

Guillermou

Taurine is a semi-essential amino acid. The body depends on taurine, especially in the first years of life. Its deficiency can affect the nervous system and muscles, problems that usually appear with age. Taurine levels in various tissues decrease as we age. Taurine not only lengthens life, but improves it with weight control, stronger bones and muscles. Taurine also appeared to improve control of blood sugar levels, improve immune function, and reduce inflammation, which plays an important role in many health problems. Taurine slows aging at the cellular level, reducing DNA damage and other markers of aging.

It could even improve the cells' perception of nutrients, boost mitochondria, and reduce inflammation. Exercise increases taurine levels and slows the aging process. www.science.org/.../science.abn9257 (2023) This study aimed to clarify the combined positive effect of taurine and omega-3 supplementation on delayed-onset DOMS muscle soreness and muscle damage after high-intensity eccentric exercise. www.jimc.ir/article_172531_3e82e1dfd94f270ec30366198eb39c3d.pdf (2023).--- In these reviews, a low dose of taurine (0.05 g) before performing strength-building exercises can decrease muscle fatigue and increase enzymatic antioxidants.

Taurine supplementation significantly increased SOD and GPX. Taurine has antioxidant effects against oxidative stress induced by resistance exercise and lipid peroxidation. Taurine activates the AKT-mTOR axis to restore muscle mass and contractile strength in human models link.springer.com/.../s40279-018-0896-2 (2018).--- www.frontiersin.org/.../full (2021).---- www.science.org/.../science.adi3025 (2023).--- www.magiran.com/.../2575766 (2023).--- journals.biologists.com/.../347006 (2024).--

Posted On 06/12/2024

Guillermou

Studies also highlight the potential of amino acids as effective anti-fatigue and performance enhancers for athletes. Taking into account the current data, it seems that BCAAs, citrulline and arginine definitely act as anti-fatigue and improve performance in athletes.

www.sciencedirect.com/science/article/abs/pii/S0963996924003818 (2024).-- The present investigation sought to explore the effects of taurine supplementation associated with physical exercise as an excellent strategy for the treatment and prevention of obesity.

link.springer.com/.../978-3-030-93337-1_27 (2022).--- The amount of the semi-essential amino acid taurine in circulation decreased with age.

Taurine supplementation slowed key markers of aging, such as increased DNA damage, telomerase deficiency, impaired mitochondrial function, and cellular senescence. Loss of taurine in humans was associated with aging-related diseases, and concentrations of taurine and its metabolites increased in response to exercise. www.science.org/.../science.abn9257 (2023).-- Increasing taurine levels during the transition to convalescence was associated with a reduction in adverse events regardless of comorbidities and acute severity of COVID-19.

In a multivariate analysis, increasing plasma taurine level between the acute and convalescent phases was associated with marked protection against adverse clinical events with a hazard ratio .

journals.plos.org/plosone/article?id=10.1371/journal.pone.0304522 (2024).-- Dietary sulfur amino acid restriction (SAAR) improves metabolic health, possibly mediated by altering sulfur amino acid metabolism and improving anti-obesogenic processes in adipose tissue.

www.sciencedirect.com/.../S2213231724001708 (2024).--

Posted On 06/12/2024

rn53now

What a coincidence, I was just reading several articles on Taurine. Apparently it also helps with cortisol levels and the stress response, which is very good for thyroid function. Ray Peat remarks on it (with references) as similar to glycine. Also a PubMed.

Posted On 06/14/2024

AllCotton

Post menopausal woman here. Thinking I should pay more attention to protein/collagen daily intake for all the good reasons stated in the article. Unfortunately the equations in the article contradict each other. In the summary it says 1g protein/pound. Later they miscalculate the example of a 135 lb person using .8 which it says above it is the calculation per kg, not pound. And still later, it says 1g - 1.2g per kg of body weight. So I'm confused. What is the correct calculation to use?

Posted On 06/12/2024

RonaldHL

Supplementing glycine resulted in my skin of hands being soft, smooth and tough and never dry nor getting cracks. Handling wood, what would be splinters brake before penetrating my skin, yet hands are soft.

