

Guillermou

Report with excellent remedies for cystic fibrosis. Cystic fibrosis is a multisystem autosomal recessive genetic disorder that affects the lungs, and to a lesser extent the pancreas, liver and intestine. Cystic fibrosis affects more than 30,000 children and young adults in the U.S. Cystic fibrosis (CF) and chronic obstructive pulmonary disease (COPD) are chronic lung diseases that affect an estimated 70,000 to 251 million people worldwide. world, respectively. Although these two diseases have clearly different pathophysiologies, both cause chronic respiratory failure that erodes quality of life. Advanced Functional Medicine has experience supporting people with this chronic disease.

Assessing intestinal function and intestinal permeability, optimizing the immune system, supporting mucous membranes, and balancing mineral deficiency are effective strategies that have helped patients improve quality of life. Studies show that by improving these systems patients' symptoms can improve greatly. -----1) Increase mucolytic foods: garlic, onion, watercress, horseradish, mustard, parsley, celery, rose hip tea, pickles, lemons. -----2) Emphasize anti-inflammatory foods: cold water oily fish, berries and seeds, turmeric, ginger, green tea, low omega 6 olive oil.

-----3) Emphasize foods rich in antioxidants to support immune function: berries, green tea, turmeric, fruits and vegetables. -----4) Minimize pro-inflammatory foods: sugar, refined carbohydrates, trans fats, excess commercially produced red meat, omega-6 fatty acids, caffeine and alcohol.----- 5) Help avoid fat-soluble vitamin deficiencies by taking daily amounts of vitamin A, vitamin D, and vitamin E and K, -----6) Include foods rich in vitamin C and quercetin: for example, berries, cherries, citrus fruits, apples, onions, parsley, black and green tea, kale and broccoli.

Posted On 05/02/2024

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Supplements that support cystic fibrosis 1) N-acetylcysteine (NAC) inhaled or oral. NAC can regulate cell apoptosis, angiogenesis, growth arrest, redox reaction, and inflammatory responses. High-dose NAC has anti-inflammatory benefits and improvements in aspects of quality of life and measures of lung function. It is safe and well tolerated. 2) Vitamin C and bioflavonoids: anti-inflammatories, antioxidants and immune support. 3) Zinc 4) Garlic Supplement: Broad Spectrum Antibiotic and Mucolytic 5) Digestive enzymes with meals. 6) Omega-3: anti-inflammatories 7) Broad spectrum antioxidants: beta-carotene, vitamin E, selenium, coQ10 8) Protein supplementation may be necessary in hypoproteinemia.

Herbal Medicine Treatment That Supports Cystic Fibrosis 1) Immune Support: Echinacea, Andrographis, Olive Leaf, Siberian Ginseng, Reishi/Shitake 2) Expectorants: thyme, elecampane, mullein, licorice, anise, hyssop, cayenne. 3) Mucous tonics: goldenseal, eyebright 4) Bitters (digestive, pancreatic and liver function): gentian, fringe tree, dandelion, blue flag 5) Antimicrobials: goldenseal, echinacea, thyme, wild indigo 6) Anti-inflammatory: boswellia, turmeric, ginger. 7) Antioxidants: turmeric, green tea, rosemary, grape seed, Santa Mara thistle.

advancedfunctionalmedicine.com.au/cystic-fibrosis-symptoms-causes-natu.. .----

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Posted On 05/02/2024

juststeve

Just a curious thought Gui, it would seem nearly all, if not all the recommendations for CF given here would also apply to those who have had asbestos exposure & suffering its effects? Those exposed to Asbestos or dusty lungs due to exposure to dust also causing damage to suffer the same symptoms. Asbestos fibers are like Velcro and like to anchor into tissues, but also prone to repeatedly breakdown into smaller fragments and continue to spread damage and scarring. One of the effects is also thick heavy mucus not wanting to move out of the lungs. It seems the recommendations given today would not only give relief thinning and removing mucus, but possibly also allow the mucus to pick up and remove newer broken off pieces of the offender fiber. If so, this one would expect to slow future spread and damage.

