video - excellent overview, but misses one other important point: inflammation due to sugar's impact on endothelial cells is just one source of inflammation. I think of my father fasting for breakfast, breaking his fast with berries (blueberries, blackberries, etc), and then having a large salad for lunch and for dinner. OKay, he sometimes ate cheesecake or ice cream for dessert, but MOSTLY he was on a low carbo, healthy fats, moderate protein diet and he wound up with severe coronary artery blockages, a stroke and a heart attack.

I think in his case, it was the 2.4 ppb of arsenic in their home water supply that got to him and my mother (who has vascular dementia). The EPA says up to 10 ppb is safe, but the Environmental Working Group says the "safe" limit should really be 0.004 ppb! Adverse health effects from long-term ingestion of arsenic in the water at very low levels (much lower than the 2.4 ppb my parents had) is documented.

I look at all the heart disease and "Alzheimers" in their neighborhood -- it's a LOT. Another neighbor is now on dialysis as his kidneys started to fail. Arsenic is VERY harmful to blood vessel walls. I have installed a whole-house arsenic filter on my parents' house water now so that even the garden gets watered with more of the arsenic filtered out, but I don't really know how good a job it's doing because it's hard to find places that will test levels lower than 3 ppb.

So I'm looking into starting my dad on a zeolite supplement (either the Avini Cell Defender (0.39 micron-sized zeolites) or the Touchstone Essentials' PureBody liquid drops (they say theirs has sub-micron particles too, for cleansing the bloodstream)). All the solutions are expensive but I've been having trouble reversing my dad's plaque buildup. After 6 months of IV Mg-EDTA chelation, his CAC score went from 2238 to 4980 ! I haven't given up.... keep trying new things. His diet now is impeccable.

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## Guillermou

Also DocTwinkle. POMEGRANATE MAY REVERSE ATHEROSCLEROSIS Human studies of pomegranate juice have demonstrated even more dramatic effects, showing that pomegranate may actually reverse atherosclerosis. Israeli scientists studied patients with narrowing of their carotid arteries as a result of atherosclerosis.<sup>7</sup> The carotid arteries in the neck are responsible for more than 80% of blood flow to the brain, and narrowing of these major vessels is a major risk factor for stroke. Among patients given daily pomegranate juice supplements (providing 78 mg of punicalagins) for one year, atherosclerotic lesions in the common carotid artery decreased by 35% in size, while actually growing by 9% in a control group.

Thus, pomegranate reversed existing atherosclerosis, which continued to worsen in those who did not consume pomegranate. Blood analysis showed that total antioxidant activity increased 130% in the pomegranate juice group, compared to before-treatment values. Finally, the participants' systolic blood pressure fell by an impressive 21% after one year of pomegranate juice supplementation.

[www.lifeextension.com/.../report\\_pomegranate](http://www.lifeextension.com/.../report_pomegranate)

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## DocTwinkle

Gui - thanks for the pomegranate reminder. My father gets organic pomegranate powder in his morning drink daily since we brought him home in October 2022 and his carotid arteries are not clogged very much, but he has two 90% blockages in his left anterior descending (LAD) coronary artery that are a real challenge to remove! I have not seen research to show that pomegranate is effective at cleaning coronary arteries - I found one here which shows it works in experiments with mice! [www.sciencedirect.com/science/article/abs/pii/S0021915013001354](http://www.sciencedirect.com/science/article/abs/pii/S0021915013001354) I may have to add more of that powder to the drink... am not sure how much he is getting since I mix it with other things. Will have to take a more careful look into it. I appreciate the suggestion!

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## Almond

My dear grandmother may have lived longer if she had not been so fond of sweets. However, as a farm woman, she always had raw milk, her own eggs and fruit from her trees, esp. apples, pears and mulberries. She continued to eat butter when margarine was still considered healthy. We used to all wait for January 2 when a local pork producer would sell off their "private reserve" hams and bacon--these were not the usual commercial product. They were excess products of special recipes after they had all that was needed by their extended family... a much higher quality meat than the ones they sold to markets. Beef came off their own farm.

