

Guillermou

A great defense of the sun, scientifically justifying its benefits. The advice to avoid the sun is a health fraud. Humanity needs more light, it needs the path of truth more, the laws of Creation are being violated, it is acting against nature itself, it is neglecting the most urgent need of every human being to unrestrictedly recognize those laws, otherwise, it remains exposed and defenseless to diseases. In addition to the great importance of melatonin for mitochondrial health, the treatment of covid, it also regulates sleep, and the protection of cardiovascular and neurodegenerative diseases. When your skin is exposed to the sun's rays, it produces two types of sulfur: cholesterol sulfate and vitamin D3 sulfate.

Healthy cholesterol and sulfur levels are also highly dependent on vitamin D levels. Stephanie Seneff, reported that heart disease can influence cholesterol sulfate deficiency..." Cholesterol and sulfur are oxidized after exposure to sunlight Oxidation of cholesterol is the first step in the process by which cholesterol is converted to vitamin D3 Cholesterol sulfate deficiency can cause glucose intolerance, fat cells store more fat to supply fuel to muscles and excess fat accumulates causing obesity and metabolic disorders Red blood cells produce cholesterol sulfate, and this molecule protects red blood cells from disintegration.

According to Dr. Seneff, glyphosate is a major problem in our food supply because it interferes with various biological mechanisms, including the enzymes responsible for activating vitamin D in the liver and kidneys. Sulfur also plays a key role in glucose metabolism, the electron transport system, detoxification, vitamin B1, and biotin for energy. synthesize glutathione and the proper function of insulin. holisticprimarycare.net/topics/nutrition-a-lifestyle/sulfate-the-most-..

Posted On 02/26/2022

Guillermou

An excellent report that sun denial doctors should read to save lives. We have great medicines that nature provides us with sunlight, food and a pharmacy of natural products that can help us overcome metabolic and cardiovascular diseases that cause risks for covid, but government institutions do not inform the population, only They want the pharmaceutical multinationals to increase their profits, with vaccines and expensive medicines, because they also bring them power and money. Melatonin has antioxidant, anti-inflammatory, immunomodulatory and palliative effects in various virus-induced infections. Melatonin has non-hormonal actions, acting as a free radical scavenger, an antioxidant, and as a modulator of immunity, dampening innate tissue responses to invaders while increasing antibody production against them.

Melatonin becomes an anti-inflammatory molecule capable of blocking the two main pathways: the NF- κ B inflammasome and NLRP3 which, with its ability to restore mitochondrial homeostasis. SARS-CoV-2 infection suppresses mitochondrial melatonin production, which induces a metabolic change that stimulates cytosolic glycolysis, with a reduction in the supply of acetyl CoA, which acts as a precursor for endogenous melatonin synthesis. The decreased availability of melatonin consequently contributes to the production of the "cytokine storm".

Melatonin promotes the synthesis of NAD + reducing the inflammatory response. . Melatonin can restore the optimal circadian pattern of the sleep-wake cycle and improve the clinical condition in pneumonia associated with COVID-19 patients. These actions make it a potentially excellent weapon against SARS-CoV-2 virus infection. www.melatonin-research.net/.../125 (2021)
www.mdpi.com/.../htm (2021) www.melatonin-research.net/.../150 (2021)
www.sciencedirect.com/.../S0162013421001938 (2021)

Posted On 02/26/2022

Guillermou

The CD147 protein is established as a novel route for SARS-CoV-2 entry. The CD147 protein that is implicated in unfavorable outcomes during viral infections, including SARS-CoV-2. This is mediated by proinflammatory cytokines such as interleukin-6, interferon- λ , and tumor necrosis factor- α . CD147 has also been found to be responsible for conditions such as multiple sclerosis, myocardial infarction, and cancer proliferation. Despite the lower affinity towards the COVID-19 virus, of the protein CD147 compared to ACE2, this receptor provides adequate rationale behind the elevated blood glucose levels in infected patients, delayed risk of COVID-19, enhanced susceptibility in geriatrics, increased susceptibility to infection of T cells, prevalence of infection in human cardiac pericytes, etc.

In SARS-CoV-2 infections, CD147, together with angiotensin-converting enzyme, has been implicated in the activation of inflammation. supplemental melatonin to control sleep disorders, delirium, and as an anti-inflammatory agent in diseases such as atherosclerosis, respiratory diseases, and viral infections. www.ncbi.nlm.nih.gov/.../PMC8562396 (2022)
www.sciencedirect.com/.../S0048969721071485 (2022) In this article, the administration of melatonin for its anti-inflammatory, antioxidant, immunomodulatory, sleep-inducing effects, suppressors of CD147, Mpro, p65 and MMP9 proteins, reducers of nephrotoxicity and highly effective and safe.

Conclusions: (1) melatonin has anti-inflammatory, antioxidant, immunomodulatory and inhibitory activity of Mpro and MMP9 proteins. (2) It has been shown to have a wide margin of safety. (3) The reviewed contributions make it an effective therapeutic alternative in the treatment of SARS-CoV-2 infection. www.mdpi.com/.../htm (2022)

Posted On 02/26/2022

Pete.Smith

Thanks GUI, but why don't you put your excellent post from 2 days ago up again, about the cardioplipin and melatonin. You posted it late, so many may not have see it. As today dr Mercola talks about Linoleic acid (LA) he doesn't mention Cardioplipin, as he did in the past, which is important to today's article. Two years ago dr Mercola had an article about Dr. Chris Knobbe - saying that 100 years ago there was little heart disease, hypertension, stroke, cancers, type-2 diabetes, metabolic syndrome, obesity, Alzheimer's disease, macular degeneration, and more,, but now is massive, because of oxidized LA.

Dr. Knobbe explained it here <https://youtu.be/7kGnfXXIKZM> So Knobbe and dr Mercola at the time said it was because of the oxidized LA that damaged the Cardioplipin, so vital important protons were lost, needed to make energy (ATP) in the mitochondria. Well, also the melatonin is needed to make that proton as well, so that then could cause all those diseases as well. What also has changed 100 years ago was people start using lamps, and in time less and less exposure to Near Infra Red (NIR) light. Today NIR exposure is a fraction of what is use to be 100 years ago as people spent more time indoors looking at blue screens.

So these are 2 causes for mitochondria dysfunction, and th lost of ATP. A third cause is high uric acid. Also being short on vitamin B1 leads to lost of ATP. As the mitochondria don't make the ATP, you get the Warburg effect, so a cell can still produce some ATP in another, less efficient way. Melatonin also influence JAK2/STAT3 pathway, so less inflammatory cytokines are made. In the Spanish flu epidemic 100 years ago they placed patients outside the hospital, as they did in sanatoria, into the sunlight. That was not only good to make vit D, but also to make melatonin.

Posted On 02/26/2022

Dr. Mercola

Good point Pete about LA for sure. Likely every bit as important as sun exposure and crucial if you don't want to get damaged by the sun. Most people are not aware that the primary reason why most get sunburned and skin cancer is from excess LA in the diet. The extra double bonds are just too sensitive to UV damage and are easily damaged and converted into dangerous metabolites which kick off loads of free radicals. So key is to keep your LA intake as low as possible. Cronometer is very helpful. Goal is to keep percent of omega-6 of total calories to below 2%. I had the Cronometer developer put a new clock on which automatically calculates it for you. I was able to get mine down to 1.3-1.7% which varies depending on what foods I am eating. Alternatively you can also keep total grams of omega-6 below 5 -7 grams which works unless you are eating less than 1000 calories.

Posted On 02/26/2022

Guillermou

Yes, Pete, olive oil prevents oxidation of cardiolipin. This review describes the link between changes in mitochondrial cardiolipin concentration and changes in mitochondrial bioenergetics. A relationship between cardiolipin disturbance and mitochondrial dysfunction leading to various diseases, including cardiovascular diseases, is presented. Mitochondrial dysfunction is related to the deterioration of health due to alteration of cardiolipin with the decrease in ATP production is related to cardiovascular diseases. www.mdpi.com/.../htm (2021).

Melatonin stimulates antioxidant enzymes in cells, protects phospholipids of the mitochondrial membrane, especially cardiolipin, from oxidation, thus preserving the integrity of the membranes, affects the potential of the mitochondrial membrane, stimulates the activity of enzymes of the respiratory chain and decreases the opening of the mitochondrial permeability transition pore and cytochrome. This review will focus on the molecular mechanisms of melatonin's effects on cells during normal and pathological conditions and the potential clinical applications of melatonin. onlinelibrary.wiley.com/doi/full/10.1111/j.1600-079X.2010.00759.x (2010)
www.mdpi.com/.../htm (2021)

Posted On 02/26/2022

Dr. Mercola

Would be careful to severely limit olive oil use. Over 80% is adulterated with high omega-6 oils. Even if it isn't adulterated olive oil still has 20-30% LA content. Limit to one tablespoon per day or less. Suspect the improvement in the study you quoted was in a typical high LA diet which is far from ideal from an LA perspective.