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Just, as you know, the number of fatalities from the attacks of September 11, 2001 has long since reached 2,996 (with 265 in the four hijacked planes, 2,606 in the Twin Towers and 125 in the Pentagon), but according to the The latest report from the authorities since the attacks, 1,064 emergency services workers have died from derived diseases. The hidden legacy of 9/11: more than a thousand deaths from diseases derived from the attacks. Now, 15 years after the attacks, doctors are beginning to understand why people continue to die. With the collapse of the towers, a large cloud of carcinogenic products was generated that enveloped Manhattan.

The cloud contained remains of burned aircraft fuel, plastic, metal, fiberglass and asbestos. In the latter case, it has been shown that the material causes cancer and in the North Tower alone it is estimated that there were 400 tons of asbestos. Asbestos fibers are thin and light, which is why they remained suspended in the air for a long time after the collapse of the Twin Towers. These fibers are thin enough to be breathed and are lodged in the deepest part of the lungs. Once inside the body, it is confirmed that asbestos or asbestos in English causes asbestosis (pulmonary fibrosis), lung cancer and mesothelioma (pleural or peritoneal); It is associated with other neoplasms (gastrointestinal or laryngeal carcinomas) and is suspected of causing other kidney, ovarian or breast cancers.

You have to wait between 15 and 20 years for the cancer's incubation period to pass to know its true extent. Asbestosis is a diffuse interstitial fibrosis of lung tissue resulting from inhalation of asbestos fibers. Asbestos fibers inhaled deep into the lung become lodged in the tissue, eventually resulting in diffuse alveolar and interstitial fibrosis.

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Asbestosis is a diffuse interstitial fibrosis of lung tissue resulting from inhalation of asbestos fibers. Asbestos fibers inhaled deep into the lung become lodged in the tissue, eventually resulting in diffuse alveolar and interstitial fibrosis. Fibrosis usually appears first in the respiratory bronchioles, particularly in the subpleural portions of the lower lobes. Fibrosis may progress to include the alveolar walls. Fibrosis tends to progress even after exposure ceases [Khan et al. 2013]. This fibrosis can cause. -----1) Reduced lung volumes, -----2) Decreased lung compliance, -----3) Impaired gas exchange, -----4) Restrictive pattern of deterioration, -----5) Obstructive features due to small airway diseases, and Progressive dyspnea on exertion and insidious onset.

Asbestos exposure and smoking interact to increase the risk of "idiopathic" pulmonary fibrosis (IPF) in carriers of a common genetic variant, the minor allele of MUC5B rs35705950.

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Posted On 05/02/2024

juststeve

Very true, I hadn't considered damage from fiberglass, other artificial materials. Then of course there are so many other combinations in the toxic soup we've been gifted. As so, people with symptoms similar to the CF it would seem could benefit greatly from Doc's recommendations today for CF.

Posted On 05/02/2024

shery77

Guillermou I have a question that I would appreciate your insights on..... Can consuming pumpkin seeds daily (a handful) affect men's libido negatively and reduce semen production? I heard of someone taking this for 2 months, and having this reaction. He has of course since stopped. He never had any issues in this department before. Could the high LA have caused this reaction? What could help fix the imbalance and restore normal libido? Would appreciate your input & suggestions!

Posted On 05/02/2024

Guillermou

Hi shery, Pumpkin seeds have approximately 20g of omega 6 per 100g. Dr. Mercola advises not to exceed 5 grams daily. This amount added to omega 6 from other foods can affect fertility over time. natureclaim.com/.../pumpkin-seed Watermelon is called natural Viagra scientific confirmation that seems irrefutable and that is that a study from Texas A&M University has concluded that, indeed, watermelon is the 'natural Viagra' par excellence. This is due to its high citrulline content, a substance that is capable of relaxing blood vessels. Watermelon is mostly water, but not entirely.

The small percentage that is not water is full of nutrients that, like oats or whole grains, open blood vessels in the same way that medications used to treat erectile dysfunction do. Once these vessels are freed, blood can flow more freely and deliver testosterone more easily to your system. Watermelon improves male fertility as it has been reported to improve semen quality, reverse erectile dysfunction, improve testicular redox status, and enhance gonadotropin secretion. These activities have been related to its constituents since it contains vitamins and phytochemicals such as phenols and certain flavonoids that contribute to its antioxidant properties.

