

Guillermou

The first line of defense against infection and disease is to boost your own immune system with natural remedies. People need to boost their immune system with the gifts of Mother Nature. The worst thing about prescription antibiotics is that in addition to creating an epidemic of antibiotic-resistant bacteria, they kill good intestinal bacteria and predispose to chronic and degenerative diseases, including colon cancer. This also happens when antibiotics are prescribed for a viral infection such as the flu or C-19.

Antibiotics contaminate the water and land we cultivate. Antibiotic contamination is of increasing concern, due to its implications for the development of antibiotic resistance and its potential ecotoxicity.--
----- cdnsciencepub.com/.../cjc-2023-0120 (2024).--- Before World War II, very few Americans suffered from cancer, Alzheimer's, Parkinson's, diabetes, heart disease, stroke, arthritis, osteoporosis, food allergies, psoriasis, eczema, autism, or even fibromyalgia. There were no processed foods, no genetically modified organisms, no chemical pesticides, no toxic vaccines loaded with mercury and aluminum, no artificial sweeteners, and no fluoride in the tap Water.

A mention of the time of indigenous medicine, when natural healers did wonders for the sick using natural remedies. And when people got sick, they took medications that had worked for millennia, not some lab-prepared chemicals that corrupt scientific journals swore would work. The Chinese and American Indians used such medicine and it worked.

Posted On 03/15/2024

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-----1).Curcumin exhibited antibacterial activities against Gram-negative and Gram-positive bacteria. The antibacterial action of curcumin involves the disruption of the bacterial membrane, the inhibition of the production of bacterial virulence factors and the formation of biofilms, and the induction of oxidative stress. These characteristics help to explain how curcumin acts as a broad-spectrum antibacterial adjuvant, which is evidenced by the markedly additive or synergistic effects with non-antibiotic compounds. In this review, we summarize the antibacterial properties, the underlying molecular mechanism of curcumin.

www.mdpi.com/.../459 (2022).-----2. Colloidal silver is even more effective than traditional antibiotics, and that is why big pharmaceutical companies have attacked it fiercely. The Egyptians, Romans and Greeks used silver more than a millennium ago for various diseases and for fight infections, and does not harm the liver or kidneys, as prescription antibiotics can do.

homesteadsurvivalsite.com/natural-alternatives-to-antibiotics (2022).---

link.springer.com/.../s12668-023-01218-7 (2023).--- link.springer.com/.../s10534-023-00494-w

(2023).-----3) In this study apple cider vinegar (ACV) may have powerful antimicrobial effects directly on resistant E.

coli and MRSA. The mode of action appears to involve an alteration in the pathogenic physiology of the microbes. These in vitro results highlight the antimicrobial capacity of ACV. Therefore, this study prompts further clinical investigations into the effectiveness of treating patients infected with resistant bacterial infections with ACV supplements. ACV could form the central ingredient of a contemporary pharmacological antimicrobial against MRSA and rE. coli.

www.ncbi.nlm.nih.gov/.../PMC7817673 (2021).--- www.ncbi.nlm.nih.gov/.../PMC8369171 (2022).--

Posted On 03/15/2024

Hey Gui, what a list of Dis-eases so rare before the gifts of Rockefeller takeover of the Medical & Healing worlds. From WWII to pre Fauci the US had steadily climb to the top of the list for best health, gaining IQ, Longevity. Since his stewardship we've dropped off a cliff. One area of interest is the Longevity. When figures, numbers, graphs are thrown out, it is context often being left out. Across many cultures there were examples of those who lived extremely long lives, yet their longevity numbers by metrics used today would most likely not encourage one to think so. Point is, if one were to tour the oldest sections of cemetery's they would find many, if not the majority are young people.

So, it is the Gut asking; Has anyone ever done a deep dive as to why so many young dying so early? Being as day-to-day practices allowed brutal conditions and demanded work of and out of children, in many cases slaves. Animals used for jobs would often be treated better than both adults or children, whether slaves or not. As cultures advanced, peoples torn out of their once natural integrated with their environment conditions moved into living in and around cities having little to none of sewage, garbage, or some type of sanitation used today.

(Scary to think, but even today's methods could use much improvement.) It does not speak well of us today to the devolution in health and does speak to the new sewage, garbage today is unseen until it wrecks our health and affords us the many Dis-eases once nearly unknown. (Today the worse of sewage, garbage is toxic chemical Pollution.) The list offered by Doc and staff of natural and healing substances, some could be grown, made in the suburbs as with many plants, in a backyard, even small, a little can produce a lot of product.

Posted On 03/15/2024

Guillermou

Just, important realities that your comment brings. And you as a biodynamic farmer know the great work of bees that provide honey and pollen that plays a crucial role in agriculture, especially in the production of fruits and vegetables. It is estimated that more than 75% of the world's food crops depend to some extent on pollination (pollen transfer). Therefore, a large part of our diet is at stake. Every seed, grain and fruit we eat is a direct product of pollination. In a scenario of high food demand, we cannot ignore pollen or the work of pollinators. As pollinating agents, bees, butterflies, birds, moths, beetles and even bats influence the stability and plant diversity of ecosystems and the yield (quantity and nutritional quality) of crops in agroecosystems.

Honey has antioxidant, anti-inflammatory, antibacterial, antiviral and antifungal properties. Reduces cough, improves wound healing, improves serum testosterone concentration, sperm count and fertility, with promising results in occasional use in metabolic disorders such as diabetes mellitus and cancerous processes. Pure Organic Honey dates back 8,000 years and has been highly appreciated for centuries for its many values and health benefits.

Honey is traditionally valued as an anti-inflammatory and antibacterial nectar that has been used since ancient times to treat wounds, burns and bacterial infections. It is an ultimate first aid antidote for ages, which is easily available in our kitchen with enormous healing benefits. Honey is an excellent source of instant energy composed of 80% natural sugars, 18% water and 2% vitamins, minerals and amino acids, which is why it is highly recommended for athletes and considered one of the best ingredients. for a pre and post. training nutrition.

Posted On 03/15/2024

Guillermou

Honey has had a valuable place in traditional medicine for centuries. However, it has limited use in modern medicine due to lack of scientific support. It has long been observed that honey can be used to overcome liver, cardiovascular and gastrointestinal problems. The ancient Egyptians, Assyrians, Chinese, Greeks and Romans used honey for wounds and diseases of the intestine. For some decades now, honey has been subjected to clinical and laboratory research by various research groups. The most notable discovery was the antibacterial activity of honey which has been mentioned in numerous studies.

