

Alldogsgotoheaven

Very interesting article. I remember when my mother retired. She sat in a chair day in and day out. She would not walk. I had a hard time getting her to go anywhere. I finally told her that I was afraid that she would end up in a bed unable to move in her last years if she did not start doing something. We had a physical therapist come to her house but she refused to get involved. Well she spent the last years of her life in a bed. It was sad. I am trying to make sure that I do not follow her example. I learn so much on this site. Thank you, Dr. Mercola.

Posted On 10/22/2017

Jennycat24

My mother did that too, she just stopped. Wouldn't move. Nothing I could think of would encourage her to move and I tried everything. It is rather a relief to hear of someone else whose mother did the same thing - at least it wasn't due to some undiscovered fault of ours!

Posted On 10/23/2017

stanleybecker

movement has always had a relationship with "being alive" - not moving is the main characteristic of "being dead" - possums and other species including man use the "playing dead" mode to avoid being killed by a predator - the principle of "playing possum" is that you can't kill a living entity more than once- here is a photo of a living possum acting out the role of a dead possum -

photos.travelblog.org/Photos/136021/446532/f/4379759-Playing--Possum-0.. - my point is that possibly there is a scale between activity [being alive] and not moving [playing dead] - that illustrates the intense vitality of a living being - movement utilizes the bodies potential for active participation in muscles/ ligaments/ joints/ cartilage/ tendons - all these are not engaged when sitting still

repose/ reflection/ contemplation are all modes of relaxed thought - this has advantages too - but all these positions are available during walking - so walk and think - this is the best of both worlds - sitting is stationary while walking involves the whole body including the thought processes - "sometimes I think and sometimes I walks and thinks"

Posted On 10/22/2017

stanleybecker

the possum is my attempt to bring in some humor, try again - it was not meant as a personal attack on you - and I am assured by the article that I took the picture from that the possum is still alive - possums are known to be great actors - many humans "play dead" to save themselves when some atrocity/ mass shooting is taking place - presumably, because there is no further satisfaction to the pathological murderer in shooting a dead person - in the novel Dracula, the solution to immortality is to kill the vampire correctly - apparently sunlight turns vampires to dust - sunlight gives me a tan - ha ha

Posted On 10/22/2017

Guillermou

Good morning, Stan. A great perspective of the defense of life and the need for movement. Very important the movement in the function of construction and maintenance of the bony function, with the contribution of calcium and magnesium in the diet, Physical exercise applies a mechanical function on the bone that facilitates its development and the deposition of calcium salts and magnesium, increasing bone mineral density. This would explain why bone mineral density in college women athletes is better than in those who did not play sports.

The type of sport that is practiced, too, is a variable that affects the bone density. The increase in bone mineral density was greater, after a period of 8-12 months of training, in gymnasts than in swimmers and runners. In this way, sports activities with a strong impact, such as gymnastics or volleyball, or those with a medium impact such as running and field hockey, increase bone mineral density more than in athletes who practice non-impact sports such as swimming , or sedentary women.

Strong impact training could also compensate for the negative impact of menstrual abnormalities on women, and inadequate calcium intake on mass, and bone density. The bone health of amenorrheic athletes will depend on several factors such as the duration and severity of menstrual alterations, bone mineral density prior to the appearance of amenorrhea, the type of load on the bone that occurs during sports activity , the nutritional status and the genetic component..

Effects of High-Impact Training and Detraining on Femoral Neck Structure in Premenopausal Women:
www.utpjournals.press/.../ptc.2010-37

Bone mineral density in adolescent female athletes: relationship to exercise type and muscle strength
(2017) journals.tdl.org/.../106

pdfs.semanticscholar.org/645c/bb55d3b7997d6ce66f41438ded8ffe46ccc8.pdf

www.ncbi.nlm.nih.gov/.../PMC1978462

Posted On 10/22/2017

stanleybecker

good morning Gui - thank you for emphasizing the relationship between bone impact and bone density - I was never into high impact sports although rugby was compulsory at school - swimming which you cite as "low impact" has cardiovascular advantages that outweigh the lack of impact - that is why swimming is more suitable for so many people - especially the aged who have retired from hammering the pavement - many injuries from high impact sports that don't occur while swimming or WALKING - osteoporosis might be connected to lack of impact, although walking has medium impact - I am not sure - personally, I have never enjoyed pounding the pavement - all these young people I see engaged in pavement pounding [jogging] might be better employed in bird watching [I am sure there is a pun there] or socializing - sometimes I ask a jogger for the time as I don't wear a watch - they just rudely ignore me - jogging is more important than human values to these millennials