It has also been observed that watermelon has antimicrobial, anthelmintic, antioxidant, antidiabetic, anti-inflammatory and antihypertensive properties that may contribute to its therapeutic use. Perhaps the most famous food options for increasing libido, oysters are most nutritious when eaten raw. Oysters are rich in Zinc, which contributes to the production of testosterone and sperm. They also contain dopamine, a hormone known to increase libido..

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High-fat fish such as salmon, herring, tuna, sardines and mackerel are an excellent food option that should already feature prominently in your weekly diet due to their high nutritional benefits. In addition to omega-3 fatty acids offering excellent cardiovascular benefits, fatty fish can also increase libido. Like oysters, fish high in good fats also contain dopamine. The dopamine in this type of fish can help cause arousal after consumption. A diet rich in lycopene may promote fertility in men struggling with infertility. "We can partly conclude that men who have poor quality sperm can benefit from lycopene, and should consider a balanced diet as part of their reproductive strategy, especially a diet that includes tomatoes," said Dr. Narmada Gupta, head of the Department of Urology Hospital.

All India Institute of Medical Sciences in New Delhi, India Other studies have found that antioxidants can elevate sperm count, morphology, motility, and concentration.

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Posted On 05/02/2024

Maritt

Great article. Many people need bile supplementation to absorb fat soluble vitamins. However, not sure what would help a person to absorb other vitamins and minerals better.

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Yes, Also: BILE FLOW: TOP 15 HERBS TO SUPPORT LIVER & GALLBLADDER.- drjockers.com/bile-flow-top-15-herbs-to-support-liver-gallbladder/.---.. HEALTHY BILE: A FUNCTIONAL MEDICINE, AYURVEDA, AND TCM INTEGRATED APPROACH.- deannaminich.com/healthy-bile-a-functional-medicine-ayurveda-and-tcm-i..

Posted On 05/02/2024

shery77

Enzymes perhaps, or probiotics?

Posted On 05/02/2024

nat3939

Stomach acid, also known as gastric acid, plays a crucial role in digestion. It helps break down food, absorb nutrients, and kill harmful bacteria. If you're looking to support healthy stomach acid levels, here are some nutrients and lifestyle changes that can help: **Chew Your Food Thoroughly:** Digestion begins in your mouth. Taking the time to chew your food thoroughly stimulates digestive enzymes and promotes better stomach acid production¹. **Zinc:** Zinc is an essential mineral that supports stomach acid production. Foods rich in zinc include oysters, beef, pumpkin seeds, and legumes.

Consider adding a whole food multivitamin to your diet to ensure adequate zinc intake². **Vitamin C, E, and B6:** These vitamins play a role in zinc absorption. Including fruits, vegetables, and whole grains in your diet can help³. **Probiotics:** A healthy gut microbiome contributes to proper digestion. Consuming probiotic-rich foods like yogurt, kefir, and sauerkraut can support stomach acid balance. **Ginger:** Ginger has anti-inflammatory properties and may help increase stomach acid levels.

You can add fresh ginger to your meals or drink ginger tea. **Limit Refined Carbohydrates:** Processed foods and sugars can cause inflammation in the stomach and decrease acid activity. Opt for whole, unprocessed foods instead. On another note, antibiotics, cough medicine, antihistamines, can reduce and even destroy the stomach probiotics, that help break down the foods we eat. When doctors give antibiotics, they rarely ever tell their patients to take probiotics to rebuild their stomach flora.

Posted On 05/02/2024

bkmoyer

I was recently diagnosed with MAC lung disease. A mycobacterium infection of the lungs. I am thinking these suggested supplements would be helpful. The treatment is a "toxic cocktail" of 3 oral antibiotics for 12 to 36 months. Treatment has a 70% failure rate, & 1 in 4 die within 5 years. I am thinking that the antibiotics are what end up killing you. Please give any comments or suggestions. Thank you.

Posted On 05/02/2024

JanetStoneuk

My daughter has CF, and antibiotics are normally an expected part of the treatment. We stopped all antibiotics and the normal pills and solely supplement with Dr. Mercola's supplements (also an organic diet). We have done this now for two years - no hospital visits and she has not had any lung infections. All to say her example implies antibiotics may not be the best option?

Posted On 05/02/2024

JanetStoneuk

I should also add she nebulizes a high quality colloidal silver if she feels like she is getting sick. Or one with added H2 but we might try NAC nebulized at some point.

