

markuzick

I have never been more impressed by Dr. Mercola's sincerity and respect for truth over dogma than now. More important than being right is the ability to be objective - to have the wisdom to understand that all scientific knowledge is inherently defeasible.

Posted On 03/09/2024

I am glad that Dr. Mercola has brought yet another article to our attention on the Ketogenic Diet controversy. Ketogenic Diets were a fad that he and many other health writers wrote books and articles on for years, and many followers of alternative health practitioners, including myself, have by now decided that the whole idea of a diet focusing on Ketones as any kind of substitute for carbohydrates is not a good idea. The whole tipping point for this sea change in diet ideas may not have been reached yet, as the Ketogenic thing really took hold, and as Dr Mercola explains, many (even most) people who tried going into Ketosis as a way to quickly lose weight found great success.

But now we are in a new age of realization, and Dr. Mercola is totally right, that the best way to survive and find health and longevity is to bring back the carbohydrates into the daily diet, maybe even over 400 grams per day as suggested in this article. What we are doing is actually "following the science".

I still have differences in my understanding of why this is necessary, compared to Dr. Mercola though. But just remember, the Randle Cycle, the ability of the human body to be mostly "burning" either carbs or fats is very real. You can't avoid that. And one great determinate of which side of that cycle you are exercising at any moment is determined by your degree of intermittent fasting (IF). Don't throw out the concept of IF. It is being proven to be beneficial not just for health, but for longevity.

So while Dr. Mercola transitioned from Keto Diets to Georgie Dinkov's interpretation of Ray Peat diets, heavily based on fruit for carb-calories, many of the other health practitioners transitioned instead to looking at the actual physiology of IF, and decided that just IF alone, with sufficient carbohydrate intake during the day, will bring health and longevity. You needn't worry about cortisol, and you don't even need to worry about endotoxins, or LPS if you have a healthy gut!

Posted On 03/09/2024

I could write a couple dozen comments on this, as I have been studying Ray Peat for over 10 years, compared to Dr. Mercola's reported 1 year, and reading many other authors who, like Dr. Mercola, have now dropped the emphasis on Ketogenic Diets. But where Dr. Mercola chose to follow the writings of Dinkov, Peat and Feldman, many other health writers have gone a different direction and have found that IF, and the resulting normal circadian fluctuation between carb burning and fat burning (the Randle Cycle) has been in human bodies since the species was a hunter gatherer and ate only meats and vegetables. So yes, it's very normal to have (or choose) to go without food for a major portion of each day.

And when you have been fasting, say, since 5 PM the day before and you find yourself very normally burning mostly fats from 4-5 AM in the morning right on until you first eat your next meal, then you are experiencing the Randle Cycle doing it's job and letting the lack of insulin in your circulation cause fats to be released from fat storage with some getting turned into ketones, and these substances then getting utilized by your mitochondria causes the most amazing thing to happen: you then create additional mitochondria and repair the ones that are already there! So please allow me to provide links here on the alternative to what is suggested from Geortie Dinkov, as his writing is 90% of the references that Dr. Mercola has in his list of Sources.

Posted On 03/09/2024

stoneharbor

For those interested in thoroughly researching this field, please read some of these links to studies, plus links explaining the content of other well known health writers including Dr. David Perlmutter and Dr. Stephen Gundry. Here you will find that not only are Ketones signalling molecules for mitochondria to multiply, but that high levels of Fructose are highly destructive to human health and should be avoided just as much as alcohol: www.youtube.com/watch Five ways intermittent fasting affects glucose levels: www.nutrisense.io/.../intermittent-fasting-glucose-levels Time-restricted Eating for the Prevention and Management of Metabolic Diseases: academic.oup.com/.../6371193 In this study abstract you will also find a dozen other articles on how time restricted eating provides for "mitochondrial uncoupling" which is the time during which mitochondria stop burning glucose and begin the process of regeneration and repair, signaled and fueled by Ketones, during each ketogenic daily cycle: www.semanticscholar.org/paper/The-role-of-mitochondrial-uncoupling-pro.. Here's more on fructose and how it is handled by the human body: drgundry.com/fruit-lecture-transcript

Posted On 03/09/2024

Here's an interesting study on how Ketone bodies just being used daily by a cell's mitochondria, and not from any necessary "Ketogenic Diet", can extend your lifespan:

iubmb.onlinelibrary.wiley.com/.../iub.1627 Notice that this is just a normal part of the Randle Cycle that can occur daily if you allow enough time between the last meal of one day and the first meal of the next day. In part, this study found "An effective method for combating free radical damage occurs through the metabolism of ketone bodies, ketosis being the characteristic physiological change brought about by caloric restriction [which testing has found to be the case in many species] from fruit flies to primates.

But notice, this limitation of calories is not necessary. You don't need to cut down on calories. You get the benefits on longevity just from letting the Randle Cycle do its job of switching your mitochondria over to fat/ketone consumption from glucose consumption. This alone causes the mitochondria to multiply and repair which both adds years to your life by reducing oxidation and free radicals, but also makes your cells able to produce much more energy the next day due to the presence of healthier and more plentiful mitochondria.