Posted On 02/26/2022

Pete.Smith

Well, dr Mercola, nice of you to react, thank you. However, you haven't made very clear why LA is a problem, if it's not oxidized. After all LA is also an essential oil, so we need it in small amounts. Nuts have also LA, so do you advice against nuts also? Isn't the melatonin protective against the oxidation of LA in the cardiolipin. Dr. Seheult said the melatonin is also protective against the UV radiation, so he advice to be in the morning sun, when the UV light is still weak to make melatonin by NIR, so you have better protection later on the day against the stronger UV rays. That might be also a good strategy against wrinkles. ~*~*~ As high Uric Acid causes mitochondria dysfunction, and many diseases, not recognized before, as recently is written down in new books by dr.David Perlmutter and dr. Richard Johnson. Please dr. Mercola interview them as they come with unknown new facts that will surprise you, and important to know.

Posted On 02/26/2022

big47846

I agree with you 100% Gui. Big pharma's big medical fraud is a crime. I grew up on a dairy farm in the late 50's and 60's and we were out in the sun doing field work and baling and putting up hay in shorts and shirtless and never put their cancer-causing poison sun screen on ever. Big pharma = big money. 99% of EVERYTHING they tell you AND sell you is a lie to make money. They could care less about your health in ANY way. We farmed organically before it was a thing. I don't eat anything non-GMO or non-organic, even though most organic crops are grown next to farms that spray their fields with toxic chemicals, pesticides, and herbicides grown right next to them. (think wind drift) In a way, I am glad that I am blessed to have grown up when I did and I am as old as I am so I don't have to witness the destruction of the planet and human race because of the evil satan worshippers that have been trying to destroy us for a long long time.....and we let them.

Posted On 02/26/2022

fvomasch

Gui- For decades now my theory is that the beginning of lower levels of Vitamin D worldwide was when they discovered the ozone hole in the southern hemisphere almost 40 years ago which was caused by ozone depleting chemicals. Due to the release of CFC's/HFCF which are ozone depleting chemicals and subsequent increases in skin cancer sunblock SPF's were increased from at that time 10-15 to now 50-100 and above to reduce UV exposure. This in turn which may have been a good idea at that time have reduced Vitamin D levels for most people but now since the ozone hole has been deemed "healed" sunblock SPF's should revert to a lower level like 25 down from 70-100 they are now. If it were possible I would like to see the average Vit D level worldwide when SPF's were 10-15 to what they are now.

Of course this is one reason but the fear of being in the sun will cause skin cancer will be hard to convince people otherwise. byjus.com/.../cfc Also why are UV lights not being used on Covid patients in the hospital? Something similar to tanning beds for short periods of time. They are used in some hospitals to sanitize surfaces but on a lower setting why not "sanitize" the patients. How many people who still use tanning beds that used to be 30 minutes to 10-15 minutes to avoid skin cancer have contracted Covid? www.nationalacademies.org/based-on-science/covid-19-does-ultraviolet-l.

Posted On 02/26/2022

Dr. Mercola

@Pete. Appears you did not watch my previous interview with Tucker Goodrich which is two hours and goes deep into the problems with LA. www.bitchute.com/.../bYy7vOKdc1DU

Posted On 02/26/2022

Guillermou

Thanks Big, yes. the truth is that a great network is separating humanity from the great path of healthy living, large corporations have more tentacles than a giant octopus, suppress independent research, intimidate scientists, manipulate study designs, write scientific articles covertly, catering to your needs, selectively selecting and publishing the results that meet your interests. Independent institutions are silenced, agencies are restricted in their effectiveness, becoming manipulated by money pressure, integrating into the "revolving door" between corporate and government employment, censoring honest scientists and withholding information from the public. Large corporations have aligned themselves with corrupt power, governors and lawyers are great friends of fortune who offer diseases to people.

"The hidden face of the moon" is a psychological thriller that describes the lack of ethics of entrepreneurs with great power, strategic mergers to dominate the market, greed and malpractice manipulating and marketing poisons to this humanity without the slightest sensation. of guilt The GMO alliance and the "vaccines" against Covid can produce great benefits for their fortunes, but it will bring more misery to the world, more diseases and a great environmental disaster, which will cause future generations devastated by the greed and arrogance of corruption.

Posted On 02/26/2022

PaulVonharnish

Guillermou: If you were Actually paying attention to the Sun's light, you would notice it is scorchingly hot. HIGH concentrations of UVB and UVC are now reaching the Earth's surface. Take a look at the relationship of ozone and its ability to block UVC from reaching Earth's surface. Fact: There should be NO MEASURABLE UVC reaching the Earth's surface, period. You can short cut your research by browsing the GeoengineeringWatch.com website. Follow the tabs at the top of the page.

Posted On 02/26/2022

Guillermou

Thanks fvtomasch, an interesting relationship between ozone, sunscreens and cancer. Reaffirm your last link: Using a model developed for estimating solar inactivation of viruses of biodefense concerns, we calculated the expected inactivation of SARS-CoV-2 virus, cause of COVID-19 pandemic, by artificial UVC and by solar ultraviolet radiation in several cities of the world during different times of the year. The UV sensitivity estimated here for SARS-CoV-2 is compared with those reported for other ssRNA viruses, including influenza A virus.

The results indicate that SARS-CoV-2 aerosolized from infected patients and deposited on surfaces could remain infectious outdoors for considerable time during the winter in many temperate-zone cities, with continued risk for re-aerosolization and human infection. Conversely, the presented data indicate that SARS-CoV-2 should be inactivated relatively fast (faster than influenza A) during summer in many populous cities of the world, indicating that sunlight should have a role in the occurrence, spread rate and duration of coronavirus pandemics.

pubmed.ncbi.nlm.nih.gov/32502327 (2020)

Posted On 02/26/2022

Guillermou

Increased exposure to the sun's rays, specifically UVA rays, could act as a simple public health intervention if more research establishes that it causes a reduction in death rates, experts say. Researchers from the University of Edinburgh compared all recorded Covid-19 deaths in the continental US from January to April 2020 with the ultraviolet radiation levels of 2,474 US counties during the same time period. The researchers took into account factors known to be associated with increased exposure to the virus and risk of death, such as age, ethnicity, socioeconomic status, population density, air pollution, temperature, and levels. infection in local areas.

One explanation for the lower death toll, which researchers are tracking, is that exposure to sunlight causes the skin to release nitric oxide. This may reduce the ability of the SARS coronavirus2, the cause of Covid-19, to replicate, as has been found in some laboratory studies. Previous research from the same group has shown that greater exposure to sunlight is linked to better cardiovascular health, lower blood pressure, and fewer heart attacks. As heart disease is a known risk factor for dying from Covid-19, this could also explain the latest findings.

www.ed.ac.uk/news/2021/sunlight-linked-with-lower-covid-19-deaths

Posted On 02/26/2022

Guillermou

Thanks Paul, yes, I have been visiting the Geoengineering page for a few years now. Renewable energies and the balance of CO₂ must be promoted and gases with a great global warming potential must be avoided, so that the sun will be our best ally. Photosynthesis uses CO₂ as the raw material for its growth, accumulating the captured carbon atoms, the higher the concentration of carbon dioxide in the atmosphere, the more plant matter will grow, that is, trees, shrubs and herbaceous plants of all kinds. . Carbonic fertilization has been used in greenhouses throughout the developed world for a couple of decades. However, too many carbon dioxide emissions have a serious and strong impact on the oceans.

The oceans absorb approximately 30% of global carbon dioxide emissions and 80% of the heat generated by the increasing growth of greenhouse gases, thus mitigating many of the harmful impacts of air pollution. However, this process is expensive. The oceans are not only rising in level and temperature, they are also becoming more acidic. Around 1867 the concentration of CO₂ was 285 ppm, that is, 0.0285% of the air content. One hundred fifty years later, in February 2019 the measurement is 406 ppm; an increase of 42.5%. It is certain that the combustion of fossil fuels (coal and, in the 20th century, oil) since the second phase of the Industrial Revolution has been the decisive factor in the increase in CO₂.

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Guillermou

We must consider methane is emitted during the production and transportation of coal, natural gas and oil. Methane emissions also result from ranching and other industrial agricultural practices, land use, and the decomposition of organic waste in municipal solid waste landfills. The global warming potential (GWP) is GWP 28 to 36 over 100 years. CO₂, by definition, has a GWP of 1. Nitrous oxide is emitted during industrial activities, combustion of fossil fuels and solid waste, as well as during wastewater treatment.

GWP of 265 to 298 times greater than that of CO₂. Hydrofluorocarbons, perfluorocarbons, sulfur hexafluoride, and nitrogen trifluoride are potent synthetic greenhouse gases that are emitted from a variety of industrial processes. F-gases are sometimes used as substitutes for stratospheric ozone-depleting substances. These gases are emitted in smaller amounts, but because they are potent greenhouse gases, they are sometimes referred to as high global warming potential gases. The GWPs of these gases can be in the thousands or tens of thousands.

Posted On 02/26/2022

Guillermou

An international group of scientists is warning regulators around the world about the consequences of global sun dimming experiments. These sun-obscuring geoengineering programs are being proposed as solutions to combat global warming. These geoengineering programs give immense power and a divine complex to some of the world's richest people (such as Bill Gates), who maniacally seek to experiment with the Earth's atmosphere using strategic injections of sulfate aerosols and other pollutants. These experiments have unintended consequences and can negatively impact weather patterns, agriculture, ecosystems, air quality, human health, and food and water security.

