

Heart_jewel

My experience with progesterone, during menopause, is that dermal cream doesn't work. When I took it decades later, and still do, it's in the oral form Dr. M describes in this article. I seem to be taking the right amount and it works. How I know is that for 50 years I had unwanted hair growth on my chin. Thousands have been spent on painful treatments of electrolysis. Progesterone stopped the hair growth. If any women have this problem, it's another reason to take progesterone. (I buy mine from Forefront Health, but follow Dr. M's dosage).

Posted On 05/09/2024

Heart_jewel

To hea7452: I don't know how to reply to you, except this way. You asked about Forefront Health's dosage. Remember that in an earlier article, Dr. M said progesterone lasts for 48 hours. I take 8 drops every evening (24 mg.) so there's 48 mg. in my body at all times. If my thinking is incorrect, someone please respond. He also said that post menopausal women (such as myself) can take it continuously. Menstruating women need to pause the progesterone, but I didn't pay attention to the details.

Posted On 05/12/2024

Microplastics contaminate almost every part of the environment, including the food chain. They can adsorb different types of chemicals and microorganisms on their surface and thus increase the pollution load. Since microplastics are relatively small, they are easily ingested and can negatively affect the health of consumers. Research in this area has advanced and the first conclusions have been drawn that affirm that microplastics serve as a vehicle for the spread of toxic chemicals in the marine environment. In addition to PCBs, organochlorine compounds, polyaromatic hydrocarbons, insecticides DDT and HCH, heavy metals such as copper, arsenic, cadmium, lead and chromium, and antibiotics can contaminate microplastics.

Microplastics with adsorbed contaminants can represent a potential risk to marine organisms, especially when they enter the food chain through ingestion. The concentration of chemical contaminants in microplastics can be one hundred to one million times higher than in the surrounding water. Ingestion of microplastics with adsorbed micropollutants by aquatic animals is one way these toxic contaminants enter organisms.

In addition to air and water pollution, soil pollution is another possible source of microplastics in the food chain. Soil contamination by microplastics occurs through several routes. These include landfills, soil treatment, use of sewage sludge for soil fertilization, wastewater irrigation, use of compost and organic fertilizers, leftover mulch sheets, tire wear and the atmospheric gradient. Exposure to these microplastics leads to systematic exposure, while larger microplastics can only produce local effects on the immune system (e.g. inflammation of the intestine).

Guillermou

Micro/nanoplastics (MP/NP) contribute to the emergence of neurological development and/or neurodegenerative risks. Nanoplastics pose a greater risk because their size allows them to more easily cross the placenta and the blood-brain barrier. The long-term effects of microplastics on the body may include the induction of oxidative stress through the production of reactive oxygen species during the inflammatory reaction, which may lead to cytotoxic effects. Ingesting microplastics can alter energy balance, metabolism and the immune system. When MP/NPs are present in the brain, they can initiate a series of molecular or cellular reactions that can damage the blood-brain barrier, cause oxidative stress, trigger inflammatory responses, affect acetylcholinesterase activity, cause mitochondrial dysfunction, and impair autophagy.

Another risk associated with the consumption of microplastics in food is the microbial association with its surface. The presence of various pathogenic species on the surface of microplastics has been confirmed and the consumption of shellfish increases human exposure to these microorganisms. Microplastics can release harmful chemicals such as bisphenol A, PCBs, PAHs, chlorinated pesticides, BFRs and antibiotics into foods, which can subsequently have carcinogenic and mutagenic effects and act as endocrine disruptors.