It's a win/win and the fact that during the fat-burning part of the process, the mitochondria produce more of themselves while NOT producing as much "energy" from glucose is very understandable, and excusable. Who doesn't want a longer, healthier life, thanks to periods of each day when you can get healthier while not having to burn much glucose?

Also, just remember that ketones can never provide more than about 30% of a human's energy. Glucose and fatty acids are always necessary to survive, with different cell types having somewhat greater capacity to utilize some of these macronutrients than others. The heart, liver, brain and intestine are some of the organs that have very specific requirements for how much they can utilize nutrient

rrealrose

Great links, thanks Stoneharbor! Here's a recent news story about technology being proposed to hurt more farmers: "Virginia farmer sounds off on threat to industry: 'We're facing extinction'" - - youtu.be/M7PXRApwt5A - - by the way, methane is not an issue for warming as its more likely the shift from El Nino to La Nina; worse, nothing we do here on earth can compete with flares coming off the sun!

Posted On 03/09/2024

Otorongo

Yes! Stoneharbor. The ketogenic diet has become as big a fad as the low fat did, which unfortunately promoted PUFA's as the alternative. And what a fine mess we're in and how many of us fell for that. Marketing "Keto" and "Keto friendly" just like "low sodium" and "low fat" has lead so many people astray. I did private duty for an elderly woman and part of my job was to bring her to her appointments and take her shopping. We were at the local grocery store one time and she wanted low sodium soup. We found one that said it was low sodium and then I decided to look at another that did not tout that. Guess what? The one that said "low sodium" had more sodium than the other. I told her my findings and she chose the brand that said "low sodium" Low and behold. People don't want to see for themselves by reading labels. They want to be told and advertised to, letting the powers that be, make the choices for them.

Posted On 03/09/2024

artist.jill

Thank you so much, stoneharbor, you are always a safe harbor of information, with calm waters, clear waters. Saving your links!

Posted On 03/10/2024

Mercola's credibility remains at 100%. Thanks Doc. Observations from a lot more experience than I ever wanted to become involved in clearly shows you to be one in a million, in the US drug induced medical system, maybe one in ten million. Adding to Juststeve's comment about Amos Miller, the Amish farmer. This is one of the most important cases ever to come before a panel of justices.. **THIS BATTLE HAS TO BE WON OR EVERYONE IN THIS COUNTRY loses.** We must take action, how? I don't know. Mercola can rally thousands, other prominent individuals **MUST** become involved and rally thousands more. At stake here is **OUR OWN** ability to grow our own food--free from whatever...without this freedom all this keto, fat burning vs carb sugar stuff means nothing.

I respectfully ask Dr. Mercola to get involved in a way as big as he is in the vaccine world--even bigger. Logic demands it. This is the immediate crisis, the out of control wildfire at the moment, **EXCEPT** the consequences of Amos Miller losing his case will have devastating effects across every spectrum of our autonomy. In the end, every jab will be injected at gunpoint and every fork full of food will be full of life destroying chemicals, poisons and whatever else can be infused into a stalk of grain. **PLEASE DO NOT LEAVE AMOS MILLER TO SUFFER ALONE AND UNNOTICED**, and it ain't all about the money to 'PAY LAWYERS", everyone with influence needs to **ACT/act** out even.

Drive some tractors to Pennsylvania and block up the state house stuff. Whats with the area population around there anyway? **EVERYONE**, including **EVERY SINGLE FARMER AND EVERY SINGLE PERSON WITH A GRAIN OF SENSE IN THE USA** should be able to see the importance and significance of letting Amos lose **HIS** ability to produce food in the way he wants, and we being able to **BUY** food in any way we want. Please folks, give Amos some attention, as much as you can. talk him and **OUR** plight up every chance you can. donate, act, act out, protest. do whatever.....

Posted On 03/09/2024

Guillermou

Let's consider a diet that avoids the promotion of endotoxins related to metabolic diseases, including cardiovascular diseases, neurodegenerative and cancer. Excessive intake of fructose and linoleic acid in the normal human diet is related to a global increase in metabolic disorders. Chronic endotoxemia commonly occurs in obesity and is an important factor inducing systemic inflammation leading to metabolic syndrome. Healthy dietary choices, such as consumption of fish, fresh vegetables, and fruits and berries, may be associated with positive health outcomes. by reducing systemic endotoxemia. Vitamin D restriction and/or a high-fat diet increases the risk of metabolic endotoxemia.

In general, phytochemicals reduce endotoxins. Specific components of the Western diet, such as monosaccharides, processed fats, gluten, alcohol and additives, can affect the tight junctions between enterocytes, leading to increased permeability and the movement of endotoxins into the bloodstream. These endotoxins include lipopolysaccharides derived from gram-negative bacteria. In particular, a high-fructose diet can increase intestinal permeability and circulatory endotoxins by changing intestinal barrier function and microbial composition. Excess fructose causes inflammation and de novo lipogenesis.

Lipogenesis leads to hepatic steatosis and induces fat deposition in adipose tissue, thus causing abdominal adiposity. Activation of the inflammatory pathway by fructose in target tissues contributes to the suppression of the insulin signaling pathway that produces systemic insulin resistance. Additionally, it can cause infertility. Serum endotoxin levels are elevated in patients with liver cirrhosis, diabetes, cardiovascular diseases, chronic infections and aging, amyotrophic lateral sclerosis, and Alzheimer's disease. The highest levels of plasma endotoxin are found in patients with sepsis, around 500 pg/ml.

