

Catryna

I am never fooled, since I regard Big Pharma as a criminal organization. Pretty much rule of thumb is to do the exact opposite of what Pharma, FDA, CDC, and the WHO say.

Posted On 07/13/2024

Guillermou

The disease economy promotes big pharmaceutical companies. These are the pharmaceutical manufacturers in the US, and they are large global corporations. The sale of pharmaceutical products is a trillion-dollar industry. Ten drug companies have more profits than the other 490 Fortune 500 companies combined. The pharmaceutical industry employs 675 lobbyists in Washington, many of them with revolving-door connections, according to a new report. pnhp.org/news/ten-drug-companies-have-more-profits-than-the-other-490-.. (2023).-- The science of allopathic medicine rejects and/or ignores Natural Medicine, it is a science that is governed by protocols and allopathic doctors do not want interference with what they are taught in teaching and Congresses sponsored by BigPharma.

It is science outside the domains of ethics, imposed by Rockefeller where support rests on the pharmaceutical mafia and the corruption of institutions, linked to Big Pharma. The basis on which medical health is now based is absent from the logic of strengthening the immune system with the support of traditional medicines. The health service is being based on the idea that we can treat more and more people with drugs and medical services and continue selling them soft drinks and fast food while calling it economic growth.

In the health monopoly, the religion of the State is that imposed by large corporations through many years of domination of the media that are owned by bankers, large corporations and philanthropic organizations such as that of Bill and Melinda Gates. In support of the media there are scientists and universities of the Rockefeller current that support the dominant paradigms of allopathic medicine that are built by elites based on a domain that only seek their benefit.

Posted On 07/13/2024

Guillermou

The United States has built a healthcare system with incentives that inexorably generate terrible and perverse results. Incentives that do not emphasize health and well-being. Nutrition, exercise, education, emotional safety, our natural environment, and public safety may now be more important than care in producing greater gains in longevity and quality of life. The annual financial reports of large pharmaceutical companies reveal that pharmaceutical companies bundle marketing budgets into their doctor visits and advertising expenditures. The highest drug prices in the world, high corporate profits and many television commercials.

Some of the "research" money is actually used to deceive patients. Hiring practicing physicians to evaluate new medications, creating a potential conflict of interest for these physicians, further blurring the line of research versus marketing. And it is their evaluation that is presented to the FDA as part of the decision of whether the drug is worth approving for patient use. Many doctors in the United States receive payments from pharmaceutical companies, according to a recent study. The study indicated that these financial incentives have a significant impact on prescribing practices, leading to a higher frequency of prescriptions for brand-name drugs, expensive medications and those produced by companies that pay.

The 2024 study published in JAMA found that between 2013 and 2022, hematologists/medical oncologists and surgical oncologists in the US were more likely to receive significant industry payments from pharmaceutical and medical device companies, exceeding the average amounts received by the average doctor.----- expose-news.com/2024/05/27/oncologists-take-money-from-pharmaceutical-.. (2024).— www.ncbi.nlm.nih.gov/.../PMC9879663 (2023).— jamanetwork.com/.../2816900 (2024).--

Posted On 07/13/2024

juststeve

So well described Gui. We do not have a Healthcare System. We have a cancerous more profit is never enough and who address somewhat, one symptom at a time system. A cancerous Hungry Ghost passing out each step of the way "sweet's" to provide some comfort that in turn feed other conditions to than be fed more "sweet's." Pre-sixty's the States the number one in the world for the healthiest people overall and now nearly rock bottom.

Posted On 07/13/2024

fvomasch

Gui-One of the biggest drivers of obesity is High fructose corn syrup (HFCS). When they added HFCS decades ago to most foods instead of cane sugar obesity and diabetes rates skyrocketed. Most of us know teaspoons and tablespoons as a measurement but HFCS is measured in grams on soda and packaging which sounds like a smaller amount. One 20 oz Mountain Dew has 78 grams of HFCS but at 4 grams per ounce that is 19 teaspoons of sugar equivalent. If manufacturers would take out HFCS and replace it with real sugar consumers would really know how much sugar is in their diet.

www.healthline.com/nutrition/why-high-fructose-corn-syrup-is-bad#3.-In.. draxe.com/.../high-fructose-corn-syrup-dangers www.endocrine.org/news-and-advocacy/news-room/2022/people-who-consume-..

