

**umfuli**

I have slowly worked up to one meal a day at 1400 and two glasses of red wine in the evening. I am at ideal weight, zero medications, no jabs since before 1965, perfectly mobile at eighty years old. I expected to die at 65like many long term pilots do, but then I discovered Dr Mercola and learned about health.

Posted On 02/24/2024

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## Guillermou

Good medicine, umfuli. Yes, flight pilots are subject to ionizing radiation and shift changes that can alter their health. Aircrew (composed of flight attendants, pilots or flight engineers/navigators) are exposed to cosmic ionizing radiation (CIR) at flight altitude, which originates from solar activity and galactic sources. These exposures accumulate over time and are considerably higher for aircrew compared to the general population, and even higher compared to US radiation workers. CIR is composed of galactic cosmic radiation (GCR) that originates in outer space created by distant explosive events such as supernovae, and solar cosmic radiation (SCR) which is created by solar activity and characterized by solar particle events (SPE) Many epidemiological studies conducted in aircrew have observed higher rates of specific cancers compared to the general population.

This review focuses on cancer incidence and mortality observed among aircrew in epidemiological studies in relation to CIR exposure. [www.ncbi.nlm.nih.gov/.../PMC9723364](http://www.ncbi.nlm.nih.gov/.../PMC9723364) (2022).-- This review synthesizes findings on the biological mechanisms underlying many of the anticancer effects of CR, with emphasis on the impact of CR on growth factor signaling pathways, inflammation, cellular and systemic energy homeostasis pathways, vascular perturbations and the tumor microenvironment.

These CR response pathways and processes represent targets for translating CR research into effective human cancer prevention strategies.

[cancerandmetabolism.biomedcentral.com/articles/10.1186/2049-3002-1-10](http://cancerandmetabolism.biomedcentral.com/articles/10.1186/2049-3002-1-10)

Posted On 02/24/2024

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## grulla

I appreciate that you use universal/military time (1400). If the whole world did that, there would be a lot less confusion. :-)

Posted On 02/24/2024

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**sue2613**

I always wondered why Flight Attendants live longer than pilots. Another problem is that pilots sit for long periods. Some balance this with exercise but some do not.

Posted On 02/24/2024

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## **Guillermou**

The effects of high-dose IV vitamin C on prolonged fatigue associated with COVID give positive results in fatigue, sleep disorders, poor concentration, depression and pain. The antioxidant, anti-inflammatory, endothelium-restoring, and immunomodulatory effects of high-dose intravenous vitamin C could be a suitable treatment option. In these studies, improved oxygenation, a decrease in inflammatory markers and a faster recovery were observed and reduced risks of severe courses of the disease, such as pneumonia, and also mortality. [www.mdpi.com/.../1154](http://www.mdpi.com/.../1154) (2021).---- [www.frontiersin.org/.../full](http://www.frontiersin.org/.../full) (2022).---- [www.frontiersin.org/journals/pharmacology/articles/10.3389/fphar.2022...](http://www.frontiersin.org/journals/pharmacology/articles/10.3389/fphar.2022...) (2022).-- Studies imply that after the acute phase of COVID-19, the disease is dominated by pro-inflammatory immunopathological elements.

Supplementation with L-Arginine plus Vitamin C has beneficial effects on Long COVID, in terms of attenuating its long-term symptoms. [www.sciencedirect.com/.../S104366182200305X](http://www.sciencedirect.com/.../S104366182200305X) (2022).----- [www.mdpi.com/.../4984](http://www.mdpi.com/.../4984) (2022).--- Studies analyzing immune deregulation in patients with long COVID have observed alterations in T cells, innate immune cells, elevated expression of type I and III interferons, as well as a series of cytokines and tumor necrosis factor.