Posted On 10/22/2017

Guillermou

Yes, Stan, what is certain is that movement, and exposure to gravity, is essential. Dr Mercola precisely informs about the astronauts Large studies of astronauts and cosmonauts have shown that there are significant reductions in the serum concentration of Mg, due to microgravity, which causes an accelerated aging process. The loss of functional capacity of the cardiovascular system in spaceflight is ten times faster than the course of aging on Earth. Mg is an antioxidant, and calcium blocker, and in space there is oxidative stress, insulin resistance, inflammatory conditions, significant endothelial lesions, and damage to the mitochondria.

The aging process is associated with progressive shortening of telomeres, repetitive sequences of DNA and proteins, which cover and protect the ends of the chromosomes. Telomerase, can extend the pre-existing telomeres, to maintain the length and chromosome stability. Telomerase lowers, triggers an increase in catecholamines, to the detriment of telomere. Mg stabilizes DNA, promotes DNA replication and transcription, while low Mg could accelerate cellular senescence, reducing DNA stability, protein synthesis and mitochondrial function.

Another crucial function of magnesium is to support the adrenal hormone cascade in times of stress. This mineral has damping effects on hormones known as catecholamines, eg, dopamine, adrenaline, norepinephrine, whose prolonged elevation can interfere with the regenerative and self-healing processes of the body.

Astronaut research points to the anti-aging properties of magnesium

https://www.***/041989_astronaut_research_anti-aging_properties_magnesium.html .

How do NASA astronauts reverse extreme aging in space? alsearsmd.com/2015/01/how-do-nasa-astronauts-reverse-extreme-aging-in-..

Posted On 10/22/2017

stanleybecker

thank you for the important information regarding the anti-aging effects of magnesium in the threonate [from Dr Mercola], glycine or chloride form - magnesium oxide and glutamate are to be avoided - the dose is 600 mg to 1 gram per day - magnesium in the citrate and chloride form is fairly cheap [both are in my emergency stock - I swallow 2 grams if I have signs of constipation] - so even those on low budgets can afford it - the link states that it should be taken with B6 which you can get in a B complex supplement [also not an expensive supplement]- buy from a superior supplier like Dr Mercola or a superior health food outlet [to avoid impurities] - foods to eat that are high in magnesium are cacao chocolate like 90% cacao Lindt or other brands - other good sources are Kale, Spinach, Swiss Chard - magnesium blocks calcium which I get a lot of through dairy - excessive calcium has many disadvantages that magnesium corrects

Posted On 10/22/2017

Alldogsgotoheaven

I have witnessed a possum playing dead in my backyard as I was trying to get it to leave so my dogs did not find it and kill it. It sure looked dead. When playing dead does not work they show you their teeth and that looks scary!.

Posted On 10/22/2017

Kippers

Magnesium THREONATE. Merc's preference.

Posted On 10/22/2017

Norisnita

Hi Stan (here I found a space to comment about your suggestion) I just watched your link suggestion about daily exercises from Zan Zhwang (days 1, 2, 3, 4) With satisfaction I discovered that many of these exercises I'm practicing every day, at my house in the morning(my first daily activity) thanks Stan, always your contributions are precise and opportune when you give us your suggestions. Thanks!

Posted On 10/22/2017

Krofter

stan - Just noticed your new badge. Congratulations.

Posted On 10/22/2017

stanleybecker

hi alldogs - maybe the teeth of the possum are worse than their bite - you never know

kippers - clicked "edit" and corrected - thank you

Norisnita - thank you for enjoying my link - I love your feedback - thanks stan

Kroft - thank you for the congrats -

Posted On 10/22/2017

stanleybecker

GET UP/ STAND UP - stand up for your rights - www.youtube.com/watch

Posted On 10/22/2017

Guillermou

Bob Marley - Get up, stand up 1980 www.youtube.com/watch .