Posted On 07/13/2024

Guillermou

Very accurate attributions Just. Indoctrination in junk food from childhood is a big market for BigPharma and parents and schools are taught to make children obese. There is one thing most experts agree on: increased consumption of highly processed foods is a major contributor to the childhood obesity epidemic. Meanwhile, hundreds of thousands of people die every year from eating processed foods and no one in a position of power says a word. With 1 in 5 children now obese, Pharma Targets \$50 Billion Market for Weight Loss Drugs. About 16 to 47 percent of the world's adult population has insulin resistance. This condition predisposes to diabetes, neuropathy, nephropathy, dementia and metabolic syndrome, and compromises quality of life.

The FDA approved 37 drugs and medical products in 2022. Surprisingly, 24 of the new drugs (65 percent) were approved based on a single study. When the 21st Century Cures Act was signed into law in December 2016, the federal government made it easier to accelerate the development of medical products. The law quickly became a portal for corruption, allowing the industry to bypass the once rigorous, evidence-based standards for approving new drugs. By short-circuiting the scientific method, industry and government work hand in hand to flood the market with new drugs that lack adequate safety data. www.theepochtimes.com/health/fda-approved-65-percent-of-new-drugs-in-2.. (08/10/2023)

Posted On 07/13/2024

Guillermou

Ozempic and Wegovy, another weight-loss drug, are giving users problems other than diarrhea or constipation, including bouts of vomiting, cramps, constant gas, and sulfur burps that smell like rotten eggs. Last year alone, more than 5 million prescription weight-loss medications were distributed, much to the dismay of patients who suffer horrible side effects and regain the weight after quitting the next one. -worthless drugs. That includes more than 100,000 Wegovy prescriptions being deleted EVERY WEEK, according to drug maker Novo. At least 3 in 10 people taking the pharmaceutical weight loss drug Ozempic say on Reddit that this is the most embarrassing and recurring event they have experienced in years.

www.dailymail.co.uk/health/article-12119851/People-Ozempic-say-theyre-.. (06/25/2023) OZEMPIC, HORMONE MIMICKING DRUG SIDE EFFECTS & ASK DR. JANE www.brighteon.com/53ad8312-c7d7-4458-ac89-32d0bbde5007 Semaglutide, the active ingredient found in the widely used diabetes and obesity drugs Ozempic and Wegovy, respectively, is linked to an increased risk of thyroid cancer in patients taking the drugs as prescribed. www.theepochtimes.com/health/thyroid-cancer-concerns-raised-regarding-.. (06/24/2023) Women around the world who were tricked into taking Ozempic report that the side effects they still suffer from persist for many years after they stopped taking it.

A 38-year-old teacher named Emily Wright from Toronto says she actually had to quit her job after the gastroparesis she developed while taking Ozempic left her vomiting even years after quitting the dangerous drug, Wright says her life has been a "hell", and that hell has no end.

www.dailymail.co.uk/health/article-12336125/Ozempic-life-hell-wish-nev.. (07/25/2023)

Posted On 07/13/2024

Guillermou

Yes, fvtomasch the excessive intake of fructose in the regular human diet could be related to global increases in metabolic disorders. Sugar-sweetened soft drinks, mostly consumed by children, adolescents, and young adults, are the main source of added fructose. Dietary high-fructose can increase intestinal permeability and circulatory endotoxin by changing the gut barrier function and microbial composition. Excess fructose transports to the liver and then triggers inflammation as well as de novo lipogenesis leading to hepatic steatosis. Fructose also induces fat deposition in adipose tissue by stimulating the expression of lipogenic genes, thus causing abdominal adiposity. Activation of the inflammatory pathway by fructose in target tissues is thought to contribute to the suppression of the insulin signaling pathway producing systemic insulin resistance.

Moreover, there is some evidence that high intake of fructose negatively affects both male and female reproductive systems and may lead to infertility. This review addresses dietary high-fructose-induced deteriorations that are obvious, especially in gut permeability, microbiota, abdominal fat accumulation, insulin signaling, and reproductive function. The recognition of the detrimental effects of fructose and the development of relevant new public health policies are necessary in order to prevent diet-related metabolic disorders. www.ncbi.nlm.nih.gov/.../PMC10447940 (2023)

Posted On 07/13/2024

juststeve

Unfortunately, Gui, weight is not the only thing lost with these drugs. So many of high-profile users shown look like they are in competition for a new Crypt Keeper Movie. Skeletal Cadavers with loose skin draped over them. Especially in an industry where a person's looks is usually their paycheck. So many now looking more than half dead. I was wondering what was going on with one after another, especially some of those who were grossly obese and may have had it pushed on them for actual health concerns, but as the article and clip point out so well, Preventable outcomes. Yet extreme messaging promoting oh well, what is there to be done, this is all - normal now. One serious condition after another - normal now. Here is another potion so you can become even more - normal now. (Sarcasm.)