Long COVID is also associated with endothelial dysfunction with increased risk of large and small vessel thrombosis, alterations in red blood cell size and stiffness, and capillary network decreases in tissues that can contribute to tissue damage in numerous organs. Vitamin D can help. [academic.oup.com/jcem/article-abstract/109/1/e430/7190766?login=false](http://academic.oup.com/jcem/article-abstract/109/1/e430/7190766?login=false) (2023).--- [www.medigraphic.com/.../resumenl.cgi](http://www.medigraphic.com/.../resumenl.cgi) (2024).---

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## Guillermou

The great relevance of long COVID and its enormous impact on health and the multiple evidence discussed in this study suggest that dysbiosis could be playing a fundamental role in the pathogenesis of the disease. [www.mdpi.com/.../1330](http://www.mdpi.com/.../1330) (2024).--- Up to half of people who have had the disease carry antibodies that can alter the immune system and create autoimmune reactions. Reactions that can also be caused by vaccines. [www.nytimes.com/es/2023/11/27/espanol/virus-autoimmune-covid.html](http://www.nytimes.com/es/2023/11/27/espanol/virus-autoimmune-covid.html) (11/2023).---- These reviews describe the molecular and cellular biomarkers that have been identified to date with potential use for the diagnosis or prediction of long covid.

[www.thelancet.com/.../PIIS2352-3964\(23\)00117-2/fulltext](http://www.thelancet.com/.../PIIS2352-3964(23)00117-2/fulltext) (2023).---- [www.spandidos-publications.com/.../etm.2024.12371](http://www.spandidos-publications.com/.../etm.2024.12371) (202).-- COVID-19 VACCINATION, PAXLOVID, FAIL TO REDUCE LONG-COVID. By PETER MCCULLOUGH, MD. Featured Government "Counter-Measures" Useless in Preventing Long-COVID in the Covid Citizen Science Study [petermcculloughmd.substack.com/p/covid-19-vaccination-paxlovid-do?utm\\_..](http://petermcculloughmd.substack.com/p/covid-19-vaccination-paxlovid-do?utm_..) (01/16/ 2024)

Posted On 02/24/2024

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## juststeve

Gui, from a long ago as kid I recognized on warm sunny days makes nearly everything seem alright. Sunburns a definite no way. As a lover of sauna's, always used hot steamy showers or a hot soak in Epsom salt baths, best I could come up with. With Doc's how to using the specialty bulbs a very welcomed go to! Just the Gut Speaking but it may be a good idea to use broken cell chlorella and or Milk Thistle to suck toxic releases too. Something else to consider is, when after one is done with using the sauna proper cleanup is important as toxins will be released in the sweat, so clean is needed not to be contaminated later off residues.

And just a question from the Gut - are there any studies looking at the impact of Omega 6, Seed Oils on the formation of Cataracts? Also one would expect m7k2 would be good to take even if in the sun or the lights, and I'm hearing if calcium, zinc or iron is consumed with magnesium, it won't be absorbed? Once again, we see the official dogma falls apart and those things humans have engaged in forever, fresh air, sunshine, engaged with nature and each other are the dominant healers. And we can add heal in enjoyable ways, not dragged along on a pill mill treadmill.

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## Guillermou

Good practices Just, in the phytotherapeutic sauna ancestral knowledge is merged and developed, combining it with the advances and comfort made possible by today's world. In these steam bath sessions, concepts and procedures from various ancient medicines are brought together and combined: the temascal of the Mesoamerican area, the importance of the energy channels contemplated by Traditional Chinese Medicine, concepts of the Udvantana massage of Ayurvedic medicine, and the phytotherapeutic knowledge developed by traditional Western medicine. **PHYSICAL BENEFITS OF THE PHYTOTHERAPEUTIC OR TEMASCAL SAUNA:** 1) Effects on the respiratory system. The phytotherapeutic sauna acts directly on the respiratory system, being suitable for treating cough, bronchitis, asthma, sinusitis, allergic conditions, etc.

2) Effects on the circulatory system. There is an increase in blood circulation, reaching the most remote places of the body. Blood vessels dilate significantly, facilitating the expulsion of toxins from the body to treat problems with diseases related to circulatory deficiencies. 3) Effects on the nervous system. During a bath session, relaxing and stimulating effects are produced for the body that help treat ailments and disorders such as stress, insomnia, nervous tension; in addition to acting on a psychological level, allowing personal emotional problems and tensions to be externalized.