Posted On 03/09/2024

Guillermou

Endotoxin levels in blood plasma are normally low, but rise during infections, intestinal inflammation, gum disease, and neurodegenerative diseases. The role of endotoxin is not limited to the initial phases of carcinogenesis, but appears to be involved in cancer progression and the development of metastasis. Increases in blood endotoxin levels were associated with increases in C-reactive protein concentrations and, in most cases, were paralleled by an increase in markers of intestinal permeability. Probiotics help modify the intestinal microbiota, promote the growth of beneficial bacteria and are an alternative source of SCFAs and reduce LPS expression, intestinal inflammation and tumor size in CRC. Among them, *Akkermansia muciniphila* has the ability to reduce the expression of LPS, improving metabolic endotoxemia.

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- econtent.hogrefe.com/doi/abs/10.1024/0300-9831/a000801?journalCode=vit (2023).---
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www.sciencedirect.com/S2405844023061042 (2023).--

Posted On 03/09/2024

Gui, a lot to absorb and consider. Initial quick take is if overweight, obese, the once recommended fasting, pump up fat intake - But Now Keep in Mind Not above 30% of calories, except for hard long fasting, the rest of the original protocol is a steppingstone to return metabolic flexibility. Once achieved use around 15% for protein, no more than 30% healthy fats, the rest, Careful what kinds of carbs you consume. The partners in all this are healing of the gut, to heal the leaky gut and stop an exploding population of biome imbalances causing Endotoxin poisoning. The other is feeding the Mitochondria what it needs to return our energy and stamina levels.

All while shoveling out the LA dumps most everyone here in the states have in our bodies, but with the caution not too much too fast. (Something else to consider, the body faced with the many toxins it doesn't know what to do with, often stores them in our fat cells, so when we dump LA, we most likely will be releasing a lifetime of junk many of us have been struggling to get removed from the environment for well over 6 decades.) While so much currently offered by Doc is complicated and a lot too it, if he follows suit to past practices, he most likely will be offering easier Reader's Digest Versions for easier understanding for us who cannot or can only somewhat follow all the technicalities.

The human body is a complex collection of complex systems. Just me, but the Gut suggest Doc is working through all this himself and is thinking out loud in a sense as when one attempts to explain, share information as they can is when many find they can not only understand the subject better themselves, but find ways to explain it to others in more direct layman's terms.

Posted On 03/09/2024

stoneharbor

Thanks Gui for going into more detail on endotoxins (LPS), and when they actually tend to appear in circulation: As you say, the most common cause of Endotoxemia is in conjunction with obesity. To me what that implies is a connection with over eating. That is, eating so much, especially carbohydrates, but also fats and proteins, to the extent that the small intestine (SI) cannot keep up with digestion. If one eats too much, the SI gets depleted of enzymes necessary to break down all these macronutrients, and the bolus of the meal may either sit, unmoving so long that a bacterial condition occurs in the SI, or may only partially make it through the valve that has opened to the large intestine, again letting bacteria move back into the SI.

What is often never mentioned is that the large intestine was meant to contain bacteria, but the SI was not. The large intestine has two layers of mucus that both feed commensal bacteria but also protect the absorbing villi from destruction. The small intestine has less protection because it was designed to work with little threat from bacteria. But with over eating, or even with not enough time between frequent meals, the intestine not only gets no rest, but it can be continually plagued by an assault from endotoxins that are left over from microbes that die.

All the endotoxins in a healthy adult who eats only 2 or 3 meals per day will be present only in the large intestine, and as you say, are usually reduced there by the presence of bacteria that attack the LPS producing pathogens. It is also mostly the eating of both chemicals, lectins, and other food borne toxins like gluten (a lectin) or even finely ground wheat particles, that may damage the SI, causing "leaky gut" which is a primary way that endotoxins escape from the gut into circulation.

Posted On 03/09/2024

Woodstock2

I disagree with a high fat causing metabolic dysfunction. I started a high fat diet, very low carbs , no fruit 4 months ago and I lost 70 pounds. I was pre diabetic now I'm not

Posted On 03/09/2024

No matter where anyone currently falls in the Pursuit of what is the Size that Fits me is the current Amos Miller travesty. This case has major implications on so many levels in our ability for the Freedom of Choice, and the Independence and Liberty to have access to Healthy, Wholesome foods. Some of the outrageous overreach involved here may well be centered on the Amish do not believe in suing, so this situation calls for far more backing than what even many very deserving kinds of cases can need. Amos Miller moving to trial. www.youtube.com/watch Does it even matter what guidelines one chooses to follow if the very sources of what no matter you choose are exterminated?

Posted On 03/09/2024

stoneharbor

Yes, Gui, you mentioned these items, and I'll just put them in order of probably occurrence and then cause of the next step: 1) gut permeability (leaky gut) caused from insults such as lectins, fructose and pathogenic bacteria that are not held in check by beneficial bacteria> 2) endotoxin entry via the leaky gut, where these toxins (coming from membranes of gram negative microbes after they die and decompose) invade the body via the leaky gut; 3) gut permeability markers such as C-reactive protein now rise and show on a blood test> 4) resultant infections such as inflammation, gum/neurodegenerative disease, and even cancer occur in various locations in the body> 5) and cancer progression via metastasis finally is also intensified due to the endotoxins.

