

Guillermou

Relevant information report. The corruption of large corporate elites like BigPharma supported by institutions like the FDA are destroying our societies. The largest companies have enough power to exploit employees, suppliers, customers, governments and the environment. These people have not "earned" their wealth. They became rich because they understand how the system is rigged.

www.globalresearch.ca/excessive-wealth-disorder-destroying-societies/5.. .— Humanity is living with drugs, vaccines, environmental pollution, etc. BigPharma and Big Food through the omnipresent media are causing the world to be dominated by menicide, feeding chronic inflammation. We have gamma-hydroxybutyrate (GHB) and ivermectin, two dramatic examples whose discrimination has caused many damages and deaths due to sleep deprivation and C-19 treatment.

The alteration of the circadian rhythm could contribute to metabolic dysfunction of adipose tissue, thus increasing the risk of developing obesity-related cardiometabolic diseases, disrupting the immune system which are potential risk factors for enhancing tumorigenesis where the "vaccines" against C-19 have been major contributors. link.springer.com/.../s10549-022-06792-0 (2023).---

www.sciencedirect.com/.../S1044579X23000366 (2023).---

undergradsciencejournals.okstate.edu/index.php/MRCMB/article/view/1765.. (2023).--

www.ncbi.nlm.nih.gov/.../PMC10069698 (2023).--- www.mdpi.com/.../408 (2023)

Posted On 07/26/2024

Guillermou

Most Americans barely know the true 110-year history of the FDA, and for good reason, they don't want you to know it. Regulating everything from food and tobacco to supplements and prescription drugs; from over-the-counter drugs and veterinary products to electromagnetic radiation devices and blood transfusions, the FDA has its hands full, not to mention regulating vaccines and biopharmaceuticals. The FDA in 2008 began sending employees to foreign countries, including India, China, and the United Kingdom, to name a few. This is all thanks to Congress. Over the decades, the FDA has attempted to destroy all forms of comprehensive care in America that compete with drug and vaccine treatments.

This enace exposes the FDA's data and timeline of corruption. www.truthwiki.org/fda-food-and-drug-administration .----- But who benefits when the FDA fast-tracks pharmaceutical-funded drugs, antidepressants, and vaccines? As a recent Kaiser Health News (KHN) report noted, nearly half (47%) of the FDA's 2022 budget came from "user fees" from the pharmaceutical industry, accounting for "two-thirds of the drug regulatory budget – and the work of at least 40% of the FDA's 18,000 employees." KHN and other critics argue that the 3,000-plus closed-door meetings that take place annually between industry and a captured FDA foster an overly cozy relationship.

During COVID-19, the public learned about the downside of one of the FDA's industry-friendly workarounds, the Emergency Use Authorization (EUA), and discovered that the shortcut not only allowed the FDA to quickly send unapproved vaccines into the arms of Americans, but also allowed it to effectively block the spread of the virus. The report is very interesting childrenshealthdefense.org/defender/fda-big-pharma-drugs-vaccines-cons.. (2022)

Posted On 07/26/2024

juststeve

Gui, it seems many miss the point corporations in and of themselves are Governments, especially in more recent times as so many have become Global Monopolies so big, powerful, influential as to be able to not just dictate, but to take over National Governments. Big Pharma does it in spades. A big, huge thumb pushing down on, as you are pointing out exploiting employees, suppliers, customers, governments and the environment. A system they Rigged and know so well as they and other Global Monopoly Interest created it! Wealth, Power & Control not earned but through Divide and Conquer - to Rule.

Posted On 07/26/2024

Guillermou

Yes Just, this doctor's take: In 1982, when I began my career as a family physician in a small town in Boston, I was confident that the care I would provide would be as effective as the care patients receive anywhere in the world. Over the ensuing four decades, however, the opposite has occurred: the everyday ill health of Americans and the failure of our health care system to mitigate preventable deaths amounts to a crisis that dwarfs even the COVID-19 pandemic. And our excess spending has risen to 6.8 percent of GDP. This raises a key question: Why did so many smart, well-trained doctors stand by as American health care descended into a state of profound dysfunction? The answer lies in the gradual, nearly invisible commercial acquisition of the medical "knowledge" that doctors are trained to rely on.