4) Dermatological effects. It also tones and hydrates the skin, helping to eliminate impurities and promoting cell renewal that promotes greater luminosity of the epidermis. 5) The phytotherapeutic sauna is also convenient for conditions related to internal cold and is of great help, especially in the treatment of female disorders. It causes heat in the ovaries, fallopian tubes and uterus, it is indicated in infertility, pregnancy, post-pregnancy, milk purification and fluidity.

[www.institutovalencianodeterapiasnaturales.com/terapias/sauna-fitotera..](http://www.institutovalencianodeterapiasnaturales.com/terapias/sauna-fitotera..)

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## Guillermou

As you know, Just, the human consumption pattern of total fats and the type of fatty acids has changed dramatically. Higher consumption of omega-6 fatty acids is known to improve inflammatory mechanisms, which is why it is attributed to causing complications associated with many chronic diseases. Fatty acids in the diet determine the fatty acids in the tissue, which in turn influence the incorporation of other fat-soluble molecules such as lutein into the lens. Furthermore, fatty acids by modulating the expression of inflammatory genes and the generation of eicosanoids regulate inflammation. There is a need to understand the cumulative effect of lutein and fatty acids in modulating oxidative stress and inflammation in cataractogenesis.

Studies have shown that supplements containing vitamin C, vitamin E, and carotenoids improve cataract risk factors. Evidence has suggested a possible role for lutein in reducing the risk of cataracts. The antioxidant effects of lutein along with its ability to minimize blue light reaching photoreceptors may be attributed to its cataract preventative properties. The effectiveness of lutein in modulating cataract risk depends on several factors that can enhance or hinder the effect of lutein. Omega 3 fatty acids and carotenes favor the action of lutein.

Numerous studies demonstrate the anti-inflammatory and protective attributes of these compounds, based on many different mechanisms. One of them is the regulation of the redox potential of cells and its impact on the expression of linked genes. In the prevention of eye diseases, an important gene regulated by lutein and zeaxanthin is the Nrf2 gene, whose increased activity leads to optimization of the cellular response to reactive oxygen.

[www.sciencedirect.com/science/article/abs/pii/S0006291X18308775](https://www.sciencedirect.com/science/article/abs/pii/S0006291X18308775) )2018).---

[www.infona.pl/resource/bwmeta1.element.agro-3c691167-4bd7-4a06-a5bb-9d..](https://www.infona.pl/resource/bwmeta1.element.agro-3c691167-4bd7-4a06-a5bb-9d..) (2023).---

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## caws

Paxlovid was always going to fail as it is a TRIPLE FLUORINATED drug just like antifungal Voriconazole which works but is deadly. All F drugs cause more damage in the long run because elimination is never complete. At least one third of pharmaceuticals since 1986 have F added so they will go in faster, longer, stronger, deeper and cheaper ;for drug company not you. ALL have cheaper safer alternatives. Knowing how important the sun is for our health is it any wonder the globalists have been blocking it for decades with "geoengineering" [aka chemtrails]? I have paid a microscopist for the last seven years to look at my blood ,spit & urine under very high power scope since I have had LYME & BABESIA 3 times.

While I have killed off that and most of the parasites & fungus [not all] ; the new stuff she is seeing in everybody that was never there before and we cannot identify is frankly scary and disheartening. She has also confirmed what Dane Wigginton has said about the graphene oxide and other strange things in the rain from spraying. MY husband built me a near infrared sauna in one of our closets using 6-250watt chick brooder bulbs on a post front & back so I don't even have to turn around. Wish I could post a picture. With the lights on and the doors shut it looks like a portal to Hades but makes you feel like heaven afterward. Homemade it only cost about \$350.

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## Guillermou

Yes, caws. What is Paxlovid for?: to increase the profits of the pharmaceutical Mafia and cause serious side effects that are added to the biological weapons called vaccines, also causing resistance to treatment and probably mutations of the Whuan coronavirus. What is Paxlovid not used for? To prevent transmission and ensure that you avoid being infected again by COVID-19. Then we wonder where are the preventive and primary treatments recommended by Dr. Mercola and prominent scientific defenders of true science, which defends health, not disease and attacked by BigPharma and government institutions.