Natural honey exhibits bactericidal activity against many organisms, including Salmonella, Shigella, Escherichia coli, Helicobacter pylori, etc. www.liebertpub.com/.../jmf.2004.7.491 (2004).---
www.ncbi.nlm.nih.gov/.../PMC1297490 (1999).--
www.sciencedirect.com/science/article/abs/pii/S0305417906007984 (2009).---- Honey may also have anti-inflammatory activity and stimulate the immune response within a wound, anti-inflammatory effects of honey in humans after ingestion of honey. Interestingly, honey has been shown to prevent reactive oxygen species (ROS)-induced low-density lipoprotein (LDL) oxidation in some in vitro studies, thereby exhibiting beneficial cardiovascular protection.

Honey also had antineoplastic activity in an experimental bladder cancer. This article has reviewed important traditional and modern uses of natural honey in human diseases.
www.karger.com/.../64580 (2002)--- pubmed.ncbi.nlm.nih.gov/12935324 (2003).--
pubmed.ncbi.nlm.nih.gov/12657101 (2003).--- www.tandfonline.com/.../07315724.2008.10719745 (2007).-- pubmed.ncbi.nlm.nih.gov/19142984 (2009)

Posted On 03/15/2024

juststeve

Gui, distinctly remember articles from decades ago reviewing bee keeping projects Not Only in the Burbs, but on rooftops in cities. A hurdle for many in the States is being caught up in Big, Big, Big. All or nothing. To build and strengthen locally, in place, there are so many seemingly small things that can add up. Important so as to encourage a healthy, people, human scale exchange between the Rural and Urban to short circuit a Zombie Apocalypse that only serve those who do not have any of our interest at heart. Build it now or wait for them to build and feed Chaos.

Posted On 03/15/2024

klcstt

You don't boost an immune in autoimmune diseases. The goal is homeostasis. Managing it well. And all the mentions in the newsletter and mentioned here in replies as natural treatment did not work for me, because I wasn't promptly diagnosed and treated for Lyme disease and Bartonella. And I will also add that just like COVID, they were tinkered with in a lab that made them into insidious diseases. Chronic infections.

Posted On 03/15/2024

stoneharbor

Yes, Gui, the first sentence in your original post was, I think, the most important statement in this entire article. You said: "The first line of defense against infection and disease is to boost your own immune system with natural remedies." I will just add, if the "boost" of the system occurs before a "remedy" is even needed, so much the better. All these remedies are fine and I'm glad we have them for when our immunity seems to be lacking, but ideally we might survive better if we included most of the foods like garlic, oregano, cloves and thyme in greater amounts with our nutritious meals made from organic, fresh foods, such that the lower levels of these additional foods could keep us safe without the need for remedial use.

When I read the ingredient list that Almond provided below for her dinner last night, I get the concept that its a great idea to think of the "remedy foods" that we are discussing here a bit more each day as we are meal planning. Most of these items are truly great things to use to enhance our recipes each day to bring greater pleasure, health, and immunity! I like thinking that immune enhancement should be so pleasurable.

Posted On 03/15/2024

stoneharbor

Thanks juststeve for pointing out that it's no normal, historic, or age-old battle we are facing today when we try to stay immune to all kinds of modern threats to health. Modern man now has so many new threats to health from his own environmental contamination, from air pollution to nutrient-depleted foods to designed, pathogenic junk foods. We definitely need all these old remedies now that Dr. Mercola mentions if we wish to stay healthy in the more polluted spaces we find ourselves in. There's clearly no escape sometimes, only remedies.

Posted On 03/15/2024

juststeve

Thanks, Stoneharbor, where we would possibly find ourselves today if for at least the last 60 to 70 years, we had not been snowballed with Bull Spit claiming so much promoted was the Staff of Life when it was anything but? Where would we possibly find ourselves today if the early efforts for true health, be it growing, processing, foods, medicines based on health, not promoting wealth had been invested into? And, still to this day the dominant authorized message to the average citizen continues to be...it's all your fault, you make bad choices. Still to this day we are receiving more of the same messaging encouraging to continue the same toxic polluting practices, the more clear and present danger to promote the likes of Cow Fart Diapers to say the least, Cow Extinction to force us to make the same bad choices, bug & worm burgers. Just sayn'

Posted On 03/15/2024

stoneharbor

You are spot-on again Just. I agree totally.

Posted On 03/15/2024

david48

I've had good success using several different medicinal mushrooms, several different sources of it, in both powder and capsule form. Taken regularly, faithfully (every day). I take it not only for immune system health, but also for cognitive enhancement (Lion's Mane, especially), healthy minerals nourishment (desirable micronutrients needed for optimal health). I suspect it's the Beta-Glucan activity, which most benefits my immune system, from taking Medicinal Mushrooms. In a pinch, and if I think I need it, I do nebulize the hydrogen peroxide. Immediately prior, I nebulize with a little bit of a silver product, recommended by Jacqueline from Deep Roots At Home, for about 2 minutes.

The brand comes in both plastic and glass bottles, depending on where you order it from. For nebulizing, I always use the glass container version of it. For spraying my throat, the convenient plastic bottle (with spritzer) is OK with me. I don't use it often, because I haven't needed to lately. Which I credit the mushrooms with, whether accurate or not ;), along with B vitamins and other supplements which are purported to help with keeping one's immune system strong.

Posted On 03/15/2024

juststeve

If I may, the peroxide thing is one big wow. Stops things in their tracks, fast and how. Also valuable for gum, mouth infections and if the memory is working, believe with teeth problems an uptick of vit c helps also. Believe it may be the Dr. Thomas Levy sourced in today's article published about teeth and mouth rescue, health.

Posted On 03/15/2024

Thank you all for your interesting proposals. And we also have fruit phytochemicals that can directly inhibit bacterial growth or act indirectly by modulating the expression of virulence factors, which reduce microbial pathogenicity. Infectious diseases are the leading cause of death in the world and involve the invasion and replication of microorganisms in the body, such as bacteria, viruses, fungi or parasites. Most infections are caused by bacteria and symptoms depend on the area of the body infected. Among the pathogenic bacteria that contribute to major diseases or infections, Staphylococcus and Streptococcus bacteria are responsible for skin infections.