"The deployment of solar geoengineering cannot be governed globally in a fair, inclusive and effective way," the open letter warns. The letter calls for international supervision to stop these global experiments. "Therefore, we call for immediate political action by governments, the United Nations and other actors to prevent the normalization of solar geoengineering as a climate policy option." The letter is signed by Frank Biermann, Professor of Global Sustainability Governance at Utrecht University; Aarti Gupta, professor of global environmental governance at Wageningen University in the Netherlands; Professor Melissa Leach, director of the Sussex Institute of Development Studies, England; and Dirk Messner, president of the German Environmental Agency. phys.org/.../2022-01-dimming-sun-rays-off-limits-experts.html (01/17/2022) newspunch.com/scientists-warn-governments-that-they-should-ban-artific.. (01/26/2002)

Posted On 02/26/2022

rrealrose

Yikes! Why was this left open? The main source of earth's oxygen is from phytoplankton along river outlets into oceans (at the mouths of rivers) and unpolluted ocean shorelines. When plankton are unable to function properly from exposure to sunlight, all bets are off. Their destruction is already occurring. High acid content in oceans is thinning crustacean shells, warming seas are causing fish to migrate to deeper, cooler waters. Overconsumption, high dependence on burning fossil fuels is showing signs all over the globe.

Posted On 02/26/2022

Guillermou

Yes Rose. Rain forests are responsible for about a third (28%) of the oxygen on Earth, but most (70%) of the oxygen in the atmosphere is produced by marine plants. The remaining 2 percent of Earth's oxygen comes from other sources. The ocean produces oxygen through the plants (phytoplankton, seaweed, and algae plankton) that live in it. These plants produce oxygen as a byproduct of photosynthesis, a process that converts carbon dioxide and sunlight into sugars for the body to use for energy. One type of phytoplankton, Prochlorococcus, releases countless tons of oxygen into the atmosphere. It is so small that millions can fit in a drop of water. Prochlorococcus has achieved the fame of being perhaps the most abundant photosynthetic organism on the planet. National Geographic Explorer Dr. Sylvia A. Earle has estimated that Prochlorococcus provides the oxygen for one in five breaths we take.

Posted On 02/26/2022

Keythong

Regarding the Greenhouse effect, clouds are by always the most effective heat reflecting layer, they reduce heat from the sun on cloudy days, and it is obvious that clear nights get significantly colder, fast, than cloudy nights, because on clear nights more heat escapes into outer space! This is very obvious on the temperature graph on my weather station unit. All the AGW nonsense originated from one of several published, 'elite' planned fake crisis concerns, as part of the psychopathic, parasitic, and destructive New World Order badness. If anything a warmer world and more CO2 rich world would be better for plant growth, including grass for Ruminants, reduce the need for heating during winter/night, and be far less damaging without any vegetable farming ploughing, which damages soil structure, probably a cause of desertification!

Posted On 02/26/2022

Guillermou

Hi Keythong, fertilization with carbon dioxide (CO₂) has contributed to increasing the foliage of plants in the most arid regions of the planet in the last 30 years, according to a study published today in Australia. This type of fertilization occurs when the increase in carbon dioxide allows a leaf to extract more carbon from the air during photosynthesis and lose less water, which favors the production of leaves in plants in desert areas. Satellite observations allowed an Australian scientific team to find a correlation between this process and the 11 percent increase in foliage recorded between 1982 and 2010 in arid areas of Australia, North America, the Middle East and Africa.

"Australia's native vegetation is incredibly adapted to being able to survive in arid environments," said Randall Donohue, one of the study's researchers from the Australian Commonwealth Scientific and Industrial Research Organization (CSIRO) and the University of Australia. Australian National. "This desert vegetation, which uses water efficiently, appears to be very sensitive to CO₂ fertilization," Donohue added in a statement. www.livescience.com/37055-greenhouse-gas-desert-plants-growing.html | earthsky.org/science-wire/elevated-carbon-dioxide-making-arid-regions-..

Posted On 02/26/2022

fvomasch

Gui- One more thing I need to mention is certain medications deplete or affect melatonin levels like Beta-Blockers and SSRI's www.linkedin.com/pulse/top-10-medications-deplete-your-body-essential-.. How many people are on beta-blockers and SSRI's and had contracted Covid? Nutrient deficiencies are a Pandora's Box to sickness and disease including Covid and which nutrient(s) depend on what medication(s) people are on.

Posted On 02/26/2022

MoMac46

Guillermou - Sunshine is the best medicine to cheer people up too. Unfortunately here in Scotland we see very little sun, in the west of the country we do get a lot of rain, good for the garden, and we have lots of greenery so the scenery is nice. I take vitamin D3 but I probably am still deficient.

Posted On 02/26/2022

JohnJohn20

Can a person use an infrared heat lamp in order to get infrared rays to make mitochondria in the cells to produce ATP and melatonin? It is just to cold to go outside right now. So, I am thinking that an infrared heat lamp might help out. What do all of you think?

Posted On 02/26/2022

Pete.Smith

Yes, if you buy the Near Infrared lamps.

Posted On 02/26/2022

Dr. Mercola

Better yet you can use the SaunaSpace sauna sauna.space/infrared-saunas or bulbs sauna.space/sauna-components in your existing sauna to get not only increased mitochondrial melatonin but also increased heat shock proteins and detoxification of most of the chemicals you are exposed to in the 21st century. Personally I feel my SaunaSpace sauna is one of my favorite biohacks. Do it four days a week after a crushing resistance workout and 19 hour fast. I do it at 160 degrees which is hard to do in their regular sauna which is why Brian, who founded the company, developed a special sauna for me that has 8 bulbs.

He is going to be offering it commercially soon. Alternatively you could just purchase a set of four bulbs sauna.space/sauna-components and put it into an existing sauna and you should be able to reach 160 degrees. Most far IR saunas fail to go above 140 and you need the higher temperatures to create heat shock proteins. I love our new electrolytes and take two packets in a quart of water before the sauna to prevent dehydration from the sauna/

Posted On 02/26/2022

ProximaC

Unquestionably the most useful article to appear in Dr. Mercola's newsletter in recent times. I always had suspected sunlight was key, much more than vitamin D, and that vitamin D may not well be the lead actor albeit significant enough a player in this unfolding saga. Only this morning, I found myself advising a young woman from the tropics to get Nigella Sativa, vitamin C, hydroxychloroquine, zinc and at least half hour of sunlight to avert Covid. I am now delighted that I replaced vitamin D with sunlight on a whim (almost).

I had always been uncomfortable with just stating "vitamin D" - and today was my first departure from my standard line to people when they would ask me the question. Thank you Dr. Mercola for validating my hunch with this incredible information, and right on time too since I had been feeling a tad guilty for not giving vitamin D its usual place. Thanks to Dr. Seheult as well for his incredible podcast. If not for these dedicated doctors where would we be? Candidates for being inducted through the gates of hell - future global misleaders.

Posted On 02/26/2022

Guillermou

Hi jpw1. The sun is very important but in winter we must maintain vitamin D levels greater than 40 (Dr, Mercola advises 50 to 70). This study investigates the potential impact of seasonal UV and temperature levels on COVID-19 cases. In 2019, we analyzed meteorological data and daily cases of COVID-19 per million in the populations of 26 European countries. We found that the levels of low temperature, UV index and cloud-free UV vitamin D dose (UVDVF) are negatively correlated with the prevalence of COVID-19 in Europe. [febs.onlinelibrary.wiley.com/.../2211-5463.13309](https://febs.onlinelibrary.wiley.com/doi/10.1016/j.febslet.2021.13309) (2022) In this study, severe vitamin D deficiency was detected in health workers during the COVID-19 pandemic.

Approximately 90% of the participants in this study had VitD deficiency regardless of gender. This could have been the result of long-term indoor activities, both in medical care and in daily life. nutrition.bmj.com/content/early/2022/01/03/bmjnph-2021-000364.full (2022) Vitamin D insufficiency or deficiency was associated with a 2.3- to 3.6-fold increased risk of SARS-CoV-2 infection requiring hospital admission.

In this study we emphasize the potential influence of vitamin D binding protein (DBP) polymorphisms on the reported results. Vitamin D and its metabolites bind mainly to a specific transport protein, DBP, or group-specific component globulin (Gc-globulin), and to a lesser extent to albumin. More specifically, 88% of circulating 25(OH)D-vitamin 3 and 85% of 1,25(OH)₂-vitamin D 3 is bound to DBP, while 10% to 15% is bound to albumin. [academic.oup.com/.../6371327](https://academic.oup.com/ajph/advance-article/doi/10.1093/ajph/2021.113.1327/6371327) (2022)

Posted On 02/26/2022

Guillermou

The innate immune system mechanisms by which vitamin D reduces the risk of SARS-CoV-2 and COVID-19 infection appear to include reduced viral viability and replication by inducing cathelicidin and defensins, as well as reduced production of proinflammatory cytokines and the risk of cytokine storm. Furthermore, the innate immune system is not sensitive to the variant of SARS-CoV-2 involved. That's important because the virus mutates easily, reducing the adaptive immune system's ability to respond effectively. Therefore, vitamin D can serve as an additional measure of protection.