Posted On 06/12/2024

quiltmatilda

This is new news waiting to break and spread: your connective tissues need glycine to be made properly. The trouble is glyphosate is related and is everywhere, in the air, water and foods. Since the glyphosate is everywhere and easier to get, it is used in making faulty connective, tissues. Glycine powder is inexpensive and easy to take.

Posted On 06/13/2024

Andreievich

The Greatest Benefactors of Human History AKA B.G. and his friends want us to rely on bugs as main food intake. And given the speed at which farms are accidentally being burned to ashes, mandatorily deprived of water, coerced into their flocks being culled to prevent H5N1 " deadly " spreading, having their stock taken away or locked on the premise by Agencies' personnel, etc ... Should not we, first of all, solve this situation A.S.A.P. ? Do not you think that knowing exactly what is best to feed on, how much is needed daily and why it is so, is of secondary importance when one can not have access to that " what "? Old saying:" Do not launch a frontal attack on a sturdy well established system.

Build an efficient parallel one to it as to make it obsolete to the point that it will be abandoned and disappears. My point: Given the evident madness of the actual system and the deadly cliff where it is walking us, should not it be the time to get back to time proven system that could be farms owned by peoples who would be patrons and /or shareholders, would they be working full time, part time or not at all on the farm and take all required steps to have cooperative slaughterhouses as to avoid the cartel in this domain ? Just saying and asking. Put it differently. Crickets or not crickets. That is the question?

Posted On 06/12/2024

Guillermou

Yes, the globalist clique is trying to get us to eat bugs and fake meat for protein supply. Dr. Mercola posted: The idea of eating insect-based foods is wrapped in “sustainable” rhetoric by globalists, who hope to elevate it to foods that “the cool kids” eat, as Nicole Kidman demonstrates in the video above. One of the main actors of the cabal, the World Economic Forum, published an article in June 2021 15 categorized as “food security” in which they promote the use of insects and write that “we have to give insects the role they deserve in our food systems.

They justify this proposal by saying that it will address an impending food crisis. Companies have jumped on the bandwagon in the last five to ten years and the insect farming industry is estimated to be growing at a rate of 27.8% each year. Sixteen Aggrotech startups have taken advantage of this financial opportunity and perfected the profitability of insect farming, also called “mini-livestock” farming. The agenda is based on carefully chosen misconceptions. For example, the idea that nitrogen fertilizers are a pollutant that can only be controlled by eliminating agriculture is one of the ideas selected from the 'green agenda'.

Yes, nitrogen fertilizers are a pollutant, but there are regenerative solutions that continue to allow people to eat meat, fruits and vegetables without eliminating agriculture. Without farmers, globalists want them to eat bugs, weeds, and possibly each other.--- 16 SPECIES OF INSECTS APPROVED FOR HUMAN CONSUMPTION articles.mercola.com/sites/articles/archive/2023/04/29/insects-as-food..

Posted On 06/12/2024

Guillermou

The companies behind lab-grown meat are now collapsing due to declining sales, mainly driven by a strong backlash against wokeness linked to the product. A February 1, 2023 opinion piece from the Raw Egg Nationalist (REN) elaborated on the reduction. He focused on the problems of two fake meat companies, Impossible Foods and Beyond Meat, in his article. The fake meat company was also embroiled in a food safety scandal. In November 2022, a whistleblower at a Beyond Meat plant in Pennsylvania revealed photos of mold in and around food production and storage equipment.

The whistleblower also presented documents showing that Beyond Meat products tested positive for the foodborne pathogen, Listeria, at least 11 times over the previous year. In September 2022, Bloomberg Businessweek published a cover story on the dwindling fortunes of the artificial meat industry. "Just a few years ago...plant-based meats were booming. Now, having enjoyed double-digit growth, sales in the plant-based meats category are not only flat but declining" says the article. A May 2021 survey of 1,000 Australian men by pro-fake meat nonprofit No Meat May found that more than 70 percent of respondents would rather die 10 years than give up meat.