So it all begins seemingly with the invasion through leaky gut by endotoxins, or lipopolysaccharides (LPS). What is valuable about your presentation is that we can see that not only is the human gut supposed to be "home to 80% of our immune system", but ironically it also is the weak link that, if not cared for can allow invasion by toxins that then tax the limits of our immune system. This allows us to see that "Prevention is more important than a Cure". So if leaky gut and endotoxins are the nexus of disease control as regards what we ingest, it makes it very important to concentrate on these two factors: to try to reduce both endotoxins and leaky gut.

I appreciate your links that bring to light how probiotics, particular families of bacteria, and diet can all provide help in reducing the threats from endotoxins and the likelihood of suffering from leaky gut. I especially like that your first link demonstrates that it's not just "diet" (meaning mix/quality of foods) but more precisely "high energy intake" that causes leaky gut. In other words a fattening, excess diet. As I suspected, that is what causes poor digestion and allowance for excess small intestine growth of bacteria. Interesting.

Posted On 03/09/2024

stoneharbor

Thanks for the mention of the Amos Miller case juststeve. Right on. If Amos Miller doesn't win this case or get the Pennsylvania Department of Agriculture (PDA) law changed, then people in the USA have no right to grow food, let alone sell it, in any state of the union, not just Pennsylvania. The law is essentially a prohibition on food production. This is a really good Q&A interview explaining all the ramifications of the law in question. It talks carefully about informed consent and what was decided for good cause in the Nuremberg trial.

Posted On 03/09/2024

Guillermou

Thank you Just, for your precise contributions. And as you say, there is no equal diet for everyone. Nutritional Genomics that focuses on the interaction between the bioactive components of food and the genome. Nutrigenetics and Nutrigenomics. The influence of nutrients on the expression of f genes is called nutrigenomics, while the heterogeneous response of gene variants to nutrients, dietary components and developing nutraceuticals is called nutrigenetics. The ideal is that we would have the possibility of evaluating our genetic variants and polymorphisms, which can reveal diseases or a predisposition to suffer from them and in this way have more information for better personalization of the diet.

We can also apply the phrase “experience is the mother of science” Genetic variation affects dietary tolerances among human subpopulations and may also influence dietary requirements and increase the possibility of individualizing nutritional intake for optimal health and disease prevention based on an individual's genome. By analyzing the potential genetic response of an individual to a set of nutrients, it will be possible to recommend an ideal treatment diet that acts synergistically as an adjuvant in the inhibition of processes associated with specific neoplasms.

In the first article: “Role of Key Micronutrients from Nutrigenetic and Nutrigenomic Perspectives in Cancer Prevention” whose objective of this review is to evaluate and present the effects that some key components of micronutrients (vitamin A, vitamin C, vitamin D and selenium) and some Macronutrients (polyunsaturated fatty acids, prebiotics and probiotics) can be used in prevention and/or therapy. of different types of cancer.

www.taylorfrancis.com/chapters/edit/10.1201/9781003415381-8/micronutri.. (2024).---
academic.oup.com/nutritionreviews/advance-article-abstract/doi/10.1093.. (2023).-

Posted On 03/09/2024

Guillermou

stoneharbor, excellent comments throughout Dr. Mercola's website. In case of alteration of the intestinal barrier, as occurs with unhealthy diets, alcohol consumption or chronic diseases, the microbiota residing in the gastrointestinal tract becomes a crucial factor in amplifying the systemic inflammatory response. The role of liposaccharide LPS in cancer development is widely recognized, and examples include gastric tumor related to Helicobacter pylori infection and hepatocellular carcinoma, both preceded by prolonged inflammatory injury; Furthermore, the risk of recurrence and development of metastasis appears to be associated with endotoxemia.

www.mdpi.com/.../267 (2023).--- The main function of macrophages is to protect organisms from bacterial and viral infections by secreting antimicrobial mediators and proinflammatory cytokines. Endotoxin tolerance (ET) is an adaptive phenomenon of the immune system that protects the host from clinical complications due to repeated exposure of the body to endotoxins such as lipopolysaccharide (LPS). Since ET is an immunosuppressive mechanism in which significant reprogramming of macrophages is observed, we hypothesized that it could influence cancer development by modifying the tumor environment.

Macrophages, depending on their phenotype, can destroy or stimulate cancer cells. Macrophage-induced endotoxin leads to the release of factors that promote a favorable environment for cancer. These findings highlight the dual nature of ET as a mechanism, potentially contributing to cancer progression. www.mdpi.com/.../5113 (2023).---

Posted On 03/09/2024

Guillermou

Colon bacteria contribute a large amount of LPS that could promote colon cancer metastasis. In this study, the effect of LPS on cell viability and the expression of 55 genes at mRNA levels in human colon cancer cells was analyzed. Specify that LPS affects the expression of a series of genes important in inflammatory responses and cancer development. These data suggest that LPS has profound effects on gene expression in human colon cancer cells. link.springer.com/.../s13104-023-06506-9 (2023).---- The anti-inflammatory activities of catechin-rich green tea extract (GTE) in obese rodents protect against metabolic endotoxemia by decreasing intestinal permeability and absorption of gut-derived endotoxins.