<http://www.bobmarley.com/> .

How did Bob Marley die? www.nme.com/.../bob-marley-die-2097947 .

truth11.com/.../bob-marley-spirit-of-the-resistance .

www.bbc.com/.../magazine-38142699

Posted On 10/22/2017

stanleybecker

here's one of the verses, Gui - " Most people think,/ Great God will come from the skies/ Take away everything/ And make everybody feel high/ But if you know what life is worth/ You will look for yours on earth/ And now you see the light/ You stand up for your rights. Jah!"

Posted On 10/22/2017

dude01

Hello Stanley. Even without those beautiful words, the instrumental aspect of Bob Marley's beautiful music makes one's body want to respond to its captivating rhythms. Thanks for the nice post. The ability to hear beautiful music is such a divine gift.

Posted On 10/22/2017

stanleybecker

blessed X 2 - you may be standing but are you up? ha ha

dude - lovely poetic post - thank you

Posted On 10/22/2017

mnalliah

Very timely article, Doc. I suggest to google the practice of Zhan Zhuang. Stand, relax and heal. All the best.

Posted On 10/21/2017

stanleybecker

www.youtube.com/watch

Posted On 10/21/2017

mnalliah

Stan, thanks for the link. Loved it that you picked it up. IMO this practice is awesome and wonder why it's not mainstream yet!

Posted On 10/23/2017

acs4457

Humans did not evolve with chairs attached to their butts. The hunter gatherers squat when they sit. Butts were not made for sitting but to store nutrition. Chairs probably only developed when people started constructing permanent housing. So the body did not evolve for sitting. Wish I knew that when I had to sit on boring school benches all day ! Someone would have had some real problems with me and I would then probably have had another problem on my butt !

Posted On 10/21/2017

stanleybecker

acs - en.wikipedia.org/.../Steatopygia - the link/ article does not confirm your thesis that fatty tissue is solely for storage purposes as it has been suggested that these characteristics might have reproductive instrumentality - I am also unconvinced that paleo man ONLY squatted and NEVER sat - the buttocks seems to be designed for cushioned seating apart from storage and sexual attraction

Posted On 10/21/2017

Guillermou

ACS and STAN. Very important is brown fat. for health and children. Brown adipose tissue is a specialized form of adipose tissue in humans, and other mammals. It is found mainly around the neck, and large blood vessels of the thorax. This specialized tissue can generate heat by "decoupling" the respiratory chain from oxidative phosphorylation into the mitochondria. The decoupling process means that when protons travel through the electrochemical gradient, through the inner mitochondrial membrane, the energy of this process is released as heat, rather than being used to generate ATP. This thermogenic process can be vital in cold-exposed newborns who require this thermogenesis to stay warm, as they can not shake or make much movement to stay warm.

Adipose tissue, best known for its role in fat storage, can also suppress weight gain and metabolic disease through the action of specialized, heat-producing adipocytes. Brown adipocytes are located in dedicated depots and express constitutively high levels of thermogenic genes, whereas inducible 'brown-like' adipocytes, also known as beige cells, develop in white fat in response to various activators. The activities of brown and beige fat cells reduce metabolic disease, including obesity, in mice and correlate with leanness in humans. Many genes and pathways that regulate brown and beige adipocyte biology have now been identified, providing a variety of promising therapeutic targets for metabolic disease.

Functional Brown Adipose Tissue in Healthy Adults www.nejm.org/.../NEJMoa0808949

Brown adipose tissue thermogenesis: interdisciplinary studies. www.ncbi.nlm.nih.gov/.../2199286

Brown and beige fat: development, function and therapeutic potential
www.nature.com/.../nm.3361.html

Posted On 10/22/2017

acs4457

Stan/Guii, Honestly, it does not seem as tho one will ever stop learning on this site. Now we have different fats !. I just knew that if I eat brownish beef fat, I feel good but if I dare eat white fat, it gets me in the stomach. As I live in Africa I mostly refer to the San/Khoikhoi in my mind when I think of hunter gatherers. If I had had the opportunity in life, I would have jumped at a chance to have gone and lived with them. I am fairly convinced that their line was involved in "promoting " the earliest Sapiens on the planet.