Former Harvard University President Derek Bok expressed concern about the growth of commercial activities within academia: "Making money in the world of commerce often comes with a Faustian bargain in which universities have to compromise their core values and thus risk their very souls" Over the past few decades, pharmaceutical companies have taken over most of our clinical research. To this day, Big Pharma is unwilling to disclose the underlying data of their clinical trials. The most recent example involved Pfizer's COVID-19 vaccine.. Read the full article is of great relevance of BigPharma's dominance and corruption time.com/.../big-pharma-clinical-data-doctors (2022)

Posted On 07/26/2024

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Bribery is present in big lobbying on many fronts. Pharmaceutical giant Pfizer in 2021 gave numerous grants to medical associations, consumer groups and civil rights organizations in order to create the appearance of widespread support for COVID-19 vaccine mandates, investigative journalist Lee Fang reported. As vaccine mandates were implemented in 2021, Pfizer remained silent on the issue of mandates, but public health groups, patient advocacy groups, physician associations, community groups and others, along with the Biden administration, actively advocated for vaccine mandates as a key measure to protect public health.

The groups include the American Academy of Pediatrics (AAP), the National Consumers League, the Immunization Association, the American Pharmacists Association, the American College of Preventive Medicine, the Academy of Managed Care Pharmacy, the American Society of Clinical Pathology, and the American College of Emergency Physicians.

childrenshealthdefense.org/defender/pfizer-funding-promote-covid-vacci.. (04/26/2023)

Posted On 07/26/2024

cow79564

Guillermou...I have a question for you I'm hoping you'll weigh in on, since you seem to know just about everything. I don't know if you've heard, but Mr. Steve Kirsch of the VSRF group just recently lost his eyesight in his right eye in the middle of an afternoon, while he was crunching the covid data that was released by the Czech Republic (FOIA). He's been officially diagnosed as having a (SBH) Subretinal Hemorrhage in his right eye, which I've just learned today. Do you know of any effective treatments that can break down this blood clot in his eye and help the eye heal?

It doesn't matter if it's Chinese/Indian or Allopathic Medicine, he's open to anything and would like something that has some track record of efficacy if possible. If it were me, I'd be taking chlorine dioxide (MMS-internally & eye rinse protocol w/DMSO), capsaicin & nattokinase. Steve is currently taking nattokinase, zinc, CoQ10, bromelain, and curcumin in an attempt to remedy this clot (Spike-Detox Protocol), so you know.

Steve is reaching out to anyone that can help, looking for 2nd & 3rd opinions, because the mainstream allopath's aren't offering much hope with this condition. Mr. Steve Kirsch is a man that we ALL want to have full range & use of his eyesight, for he's doing some very valuable work for ALL of Humanity. Just like you my friend. Please let me know your thoughts and how you'd treat yourself if you suffered this sort of rare phenomena. Best Regards, Josh/setag kirschsubstack.com/p/im-currently-blind-in-one-eye-from?utm_source=sub..

Posted On 07/26/2024

Guillermou

Terrible misfortune for a person who is contributing with great effort and dedication to saving lives and fighting corruption. I assume Steve have tried ALL the fibronolytic enzymes. We know from Dr. Mercola that lumbrokinase favors the breaking up of clots and thrombi, and in the medical literature it is indicated that it is almost 300 times more potent than Serrapeptase and almost 30 times more potent than Nattokinase, which are the other alternatives of oral fibrinolytic enzymes. These act: ----1) Dissolves or cleaves fibrin in blood clots. ----2) Increases tPA (tissue plasminogen activator), which is an endogenous protein that breaks down fibrin ----3) Increases urokinase levels.