Humanity is subjected to a continuous fraud that nullifies the immunity of Pfizer CEO Albert Bourla and the other actors of Big Pharma, with Fauci at the head, involved who must be tried and convicted. Pfizer represents the venom of the snake due to the pharmaceutical giant's history of fraud and criminality. Pfizer's antiviral drug Paxlovid, a combination of the two antiviral drugs nirmaterlvir and ritonavir, has been linked to cases of blood clots These two medications have their own significant risks, as ritonavir alone can cause serious and life-threatening side effects, such as inflammation of the pancreas (pancreatitis), heart rhythm problems, severe skin rash, allergic reactions, and liver problems.

Ritonavir may also reduce the effectiveness of oral hormonal contraceptives. Additionally, animal studies on the antiviral drug also suggested that it could raise cancer risk at high doses. With all these drawbacks, the FDA, in coexistence with the pharmaceutical industry, allowed Paxlovid administered orally "for the treatment of mild to moderate COVID-19 in adult and pediatric patients 12 years of age with a positive test for SARS-CoV -2

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## Guillermou

But a study published in the Journal of the American College of Cardiology reported that use of Paxlovid "with medications commonly used to manage cardiovascular conditions can potentially cause significant drug interactions and may lead to serious adverse effects.

[www.jacc.org/.../j.jacc.2022.08.800](http://www.jacc.org/.../j.jacc.2022.08.800) (10/2022) The Daily Mail also showed other potential risks when Paxlovid is taken with other medications for cardiovascular conditions, causing the risk of developing blood clots to increase when taken with blood thinners. It can also cause an irregular heartbeat when combined with heart pain medications and, when taken along with statins. The FDA for Paxlovid also warning that patients could die if they take the drug along with other interacting medications, including anti-seizure medications, medications for irregular heart rhythms, medications for high blood pressure and high cholesterol, antidepressants, and anti-anxiety medications, steroids, HIV treatments, blood thinners, and erectile dysfunction medications." [www.dailymail.co.uk/health/article-11307139/PAXlovid-Pfizers-Covid-dru..](http://www.dailymail.co.uk/health/article-11307139/PAXlovid-Pfizers-Covid-dru..) (10/2022) [www.zerohedge.com/markets/severe-adverse-effects-doctors-warn-pfizers-..](http://www.zerohedge.com/markets/severe-adverse-effects-doctors-warn-pfizers-..) [www.naturalhealth365.com/the-gift-that-keeps-on-giving-pfizers-paxlovi..](http://www.naturalhealth365.com/the-gift-that-keeps-on-giving-pfizers-paxlovi..) (10/23/2022)

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## nonibaby54

I had a lingering lung issue after curing covid with ivermectin . Ten days went by and this lung thig wouldn't go away . I tried four drops Oil of Oregano in a soup bowl of boiling water and a towel over my head three times in one day . That lingering sickness in my lungs cleared up and never came back .

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## Sherryld

Dr Mercola had an article about NAC and its benefits one of them relieving respiratory symptoms. My daughter was having some respiratory issues after a cold virus and her naturopath recommended the following and it cleared her right up

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## Ronald\_H

I wonder about cause and effect as there are too many variables. I've sunbathed seasonally and regularly over the years and my health is phenomenal and better than everyone I know by a lot including all on my bicycle racing team. My guess are all aspects of healthy living are supportive yet genetics is the major determining factor mainly because I didn't previously know what I learned from reading Mercola.com articles for two decades and still had amazing health and athletic performance advantages. Indications are that I will have a very long life.

Posted On 02/24/2024

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## epi-cure

Yeah, you might outlive everyone. Imagine that :- )

Posted On 02/24/2024

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## Segstar

Ronald you don't post your coordinates anymore, so I'm guessing you found a nice gal pal lol..cheers

Posted On 02/24/2024

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## farmercist

Since it's venom, just use a nicotine patch to free up the nicotinic receptors.