More than a year later, a July 2022 survey by business consulting firm Deloitte revealed a decline in the belief that plant-based meats are healthier and more ethical than the real thing.

thenationalpulse.com/2023/02/01/the-fake-meat-industry-is-failing-but-.. /2023)

herculeanstrength.com/men-die-young-cut-out-meat-study (2023) www.brighteon.com/4d696fbc-02f2-4e60-b50f-90cf7ef6f47a

Posted On 06/12/2024

nat3939

"Cachexia, for example – the loss of muscle mass – accounts for 20% of all cancer deaths", as stated in the above article. This may be due to the fact that chemo destroys proteins.

Posted On 06/12/2024

Senscy

Would be helpful if the article would please specify what are considered to be " healthy Carbs." Is it just fruit? Is it just CERTAIN fruits? Does it include some other carbs like white rice? And or some vegetables? If so which vegetables?...How do we know what are considered "healthy carbs"?!?

Posted On 06/12/2024

rn53now

Ripe fruits for sure, but adding any other carbs, ie rice, depends on your health situation. If your metabolism is suffering it's good to forego the grains of any kind, so your body can heal. It doesn't mean you can't add in once your metabolism is up and running. Some suggest sourdough bread first. A good carb is milk!! And some organic cane sugar!!

Posted On 06/14/2024

mbs2172

Math error? 0.8 g/lb is 1.76 g/kg, not the figure stated in the article. It is likely that the author meant 0.8 g/kg and 0.45 g/lb. Thus, that 135 lb man would require about 61 grams of protein per day.

Posted On 06/12/2024

red6117

The protien calculation example is not adding up for me... "...approximately 0.36 grams of protein per pound...For example, if your ideal weight is 135 pounds, your protein requirement would be 108 grams...."
 $135 \times .36 = 48.6$ What am I missing here?

Posted On 06/12/2024

pkt9764

Hello, Not trying to be a stickler, but I think the protein requirement example is incorrect.... $135 \text{ lbs} \times .36 = 48.6 \text{ grams}$, not 108, $135 \text{ lbs (not Kg)} \times .8 = 108 \text{grams}$ Just trying to be correct in my calcs.... So if ideal is 180lbs ...would be $180 \text{ lbs} \times .36 = 64.8 \text{ grams}$ Am I incorrect?

Posted On 06/12/2024

juststeve

Adjusting protein consumption to levels used for ideal weight. Probably the other food sources would be good adjusted this way too? There are also likely to be a certain amount of My Body Feels Happy when keeping a certain awareness of what are best. My Body Feels Happy meaning a level of one's best body movements, range of motion, strength, endurance, mental function and so. On a personal level years ago a conversation with my doctor centered around the official charts say my best body weight should be about one hundred and thirty pounds. Whereas I function best when maintaining about one hundred eighty to one hundred and eighty-five pounds. The doctor's comment was, if your weight goes that low, we will start looking for cancer. Taurine for me is seeming to reduce the aggravation of Tinnitus. Sometimes it has disappeared altogether and now hopeful it goes completely. Might be wrong, but taurine so far seems to be the catalyst.

Posted On 06/12/2024

Guillermou

Yes just, the results of this study are consistent with the hypothesis that taurine attenuates tinnitus and improves auditory discrimination by increasing inhibitory tone and decreasing noise in the auditory pathway. www.ncbi.nlm.nih.gov/.../PMC2997922 .-----

www.researchgate.net/publication/46425243_The_Effect_of_Supplemental_D.. Antioxidant agents such as vitamin A, C, E and glutathione can be used in the treatment of tinnitus, melatonin, NAC and CoQ10 were especially used as an alternative.

Antioxidant therapy in patients with idiopathic tinnitus can reduce oxidative stress and damage to the inner ear AND can also reduce the intensity and discomfort of tinnitus. Also *Rhodiola rosea*, *Hydrastis canadensis*, *Sesamum Indicum*. Black Cohosh is often used as a very effective ingredient in the treatment of nervous disorders, including the symptoms of tinnitus or tinnitus, contributing to the reduction of pressure in the head and reduction of blood congestion. Garlic thanks to its bactericidal properties is very useful to treat tinnitus caused by ear infection.