We had an author who wrote many books on them and did for some time live with them, as I remember. They are a more advanced people, as I make out, than the peoples that came down into Southern Africa about 2500 years ago and pushed them into the arid areas of this country where the whites ran into them. The biggest mishap on this globe, far as I am concerned, is that both whites and blacks destroyed these peoples populations and cultures instead of learning from a most peaceable and deeply religious peoples. People who lived here for hundreds of thousands of years and never destroyed anything, because of their deep respect for nature. What is very impressive about them, is that they already had bow and arrows and the black peoples not.

My deduction is that that was because of their ability to see three dimensional and the rest of the continent could not but with that, they could gorge (eat endless amounts) and add weight to their buttocks and stretch their stomachs in an un equaled manner to survive terribly hard times, although they were apparently a little advanced over all the others. One could suspect that other early populations had the same capabilities? All visual material I have ever seen of San/Khoikhoi where they were sitting, Stan, they were hunched on their haunches. If a rock or tree stump was in the vicinity, they probably used it. Neanderthals lived much like these peoples they, they left statuettes depicting i

Posted On 10/22/2017

stanleybecker

acs - here is a picture of an Anatolian [Turkish] Goddess from 7000 BC [approximately 9000 years ago] - this Neolithic statue portrays a sitting female with her companions centaurs - speculation that the chair is a birthing chair and the arm rests are lions or other figures of authority - i.pining.com/736x/06/20/9b/06209b7ae166736281a542884cdccad9--sacred-fe..

Posted On 10/22/2017

Guillermou

ACS, thank you for your interesting narration. Fat consumption was a priority in prehistory. At that time, a hunter-gatherer, he needed a day more kcal, than the current men, and the flesh, could not provide them. Therefore, fat consumption was a priority in prehistory, in a context, of low consumption of plant foods. Animal fat, such as bison, provided prehistoric man with energy, and omega-3 acids.

www.ncbi.nlm.nih.gov/.../PMC4300509

The Mesolithic era was a transitional period for hunter-gatherers in Europe. They were men of our kind. Apart from hunting, as a major food resource, the products of harvesting (roots, insects, seeds, etc.) progressively occupied a relevant role in the diet, and at the end of this period, agriculture began. People with higher levels of brown fat have a more active metabolism, and greater sensitivity to insulin. The younger and thinner people have more brown fat. Age makes it possible to gain weight, by decreasing brown fat and increasing sedentary life. Cold and exercise, increase brown fat. There is also another fat similar to brown, is the "beige" fat that increases, with melatonin.

fitness.mercola.com/sites/fitness/archive/2014/08/08/brown-fat-blood-s..

www.mercolafastdiet.com/.../activate-brown-fat.aspx

Dr. Bruce Spiegelman identified a "master switch" (PRDM16) that promotes brown fat production. Harvard Joslin found another factor that triggers brown fat, a bone morphogenetic protein called BMP-7, which also promotes bone growth .A fat-burning hormone called irisin, which is released during exercise, helps your body lose fat, improves heart function, reduces the risk of atherosclerosis, increases mitochondrial biogenesis, and induces elongation of telomeres in cells, improving their health and longevity. fitness.mercola.com/sites/fitness/archive/2016/10/21/irisin-exercise-h..

Posted On 10/22/2017

Krofter

If you go to the first paragraph in the following link you'll find references to the fat that the gods of the Bible preferred (just mouse over the highlighted verses). I say "gods" (plural) because that's how they're referred to in Genesis ("let us make man in our image" and so on). The caul - my favorite fat from my goats - is a layer of fat that surrounds the organ cavity. They also liked the leaf fat on the liver and kidneys, which has been preferred by chefs for baking for centuries. And others. If we are to believe recent archeological research that shows that much of the old testament was lifted from Sumerian clay tablets that predate the old testament by 1,500 years, then it seems the gods knew all about fat as long as 6,000 years ago... and wanted all the best fat for themselves.

www.kingjamesbibledictionary.com/.../fat

Posted On 10/22/2017

Krofter

Going into a full, flat-footed squat is something few Americans over the age of 40 can do. At 63 (soon to be 64) I credit a low carb high fat diet and an active lifestyle with being able to rest comfortably in a full, flat-footed squat - and being able to stand back up without grunting or assistance. And that's with a patella that was shattered in a farm accident some years back.

