

Guillermou

A very enlightening article about the vital importance of mitochondrial dysfunction, at the origin of chronic and degenerative diseases, including cancer. In the mitochondrial dysfunction, several epigenetic factors concur: highly processed food contaminated with pesticides, with sugars and additives, vaccines, fluoridated water, life habits, stress, etc. A dysfunctional mitochondria has a lower yield, generates less ATP and more free radicals, in addition to other functions such as the synthesis of steroid hormones, the regulation of cellular calcium, the detoxification of ammonia in the liver, etc., promoting aging and diseases. If we would live a natural environment, without contamination of any kind, eating organic foods, fasting and drinking spring water, exercising, taking powerful juices of vegetables loaded with phytochemicals, enzymes, vitamins and minerals, fasting, etc., people who lose health would be almost non-existent.

Sugar alters the intestinal microbiome, creates dysfunctional mitochondria, promotes metabolic diseases, Half of the inhabitants of the United States suffer from diabetes and prediabetes. articles.mercola.com/sites/articles/archive/2017/11/01/too-much-sugar-.. Obesity and mitochondrial dysfunction are clearly related. www.ncbi.nlm.nih.gov/.../18775360 -- PQQ, Berberine and Other Mitochondrial Enhancers articles.mercola.com/sites/articles/archive/2018/04/15/pqq-berberine-m.. --

An unhealthy aging is enhanced the accumulation of garbage, tissue stiffness and mitochondrial dysfunction: In p53 regenerative medicine, it is essential in the fight against associated pathologies, with regulatory functions in the arrest of the cell cycle, apoptosis, angiogenesis and DNA repair. Fasting, improves the effects of p53 and apoptosis in cancer. www.ncbi.nlm.nih.gov/.../PMC4359966 (2016).--www.nature.com/.../s41568-018-0061-0 (2018).---

Posted On 01/06/2019

Guillermou

A caloric restriction or a carbohydrate-free dietary regimen that decreases fasting glucose levels blunts mutant p53 expression and oncogenic activity. europepmc.org/.../pmc3552926 .--
Acute Endurance Exercise Nuclear Induces p53 Abundance in Human Skeletal Muscle. www.frontiersin.org/.../full .-- This review lists the factors that represent the common denominators of aging, where mitochondrial dysfunction is basic: genomic instability, telomere wear, epigenetic alterations, nutrient deregulation, cellular senescence, depletion of stem cells and altered intercellular communication. www.ncbi.nlm.nih.gov/.../PMC3836174 .--

Nicotinamide adenine dinucleotide (NAD +) increases mitochondrial energy and its deficiency is an essential factor in chronic diseases and aging. NAD + produces its beneficial effects in multiple pathological pathways, including mitochondrial dysfunctions, DNA damage, and oxidative stress, by the modulation of enzymes such as sirtuins, glyceraldehyde-3-phosphate dehydrogenase, and AP endonuclease. www.liebertpub.com/.../ars.2017.7445 (2018) .--

Quercetin and apigenin increase the levels of NAD + through the inhibition of the multifunctional protein CD38 that is present in the mitochondria. CD38 levels increase in tissues with age and correlate with the decrease in NAD www.timelesslifemag.com/index.php/2016/06/29/quercetin-apegenin-may-sl.. (2016) .-- Scientific evidence suggests that the diet polyphenols such as resveratrol, epigallocatechin-3-gallate (EGCG), and curcumin have the ability to mitigate cell damage associated with age induced by reactive oxygen species by increasing the activity of sirtuins and improvement of NAD www.ncbi.nlm.nih.gov/.../PMC2896035 .---

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Fasting, caloric restriction, advised by a good holistic doctor, can be effective in the treatment of cancer: fasting increases apoptosis, inhibits angiogenesis, IGF-1 levels, prevents p53 mutant expression and enhances the vulnerability of cancer cells to treatments.

citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.789.9902&rep=rep.. -- Caloric restriction and fasting increase insulin sensitivity, Sirt1 and reduce inflammation. Insulin stimulates NF-kB by impairing mitochondrial function. SIRT1 increases mitochondrial function, improves the response to oxidative stress, apoptosis altered by p53, and decreases the inflammatory response through the suppression of NF-KB www.nature.com/.../srep44708 (2017) .--

Diet Nrf2, covers the fields electromagnetic and promotes mitochondrial function, promotes potent antioxidants such as NAD, quinone oxidoreductase and glutathione S-transferases, and many others. www.selfhacked.com/blog/about-nrf2-and-natural-ways-to-increase-it/ (2018) .-- www.mygenefood.com/activating-nrf2-pathway-nutrition-need-know/ (2018) .- Adult stem cells age with the person, affecting their functional capacity, determined by the; 1. Microenvironment, 2. Mitochondrial dysfunction, 3. Damage to DNA and shortening of telomeres and 4. Epigenetic alteration. www.ncbi.nlm.nih.gov/.../PMC5316899 (2017) .--

