

**dge8325**

Apparently, the Vegetable in Chief doesn't take multivitamins.

Posted On 05/13/2024

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**njlady**

Thanks...a good laugh in the morning is medicine for the heart!

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**Stephjask**

And I would wager that no supplement would correct false memory syndrome.

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## Guillermou

Soil degradation is one of the growing problems that affects all living beings on the planet. Mara Dolores Raign, professor of Soil Science: "there is research that collects changes in the composition of foods during historical series going back 120 years. The UPV professor refers not only to the use of certain agricultural practices, but also to the use of pesticides and chemical fertilizers. The results are conclusive: foods lose the concentrations of minerals and vitamin principles over the years." According to data collected by the pharmaceutical laboratory Ciba Geigy (Switzerland), broccoli has seen its calcium percentage decrease by 73% between 1985 and 2002, as well as folic acid by 62% and magnesium by 55%.

In the case of spinach, they have lost 78% of calcium and 65% of vitamin C in this period, while bananas have lost up to 92% of vitamin B6. When it comes to healthy phenolic compounds in foods, organic clearly beat conventional. The researchers attributed the higher levels of phenols in organic crops to the soil. [www.mdpi.com/.../3870](http://www.mdpi.com/.../3870) (2014).-- [www.tandfonline.com/.../09540105.2021.1874885](http://www.tandfonline.com/.../09540105.2021.1874885) (2021).-- [link.springer.com/.../s10341-022-00723-5](http://link.springer.com/.../s10341-022-00723-5) (2023).-- Aging affects cognition and all types of chronic and degenerative diseases.

Telomere length is epigenetically regulated by DNA and histone methylation. Telomere length shortens with normal aging, life stress, infections, and chronic diseases. . Multivitamin supplements contain large amounts of many vitamins and minerals and therefore represent an important source of micronutrient intake. Studies provide evidence linking multivitamin use with longer leukocyte telomeres. Intake of vitamin C and E, whether through diet or multivitamins, is positively associated with longer telomeres. In multivitamin users, approximately 63% of vitamin C and 84% of vitamin E came from supplemental sources.

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## Guillermou

An association between plasma folate concentration and telomere length has been reported. Vitamin B12 derived from supplements can reduce inflammation, support energy metabolism, and maintain proper epigenetic characteristics that may explain longer telomeres. Vitamin B 12 deficiency exacerbates age-related cognitive decline, inflammation, and reduced regenerative capacity and potential for cellular reprogramming. Nicotinamide influences telomere length due to the role of PARP. The anti-inflammatory and antiproliferative properties of vitamin D limit cell turnover, potentially reducing telomere length attrition.

Magnesium influences telomere length by affecting DNA integrity and repair, oxidative stress, and inflammation. Zinc may affect telomere length by influencing telomerase activity, DNA integrity, oxidative stress, and susceptibility to infections. Curcumin decreases DNA damage and shows a tendency to have longer telomeres. Polyphenols are also effective. In figure 1 of the first link, potential mechanisms behind the influence of nutrients on telomere length. In general a multivitamin mixture containing vitamins and a combination of polyphenolic compounds is advisable to reduce telomere shortening.

[www.sciencedirect.com/.../S0955286311000052](http://www.sciencedirect.com/.../S0955286311000052) (2011).--

[www.sciencedirect.com/science/article/abs/pii/B9780128092521000146](http://www.sciencedirect.com/science/article/abs/pii/B9780128092521000146) (2018).-

[www.tandfonline.com/.../19390211.2023.2179153](http://www.tandfonline.com/.../19390211.2023.2179153) (2023).-- [www.frontiersin.org/.../full](http://www.frontiersin.org/.../full) (2024).--

[www.mdpi.com/.../5044](http://www.mdpi.com/.../5044) (2024).-- In TABLE 1 natural compounds of plant origin that promote life extension by increasing one or more characteristics of aging.— [onlinelibrary.wiley.com/.../fft2.350](http://onlinelibrary.wiley.com/.../fft2.350) (2024).--

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## juststeve

Gui what would research show if the supplements were gauged between those with a healthy gut and those with the gut disruption? Also, a similar study with the best currently possible for Biodynamic foods having a better vitamin, mineral profile, compared to the high yields empty of vitamins and mineral profile, highly processed foods. Very early in the last century it was a concern how mineral content was dropping. It's been reported in many places, even in some Legacy Media sources how it takes so much more quantities of a produce to reach the levels they once contained nearly a century ago. One couldn't eat the many apples today to provide what just one did a century ago.