Posted On 05/02/2024

Dr. Mercola

No antibiotics. You need one hour of daily sun exposure at solar noon, which is 1230 to 130 PM if you are in daylight savings time. Make sure to take magnesium and vitamin K2. You should be shirtless or wear sports bra if you are a woman and ideally shorts. Goal is to get your vitamin D level up to 100 with NO oral vitamin D. Niles Finsen got a Nobel Prize in 1903 for successfully treating a mycobacterium with a UVB light. Sunlight is better though.

Posted On 05/02/2024

wga68917

Thank you Dr Mercola for all you do for humanity! God bless!

Posted On 05/02/2024

forbiddenhealing

Covid "dry cough", bronchitis, pneumonia and COPD can all be addressed by nebulizing H₂O₂ @ 1-3% alternating with NAC (dissolve 500mg in 20ml water to fill neb cup). Inhaling NAC produces coughing at first, continue for a few minutes. Mucus will flow from lungs/sinuses physically removing garbage. Oral/IV/nebulized NAC plus Vitamin C also oppose angiogenesis resulting from acidic hypoxia and HIF1 activation; where mitochondrial dysfunction and cancers originate....Mullein, the common broadleaf garden "weed" can be used in teas or smoked to increase flow.

Posted On 05/02/2024

Guillermou

Yes, as you know NAC good medicine for you. THE EFFICACY AND SAFETY OF INHALED ACETYL CYSTEINE IN COMPARISON WITH ORAL ACETYL CYSTEINE IN CHRONIC OBSTRUCTIVE PULMONARY DISEASE: A RANDOMIZED SINGLE-CENTER STUDY.

www.researchgate.net/publication/343502735_The_efficacy_and_safety_of_... .----- N-acetylcysteine (NAC) is the acetylated precursor of both the amino acid L-cysteine and reduced glutathione (GSH). One of the main causes of mitochondrial dysfunction is due to changes that take place in the respiratory chain where oxidative phosphorylation occurs.

NAC has a positive effect on key elements of the respiratory chain. It increases the activities of mitochondrial complexes I, IV and V. NAC also helps maintain levels of glutathione, an important antioxidant capable of preventing damage to important cellular components caused by reactive oxygen species. NAC protects cells by promoting oxidative phosphorylation, improving mitochondrial membrane integrity, and improving mitochondrial homeostasis.

www.researchgate.net/profile/Marcos-Martinez-Banaclocha/publication/11.. e-in-age-related-mitochondrial-neurodegenerative- diseases.pdf (2001)

www.sciencedirect.com/science/article/abs/pii/S0006899300020059 (2000)

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This study aimed to evaluate the potential impact of CAP in patients hospitalized with COVID-19 pneumonia, in terms of progression to severe respiratory failure (SRF) and mortality. Patients who received standard care were compared with patients who also received 600 mg of NAC twice daily orally for 14 days. A total of 82 patients were included, 42 in the NAC group and 40 in the control group. Treatment with oral NAC led to significantly lower rates of progression to SRF compared to the control group. Patients in the NAC group had significantly lower 14- and 28-day mortality compared to controls.

Treatment with NAC significantly reduced mortality at 14 and 28 days in patients with severe disease. NAC improved the PO₂/FiO₂ ratio over time and decreased the levels of white blood cells, CRP, D-dimers and LDH. www.tandfonline.com/.../23744235.2021.1945675 (Jun 16, 2021).---- Recent studies have suggested that COVID-19 and even other diseases are strongly linked to oxidative stress and endogenous GSH deficiency. The high ratios of ROS to GSH, in particular, appear to reflect the severity of the symptoms and the prolonged hospitalization of the patients.