Functional deterioration of hematopoietic and progenitor stem cells in the elderly results in a progressive reduction of the immune response and a higher incidence of neoplasia link.springer.com/.../s40778-018-0128-6 (2018).- The intestinal stem cells are responsible for maintaining the lining of the intestine, which is usually renewed every five days. Fasting promotes regeneration and helps in gastrointestinal infections or cancer patients. news.mit.edu/2018/fasting-boosts-stem-cells-regenerative-capacity-0503 (2018)

Posted On 01/06/2019

Salutations Gui, this information runs across the board as an insight to what causes many if not most disease. This region settled late in our history has "dietary residue" of those settler families. If they needed something more often than not, they personally made it from available materials. Purchases usually were for those things they could not make & to help them in making their home made necessities. There is a documentary on our PBS network called Lumberjack Sky pilot, (a Sky Pilot is an early last century nick name for a circuit priest who in this case traveled from one lumber camp to another to minister.)

The documentary is a Sky Pilot's home movies of the lumber industry in the early to mid 1900's. The documentary show the extreme hard physical labor involved and it is a window on other industry's people made a living on. The calories in their meals were enormous. Breakfast could be mounds of pancakes, bacon & eggs, fried potatoes and more. You will see the men were lean & physically fit. However, by the time they hit their 30's they also looked like people in their late 60s' or 70s' today. When someone had this lifestyle, when they could no longer do that extreme level of work, their eating habits didn't change much. They probably shuttled into type 2 diabetes or heart attacks & a reason why many died much younger than today. Their ancestors still indulge in those food sources though not in those portions. Now add in EMF's, toxins, sugar loaded food like substances, fast food & more, so how would anyone have a shot at health? Hint, start with Doc Mercola. Hint two learn to listen to your body talking to you.

Posted On 01/06/2019

Guillermou

JUSTS, it's a pleasure to read your comments. A few days ago I was talking with Pedro Maria, my supplier of organic Kiwis about the Amazon jungle. Pedro has traveled to indigenous villages for many years and the degrading changes in the habitat of many of these peoples is depressing. Pedro tells me what can be read on the Internet. The main animal species that the indigenous people of the Amazon rain forest of Peru ingest water and land contaminated by hydrocarbons. Oil production waters have high concentrations of salts and heavy metals such as lead, cadmium, chromium or barium and hydrocarbons.

This pollution, which affects the rivers, soils and sediments, extending up to 3,000 kilometers downstream from the Amazon River, is bioaccumulable, potentially endangering the health of fish, animals and people that feed on hunting and fishing. This would explain the high levels of lead and cadmium detected in the blood of 45,000 inhabitants of the area. The project led by the Autonomous University of Barcelona has also launched a citizen science platform that invites people to view more than 8,000 videos recorded in contaminated areas of the Amazon to recognize the species of animals that appear and their behavior. The installation of trap cameras allowed recording mainly images of four species of wild fauna (tapirs, bales, peccaries and red deer)

Scientists had previously shown how oil activity has been contaminating land and river headwaters for four decades, not only through accidental oil spills, but also, to a greater extent, the usual dumping of production waters, extracted from the deposits along with oil. First evidences of Amazonian wildlife feeding on petroleum-contaminated soils: A new exposure route to petrogenic compounds? www.sciencedirect.com/science/article/pii/S0013935117316559?via%3Dihub (2018) .---

Posted On 01/06/2019

Guillermou

In the last 40 years, the Brazilian Amazon lost more than 18 percent of its tropical forest, an area the size of California, by illegal logging, soy plantations, and livestock. Most of the remaining forest is under threat, and with it the plants, animals and people who depend on the forest to survive. If the industrialized countries, like the United States, chronic diseases are increasing, now the world's largest lung is being destroyed and degrading the lives of the indigenous peoples who lived in harmony with nature and now suffer more chronic and degenerative diseases such as cancer. Amazon Rainforest www.greenpeace.org/.../amazon-rainforest

Posted On 01/06/2019

Guillermou

Hi HUT, You have made a great reference of Siddhartha Mukherjee doctor, biologist and oncologist. Precisely in my comment spoke at the end of the stem cells and in the link refers to these cells, the effectiveness of the Ketogenic Diet and immunological therapies that can also link with the stem cells, and that for a few years is being investigated and that probably replaces chemotherapy with serious side effects. Yes, there may indeed be Integrative Medicine doctors that can focus cancer treatment with the Ketogenic Diet and Immunological Therapy, of which several versions and is being applied to several types of Cancer caused by different malignant cells. One of these therapies also uses Stem Cells.