Escherichia coli, Listeria monocytogenes, Salmonella, and Vibrio are highlighted as causes of foodborne illness. Furthermore, uropathogenic E. coli, Klebsiella, Proteus and Enterococcus faecalis are the main cause of urinary tract infections. The phytochemicals in fruit extracts are recognized for their antioxidant and antibacterial activity. Various fruits have received much attention for their antibacterial efficacy because they are considered safe for human use [10]. Berry extracts were the most studied for their inhibitory effects against pathogenic bacteria. Phenolic compounds present in berries and commonly consumed in Europe are effective against E.

coli, which is one of the main causes of diarrhea and responsible for extraintestinal infections [14]. Furthermore, phenolic compounds were shown to be active against intestinal pathogens such as Salmonella and Campylobacter. Several studies have shown that phytochemicals interact and have synergistic effects against pathogenic bacteria through different mechanisms of action; however, the exact mechanisms of action remain unknown [This review emphasizes the main bioactive compounds found in fruit extracts and focuses on antioxidants that have been reported to act as antimicrobial agents against pathogenic bacteria.

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Malic acid, present in apples, blackberries, cherries, apricots, peaches, mangoes, and plums, appears to be the most potent antimicrobial acid in preventing the growth of *L. monocytogenes*, *E. coli*, and *Salmonella enterica*. Compared to the citric, malic, and lactic acid found in grapes, tartaric acid appears to be the most effective organic acid against *L. monocytogenes*, *S. Gaminara*, and *E. coli*. In addition tartaric acid, citric acid and acetic acid observed in various wild berries, such as blueberries, blackberries, Salicylic acid in berries inhibits *S. aureus*, *E. coli*, *P. aeruginosa* and *E. faecalis* raspberries, aronias black currants, red currants and black currants inhibit the growth of *S.*

enterica serovar Typhimurium. Terpenes are the main components of the essential oils of citrus fruits, including oranges, limes, lemons, and grapefruits. Terpenes and their derivatives have several different chemical functionalities, including antimicrobial activity against pathogens. Eugenol is a terpene that contributes to the aroma of fruits such as strawberries, blackberries, bananas, and citrus. Eugenol showed a bactericidal effect against *S. Typhimurium*. Terpeneol present in apples, blueberries and limes showed bactericidal effects on the growth of *S.*

aureus. Flavonols are present in berries, especially blueberries, black currants, lingonberries, cranberries and black grapes, apricots and apples. Flavonols are active not only against Gram-positive pathogens, as shown for *S. aureus*, methicillin-resistant *S. aureus* (MRSA), *S. epidermidis*, *S. haemolyticus* and *S. pyogenes*, but also against Gram-negative species such as *E. coli*, *S. Typhimurium* and *K. pneumoniae*. In table 1 the components of fruit extracts as antibacterial agents, www.ncbi.nlm.nih.gov/.../PMC8945554 (2022).----- www.indianjournals.com/ijor.aspx?target=ijor:ijfft&volume=2&is.. (2012).---

Posted On 03/15/2024

Guillermou

David good medicine provided by mushrooms. Fungi are producers of bioactive compounds (alkaloids, lectins, lipids, peptidoglycans, phenolics, polyketides, polysaccharides, proteins, polysaccharides-protein/peptides, ribosomal and non-ribosomal peptides, steroids, terpenoids, etc.) with more than 130 different therapeutic effects (analgesic, antibacterial, antifungal, anti-inflammatory, antioxidant, antiplatelet, antiviral, cytotoxic, hepatoprotective, hypocholesterolemic, hypoglycemic, hypotensive, immunomodulatory, immunosuppressive, mitogenic/regenerative, etc.). Bioactive compounds found in mushrooms, such as triterpenes, polysaccharides, and amino acids, contribute to their pharmacological activities.

Mushrooms are a source of macronutrients, B vitamins, vitamin D and minerals, and demonstrate various biological activities, including anti-inflammatory and neuroprotective effects. The neuroprotective and neuromodulatory properties of mushrooms, and the indirect benefits of these mushrooms through the improved environment for the gut microbiome that are important for healthy brain functions. link.springer.com/.../978-981-13-6382-5_2 (2019) jra.idtra.co.in/.../61 (2023).--- Extracts from basidiocarp/mycelial fungi or isolated compounds are known to decrease neurotoxicity through several neuroprotective molecular mechanisms, such as anti-acetylcholinesterase activity, stimulation of neurite outgrowth (neuritogenic), and nerve growth factor synthesis.

(NGF) (neurotrophic), improving mitochondrial synthesis. functions and stress reduction of the endoplasmic reticulum, as well as antioxidant and anti-inflammatory effects. Therefore, fungi can be considered useful therapeutic agents in the prevention, management and/or treatment of neurodegenerative diseases. link.springer.com/.../978-981-13-6382-5_8 (2019)

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Guillermou

Some additional reading resources on why getting sources of beta-glucans is so beneficial in warding off colds and flus beta-glucans bind to lectin sites on cells and viruses: [www.ncbi.nlm.nih.gov / ... / PMC4655155](http://www.ncbi.nlm.nih.gov/.../PMC4655155) .---- www.ncbi.nlm.nih.gov/.../PMC4012169 .---- These studies show that the fungal species tested demonstrated strong antioxidant and antimicrobial activity. It suggests that mushrooms can be used as good sources of natural antioxidants and for pharmaceutical purposes in the treatment of various diseases. www.ncbi.nlm.nih.gov/.../PMC3813146 (2012) office2.jmbfs.org/.../9191 (2023).-- Oyster mushrooms (*Pleurotus* spp.) are edible, nutritious, and have antifungal and antibacterial potential.

In vitro antibacterial and antifungal activities of three *Pleurotus* species; i.e. *P. ostreatus*, *P. florida* and *P. eryngii* were tested against five pathogenic fungi including *Alternaria alternata*, *Aspergillus flavus*, *Curvularia lunata*, *Fusarium oxysporum*, *Monilinia fructicola* and five food pathogenic bacteria i.e. *Bacillus subtilis*, *B. cereus*, *Escherichia coli* and *Staphylococcus aureus* and *Vibrio parahaemolyticus*. inis.iaea.org/.../search.aspx (2023).— pdfs.semanticscholar.org/62db/62ffda74751b2bb1c3fe8f33311be11a299e.pdf (2023)

Posted On 03/15/2024

Stephjask

I have used colloidal silver for many years now with great success. In the past three years I have used chlorine dioxide solution topically and internally too, with equal or greater efficacy. Just as with colloidal silver I have never had any problem, only fast and positive results. Neither bacteria, fungi, nor viruses can develop resistance to either of these substances and unlike Big Pharma's antibiotics they are not biocidal, killing only pathogenic organisms, and not harming the host's body. I have also used nebulised hydrogen peroxide too as described by Dr Mercola in this article to kill off sudden upper respiratory infections, nipping them in the bud.

