

riskybiz

People have been picking their noses for millennia and Alzheimer's is a fairly recent development historically speaking. How long has Alzheimer's been around as an epidemic? Less than 40 years? Too many other culprits around in our food, drugs, and environment to blame this habit.

Posted On 03/21/2024

ICONOCLAST

It's said that you can choose your friends but not your relatives and I'd add that if you had as much money as the late Michael Jackson, you can pick your nose! youtu.be/GKw83mjOrbl

Posted On 03/21/2024

Cabochon

A very important observation, riskybiz. You nailed it. in fact, you have answered your own question, in that we now live in a toxic world, surrounded by a sea of dementogens and bedevilled by chronic diseases with one common factor - ongoing inflammation. It's not that long ago that cardiovascular disease, cancers and metabolic syndrome were unheard of and rare. The population tended to die of infectious diseases brought about by poor living conditions and poverty. Once these were addressed in the post war years, health improved and general life-expectancy rose. Now we are the victims of misinformation and brainwashing from the combined efforts of government/pharmaceutical/corporate complex whose priority is their profits, not our health.

The low fat craze, followed by the great cholesterol con, for example, which was to sell statins, ignored the importance of cholesterol for hormone, vitamin D and for brain health. Now we have death and disability by injection to help fulfil a depopulation agenda. These medical interventions are thought to hasten and exacerbate any latent tendencies towards chronic disease outcomes. Having close relatives with turbo-cancers, and another with early dementia does nothing to dispel these suspicions.

Posted On 03/21/2024

Swilliam

@riskybiz, way too much REFRESHING common sense in your post!

Posted On 03/21/2024

versatile

Let's suppose we know the cause of Alzheimer's. But we don't want to know. What to do? Publish a "Study that links PICKING YOUR NOSE..."

Posted On 03/23/2024

bananabob

You can pick your friends and you can pick your nose...just don't pick your friend's nose. One of the dumbest things I've read on here.

Posted On 03/21/2024

epi-cure

I believe that was a quote from Nosetradamos. And this: www.youtube.com/watch There are 6 more anecdotes if ya nose where to look. www.thatmomentin.com/roxanne-1987-20-something-betters

Posted On 03/21/2024

fvomasch

banana bob- Don't forget you can tune a piano but can't tuna fish.

Posted On 03/22/2024

Guillermou

Type 2 diabetes (T2D) and Alzheimer's disease (AD) are two global epidemics that share several metabolic defects, such as insulin resistance, altered glucose metabolism, and mitochondrial defects. Importantly, strong evidence demonstrates that type 2 diabetes significantly increases the risk of cognitive decline and dementia, particularly AD. Neurodegeneration associated with T2D represents a serious complication of the disease, and there is strong evidence demonstrating a link between T2D, cognitive impairment, and dementia, specifically vascular dementia and AD. A recent meta-analysis revealed that patients with T2D have a 50% increased risk of developing AD compared to age-matched non-diabetics.

AD is considered the leading cause of dementia and accounts for 60-70% of all dementia cases due to the aging population. There is a close association between altered glucose metabolism, mitochondrial dysfunction and IR in neurodegeneration associated with type 2 diabetes and AD. Indeed, insulin signaling regulates neuronal glucose uptake through glucose transporter 4 (GLUT4) as well as mitochondrial function. Mitochondrial dysfunction causes overproduction of ROS and oxidative damage. Furthermore, the increase in oxidative stress associated with T2D is responsible for an increase in iron (Fe²⁺)-mediated cell death through phospholipid peroxidation, this process being called ferroptosis.

The Fenton reaction increases the levels of hydroxyl radicals (OH[•]), which are responsible for an increase in lipid peroxidation, particularly affecting unsaturated fatty acids. The accumulation of damaged mitochondria at synapses is responsible for increased levels of oxidative stress and inadequate energy production, resulting in decreased neurotransmission and eventually cognitive impairment.

<https://www.sciencedirect.com>

Posted On 03/21/2024

Cabochon

Background information is always useful but not sure what is the relevance of AD and T2D to today's topic, which is about interfering with the nasal cavity's own natural defence against infection through microbial balance. Also, somewhat confusingly, it is not quite true to isolate diabetes and insulin resistance as the sole cause of dementia leading to Alzheimers. In fact, glycototoxicity as a sub-group of atrophic dementia - meaning lack of appropriate levels of nutrients and hormones such as insulin, vitamin D, pregnenolone, cortisol, testosterone, thyroid hormones etc represents only one important cause of cognitive decline, but it is by no means the only one.

Other routes involve systemic inflammation, toxicity, vascular dementia, and trauma through brain injury. That is not to imply that only one cause is relevant to each sufferer - multiple routes may be diagnosed and treated but there is usually a predominant one. All can be addressed depending on the stage at which the diagnosis made and steps taken to minimise or reverse these.

Posted On 03/21/2024

Guillermou

In the context of relationships: Blood test can identify dementia risk 10 years before diagnosis, study finds www.theepochtimes.com/health/blood-test-can-identify-dementia-risk-10-..