Research is finding out how the immune system works against tumors, recognizing the molecular dialogues involved in cancer to be able to destroy these dialogues. The natural medicine with all its therapeutic possibilities of medicinal plants, supported by diet and other therapies can achieve to destroy said dialogues produced as Dr. Mercola has informed by mitochondrial dysfunctions based on epigenetic alterations. Cancer learns to go unnoticed, is covered with molecules that serve as a signal to the immune system to not attack, a kind of 'diplomatic passport. Other times it is protected from other immune cells so that they repel the immune system, like a molecular corrugation. The strategy consists of eliminating the immune control points, removing the cancer "diplomatic passport".

Adult stem cells age with the person, affecting their functional capacity, with a base in mitochondrial dysfunction. determined by him; 1. Microenvironment, 2. Damage to DNA and shortening of telomeres 3. Epigenetic alteration. The research of human stem cells in the next decade will probably bring enormous progress in the therapies of diseases associated with aging. www.ncbi.nlm.nih.gov/.../PMC5316899 (2017).---

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Guillermou

Stem cells promote healing, involving the necessary mechanisms. Stem cells know how to manage the healing, how to install themselves in inflamed areas and how to repair damaged tissue. In addition to the bone marrow, the mother cells are in large quantities in the fatty tissue. In regards to these mesenchymal stem cells, the body fat could contain up to 500 times more cells than the bone marrow. As Dr. Kristin Comella comments, patients who have a very healthy diet, who focus on organic foods and who come from animals fed with pasture, have a very abundant and almost sticky body fat, which produces a large number of stem cells very healthy

There is considerable cumulative evidence that suggests that aging is a disease of stem cells. Proinflammatory factors have a negative effect on the function of all cells and local conditions of the tissue, but most importantly in the reserves of progenitor cells. Improving the proliferation and function of progenitor cells, beyond the simple replacement of injured cells, represents an improvement in cognitive function. An important aspect of aging is the decrease in the proliferation of stem cells throughout the body, including the brain.

www.ncbi.nlm.nih.gov/.../17381551 .---

Avoid sugar, reduce calories, fasting, vitamin D, choline, axtaxanthin, cranberry, spirulina, green tea and carnosite, stimulates function and regenerates stem cells. Other substances: curcumin, apigenin, ginseng, natto, resveratrol, royal jelly, theanine, ashwaganda, etc. Polyphenolic compounds have a synergistic anti-inflammatory and anti-inflammatory activity that decreases the harmful effects of reactive oxygen species in the blood, brain and other tissues of the body, and promotes the proliferation of stem cells. Oxidative stress and inflammation are also regulators negative of the proliferation of stem cells.

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Guillermou

Recent studies now show that the function of stem cells decreases with age and with oxidative stress, inflammation and DNA damage, and results in a decrease in tissues and organs to be repaired. In this way, aging itself is closely related to the accumulation of dysfunctional stem cells. www.lifeextension.com/Magazine/2017/3/Nutrients-Boost-Stem-Cell-Functi.. (2017) .--
www.regenexx.com/blog/research/how-can-i-get-more-or-better-stem-cells.. .--
www.oothy.com/6-foods-will-help-regenerate-stems-cells .--

Conventional chemotherapy and radiotherapy have not been able to increase cancer survival rates because of their side effects, they damage the immune system and also cancer stem cells are resistant to these interventions. Surviving stem cells are installed elsewhere in the body and cause other cancers and metastases. www.fromdusktildawn.org.uk/News/2013/april/why_chemo_does_not_work.htm.. .--

A powerful study published in the journal Cancer Research entitled "Natural Products That Target Cancer Stem Cells," has compiled a list of the top 25 substances against cancer stem cells. Many of the substances that promote beneficial stem cells also kill cancer-promoting stem cells. Among them: Curcumin, Green Tea, D3, Blueberry, Cherry, Raspberry, Ginger, β -Carotene, Flavonoids, Isothiocyanates, Lycopene, Lavender, Quercetin, Piperine, Silibinin, Oregano, Ashwaganda ar.iiarjournals.org/.../5773.full (2016) .-- Some clinical indications of stem cells are in joint and tissue injuries, vertebrae, diabetes, autoimmune and neurological diseases. The wonder of stem cell therapy is that it mimics a process that occurs in your body all the time

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It is evident that the Terapa with the stem cells should be combined with other healthy lifestyle factors that optimize mitochondrial function, such as eating a healthy and detoxifying diet, exercising, sleeping well, avoiding toxins, breathing fresh air, meditation and other therapies How Stem Cell Therapy Can Help Repair and Regenerate Your Body. articles.mercola.com/sites/articles/archive/2017/06/04/stem-cell-thera.. (2017).--

In one of the studies published in the journal Nature, researcher Luis Parada, from the University of Texas, decided to investigate how new tumors are able to regrow after the previous ones have disappeared with chemotherapy. To do this, Parada and her team identified cancer cells in brain tumors of mice before proceeding to the treatment of tumors with conventional chemotherapy.