This imbalance interferes with the body's ability to detoxify the cellular microenvironment, fold proteins, replenish antioxidants, maintain healthy immune responses, and even modulate apoptotic events, promoting suboptimal cellular function and the development of disease. Nebulization of GSH and NAC as adjuvant therapy may be a viable alternative for the treatment of early stages of COVID-19. www.sciencedirect.com/.../S2667137921000151 (2021)

Posted On 05/02/2024

Michael_Czajka

Niacin (B3) works better than NAC at boosting glutathione. Plus niacin has many other positive effects. Try the inositol-B3 version starting at 500 mg/d. :-)

Posted On 05/06/2024

Michael_Czajka

It's oxidised LA that causes all the problems. A lot of LA is oxidised when we eat it... and when heating LA you start to destroy protective antioxidants... assuming they weren't already removed in processing. We eat very little cold pressed LA with vitamins and antioxidants intact. LA is one of only two EFA's and can be used by the body to make many derivative oils. LA supplementation in CF increases oxygenation.

pubmed.ncbi.nlm.nih.gov/1264543 :-)

Posted On 05/06/2024

robbie2u

Cystic Fibrous has 2 main issues from reading. (1) the production of thick mucus which clogs organs (2) the over production of mucus. If genetic fault causes thick mucus then does it also cause the over production of mucus if not then the issue should be looked at separately? The genetic fault may likely be dealt with by gene repair or if possible genes evolving or the use of substances that thin the mucus. The over production of mucus should be looked at as to things that stimulate mucus and neutrophil production. Allergies and intolerance must come into mind here. But what about the role of mast cells? For example, if these mast cells are located near the nerves around the spinal cord, then vertebrae position, tightness and therefore adjustment may increase or decrease mucus secretion in the lungs by these nerves being irritated.

Perhaps a test can be done as to reducing mast cells or even inflammation in the joints and seeing how it affects mucus production in the lungs. This would explain why a person I know who suffered from asthma could cough up a mug of mucus daily stopped when vertebrae in the T4/5 adjusted. It occurred on several occasions and so the link was drawn. Anecdotal but nonetheless. It is unfortunate but life is generally unfair and must be seen from that perspective as to how one runs their race.

Posted On 05/05/2024

hlahore

60 CF studies and summaries at vitamindwiki.com/Cystic+Fibrosis Includes a few of the 354 CF & Vitamin D studies in Google Scholar

Posted On 05/04/2024

ragus

N-acetylcysteine (NAC) works great against asthma by breaking down the mucus, allowing you to cough it up, and clearing the air ways.

Posted On 05/04/2024

nat3939

AKA BB2. A specialized modified cysteine known as NAC, or N-Acetyl Cysteine, was first produced by Mead Johnson for the treatment of excess mucus. Who also formulated Similac, in which I do not have too much good to say about. But the primary use of NAC is as a mucus-reducing agent. Mucus strands are broken up to decrease viscosity and congestion associated with excess mucus and sinus drainage. Oral supplementation of NAC is used with allergies, bronchitis, chronic sinusitis, asthma, pneumonia, cystic fibrosis, and even the common cold. Supplemental NAC dosage is usually 800 mg. 2 to 3 times daily. A Dr. William Philpott postulated that cysteine is necessary for the utilization of vitamin B6.

And I know that B6 is necessary for the utilization of magnesium and protein and other nutrients. B6 is also helpful with morning sickness and motion sickness. Dr. Philpott findings also suggest, a majority of chronic degeneration illnesses whether physical or mental, have a vitamin B6 utilization disorder. The culprit causing this B6 utilization problem seems to be cysteine deficiency. He also recommends the patients who have this vitamin B6 utilization problem take 1.5 grams of L-cysteine/NAC 3 times a day for a month, and then reduce it to twice a day. Vitamin C should always be taken with cysteine.

Discuss this with your health care provider. As mentioned in the article NAC is a precursor to glutathione, Doctors often use NAC to treat acetaminophen (Tylenol poisoning). NAC reduces the damage to the kidneys and liver that is associated with this overdose.Diabetics should use cysteine with care because it can cause glucose levels to change and may hamper insulin production. On the same token, Gymnema Sylvestre, (a 2-thousand-year-old herb from India) and Bitter Mellon, (an herb from South America) both help with blood sugar support and sugar balance. Discuss with your health care provider.

Posted On 05/02/2024

bee70578

Very interesting. I had an uncle diagnosed with this long ago who soldiered on into his early 40s, having a cold shower first thing every morning. It's anecdotal of course but he was one of the most interesting members of our family, always full of fresh ideas. I guarantee he would have been reading Dr M every day!

Posted On 05/02/2024

josephunger

BIG THANKS!!!

Posted On 05/02/2024