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## Guillermou

Just, connecting with yesterday's report for example, the truth is that the results of a study that the median endotoxin and zonulin in plasma decreased with increasing serum levels of the vitamin D categories. The multivariate binary logistic regression analyzes showed a significant association between plasma levels of endotoxin (OR 0.12) and zonulin (OR 0.91) with serum levels of vitamin D categories in the general population. These findings suggest a relationship between vitamin D deficiency and early alterations in intestinal permeability. [journals.sagepub.com/.../jim-2019-001132](https://journals.sagepub.com/.../jim-2019-001132) (2023).-

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## PithHelmut

Soil degradation is due to many things however the way we do our systems only ensures soil degradation. Two things come to mind - cemeteries and sewers. We shouldn't be burying bodies altogether in allocated enclosures - they need to go back into the soil to provide nutrients for food and complete the cycle. Not to mention all that paraphernalia people get buried in. This makes the soil depleted of boron and other essentials. Then sewers where we put our vital human manure into the water. We are crazy we humans, just crazy.

The reason it's all been done this way is so they can extract money out of us, to pay for funerals and burials, sewer pipes and treatment plants and of course, artificial fertilizers. Whereas using our own fertilizer gives information to the soil and microbes on what we need and the soil produces those nutrients to the plants that we eat as food. We are supposed to be the most intelligent species on earth - one would wonder. We have the capacity to be but we don't use it.

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## Guillermou

Yes PithHelmut, livestock and industrial agriculture of small producers is seriously threatened. The destruction of soils by intensive agriculture reaches the limit that intensive agricultural soils have the least carbon content. Industrial agriculture uses monocultures, synthetic overfertilization, intensive tillage, separates agriculture and livestock, causes the breakdown of agroecological cycles, uses polluting energies, the complete opposite of organic agriculture. Soil degradation is brutal for the ecosystem, about half of the chemically degraded soils are exhausted and without organic matter. Monoculture acts against the ecological cycle of farmland.

Regenerative Agriculture actively works in harmony with nature. Regenerative practices such as no-till farming, composting, cover crops, crop rotation, organic cropping, and managed grazing can help mitigate the negative impacts of monoculture. The land must be regenerated in a symbiosis between agriculture and livestock. We cannot allow cross-pollination where pollen from new varieties can reach natural plants and modify their genetics. In addition to cross-pollination during cultivation, there are many other stages of the food chain in which contamination from transgenic organisms can occur, from grain transportation and storage to processing stages.

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## Guillermou

Industrial agriculture is degenerating agricultural land. For example, residue from Bt corn plants after turning the soil after harvest inhibits their ability to breathe (produce carbon dioxide), also reduces mycorrhizal colonization, and seriously alters bacterial populations within the soil ecosystem. This soil function is vitally important to regulate plant growth and vitality and to increase the availability of minerals and nutrients. Regenerative agriculture is a true incentive for the goal of truly holistic “regenerative organic” agriculture without the consumption of chemicals, which must take a more holistic approach that also encompasses the well-being of farmers and animals, in a process to which Rodale contributed , Steiner, Holmgren etc., pioneers of the organic regeneration movement.

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## mac2972

I am a 79yo female who takes 2 multivitamin with Omega-3 chewables every morning. I have amazing energy, my brain is still firing on all cylinders – helped by my crossword puzzle addiction – and I’m working as a customer service specialist! My approach is to operate on the assumption that our brain is our most powerful weapon – the power of positive thinking – and to stay 30 in my brain. It works! “If you can see it, you can have it.”

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## KPierret

It is key to avoid inflammation - "the root (cause &/or effect) of all illness". Science knows the blood-brain-barrier (BBB) does NOT protect cells from inflammation from the blood. The best way then to prevent inflammation is to NEVER EAT AFTER/close to SUNDOWN. See the interviews of Dr. Satchin Panda by Dr. Rhonda Patrick 7 years ago. His answer to a hypothetical question, was: "Sadly it is BETTER to eat an UNHEALTHY meal DURING THE DAY, because eating LATER in the evening turns even NUTRITIOUS FOOD INTO JUNK." The "excess circulating glucose (ECG)" in the blood after sundown cannot be removed because the pancreas upon detecting melatonin in the blood stops releasing INSULIN.