Urokinase produces more plasmin, another endogenous protein involved in fibrinolysis. ----4) Inactivates PIA-1, which is a plasmin inhibitor. ----5) It acts by inhibiting platelet aggregation by blocking the formation of thromboxane. www.geneticlifehacks.com/nattokinase-and-lumbrokinase (2022) Other options that Mr. Steve Kirsch will surely have considered:----- 1)OUTCOMES IN THE TREATMENT OF SUBRETINAL MACULAR HEMORRHAGE SECONDARY TO AGE-RELATED MACULAR DEGENERATION: A SYSTEMATIC REVIEW www.mdpi.com/.../367 (2024).----- 2)EFICACY OF ANTI-VEGF INTRAVITREAL INJECTION IN TRAUMATIC SUBMACULAR HEMORRHAGE: A RETROSPECTIVE STUDY link.springer.com/.../s10792-024-03168-9 (2024).----- 3)DISPLACEMENT OF SUBMACULAR HEMORRHAGE USING SUBRETINAL COCKTAIL INJECTION VERSUS PNEUMATIC DISPLACEMENT: A REAL-WORLD COMPARATIVE STUDY karger.com/.../897937 (2024).----- 4)SUBMACULAR HEMORRHAGE DURING NEOVASCULAAGE-RELATED MACULAR DEGENERATION:A META-ANALYSIS AND META-REGRESSION ON THE USE OF TPA AND ANTI-VEGFS karger.com/oph/article-pdf/doi/10.1159/000537939/4222531/000537939.pdf (2024).-----

Posted On 07/27/2024

cow79564

Thanks Again Guillermou....You truly are a wealth of Knowledge and I....WE ALL appreciate yah Brother! I passed the knowledge onto Steve, hopefully he's starts something ASAP, time is of the essence with clots, this I know. Peace & keep up the great work!

Posted On 07/27/2024

kaywilliams

Thank you for this I'm going to read the full article. I have a family member who has age related sleep disturbances, frequent urination (6 times per night). No problem with urination when they get to the toilet. We have tried various things, melatonin, 5-HTP, valerian, not drinking after 6 in the evening. We keep to a routine, sleep hygiene, no blue light, no eating 2-3 hrs before bed, all electric in room is turned off. Bedroom used for reading and sleep. They do take Montmorency and taurine before bed. They are not overweight and tape their mouth at night. Fit and healthy apart from this which started to increase with age. They are now 80 yrs of age. I was excited when I started reading the article because I thought how wonderful, then of course I understood. My mother would have said, we have been sewn up like kippers' to describe the situation.

Posted On 07/26/2024

Taygete

Have you tried either D-Mannose or Sound therapy? Both have helped me, somewhat. I got a full 6+ hours of sleep after a session of sound therapy recently, and am just starting the D-Mannose (again) now.

Posted On 07/26/2024

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The following may reduce the risk of developing or increasing benign prostatic hyperplasia (BPH) and reduce frequent urination at night: -----1) Diet rich in vegetables and fruits. -----2) Maintain a healthy body weight and blood sugar levels -----3) Physical activity and exercise. -----4) Maintain sufficient levels of vitamin D This helps -----1) Saw palmetto. Saw palmetto is the most widely used herbal treatment for BPH. One pilot study found that supplementation reduced symptoms by 50%. -----2) Beta-sitosterol. Beta-sitosterol is a plant-based compound similar to cholesterol. It has been shown to improve BPH symptoms in several clinical studies.

-----3) Pygeum africanum. Also known as African plum, *P. africanum* may prevent prostate cells from growing. - -----4) Rye pollen. Rye pollen extract has been shown to reduce nighttime urination, improve urinary flow, and shrink the prostate. -----5) Nettle. Nettle, alone or in combination with saw palmetto, has been shown to improve symptoms of BPH. -----6) Isoflavones. Soy isoflavones were found to reduce PSA levels in men with prostate cancer. Isoflavones may inhibit testosterone-mediated prostate cell growth. -----7) Pumpkin seed oil. Pumpkin seeds contain compounds that may interfere with the action of dihydrotestosterone. One study showed that pumpkin seed oil reduced symptoms of BPH in a selected population.