Posted On 03/21/2024

Guillermou

Neurological disorders, especially those presenting with neurodegeneration, have been associated with harmful environmental factors identified in childhood; In particular, an unbalanced diet that alters early gene expression leads to epigenetic changes that manifest in adulthood. The first neurobehavioral deficits accompany the remodeling of the epigenome by environmental factors such as smoking, alcohol, stress and exposure to pesticides. The pathogenesis of AD coincides with a dysfunctional gut microbiota (Figure 2). Furthermore, because AD is an age-related disorder, the blood-brain barrier (BBB) and the epithelium of the gastrointestinal tract become more permeable during the aging, allowing polysaccharides and amyloid to access the brain, easily causing inflammation.

Such age-induced involvement of the BBB and gut suggests that GBA may participate in the early stages of proteinopathy and inflammation associated with AD. Physical and psychological stress alters the activity of the gut-brain axis, which can cause intestinal barrier dysfunction, which in turn can induce cognitive and mood impairments through exacerbated inflammation and permeability of the gut. BBB. www.mdpi.com/.../1184 (2022).----

www.sciencedirect.com/science/article/abs/pii/S0889159122000277 (2022).---

www.sciencedirect.com/.../S0047637423000131 (2023).--- link.springer.com/.../s40520-023-02463-2 (2023).-- www.nature.com/.../s41598-023-31730-5 (2023)

Posted On 03/21/2024

JohninND

And what does hair on your palms indicate?-(Sorry, HAD to do it, being so close to 4/1 and all. Nose picking now. Let the jokes begin!)

Posted On 03/21/2024

natloz

a "research"..eh ??? is this "study" really on PubMed ???

Posted On 03/21/2024

cheryl1999

it is necessary from time to time to pick your nose of hardened crusted boogers - that will not come out of the nose from blowing with a tissue. It is paramount you are able to breathe through your nose for oxygen - plugged-up nostrils make a person breathe through their mouth which is not ideal.

Posted On 03/22/2024

RJC2001

I feel your pain. Ponaris will really help with that!

Posted On 03/25/2024

RJC2001

Dry nose is a major problem for me. The best nasal moisturizer BY FAR is Ponaris, available on Amazon. It is great for preventing nosebleeds and works even in the driest environments. Two drops in each nostril will last 6 to 12 hours. You can even use it right after a nosebleed. Over time it will help dissolve to dry crusty mucus buildups.

Posted On 03/22/2024

Stephanie360

My problem isn't dry nose, my "tears" run out my nose instead of my eyes typically. So I have to carry a hanky to make sure they don't drip. Allergy season and going from hot to cold/ or cold to hot rooms will make my nose tear up. Also, eating makes my nose run with tears. Been that way my whole life. Sigh!

Posted On 03/21/2024

riskybiz

Wow, that's tough! I just had "the drips" from this pollen explosion in Florida. Haven't had that happen in many years. I truly sympathize.

Posted On 03/21/2024

gin9762

I have had the same thing since we went on lockdown in 2020. The diagnosis is Chronic Non Allergic Rhinitis. I did all of the allergy testing and no allergies yet my nose runs constantly. I then had a procedure done to "freeze" the overactive nerves in the sinus cavity that cause the runny nose but all it did was give me a terrible ice freeze type headache (when you eat something really cold too fast) and changed my sense of smell....most things smell like onion. I can still smell perfumes and candles but my own body odor, most food, etc smells like onions. Very bizarre. But, all of this to share with you that I was also prescribed a nasal spray called Ipatropium and it helps tremendously with the runny nose. Just wanted to share what has helped me!

Posted On 03/22/2024

10Binkie01

Love your site. Have followed your advice for years. Passed onto my 56 year old daughter and many friends. You are a wonderful asset to all of us who have completely lost faith in our medical field. May God continue to bless you. An 89 year old fan!!!

Posted On 03/21/2024

grulla

A famous nose picker. www.youtube.com/watch

Posted On 03/21/2024

cheryl1999

Imao - i never saw that episode - i thought i saw them all - lol

Posted On 03/22/2024

ReginaFarias

Who writes the articles on Dr. Mercola's website?? Isn't there a prior evaluation and censorship of the most stupid? I clearly remember my first huge disappointment with Dr. Mercola, a few years ago, because of an article recommending to pick our nose to improve the body's general immunity. And there were still statistics proving that children who pick their noses were healthier because this disgusting attitude works as a vaccine against several pathogens present in the mucus of the nose.

Posted On 03/23/2024

joh5080

Nothing feels quite as good as retrieving a giant booger clogging your breathing out of your nose! What are supposed to do? Saying goes "If your Brains were Dynamite you couldn't Blow your Nose!

Posted On 03/22/2024

GoldCoaster

Wash hands prior, or using clean tissue or handkerchief won't transmit bacteria. No, couldn't stand just leaving it there!

Posted On 03/23/2024