GTE would reduce endotoxemia by decreasing intestinal permeability and intestinal and systemic inflammation in people with metabolic syndrome (MetS) compared to healthy people. These findings demonstrate that GTE rich in catechins is effective in decreasing circulating endotoxins and improving the glycemic control in healthy adults and in people with metabolic syndrome, probably by reducing intestinal inflammation and small intestinal permeability, but without affecting systemic inflammation.

www.sciencedirect.com/.../S0271531724000204 (2024).--- To promote milk production, ruminant animals, such as dairy cows, are fed especially with concentrates that contain a high content of cereals and starch. However, this type of feeding regimen could induce a condition of subacute rumen acidosis. These circumstances cause the lysis of gram-negative bacteria accompanied by the release of endotoxins in the intestine. Intestinal endotoxin could move to the mammary gland, so this condition negatively affects the safety of milk.

www.sciencedirect.com/science/article/abs/pii/S0041010124002319 (2024).---

Posted On 03/09/2024

Guillermou

This systematic review and meta-analysis marks the first comprehensive investigation into the effects of DF supplementation on metabolic endotoxemia (ME). DF is a complex food component comprising carbohydrate polymers and oligomers that cannot be digested in the small intestine; Therefore, it passes to the large intestine preserving its chemical structure. The physicochemical characteristics of LD, such as solubility, viscosity, and fermentability, determine its functionality in the intestine and its accessibility to intestinal microbes. The gut microbiota can partially or completely ferment most soluble fibers, depending on their chemical structure.

The above definition has also been confirmed by the International Association of Probiotics and Prebiotics (ISAPP) and allows the inclusion of fiber-free substrates in the classification of prebiotics. The immune health benefits of inulin, fructooligosaccharides (FOS), galactooligosaccharides (GOS) and xylooligosaccharides (XOS) have been extensively studied in modulating the response to inflammation. The interaction between dietary interventions and the gut appears to play an important role in improving MS. Currently, several studies are exploring ways to improve MS by modulating the translocation of LPS from the intestines to the blood circulation for the treatment of chronic low-grade inflammation and metabolic syndrome demonstrated notable improvements in intestinal ecology, intestinal permeability, plasma endotoxin activity, inflammatory markers, and metabolic health, including weight and insulin.

sensitivity, lipid profiles and blood pressure. www.mdpi.com/.../84 (2023).---

Posted On 03/09/2024

Barbara Charis

For 63 years I have experimented with food research...and come to the conclusion that its really simple. Eat as our Creator designed and health will ensue. Those who make it too complex, usually have an ulterior motive. "Those" being the industries who make money selling products.

Posted On 03/09/2024

Segstar

Well look at you Barb, keeping it super simple and relevant, hitting it straight outta the park...Amen and one more Amen for good measure.... Blessings...

Posted On 03/09/2024

lordoftheflies

I am a retired pharmacist. When I was in school my two favorite subjects were physiology and pharmacology. I can understand Dr. Mercola's articles containing difficult information for the average reader to comprehend. Since his website reaches millions of readers, perhaps he should simplify the content for those readers and just supply links to articles that provide in depth discussions of topics that his daily site discusses.

Posted On 03/09/2024

Anicopia

No way! Dumbing down doesn't help anyone. Perhaps, if he gets time, he can include a synopsis of the high points for the newcomers. But if they want to really comprehend this material, there is no substitute for self-education. People get into huge trouble by oversimplification and end up coming to completely wrong conclusions – the very thing that has plagued this subject all along!

Posted On 03/09/2024

gaurnitai74

Whatever it takes, JUST GIVE UP SUGAR. EXERCISE. Add plenty of veggies & fruits. Take sunlight. Zero processed food. Sleep well. Love & serve others without expectations. Have a relationship with God. It's the greatest anti depressant & stress buster. That's it. Don't bother about all these scientific trial & errors stuff that changes every year and they go... oops we were thinking... blah.. blah... blah.

Posted On 03/09/2024

brodiebrock12

Right! Its really never been rocket science has it...

Posted On 03/09/2024

Cadville2

Maybe dig into how the human body actually runs and produces energy. Study and learn about the Krebs Cycle. Study what substrates it uses to make energy. Forget everything else that you have read, heard or that society at large has endorsed. Gain a deep understanding of that. And when you have done that. Do it again. It all comes down to what your body actually needs. NOT what we have been conditioned to think it needs.

Posted On 03/09/2024

Segstar

You mentioned God, that's enough to get you banished to Gulag for life...Ah well keep the relationship tho, it's by far the best bet...What does it profit a man to gain the world and lose his soul...

Posted On 03/09/2024

JohnHasse

This is certainly challenging, for we are 'fearfully and wonderfully made' and 'oversimplification is often worse than confusion'. Also, to begin to understand, we must have a GREAT amount of knowledge of underlying mechanisms of action. Thank you Dr. Mercola, for a clear and relatively comprehensive explanation. You need to present numerous 'outlines' or simplified overviews. That is, not just one 'story at a glance' but maybe three. a second expanded glance, then a third outline of your current opinion of what would be helpful for most people, with a brief view of WHY you now see things this way.