Through its interactions with a multitude of cells, vitamin D may have several ways of reducing the risk of acute respiratory tract infections and COVID-19: reducing virus survival and replication, reducing the risk of inflammatory cytokine production, increase angiotensin converting enzyme 2 concentrations and maintain endothelial integrity. www.mdpi.com/.../htm (2022)
www.mdpi.com/.../htm (2020) pubmed.ncbi.nlm.nih.gov/33142828 (2020)

Posted On 02/26/2022

Guillermou

Randomized clinical trials on vitamin D supplementation in patients with COVID-19 have shown favorable effects on the control of markers of inflammation, arterial oxygen saturation/inspired fraction of oxygen ratio, admission to hospital intensive care units, and mortality. A target serum 25-hydroxyvitamin D > 50 ng/mL was identified as protective for the course of COVID-19, which could play an ancillary role in the treatment of the disease. The ACE enzyme catalyzes the conversion of Ang I to Ang II at the level of the pulmonary capillaries. Ang II mediates a series of processes that lead to pulmonary interstitial fibrosis, endothelial dysfunction, myocardial hypertrophy, and a global proinflammatory and procoagulant state.

On the other hand, the enzyme ACE2 physiologically counteracts the activity of ACE, converting Ang II into angiotensin (1–7), promoting biological effects opposite to Ang II: it decreases peripheral vascular resistance and reduces inflammation and fibrotic processes. Vitamin D increases ACE2 expression in various tissues, thus restoring a physiological ACE2/ACE ratio that can protect against virus-induced alterations (decreased surfactant production and increased Ang II concentrations in damaged lungs). to blood vessels and parenchyma) www.mdpi.com/.../htm (2022)

Posted On 02/26/2022

jpw1

Hi Guillermou, Many thanks for your replies. Apologies that I haven't read all the articles you have posted just yet, but I was wondering whether those studies might be confounded by the effect of IR sun exposure? As quoted in the article above: "... vitamin D is more than likely a MARKER or surrogate for sun exposure. But all the benefits are likely due to other factors than vitamin D itself." I know that quote was specifically in regards to covid, but really I was asking if it might also apply to other respiratory diseases that were thought to be mediated by vitamin D, but in fact it is the IR? If the authors of those studies were not aware of this effect they may not have accounted for it and ascribed the benefit to vitamin D. Thanks, Jon

Posted On 02/26/2022

Guillermou

Thank you jpw1, yes, life in contact with nature, walking along the seashore or on a hunt with friends reduces stress and strengthens the immune system. Everything influences. Studies have proven that the draconian measures by Covid have been a failure because it has attacked social environments and natural stimuli to achieve the benefits of the sun reported by Dr. Mercola. In winter I need to take a vitamin D supplement to achieve an optimal level in the blood. One of the many benefits of vitamin D along with K2, and the sun is cardiovascular health through the activation of its nuclear receptor in cardiomyocytes and vascular endothelial cells and the regulation of the renin-angiotensin-aldosterone system, adiposity, energy expenditure, and pancreas cell activity.

Vitamin D deficiency is associated with the formation of atheromas, increasing the risk of calcification of blood vessels, vascular dysfunction, arteriosclerosis, and increased diabetes, hypertension, hyperlipidemia, and cardiovascular mortality. Vitamin D deficiency has been associated with CVD risk factors such as hypertension, dyslipidemia, and diabetes mellitus, as well as cardiovascular events such as myocardial infarction, stroke, and heart failure. Although vitamin D deficiency could contribute to the development of CVD through its association with risk factors, the direct effects of vitamin D on the cardiovascular system may also be involved.

Vitamin D receptors are expressed in a variety of tissues, including cardiomyocytes, vascular smooth muscle cells, and endothelial cells. In addition, vitamin D has been shown to affect inflammation, cell proliferation and differentiation. www.hjatherosclerosis.com/.../190 (2018)
www.sciencedirect.com/science/article/abs/pii/S0960076016303636 (2018)
www.ingentaconnect.com/content/ben/cvp/2021/00000019/00000003/art00004 (2021)

Posted On 02/26/2022

big47846

Many thanks to all of the highly intelligent people like Guillerrou who share their infinite knowledge with the world. As a student of the universe continually learning, I find it absolutely fascinating the level of intelligence from you all, and I am so grateful for your sharing and teaching, and your incites to everything. The greatest thing about knowledge, is sharing it freely with the universe. May this platform live forever. May God bless all of you...

Posted On 02/26/2022

lilitu_adamah

The sun is not just a star that emits a field. According to studies and revelations, a sun is a portal, in fact the emissive (magnetic) part of a wormhole, the other pole of which is a black (gravitational) hole. Basically, the sun is the emissive part of a toroid. The spectrum emitted by the sun is much more complex than just what 'official science' says. A black hole is, in three dimensions, a sphere. Being a portal, the sun connects with other planes and dimensions (called spiritual) through what is called the etheric dimension (plane). As it is known, the physical body is only the reflection of the etheric, energetic body, in what we call physicality ("3D"). In a way, the sun is within us even though it seems to be outside. All suns are interconnected, etherically, like neurons. Because the sun is a portal, it connects with all creation, helping the healthy and harmonious development of all beings.

Posted On 02/26/2022

stanleybecker

thank you for emphasizing the organic nature of the sun - I have always be;lieved that the sun is alive and cosmically integrated - when Moses climbed up Mount Sinai to converse with God - God instructed him to look for him in the shadows and not to look direxctly at the sun - this biblical incident is an enormous clue concerning the evolution of the religious belief in one God as against the pagan portfolio of many gods

Posted On 02/26/2022

Pete.Smith

Yes Stan, you are lucky now as it is summer in South Africa, so plenty of sun to do your sun worshipping

Posted On 02/26/2022

Guillermou

We need the sun, the Creator gave us the sun and we can consider ourselves to be children of the sun. According to new research, the origin of life on Earth dates back to the formation of the solar system: it has been proven that the organic matter in the meteorites that supposedly brought life to our planet comes from the interstellar ice that gave rise to our solar star . The same could have happened in other planetary systems. According to the researchers, this ice could be the source of organic matter that could have been brought to Earth, through meteorites called carbonaceous chondrites, which represent 85.7% of the meteorites that fall to Earth.

The conclusion drawn from this study is that life on Earth could be the result of meteorites that crashed on our planet with the necessary ingredients for life, coming from the same interstellar ice that would have given rise to our Sun. And something no less relevant: the same thing could also have happened in other planetary systems. www.nature.com/.../s41467-021-23895-2 (June 2021)

Posted On 02/26/2022

lilitu_adamah

Look through the shadows so you can see the truth. It is the shadow that reveals the truth about anyone, any event and everything it is. Even about ourselves

Posted On 02/26/2022

forbiddenhealing

Sun/sauna are ENERGY...light/heat structure the H₂O that comprises 99% of a body's molecules....to accelerate all biochemistry and raise charge terrain and coherent frequencies...and facilitate the transport of O₂/nutrients and waste products. Lest we forget, Dr. Gerald Pollack the "Water Guy" showed the power of structured water years ago...part of the REDOX equation not to be overlooked.

Posted On 02/26/2022

Guillermou

Yes, Randall. Dr. Pollack discovered that if he applies it, EZ water is generated. The implications are the health benefits of sitting in an infrared sauna. Essentially, one of the reasons infrared saunas make you feel so good is because the infrared energy penetrates deep into the cells of your body, generating and storing EZ Water. The same goes for light therapy, spending time in the sun, and laser therapy. "There are several types of light therapy, using different wavelengths. We found that all wavelengths, some in particular, of light, even weak light, generate EZ.

If EZ Water is critical to the health of your cells, which I think is clear, these therapies have a different chemical and physical basis," explains Dr. Pollack. EZ Water also provides a mechanism that explains other biological mysteries. For example, Dr. Pollack describes another fascinating discovery that bolsters our understanding of the mechanism of action behind the benefits of something as simple as exposing your body to light and heat from the sun. At the link: ookiimomolasai.blogspot.com/2014/05/dr-mercola-interviews-dr-pollack.h...

Posted On 02/26/2022

juststeve

Happiness is a warm sunny day with just the slightest gentle breeze...mmmmm. Makes it seem all is right with the world. No wonder those from Northern Europe crave the shores of Spain, eh Gui? Garden tasks in the Summer are so enjoyed on sunny days as it pulls the reminders of past traumatic injuries out of the joints and body. Love the sun but avoid sunburn like a real plague. Starting as soon as possible in the spring, just a little sun each day building tanned skin & for me it isn't long before much longer periods are possible without burns. Being mindful not to allow a burn seems to be the secret. No sunscreen products, just move to lighter outwear when it feels like the sun is starting to sting.