Posted On 03/15/2024

Guillermou

Yes, colloidal silver is even more effective than traditional antibiotics, and that is why big pharmaceutical companies have fiercely attacked it. The Egyptians, Romans and Greeks used silver more than a millennium ago for various diseases and to fight infections, and It does not harm the liver or kidneys, as prescription antibiotics can do. homesteadsurvivalsite.com/natural-alternatives-to-antibiotics (2022).--- link.springer.com/.../s12668-023-01218-7 (2023).--- link.springer.com/.../s10534-023-00494-w (2023).---

Posted On 03/15/2024

mvjacque

This regimen absolutely works. I learned about this back in 2020 from Dr. Mercola and purchased everything suggested and had my saline solution readied for the hydrogen peroxide. Our home ended up getting a combination of Delta and Omicron just after Christmas 2021 as the former was fading away and the latter rising. We were able to sail through the virus in under a week implementing the protocol of quercetin/zinc, vitamin C, nebulizing, plus already taking D3/K2/Magnesium. Now we take Nattokinase suggested by Dr. Peter McCullough to dissolve the spike protein. We are organic, whole food consumers who've rid our home of cleaning chemicals and plastics many years ago. It was surprising the virus got us but the return to great health with the wuflu antibodies are the end gift.

Posted On 03/15/2024

ianmac

We all know that the American witch doctors used Echinacea. But scientific plant names have TWO parts and big pharma has succeeded in promoting the wrong second part. Doctors in the early days discovered that Echinacea angustifolia was an almost miraculous cure for a broad spectrum of complaints. But it wasn't very easy to obtain. So some doctors tried Echinacea purpurea which was easy to obtain. They concluded that it wasn't medicinal - useless. In Australia, I used to buy Echinacea angustifolia which worked well. Then someone tested medicines produced by that factory. Horrors - both samples were contaminated, so the factory was shut down.

Only those two samples were ever found to be contaminated, and they were both from a drug company, not alternative medicine. I assume similar frame-ups were used in other countries. Echinacea purpurea tests out well for rats. The original tests for Echinacea angustifolia were conducted by doctors on their patients not on rats, so the superiority of Echinacea angustifolia was obvious. This common Big Pharma tactic is to supply the public with something that doesn't work then say "Well - what do you expect when you follow old wives' tales?"

Posted On 03/15/2024

lollypopsmom

Too bad homeopathy wasn't mentioned in this article. I have found it very complementary to everything mentioned.

Posted On 03/15/2024

Guillermou

EFFECTIVE HOMEOPATHIC MEDICINES FOR BACTERIAL INFECTIONS----

www.drhomeo.com/homeopathic-treatment/homeopathic-medicines-bacterial-.. .-----

HOMOEOPATHY ALTERNATIVE TO ANTIBIOTIC--- drgeetas.com/homoeopathy-alternative-to-antibiotic .---- HOMEOPATHY TREATMENT FOR INFECTION - EFFECTIVE ALTERNATIVES---

www.lybrate.com/topic/homeopathy-treatments-for-infections/f09895082c3.. .---

Posted On 03/15/2024

MariaTG

I like to eat a lot of garlic and onions. However, I recently overdid it and ate three large cloves of fresh garlic and a fresh onion plus mustard. The result was that I vomited for two days and could only drag myself around the apartment in a very weak state. One month later I did not think anymore about it and... made the same experience once more...!

Posted On 03/15/2024

grulla

Preparing my 3 egg skillet in my morning breakfast garnishing with garlic or onion powder can have a strong laxative effect on me, breaking bowel tolerance within an hour or so. But garnished noontime IF/TRE dinner meat with various allicins does not have the same adverse effect...go figure???

Posted On 03/15/2024

Bunny3

Something similar happened to me with only two garlic cloves. I tried to mix with food so I could get it down, but it was still too strong. The top of my head felt like it was coming off from the extreme burning sensation. I immediately got a nose bleed, which is not usually common for me. If it doesn't feel right, you're doing too much.

Posted On 03/15/2024

den7788

I like garlic but it does not like me. I have tried roasted, in capsule form, etc. It upsets my stomach and intestinal tract. I can eat some onion and have no problem with onion powder. I know garlic is good for the body but it is not good for me. I wish this wasn't the case.

Posted On 03/15/2024

Almond

A person cannot grow too much garlic. I keep transplanting it. I like it to go wild so I have plenty of scapes as an early spring vegetable. The heads and cloves are extra sweet in the spring, although they are soft and best used fresh since they will not cure well. I like to plant garlic under my grape rows to keep it from drying up in the hot sun (shade) and providing minimal fungicidal properties to the grape vines. The plants are complementary since grape roots go deep and they feed from different layers of the soil. Deep-rooted plants (ex., wild blackberry) are often rich in minerals as are root crops. Garlic is a versatile culinary herb as well as having important therapeutic properties.

Not only is thyme a very important herb for health, it is one of the herbs i like to use frequently when preparing game meat. It is a great herbal multi-tasker. It is important, now, more than ever, to educate oneself about natural remedies and maintain a well-stocked home medicinary. This must be the responsibility of every household. There are many alternatives to standard drugs. Already, we are seeing shortages of many vital medicines that people rely on for life-threatening conditions. In addition to the gifts from nature, consider dietary changes, living as closely as possible off the land, organically and in-season.

I find that many of the most nutrient-dense foods come from the wild. For example, the organ meats of some game animals may have 3x the minerals of domestic meat. Our ancestors evolved consuming these foods and our bodies are better adapted to then than commercial meats and processed foods. many civilizations also developed near deltas and waterways where the soil was enriched by flooding and attracting fish, fowl (eggs) and 4-legged animals. It is necessary to consider living closer to nature if we want to be healthy. -continued-

Posted On 03/15/2024

Almond

-continued- I have made extensive use of myrrh and golden seal. These have often been invaluable to me. Often, natural remedies are much more effective and stabilizing than pharmaceutical drugs. The latter should be reserved for "heroic" situations where conditions are immediately life-threatening. As for honey, I am not very impressed with manuka honey. I consider the organic honey from our land superior. There are prob many varieties of honey with healing properties, so we should not fixate on only one.

Certain sugars other than honey can be very health-giving. If you study history and the early days of maple sugaring, you will learn that the natives lived on nothing but maple sugar for months at a time during sugaring season. They suffered no tooth decay and no illness even though many of them slept on the ground in winter. I suspect that the sap of maple trees contains many nutrients that contribute significantly to health. So, as a corollary, I will suggest that the honey derived from maple pollen may have special healing powers.