What was discovered was that, although chemotherapy seemed to temporarily succeed in killing tumor cells, the treatment ultimately failed to prevent the formation of new tumors, because cancer stem cells persist long after chemotherapy, by which they calmly They request the re-growth of new tumors later. Cancer experts suggest abandoning chemotherapy, radiation therapy and surgery to treat cancer and moving forward with the investigation of new treatment methods. A current reference: pdfs.semanticscholar.org/48ae/21834b04a35650d911b74faaca6385de5f5e.pdf .--

Posted On 01/06/2019

yi2m4u

".... The good news is that optimizing mitochondrial function can be effectively accomplished through diet and lifestyle strategies like exercise. No costly drugs or invasive procedures required....." Thanks Mercola. Superb article, and what historically you do best. Unfortunately you are really going to piss off the 'cancer industry' and they will go after you big-time. You thought the Covid persecution was tough, you have no idea what is coming down the pike. The difference is that now you clearly and obviously hold the moral high ground (show me the 'disinformation') which will enable you to sway public opinion and in time, clinical practice. All strength to you.

Posted On 03/27/2022

forbiddenhealing

Too much fuel too fast, too little activity to burn it, too much stressful sympathetic lingering, metal burdens, organic toxins, mineral deficiencies and stealth infections acidify and steal body charge resulting in sluggish circulation and too little oxygen delivered to mitochondria...then lactic acid and ROS build to oxidatively damage all cell structures..oxidative stress is THE cause of chronic disease including the apex symptom ; cancer. It pays to keep mitochondrial generators happy with the right fuel/air ratio. Check this article www.greenmedinfo.com/.../forbidden-healing-thing-about-oxygen

I've told the story many times how I reversed breast cancer in my dog with a few injections of baking soda which alkalized the area allowing oxygen penetration and return to aerobic function.... More recently, therapeutic hydrogen/oxygen generating equipment has become available. There are many ways to address oxidative stress and redox imbalances, takes some detective work to correct equilibria and heal the system.

Posted On 01/06/2019

Guillermou

Yes, FOR, oxygen and hydrogen adapted to cellular needs are medicine. The relationship of mitochondrial energy in response to bioelectric and biochemical factors is essential in cellular behavior. Dr. Jerry Tennant says that the electrical potential of cell membranes is maintained at a lower level than that of healthy cells. The mineral concentrations of the cells, the electrical connections within the cells and between the cells and the changes in the production of cellular energy.

Heavy metals, chemical toxins and electromagnetic fields are capable of causing cancer transformations because they affect the structure and function of the cellular membrane and the mitochondria, interrupting the electrical potential of the cell membranes and the structure of the mitochondrial membranes, which the deactivation of the electron transport chain ends and disturbs the production of energy dependent on the supply of oxygen.

Dr. Paul Gerhard Seeger found that the virulence of cancer cells is directly proportional to the loss of oxygen utilization, directly related to the loss of effectiveness of the respiratory chain. Sodium and potassium bicarbonate, vitamin C and lemon juice generate oxygen, and carbon dioxide (CO₂) that allows the cells to be oxygenated, as well as the pH and cellular pH voltage. The law Verigo-Bohr found that carbon dioxide was responsible for the union between oxygen and hemoglobin for cellular oxygenation. As Dr. Sircus indicates when ascorbic acid is mixed with sodium bicarbonate, the ascorbic acid is neutralized and converted into sodium ascorbate to flood the system with electrons. Ascorbate is synergized with R alpha lipoic acid and vitamin K₂ according to Drs. Hickey and Roberts.

Posted On 01/06/2019

Guillermou

We need cell voltage, regulate the pH with alkalizing, oxygen for efficient metabolism and carbon dioxide, to raise the pH, cell tension and oxygen levels. If the body suffers from conditions of low oxygen, and energy, with a poor diet, we promote the disease and eventually cancer, the body becomes acid, with drops of tension, creating dysfunctional mitochondria. The thyroid hormone T3 controls the voltage of the cell membranes, while the thyroid hormone T2 controls the voltage of the mitochondria. It is necessary that the hormones T3 and T2 work correctly.

Dr. Loyd Jenkins of the Budwig Center says, "If there is one thing you could do every day that would dramatically fight disease and increase your energy, consuming lemon juice combined with baking soda would be on the top of the list. I drink lemon juice at meals and the whole lemon in the breakfast shakes. Also lemon peel powder in salads, source of limonoids. Lemon does stomach acid work, very important in elderly patients in elderly patients with atrophic gastritis or when there is a possibility of hydrochloric acid deficiency. Lemon and garlic are medicine to avoid in stomach cancer and for health in general.