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## Guillermou

Nicotine patches are also used for Parkinson's. Accumulating evidence suggests that nicotine, which stimulates nicotinic acetylcholine receptors, may have therapeutic value in Parkinson's disease. The beneficial effects can be several. One of them is a protective action against nigrostriatal damage. This possibility arises from the results of epidemiological studies that consistently demonstrate an inverse correlation between tobacco use and Parkinson's disease. This reduced incidence of Parkinson's disease has been attributed to the nicotine in tobacco products, at least in part, based on experimental work showing a protective effect of nicotine against toxic insults. Second, several studies suggest a symptomatic effect of nicotine in Parkinson's disease, although the effects are small and somewhat variable.

Third, recent data in non-human primates show that nicotine attenuates L-dopa-induced dyskinesias, a debilitating side effect that develops in the majority of patients receiving L-dopa therapy. Together, these observations suggest that nicotine or CNS-selective nicotinic receptor ligands hold promise for Parkinson's disease therapy to reduce disease progression, improve symptoms, and/or decrease L-induced dyskinesias. -dopa. [www.ncbi.nlm.nih.gov/.../PMC4430096](http://www.ncbi.nlm.nih.gov/.../PMC4430096) (2008).—

[www.preprints.org/.../v1](http://www.preprints.org/.../v1) (2024).---

[lucris.lub.lu.se/ws/portalfiles/portal/139260210/Avhandling\\_Kajsa\\_Brol..](http://lucris.lub.lu.se/ws/portalfiles/portal/139260210/Avhandling_Kajsa_Brol..) (2024).---

Posted On 02/24/2024

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## montrealep

Rubylux is another source of near IR bulbs and they are much more affordable than Saunaspace.

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## epi-cure

I too use RubyLux lights. At first I was going to build an enclosure out of lauan with portals for three lights but then I discovered Vivosun's grow tents. I bought this model that's a bit cramped but gets the job done nonetheless. A couple of milk crates and a cushion for seating and away we go. FYI, apart from the combined therapeutic benefits of these items I have no vested interest in either merchant.

[vivosun.com/vivosun-3x3-mylar-hydroponic-grow-tent-for-indoor-plant-gr..](https://vivosun.com/vivosun-3x3-mylar-hydroponic-grow-tent-for-indoor-plant-gr..)

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## airsurfer

I think it is not constructive to attribute variations of illness to one single cause, which has never been proven to exist. Really. Amongst all the other proven and probable causes of illness (pollution, emf etc), they choose the one that doesn't exist. So they'll make up the cure as well. Illnesses are just a list of symptoms amongst which you must have some to be classified as having the illness. It doesn't prove anything besides taking into account the symptoms you have, and often afterwards forgetting about those symptoms that led to the diagnosis.

So with different symptoms, different causes, we get classified as all having the same illness. And then the story says that we all express the same illness differently. Not impossible, but not at all the best approach to come to a good account of what is really going on. Very much open to errors, misinterpretations, industry interference etc. Why not just account each symptom without fantasizing others to make you 'fit' into an illness?

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## airsurfer

It could be argued that 'long covid' is just reacting to whatever environmental change they implemented during the lockdowns. If you're already doing all you can, you won't get any more improvement. Healthy guidelines sure improve the life of those who didn't know (or apply) them before, but all conditions being equal, you shouldn't be less healthy than before. It's getting near impossible to escape all the electrosmog, all the radiation (neurological symptoms). Stuff that doesn't require physical contact anymore, relies on some form of radiation...

see? They implement infrastructure (beside poisonjabs) that cause the illness no-one had, that cause the problem that didn't exist. The illness simply cannot completely go away if you don't fight the conditions that cause it. It annoys me that there are so many who never break loose, once locked in fear, they stay in fear despite overwhelming evidence and logic to the contrary. Thanks everybody who value truth/love.

Posted On 02/24/2024

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## fasth

See UMedianetwork.com Death by Deception. Dr Bryan Ardis and Dr Tau Braun COVID and COVID shots contained cobra and snake venom. PCR tests looked for venom. Number of wastewater test sites has quadrupled since incidence of COVID has been dropping. The next pandemic will likely follow the same playbook. Advice on how to prepare

Posted On 02/24/2024

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## jaycee1

How come now when anyone is "sick", it is always "COVID"? Not the "flu", not a cold,...

Posted On 02/24/2024

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**rrealrose**

Extended tv brain washing leads to misdiagnosis.