Posted On 10/22/2017

Guillermou

Krofter. Security meets the three fathers of the ancestral diet: Drs. S. Boyd Eaton, Loren Cordain and Seignalet. !! Three different !! ancestral diets. The best article I've read about the diet of our ancestors is the reference date in 2015: "Blood, bulbs, and bunodonts: on evolutionary ecology and the diets of Ardipithecus, Australopithecus and early Homo" (1), and extensive article 275 references.

CONCLUDES, WE MUST CONSIDER THE WEATHER, CLIMATE, GEOGRAPHY AND CUSTOMS TO DEFINE THE DIET OF OUR ANCESTORS. NO DIET HAD THE SAME MAN WHO LIVED ON THE COAST, IN THE PLATEAU, WHICH LIVED IN AFRICA IN THE NORDIC COUNTRIES. Customs, although conditional, also influenced. A foretaste of the book is outlined in Article (2): "What Was The" Paleo Diet "? Researchers Suggest There Was More Than One Way To Feed A Caveman " On the evolution of the brain is fine Article (3): "Australopithecus sediba, vegetarian our past? What does it take to grow a brain? "(With interesting references). Also (4)

(1) (2015) europepmc.org/.../pmc4350785

(2) phys.org/.../2014-12-paleo-diet.html

(3) thesymbiontfactorblog.com/2015/09/17/australopithecus-sediba-our-veget..

(4) thefatbastardgazette.wordpress.com/2016/03/24/what-was-the-paleo-diet/

Posted On 10/22/2017

Krofter

Guillermo - Really good links. I also like the first one. It's a complex topic. Surely habitats today are nothing like they were 10,000 years ago, let alone 10 or 100 times that long ago. And yes, given sufficient time it does seem like a group of people would eventually acclimate to what any particular habitat had to offer. Watching my goats and alpacas forage for plant foods makes one thing very clear; a diet of plant food alone means that most of the day has to be spent foraging. This would not leave time for making cave paintings, tools, clothing or any other necessities. As anyone on a low carb high fat diet knows, a diet rich in fat provides sustained energy levels over a much longer period of time than a plant based diet alone does. This would provide time and energy for cave paintings, tool refinements, clothing refinements, herbal medicine experiments and so on. But the question remains... what about the big leap? How did we go from "ugga bugga" cave man 10,000 years ago to developing astronomy, math, agriculture and the ability to domesticate animals, virtually overnight? We don't even know how to domesticate animals today - its been about 7,000 years since the last new livestock was domesticated. I allude to a possible answer in my first comment in this thread.

Posted On 10/22/2017

dude01

A slow moving river is often murky and muddy. However, a swift moving mountain stream is clean and clear. It's often suitable to drink. So it is with our bodies - blood and other bodily fluids must keep moving. The movement of these fluids will lessen the possibility of toxins accumulating, and thus lessen the possibility of the occurrence of disease. Periodic bodily movement will help to keep it all moving.

Posted On 10/22/2017

Guillermou

DUDE, An artistic post, science, poetry and reality. Then, medicinal waters and beauty of the movement. A bath or drink of water is indeed refreshing, but around the world, water has been reported to do far more than just hydrate and clean. In fact, certain wells and springs are praised for their truly healing waters. The following 6 of the world's greatest healing waters give you a glimpse into some of the most major discoveries of medicinal waters around the world. ecosalon.com/6-of-the-worlds-greatest-healing-waters

The Romans are credited with creating the world's first spas, elaborate bathhouses built near mineral springs. The word spa, in fact, is believed to be an acronym of the Latin phrase salus per aqua , health through water. Top 9 Places for Healing Waters www.nextavenue.org/top-9-places-healing-waters

Waterfalls are definitely the natural wonders on Earth. Visiting some of these waterfalls below might be a breathtaking experience, since they overwhelm with the stunning sight, as well as a splitting voice. op 10 Most Beautiful Waterfalls in the World www.pandotrip.com/top-10-most-beautiful-waterfalls-in-the-world-709/

Posted On 10/22/2017

19beets

Inspirational info! I have an 83-year-old friend in the hospital for the past two weeks... I've been encouraging him to get up and walk even two or three steps, which he did yesterday for the first time. I can't wait to share this article with him.