Posted On 03/09/2024

W Joan

This is the reason I have followed you for so many years, whether it's on exercise, diet, lifestyle, longevity, supplements, when you discover something new, even if it alters what you have said before you immediately adjust and reveal what you've learned. I have learned so much from you that has positively affected almost every area of my life. At 81 I'm still learning too and with my Kaastu I'm strengthening myself to go longer and stronger til God takes me home.

Posted On 03/09/2024

2iceblest

I believe we are being lied to about diabetes, proper blood sugar levels in addition to cholesterol, and many other things, as we age! I'm tired of it! Our ancestors lived on bread! How are we better off today than 50 years ago?!?! I knew no one with allergies! No one with cancer! My grandparents lived into their 100s, but my parents only into their 80s!! So, despite the years of working out, staying active, and trying to take care of my body, I will probably die in my 60s? I used many supposedly good supplements but they ended up causing heart palpitations so I had to stop 2 months ago because my heart was beating at 122 and up!!

My blood pressure is supposedly high and I'm not fat!! My friend did keto for 6 years and almost died!! Now, has diabetes and lost quite a bit of muscle mass, hair falling out, eye issues, legs shake, etc. The Holistic Doctor says it's from the keto!! No one should be in ketosis more than two weeks!! I did keto for one month and gained ten pounds!! Took forever to lose it. Heavy, heavy sigh!!

Posted On 03/09/2024

brianallen1

Do live on bread. Just not the commercial bread. Obtain organic wheat berries. Grind them and make your own bread. Well worth the effort and a lot cheaper than the poison in the stores.

Posted On 03/09/2024

Cadville2

Yup. Keto did me no favours either. I'm diabetic and it did initially bring my glucose down - until it stopped working. I low carbed even harder and drilled myself into a real hole. I am now straightening it out and feel great with well controlled blood sugars (no meds).

Posted On 03/09/2024

Anicopia

Our ancestors didn't "live on bread". That was a (relatively) very recent addition, on an evolutionary time scale— the last 10,000 to 12,000 years or so. During those several thousand years of the agricultural period, humans shrank several inches in stature and started showing diseases and abnormalities in their skeletal remains. We evolved eating WILD THINGS, not agricultural crops!

Posted On 03/09/2024

Otorongo

Anicopia, Yes our ancestors did live on bread (from ancient grains) not the stuff in the grocery stores. Read the Bible. It talks about grain and grain offerings. But they did not live on bread alone. They were shepherds/sheep herders. They also had goats and cows. Or, if you're not referring to the bible, there was wild game and unleavened breads from corn, acorns, nuts and seeds. There were also wild mushrooms (fungi) berries and wild weeds. Our diets have become sterilized, dumbed down and outright poisoned. Thanks to Dr Mercola we can see how far removed from nature we are. But we do need to understand the science in order to find our way back home.

Posted On 03/09/2024

PWJforTruth

Please answer this simple question: The concept of "If you are metabolically flexible, then you are good to try/explore X,Y,Z...." The question that never seems to be answered is how do you know if you are metabolically flexible? SO....How do you know if you are metabolically flexible??

Posted On 03/09/2024

harleysc

Exactly what I am wondering as well.

Posted On 03/09/2024

Dr. Mercola

Normally a fasting blood insulin below 3.0. The lower the better. I did mine earlier this week and it was below the threshold of detection limits at 0.4.

Posted On 03/09/2024

PWJ, I believe that Dr. Mercola is referring to what many of us learned in reading his book or other books on Ketogenic Diets. To some degree, it refers to one being able to release enough free fatty acids from fat storage to live on through the day. That was a necessary part of the "Ketogenic Diet", and people about to try to do such a diet were warned by the authors of the books//articles that it might take someone days or over a week to become adapted to where they could produce enough fat from fat storage to feed all their cells enough so that they weren't overcome with hunger and weakness.

These fatty acids were explained to also be converted by the liver into ketones which helped the process of feeding hungry mitochondria. The concept was that science found that once a person was adapted to burning fats in sufficient quantity to feel normal and have sufficient energy, then they were "fat adapted" or "metabolically flexible". The problem with that whole idea wasn't that it wasn't possible for almost everyone, because it was.

The problem was that if you wanted to be almost perpetually on a ketogenic diet, every time you ate considerable carbohydrates again, you were in the situation that you had to go for a few days in misery trying to again get "adapted" so that you were again "flexible". Well, people just weren't every going to be "flexible" enough to go on and off a ketogenic diet without feeling the pain of the adaptation phase!

Maybe if they just had double or triple the carbs for a single day (maybe up to 140 grams?), they might be flexible enough to get back to ketosis without feeling like they were starving. But it wasn't easy. The latest science of "flexibility" now has shown that all this stress over staying in ketosis is unnecessary. The human body, if not heavily burdened with excess carbohydrate consumption, can move from burning glucose from foods to burning fats from storage every single night. It happens when all glucose is stored finally.

stoneharbor

Once the glucose is stored, thanks to insulin, then the insulin in the plasma disappears, and this is the signal for the fat cells to release free fatty acids which can then be received by most cells for energy. Cells that don't burn fats can use ketones, so the liver can finally make ketones when the insulin is gone from circulation. This daily process will always take place unless a person is eating carbohydrate nearly around the clock. That is why the current recommendation from most doctors is to stop eating 4 hours before bedtime. This helps most people who sleep through the night to get close to 12 hours on the clock before they again eat any carbohydrates which would then turn on the release of insulin, which immediately stops the release of fat.