Posted On 02/24/2024

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**MysticTuba**

It's part of the propaganda, and people have been indoctrinated to take a "covid test" that is going to come back positive no matter what you have. I did actually "catch covid" (do NOT go on a cruise ship) and it was distinct from anything else I've ever had. Very, very odd illness. Took months to get my smell back, and I think it is still not 100% back; I always had an extremely sensitive sense of smell, and now I do not. I had ivermectin with me but didn't know about using a neti pot with iodine, and possibly would have not been sick at all if I had that with me.

Was sick about a week (the entire cruise,) but didn't "feel sick" in the way I would with a bad cold or the flu. Just kept having to get on the floor from low blood pressure, threw up one day with what looked like congealed blood (both ends at once.) And kept retching when nothing in stomach, even on the plane home. Very, very odd illness. With me, last August, no lung problems whatsoever. (I play wind instruments and am quite aware of lung function.) I took the cruise (first AND last cruise ever) because I wanted to see Alaska.

Well, I did get to "see" Alaska out the window from my bed. For about \$3000. Do NOT get on a cruise ship; I don't know what covid is, but I'm guessing at least half the ship had the same symptoms I did, and they did not resolve once I left the ship, either. I had wondered if my room was near the wifi router but haven't been able to find out. Whatever it is, it is not like anything else out there.

Posted On 02/24/2024

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## **brianallen1**

Mystic, your ship most likely had strong 5G. It matters not where the nearest router is. Do you remember the cruise ship debacle in early 2020 when people were so sick they couldn't dock? Those were the high end ships trying out their 5G. How else could such a large percentage of people become ill while staying in their cabin and magically cured after the cruise?

Posted On 02/24/2024

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## **wns115**

I know right?!

Posted On 02/24/2024

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## **well4life**

We've noticed this also here in Australia. It's so frustrating! Still asking for 'Rat tests' before entering an aged care home, all masks for some hospital visits. Easy to see how deceived so many are and that's it's not at all ended. :(

Posted On 02/25/2024

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## **MoMac46**

Jaycee - thats true - my neighbour said to me yesterday he has covid when its just a cold. Its still winter here in Scotland. It was sunny this morning then the chemtrails came. We get little enough sun as it is, why block it. Dr Mercola's advice has always helped me. I have a small out building that I am going to try to convert into a sauna with Dr.M's suggestions of near IR bulbs etc, I have never had a sauna in all my 78 years so its worth a try.

Posted On 02/25/2024

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## chrisphillips

not suffering covid issues but love my thermal life far ir sauna. crippled up a bit with RA so cannot exercise to sweat phase anymore...love how the sauna makes me feel so relaxed and enlivened... great to help ward off impending illnesses...have only gotten 'sick' once in the 13 years i have used it. and also a big fan pf TRE for years now...feels so right.

Posted On 02/24/2024

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## Guillermou

According to information from Dr. Mercola, saunas include better cardiovascular fitness and fewer cases of all-cause mortality, lower blood pressure, lower risk of dementia, more optimal mental health, better immune function, greater athletic endurance, and less inflammation. , stem cell activation, greater insulin sensitivity and fewer stress hormones In this review, we present evidence showing that near-infrared light, both present in sunlight, could explain the associations between sunlight exposure and better health status. Body irradiation with red and near-infrared light, or photobiomodulation (PBM), has demonstrated beneficial effects in chronic diseases.

[www.sciencedirect.com/.../S1568163720302245](http://www.sciencedirect.com/.../S1568163720302245) (2020) Photobiomodulation therapy can manipulate the plasticity and secretome (secrete cytokines and receptors that are capable of modifying the immune microenvironment) of bone marrow-derived multipotent mesenchymal cells (MSCs) to turn them into an extraordinary anti-inflammatory and osteogenic instrument.

which extends to conditions such as neurodegenerative diseases, immunological disorders and various forms of osteopenia. MSCs are a source of interest due to their capacity for self-renewal, giving rise to three different progenies: osteoblasts, chondrocytes and adipocytes. The functional decline of bone marrow-derived MSCs in aging is supported by compromised mitochondrial metabolism due to telomere attrition. [journals.sagepub.com/.../20417314221110192](http://journals.sagepub.com/.../20417314221110192) (2022)