-----8) Lycopene. Lycopene is a carotenoid found in abundance in tomatoes. Men with higher levels of lycopene are less likely to develop prostate cancer, and supplementation may slow prostate cancer growth. -----9) -Fatty acids such as eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and gamma-linolenic acid (GLA) may support prostate health. -----10) Other natural interventions, such as lignan extract, *Boswellia serrata*, ginger, quercetin, selenium, moringa, garlic, and beta-carotene and vitamin C, may improve prostate health and reduce the risk of developing BPH.

Posted On 07/26/2024

Guillermou

NUTRIENTS AND SUPPLEMENTS THAT CAN IMPROVE YOUR SLEEP QUALITY.---

articles.mercola.com/sites/articles/archive/2022/06/14/nutrients-suppl.. ..-----

-----As we age, it becomes more difficult to consistently achieve deep non-REM sleep, which leads to a buildup of toxic proteins such as beta amyloid and tau in the brain, which are associated with Alzheimer's disease. Researchers have speculated that impairment of the glymphatic system due to sleep disruption could be a driving factor in the disease. The analysis supports the importance of deep sleep for proper function of the glymphatic system.

Another valuable insight from the study is that "cognitive decline after anesthesia and surgery is a major problem," says study co-author Tuomas Lilius of the University of Copenhagen, Denmark. "A significant percentage of elderly people who undergo surgery experience a postoperative period of delirium or have new or worsening cognitive impairment at discharge."

www.urmc.rochester.edu/news/story/5508/not-all-sleep-is-equal-when-it-.. (2019).----

www.mdpi.com/.../8457 (2022).--- academic.oup.com/.../article-ab stract/46/5/zsad011/6995395?

redirectedFrom=PDF&login=false (2023).— www.ahajournals.org/.../STR.0000000000000453

(2024).--

Posted On 07/26/2024

ela3783

Kaywilliams- could it be that your elderly relatives might be suffering from low grade chronic UTI quite common among the elderly . The one thing that worked well for a 80 plus yr old woman I knew was daily intake of Cranberry pills . Another 85 yr old reported that cranberry extract pills decreased her frequency of urination . Hope it can help yours

Posted On 07/26/2024

wor9463

If you look up Dr. Andrew Huberman and sleep, he has a video with lots of recommendations. The supplements include Magnesium Threonate, Apigenin, Theanine, Glycine, and GABA (if I remember correctly). Then he added Myoinositol at a later date. He says "I would start with one supplement (or none!) and then add one at a time as needed. Some people do not need any supplements, and some people like theanine but not magnesium, etc. so you have to determine what is best for you." Might be good to listen to the video. Also, there are some things that supposedly help with nose breathing - little inserts that you put in the nose to expand the nostrils and increase oxygen intake.

Some people wear them all night, but others find them irritating. For those people, even wearing them for a little while before bed can really help. The effects last a little while. Might be more effective than the mouth taping? Two more considerations are grounding sheets and red light therapy during the day. Oh, and Glenn Harrold has some good audios. His "Deep Sleep" has helped many people.

Posted On 07/26/2024

juststeve

Oh My God - no, no, no, no, no! Say it ain't so! What a disaster! How could the Powers That Be function with such a thing as GHB? Promoting muscle health, strength, healing, helping to throw off addictions, making for less anxiety and in turn promotes intimacy & making people more friendly. How can the Powers That be function when something like this potentially short circuits Fear Porn? Legacy Media - take out Fear Porn and Scream Meme's and what do we have? Reports of after school fun nights, potluck suppers, neighborhood get togethers, maybe a little Amish Style Barn Raising activity behavior, instead of the current Fear Thy Neighbor, Hate Thy Neighbor?

When something like GHB might reform the abuses of the Rockefeller Model just look at one thing and treat that and instead having to focus on the places where it actually does shine, acute care. Or, instead of Head Med's with Side Effects like suicide, violent thoughts, etc., it would strongly appear GHB would allow a welcomed Reset, Healing for those who suffer Emotional, Mental disruptions. Speaking of Violence, perhaps with the Political Violence being encouraged, perhaps we should what - Outlaw Politicians? Outlaw Political Parties? Perish the thought to give them all GHB - how could, would they function?