Posted On 07/13/2024

sue2613

Our food is intentionally being manipulated and tampered with by organizations associated with Big Pharma and corporate interests. They do not want to get rid of CAFOs, fish hatcheries, or food grown with pesticides, or GMO foods and grains, (which are fed to animals). This creates people dependent on drugs and Big Pharma. I also believe there are hidden ingredients in our food, even in organic foods that are intended to make us sicker. The best solution is to grow your own food or get it from a reliable source, such as a local farmer. This is not always a perfect solution since our soil, water, and air is so polluted.

Posted On 07/13/2024

Guillermou

According to SUE, it is good to enter the dynamism of kilometer zero foods, which are those sold near their place of origin. Choosing to consume them has many advantages: you take care of the environment, boost the local economy and they are healthier. It is a very clear definition of local or kilometer zero products, that is, those that have been produced closest to their place of sale. Local products are usually of higher quality because they have been harvested at their optimal time to reach the store and, from there, to your table. Steps and times that can interfere with the quality of the food are shortened.

Consuming these products has many advantages, ranging from economic and environmental to gastronomic and healthy. Purchasing fruits and vegetables, and other fresh foods, in a local business boosts the economy of the area and your neighborhood, highlights the products of the region in which you live and guarantees that they reach the consumer at their optimal time. These products do not travel hundreds, or thousands, of kilometers so that they can be on the table. Purchasing kilometer zero products enhances the economic and local fabric of your area.

Small producers, farms, neighborhood stores and traditional businesses, in general, are those that produce and sell local foods. Buying in this type of establishment helps to enhance that commercial network. Furthermore, by buying in these stores and from local producers you will know where the food comes from, you will know what you eat. You can even establish a direct and trusting relationship with the producer. When you go shopping you can find out when is the best time for tomatoes or why now is the season for strawberries.

Posted On 07/13/2024

juststeve

Strongly urge those who usually do not watch the days given video clip to do so. So well covered! Two thumbs up, five gold stars, a twelve out of ten ranking. This guy has the receipts and shares them very well!

Posted On 07/13/2024

Guillermou

Excellent suggestion, Just. As it is said in the video, if a fish tank is dirty, the fish tank is cleaned and the fish are not drugged. As Dr. Mercola has reported, mitochondrial dysfunction, psychological stress, oxidative stress (reductive stress), heavy metals, endotoxins, lack of sleep and certain nutritional deficiencies can turn your metabolism into fat burning, which It then prevents glucose metabolism and converts glucose into fat instead of energy. High energy production equals a high metabolism, so part of the solution to obesity and most other conditions is to increase the metabolic rate. Another effective blocker of mitochondrial energy production is polyunsaturated fats (PUFAs). Mitochondria are especially abundant in organs and tissues of the body with higher energy requirements.

Supplements and lifestyle changes can improve mitochondrial health by increasing the availability of proteins necessary for ATP production (AMPK activation, PGC-1a, NAD+, SIRT1. They also act as antioxidants, helping mitochondria to reduce oxidative stress and other important functions, including: signaling, differentiation, programmed cell death and control of cell growth. Additional support for mitochondrial function includes acetyl-L-carnitine, nicotinamide, Q10, pyrroloquinoline quinone, vitamin C, choline, NADH, -lipoic acid, -ketoglutaric acid, resveratrol, N-acetylcysteine, magnesium, and a multivitamin and quality mineral. In the following link more references:

Posted On 07/13/2024

Guillermou

We can also consider how to lose weight by lowering ghrelin, the hormone that prevents you from losing weight or losing fat. Adequate levels of ghrelin, the hormone that, together with leptin, regulates appetite and satiety, and that can prevent us from losing weight if it is not controlled. Ghrelin levels vary frequently throughout the day and are primarily controlled by food intake. There are other factors that can influence the production of ghrelin, such as:--- 1) The dream. Lack of sleep or poor quality sleep alters ghrelin levels, which increases; and leptin, which decreases, making us hungrier and less satiated.--- 2) Stress.

Chronic or acute stress can increase ghrelin levels and cause an increase in appetite and desire to eat foods, especially those that are high in fat and sugar.--- 3) Hormones. Other hormones that can affect ghrelin levels are sexual hormones, such as estrogen and testosterone, or thyroid hormones, such as thyroxine and triiodothyronine. These hormones can influence basal metabolism, energy expenditure, thermogenesis or insulin sensitivity.---- 4) Include protein in every meal. Proteins are the macronutrients that are most satiating and most reduce ghrelin levels. In addition, they help preserve muscle mass and increase metabolism.