Even better if bees are also collecting pollen from deep-rooted wild blackberries. Both plants are very "vigorous" and impart those properties to persons who consume them. We could make this a better world if each of us contributed, in some way, to the protection and proliferation of bees. First of all, eating organically and avoiding ag chemicals, esp. pesticides. if you do not wish to keep bees, perhaps you have land where you can allow others to do so. Plant at least some bee-friendly plants.

Posted On 03/15/2024

juststeve

Garlic, mmmmm! For long storage, when the scapes - a long tube-like branch comes up the center and seeds will grow on the end of it. If this isn't removed good solid heads and cloves can't develop. Shortly after this, watch for the first three bottom leaves to turn brown, die back and then the garlic is ready for harvest. Save your biggest, best cloves to plant next years harvest. Here in the North Country, late September, early October works well. Cover the whole business with a good heaping of mulch to over winter. Currently, while the weather is a goofy whiplash back and forth, plants and animals are confused, the greens are pushing threw and look fabulous. Should we drop below zero F. they will generally grow back without much fuss.

Posted On 03/15/2024

Guillermou

Good remedies. Turmeric is another natural miracle with a host of health benefits. Its most important compounds are called curcuminoids and have healing, antioxidant, anti-inflammatory, antiseptic, antibacterial and antifungal properties. The combination of turmeric and raw honey, these two, is the most powerful antibiotic we can use. It is also known as Golden Honey and has been commonly used for thousands of years. According to Benefits Of Honey, this combination is "an invaluable natural remedy for a wide variety of ailments and illnesses such as indigestion, cold, flu, asthma, hypertension, high blood sugar, arthritis, diabetes, heart disease, depression and anxiety, inflammation of wounds and burns, eczema, psoriasis, acne, and aging.

A study has shown that an Ayurvedic medicine containing turmeric and honey as two of the active ingredients, stimulated the production and functionality of immune cells and could therefore improve immunity against diseases. While black pepper may seem like an odd addition to the mix, its presence plays an important role. The addition of black pepper with turmeric increases the absorption of turmeric by 2000 percent when used in a 1:10 ratio of pepper to turmeric.

Pretty amazing, right? Black pepper helps combat respiratory conditions and rejuvenate the lungs. Finally, cinnamon gives the remedy a sweeter flavor and is packed with medicinal benefits. It is excellent for coughs, colds and nasal congestion as it helps clear mucus. It also relieves gastrointestinal pain, which is often part and parcel of winter bugs. kripalu.org/resources/boost-your-immunity-ayurvedic-honey-turmeric-and..

Posted On 03/15/2024

Almond

Guillermo and all... This is good winter food. Supper last night was a stir-fry form what we had on hand. I sauteed some diced carrot with venison bulk bratwurst and shredded cabbage. Seasoned with a heavy sprinkling of black pepper and honey. The black pepper and honey were the magic combination to meld the flavors. Some salt and celery seed. Cooked it up until the cabbage wilted. Have some leftovers, so I will add leftover cooked trice tomorrow to make "unstuffed" cabbage rolls.

Posted On 03/15/2024

Greebo

My dentist & dental hygienist warned me to stop using hydrogen peroxide as a mouthwash. However, after using it for awhile, my gums have regained their normal healthy color, & the pockets around my teeth are gone. The dentist & the hygienist are amazed, They do not seem to connect the peroxide with the recovery of my gum health after years of having nothing else helping. Physicians also seem to recommend not using hydrogen peroxide or iodine. My father lost his lower leg to an infection their antibiotics could not cure, & was then in a nursing home with diarrhea they could not cure. Amazingly, the diarrhea ceased when I asked the nutritionist to provide him with live cultured yogurt. The apparently same sort of toe infection as the one that my father had, responded immediately to iodine introduced at the edge of the infected toenail that was causing pain all the way up my leg. It would appear that the dentists & physicians are getting some bad advice from somewhere.

Posted On 03/15/2024

4321bp

Just this week, I read on Green Med that hydrogen peroxide actually penetrates the enamel of the teeth and destroys the pulp. While it may work on the gums successfully, it is creating a worse problem in the sights unseen. Hydrogen peroxide is also "under the scope" regarding internal ingesting, but I don't remember the reason why. I'm glad your gums healed but you may want to do additional research before you continue to use it. It has become quite popular in toothpastes and mouthwashes, but then so is fluoride.....

Posted On 03/16/2024

Musafir

I am surprised that no one has mentioned homeopathic medicines for treating bacterial/viral infections. In the U.S., all homeopathic medicines recognized in HPUS are "drugs" - Federal Food, Drug, and Cosmetic Act, Chapter II. India is now world leader in this branch of alternative medicine originating from Germany. In addition to Govt. of India's National Institute of Homoeopathy in Kolkata and its new campus in Delhi, there are more than 150 homeopathy medical schools, producing a few thousand homeopathy doctors a year with full-time 5.5-year BHMS degrees.

Posted On 03/15/2024

HumaneEccentric

I agree. I am still quite surprised that no one mentions it at all. I follow Joette Calabrese. She studied with the Banerjis under classical homeopathy and even though she now uses what she calls "practical homeopathy", she recommends both methods, depending on what the remedy is for. When my husband and I had Covid (twice), I utilized everything I knew, including homeopathy, herbs, supplements, etc. because my husband has asthma (which ironically, he won't follow the homeopathic remedy for, grrrr). He's not a believer in homeopathy or supplements...he comes from a western medical family, so I'm lucky to slip things in his food, water, etc. He actually took the homeopathic remedies used by the Banerjis for Covid and he was so much better for it! It made him think more about them and now he doesn't refuse remedies for acute issues but still won't do it for his asthma. Anyway, I was pleased with the results and yet no one talks about it.

Posted On 03/17/2024

marine8

Good Morning Mercola People! 'grapefruit seed extract', kills strep. Woke with terrible pain in my throat. Crushed two grapefruit seed extract tablets between 2 spoons & flipped it on the throat area. Two responses: 1. pain gone 2. Tastes BAD. I now keep a small bottle of water with 8 dissolved tablets in the fridge, just in case. Read Mercola news letters religiously thanks, Jeffrey Koeck

Posted On 03/15/2024

WaterKat

Fresh garlic is not enjoyable to eat. Ferment garlic in raw honey for 2 weeks. Much easier to eat & the longer garlic cloves ferments the easier they are to eat.