But if this 12 hours (or even a bit more) of time goes by, a person will experience "metabolic flexibility" just by the fact that they will rise in the morning as a fat burning individual, and probably not even be hungry. Here's how to experience "metabolic flexibility" without having to change diet or do hardly anything else extreme: www.nutrisense.io/.../intermittent-fasting-glucose-levels So there are many ways that encouraging this flexibility can help with health and stamp out many chronic diseases.

Just restricting the amount of time you spend eating and then digesting food to only 12 hours per day, or even better, up to 16 hours sometimes, can do marvelous things for your health without you having to change what you probably already consider a good diet, such as including fresh organic fruits and vegetables, eating free-range meats and eggs and milk from free range fowl and cattle. Here's more on the benefits of narrowing your eating window most days to something closer to what man experienced when he was a hunter/gatherer: academic.oup.com/.../6371193

Posted On 03/09/2024

Anicopia

If you are metabolically INflexible, and cannot efficiently switch to fat burning, if you go several hours without eating you will get symptoms of low blood sugar, even if your blood sugar is still in the normal range: hunger, anxiousness, weak and shaky, perhaps sweaty. (If someone is insulin resistant they won't be able to efficiently utilize the glucose that IS present, so it is as if it isn't even there). When someone can switch into ketosis, they can have very low blood sugar and still function as if nothing different happened.

Posted On 03/09/2024

Otorongo

Stone, thank you for that very well put explanation of "Metabolic Flexibility"!

Posted On 03/09/2024

djmerc

Some time ago, Dr. Mercola produced an interesting discussion about eating according to one's nutritional type, even including an online tool by which one could receive an analysis of their nutritional type and detailed suggested meals and eating patterns for that type. Of course, that was much more heavily weighted to fat content within the overall macro balance. For those who like detailed information, I ran an analysis of his 15 suggested meals - so I would have a rough guideline against which to compare my various meals.

The overall average of the 15 meals was: protein 28%; carbs 14%; fat 58%. Compare that to the guidelines suggested in this article: Protein 15%; Carbs 55-60%; fat under 30%. I am hoping that Dr. Mercola will publish a similar "guide" for dealing with the Randle Cycle - getting established on a carb-burning metabolic basis, then maintaining that basis. It would go a long way to help non-techies like me to at least follow the good ideas, even if unable to fully comprehend all the science behind the ideas.

Posted On 03/10/2024

Snaggly

I appreciate Dr Mercola saying get your body in line then go back to carbs. Those of us who fight weight all of their lives try every diet every supplement every thing to get rid of the weight. We have been told for years to eat healthy lose weight but we are left to find what works for ourselves. Let me tell you I have done every diet that is out there. They all work for a little bit but not long term. No matter how much you do the calories in versus calories out it does not work. Many of these diets have caused health problems very few have helped. I have always thought intermittent fasting was ridiculous.

How are you supposed to eat three meals worth of calories in a couple of hours when you work for a living. It's great for those who can wake up when they want, work when they want and never have someone tell you when you can eat. Skinny people can change their mind and try something new but obese people who constantly struggle with Weight lose and health are left struggling even more. Every person is different what works on one will not work on the other. If you can't agree on that than you are one who does not struggle with weight.

Posted On 03/10/2024

stephenf999

I need to reread this article about five times, at least. It would be great if Dr. Mercola would create lists of good things to eat vs bad things to eat and how much during these different periods and stages. I noticed in a recent article he still recommends avocados even though its oil is fairly high in linoleic acid. I love red grapefruit...good or bad fruit? What about coconut water which contains mostly glucose, I believe, as a juice? Historically, humans evolving in Africa probably only had fruit during part of the year. Wouldn't a diet, whatever it consisted of, that our hunter/gatherer ancient ancestors had, likely be the best we can do? Do we have a good idea what that diet was?

Posted On 03/09/2024

cmm3636

I second that. Also, Has Dr. Mercola read Dr. Fleming's book, a cardiologist "Stop Inflammation Now" . He was then criticizing Atkins diet and has in his book a recommendation that looks like what Dr. Mercola has discovered now.

Posted On 03/11/2024

Naplam

I had an interesting experience 11 years ago that made me rethink the low-carb diet. It was Feb 03, 2013 (wife's BD) and my wife wanted my famous German Chocolate Cake for her BD. I was 1 month into my extreme low-carb diet and had lost 10 pounds. I'm like "REALLY?" We talked about it and agreed to exercise for at least 1 hour every time we ate a slice. When I say workout, I mean a minimum of 15 minutes of HIIT and 45 minutes of strength training. SHE AGREED! The issue with this cake is that it is over 40,000 calories for the whole cake!

I try to make it semi-healthy by using only organic ingredients. It is home made. Of course, I'm not grinding my own flour or making my own sugar, but all the ingredients are sourced as local and organic as possible. IT IS VERY RICH! It's difficult to slice it any smaller than 16 slices without the slices falling apart. So, that's 2,500 calories per slice! There's no workout that's going to burn 2,500 calories, so we would split a slice 3 days a week.