According to some studies, persistent organic pollutants consumed together with microplastics represent a negligible source of pollution for humans. -----www.mdpi.com/.../1349 (2022).---
www.sciencedirect.com/science/article/abs/pii/S138266892200206X (2022).---
apps.who.int/iris/bitstream/handle/10665/362049/9789240054608-eng.pdf (2022).---
www.sciencedirect.com/.../S0929139322002839 (2023).--- [www.cell.com/.../S2405-8440\(23\)00503-0.pdf](http://www.cell.com/.../S2405-8440(23)00503-0.pdf) (2023).---- www.sciencedirect.com/science/article/abs/pii/S0304389424006332 (2024).--

Posted On 05/09/2024

juststeve

Professor, with after decades, more than half a century of these products infiltrating throughout every layer of life in our Garden, Planet Earth, our personal Gardens, our bodies. With these products disrupting, preventing so many basic critical functions to work properly. Just another tool in the Depopulation Agenda. Do we really have to wonder why so many species are disappearing? Why so many strange Dis-eases not only in our Human circles but in the wildlife too? In this strange Death March, in the end whoever in the circles of the 1% "win's" will most likely have won a desert planet, void of any life.

This situation calls for Regenerating, Renewing the deserts created by past Empires and expanded by the current ones. Wherever possible, even in backyards, if the organic matter can be increased to much higher levels, it is fairly reasonable to expect much of the plastic could be trapped, stop the circulation of it. The other possible impact is to reject as many and as much plastic product as possible. The industry claims the customer wants their product, but the customer is most likely the companies who use them, not the at the end consumer. As part of the buying public, we have a hard time sourcing out better alternatives.

Posted On 05/09/2024

vassil

An important omitted source: geoengineering spraying. Includes various nanoparticles besides nanoplastcs.... already found in considerable concentrations in every living creature.

Geoengineeringwatch.org for instance has been trying to wake up the masses for over 15 years....

Humans are fervently, systematically, persistently, zealously working for their own demise and the extinction of life on the planet.

Posted On 05/09/2024

Guillermou

Just, your comment represents quite a lesson from a farmer. Humanity is facing a serious drought and environmental pollution where water takes a huge toll. Human activity generates more than 400 million tons of plastic each year, of which half are designed for a single-use lifespan; and less than 10% are recycled. It is estimated that between 19 and 23 million tons of plastic waste end up in lakes, rivers and seas each year. However, the report emphasizes that plastic pollution could be reduced by 80% by 2040 if countries, companies and consumers make profound changes.

World Environment Day is celebrated this year around these figures, in search of urgent solutions to plastic pollution. the Life Phoenix project, pioneer in solutions for the regeneration of wastewater and treatment of microplastics and emerging contaminants. The project is part of the European LIFE program. Research faces the growing challenge of emerging contaminants and microplastics, which cause problems in current purification systems, as they are difficult to eliminate, and usually end up in the seas and rivers, posing a serious environmental risk. One of its objectives is to quantify and eliminate microplastics through advanced filtration processes.

The LIFE Phoenix project (Perfluorinated compounds HOlistic ENvironmental Internstitutional eXperience), co-funded by the European Union, involved both institutional bodies and the scientific research community. It was coordinated by Regione del Veneto, in collaboration with Azienda Zero, ARPAV, IRSA-CNR and Universit degli Studi di Padova. life-phoenix.eu/.../project .---
www.aqualia.com/documents/14152670/14224446/S12+LIFE+PHOENIX_en_web.pdf.. .---
www.criep.eu/.../life-phoenix-project .--

Posted On 05/09/2024

Guillermou

HIGH-EFFICIENCY WATER FILTER REMOVES 99.9% OF MICROPLASTICS IN 10 SECONDS Researchers at the Daegu Gyeongbuk Institute of Science and Technology (DGIST) in South Korea have developed a system that is not as sophisticated but no less effective. It is a purifier with which to eliminate all contaminants from water at a speed never seen before. The novelty of this invention is that it not only effectively eliminates microplastics present in water, but also eliminates volatile organic compounds (VOC). These chemicals are responsible for most health effects. Another difference is that it increases the absorption time. And if the filters existing to date are characterized by something, it is the slowness of the process.