Posted On 10/22/2017

19beets

On another note, thanks to an article by Dr. M a few years ago, I set up my computer so that I stand while working at home. The first few weeks were extremely difficult because I have fibromyalgia. I could barely stand for 10 minutes at a time. I had to add a little more time every day. Once I got to the point of forgetting I was standing, I could stand for a couple of hours at a time and still do. I sit to take phone calls, take a crossword break and eat my lunch. I also walk every day for 20 minutes after lunch. I should stress that I never would've been able to do this the first 5 to 10 years of having fibro. It takes a couple of decades for the body to acclimate to the condition. I sped up the process quite a bit once I got off gluten 10 years ago (gene tests showed intolerance). As a result of no longer eating gluten or dairy, I no longer have widespread pain, a big part of the debility.

Posted On 10/22/2017

dude01

You are doing it right with your friend,19beets. You have kindness emanating from your words today. Yes, two or three steps today.....three or four steps tomorrow.....four or five the next..... etc. That is wonderful. Patience and persistence are excellent qualities to employ with your friend. Thanks for the inspiration.

Posted On 10/22/2017

Guillermou

Hi beets.

When a part of the body does not respond, the mind works, to better manage, all other physical and mental forces, in order to achieve great achievements, and share them with others. Love, empathy, and a lot of willpower. Also, socializing the ailments helps to feel better. We encourage you to keep fighting, as DUDE says, step by step. !! Congratulations !!!

Posted On 10/22/2017

grulla

The above article discusses the adverse physical health conditions for astronauts in a gravity free environment. Until such time that we invent synthesized, generated gravity, like on TV's Sci-fi Star Trek, we will have to rely heavily on robotics for space exploration and research.

ctg2013ckc.files.wordpress.com/.../space.jpg

thefutureofthings.com/.../Spidernaut-1_large.jpg

carloscbm.files.wordpress.com/2009/04/8x6_futurama_bender02-jpg1.jpeg

Posted On 10/22/2017

Guillermou

Grulla, you will end up applying the robotics to the future projects of the railways in aerodynamic tube, magnetic levitation, with almost zero resistance. As long as the media model Hyperloop, will be tested in California, China has already advanced in the race. The train journey from Beijing to Guangzhou is the longest high-speed route in the world, 2,298 kilometers, which now takes eight hours, instead of 20 hours.

What nobody knows yet is how it will be T-Flight, the Chinese Hyperloop. The country that presides Xi Jinping, announced that it had begun to develop, its own supersonic tube that could reach speeds of up to 4,000 km / h. That's 10 times the maximum speed of the Chinese bullet train, four of the commercial airplanes, and three and a half the speed of sound. But there are those who doubt, that humans can withstand those speeds. Zhao Jian, a professor at the Beijing Transportation University, explained "Physiologically, the human body can only withstand acceleration up to 4,000 km / h for a very short period of time." And it makes the subject ironic: "In that case, are the passengers going to be just astronauts?"

NASA, with the humanoid robot Valkyrie, who measures one meter and eighty and weighs 131 kg, is the new bet of the American agency for the future. "Having a robot with such a range of skills would be a turning point for space exploration," says Arie Halpern. "He could collect samples, perform medical functions, install power cables, communicators and, for astronauts who are with him in space, his presence can be a matter of life and death."

More advanced robots enter into the orbit of space travel www.linkedin.com/pulse/more-advanced-robots-enter-orbit-space-travel-a..

www.businessinsider.com/how-discovery-of-water-on-mars-affects-curiosi..