I can run into trouble though as I get totally involved with whatever task is at hand and sometimes can go just a bit too far. Aloe seems to work like a champ if I haven't gone too far. This area is far North so Sun charging the body is a harder task, but not impossible. Supplements as usual are fine but nothing beats the Medicines of Creation, Creations health cycles. Another great article exploring and explaining those Creation Medicines & Cycles have larger interconnections & work in together in ways we just keep finding are way beyond what Rockefeller Medicines narrow approach & attitudes about Life promote.

Posted On 02/26/2022

Guillermou

Yes, Just, it is a pleasure to walk along the seashore, acraciando the feet with the mineral salts of the water and in an environment rich in iodine. Spain has an average of approximately 2,500 hours of sunshine per year, placing the country as an ideal place to exploit the multiple benefits that the sun offers for health and also promote solar energy through solar panel projects. Depending on the geographical area of Spain, there are great differences in the number of hours of sunlight received. For example, areas located in the north do not reach the average values and some areas in the south exceed 3,000 hours per year. Several nutrients can help support the production of collagen, elastin, and melanin to gradually bask in our body.

These include, in addition to vitamin D, B9 and E, Zn-Cu balance. and vitamin B12. Tyrosine is also an amino acid that produces melanin and several neurotransmitters essential for daily functions. Vitamin C reduces oxidative stress and plays an important role in the production of collagen and melanin for the health of your body's skin. Do not forget collagen to feed the skin. Bone broth is a great remedy for the health of multiple body tissues including the arteries.

www.ncbi.nlm.nih.gov/.../PMC4556990 | sites.hampshire.edu/.../Skin_Color.pdf
| pubchem.ncbi.nlm.nih.gov/.../L-tyrosine | pubmed.ncbi.nlm.nih.gov/21667118

Posted On 02/26/2022

Guillermou

After a phase of stagnation, Spain has once again placed itself at the head of the countries in terms of the development of photovoltaic energy in recent years. The repeal of the sun tax in 2018 was the start of this new momentum. Europe's commitment to an energy transition that aims at a sustainable and emission-free economy has been reflected in investment plans in the member countries in order to meet objectives for years until reaching the final goal, which is to have zero emissions. in 2050. The government has given priority to the energy transition with the PNIEC, an energy transition plan that involves a strong investment to meet the deadlines set by Europe. Spain is in an unbeatable position to take advantage of this new direction of the world economy and place itself in a privileged position, being the main protagonist of the promotion of renewables.

Posted On 02/26/2022

skupe59

I have been taking 12 mg astaxanthin for 15 years and rarely, if ever, get burned. It's great for so many reasons: skin health, eye health, a good dose of omegas. Mercola's store sells it but unfortunately it's in cellulose which is horrible for the stomach.

Posted On 02/26/2022

Guillermou

Hi skupe59, yes, according to a report by Dr. Mercola, astaxanthin is very beneficial for the health of the skin in general, since it helps in sunbathing, increases its elasticity, reduces wrinkles and improves its moisture content. Unlike topical sunscreens, astaxanthin doesn't block UV rays, so it doesn't prevent UVB rays from converting to vitamin D in your skin, which protects your skin from damage. Helps remove intracellular reactive oxygen species and reduce apoptosis. Burn injury progression, by reducing oxidative stress-induced inflammation and mitochondria-related apoptosis. In addition to being effective in fighting COVID-19 and other respiratory illnesses, astaxanthin has also been shown to provide health benefits, protecting against radiation and promoting skin, eye, brain and heart health

Posted On 02/26/2022

DebbyW

I think spraying white vinegar on a sunburn works better than aloe. One year, my husband and I ended up doing an informal experiment. He swore by aloe, and I said vinegar was best. We both had a couple of sunburns that year and used our favorites. My skin tanned with no problems. My husband took longer to tan and then he peeled. I've read that vinegar draws the natural fluids and oils to the skin surface to help it heal.

Posted On 02/26/2022

har1272

Yes, skupe59, I also purchase Mercola supplements and find some contain cellulose and don't know why it does, other than a longer shelf life. I try to avoid those.

Posted On 02/26/2022

Maritt

Comfrey oil is excellent for sunburn. It removes the red and no peeling.

Posted On 02/26/2022

dogfangtoo

as mentioned by skupe59, astaxanthin will prevent sunburn. As little as 4mg daily will do it. It takes a couple of weeks to build up your sunburn immunity with astaxanthin. I take a lot more these days, 24mg, but I first noticed it @ about 4mg dosage. I was mowing for 3 or 4 hours, sometimes no hat, sometimes shorts only, certainly no sunscreen...I have never used sunscreen. I would get a good sunburn before the astaxanthin...even after tanning from mowing early in the season. After using it, I no longer get burned, no hat, shorts only, just tan without burning...great stuff. And, of course, good for much more.

Posted On 02/26/2022

Raythe4th

I must be getting old...I actually watched this video a month ago on my own accord. Just stumbled onto it while browsing YouTube. Good information and made me feel as if I should be regulating my sleep patterns according to the sun/moon cycles, as well as basking in the sun as it comes up each morning, while standing barefoot on the ground. (Aka earthing) Basically your body produces cortisol during the day, and melatonin at night. The sun light and lack there of...let's your body know when yo produce each. So supplementing vitamin D, ISNT the same as stimulating your body to make it via Sunlight. This was further explained in the video. The older I get, the more simple it all becomes. Fresh air, sunlight....God made natural foods, seem to do wonders for health. Everything synthetic, including vaccines, gmo foods, etc...are ultimately unhealthy for us. Who would have imagined? The wisdom of man is foolishness to God!!!

Posted On 02/26/2022

brianallen1

Guaranteed to cheer us all up and brighten our day! https://youtu.be/5dAb_TyzAj8

Posted On 02/26/2022

nothingsound

Utterly fascinating! there was an article that come out of the Philippines stating the remarkable turnarounds of seriously ill Covid patients with large doses of melatonin. That article I can no longer find. Now we find out even more....when D3 was found to play such an important role in our body (along with K2 and magnesium), it was as if a key turned for better health for many who do not understand biology. Now it is melatonin's turn. Isn't it another shoe drop about sun exposure. How they "they" took the sun away from us along with eggs and other good foods out of the so-called cholesterol crisis (how the "they" like that word) only to leave our bodies thirsty for the better. It is fortunate that so many more people everyday are added to the list of not trusting their doctor.

A friend of mine who is in her 70's was asked, no almost threatened, to take the gene test for cancer. He used every trick in his book to convince her....the what if's. She said she does not live her life that way. She doesn't; neither do I. He ordered the test for her and it was sent to her home against her no. She called the company and told them she did not ordered it, she told her doctor not to order it, and yet he did. The company told her to throw the test away and the test will not be charged to her Medicare account. Get it? it's free to her but not to Medicare...it is not free. One more example of a doctor owned by one of the conglomerates that tell doctors to order tests, and if they don't order that certain amount they lose money. What a sick sick system of health what health system?

Posted On 02/26/2022

Pete.Smith

Thanks Nothingsound, I looked that study up, it was only a pilot study with 10 patients, already in June, 2020. However the outcome was very good. Those on a high dosis Melatonin (hdM) were discharged after an average of 8.6 days following the initiation of hdM. This compared with the 13 days of hospital stay by those who did not receive melatonin. No significant side effects from the hdM were noted except for sleepiness, which was deemed favorable by all the patients, most of whom had anxiety- and symptom-related sleeping problems. Several studies cited by the paper said melatonin had anti-inflammation, antioxidation and immune system-enhancing effects. It is also shown to reduce the proinflammatory substances triggering the cytokine storm. Read more: newsinfo.inquirer.net/1294087/covid-19-study-sees-hope-in-melatonin#ix..

Posted On 02/26/2022

Randyfast

According to Dane Wigington of geoengineeringwatch.org; just a few more years of "solar radiation management" and the sun will no longer be our friend. The biosphere is collapsing and the hole in the ozone layer is expanding. Am I the only one around here who has noticed that the sun gets hotter each year? The "natural disasters" over the past decade, are anything but natural. Anyway; it should be obvious by now; why Big Pharma has been "advising" everyone to cover their bodies with "sunscreen", for decades! I know for a fact that it gave me skin cancer - not the sun.

Posted On 02/26/2022

Guillermou

Yes Randy, an international group of scientists is warning regulators around the world about the consequences of global sun dimming experiments. These sun-obscuring geoengineering programs are being proposed as solutions to combat global warming. These geoengineering programs give immense power and a divine complex to some of the world's richest people (such as Bill Gates), who maniacally seek to experiment with the Earth's atmosphere using strategic injections of sulfate aerosols and other pollutants. These experiments have unintended consequences and can negatively impact weather patterns, agriculture, ecosystems, air quality, human health, and food and water security. "The deployment of solar geoengineering cannot be governed globally in a fair, inclusive and effective way," the open letter warns.

