

Guillermou

We know that factors such as sleep duration, stress, poor calcium intake or the composition of the intestinal microbiota are suggested as new actors in the development of obesity and its comorbidities. In addition short chain fatty acids (SCFA) through the fermentation of undigested fiber in the intestine. SCFAs represent an important source of energy for the host and are involved in different metabolic pathways related to anti-inflammatory effects, appetite control or regulation of glucose and lipid metabolism... The low proportions of Christensenellaceae _R-7 and Akkermansia, higher proportions of Bacteroides and lower bacterial diversity appear to be indicators of an unhealthy metabolic state with obesity.

In connection with the report by Dr. Mercola, a study coordinated by CIBEREHD researchers determines the beneficial effects of the combination of the antioxidant quercetin and the bacteria Akkermansia muciniphila on the development of nonalcoholic fatty liver disease (NAFLD) associated with early obesity through modulation of the intestinal microbiota. Because both blueberries and grapes contain considerable amounts of proanthocyanidins, it plays a special role in this prebiotic activity. Furthermore, blueberry PACs have previously been associated with an increase in mucus production which could provide ample trophic resources for Akkermansia to thrive.

PACs are polyphenols formed by oligomers and polymers of flavanols (e.g., catechin and epicatechin). While PAC monomers and dimers are relatively absorbable, oligomers. This observation suggests that different mixtures of polyphenols may act redundantly to promote the presence of Akkermansia in the intestinal microbiota. Two reports further support this idea: one showing that administration of the flavonol quercetin to obese rats was associated with a trend toward an increase in Akkermansia in the gut microbiota, and the other showing that healthy volunteers drank a pomegranate extract.

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Cranberry PACs improve intestinal barrier integrity by increasing mucus secretion in a murine model of elemental enteral nutrition. Recently the effect of 3 different cranberry phenolic fractions on intestinal inflammation, oxidative stress and mitochondrial dysfunction by LPS-induced inflammation in intestinal cells... Polyphenols represent a safe alternative to promote the presence of Akkermansia in the intestinal microbiota in order to alleviate intestinal inflammation. The findings of a present review support the effectiveness of supplementation with Akkermansia as a novel therapeutic approach for the treatment of obesity and the metabolic complications associated with obesity.

It was also shown that a diet rich in omega-3 polyunsaturated fatty acids from fish oil, which are also well known for their health benefits, increases the population of Akkermansia in the intestinal microbiota. Furthermore, the polysaccharides from Glycyrrhiza uralensis seeds improve metabolic disorders and restructure the intestinal microbiota in mice with type 2 diabetes.--

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juststeve

Gui, never you mind about any Risk vs. Rewards or Benefit ratio. If it does this one thing, we say it does, success...if by chance it has negative side effects, so what? Side effects are more business profit opportunities - unless there are not enough to mass produce at scale. If people died, probably it was their own fault. So many are unhealthy to begin with. (Sarcasm.)

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Guillermou

Yes Just, the pharmaco-medical industry, gigantic and all-powerful unscrupulous companies, enriched at the expense of people's illnesses, not health, associate with public organizations by introducing blackmail, bribery and bribery in their techniques. Although the law expressly prohibits giving any type of gift to doctors, medical sales representatives, pharmaceutical salespeople, buy from doctors in exchange for benefits, in order to sell their medications, which the doctors dispense to their patients. The strategy consists, in short, of having chronic patients, who have to consume all types of palliative products, that is, to treat only symptoms, medications to relieve pain, lower fever, reduce inflammation... but never drugs that can heal. to the person

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juststeve

Gui it all seems to be anything goes, Warp Speed. While it is a real thing not every little detail can be studied ahead of time, the true scientific method can give fairly clear warning signs to stop and study further. Even if done in those conditions, Doctors, nurses those in the field should be considered invaluable to discover, reveal many, most other serious interactions or conditions that some may need to avoid something even once it passed a serious researched product. As we have seen, things have digressed so seriously your personal Doctor may well be put in you can't practice prison if you report the truth. It's is bad enough over the years to see things out and in use causing enough mischief to be removed, but even more seriously the mountains of crap to never get touched because, well, you know, \$\$\$\$\$.

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rjk6619

Out of curiosity I recently ask my PCP about Ozempic. I stated it appears to be unsafe and he very quickly replied that Ozempic is perfectly safe to use. As a child the 'family Doctor' as they were referred to would suggest diet changes and fresh fruit, vegetables, and exercise with prescription drugs as a last resort. Obesity was almost non existent back then however these days Obesity is morbidly common. Very scary.