They found two alternatives. On the one hand, the material as a covalent triazene framework (CTF), with which organic dyes can be removed from industrial wastewater. And on the other, a filter that was even capable of absorbing sunlight and converting the energy into heat. The solution was in front of them: combine both technologies into one. Thus, a water purifier emerged whose results amazed even the researchers themselves. And the new prototype was capable of eliminating more than 99.9% of contaminants in just 10 seconds. The combination of both technologies not only offers unique results in this sense.

It is also capable of effectively eliminating more than 99.9% of mixed phenol derivatives, thanks to its synergistic purification system composed of absorption and solar membrane. This is an unprecedented percentage. For example, the acoustic waves that have already been used to clean water of microplastics were only between 56 and 58% effective.

www.indiatimes.com/explainers/news/explained-how-this-technology-can-f.. (2023)

newatlas.com/environment/high-efficiency-water-filter-99-9-microplasti.. (2023)

Posted On 05/09/2024

Guillermou

Yes Vassil, Biden esta dispuesto a declarar la guerra a su pas y a todo el mundo con la geoingeniera climatica. A pesar de la reciente advertencia de la Comisin Europea de que las intervenciones a gran escala, como la ingeniera solar para revertir el 'cambio climtico', podran tener "consecuencias no deseadas ". www.zerohedge.com/technology/eu-warns-against-potential-unintended-con.. (2023).--- La actual pulverizacin de aerosoles atmosfericos de ingeniera climtica no se menciona a pesar de que matemticamente es la mayor fuente de contaminacin atmosfrica por particulas finas.

La selva amaznica est siendo talada al ritmo ms rpido jams registrado, cunto tiempo pasar hasta que no quede nada? Qu papel juega la ingeniera climtica en la desaparicin de todos los hbitats restantes?. Video: www.youtube.com/watch .---- Solo hay un camino a seguir en la lucha para detener la geoingeniera global: lograr una masa crtica de conciencia sobre el tema entre los poblacin general. No se puede librar una batalla sin un ejrcito; la nica forma de avanzar en la lucha para detener la geoingeniera global es creando y reclutando un ejrcito de despiertos porque el gobierno de Estados Unidos y el poder global esta en manos de las grandes corporaciones que controlan completamente el flujo de informacin .

Videos. <https://.../ how-do-we-stop-climate-engineering-only-way-forward/> .--- www.geoengineeringwatch.org US PRESIDENTIAL CANDIDATE ROBERT F. KENNEDY, JR. AND DANE WIGINGTON: IS CLIMATE ENGINEERING REAL? www.geoengineeringwatch.org/us-presidential-candidate-robert-f-kennedy..

Posted On 05/09/2024

Suzicreamcheese

What is totally unthought of, and totally ridiculous in the face of the fact that plastic breaks down into smaller and smaller particle, is to recycle the stuff into clothing. Most women and no doubt some men know that clothes create fluff, and now that'll be Plastic Fluff, being sent into sewage waters evey time one does the laundry; as if it isn't already enough that so much clothing is polyester = plastic!

Posted On 05/09/2024

HilltopJPJ

Not to mention the ubiquitous “non-stick” cookware that nobody treats properly so it is always scratched up and flaking into your food. We use only cast iron or stainless, and now even bring a cast iron skillet with us on road trips, where often rental cottages have only abused “non-stick” cookware. For anyone in the know, a properly seasoned and cared for iron skillet IS non stick!

Posted On 05/09/2024

muslim1

@HilltopJPJ: we're also becoming more conscious about non-stick cookware, and have mostly switched to stainless steel pans. We tried using cast iron, but the problem is trying to clean them and managing such a heavy pan. We're still left with non-stick chemical laden oven tray and round cake baking tray. Another thing I'm becoming wary of is baking paper... I didn't realise even baking paper could be treated with non-stick chemicals like PFAS!

Posted On 05/09/2024

IanPomeroy

I am persuaded that you are correct. I currently live in Cyprus. I searched for info wrt the hormone that you recommended and every article that 'popped up' was negative thus I reckon that there is little chance of me being able to fight the problem. Perhaps I am to be blessed as my wife and I are quite likely to be near to the end of our time here on earth either by The Rapture of the end of our lives as we are just over 80.