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## Guillermou

PBM, effectively mitigates mitochondrial dysfunction, reactive oxidative stress, inflammation and gut microbiota dysbiosis, all of which are inherent to chronic kidney disease (CKD). Preliminary studies suggest benefits of PBM in multiple diseases, including CKD. This review will provide a concise summary of the underlying mechanisms of action of PBM and its potential therapeutic effects on CKD. [www.mdpi.com/.../htm](http://www.mdpi.com/.../htm) (2022) Molecular hydrogen maintains genomic stability, mitigates cellular senescence and telomere maintenance, inflammation and regulates the nutrient-sensing mTOR system, autophagy, apoptosis and mitochondria, which are factors related to aging such as disorders neurodegenerative diseases, cardiovascular diseases, lung diseases, diabetes and cancer. Concomitant treatment with H<sub>2</sub> and PBM for one week significantly improved Unified Parkinson's Disease Rating Scale scores. [www.hindawi.com/.../2249749](http://www.hindawi.com/.../2249749) (2022)

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## SpiderTaxi

I bought a HealthMate Sauna in 2010, and of course it is a FIR sauna. When I researched into NIR, I purchased a Sauna Space panel and converted my HealthMate and sent photos to Brian Richards for his website. Its unfortunate that the price of the panel and his products including the bulbs have more then doubled. I feel its very difficult for anyone who has a normal job and family to afford these items that were once reachable, and now its insane that the stool and table that cost me \$150 each is close to \$400 each, not to mention the panel and bulbs.

I understand that businesses have to make money, I guess I am fortunate that I saw the value of the items back in the day when they were equitably affordable . I'd like to know from anyone, when I take even one drop of the Methylene Blue, I get a very dull feeling and then a headache. Its quite apparent its from the MB and nothing else as I take this in the morning. Does anyone else get headaches? I have started and then stopped this several times and feel that its not right for me.

Posted On 02/24/2024

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## **wns115**

I bought from Comfort Sauna at a fraction of the price (also found replacement red bulbs on ebay with \$16 each...)

Posted On 02/24/2024

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## **bpm4539**

wns, are you talking about this Sauna Comfy? At nearly \$800, it is still out of reach.

[www.saunacomfort.com/.../comfy-4-light-array-with-bulbs](http://www.saunacomfort.com/.../comfy-4-light-array-with-bulbs)

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## **preverror**

After I started using low dose Methylene Blue, I started getting mild visual distortion - a slight double vision when reading. Like you, I started and stopped several times with the same results, and then decided it is not right for me.

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## TonyRyan

Some fifteen years ago, Dr Joe Mercola saved my life by nudging me away from processed and toxic foods, and instead adopting a healthy lifestyle; advice that nobody else was giving at the time. I commenced research and found the curriculum for dietitians and nutritionists came from the grocery industry. As a researcher, I turned my skills to the sickness industry and food nutrition. I discovered that my good doctors were members of the medical mafia. I then discovered the fraud of vaccines, the Bill Gates democide agenda, dangerous exercises and sensible versions, 20 cures for cancers, and the then looming scamdemic. So thank you, Joe. Now, what I want to know is what can be taken along with one Ivermectin tab per day, to hold cancers at bay.

Posted On 02/24/2024

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## CocoaCin

[substack.com/@fenbendazole](https://substack.com/@fenbendazole)

Posted On 02/24/2024

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## LadyLifeGrows

One of my dearest friends lived to 91, with long brown hair with only a few silver strands in it. She ate one meal a day.

Posted On 02/24/2024

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## Guillermou

People with metabolic diseases are at greater risk of severe C-19 disease. The objective of this meta-analysis was to compare the effectiveness of different intermittent fasting (IF) regimens for weight loss, in the general population, and compare them with traditional caloric energy restriction (CER). concludes that IF is comparable to CER and a promising alternative for weight loss. Three databases were searched from 2011 to June 2021 for randomized controlled trials (RCTs) evaluating weight loss and FI, including alternate-day fasting (ADF), the 5:2 diet, and time-restricted feeding (TRE).