My grandfather was very proud of the heirloom corn he grew. He saved his seed. Whenever anyone visited, he would pull an ear out of the corn bin and ask if they had ever seen such nice corn. Naturally, there was no concern about toxic ag chemicals (or GMO feed) when manure from healthy cattle was applied to fields. My grandmother lived to 83 years, which exceeded the life expectancy of her time. Perhaps more significant, she was active every day of her life until she sat down one day and died. This article reminds me that she would say, "Doctors don't know everything." She had a lot of country wisdom.

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## ter94711

Almond you say your grandmother may have lived longer if she not been so fond of sweets. My aunt died four years ago at the age of 107 and the sweet tooth of a child. Even when I was growing up and my mother would call her and ask her what she had for dinner, sometimes she would say ice cream. Life is a crap shoot, some folks live to over 100 and never smoked or drank, then others have their bourbon and cigar everyday.

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## Almond

ter... My grandmother had a blood sugar disorder. I don't know if it was full blown daibetes.

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## ms.libby

Hallmark symptom of hypothyroidism is a heightened cholesterol level. Check there first before going on statin meds (pharmaceutical or natural). Just taking low dose Armour thyroid lowered my cholesterol levels 50 points. Meanwhile all other associated blood levels were normal (including, triglycerides, c-reactive protein, etc....). Plus I was normal weight and fit. No reason to have a high cholesterol level but there it "was" plus I was short of breath. Thankfully I had a smart environmental doctor who used bio-meridian testing to ascertain that I would benefit from taking thyroid hormone, and this was when seeing a handful of other doctors, including 2 endocrinologists, missed it totally.

One even suggested that I had Lupus. Good grief. That was 30 years ago and now in my early 60's I feel better than in my early 30's. And yes, I avoid PUFA's, and all the "rest" that inhibit thyroid function. All my life I've eaten well, grew up on a ranch with fresh fruits/veggies from an organic garden, and ate naturally raised meats/eggs. And so it goes, sometimes genetics prevail despite doing it all right. Last, I do take iodine and benefit greatly from it. But it must be respected, so learn about it before trying it.

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## LSquare

The NYT just had an iPhone-notification article on cholesterol. I have a subscription for this past year, only because of their huge recipe database and food articles. Yes, it pushes statins, along with exercise and diet, but if you have access to it, please go read the comments section. It's like a Bizarro-World or Opposites Day at Mercola.com. Someone said, with authority, that even vegetarians are very unhealthy, as eggs and dairy are two of the most-proven toxic foods. I left a couple of comments here and there that will probably be censored-out and rejected. But, I felt myself becoming dumber and dumber the more I read and had to stop, finally just saying let's live and let live.

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## depadoo

Probably need to get a crp done. Last was 14.5 which is slightly over norm. But considering it was 158 ten days prior when admitted to hospital for pneumonia and covid I think it will be normal. My ratio is 3.5. Good is really low and bad & total is slightly high in "their" standards. My tsh is now borderline and all the rest well within normal. TSH was 19 but again during covid. Even more now I feel I've been correct refusing meds for thyroid and cholesterol. My only "symptoms " are these 3 blood results. Otherwise doctors admitted I'm asymptomatic. This website and the many people contributing validate what I have always believed about my health...I need to advocate for myself. Off topic my doctor who pushed for the jab just said we may have jumped the gun. Too bad the damage has been done to those who blindly followed.

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## joeanddonna

The year I turned 50 (21 years ago) I became very ill. 7 doctors and 21 diagnostic tests revealed nothing. Via Dr. Mercola's health articles I ultimately diagnosed myself...I had leaky gut. It was absolutely terrible in that I felt awful all the time...very low energy and stamina, lousy sleep, brain fog, severe muscle cramps in the night; constipation, and brown urine. In line with Dr M's healthcare advice here is what I did and the sequence: first I treated my gut with a probiotic that worked! (Mercola Complete Probiotics); eliminated wheat and legumes from my diet; switched to whole and organic foods; increased consumption of red meat over chicken; increased sun exposure; brought more Omega 3s into my diet; then it was magnesium, ubiquinol, vit B & C; then came fermented foods (veggies and creams) along with the good fats; and found restful sleep via cannabis "gummies".