It is recommended to consume between 0.8 and 1.2 grams.--- 5) Consume soluble fiber. Soluble fiber is a type of fiber that dissolves in water and forms a viscous gel in the intestine. This gel improves digestion, increases the feeling of satiety and decreases ghrelin levels. In addition, it promotes intestinal transit, regulates cholesterol and blood sugar and promotes the growth of beneficial bacteria in the colon.-- 6) Do physical exercise. Physical exercise has multiple benefits for health and body weight. --- www.sciencedirect.com/science/article/pii/S0039128X11003515?via%3Dihub..journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.0010062

Posted On 07/13/2024

juststeve

Ha! So loved his description of when we have a dirty fish tank, we don't drug the fish! His observation that the States are the most affected by this upside-down Snake Oil approach for ever more sales and profits is extremely troubling. When so much is influenced in our society across the board, it feels like a silent coup has already occurred.

Posted On 07/13/2024

Alldogsgotoheaven

I wonder what is going to happen to this country. There is corruption all around. As far as this drug they have hit a gold mine and the people who can afford it are lined up for a lifetime of misery. Even Oprah, with all of her great influence, is on it. Of course she did end up in the hospital with some sort of gastrointestinal issue but I am sure it is not from Ozempic---wink wink. What is so sad is that she is a role model to millions.

Posted On 07/13/2024

bee70578

It looks suspiciously like the 'chaos' plan I read about a couple of years back.

Posted On 07/13/2024

haroldlampasso

Very good comments. One place this is rampant is the VA healthcare system. Since my stroke (left cerebral caused by a dissected artery not underlying health issues) I've struggled with losing the 30 pounds I gained. I don't eat fast food/ processed food and don't eat PUFAs. Well, at least none that I'm aware of. I tried talking to my PCP during one of my visits and his first comment was do you want a prescription for that? I'm like "no" I'd like to discuss getting hormones checked. But he wouldn't do it. Just wanted to give me a med as they try to do for everything. I find when I eat higher (healthy) proteins and fats and minimize carbs I lose a little.

I exercise 5 days/week mixed between cardio and strength. I did a 4 day water fast and lost 2 pounds. Which is crazy. When I was in my 20's (52 now) and went through cold weather survival training I went close to 10 days without eating and lost about 30 pounds. They weighed us going in and when we came out. I couldn't believe I didn't lose 5 pounds minimum during this fast. I take Dr Mercola's , fish oils, lumbrokinase and a couple of other supplements. Driving me nuts I can't get this weight off.

Posted On 07/13/2024

MeMellie

Check and see if your VA hospital has a Health & Wellness office. Mine in Iowa City does. It is run by a functional doctor. They take blood samples and do various educational classes. Through them, I learned that my B vitamins were low; not low compared to the scale of "normal" but they thought it should be higher. My PCP never talked with me about the results of my bloodwork.

Posted On 07/13/2024

Blivet2

I'm from California but live in Taiwan now. This topic has been on my mind because during a recent trip home I was shocked at how many overweight people I saw everywhere, white women in particular. What the devil is going on? Please may I add a couple of points: 1) Dr. Robert Lustig has some info on this topic too, for example: www.youtube.com/watch or robertlustig.com/.../obesogens-unifying-theory 2) Seems to me I remember hearing that EMR affects mitochondrial function. Here is one commentary: stop5g.cz/.../electromagnetic-effects-on-mitochondria Thank you--

Posted On 07/13/2024

RAF0777

I would love to see a study done which would show a link between mitochondrial dysfunction and the genetic modification of food namely wheat and corn here in the United States. My wife and I, over the last ten years or so and for an unknown reason, have developed an extreme intolerance for any genetically modified (GMO) food. If consumed, we both get a feeling of extreme fatigue and illness, with intra-oral and painful sores and sore throats. Gargling with a weak hydrogen peroxide (H₂O₂) helps and we take two 500mg Lysine to help combat accidental exposure. A while back a book came out called "Wheat Belly", written by Cardiologist William Davis, where he went into excruciating detail about how modern genetically modified wheat, with its long molecular chain, is very difficult to digest and causes all kinds of health problems.