Among the three regimens, ADF showed the highest effectiveness in losing weight, followed by CER and TRE [onlinelibrary.wiley.com/.../oby.23568](https://onlinelibrary.wiley.com/doi/10.1111/oby.23568) (2022).--- Dietary restriction interventions include calorie restriction (CR) and intermittent fasting (IF) strategies. CR is the reduction of calorie intake by 30% to 40% without causing malnutrition, improves health and increases life expectancy in many model organisms. An alternative to CR is intermittent fasting, another DR intervention popular since ancient times in the form of religious fasting that is now being scientifically explored for its ability to impact metabolism in a beneficial way to reduce age-related ailments and health in general.

physiology. IF exerts its action by activating bioenergetic sensors and genes associated with longevity such as AMPK and sirtuins. Some of the health benefits of fasting include reducing body weight and obesity, and reducing the incidence of diseases such as cancer, cardiovascular disorders, neurodegeneration, inflammation and metabolic syndrome. [link.springer.com/.../978-981-19-7443-4\\_10](https://link.springer.com/doi/10.1007/978-981-19-7443-4_10) (2023).---

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## Guillermou

Caloric restriction (CR), the reduction of dietary intake below energy requirements while maintaining optimal nutrition, is the only nutritional intervention known with the potential to attenuate aging. Evidence from observational, preclinical and clinical trials suggests the ability to increase life expectancy by 1 to 5 years with improved health and quality of life. CR moderates intrinsic aging processes through cellular and metabolic adaptations and reduces the risk of development of many cardiometabolic diseases. However, implementing CR may require unique considerations for older adults and other specific populations. The objectives of this review are to summarize the evidence that CR modifies primary and secondary aging; present warnings for implementation in special populations. [www.annualreviews.org/doi/abs/10.1146/annurev-nutr-122319-034601](http://www.annualreviews.org/doi/abs/10.1146/annurev-nutr-122319-034601) (2022).---

Posted On 02/24/2024

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## e\_g5680

I have heard and studied a lot in the recent months about the benefits of near infrared light therapy. I have purchased a wide belt wrap device that has 128 led light diodes with wavelengths 660, 830 and 880nm. I am applying this to my back and chest area hoping it will do some good for my COPD. Many scientific papers have been written about the positive outcomes for people with lung issues using this treatment. Guess time will tell.

Posted On 02/24/2024

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## msdmark

Hi great update! What about the JooV red light therapy? They claim to have a Near infrared Light option.

Posted On 02/25/2024

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## versatile

Is there a diagnostic protocol for Long COVID?

Posted On 02/25/2024

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## miaelmore17gmail.com

"Sauna Space uses incandescent heat lamps" ...quote from article; Incandescent bulbs are banned in the US...I have several differen Red and NIR devices they are all delivered by LED diodes. What date was this article written? The ban on incandescent lightbulbs has officially gone into effect in the U.S., more than a decade after the federal government first passed a rule prohibiting the non-energy efficient lighting. In April 2022, the U.S. Department of Energy, under the Biden administration, announced the phaseout of energy-wasting lightbulbs, banning the manufacture and sales of common incandescent lightbulbs starting on Aug. 1, 2023...how is this product even still sold....educate me if I am incorrect. Thank You

Posted On 02/24/2024

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## wns115

LOVE my near infrared sauna! Bought it after listening to Dr. Mercola's interview with the Sauna Space guy...Then I found "Comfort Sauna" with same bulbs, same technology....fraction of the price. I use Methylene blue as well. Still working on the time-restricted eating. I'll need to take all my supplements beginning at 12 noon instead of AM because the supplements act like a meal (especially with the collagen, C60 oil, Black Cumin Seed oil, tablespoon of tumeric, etc. - I am 'full' after my morning supplements...so I will consider taking them at 12 noon - thanks as always Dr. Mercola!

Posted On 02/24/2024

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## Cshellrdh

Does anyone know the effects of Near infrared on someone with breast implants? I heard it wasn't good to heat them up that it could exacerbate bii symptoms.

Posted On 02/24/2024

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