Chronic diseases only occur when you lose the ability to create functional mitochondria. Each organ has its own battery pack, surrounded by the fascia that carry the voltage to the organs. The cell membrane, are composed of phospholipids, which act as a condenser, regulating the production of adenosine diphosphate / adenosine triphosphate (ADP / ATP), which is related to the Krebs energy cycle. Dr. Jerry Tennant says, "We do not treat cancer, we do support cancer patients to help get their nutrition, minerals, acid-base balance, etc., in as good conditions as possible." articles.mercola.com/sites/articles/archive/2017/09/17/body-voltage-di.. | drsircus.com/sodium-bicarbonate-baking-soda/baking-soda-and-lemon-juic..

Posted On 01/06/2019

Alroy301

Nothing is going to change as long as the pharmaceutical companies control the FDA and the politicians. Cancer is a billion dollar business. Many people are employed in the cancer industry. Even governments realize this and can't adopt a cure for cancer. The cure for cancer is to prevent it in the first place by eating a healthy whole food diet.

Posted On 12/15/2019

juststeve

From the article; "At present, the cancer industry is focusing on the downstream effects of the problem, which is why the "war on cancer" has been such a miserable failure."] It would seem most if not all U.S. medical treatment is focused on downstream effects. First the Standard American diet starting with the very young puts us in a state of sickness. When it hits a certain level one goes in for treatment and gets Statins for Cholesterol bumping inflammation up higher and causing muscle loss & function. This if the diet alone is not enough leads for many prediabetes, insulin resistance or on to full blown Type 2 Diabetes treated by even more insulin, working to push ten pounds of sugar into five pound sacks, cells already bursting at the seams. This leads to all the wonderful terrors family's face in civilized diseases.

Not necessarily in that order but you get the drift. All of it is treated after the horse has left the barn and then it is chased around until it dies. Go back to the source of sickness, prevent the majority of it, remove all the band aid treatments to a solid actual Healthcare Systems that starts literally from the ground up. A certain level of Forest left alone to what they do, a proper Agriculture System providing us with a proper Food Production System, leaving us with medical attention for the acute trauma and those diseases falling outside of the metabolic syndrome. Something far more affordable and integrated with the Whole of Life.

Posted On 12/15/2019

Randyfast

Hi, Steve. Actually; the Cancer Industrial Complex has NOT failed in their real objective, which is to treat and treat and treat again, to keep the money rolling in. It's not that they don't have a cure for cancer. It's that a cure is the last thing they want...very bad for the cancer business! Big Pharma and Big Agri have become far too big and powerful. When global corporations begin (began) to control our governments and their policies; humanity is in deep doodoo! The control is there; and always has been. I would love to personally dismantle all those government agencies and global corporations!

I have neither the money nor the power to do so. Does anyone? They have effectively wormed their way into the global consciousness (Brand Names); so, most people just accept it as an integral part of their lives - Global Deception! I've mentioned this previously: These days, there's practically a Pharmacy, Clinic, Fast food and a Bank on every corner. For sure, you can find most, if not all of the above on the ground floor of the hundreds (thousands?) of new high/low rises that are popping up, virtually everywhere! What is wrong with this picture?

Posted On 12/15/2019

mar6915

They call it treating people Randy, I call it tricking people.

Posted On 12/15/2019

panzy

this is fantastic news... you write your text, easy for the common person.. sometimes we need clarity of measurements . like. i.u. and mg and etc. I am going to send this article out. I feel like bringing it to every. oncologist in our town... Port Charlotte fl thank you for helping us Dr Mercola.

Posted On 01/24/2019

Marinkos

Early start with sweet petro-sugar: "Children who eat sweets and chocolate every day are more likely to be violent as adults. articles.mercola.com/sites/articles/archive/2009/10/24/Daily-Candy-in-.. A study involving 17,500 people is the first to look into effects of childhood diet on adult violence. It found people who ate sweets daily at the age of 10 were significantly more likely to have been convicted of a violent crime by the age of 34". My comment: Article isn't finger pointing at petroleum made dyes and aromas in candies. Or on early candidiosis and acetyldehyde toxicity from too much sugar.

In TCM (Chinese Traditional Medicine), aggressive people have problems with liver. From comments: <https://youtu.be/nMVOqeZxntk> From Web: "The U.S. ranks no. 1 in the world in terms of the annual retail volume of consumed sugar, chocolate and gum. The country will consume more than 5 million pounds of sweet treats in 2016, according to market data and estimates from Euromonitor, a London-based market research firm providing business insights on consumer products. China is in the second place largely due to the sheer size of its market, consuming 4.7 million pounds of candies in 2016. Mexico is the only South American country among the top 10."