Posted On 03/16/2024

HumaneEccentric

I agree that raw garlic is really strong. I actually tried, a long time ago, to eat a clove by itself and wow did that ever burn! Now, I eat one clove of raw, organic garlic every morning (mashed and left alone for 10 minutes and put it in a tbsp. of raw honey. Makes alllll the difference!). When I'm not wanting to have that much honey, I mix it with a little Kerrygold butter and spread it on a piece of sprouted grains toast. I know you're supposed to eat it on an empty stomach but you can still get the benefits as long as you eat it, period. I also eat a clove or 2 of that same garlic that I slow roast in the oven in olive oil and sea salt, later in the day. So good!!!!!!

Posted On 03/17/2024

lauracan

Interesting. I'm Italian and we eat garlic with everything, from birth. Glad to know it's so good for us.

Posted On 03/16/2024

HumaneEccentric

I am so, so glad you posted this again. I saw your first video and wrote everything down and put it in a safe spot. Ordered the nebulizer and decided to out the written instructions with it, in the box. However, we had just started renovation on our dilapidated kitchen and those instructions were lost. I couldn't believe it. I lost something so important! You can't just find this info anywhere, unless paying for your subscription, which after the kitchen taking almost all our savings, (prices went up way too much & ran into a few issues with the structure of the kitchen), I just didn't feel I wanted to do yet.

That will be changing soon. I even asked Erin Elizabeth (who I follow on Telegram & used to on fb till she was banned) but she said she didn't know your protocol on this. So I decided to wait until you posted about it again - so THANK YOU!!!! I've been learning from you, Dr. Mercola, for several years and am still looking forward to all your information. I'm so appreciative of your hard work and then sharing that with us.

Posted On 03/17/2024

airsurfer

I question the mainstream medical story of 'creation of superbugs'. Where have all those superbugs been all this time, throughout history, if their aim is to infect or eradicate humans or other species? It just doesn't add up. The story tells you they wait on our move, like a chessgame, everyone waits their turn. Yes, the superbugs are that disciplined that they wait their turn. How come no 'superbug' has been so clever to not wait its turn and become a superkiller? No. They wait until it's their move. They don't have a life and evolution of their own, they politely wait for us. That's what mainstream tells us. While at the same time they tell us 'bugs' are opportunistic and jump at every chance to get us (especially if we don't take the 'magic smarter than the rest' jabs) and evolve permanently...

Something's amiss no? As Pasteur confessed on his death bed, it's a scam and it's rightly called ANTI-biotic. The reason you get more vulnerable to other illnesses (called superbugs to scare you and beg big harma for the next magic intervention) is because it is Poison. Like every cause of illness. Nature deals with poisons through illness/symptoms. But let's call it dirty invisible bugs out to get us and fear our neighbour (who gets sick from the same environmental pollutants as us).

Posted On 03/16/2024

pecanroll

Awesome video Dr. Mercola!

Posted On 03/16/2024

pecanroll

Well, herbs did not work for me. I use them. I have made my own EO with a toothpaste to save my teeth and gums. Lyme disease took hold of my body and I am still on a regimen utilizing a LLMD protocol. I hope to eventually stop. Take lots of supplements to counter act negative effects of antibiotics. I have no gut issues. If anything, my gut issues is resolved treating lyme disease. I believe A LOT MORE FOLK out there have Lyme disease which can infect your CNS and all of your other organs. Until I can get the gadolinium down to almost nothing in my body, gadolinium, a toxic heavy metal that if you look up on pubmed "gadolinium toxicity" or "gadolinium fibrosis" destroys the immune system, I will have trouble with my immune system. Never had an issue until after this first injection and did not find out I had it until 19 years after retaining it.

Posted On 03/16/2024

herbsaregod

Pecanroll, I know you mentioned herbs did not work for you but I highly recommend burdock root to help with removal of the gadolinium. Burdock root is known in Traditional American and Chinese medicine as the best herb at removing heavy metals from the body. It's a common ingredient in anticancer formulas. It contains a high amount of inulin which has a positive effect on the immune system. A blood tonic. Also the root is eaten regularly in Japan known as Gobo. Best wishes.

Posted On 03/16/2024

TheKar

To NJLady . Hello. I'm not suggesting antibiotics instead here, and definitely not fluoroquinolone antibiotics. Just saying where is the evidence that some of these strong, natural anti-microbial oils aren't also killing "good" bacteria as antibiotics do ? Thousands of people use antibiotics every day too, without reported issues and with symptom relief. But we now have learned there is more to this microbiome and mitochondrial scenario than that. I have recently come across long time and smart microbiome Dr's Sabine Hazen and Jason Hawrelak. Definitely worth some investigation even by The Old (chronologically not metabolically:) Sage Mercola .

Posted On 03/16/2024

airsurfer

hi TK, you need to listen to your body like a pregnant woman: there are no crazy craves, just your body telling you what you need. There is no cure-all and when you need something, you usually want it, although that doesn't mean you have it at hand. It has to be a natural product. Avoid eating what you don't want, because you won't feel better afterwards. You Need (if possible) to listen to your body and eat what you crave at the moment you are hungry. Don't eat if you're not hungry, don't eat if you don't want what you have, don't eat if you don't know what you want (that last one can take a bit of effort to think, imagine or smell).

There is no substitute to listening to your body. The body is all about homeostasis, so one day you need 'glue' to plug the leaks (kill/control some bacteria), when the leaks are plugged you don't crave the glue anymore, you'll crave the next product needed in the optimization of cellular function. Your body always knows what it's doing (with natural products), it won't kill itself, only choose the most appropriate food for the moment and so yes, natural poison (just a bit) can be food.

I doubt there's many natural foods that contain zero poison as it all lies in the definition of what a poison is as all food is (necessary) poison in overdose, we are not a factory but a body in homeostasis. Sorry if it sounds too simple but we're just a successful assembly of cells that don't need any bookknowledge to survive in our natural environment.

Posted On 03/16/2024

Suzicreamcheese

Thank you, yet again Dr. Mercola for all you put out...having used healthy diet, herbs, and other alternatives to allopathic meds for the last 60 years, I'm always grateful for reminders of what I can use, plus love learning the new stuff you publish.

Posted On 03/16/2024

VickyD.

Awesome advice- just please note that people with Trisomy 21 (aka Down Syndrome) should NOT inhale hydrogen peroxide or any other oxygenating solution.