The letter calls for international supervision to stop these global experiments. "Therefore, we call for immediate political action by governments, the United Nations and other actors to prevent the normalization of solar geoengineering as a climate policy option." The letter is signed by Frank Biermann, Professor of Global Sustainability Governance at Utrecht University; Aarti Gupta, professor of global environmental governance at Wageningen University in the Netherlands; Professor Melissa Leach, director of the Sussex Institute of Development Studies, England; and Dirk Messner, president of the German Environmental Agency. phys.org/.../2022-01-dimming-sun-rays-off-limits-experts.html (01/17/2022) newspunch.com/scientists-warn-governments-that-they-should-ban-artific.. (01/26/2002)

Posted On 02/26/2022

Guillermou

Sami Indians prevent Bill Gates-funded geoengineering experiment. The letter from the Sami and their allies perfectly sums up the fundamental contradiction in Harvard University research and geoengineering experiments in general: private institutions assuming power and making decisions with potential consequences so immense that they must be demanded of them. democratic responsibility. Aerosol injection into the stratosphere (SAI), the Sami and environmentalists write, "carries risks of catastrophic consequences [...] including its uncontrolled conclusion [...]" (if interrupted, the The greenhouse effect of carbon dioxide would resume and cause a sudden warming, like a junkie with withdrawal syndrome ") and irreversible socio-political effects that could jeopardize the global efforts needed to achieve zero carbon societies.

In other words, geoengineering would provide an excuse for those who enrich themselves by burning fossil fuels that increase the carbon dioxide in the atmosphere. By offering protection against risks, the incentive to eliminate them is reduced. This is what is known as moral hazard. "So there are no acceptable reasons to allow the SCoPEX project to go ahead in Sweden or anywhere else." Bill Gates, who is flogging a book about climate change, has poured millions into geoengineerng, funnelling at least \$4.6 million to the lead researcher on SCoPEX, Harvard applied physics scientist David Keith. rebellion.org/indigenas-samis-impiden-un-experimento-de-geoingenieria-f.. (17/04/2021) newspunch.com/bill-gates-plan-to-dim-the-sun-is-called-off-for-now/ | www.organicconsumers.org/news/no-thanks-bill-gates-plan-block-sun-chal.. | www.apdnews.com/.../1008768.html | rabble.ca/environment/solar-geoengineering-threat-planet-not-solution-..

Posted On 02/26/2022

BJC777

I remember decades ago that the sun had a softer yellow/gold shade to it. Now it is mostly a harsh white.

Posted On 02/26/2022

Randyfast

Thanks for the links, Gui. One of the "elephants in the room" that very few people can see; is HAARP technology. When I say that the ozone is collapsing and time is short...people should NOT be dismissing it as some fantasy! Dane Wigington knows all about it and Nick Begich had books/videos out, a couple of decades ago. HAARP is punching holes in the upper atmosphere! "Holes in heaven" (various sources) and "Angels don't play this HAARP", lays it all out. Here is an example, or two. www.alachuacounty.us/Depts/epd/EPAC/Angels%20Dont%20Play%20This%20HAAR.. I believe that this is the original documentary by Nick Begich. <https://youtu.be/WB-dJaToDhl>

Posted On 02/26/2022

brianallen1

Yes, Randy the sun heals it does not destroy. The endless toxins in sunscreen and so many other skin care products do destroy. My motto is if you can't eat it, don't apply it to your largest organ- your skin. I also suspect that some skin cancers are mostly caused by the sun drawing all the insane number of toxins in people to the surface of the skin. Also, I once got tested for heavy metals (barium, aluminum, etc. that are sprayed on us daily) and I was off the charts. God did not create the sun and light to destroy us, but He did design an early warning system to protect our bodies from too much of a good thing- the signs of early sunburn.

Posted On 02/26/2022

Randyfast

Thanks for more links, Gui...I need 48 hours in a day, just to keep up! ;) Possibly; a greater problem than carbon dioxide - which is essential to the existence of trees and plants; is the fact that huge amounts of methane are being released into the atmosphere from the ocean floor! There are many different "opinions" on this topic and of course the "fact checkers" will say that the release of methane is not the problem; it's the farting cows! Stop blaming the animals for human's poor stewardship of the planet -AKA - geoengineering!

The usual suspects will always deny; or at the very least, minimize such threats (don't want people to panic - unless it's glo-bull warming - or covid). You can find all the Scientific Evidence that you need, on Dane's site. He's been at this for a long time! Meanwhile; at least the following article acknowledges this methane release; even though they want you to believe that it's not really a problem. www.ecowatch.com/methane-release-arctic-ocean-2648529839.html

Posted On 02/26/2022

Randyfast

BrianAllen; this one is for you. There are definitely more than one weather modification company that will gladly make it rain; or prevent it from raining, in your specific area! - <https://weathermod.org/> - billy boy can get all the rain he needs for his synthetic GMO garbage crops! Also; you should get yourself a big bottle of Coloidal Silver, to help get those heavy metals out of your system.

Posted On 02/26/2022

rrealrose

Hi Randy, sometime late 2020 I went down a rabbit hole to a Youtube video from a scientist with a Scandinavian accent, talking about large pockets of methane buried under permafrost along the edge of the arctic circle. They were concerned that more global warming may affect these pockets, more melt water may keep these methane pockets submerged, weighted down; or thinner permafrost layer may allow it to rise faster to atmosphere, they did not yet have a good answer. Its a joke that any country along the arctic sign any emissions agreement, as these countries have no control over this potential large release.

Posted On 02/26/2022

Randyfast

Hi, Rreal. All the information you will ever want (perhaps too much!), you can find on geoengineeringwatch.org. Dane has an hour long podcast every Saturday, where he talks about such things and there is nothing going on with the weather that he doesn't have, somewhere on his site. I'll be listening to his podcast today. He's even been covering some 'covid' news for awhile now. The methane is indeed, going up into the atmosphere.

Posted On 02/26/2022

PathNotes

Vitamin D, nitric oxide, mitochondrial melatonin, and who knows what else our bodies produce from sunlight? What I do know is that I feel great after sun exposure.

Posted On 02/26/2022

nojusticenopeace

This Plandemic was based in deception and trickery aka mind control like getting fools to rush out and buy toilet paper. Covid19 is a made up name they gave to colds and flu in 2020. Same healthy living habits are all that were followed prior to the big lie Covid19 is all that is needed to stay well. Unfortunately we live in a backwards upside down world where critical thinking is rare. Please stop using Covid to get views.

Posted On 02/26/2022

PaulVonharnish

No one seems to recognize that Earth's ozone layer has been massively destroyed. Every rocket launch punctures a hole in the atmosphere as it passes through ozone layers. These punctures "heal" but overall ozone concentrations have fallen dramatically in the last two decades. Elon Musk and other technocratic morons don't give a damn, because they're making money enslaving the populace. Military based climate control (also known as "geoengineering") has been going on for over 70 years. Geoengineering is weather warfare, and there is plenty of evidence that the application of aluminum oxides, strontium, barium nitrates, graphene oxides, and a host of other chemical agents, has largely depleted ozone concentrations.

Let's just ignore all that... My point is that ozone acts as an ultraviolet light filter. Ozone is now so depleted that UVC is penetrating all the way to ground levels. Historically, UVC light was completely blocked by the presence of ozone. UVC is now killing off forests, diminishing agricultural production, and causing skin cancers and retinal damage to human beings.

The UVC spectrum is highly toxic to ALL life. None of these facts are being addressed by anyone in government or military circles, and weather "reporting" by NOAA and other weather reporting agencies is tightly controlled. They are lying... Like many others, I used to enjoy the warmth of sunlight on my skin. If you pay attention to your "health" you'll notice you're getting Sun burned in less than an hour. Get a grip...

Posted On 02/26/2022

Vec7512

So the lockdowns advocated by the "experts" wasn't such a bright idea.

Posted On 02/26/2022

brianallen1

It was a great idea and very beneficial to THEM.

Posted On 02/26/2022

FewThereBe

The lockdowns were INTENTIONAL to lower the immune system. Everything recommended (masks, un-social distancing, etc.) were designed to interrupt the immune system. Sat@n and his minions knew (and know) exactly what they are doing.

Posted On 02/26/2022

MariaTG

What do you think about drinking "Blue Solar Water" according to Dr. Hew Len, who was promoting "Ho'oponopono", a Hawaiian spiritual cleansing ritual, which I am doing successfully since some years. The Blue Solar Water is a tool which he supposes can be helpful to reach the goal. zeropointawakening.com/dr-hew-len-talks-about-blue-solar-water/ One has to put water in a blue bottle and let the sun shine on it for at least one hour. My question is not about the spiritual benefit, but about the physical impact of "blue" (water) on the human body?

Posted On 02/26/2022

Pete.Smith

Well, thank you for bringing that up. There is indeed something called the EZ water made by light, especially by infrared light, which can penetrate deep into our tissue, even through the skull. EZ is important for health said Stephanie Seneff, and others, read more about it here.

absolutehealth.com/ez-water Studies show that EZ water supports protein folding, EZ water transfers energy to your mitochondria, which are the “powerhouses” of your cells, helping them to generate more energy and other benefits. But if the blue water have the same benefits, I doubt it, as it's not inside the cells.

But if you believe in it, it might work, it is called the placebo effect, which can be powerful. Also if people drink a liter blue water, they drink less soda, and fruitjuice full of sugar, which is better, like a waterfast is very beneficial. But why buy Blue water, if you can make it yourself. Put water in a blender and it creates a vortex with EZ. Or better get into the infrared light, like in the morning or evening, to be sure to activate it in the body.