Posted On 05/08/2024

Almond

I suspect gross obesity is a state of metabolic disharmony. This may seem very obvious to you or unnecessarily complex. The natural instincts become blocked when a person lacks wholesome nutrient-dense foods. if left to their own instincts, most migratory animals will find the foods they need to be healthy. People may lack the sensation of satisfaction after eating. Their bodies sense an energy-deficit, so they naturally crave high-calorie junk foods that contain sugar and bad fats. In many cases, it may be a simple deficiency of certain trace minerals, but the puzzle is to discover exactly what is missing since many foods are grown in different depleted soils. This may lead to incompleated metabolic pathways, not delivering needed energy to cells if there is any breakdown in the digestive chain of foodstuffs.

First, nutrients must be present. Then, they must be metabolized and absorbed in order to be utilized by the biome. Many processes are cumulative, take precedence or are interrelated. Many grocery items "look" like food, but we do not know how they were grown or what nutrients they contain. They may be nutritionally-poor. Vitamin content also falls the longer the food is out the field, esp. if it was not properly stored and kept cool. Further, a person who is deficient in zinc may also have lost his ability to taste or smell. The only flavor that would still appeal is sugar.

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bchristine

In the latest edition of Consumer Reports magazine, someone asked a question whether Ozempic was safe. Their response was along the lines of 'the benefits outweigh any risk'. I really wish CR would stick to testing cars and appliances ... as nearly anything health-related is on the side of the Big Pharma Corporations.

Posted On 05/08/2024

Almond

It is shocking how many substances people are willing to put into their bodies that they have no understanding of. I am also shocked to see what doctors will put in their mouths. I think a person's weight needs to fluctuate. People should be a bit heavier on a winter diet--not grossly obese. They need fats even more when weather is cold and there is less sunshine. I also see winter as a more restful time for recovery and doing less strenuous chores. The weight should also start to melt away as sunlight returns and people get outdoors more.

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grulla

It would be interesting to see Dr. Mercola's take on GOLO. www.golo.com/?gclid=EAlalQobChMIituLgZeAhgMVuWIHAR1ToAXqEAAYASAAEgJuR_..

Posted On 05/09/2024

pjucla

Great synopsis thank u

Posted On 05/08/2024

Most people are overweight (70% of the US population) and are sick of being overweight. It gets in the way every day without end. Since there appears to be a good chance this drug will work and a good chance you won't have serious or long term side effects, people will be willing to give this a try hoping they are not damaged by it. It is just like the hope the Covid vaccines will make Covid go away, people are willing to try it hoping they are not damaged by it. The food Americans eat as it is part of our culture are highly addictive. When the addictive food is withheld, cravings take over and never go away. Most social gatherings involve food and the food that makes people happy to be part of that social gathering are those addictive foods that make an addict feel good.

Hard to be part of any social group without addictive foods being made available in abundance. If you don't eat it, you feel depressed. Those that eat feel good about the social gathering, we addicts that resist go home unsatisfied and even depressed. Some go home and eat a full bag of potato chips hoping to cure that depression. Like alcohol, once an addict, always an addict. Just never ends. Like Dr Mercola said, for most of us, it will take 7 years of avoiding food with significant LA and avoiding processed food to break that addiction and get back to normal.

I don't know any social group where I live where the gatherings don't lead to eating ultra processed foods and foods high in LA. The older you are, the more likely you will be addicted to LA, probably due to acquiring a fatty liver. Two injectable supplements that seem very safe and may or may not help are B12/MIC and glutathione. Both are said to repair fatty liver over months and years and money for the injections, assuming you go for long walks every day or other healthy amounts of exercise. Not much on these two have been mentioned in this column, but are well advertised by most health clinics.

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billstri

I looked it up and many articles say 40% of the US population has a BMI of 30+ and 30% of the US population has a BMI of 25+ to 29. That makes it 70% are likely overweight. Only 30% have a BMI under 25 and are not considered overweight based on BMI. BMI only takes weight and height into the calculation and does not consider if the weight is muscle or fat as most with BMI of 25+, it is due to fat. So 30% of the US population is either normal weight or underweight for their height. Prescription weight loss drugs are marketed to the 70% that are overweight or obese, but some people that are normal weight also take that risk which is really scary. Seems photographers like to show off and promote as beauty in being young and underweight, which causes discontent in everyone.

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