Posted On 03/15/2024

Zoltannovax

As always, an amazing compendium of practical research made available to all of us on this life-changing website! Just to add one very humble thought to this very deep discussion, we shouldn't forget the bidirectional gut-brain axis, and its regulation by a variety of peptides secreted by the gut in response to nutrients, as well as its more indirect control through paracrine signaling by intercellular ligands that act on both vagal and spinal neurons innervating the gut. It's this relationship between the brain and the gut microbiome that can be used to successfully treat diabetes and obesity through translational functional medicine therapies.

What hasn't been talked about much though in this regard is the incredible benefit that catalytic breakdown of hydrogen peroxide by superoxide dismutase found in *Lactobacillus plantarum* can have by supercharging this same axis. My functional medicine provider is currently testing a new supplement combining this healthy bacterium with the right proportion of hydrogen peroxide, something that will hopefully hit the press and be available to other practitioners in this field very soon!

Posted On 03/15/2024

chrisphillips

just the sort of common sense i have relied on dr m for, for so many years. thank you for this comprehensive guide.

Posted On 03/15/2024

doggiemom

Honey is great for coughs not only in humans but also dogs. Boarded my dogs last year even they they had had the kennel cough vaccines, 2 still came home with kennel cough. The vaccine does not cover all the mutations of kennel cough, I was well aware of this. I started giving them local honey about a teaspoon full several times a day and the kennel cough quickly cleared up. If you dog is diabetic check with your vet before giving sugar.

Posted On 03/15/2024

pfi7890

Dr. Mercola, I so much appreciate your newsletter and advice, especially in this post. I get so angry when these other doctors insist that I sit through an hour video before they tell me their product. I just delete them. I now live in Ecuador and it is difficult for me to order your remedies but I have enjoyed the ones that I brought with me. Many thanks for what you are doing. Maggie

Posted On 03/15/2024

LSquare

Do any of these help with leg/deep tissue infections? I've had a leg infection for exactly a year now, possibly osteomyelitis due to a broken leg, and the 15 subsequent surgeries I've had in the past 3+ years. I'm taking two different antibiotics, and the infection seems to calm down for 2-3 weeks at a time, but then flares up for a week or so before calming down again. Got a referral for hyperbaric O2 therapy last year after Dr. M's HBOT articles, but didn't have quite the right diagnosis to be approved for it. I suspect that biofilms are the problem, and have taken Lumbrokinase, BCM-95, aspirin, and cranberry extract hoping that those would help, and maybe they are with some of the pain and inflammation, but hoping for something aside from yet another surgery which would require a resection, a flap graft, and bone transport. I've already gone through 8+ months of bone transport already, so I'm not eager for more. Thanks for any helpful advice.

Posted On 03/15/2024

pea7228

LSquare, homeopathy can be a powerful aid in healing infections. Look for Banerji Protocols. joettecalabrese.com is a great place to start.

Posted On 03/15/2024

SanDiegoGirl

Soaking the leg in a warm water and chlorine dioxide solution should help clear up the infection. My gut tells me that perhaps doing that twice a day until everything is clear would be good.

Posted On 03/15/2024

I appreciate all the well-researched advice here from Dr. Mercola and others on the safe use of natural ways to reduce an overload of bacteria, fungi, viruses, and even parasites. Yes, many of the mentioned natural cures affect only bacteria, but as Dr. Mercola specifies Thyme oil, for one, has a beneficial effect when some viruses are apparently present in excess. Another great viral antiseptic is midday sunlight or even just UVA radiation from a "black light" bulb can be a slight help when treating surfaces. I'm not suggesting that you need to expose yourself to light so that it has an effect on your skin. What is at issue is that UV light reduces the airborne viral load, and being constantly indoors will always raise your viral load.

Just realize that if you are continually re-breathing the same air, to the degree that the virus is at all replicating in your airways, you are creating more load on your body hour by hour as you are cycling the same air through your respiratory tract. So after you finish treating your upper respiratory system with recommended treatments like hydrogen peroxide, it still makes sense to leave the confines of your home for a while and breath some sun-drenched air for a while. Science still doesn't know all the answers, but apparently both the UVA and UVB rays of sunlight have a deadly effect on all viruses:

scitechdaily.com/experiments-show-sunlight-destroys-covid-virus-8-time.. Outdoors, sunlight can kill way more viruses each day than can possibly arise again, overnight.

You can't claim this for the air quality in any kind of home that I know of, however, UVC generating machines are used to reprocess the air in hospital rooms. So the fact seems to remain that even going outside in the morning, when the sun hasn't even risen or remains low in the sky, the outdoor air is still fresher, and more viral free, than the air in your home.

Posted On 03/15/2024

Guillermou

Good reference, stoneharbor. The Spanish Scientific Research Council (CSIC) published a report that compiled information on the transmission of the SARS-CoV-2 virus, which causes COVID-19, in relation to beaches, bathing and aquatic activities. On the question of the prevalence of the virus in the sand on the beach or on the banks of rivers, the CSIC noted that no studies have been conducted in this regard, but considers that the joint action of seawater, ultraviolet solar radiation and high temperatures The sand it can reach are elements that favor the inactivation of pathogens. The report also says that the use of disinfectants, as is already widely done in spa pools to avoid microbial contamination in the water, should be enough to inactivate the virus.

As far as facilities such as saunas and steam baths are concerned, the hope is that the high temperature environment, over 60C, will reduce the survival of the virus.

murciatoday.com/investigators-believe-the-transmission-of-covid_19-in-.. (may 7 2020)

www.euroweeklynews.com/2020/05/07/scientists-in-spain-believe-covid-19.. (may 7 2020)

Posted On 03/15/2024

stoneharbor

Yes, Gui, I once read a Chinese study back when they did "contact" tracing at the beginning of Covid when they thought they could stop the epidemic if they traced back where each case had contracted the disease from another person. The study showed the results of 500 traces that determined where the disease had been passed from one person to another. Out of 500 cases, 499 were found to have been contracted indoors, and only one was outdoors.

Posted On 03/15/2024

GoldenOldieUK

I rub garlic gel in my nasal passages as soon as I feel I might be getting a cold or when I know I've been exposed to colds and find that works a treat. Also nasal irrigation with saline and a small amount of Allicin liquid.