Posted On 07/26/2024

Guillermou

Well said Just, "How could the Powers That Be function with such a thing as GHB?". Yes, the economics of illness promotes Big Pharma. These are the pharmaceutical manufacturers in the US, and they are large global corporations. The sale of pharmaceuticals 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 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 realm of ethics, imposed by Rockefeller, where the support rests on the pharmaceutical mafia and the corruption of institutions, linked to Big Pharma. The foundation on which medical health is now based, is absent from the logic of the enhancement of the immune system with the support of traditional medicines. The religion of the State is that imposed by large corporations through many years of domination of the media owned by bankers, large corporations and philanthropic organizations such as 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 dominance that only seeks their benefit. It is the historical tradition of the multimillionaire families that run Davos and the new world order, through the control of the world financial systems, the absorption of all monopolies and companies.

Posted On 07/26/2024

juststeve

Robber Barons of Davos with Trillions of profits for just Big Pharma alone to grease the wheels so if or when those few times they get called out pay, chump change in theater antics to appear like they have been dealt with. When even those few times a billion here or there are fined on them, in light of Trillions if the charges stand, amount to pocket change. Cost of business.

Posted On 07/26/2024

purenaturecures

I use a mix of natural remedies to help me sleep about an hour before going to bed - 1 heaped teaspoon of glycine granules, 1 x 300 mg capsule of Ashwagandha and 1 x 250mg capsule of l-theanine. Works every time! I used to take melatonin, but it was giving me a brain fog in the morning. My new concoction is perfect, with no side effects. Sometimes I add 1 x 250 mg magnesium bis-glycinate to the mix.

Posted On 07/26/2024

Guillermou

The relationship between intestinal health and sleep quality is reciprocal. Lack of sleep impairs hormonal control of food intake, the immune system, stress, etc., and impacts your intestinal health. An altered microbiota causes greater systemic intoxication and sleep deregulation. Probiotics and prebiotics from fermented foods and dietary fiber are essential for sleep regulation. Current contributions have described several underlying factors that could be involved during sleep, such as the immune system, the vagus nerve, the neuroendocrine system, and bacterial metabolites www.theguardian.com/lifeandstyle/2018/mar/19/is-your-gut-keeping-you-a.. (2018).---
www.sciencedirect.com/science/article/abs/pii/S0361923021003610 (2022).--
link.springer.com/.../s40168-022-01452-3 (2023).--- www.mdpi.com/.../9603 (2023).-----
The composition and functionality of the gut microbiota are associated with REM sleep duration and continuous glucose levels. academic.oup.com/jcem/advance-article-abstract/doi/10.1210/clinem/dgad.. (2023).--

Posted On 07/26/2024

and328931

Now I know why I haven't been sleeping well, it's been quite a while since some young woman slipped me a roofie! On a more serious note, I'm 73 and haven't slept well for months. I've tried almost every suggestion made by knowledgeable doctors and nothing has worked. I'll try some of these suggestions and pray that they work. Thanks for all that you do, Regards, Andy!

Posted On 07/26/2024

Guillermou

Also: NUTRIENTS AND SUPPLEMENTS THAT CAN IMPROVE YOUR SLEEP QUALITY.--- Dr. Mercola.----
----articles.mercola.com/sites/articles/archive/2022/06/14/nutrients-suppl.. .-----
TOOLS FOR OPTIMIZING SLEEP AND SLEEP-WAKE TIMING----Dr. Mercola.--
articles.mercola.com/sites/articles/archive/2022/09/03/sleep-toolkit.a..