Posted On 01/07/2019

Johann17

This is a very good approach to show that the chemotherapy against cancer is not the effective method to eliminate cancer. I am of the opinion that the alternatives healing methods against cancer should not be separated but combined. There is the Rudolf Breuss method, based upon the fact that cancer needs nutrients to grow. By fasting the body does not give any nutrients to the cancer cells and so they will have to die of hunger first. Breuss had himself cancer in a stage which was hopeless to the doctors. He fasted 42 days and got rid of all cancer cells.

Another fact is that cancer cells die when the body gets fever. Hyperthermie is the method called to eliminate cancer cells by artificially created fever. Both methods could have been combined, but I have not found any clinic for alternative cancer healing which does it. In Germany and Austria there are reputed clinics which use alternative methods of cancer healing. In Vienna there is Dr. Kroiss, who is very successful with his alternative cancer healing methods.

Posted On 01/06/2019

Guillermou

Hi Johann. Good to know about alternative therapies against cancer.. The hyperthermia is used in the centers of Alternative Medicine, Integrated Medicine and conventional Medicine. In the first two it is used with alternative therapies and with Biological therapies such as immunotherapy. The use of hyperthermia as an application of cancer immunotherapy is supported by an increasing number of research data, which have shown better antitumor immune responses with the addition of mild hyperthermia. The molecular mechanisms responsible for improving the immune reactivity observed in the presence of hyperthermia include the generation of HSPs, the activation of antigen-presenting cells and changes in lymphocyte trafficking. HSPs are a family of induced stress proteins with several critical cellular functions.

HSP inhibit the pathways of apoptosis in cancer cells. HSPs in tumor cells exposed to hyperthermia may offer protection from more cytotoxic events associated with heat, may rescue or restore vital cellular proteins, participate in angiogenesis, invasion, metastasis and immortalization mechanisms. HSP can activate dendritic cells and the function of NK cells by hyperthermia in the mediation of antitumor activity. Hyperthermia can also act directly on lymphocytes to improve their antitumor properties. Hyperthermia as an immunotherapy strategy for cancer www.ncbi.nlm.nih.gov/.../PMC2828267 Hyperthermia and its Clinical Application in Cancer Treatment www.ijalsr.org/.../4 (2018)

Posted On 01/06/2019

ulika7

A decade ago I read in an British newspaper how they found the gene for breast cancer, I actually have this article printed. This tells me that cancer is a gene. We can reprogram our genes with the might of our thoughts. Bruce Lipton has a book called The Biology of Belief. His hypothesis was already causing ripples in the 70's and now once again he is explaining HOW we can program our own thoughts. But to do this we have take responsibility for our own thoughts/feelings/actions. This works as a loop in every thinking human being. There is a gene for obesity, for Alzheimer and other diseases even an aggression gene. Just like nasa is some 100 years of what we know now, this info has been shelved for decades.

Posted On 01/05/2019

Guillermou

Hi ulika. Epigenetics tells us that there are many factors that can lead to cancer, such as diet, lifestyle, environmental pollution, etc., but in the end Dr. Mercola informs us that there is a mitochondrial dysfunction due to these factors that lead to cancer and other degenerative pathologies. In many diseases there are genetic factors that predispose to a certain pathology, and that are manifested by the effect of bad habits of life, but you can avoid the disease by taking care of the true epigenetic factors that lead to cancer and other degenerative diseases.

Dr. Mercola, previously, has written several articles on the origin of cancer and other pathologies. Why Cancer Needs To Be Treated as a Metabolic Disease

articles.mercola.com/sites/articles/archive/2018/12/16/metabolic-mitoc.. -- How Aging Affects Mitochondria in Brain Cells and Contributes to Age-Related Diseases

articles.mercola.com/sites/articles/archive/2018/07/12/how-aging-affec.. The BRCA1 and BRCA2 genes produce tumor suppressor proteins.

These proteins help to repair the damaged DNA and, therefore, have the role of ensuring the stability of the genetic material of each of the cells. When any of these genes has a mutation, or alteration, in such a way that its protein is no longer produced or it does not work properly, when other epigenetic factors concur, the DNA damage can not be adequately repaired. As a result, the cells are more likely to have additional genetic alterations that can result in cancer. Specific mutations in BRCA1 and BRCA2 promoted by diverse epigenetic factors predispose to mitochondrial dysfunction increasing the risk of breast and ovarian cancers in women, and higher risks of several other types of cancer.

Posted On 01/06/2019

Krofter

ulika - I like to think of genes as light bulbs that can be turned on and off. Genes for specific kinds of cancer do not get turned on unless the switch gets flipped. Its the epigenetic factors that Guillermou is talking about that can either turn those switches on or off. We know that certain foods are very good at turning on some types of cancer cells and others are good at turning them off.

Posted On 01/06/2019

vut5861

It will be the most important thing you do to get this information out!