Why Astronauts Need Robots In Space www.youtube.com/watch

Posted On 10/22/2017

grulla

"...is the longest high-speed route in the world, 2,298 kilometers, which now takes eight hours, instead of 20 hours." Either way, not much exercise for the passengers, :-0 Perhaps they could do that trip in the proposed Tesla tunnel, aka Hyperloop, in say 1/2 hour, then they could get more exercise with less physical stagnation. :-) I hope this project is not susceptible to seismic activity...aka earthquakes. :-(
www.businessinsider.com/elon-musk-hyperloop-plan-boring-company-2017-8

Posted On 10/22/2017

Guillermou

Yes, Grulla, trains, cars, airplanes. it is necessary to compensate the lack of exercise, and to promote more the bicycle, for nearby routes. More bike paths are also needed. Top 10 Countries with Most Bicycles per Capita In the United States, only 0.9% of all trips are made by bicycle. The average distance traveled per person is 0.1 km. USA: People: 310,936,000. Bicycles: 100,000,000. Bicyclists: ~32,2% top10hell.com/top-10-countries-with-most-bicycles-per-capita

The bicycle is, besides a sustainable alternative of transport, a model of mobility in height. Around 20 million bicycles are sold every year in Europe. A growing number of Germans, Dutch, French, English and Irish choose the two wheels for their urban mobility. In Germany seven million tourists pedal generate a turnover of nine million euros a year. In Holland the number of bicycles has even become a kind of emergency, to the point that the city of Amsterdam is planning the construction of a parking-underwater bikes. These are the 70,000 kilometers of bicycle routes in Europe
www.lavanguardia.com/r/GODO/LV/p3/WebSite/2016/03/01/Recortada/img_cvi..

Posted On 10/22/2017

grulla

I see the website even show mountainous Switzerland, where even the army is equipped with bicycles:
blog.e-bikerig.com/wp-content/uploads/2016/11/swiss-military-bicycle.j..

What interests me in bikes are the industrial tricycles. I had been motivated to do some research and previously posted about "trikes" on the forum, on account of some brief, foot debilitating gout that I had experienced occasionally in the past. It would be great to get around on at home, as one can exercise their legs with healing blood circulation, without stressing the gout afflicted feet. And with a "trike", there is no "stall" speed for the bike to tip over, so one can carry plenty tools and supplies reliably in a practical way:

duckduckgo.com/?q=industrial+tricycles&t=hg&iax=images&ia=i..

Posted On 10/22/2017

Guillermou

An example of the army of Switzerland. A great contribution, the tricycles to move and exercise. I know one person, who left her immobilized from the waist down, in a surgical operation. With the indemnity, a special machine was designed, to move with the arms, as if it would be rowing. He hopes, over time, to regenerate the spine.

Posted On 10/22/2017

grulla

OH! Almost forgot, anyone remember this "ketogenic" triker:
i.pinimg.com/.../f1337c0eb724af8cd454ea0fbba72393.jpg

Posted On 10/22/2017

InderVohra

We should do our daily household chores with full enthusiasm. This keeps us healthy and saves money. We should walk down to purchase our dairy and vegetables even-if stores are far away. We should climb stairs instead of using elevators. Our computer should preferably be used in standing posture. Daily morning and evening walk is very refreshing. Yogic exercise keeps our body fit. Cures back pain and gives flexibility to our body.

Posted On 10/23/2017

mar28781

My aunt lost the use of her legs through sheer inactivity. She was in a nursing home and the aides wouldn't walk her for fear she'd fall and they'd get sued. They kept her in a wheelchair to protect themselves from lawsuits. Sad commentary on America.

Posted On 08/10/2018

grulla

Just "...keep 'em movin..." everyone, "...rollin, rollin rollin..." www.youtube.com/watch

Posted On 10/22/2017

Guillermou

Movement is quality of life. Considering that rebounder has a great benefit for the lymphatic system, it is surely effective against the spike protein. This article discusses the major lymphoid organs and their role in developing and providing immunity to the body. Lymphoid organs include the red bone marrow, thymus, spleen, and lymph node groups (Fig. 1). They have many functional roles in the body, most notably: - Production of blood cells, including red blood cells (erythrocytes), white blood cells (leukocytes) and platelets (thrombocytes); - Elimination of damaged red blood cells; - maturation of immune cells; - Catch foreign material.