This GMO wheat, hybridized to resist insects and being sprayed with insecticides, was introduced about 50 years ago about the same time as when American health started going downhill. GMO corn, found in many many products in the form of corn syrup or corn starch, is just as bad. Out of necessity we started down the path of eating more healthy. At first it wasn't easy as the availability of non-GMO foods was limited but now much more abundant. We found that we can eat any product made from truly organic corn meal (grown in Alabama) and any product made with wheat from Europe or Italy (which we buy online).

Also, we can eat frozen non-GMO meals from here that are warmed up in the microwave. We have both lost weight and feel much better, as compared to ten years ago. I have lost about 85 pounds (from 250 to 165) and my wife about 25 pounds (from 155 to 130). We have plenty to eat this morning home made waffles (made with gluten free King Arthur flour), real maple syrup and bacon. We're not starving for those who think we might be! Anyway, that's our story and hope it might inspire others to get off the GMO bandwagon.

Posted On 07/13/2024

brodiebrock12

If people STILL in mid 2024 are continuing to "choose" this path it's ALL on them. Just what more is it going to take to WAKE them up to the ways' of pharma and it's medical assets. Its just so overtly obvious if you have paid any attention the past several or more decades. Astonishing just how non informed people are....especially in America

Posted On 07/13/2024

sue2613

People would be better off taking a probiotic and eating fermented foods. I know many people who started using milk kefir who not only lost weight but were able to eat more food. For instance, they were able to eat a lot of butter, which by the way is good for the eyes. The bad bacteria in the gut is causing a lot of weight problems. If there is a problem with dairy, there are other sources such as water kefir, or sauerkraut.

Posted On 07/13/2024

Guillermou

Strongly agree. Recent studies suggest that the gastrointestinal tract with its enormous microbial world, i.e. the gut microbiota, could not only play a role in these disorders, but could also contribute to chronic low-grade inflammation. The gut microbiota affects many biological functions throughout the body, including many immunological and metabolic characteristics. Data from animal and human models support that obesity and associated disorders are characterized by a so-called dysbiosis. Human metagenome association studies, primarily in obesity and T2D, have shown that a “gut microbial signature” exists in these diseases.

More evidence for an important role of the gut microbiome has come from studies in pregnancy and after cesarean section. Antibiotic use in early life also affects the microbiota profoundly and could contribute to the development of childhood obesity, type 2 diabetes, and immune-mediated disorders in later life. Probiotics effectively increase insulin sensitivity and decrease systemic inflammation. Taken together, the gut microbiota profile found in overweight people can be modified by probiotic supplementation, which may create a promising environment for weight loss by increasing adiponectin levels and decreasing leptin, tumor necrosis factor (TNF)-, interleukin (IL)-6, monocyte chemotactic protein (MCP)-1 and transforming growth factor (TGF)- in human health.

link.springer.com/referenceworkentry/10.1007/978-3-031-40116-9_26 (2024).--

www.taylorfrancis.com/chapters/edit/10.1201/9781003437673-24/gut-micro.. (2024).-

www.mdpi.com/.../1373 (2024).--

Posted On 07/13/2024

HilltopJPJ

We're living in an increasingly toxic world, our air, water and soil is being poisoned (in many cases intentionally) before our very eyes. That is very difficult (if not impossible) to address, but we can at least make better choices in how we live and eat. If you buy something that is not a whole food, read the label. If you can't pronounce it, don't know what it is, don't know where you can acquire it (other than in a prepared food) DON'T buy it, DON'T eat it! Grow all you can, learn how to identify and forage wild foods, make connections with small farmers, buy your meat locally or harvest your own wild game. Spend more time out in the sun and air. If you live in the city, consider relocating or at least make day trips out and away to someplace more wild and spend a day decompressing.

Posted On 07/13/2024

Imablank

So many people want the easy and quick "fix". I am astounded at the number of parents, younger than I am, who quickly put their child (ren) on Adderall. I bite my tongue, but at the same time wonder if they have any clue as to what they are actually giving their "precious" child.

Posted On 07/13/2024

amberdougprotonmail.com

No wonder they want to silence Dr. Mercola. And how these newsletters constantly go to my spam box....

Posted On 07/15/2024

mettalaw

Yes! and that is the book we need, Dr. M!

Posted On 07/15/2024

Mari.d

I'm so looking forward to reading 'Cellular Health' and implementing additional strategies to add to my longevity.

Posted On 07/14/2024

dreaves

I have a relative who does PET scans. They have to schedule the scans of patients using Ozempic, etc. the day before their dose otherwise the stomach area is too dense to get a good scan. I assume it's full of undigested food.