Ultimately I went to eating only within a 7 to 8 hour window. It took 13 years, but slowly but surely I assisted my body in its repair. By then I had hypothyroidism and erosive osteo-arthritis (with a great deal of joint breakdown). But there was one thing I still couldn't recover, and that was my energy. For the entire 13 years I suffered terrible chronic fatigue. Then Dr. M. advocated juicing and I tried it. In 3 months I lost 30# of belly fat (12 pant size to 8) and to my elated surprise my energy returned!

I continue to follow all strategies noted here to this day, have tons of energy, walk 3 miles in 50 minutes, and doing well to adapt (knock-on-wood) to the aging process. This is why I attribute Dr. M. for saving my life. I buy his products only as they are superior. Other than Armour Thyroid and Hydroxiqluquine (for the erosive osteo-arthritis), I take no other pharma. My docs want me on auto-immune drugs but I have refused the entire time and will continue to do so. It would be 5 drugs daily. Not one doc has ever recommended Vit D. Stick w/Dr. M. folks, that's my advice.

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## pjucla

So many people get placed on cholesterol meds is unfortunate. Never ever do some of these doctors look at inflammatory markers . Great article!! Thank you Dr. Mercola.

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## stoneharbor

So as Dr. Mercola says, about the best marker of cardiovascular health in terms of a lipid panel is the triglyceride/HDL ratio. Here's more on that ratio, and how to improve it with your diet (lower carbs) and exercise (more aerobic) plan: [philmaffetone.com/tg-hdl-ratio-the-blood-fat-number-to-know](http://philmaffetone.com/tg-hdl-ratio-the-blood-fat-number-to-know) Note that the trig/HDL ratio to try to achieve is somewhere less than 2. For instance, if you triglyceride level is 150, then you should try to have the HDL measurement at least at 75 or greater. ( $150/75 = 2$ ). A lower triglyceride level or a higher HDL level would be even better (say  $120/80 = 1.5$ ).

But many people who's LDL is carrying around lots of triglycerides (over 300 ng/ml) and have low HDL readings (sometimes around 50) end up with a trig/HDL ratio of over 6 ( $300/50 = 6$ ). Note that this article's paragraph of "Cholesterol ratios" above said that for "For your triglyceride/HDL ratio divide your triglyceride total by your HDL. The ideal percentage is below 2%". It should have said "The ideal ratio is below 2."

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## Guillermou

Good point stoneharbor. We must consider insulin resistance (IR) as a major threat to global health. IR, which is closely related to metabolic syndrome (MetS), has been associated with the so-called Western lifestyle, characterized by the consumption of high-calorie foods, limited physical activity, and excessive stress. IR has been widely associated with chronic low-grade inflammation and the production of proinflammatory cytokines, such as tumor necrosis factor (TNF-), interleukin (IL)-6, IL-8, activator inhibitor of plasminogen-1 (PAI). -1) and monocyte chemoattractant protein-1 (MCP-1); Its increased production is accompanied by elevated levels of C-reactive protein (CRP).