Posted On 07/26/2024

Fiona170

Chronic insomnia is most often caused by anxiety. If that is the case taking any kind of supplement/medication or doing any "sleep hygiene" is called a sleep effort. Sleep efforts keep you in the struggle. Sleep is passive and there is nothing you can do to cause sleep. I have been learning this the hard way. Sleep Coach School and former sleep doctor Daniel Erichsen www.thesleepcoachschoo.com seems to be the only one really talking about the true cause and solution to chronic insomnia. He has helped me understand the struggle and put me on the road to recovery although it is not a quick fix by any means. He has many free videos on Youtube. www.youtube.com/@thesleepcoachschoo8192 I'm not being paid to write this... I wouldn't wish chronic insomnia on my worst enemy and if there is anyone who can find the right help and get onto the road to recovery by finding Erichsen I'll be happy.

Posted On 07/26/2024

TruthHouse

You used to be able to buy GHB over the counter at vitamin stores. It was popular with body builders because it boosted HGH. At least, that's what I read about it many years ago.

Posted On 07/26/2024

pecanroll

Does Jimmy Dore believe Trump will allow this to come back

Posted On 07/26/2024

reg5821

Too bad no veterinary counterpart like Ivermectin. No one is worried if Betsy is getting enough sleep out in the pasture.

Posted On 07/26/2024

Guillermou

Ivermectin for Dogs.-- www.thesprucepets.com/is-ivermectin-safe-dogs-and-cats-3384698
vcahospitals.com/.../ivermectin

Posted On 07/26/2024

nonaki

GHB is restricted in the UK and unavailable but thanks anyway. Interesting. Frustrating.

Posted On 07/29/2024

Psych wards/drugs & 100's of medications are documented to cause sleep disruption. Howled watching a panel of shrinks claim student's cramming for exams staying awake 2/3 days on caffeine needed to be admitted. 1) Why we don't call people "Schizophrenic's" Instead of saying "schizophrenic patients," use person-first language, IE: "individuals with schizophrenia" or "people labelled with schizophrenia." to emphasize what's left of their humanity & dignity. Labels like "schizophrenic patient" are reductionist and stigmatizing.

Mainstream's Poverty Industry claims this helps combat stigma & promote a more inclusive respectful attitude towards the victims. Not true; research shows people are NOT more empathic to "mentally ill" when brain washed into believing its a disease or genetic. 2) How 'schizophrenia' went from a wealthy white women's label, to a black man's label. S" is a highly subjective life sentence, with no stable "symptomatology" across those labelled as such.) The weaponization of medicine: Early psychosis in the Black community and the need for racially informed mental healthcare - PMC ncbi.nlm.nih.gov The Protest Psychosis: How Schizophrenia Became a Black Disease | American Journal of Psychiatry psychiatryonline.org How Schizophrenia Became a Black Disease:

An Interview With Jonathan Metzl - Psychology Today how-schizophrenia-became-black-disease-interview-jonathan-metzl 3) The list of bona fide diseases known to cause psychosis includes weed, lack of sleep, UTI, ventilator psychosis, being in hospital, esp. seniors called hospital psychosis. Even the Junk Science DSM states all its early death, disease and disability causing drugs can cause 'Drug Induced Psychoses". If people's 'mental illnesses" resolve when they got proper sleep, lets be honest & acknowledge that they were never suffering MI' to begin with; they were sleep deprived, likely nutrient deficient with poor lifestyle choices. The lies are so much more profitable.

Posted On 07/26/2024

e_g5680

I never for 74 yrs had any sleep hassles. Head on pillow at night, fast asleep within minutes. After taking Ambien due to insomnia with Cordarone (drug for heart flutter, which I quit after 6 weeks) for 3 months, oh the rebound insomnia was horrific. Well, since 7 months off Ambien now, still sleep hassles. Taking Valerian mix with Hops and Passion flower, magnesium glycinate and L-theanine it's Ok most of the time, but wake up every 2 hrs knowing I've been dreaming. Fall asleep again. I curse the day I was given Cordarone for a paradoxical heart flutter, never had before nor since. There is a homeopathic sleep aid called "sleep calm" by a French homeopathic company that works very well, which I take if the first line of relief does not work. I'm now 75 yrs old, and can't believe that my sleep has been destroyed by drugs (well, actually, I do believe it).