It also helps reduce inflammation and improve blood circulation. A homemade remedy: a chopped garlic, add half a teaspoon of mustard oil, heat over low heat until the garlic turns a light brown color. Let cool and put two drops of this preparation in the affected ear, performed twice a day.

khosro.goorabi.ir/wp-content/uploads/2017/06/AD-032-Tinnitus-Pathophys.. . (2016)

www.researchgate.net/profile/M_Tayyar_Kalcioglu/publication/281292667_.. .-----

[www.oto.theclinics.com/.../S0030-6665\(13\)00019-4/abstract.](http://www.oto.theclinics.com/.../S0030-6665(13)00019-4/abstract.) .-----

Posted On 06/12/2024

Guillermou

Dr. Mercola also recommends Valerian Root, since it influences the neurotransmitter GABA, which plays the role of mediating brain sound receptors. Deficiency in either of these could trigger or aggravate tinnitus, as both are necessary to stimulate normal nerve function. Studies demonstrated improvement in hearing when participants with noise-induced hearing loss supplemented with magnesium. In one, 11 patients with moderate to severe tinnitus achieved significant improvement by taking a daily dose of 532 milligrams of magnesium for three months.

Coenzyme Q10. CoQ10 may reduce noise-induced hearing loss. This and other antioxidants may also help neutralize reactive oxygen species involved in the progression of tinnitus. Taurine has demonstrated a protective effect on hearing loss related to medication use. 5 medicinal plants consisting of Panax ginseng, Melissa officinalis, Allium cepa and Ginkgo biloba and astragalus, are effective. The boiling of the plant was the most commonly used. The use of medicinal plants and their derivatives results in a reduction in the overall prevalence of earache probably due to the inhibition of ROS production, and iNOS and inflammatory antiactivities.

David Hoffmann, a herbalist originally from Great Britain, wrote in his book "The Herbal Handbook" that the Golden Seal could be an effective aid for some cases of tinnitus caused by accumulation of mucus. --core.ac.uk/.../143845042.pdf .----- The International Tinnitus Journal:
www.tinnitusjournal.com .----- www.tinnitusjournal.com .---

Posted On 06/12/2024

warriormom

Thanks for that tip! Dealing with tinnitus for many years now and nothing seems to be helping. I will let you know how it goes.

Posted On 06/12/2024

Biffie

Juststeve, that's encouraging about the tinnitus and possible taurine link. For consideration, have you had tinnitus for a long time?

Posted On 06/12/2024

juststeve

Tinnitus has been an unwelcomed presence for decades. At first in just one ear, now in both ears. Convinced it was a result of a med for COPD encouraging conditions for sinus infections. This of course after taking a round to throw off the sinus infection to be followed by ear, tooth, or lung infections each getting their own antibiotic. A round robin wash, rinse, repeat. Once that med was dropped and more alternative pathways to deal with things opened up was when it was realized these weren't separate problems but were came from a common source.

Currently the taurine is the thing making a difference. I test drive different things and make sure any new additions maybe acting in unwanted ways or need for me to use things in a different way then the generally recommended way. So far very encouraging results and relief with taurine use. So very welcomed relief overall, and especially late night when trying to go to sleep. As stated, from time to time to disappear completely. Very hopeful for a it will be gone altogether.

Posted On 06/12/2024

juststeve

Gui, your mentioning Dr. Mercola also recommends Valerian Root may also possibly help gave me a chuckle. At one time Valerian Root was used to help get to sleep with tinnitus being a major offender preventing nodding off. : -)!

Posted On 06/12/2024

nkwalters_5

How long have you experienced tinnitus? My husband has experienced it for around 7 years. I am constantly on the lookout for something that might help him. Do you take a taurine supplement? Any other insight would be so appreciated.

Posted On 06/12/2024

juststeve

nkwalters_5, all of forty years. Yes on the taurine. See Gui's information for helpful sources.

Posted On 06/12/2024

sophie124

juststeve, what dose of taurine helps your tinnitus? Thanks.

Posted On 06/13/2024

juststeve

A double strength, 1000mg that can be taken 1 or 2 times a day. I just use one for now.