Posted On 02/26/2022

Guillermou

According to Dr. Mercola's reports heating something is equivalent to applying infrared energy and Dr. Pollack has found that if you apply it, EZ water is generated. The implications are the health benefits of sitting in an infrared sauna. Essentially, one of the reasons infrared saunas make you feel so good is because the infrared energy penetrates deep into the cells of your body, generating and storing EZ Water. The same goes for light therapy, spending time in the sun, and laser therapy. "There are various types of light therapy, in which different wavelengths are used. We found that all wavelengths - some in particular - of light, even weak light, generate EZ.

If EZ water is critical for the health of your cells, which I think is clear, these therapies have a different chemical and physical basis," explains Dr. Pollack. EZ Water also provides a mechanism that explains other biological mysteries. For example, Dr. Pollack describes another fascinating discovery that reaffirms our understanding of the mechanism of action behind the benefits of something as simple as exposing your body to light and heat from the sun. In the link: ookiimomolasai.blogspot.com/2014/05/dr-mercola-interviews-dr-pollack.h.. ..

Posted On 02/26/2022

fundamentalassumptions

Sounds like sun tea!

Posted On 02/26/2022

MariaTG

Thank you very much, all! I came to think myself today, that the colour BLUE in this case (cleaning from bad memories & "data" according to Hew Len) has sth to do with the BLUE morning light, new born, fresh, zero limits...!

Posted On 02/27/2022

navisos34

I spend an average of a 1/2 hour in bright sunlight everyday and thought that it is for Vitamin D3 only. I am glad for reading this article about the many other beneficial effects.

Posted On 02/26/2022

Joe_Below

Without a store of cholesterol, none of this works. That's why they try to suppress it through heart damaging medications.

Posted On 02/27/2022

NewCreation

Seedsaver37. What I imagine a green burial to be: short notice funeral, no embalming, pine box, all white linen attire No makeup or jewelry. Hair natural. A sheer white gauze placed top of body. Essential oils like frankincense and myrrh, bergamot and cedar wood sprinkled all over the body. Fresh flowers around body. Box placed in a shallow grave. So why do I care when I won't be in the vessel? Embalming is bizarre and Frankenstein-ish.to me.

Posted On 02/27/2022

tanya_marquette

Some wonderful commentary here but the lamenting over the ignorance of sun-dimming tactics and medical assault on sun exposure ignores the very simple economic fact that health does not make for the billion dollar profits that are demanded by the pharma and medical industries. These industries were intentionally created and designed to do exactly what they do--create sickness. We have no health care in the US but we do have disease-based medical model. Thus, all the brilliance in understanding here gets lost in bemoaning the alleged ignorance of the medical industry. They are not ignorant at all but quite pointedly controlled in their marketing narrative to create co-dependency of the public on this industry at the intentional expense of people's health.

Further, the military programs like HAARP and DARPA and others that we may not even know about send up sun-killing chemtrails and work on other sun destroying tactics while promoting EMFs on ever increasing intensities and expanded coverage which all impact our health negatively. The history of western, allopathic medicine has been nothing but a continuous disaster for our human and environmental health. It seems critical to me that any discussion that focuses on the foibles on these health impacting industries must talk about their intentionality for profit and power.

Posted On 02/26/2022

lindalonia

The chemtrails have prevented me from going outdoors on too many days. Will the benefits of sunlight exposure be canceled out by the harm from the chemtrails raining down on us? I look out the window and up at the sky before going out now.

Posted On 02/26/2022

balhawk

This is great info, thanks, Dr. M. I was not aware of the powerful effects of near IR from the sun, but it makes perfect sense. One cautionary note, the sun reportedly has to be high enough for it to be effective for vitamin D synthesis, so it is only effective at all for part of the year in the northern US states, and it may not be possible at all nearer the poles. www.ncbi.nlm.nih.gov/.../PMC3897598

Posted On 02/26/2022

mrrobb

this is an excellent read .Thank You Dr Mercola!!

Posted On 02/26/2022

smalldar560

All the information on the comments just sounds very confusing to me. Isn't it enough to just sit out in the sun in the morning, stop using seed oils, and make sure you have a good level of Vitamin D3/K2. I stopped using seed oils a long time ago. I only use coconut oil, raw butter, avocado oil, olive oil, Ghee, and pastured lard. I've had a severe case of insomnia (from menopause) for over a year. I started using a redlight/infrared box that I purchased for \$900. I started using that every day, mostly for pain, and taking CannaCalm magnesium blend from Mercola, 1 hour before bed.

My insomnia is now gone. I know that the infrared also helped a lot because the magnesium alone did not help me stay asleep all night because I was still waking up a few times a night. But it really helped knock me out even when being exposed to blue light before bed. When I added infrared therapy, that did the trick. For me, I need to do both together. But now I am going to spend some time out in the sun during the morning hours. I live in California so it's hard to be outside in the summer because we have been getting extreme heat here.

Posted On 02/26/2022

brodiebrock12

The indoctrination of believing the SUN was bad was probably on par with just about anything in terms of worst Governmental agency advice ever with what it known about Vit D alone today!

Posted On 02/26/2022

heartspace8888

Remember a few years ago when Dr Mercola recommended sunning our armpits to neutralize BO? I did it and it worked. Well, its lil cold for that @ the moment here in SE Indiana so I started using Apple Cider Vinegar on my pits and it's working!! I am curious to see how it will do when it gets hot ;) I apply full strength 1-2x/wk and that seems to be enough.

Posted On 02/26/2022

Arlen1

I've used a concentration of liquid salt mixed with aloe Vera with success. I stopped during the pandemic and went back to store bought antiperspirant because of an aloe shortage. I couldn't buy H2O2, rubbing alcohol, or aloe. I would dilute regular table salt with water. I go by eyesight. I keep adding water until all salt dissovles and then add aloe until it is thick and pasty. Then smear it on. It keeps forever because the salt acts like a preservative. Probably the iodine in the salt helps. Ive never tried Himalayan salt. It might work better due to the higher iodine content. What got me started on this salt based deodorant was breakouts. I suddenly started have allergies to antiperspirants. The store bought salt based rollons never worked. So I made my own. Who knows, Aloe may have something in it that kills bacteria. It's been used to treat wounds and burns.

Posted On 02/26/2022

Ip62226

I use to spend at least an hour a day walking at solar noon. Then at 72 I got skin cancer and my vitamin D3 was low. Now I just take 10,000 D3 a day and don't worry about walking in the toxic air around Scott Air Base in Illinois.

Posted On 02/26/2022

20thCenturyFox

Thank you, Dr. M, for this important information. As one who had skin cancer in my 40's and has generally avoided the midday sun ever since (plenty of time outdoors, but always covered up with clothing, hats, and sunscreen), I have always wondered what benefits of sunlight I might be missing out on...other than Vitamin D, which of course I take in supplement form. Considering our evolutionary heritage as a hairless creature, it just seemed likely to me that there would be more than just one benefit to sunlight exposure. Thanks for the info and references.

Posted On 02/26/2022

Lee1941

Wow, great article ! This is in harmony with how we were created to function in life; daytime, and nighttime,,,,,being awake and active, and darktime/nighttime sleeping. This is Biblical harmony and wisdom. It's on our speech....the light always refers to good, the darkness,as absence of light, not good for activity. To me, this is another faith builder in appreciating the divine wisdom of God's creation.....the earth and us in it.....custom made for our habitation.

Posted On 02/26/2022

heartspace8888

Blue Solar Water--I have been doing this for about 7 years! Its wonderful!! I had no info about the benefits/effects when I started. Shortly after beginning w/BSW I cut 1/4 of my fingernail off w/ a mandoline slicer {!!!!} My only treatment was alternating BSW & 50/50 BSW Hydrogen peroxide. It never hurt and healed incredibly quickly!! This told me something was truly happening. And, my thinking is that if it does this externally, it will be equally powerful internally. It is as wonderful for burns also--no pain or blistering & very quick healing. I use it everywhere--drinking, cooking, pets, plants, a splash in the laundry/dishwater.

Needless to say, I HIGHLY recommend! I got my bottles on Amazon--a dozen empty (blue) wine bottles. I have also gotten some @ glass recycling--reusing wine bottles. Don't use a metal lid/cover Fill with water you drink (I use ZeroWater filter) Leave in the sun minimum 15 min. I leave in the Sun all day--the longer the 'sweeter'. I wish there were scientific reports about the process & effects and maybe one day there will be. So far anecdotal is enough for me.

Posted On 02/26/2022

Mercola_Fan

Dr. Mercola always provides insights into better health and the geopolitical situations we find ourselves in.

Posted On 02/26/2022

Drew458

Gosh, this means that those "primitive" doctors who used "open air therapy" to treat wounded soldiers and TB patients as far back as the mid 19th Century were basically right all along. It was used to combat the 1918 flu as well. And it implies that the >3 decade push in the USA to avoid sunlight (SPF 100 anyone?) helped weaken the population.