- The red bone marrow and thymus are considered primary lymphoid organs, because most immune cells originate from them. Lymphoid organs include the red bone marrow, thymus, spleen, and lymph node groups. Blood and immune cells are produced within the red bone marrow, during a process called hematopoiesis. The thymus secretes hormones that are essential for normal immune function and develops T lymphocytes. The spleen mounts the immune response and removes microorganisms and damaged red blood cells from the circulation. Lymph nodes are clustered throughout the body and filter pathogens from lymph, and they swell when an immune response is generated.

We also know that cardiovascular diseases are a more serious risk for covid and as we know, endothelial cells cover the interior of all blood vessels and are the main producers of nitric oxide which, in turn, is released into the blood and the rest of the body. cells. When you do physical exercise, the heart pumps more blood to the body, the formation of nitric oxide in the arteries is stimulated, and blood flow is faster. This increase in blood flow occurs because nitric oxide is a vasodilator. The more dilated vessels, the more blood can flow. Nitric oxide also protects the arteries from the formation of atheromatous plaques.

Posted On 03/31/2024

Guillermou

The lymphatic vascular system plays an important role in regulating tissue pressure, immune surveillance, and absorption of dietary fats in the intestine. There is increasing evidence that the lymphatic system also contributes to a number of diseases, such as lymphedema, cancer metastasis and different inflammatory disorders. The discovery of several molecular markers that allow the distinction of blood and lymphatic vessels, together with the availability of an increasing number of in vitro and in vivo models to study various aspects of lymphatic biology, has allowed enormous progress in research.

on the development and function of the lymphatic system. This review discusses recent advances in our understanding of the embryonic development of the lymphatic vasculature, the molecular mechanisms involved in lymphangiogenesis in the adult, the role of lymphangiogenesis in chronic inflammation and lymphatic cancer metastasis, and the emerging importance of lymphatic vasculature as a therapeutic target. www.liebertpub.com/.../lrb.2008.1008 (2008) Lymphatic vessels play a distinctive role in draining fluids, molecules, and even cells from the interstitial and serous spaces back into the blood circulation.

The lymphatic vessels of the intestine, and especially those located in the villi (called lacteal vessels), not only fulfill this main function, but are also responsible for the transport of lipid remains absorbed by the intestinal mucosa and serve as a second line of defense against possible bacterial infections. Here, we briefly review current knowledge of the general mechanisms that enable lymph drainage and propulsion and focus on the most recent findings on the mutual relationship between dairy and the gut microbiota. www.mdpi.com/.../htm (2021)

Posted On 03/31/2024

juststeve

A long story told short: Any Homesteader will tell you, if you want to be able to continue to move, keep moving!

Posted On 03/31/2024

Guillermou

I move, therefore I am. Haruki Murakami

Posted On 03/31/2024

grulla

Above article; "...Other data suggest standing up every 20 to 30 minutes is a good countermeasure." I was once considering installing a doggy door for my 16 Y.O. Griffon pointer, since she always makes me get up from my comfortable computer chair to let her out and back in. But after reading Mercola for many years, I realized that getting up to let Maggie out and in again, as well as having to get up more often to go to the bathroom due to a limited, age related bladder was actually a blessing in disguise. And of course, I have many outdoor activities too, that keep me moving.

Posted On 03/31/2024

Guillermou

With age, the prostate and bladder are good allies of movement, but at night it is preferable that they let us sleep deeply.

Posted On 03/31/2024

hkpray2day

From early adulthood I suffered with fatigue and a multitude of other issues, and no diagnosis. I finally realized I was living in fear and not trusting the LORD who lived and created me. Begain praying that I wouldn't give lin to feelings od I don't feel like it. Sure enough things got easier and easier. Then covid... after a year of doing nothing I could feel life draining from me. If I couldn't get out and be active, I would have to do something. I joined the uppy club and turned to you tube fir some music exercise. I now tell everyone get up and move especially when you don't feel well.

Posted On 04/06/2024

skizex

My epitaph will read "He Moved Stuff Around" I've been a painter/carpenter/handyman most of my days.

Posted On 04/02/2024

wow7621

Who knew being restless can be so healthy?

Posted On 03/31/2024

TheBearRuns

Motion is lotion. . .

Posted On 03/31/2024