Posted On 06/13/2024

wga68917

Thank you Dr Mercola for sharing your knowledge

Posted On 06/15/2024

tammieanne

Gui, I always appreciate your comments (though sometimes I think I don't always follow entirely) I tried the links you posted for taurine and (I don't remember how to spell it) the pages were not found

Posted On 06/13/2024

kur1567

Use a two gallon stainless steel pressure cooker lot for cooking meats then even stockpile bones in the freezer compartment to do a whole batch of bone broth...! Didn't know any better I always thought that how to make healthy good soup stock, even with game I procured in hunting thinking how foolish those who that boned off all the meat and threw the bones out along with good heart, liver, kidneys and tongue on a larger ungulates...!

Posted On 06/12/2024

NJTony522

I think your calculation is not correct for 135lb. It should be $135 \times 0.36\text{g/pound} = 48.6\text{g}$. Did I miss something?

Posted On 06/12/2024

rn53now

kg. meaning $135 \text{ lbs divided by } 2.2 = 61.36$

Posted On 06/14/2024

JohnnyC12

I see in the article: "For comparison, conventional dietary advice recommends a daily intake of 1.65 to 1.76 grams of protein per pound of actual bodyweight (as opposed to ideal weight), or for Europeans, 0.75 to 0.8 grams per kilo." Are pounds and Kilograms reversed?

Posted On 06/12/2024

wcawla

How much Taurine supplement should be taken daily, and how much glycine?

Posted On 06/12/2024

Guillermou

It depends on the taurine and glycine content of your diet, weight, age, daily exercise and attention to your pathologies. Foods high in taurine [www.livestrong.com/article/157099-what-foods-contain-
taurine/](http://www.livestrong.com/article/157099-what-foods-contain-taurine/).----- Foods high in glycine www.mahen.es/que-es-la-glycina

Posted On 06/12/2024

rn53now

Per many studies, up to 3 grams of taurine total can be taken daily for a long time. Dr M reports that up to 15g of glycine can be taken daily. Depends on how it makes you feel. Getting your glycine (or the bulk of it) via bone broth or gelatin is a great way to go so you can also get other amino acids that work well with glycine.

Posted On 06/14/2024

NaturaLove

You are failing to consider the process of breaking down animal protein into the amino acids that are then used to build your bodies specific proteins. With animal protein that is more difficult than it is with plant based protein and results in the production of ammonia like waste products that tax the liver and cause harm. All of the biggest and strongest animals including elephants, rinosoruszs, and hippopotamuses eat only plants. Also the worlds top athletes use a vegan diet to surpass their opponents. To see lots of real life examples watch "The Game Changers" documentary produced by James Cameron, Arnold Schwarzenegger and Jackie Chan. Here's a link to the film: www.youtube.com/watch In that excellent documentary a UFC fighter's world is turned upside down when he discovers a group of world-renowned athletes and scientists who prove that everything he'd been taught about protein was a lie.

Dr. Mercola, you are perpetuating that lie. In "The Game Changers" The strongest man in the world lifts 1,200 pounds and carries it about 20 feet on his shoulders. Also, the vegan Czechoslovakian MMA fighter Nate Diaz who won the world title from the famous Conor McGregor is featured. At 64, I've been mostly vegan since 1987 with exceptional strength and excellent mental health. For three years I road a bicycle around the USA. The best protein for humans comes from plants and that will always be the truth.

Posted On 06/12/2024

Pjmont

I am 6'1" and weighed 285 lbs. every year since 1995 or so until I lost 40 lbs. and kept it off 2 years ago on the root cause protocol but also from pedaling a bike to work 6.7 miles each way for last couple years. I feel and look healthy. With the protein formula above I need over 400 grams of protein each day!!! Meals yield 30 grams of protein or so making that 90 grams of protein per day. I don't think so guys. How in heck can I get that much? I do use Mercola's collagen 3 types drink when I get home from work on an empty stomach and take with 2 of his glycine tablets. I have to carry groceries on my pedal bike and already they are heavy. I think he is telling me to have four times as much protein per meal for my muscular body weight! Crazy.

Posted On 06/12/2024