Posted On 12/15/2019

Almond

There are some good insights in this article. However, wholistic health is based on many factors. While fat-burning is important, the human biome must balance so many things. Many are physical, but there are also mental, emotional and spiritual factors that contribute to total well-being. Just as you cannot have either a guns-or-butter economy, so, also, many factors must be integrated to optimize health. You can only go so far on one direction with a single factor before it runs out of limiting factors and support systems.

The older I get, the more I understand that health is more dependent on living in harmony with nature and the seasons in traditional ways than on having access to doctors. Yes, medical care is a blessing in crisis situations, but most medical care people receive is not for being hit by a truck, but more for factors directly under their control--that is, if they choose to take charge of their lives. I predict that there will come a day when many people are forced to do more with less. however, some who have less (money) may actually have a very high standard of living. If we understand epigenetics, we realize we are nto at the mercy of our genetics. There are dietary and environmental factors that turn genes on and off.

Posted On 01/06/2019

JGB123

I too believe that we all need to get back to the nutrition God intended for us. This thought is a powerful tool to taking back control of my health, in addition to not giving my money to those creating food that is poison. I consider the seed oils Dr. Mercola has written about to be poison. Thinking of this food that way makes it much easier to avoid the garbage.

Posted On 03/27/2022

desperado007

I have leaky gut along with other problems. I am taking glutamine to try to fix the leaky gut. This is the second article I have read recently that states basically glutamine feeds cancer cells. I have never had or been diagnosed with cancer but I do believe we all have cancer cells in our bodies so I am obviously concerned that I may be creating a bigger problem while trying to fix the leaky gut. Any advise?

Posted On 01/06/2019

Guillermou

Hi desperado. The important thing is to select suitable foods, without gluten or pesticides (gluten plus glyphosate cause intestinal permeability), without lectins, fermented, rich in antioxidants and polyphenols and healthy fats, that have an adequate amount of glutamine, related to the exercise performed, that can favor the intestine, making unnecessary the glutamine supplements. Foods high in protein are also high in glutamine and Dr. Mercola advises not to take many proteins. Glutamate, with NAC and glycine, help produce the great endogenous antioxidant glutathione. Glutamine is key in the increase of brain function because it participates in the increase of two neurotransmitters. Aloe Vera, bone broth, collagen, vitamin C and fermented vegetables are highly recommended, fiber and fermented milk rich in short-chain fatty acids and butyrate that regenerate the intestine, germinated seeds, coconut products, healthy fats. Supplements such as probiotics, enzymes and licorice root. Limit the Lectins articles.mercola.com/sites/articles/archive/2018/01/07/limit-lectins.a..

Glutamine in foods www.stylecraze.com/articles/glutamine-rich-foods-you-should-add-to-you..
.-- 10 Superfoods for Digestive Health articles.mercola.com/sites/articles/archive/2015/07/27/10-superfoods-f.. . Broccoli and other cruciferous vegetables are very useful in the treatment of leaky gut because they contain glucosinolates and their consumption produces a compound called indolocarbazole, which stimulates immune function, improves the balance of the intestinal microbiome, restores the receptors located in the lining of its wall intestinal, called aryl-hydrocarbon receptors. articles.mercola.com/sites/articles/archive/2017/10/30/broccoli-helps-.. .-- The bone broth is rich in collagen. Collagen regenerates the leaky intestine www.healthline.com/health/collagen-powder-benefits#how-to-get-more-col..

Posted On 01/06/2019

arb1421

See The Truth About Cancer, Ty and Charlene Bollinger, TTAC. I purchased all 7 cd's which I saw online as videos two years ago. Bottom line truth is curing cancer with herbs, justified as 7 countries of Asia, curing with herbs. Our medical system is based on chemicals since 1900 when two members of wealthy families convinced Congress in the US to ban the naturopathic and homeopathic hospitals and poof, the Pharmaceutical Corporation took over to train the American Medical Association with pharmaceuticals. To my knowledge I have only taken these medical drugs sparingly, relying on my knowledge of helping my body to stay healthy. I'm 83, have a serious dairy allergy, so there are foods I love that I have to avoid. The US recently did the unusual and helped the population to understand what a healthy diet is.

Posted On 03/27/2022

arjatim

RE: "Why the War on Cancer Has Not Yet Been Won".... one reason we can give is that in the area offering the most promise--- i.e., nutrition--- we are in the middle of a battle between all the medical/nutritional geniuses on the net, regarding the BEST dietary approach to achieve the highest level of health! Our old faves, e.g. Drs Mercola and Perlmutter and now, Ty Bollinger. are suggesting we should all be embracing the ketogenic approach, while our other faves, e.g. Drs. Campbell, McDougal, Esselstyn, and Klaper make an astounding case for a Whole Food Plant-Based diet!!