Posted On 03/15/2024

brandt_u

I found Mullein tea very effective for URI. Maybe even better sweetened with honey,

Posted On 03/15/2024

Almond

Mullein has a very unique property. it does not kill microbes as an antibiotic does, with all the risks and side effects. Instead, it detaches microbes from epithelial linings, making it impossible for them to cling, derive "parasitic" nourishment and thrive. They are flushed out of the body. I used to use a mullein/garlic ear oil, but now favor a low concentration nano-colloidal silver solution. Sometimes, I will alternate it with a topical homeopathic solution. (Similasen) I have a congenital defect that sometimes prevents drainage from my ears when there is inflammation for various reasons.

I have not had an ear infection in many years since I started doing this. In fact, I have had no illness at all. A very wise Hungarian doctor once told me that antibiotics are unnecessary where there is good drainage. So, one factor in promoting good drainage is preventing inflammation. Many allergies and substance intolerances lead to inflammation and blockages. As part of my medical training, I was taught (traditionally), that the major causes of illness result from blockages--either obstructions to the circulation or qi. Whenever possible and timely, eliminate blockages and optimize the diet before starting treatment.

With infants, it is esp. important to "open the bowels" as their tiny bodies can more easily become overloaded with toxins. Consider the emunctories (organs of elimination)--lung/breath, kidney/urine, bowel/fecal--and, finally the skin if all other avenues are overloaded. Detox must be paced so as not to overload the bloodstream and organs. Methods might include hydration, saunas, laxatives, massage and lymph drainage, infrared, etc... Spring tonics, deworming (parasites) and a period of fasting used to be part of many cultures, too.

Posted On 03/15/2024

I think it is important to be aware of the value of the treatments mentioned here for upper respiratory tract infections, as they can usually save days in recovery of most infections of the mucus membranes there. I have a reservation though about using any treatment designed for infections once the airways seem healthy and free of the threatening pathogen. I want to keep in mind that our respiratory system, and not just the "upper" part (that we often treat with substances such as hydrogen peroxide), is truly already a natural, protective system, including a strong immune system component, evolved to take care of our respiration.

It is developed to care for a community of commensal bacteria. "Certain symbiotic bacteria can inhibit the secretion of Th2 cytokines including interleukin (IL)-4, IL-5, IL-9, and IgE, decrease the infiltration of inflammatory cells, induce IgA generation, and enhance the numbers of CD4 and CD8 T cells, which reduce the colonization of foreign pathogens...." So taking treatment, such as Nebulized Hydrogen Peroxide, should always be seen as an emergency measure, and never as a preventative measure, lest it's use totally disrupt our natural immune system. More here on that: www.ncbi.nlm.nih.gov/.../PMC6803190 So it says even that: "Clostridia and other symbiotic bacteria are involved in the generation and development of Treg cells and NK cells and maintain intact immune cells (12).

Novak virus can cooperate with Bacteroides to stimulate the differentiation of lymphocytes and minimize the damage caused by interferon (13). Furthermore, phages can kill pathogenic bacteria and provide an additional defense mechanism to protect the mucous membrane barrier from damage." Let's not damage this bacteria-dependent respiratory mucus membrane by use of any caustic treatments beyond their short treatment period, which ideally fixed the airway infection.

Posted On 03/15/2024

Guillermou

Stoneharbor, your comment is very accurate. The intestine-lung axis is essential. Changes in the lung microenvironment (e.g., from influenza virus or SARS-CoV-2 infection) can also alter the structure and function of the intestinal flora. Influenza virus respiratory tract infection increased the number of Enterobacteriaceae in the intestinal flora while decreasing the number of Lactobacillus and Lactococcus. Similarly, liposaccharides in the lungs of mice resulted in an imbalance of the lung microbiota, which was accompanied by an imbalance of the intestinal microbiota, which was caused by bacteria that entered the blood and intestinal mucosa from the lung tissue.

In many microbial metabolites, SCFAs, including butyric acid, acetic acid, and propionic acid, are the most critical metabolites of the intestinal flora. They are extremely important in the regulation of systemic and pulmonary immune and inflammatory responses. The most direct function of SCFAs is to reduce intestinal pH and increase mucin production, which reduces the growth and adhesion of pathogenic microorganisms and improves epithelial integrity, further improving host systemic immunity. SCFAs exert biological effects primarily by inhibiting histone deacetylase and activating G protein-coupled receptors and can increase the number and function of regulatory T cells (Treg), T helper (Th) 1 cells, and Th17 effector cells.

SCFAs, especially butyrate, have a wide range of anti-inflammatory functions, which are mediated by the activation of GPR43 and the subsequent activation of -arrestin 2 by inhibiting the NF-K pathway can regulate monocyte hematopoiesis and improve the function of CD8 + T cells in conferring protection against influenza virus infection through activation of GPR41.

Posted On 03/15/2024

Guillermou

In addition to SCFAs, many metabolites of symbiotic gut flora have been reported to be related to host immunity. Lactobacillus can use tryptophan as an energy source to produce ligands for an aryl hydrocarbon receptor; This receptor is essential not only for the organogenesis of intestinal lymphoid follicles but also for maintaining the homeostasis of the epithelial barrier and intraepithelial lymphocytes. Retinoic acid plays an important role in maintaining intestinal immune homeostasis by promoting IgA production by B cells and Treg cell development through transforming growth factor .

Niacin has also been reported to promote the anti-inflammatory properties of colonic macrophages and DCs and allows them to induce Treg cells and T cells. There is a potential strategy to prevent and treat COVID-19 by improving the composition of the intestinal flora and its metabolites. This could be done using probiotics, a personalized diet, and traditional Chinese medicine to balance immune function and suppress the “cytokine storm.” Some specific intestinal microorganisms that can downregulate intestinal ACE2 expression have also been considered as potential targets to fight SARS-CoV-2.

Malnutrition causes various changes in the immune system by repressing immune responses and enhancing viral vulnerability. Therefore, improving gut health with a high-quality, nutrient-dense diet will improve immunity against infections and diseases. These reviews link emphasize the importance of dietary choices and their subsequent effects on the immune system, which can potentially affect vulnerability to SARS-CoV-2. www.mdpi.com/.../2654 (2022).--

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Posted On 03/15/2024

stoneharbor

Thanks Gui for mentioning the interplay between the respiratory and gut bacterial environments and also the combined effect on our immunity. Besides all that you provided on the immune benefits of short chain fatty acids (SCFA) that bacteria manufacture (much of which I never knew), the SCFA are also known to act as a direct nutrient source to gut enterocytes. Colonocytes do not need to get nourishment via glucose or fatty acids delivered by the circulation in the blood. They get fed directly when they absorb the SCFA such as butyrate and acetate. pubmed.ncbi.nlm.nih.gov/22571479

Posted On 03/15/2024