Posted On 02/26/2022

lindalonia

I was using the Dr. Mercola recommended app D minder on my iPhone since the US Navy Azimuth table (also Mercola recommended) became unavailable. The app I've had on my phone for a long time was not working this week so I discarded it and downloaded the new free D minder app. The new version asks for personal health information and health data. I emailed ontometrics.com the following: "I do not want to share my health data or any other very personal information, I just want to see the current angle of the sun in my location. Is there any way to get around all the other personal questions?" They replied " Nope sorry.....the answer is no and that's not going to change."

Posted On 02/26/2022

Ringer2

<https://www.timeanddate.com> This site, to which I subscribe as a supporter, at an annual rate of \$15, has the info you seek about the current angle of the sun at any nearby airport or other entered location on earth. Not only that, but you can also find it for a particular date and time, as well as the usual location of the sun and moon and planets and so on. Some features are easier or more accessible if you are a supporter, but many are free if you can't afford the low fee. I use the many weather features daily, backwards and forwards, in various formats, for many locations on earth. There's also a solar meter, model 6.4, Vitamin D3 Meter, 0-1999 IU/min, Handheld Digital UV Radiometer with Integral Sensor, Made in USA, which I bought but haven't used yet. www.solarmeter.com/.../vitamin-d3-meters They also have other meters for parts of the spectrum, such as UVC.

Posted On 02/26/2022

tallulah3

I avoid all oils except for olive oil. I used canola oil for 20 years. I didn't realize it was so bad for me until I got a horrible rash on my eyelids. They looked and felt like they had been burned in a fire. I started reading Dr Mercola's articles about it and stopped using it and my eyelids got well. This was a few years ago. I just hope that my body has detoxed all of the canola oil. I haven't ever used sunscreen. I thought it was a bad idea before I read that it was bad

Posted On 02/26/2022

brianallen1

Don't forget, lack of sunlight results in SAD. Seasonal Affective Disorder. Many years ago, I had to move from Southern California to Northern Ohio. By March, I was extremely depressed. I chalked it up to the negative relocation and the failure of not making enough money to stay in California. I returned as soon as I could and stayed for decades, Looking back, the depression was mostly caused by lack of sunlight. And what does depression do? It accelerates illness. So listen to the "experts" and avoid the sun like the plague and get healthier, right?

Posted On 02/26/2022

fundamentalassumptions

Or turn to vodka? (sorry, couldn't resist : -) ...Moonshine fit the bill, too, so it's universal & multi-cultural, those hollows of Appalachia can get pretty dark & oppressive, too. ... Growing up in that clime we learned to deal with it when folks were more in tune with nature & God's creation, less industrialized. The forests were thick & dark ...like some of those in Germany...when settlers first came, even where the terrain wasn't so extreme, more flat. One thing early settlers did was to use a simple whitewash to brighten up the interior of those first, largely windowless cabins...to avoid going nuts during those times spent indoors perforce of weather, though of course, tending to critters & gardening, farming...even doing laundry, was largely done outdoors.

Window glass was highly valued by colonials & early settlers, those who couldn't afford it soon learned to use waxed paper or thin skins to allow makeshift windows allowing at least some light through, fewer mosquitoes, black flies etc. Native folks dealt w/ alot of smoke, but teepees & wigwams had a bit of natural light in all seasons, & much time spent outdoors, too.

Not to mention greased skin & smoke aids against the bug problem, too....w/ the right herbs for some, but never complete, relief, still deterring some insects. And, all of them adorned their homes with some sort of beauty or art, crystal reflecting & making the most of light highly favored, yellow pigments to brighten painted artwork....especially important to the soul & spirit of mankind through those long dark winters.

Posted On 02/26/2022

skupe59

Better sunbathe everyday if possible and make sure to take 12 mg of astaxanthin/day until Gates gets a hold of the sun and the grid goes down.

Posted On 02/26/2022

Siggysauer

Skupe59– even BG needs the sun...don't forget he did buy a huge amount of farm land in the US so he could control our food supply eventually.

Posted On 02/26/2022

brianallen1

Gates will just make sure they don't spray and block out the sun over his land.

Posted On 02/26/2022

fundamentalassumptions

Siggy, he doesn't plan on farming that land, but worshipping it & forbidding any use of it for food or hunting by the 'serfs' & betas...as in days of yore we thought we'd left behind. Using superstition & fear to aid his 'cause'. The lord's manor & forest in the west, the old 'forbidden city' and so forth in the east, or the bloody river, the Ohio being the boundary to the ceremonial hunting ground of the Shawnee...woe to neighboring tribes or settlers crossing that boundary. Kingdom builders, empire-minded are universal, only vigilance in keeping power distributed & balanced, one against the other, guarding individual, & responsible, liberty holds that at bay.

Apathy & dependence are deadly against that constant, tho a constant temptation, too. Anyways, the 'new' plan is factory-grown, gmo & crispr algae& altered foodstuffs w/ absolute control over all food & sustenance, length & quality of life. Even over whether life even comes into existence or not with the factory artificial wombs, the sterilization aspects considered. No doubt the bioweapon, fear of zoonotic infections & purposeful fear-mongering, mandatory kill-off's will be part of the picture, too, if they get their way. And the self-vaccinating shedding experimentation....as already done w/ rabbits & mice. They're already conditioning the 'littles' to it.

Posted On 02/26/2022

JerryNowacki

We must not forget the benefits of solar gazing in the morning and at sunset to further enhance our metabolism. "Let there be Light" has more than one inference. The forest / Nature and human connection proves that everything in the system is interconnected. and requires support to achieve the ultimate Body, Mind and Spirit relationship and ever evolving Consciousness. Man was given control of this domain and his sometimes evil ways have taken humanity away from Nature / Natural connection. This causes men of fiction / titles to act in self serving ways to control, isolate, make uncertain through repetitive hypnotic messaging , fear based emotion, a control /education system of subservience to authority which does not support the individual to self-actualize their true inner potential. Indeed a Great Reset needs to take place. The coming Great Reset will be humanities return to Wholeness through inner connected reliance and action as Nature does to support itself.

Posted On 02/26/2022

davevarga

I eat a lot of vegetables, I rigorously avoid seed oils, even expeller pressed seed oils in the processed food that I eat. I also eat a goodly amount of organic almond, walnut, and pecan nuts and pumpkin seeds daily. Should I be avoiding eating these organic nuts and seeds so as to avoid the seed oils in them? I've been doing this for quite a while, and only now is it occurring to me to ask this question. Thank you.

Posted On 02/26/2022

Dr. Mercola

Most seeds and nuts should be avoided in large quantities. Almonds are especially problematic as they are high in oxalates. But most all seeds and nuts are loaded with LA. The only major exception would be macadamia nuts. You can use cronometer.com nutrient analyzer to specifically check the level of LA in any nuts or seeds you want. Your goal should be less than 7 grams per day in all your foods including seeds and nuts. It is very easy to go well over 10 grams with any significant amount of most seeds and nuts.

Posted On 02/26/2022

lindalonia

Seed oils are hiding in many foods and grains. After buying buckwheat I discovered that it is not a grain, but is actually a seed. Most people do not know this. I bought the buckwheat because I remembered eating kasha as a child and was thinking of using it to add variety to family meals.

Posted On 02/26/2022

SpiceOddity

One more important substance is created when we see sunlight; a peptide called by either of two names: hypocretin or orexin. It is key to neurological health. Plug those names into a search engine if you want to know more; there is good research available to read.

Posted On 02/26/2022

junieb

YAAASSS!!!! Sunbathing is the bomb! Okay maybe I shouldn't use that term...but still!

Posted On 02/26/2022

eileenruth

So interesting. As always, thank you Dr. Mercola for sharing, and caring.

Posted On 02/26/2022

pippihippie

If melatonin from the pineal gland or from supplements cannot enter the mitochondria (quote: "it needs to be produced near your mitochondria and not float down from your pineal gland") how is it then used or produced deep inside the body? Say in the heart or in body parts you rarely og never expose to sunlight? Additional question: does a sauna work deeper in the body than sunlight?

Posted On 02/26/2022

jamNjim

Saunas are supposed to penetrate deeper without doing any damage. I question the mitochondria part to. If that's true, I should be dead already.

Posted On 02/26/2022

fundamentalassumptions

Haven't they found that the body actually cellularly produces some melatonin, & is not just reliant on the pineal gland, which is a source, too, but mainly a regulator operating off of light exposure cues? Our bodies are pretty amazingly designed w/ coping & secondary systems taking up the slack when needed. The more science learns, the more we see that evidenced. Given the right building blocks & light, we do well. And there's diversity in how that can be supplied & accomplished. I do use a full spectrum sauna with the near infrared light added, 170 degree F, shielded emf ...the little portable Therasage. Nowhere near as religiously & disciplined as Dr. Mercola, but generally if I use it a couple times a week, I'm good.

Winter it really does seem to lift the spirit ...& I'd fallen away from that habit & several others when I succumbed to covid ...whatever variety it was, & unvaxxed. While in summer it seems to help me avoid some stiffness & soreness after working outside...and it's easier for me to get in that thing if I'm already hot & sweaty, headed for the shower. (Just me...lol) I also like that my head & hands are not in the heat. I think claustrophobia would get me fast in such a case, & I can multitask...catching up on reading or listening, planning whatever in that hour.

Posted On 02/26/2022