Per Panda that ECG in the blood CAUSES INFLAMMATION ALL THRU THE NIGHT first to the one-cell THIN endothelial lining in all blood vessels. And the BBB can't protect the brain. It's been proven that the flow of oxygen through the endothelial lining (from lungs to blood and from blood to muscles, organs, etc.) IS IMPEDED.

In reverse, the flow of waste products is impeded. And the brain's only recourse is to INCREASE BLOOD PRESSURE to get more of the available oxygen. This articles information is good as nearly all of Dr. M's information is vital. But first address this problem and it changes everything. For example, the book "Honey Sapiens" says that the science is indicating that ECG IS at the root/cause of Type II Diabetes, Alzheimers (aka "Diabetes of the brain") & obesity.

It affects blood pressure. Inflamed bld vessel tissue is less flexible which increases blood pressure per the laws of physics. And the brain deficient in oxygen RAISES BP. Do you think all of the above might help one's memory/cognitive aging? I know it does. I am in my 70's & NEVER EAT After SUNDOWN. NO meat within 6 hrs (slow to digest) of sundown. "For brkfst, eat like a King; Lunch/Queen (less); Dinner - like a pauper (broth/NO FOOD). See naturopath Barbara O'Neil videos. CHANGED EVERYTHING - as tho now 55!

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## PithHelmut

Very interesting information and it makes perfect sense. I will look up those videos. Thank you!

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## ScanKat

Most multi-vit are synthetic in part or whole and not helping wellness. These types of studies fail to look at the big picture. Those that take the bother of taking a multi most likely live a more traditional whole food diet and avoid toxins. Avoiding toxins is always the best strategy for the brain and body. In today's world where they are spraying us with aluminum that eats away at brain tissue not easy.

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## SomeMo888

My first thought, that sourcing these vitamins is more important than taking them. So much garbage everywhere being fed to us.

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## PithHelmut

Exactly. We can do everything right ourselves, grow food organically, etc but we are being sprayed from the skies with poisons! The water is poisoned with fluoride so it taints everything. It's incredible that bad things can go through so easily and become part of our lives but good things we have to fight for, even the most minor good things.

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## rey4873

Keep up the good work-Period!

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## **Ammieeee**

In Perfect Health Diet the Jaminets point out that multivitamins provide too much manganese, which they say should not be supplemented at all. It can cause neurological symptoms that closely resemble Parkinson's disease. They have several chapters discussing vitamins, minerals and nutrients and how often to take them.

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## **Sarah Diggins**

I have taken vitamins for decades and eaten a 70% raw food diet for years and following intermittent fasting of an 8 hour window. This didn't stop my mind from deteriorating. My mother has dementia and I was secretly worried I was following in her footsteps. Until a happy accident when I was forced to stop eating until 4pm each day due to teeth treatment. I forced to increase my intermittent fasting to 19-20 hours a day. A miracle happened. After just 10 days, my mind completely cleared; my memory returned and I have the sharpest focus I have had in 10 years. I now eat within a 4-5 hour window most days and love the feeling and recommend for anyone experiencing memory issues.

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## **Jantango**

It's nice to read about your positive experience after fasting. I have fasted for several years. I hydrate with vitamin B12 and k2-D3 in the morning before walking and meditation. Breakfast at noon with oats, fruits, berries, nuts, seeds and spices. Then lunch between 3:00 to 6:00 before concerts. I fast 18 hours. It certainly has its benefits and miracles. I'm happy and well at 76, eating only organic for continued health. I saw my mother with dementia and it's not for me.

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## plastictekkie

Is there any way to sort out whether this great change is related to the intermittent fasting or the tooth treatment? Several previous articles here have touched on teeth infections being responsible for many other body problems. I am seriously concerned, and am considering having one root canal tooth and one implant removed because of recurring jaw infection. I also feel that I am losing mental abilities, but my doctor doesn't seem to think that's abnormal since, after all, I'm 85. I will be adopting your 4 - 5 hour window beginning today. I'm not ready to give up, yet. I have 7 grandkids and 7 great grandkids, and it is a lot of fun watching them grow.

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