Posted On 07/14/2024

bea9562

No one is talking about the big thing all of us have been exposed to. Radiation. We have all been radiation poisoned. Our gov along with Russia, UK, and France shot off over 2500 nuclear bombs between 1943 and 2008. In 1992 the US shot off 100 above ground nuclear bombs. It got me good. Messed up my endocrine system. Some places had more fallout than others. It is still in our enviroment and still coming down when it rains because it went into the stratosphere and keeps coming down. In our water and food. In the late 1980"s our gov decided to radiate our food. Organic food is not radiated. Radiation accumulates so the more you are exposed to (x-rays, etc) you will hit a level where you start to have health issues.

It can exceleerate or suppress functions. Endocrine system (pancreas is part of this, think diabetes) low hormones , thyroid probems low body temp etc cancers heart disease brain damage dna damage birth defects still births pretty much every cell and metabolic function can be effected to be over active or under active. And the combination with each person is different. Example. Over active thyroid, under active pancreas(diabetes) All the endocrine system suppressed, etc. Some things like collagen production under active and peoples wounds don't heal and they loose their limbs.

These people need to take collagen and their wounds will heal. Then add all the toxic chemicals on top of that and you have a real mess. One thing I have learned is low thyroid function and estrogen mimicking chemicals cause weight gain. I am chemical sensitive and I pay attention to what health issues I get around chemicals. I would really like to talk to Dr. Mercola. I could give you an earfull regarding cause and effect. Detoxing is really important. I use activated charcoal. Take one in evening for 5 nights. Stop for 7 days and do it again and again and again etc until you stop having symptoms. Use vaseline for 1 & 2 if the chem come out.

Posted On 07/13/2024

billstri

With food having a much lower level of nutritional value than anytime in the past, eating a random variety of good and safe foods no longer works. There is no room for junk food even if it was safe. Takes a lot of knowledge to figure out how to get enough benefits from safe foods and supplements when you can't find it in food. Have to watch portions of highly nutritional foods to have enough space left to eat other foods that have different nutrients. Another problem is the lack of quality sleep. Use to be roads were mostly empty by 8pm, but now, rush hour lasts to midnight every night and if you live within a mile of a busy road with an ultra high speed limit of 70mph, the vibration from that will destroy the most important part of your sleep, the first few hours.

They say you should go to bed by 10pm at the latest. But anyplace around where I live, there is way too much noise to get quality sleep the first few hours. Basically, every city in the country is becoming sleepless as most people seem to be up 24 hours per day. Those that stay up half the night harm the health of those trying to sleep. Rush hour traffic used to start at 8am, now it starts before 5am and runs to 11am and repeats from 1pm to midnight.

Posted On 07/13/2024

jane390

Check out: Dr. Bryan Ardis Reveals Ozempic Paralyzes the Stomach and Causes Cancers, Reptile Venoms Found in Pharmaceuticals Causing Illness and Death [rumble.com/v4gw7cc-dr-bryan-ardis-ozempic-venoms.html](https://www.rumble.com/v4gw7cc-dr-bryan-ardis-ozempic-venoms.html)

Posted On 07/13/2024

pecanroll

I kind of think this glp-1 is what blew my relatives gall bladder out.

Posted On 07/13/2024

m231231

Graduated 1973. 2/87 classmates overweight or 2.3%. People can't say no to food today. Today, disaster. If you're already overweight in your teens, good luck. You'll need it. Stop eating for 2. Start eating for 1. Stop exercising for 1. Start exercising for 2. I'm sure they are out there, but very few obese make it to 80 years old. Probably already in nursing homes. What a sad, sad situation we are in. Most meds I ever saw, was YT Juicy Oasis in Portugal. Watched it 3 times over the years. Andy, likable fellow, was on 52 meds, brought a suitcase just full of meds. He read off possible side effects. Terrible. Radio ad running in Chicago couple years ago, the possible side effects at end of ad, were read so fast, it took about 5 times hearing it to add them all up. I counted 38 side effects total. I thought, why bother? Folks, sorry, but we are so over.

Posted On 07/13/2024

bfr27915

A few months ago I was at a Safeway in Sun City, AZ. A gentleman (older - go figure) in front of me had in his checkout - Hamburger Helper (qty=7), Apple Jacks (qty=3), Wheat Thins (qty=4), 1-gal Signature Caramel Caribou ice cream (qty=2), and bananas (qty=5). I took a photo. Awareness buys you time, time buys you options - until it doesn't.

Posted On 07/13/2024