We wonder why, with all the webinars and interviews, we have not seen these two approaches face off and provide us and millions of other needful "health nuts" with the means to decide which approach is best. They are mutually exclusive, and we woyuld love to see Mercola interview Campbell, say, and get to the bottom of this issue. Following the lead of Mercola's "Fat for Fuel" and the results of Seyfrieds and D'agostina's "Press-Pulse" therapy, we were ketogenic for over a year. Then, for varuiouos reasons, one year ago we went plant based and have never felt better. And the scientific data peesented by ,say, T.Colin Campbell, supports that we feel so good because we are doing the right thing and will see the end of prostate cancer and other malfunctions.

Posted On 01/06/2019

berigora1

Is there a book, or detailed info ANYWHERE showing the calories, carbs, net carbs, fat and protein for an extensive list of foods? I eat basic foods (not processed, etc) and I'm in Australia (so many brand names often listed aren't available here), so I want something that includes foods such as carob (I'm allergic/intolerant of chocolate), chia seeds, coconut flour, lots of different fruit and vegetables, etc rather than the standard lists that cater for people who eat lots of junk and processed foods. Help please as to follow this type of diet there is a lot of information needed!

Posted On 01/06/2019

Guillermou

Hi berigora. Dr. Mercola has many articles that report the proportions between basic minerals such as sodium, potassium, magnesium, copper, zinc. (use the search engine at the top of Dr. Mercola's reports). In an organized, balanced diet, with organic vegetables, including nuts, olive oil, coconut oil, etc. they are a source of health, as long as they are accompanied by good fish and seafood, meats and dairy products from pasture cattle, the necessary supplements are in function of blood tests and personal pathologies. Plant foods contain phytochemicals, chlorophyll, vitamins, minerals, and a good omega 6 / omega 3 ratio of 1/3 to produce anti-inflammatory effects, in addition to oleic acid of great cardiovascular properties. You can also use a database of nutrient composition. In the first you can customize the composition of your diet. 1. SELFNutritionData <http://nutritiondata.self.com/> 2. Superfoodly ORAC Values: Antioxidant Values of Foods & Beverages www.superfoodly.com/orac-values .--- 3.- United States Department of Agriculture

3.1.- Agricultural Research Service. USDA Food Composition Databases. Search by food or by nutrient. ndb.nal.usda.gov/.../list .--- www.ars.usda.gov/.../hg72_2002.pdf ndb.nal.usda.gov/.../index . 3.2.- USDA Database for the Flavonoid Content of Selected Foods National Agricultural Library. United States Department of Agriculture This database contains values for 506 food Those 5 subclasses are as follows: FLAVONOLS: Quercetin, Kaempferol, Myricetin, Isorhamnetin FLAVONES: Luteolin, Apigenin FLAVANONES: Hesperetin, Naringenin, Eriodictyol FLAVAN-3-OLS: (+)-Catechin, (+)-Gallocatechin, (-)-Epicatechin, (-)-Epigallocatechin, etc ANTHOCYANIDINS: Cyanidin, Delphinidin, Malvidin, Pelargonidin, Peonidin, Petunidin data.nal.usda.gov/dataset/usda-database-flavonoid-content-selected-foo..

Posted On 01/06/2019

Guillermou

4. FAO/INFOODS Food Composition Databases www.fao.org/.../en www.fao.org/infoods/infoods/tables-and-databases/faoinfoods-databases/ .--- 5.- Phenol-Explorer Phenol-Explorer is the first comprehensive database on polyphenol content in foods. The database contains more than 35,000 content values for 500 different polyphenols in over 400 foods. These data are derived from the systematic collection of more than 60,000 original content values found in more than 1,300 scientific publications.

Each of these publications has been critically evaluated before inclusion in the database. The whole data on the polyphenol composition of foods is available for download. <http://phenol-explorer.eu/> 6.- Dr. Mercola. Polyphenols - What They Are, and Why You Need Them articles.mercola.com/sites/articles/archive/2015/12/14/polyphenols-ben.. .-- Articles on polyphenols of Dr. Mercola search.mercola.com/results.aspx .--- 7.- Glycemic index and glycemic load The consumption of high glycemic index (GI) foods causes a strong increase in postprandial blood glucose concentration, being associated with an increased risk of adverse health outcomes, including type 2 diabetes mellitus and cardiovascular diseases.

The glycemic load (GL) is obtained by multiplying the quality of carbohydrate in a given food (GI) by the amount of carbohydrates in a portion of that food. 7..1- Oregon State University ipi.oregonstate.edu/mic/food-beverages/glycemic-index-glycemic-load .--- 7..2- Harvard Health. www.health.harvard.edu/diseases-and-conditions/glycemic-index-and-glyc.. .--- 7. 3.- Diabetes journals care.diabetesjournals.org/content/suppl/2008/09/18/dc08-1239.DC1/Table.. .---

Posted On 01/06/2019