Posted On 07/26/2024

caws

Don't ever take Cipro or any fluoroquinolone antibiotic, anesthesia [SevoFLUOrane, DesFLUOrane,IsoFLUOrane,MesoFLUOrane other than Propofol, PAXIL,Prozac antidepressants,Voriconazole [antifungal], Flonase, LIPITOR, certain antipsychotics and antacid PPIs like Prevacid, Versed [midazolam benzodiazapine]. These are all FLUORINATED drugs and will make your life a living hell. The fluorine bonds to your calcium and destroys tendons, pineal gland, thyroid, kidneys,skeleton,teeth over time and lowers IQ. Go to www.slweb.org and click on the FTRC link for list of F drugs to avoid though it is not complete. Many new ones like Paxlovid are TRIPLE FLUORINTED. Always google "chemistry of" and if there is an F in it run! I haven't slept right in nearly 20 years thanks to Big Pharma.

Posted On 07/27/2024

TexasRed77

Ok fine, but given what we know about the drug industry, I'm not convinced we should trust any drug at this point. Especially when there are so many herbal and nutritional solutions.

Posted On 07/26/2024

Q79358

I sold out/sacrificed my sleep to earn more. Beginning In high school, up at 4:25 am working for 90 minutes 4 mornings a week, and an hour two mornings a week , grossing \$28.80 a week. Learned a lot from an adult male co worker. Continued til retirement, going around the clock for my accounts, earning near a surgeon's wage at the end at my blue collar career. Was it worth it? Not sure, probably not. Would I do it all over again? Probably. I'd take a 4 hour nap Sun and Wed, , then go 16 hrs, hour nap, then often another 24. Even 12 hours of straight sleep on a Friday nite wasn't refreshing me upon wake up on Saturdays. Oh well, not a wise choice but my choice. Relied on some caffeine couple nights a week to get me through. Never drank caffeinated drinks, so the caffeine over the counter pills helped and took affect. Could feel it coming on in 20 minutes. Get your sleep folks. It's a great invention!

Posted On 07/26/2024

michaelides

Can someone tell me why the FK we are still letting the FDA and all the other 3-letter agencies decide what we can take and what we can't?? I'm a 54 year old male and I can make up my own mind. The decision is mine! Including the personal responsibility that comes with making that decision. This is Rhetorical question of course, but the only solution is to get a caveat based on the bill of rights that doesn't contract a person to the state when the decision is made to take this "Class 1" or any other drug! FFS

Posted On 07/30/2024

mr5453

I really need this medicine. It would help alleviate a lot of my symptoms and suffering. So much corruption in 'FDA medicine'.

Posted On 07/28/2024

GoldCoaster

From Gui's post including a probiotic link..."The researchers concluded that probiotics, and these two strains in particular, could be beneficial for mental health and sleep. . More references at the link. www.optibacprobiotics.com/learning-lab/in-depth/gut-health/bbc-truth-s.. ." In Australia, I found the best price for 30 daily capsules was from FruugoAustralia. After a 30 day trial, efficacy for results will be evident. Amazon.com.au was only a good price if buying 90 capsules.

Posted On 07/27/2024

mar9711

mar9711 has deleted the comment.

ela3783

Try using the inexpensive Mack's silicone ear plugs - blocks a fair amt of noise - chats or snore .
Doesn't block vibrations or drum beats

Posted On 07/26/2024

jaygee123

See Nuisance law suits You have the sacrosanct right to the peaceful enjoyment of the property. Noise is documented to cause serious adverse health affects as is sleep deprivation Document the violations for your landlord by law he has to provide cease and desist notices that lead to the violators eviction Request that a better fit of neighbor be moved in Good luck

Posted On 07/26/2024

steveshapi

does anyone know where to get this outside of the US?