Posted On 05/09/2024

srg03462

It makes me so very sad for my children and every other human on this earth who did not ask to combat so much natural disruption to our bodies and the planet. There is so much to worry about that I simply cannot stand it. Going to do the best I can live and live as peacefully as possible.

Posted On 05/09/2024

Heart_jewel

Ian, I take the kind of progesterone Dr. M recommends from a company called Forefront Health. I take the right amount, 25 mg . I'm 79 years old. Don't give up yet on finding progesterone or living on.

Posted On 05/09/2024

PithHelmut

Excellent information as usual from Dr Mercola. One thing though, how does boiling hard water reduce the nanoplastics from it?

Posted On 05/09/2024

Guillermou

As published in the journal "Environmental Science & Technology Letters", boiling and filtering tap water containing calcium could help eliminate almost 90% of the nanoplastics and microplastics present. pubs.acs.org/.../acs.estlett.4c00081 Zhanjun Li, Eddy Zeng and their colleagues wanted to see if boiling could be an effective method to help remove NMP nano- and microplastic particles from both hard and soft tap water. To do this, the researchers collected samples of hard tap water from Guangzhou, China, and added them with different amounts of NMP.

The samples were boiled for five minutes and allowed to cool. The team then measured the free-floating plastic content. When hard water, which is rich in minerals, is boiled, a chalky substance known as lime or calcium carbonate (CaCO_3) is naturally formed. The results of these experiments indicated that as the water temperature increased, CaCO_3 formed foulants or crystalline structures that encapsulated the plastic particles. Zeng says that over time, these scalers would build up like typical limescale, at which point they could be removed to eliminate NMP.

Thus, he suggests that any remaining scale floating in the water could be removed by pouring it through a simple filter, such as a coffee filter. In tests, the encapsulation effect was more pronounced in harder water: in a sample containing 300 milligrams of CaCO_3 per liter of water, up to 90% of the free-floating MNPs were removed after boiling. However, even in soft water samples (less than 60 milligrams of CaCO_3 per liter), boiling still removed about 25% of the MNPs. The researchers say this work could provide a simple but effective method to reduce NMP consumption.

Posted On 05/09/2024

meehan2661

I started implementing what I learned here over a decade ago. Unfortunately I didn't realize at the time how important all these suggestions are. After seeing what my body absorbed even though I was eating organic and filtering the shower and Berkey for drinking water, it was not nearly enough to stop exposure to plastic and glyphosate. Even as far as wearing a work shirt that was polyester. In hindsight you really have to think it through. My levels came back very high on bpa and glyphosate.. I did detox these out of my system, but a daily detox is necessary in our environment. I wish I would have installed that whole house system sooner. Our water is hard and source running through areas surrounding by golf courses. Disclaimer should be noted. Please take these suggestions the same as if you jumped out of airplane it is suggested you pull the string for your parachute. I found out the hard way.

Posted On 05/09/2024

PithHelmut

It astounds me constantly that we the people tolerate this onslaught and do and say nothing about it. The chemtrails sprayed from planes in the sky - most people don't even notice. How are we going to get all these nanoplastics out of the environment? We knew about this many years ago at least 12 years ago and nothing, absolutely nothing has been said or done about it. Everything is contaminated. WE shouldn't have to detox, we should be living in a pristine environment - this is our habitat and it belongs to everyone. Yes it is an urgent matter as all other matters are now, now that they have been neglected for so long. I'm glad you managed to keep these chemicals out of your body, it is a daily task now.