IR can be evaluated with several indices, such as fasting insulin levels, homeostasis model assessment-insulin resistance (HOMA-IR), the ratio of serum triglycerides to serum high-density lipoprotein cholesterol, as well as as by the more recently proposed clinically valuable IR indices, triglyceride-glucose neck circumference and the neck circumference-to-triglyceride-glucose ratio. IR alone has been established as a separate risk factor for cardiovascular events, even in patients without diabetes mellitus. . [pubmed.ncbi.nlm.nih.gov/34132976](http://pubmed.ncbi.nlm.nih.gov/34132976) (2021).--  
[pubmed.ncbi.nlm.nih.gov/23300589](http://pubmed.ncbi.nlm.nih.gov/23300589) (2012).-- [pubmed.ncbi.nlm.nih.gov/33812373](http://pubmed.ncbi.nlm.nih.gov/33812373) (2021).---

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## **depadoo**

Well guess I do have to reevaluate. I was told 3 was good by my cardiologist. Next appointment after being indoctrinated by the cardiology dept that the ratio test means nothing lol

Posted On 02/03/2024

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## **Stephjask**

Oxy-Hydrogen gas Inhalation together with hydrogen saturated water is the best remedy for this condition. It is 100% safe too.

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## **DocTwinkle**

Stephjask - For which condition? Heart disease? Does it reverse plaque buildup?

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## **robert4217**

In the article "Cholesterol Isn't the Problem in Heart Disease: Inflammation Is" you suggest a triglycerides/HDL ratio of <2%. To achieve this, your triglycerides would have to be extremely low OR your HDL would have to be extremely high??

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## seastars

Don't forget to add the LP(a) or lipoprotein little 'a' test to your labs. More docs are including it. 20% of population has this genetic marker. It, unfortunately, is a huge HD risk and not much can be done about it. But one can control their APO B, and other lifestyle markers which could help. Certain drugs now are under study. One, PCSK9 (?) is available but at a very high cost.

Posted On 02/04/2024

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## Stephjask

DocTwinkle - Oxy-Hydrogen Gas addresses the root cause of so many diseases - namely inflammation, as well as in many more ways too numerous to discuss here. If you are truly interested, there are lots of information and links to research papers on the website [molecularhydrogeninstitute.org](http://molecularhydrogeninstitute.org) Also a research paper by a UK based European researcher here. [www.emjreviews.com/respiratory/article/oxy-hydrogen-gas-the-rationale-..](http://www.emjreviews.com/respiratory/article/oxy-hydrogen-gas-the-rationale-..) There are very few books on the subject, but I would recommend Molecular Hydrogen for Medicine by Yuh Fukai, Molecular Hydrogen by Grace Russell, Hydrogen Medicine by Dr. Mark Sircus, The Hydrogen Health Revolution by Nicholas Nesbit, Molecular Medicine by Dr. Jane Judeson, Essentials of Hydrogen Medicine for Adults by Dr. Sandra Almeida, Hydrogen Therapy for Inflammatory Diseases, by Dr. Sandra Almeida.

Additionally, there exist several previous articles in the Mercola Archive if you have access to it. I suspect that Hydrogen Medicine has not made the headlines that it should have had is because, being non-patentable, non-addictive, completely safe and natural, Big Pharma suppresses any information and publicity through its control of the legacy news and media organisations. Their misinformation mouthpiece Wikipedia has no comment on it , probably because they cannot find a way to denigrate it.

Posted On 02/04/2024

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## DocTwinkle

Thank you, Stephjask - I had read about molecular hydrogen therapy in Dr. Sircus' newsletters and also Mercola, but had not heard of oxy-hydrogen gas. I imagine that the next challenge will be finding places that offer such therapies in eastern Pennsylvania! I will definitely check it out some more!  
Thank you!

Posted On 02/04/2024

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## gup5336

Hi Gui, there no benefit from Omega 3s they damage white blood cells thus bring down inflammation initially, but you only go far before massive damage occurs. See: [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 02/03/2024

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## KLowe44

I'm digging deeper into my own recent battery of tests that revealed higher than normal hCRP (10!), higher LDL (all particle sizes) and new TPO antibodies meaning Hashimotos. All other markers (and Dr. Mercola's ratios) are within functional ranges. Could the Hashi's be inflammatory enough to raise hCRP? I'm gluten (not grain) free but maybe I need to repeat food sensitivity testing. Interestingly, my magnesium was high...

Posted On 02/03/2024

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