Posted On 07/26/2024

zumbacjg

I thrive on discovering new information & have never heard of GHB. I have an excellent compounding pharmacy nearby & may find out how much it would cost for sodium oxybate. Gui, I got a close up look into the FDA during the dark days of COVID. I came away with the inclination to do the opposite of whatever the FDA is recommending, quite literally. If it recommended 2 vaccines & 4 boosters, that was a clue to me to avoid it altogether. If it said ivermectin & hydrochloride were ineffective, I knew it was secret code meaning the pharmaceutical giants wouldn't benefit. If, God forbid, I had been hauled off to the hospital, I would have gotten a court order not to be hooked up to a ventilator.

Dr. Mercola has written before about the benefits of taking glycine (1 tsp. of crystals) about 30 min. before bed to promote sleep. I take it sometimes & find that it works. It has a very pleasant sweet taste. I've also been making L. Reuteri yogurt, promoted by Dr. William Davis, who says he was a chronic insomniac before taking L. Reuteri but now he sleeps like a baby & has vivid dreams. The microbe has many other benefits, such as helping produce oxytocin. 96% of us have lost L. Reuteri in our microbiome due to antibiotics. Luckily, the way to get it back is by making yogurt and it's easy and not expensive. The key word for me these days is easy, as in easy boiled water and meatloaf.

Posted On 07/26/2024

Guillermou

Good references, too. A 2009 study investigated the impact of *Lactobacillus acidophilus* Rosell-52 on sleep in the elderly. 29 healthy subjects aged 60-81 were given a fermented milk drink containing *Lactobacillus acidophilus* Rosell-52 for 3 weeks, followed by a period of time without supplementation, before receiving a placebo drink. Sleep quality was measured, as measured by a wearable sleep tracker along with a sleep questionnaire. The researchers found that the probiotic drink, as opposed to the placebo drink, significantly improved the quality and quantity of participants' sleep. Additionally, a 2021 study found positive results of probiotic supplementation on sleep.

They reported that the best probiotics for sleep may be a mixture of *Lactobacillus reuteri* NK33 and *Bifidobacterium teenageris* NK98. These two strains were found to improve stress, depression, anxiety, and sleep disorders. The 156 participants completed a variety of self-administered questionnaires at baseline and then again at four and eight weeks of treatment. The group receiving the probiotic supplement had a more significant reduction in depressive symptoms at four and eight weeks of treatment, and anxiety symptoms at four weeks, compared to the placebo group.

Those receiving probiotics also experienced an improvement in sleep quality. Furthermore, supplementation with *Lactobacillus reuteri* NK33 and *Bifidobacterium teenageris* NK98 resulted in increased levels of *Bifidobacterium* and *Lactobacilli* and a decrease in *Enterobacteria* in the composition of the gut microbiota. The researchers concluded that probiotics, and these two strains in particular, could be beneficial for mental health and sleep. . More references at the link.

www.optibacprobiotics.com/learning-lab/in-depth/gut-health/bbc-truth-s.. .

Posted On 07/26/2024

floghib

If you intend to use this product, don't do it. At least, before you do it, search for "G-hole". I know a guy who died from it (young and healthy). The responsible got in jail.

Posted On 07/26/2024

GHoney2

In 2021, I had covid and was too sick to take any meds therefore, accidentally quit gabapentin cold turkey. It took 2 weeks to figure out what was wrong and by then I was in full blown withdrawals. Insomnia was the worst symptom and I went as long as eight straight days and nights without closing my eyes. Weirdly, while trying to go to sleep, my body would arch slightly backward then relax.....over and over all night. That was almost three years ago and I still suffer from horrific insomnia. Today I have a cabinet full of suggested meds, both over the counter and prescription, and NOTHING has worked.

I've also tried almost every suggestion on the internet such as self hypnosis, yogi nidra, tapping, breathing exercises, mind control, etc. but without results. I finally found a gabapentin support group with over 12,000 members who are suffering just like me. It really angers me that Big Pharma has withheld certain affordable drugs that work. Severe insomnia makes you feel like you are going crazy. I currently take zero medicine but would absolutely love to get my hands on GHB.

Posted On 07/26/2024