Posted On 05/09/2024

Smudge2

RE: NET BAGS.....One of the things that REALLY bothers me is those net bags fruits come in. Cut them open on a white paper or countertop. The teeny particles stick to the scissors, stick to the fruits and vegetables and stick to the counter. Wipe off the counter and there they are, still stuck or more dropping off of the produce. Then, if u wash the produce, the teeny particles go down the drain. If you don't have a white countertop, you'd never even know. Less packaging waste is their mantra. Birds and animals get stuck in them when tossed out in landfills if not properly disposed of. They're a hazard. JMHO

Posted On 05/09/2024

HilltopJPJ

Although we've tended toward avoiding plastics in general, we still used plastic containers for some food storage, we've been recently purging those though and replacing with glass. We still use 5 gallon plastic food buckets for storing rice and grains. I have avoided synthetic fibers for years, only cotton, wool or linen. We have water from a deep well and we're in the VT mountains (hills to my western friends), so would assume our water is pretty safe. Lastly, another confirmation that my purchase of a Finnish style sauna this past winter was one of the best decisions I ever made. I use that almost every day even now as the weather has warmed up. It's done wonders for my overall well being, it's nice to know that I'm purging micro plastics in addition to other toxins.

Posted On 05/09/2024

CMT367

The reference to boiling hard water (#17) is from ZeroHedge, originally fr. Epoch Times... Here's what disturbs me about that advice, as a science researcher: don't stand near the boiling pot, or you'll be inhaling vapor-born microplastics, right? How is that an boiling water an improvement over EATING/ DRINKING micro-p's?

Posted On 05/10/2024

non7379

Guillermou, thanks for posting those excellent links. Wouldn't it be nice if government spending of our tax dollars was actually centered around true wellness and effective improvements to the earth instead of this power grabbing climate change nonsense that expects people to live in archaic times. That new water filter developed in SOKO that eliminates VOCs and microplastics should be available globally in every country, for example. How amazing would that be! Another example is the sad fact that the pharmaceutical industry is more about profits and making billions instead of focusing on the development of drugs that are therapeutic, not just palliative and without deleterious side effects. There's no reason it can't be a win-win dynamic.

Posted On 05/09/2024

PithHelmut

Wouldn't it be nice if we stopped paying government to ruin our world? They can do nothing right and they don't want to, that's not their agenda. Their agenda is diametrically opposite to healthy living because healthy living isn't profitable. But it's up to the people to put a stop to it as they will never stop so long as their funding is assured. I know that's a toughie but we need to start talking about strategies to do this or we're just going to go under.

Posted On 05/09/2024

DeenaLin

Trying my best to avoid plastics, but now I'm concerned about the night guard mouth piece recommended by my dentist, which appears to be made of some kind of hard plastic. Not sure having it in my mouth all night is a great idea...any input on this matter?

Posted On 05/09/2024

riskybiz

Dental guards should be BPA free, at least the ones that you buy to heat up and self fit as a mold to teeth are. I would look up the brand to confirm if its BPA free.

Posted On 05/09/2024

Caroling

I was planning to get a nightguard several months ago, and then I realized that I am very sensitive to all kinds of chemicals. So I called it off. However, it is possible to get a blood test that will determine which kind of plastic is "best" for a particular person's night guard, get the blood work done, get the right nightguard, and it might be a bit better. (The blood work place closest to me is in Denton, Texas, but it's apparently done through the me.) For now, I'm skipping the nightguard. Just the thought of sucking on plastic all night long makes me a big leery!

Posted On 05/09/2024

HilltopJPJ

As to dental appliances, I understand the concern, but almost always there is a cost/benefit trade off that has to be made. I have near perfect dental health, getting my first cavity in my twenties. Sadly I got two or three more in my forties primarily from nighttime grinding. I couldn't wear a night guard that covered all my teeth, it was uncomfortable and I would wake up to find I had spit it out. Ultimately my dentist recommended an NTI, this was custom made for my teeth and only covers 4-6 of the bottom front teeth, it snaps on tightly and is NOT uncomfortable, its design prevents me from being able to clench and grind. I'm not even sure what type of plastic it is made of, but (at 63 years) if I didn't have it I can only imagine how badly my teeth would be damaged by this time.

Posted On 05/11/2024

mourningwarbler

The hospital masks have all kinds of nanoparticles.

Posted On 05/13/2024

Evanir

I have Simply Progesterone by Health Natura as you recommend, but on the company's instructions it specifies not to use in mouth or lips. It's transdermal only. You said that we should not use transdermal progesterone.

Posted On 05/11/2024

helpothers

I'm building a new home and the plumber asked me if I wanted copper or Pex. I told him I'd have to do some research but my gut reaction was no to the pex. Amazing as it seems all new homes are completely done in pex. Sure enough they don't recommend you using it on lines that are used for drinking or having a filter at that faucet. They also said up to 30 days post installation the pex was still leaching many chemicals and that if you'd been away for a while you should flush the lines out. So what about showers - does it leach into you transdermally? I've already removed all my plastic ware and buy as many things as I can in cans or glass. I try to re-use old jars for leftovers. It's disheartening though as the plastics are everywhere, in food, and water and soil etc.

Posted On 05/11/2024

MarKe

Copper is also a terrible problem. Many people have copper overload which can cause serious mental health problems. See William Walsh's book "Nutrient Power." He has been a guest on Mercola's website. Apparently a housewide filter is required, if nothing else. Unfortunately, many of us do not own our own homes and this is unavailable to us. Single filters are a problem for some, for other reasons.

Posted On 05/12/2024

gil7713

Hi, just after some information please. Dr Mercola says in this article that near infrared is better since it penetrates deeper than far infrared. I have been doing some research in to getting a sauna, but the information that I have looked at says the opposite, that far infrared penetrates deeper and is better for detoxification. Just wondering if this is a misprint on the Mercola site or if there is a disagreement of opinion. I would be very grateful for any clarification. Many thanks :)

Posted On 05/11/2024

samwoo

Over the course of several years I have removed all plastic clothes, bar one dressing gown finding that hard to give up. I have replaced the whole families scarfs, acrylic ones shed micro plastics that you inhale. We've chucked out all non stick cookware in favour of glass and ceramic. I am however one of those women unfortunate enough to have been lied to and implanted with a chunk of plastic during surgery. (They called it an inert surgical substance!) I finally have it out so now the focus is on sweating and maybe a blood donation or two. I tend to over heat my baths and over use the electric blanket in bed to sweat, a 4x a week sauna works out quite expensive around here.

Posted On 05/11/2024

sutlaf2

Recent Austrian study of micro plastics fed to mice found the material in brain tissue within 2 hours. Yes! Micro plastics are fully capable of crossing the BBB. MORE YHAN UNFORTUNATE!

Posted On 05/09/2024

Huckleberry1

Dr. Ana Mihalcea has GREAT information on nanoplastics ! anamihalceamdphd@substack.com

Posted On 05/09/2024

shaglus

The Age of Absurdity

Posted On 05/09/2024

Piw6958

There are many other endocrine disruptors to eliminate = PET water bottles, milk, tofu, glyphosate, propylgallate (preservative) and face creams, supplements, toiletries, etc. containing estrogen or other hormones

Posted On 05/09/2024

Hollie123

I think I'll start boiling my bottled water. Bottled water is likely already purer than what comes out of the tap.

Posted On 05/09/2024

CMT367

The reference to boiling hard water is from ZeroHedge, originally from Epoch Times... Here's what disturbs me about that advice, as a science researcher: don't stand near the boiling pot, or you'll be inhaling vapor-born microplastics, right? How is that an improvement over EATING/ DRINKING microplastics?

Posted On 05/09/2024

Caroling

Bottled water is someone else's tap water, put into bottles and labelled. That's what I think is going on. I have never understood what would make it purer, especially since it has been sitting in plastic for weeks. We all have to do what we think is best. I have a great water filter near my kitchen faucet, and I use that water for all drinking and cooking. I hope you find a solution that works for you.

Posted On 05/09/2024