Some weeks we skipped a slice (too tired to work out). The cake ended up lasting us 8 weeks this way. Something amazing happened. I didn't gain any weight and I actually lost about 5 pounds. Best of all, I gained 4 inches in my chest and lost 3 inches in my waist. Since that time, I've been eating more carbohydrates. I basically just eat more rice and beans. Those were already my main two carbohydrates/starches. The interesting part of this is that I fueled my body and carb-loaded before working out and this provided better results than fasting the body, working out, and then breaking the fast after working out with Whey Protein.

I always thought maybe there was something wrong with me. Whey protein never provided any benefits when it comes to building muscle. Prior to 2010, I had given up on Whey for a recovery meal. Prior to 2013, I was eating slow-cooked PORK for my protein recovery. After 2013, I load up with carbs before the workout and do ZERO protein after the workout.

Posted On 03/09/2024

Naplam

Some might argue that this cake has a LOT of protein in it. A dozen eggs go into this cake on top of butter milk, coconut, and pecans. There are tons of protein and fat on top of the carbohydrates. I just found it strange that I put on more muscle in 2 months than I normally can do in a year eating something that no one in their right mind would recommend if you were trying to lose weight or gain muscle. I still have not found a reason that explains the outcome. Maybe Dr. Mercola or Gui can enlighten me. My brainwashed mind tells me it was a fluke, but I never forgot it. Today's article reminded me of 2013 when I did the impossible. I lost weight and gained muscle eating cake!

Posted On 03/09/2024

dale95

Naplam, I think that Ray Peat and his followers might say that more carbs in your diet increased your body's mitochondrial energy output which allowed your body to do things it could not do in a lower energy state like create more muscle. In any case protein was not the limiting factor in 2011 or 2013. I started a roofing job, sun up to sun down, 55+ hours a week. I never started gaining muscle mass till almost December and then my strength increased every day. I could not believe what I was lifting. The limiting factor was sleep. In August we worked till 10:30pm. In December we worked till 5:30pm. Maybe you needed more mitochondrial energy production and I needed more rest to put on muscle mass.

Posted On 03/10/2024

wns115

I believe each one of us is different and we need to follow our own body's wisdom. My body 'hates' rice (grains of any kind actually.) A year ago I switched from Keto to eating fruits (yes, 2-3 apples per day as well as oranges, pineapple, etc.) plus root veggies of all kinds except I exclude white potatoes (but I eat turnips, parsnips, beets, sweet potatoes radish, carrots, etc.), and then I eat my regular cooked/raw veggies (greens, broccoli, asparagus, squash, cucumbers etc.) plus wild-caught fish, sardines, butter, with supplements of butter oil, raw cod liver oil, liver (5 grams), collagen, added electrolytes/magnetic sulfate to my Reverse-Osmosis water, (got rid of all boxed foods and anything processed, buying only direct from farmers or my own garden)and.....my blood tests are PERFECT.

Renal, Liver panel, lipids, cortisol, inflammation (near ZERO), vitamins, minerals...only areas that needed attention was hormones (progesterone, DHEA, testosterone) since I'm in my 60s...So I added Ray Peat's Progesterone, I take DHEA with butter, Malaysian Ginseng for testosterone (cycling on/off)....and woo-hoo...hormones are perfect - just got the results back :) My body does best if I don't eat past 6pm but other than that I'm just going to keep doing what I do...the labs don't lie and neither does the way I 'feel' (ZERO inflammation, zero discomfort, huge energy, great sleep...) I feel very very blessed :)

Posted On 03/09/2024

Anicopia

Just be careful not to overload on oxalates!: quite high in sweet potatoes, beets, and many other veggies. Carrots and parsnips also contain them, as do many seeds, such as almonds and chia, but the very worst are spinach, beet greens, and swiss chard!

Posted On 03/09/2024

johnnymars

STAYING HEALTHY IS COMPLICATED!

Posted On 03/09/2024

kwik54

It sure is!!!!

Posted On 03/09/2024

Segstar

Nah just read and follow the "original" manual and all would be well...Once the confusion disappears, think of all the spare time you'll have ..You can plant a garden, or lend a hand to others in need etc .

Posted On 03/09/2024

Anicopia

It would be easier if we just stopped eating fake, industrial foods!— industrial seed oils, modern wheat and other grains contaminated with glyphosate, large amounts of refined sugars, all kinds of additives — artificial colors, preservatives, emulsifiers, etc. Don't eat anything with more than three ingredients listed on the label (simple things— like a food and maybe added water and salt).

Posted On 03/09/2024

leilafahim

Thank you Dr. Mercola for your relentless effort to spread the knowledge to optimize mind, body, and spirit. Could you please sometimes record videos/ audios like this one as a solosode on your podcast talking about new findings, changes you have made in your routine, new things you are experimenting with, and so on?

Posted On 03/09/2024

galegalek

I have spilled the methylene blue onto my countertop I used your suggestion for stains on my teeth on the countertop I ground up a vitamin c tablet and mixed with water I was able to remove all the stains from my almond color countertop.

Posted On 03/09/2024

rrwallen

I have been a follower of Dr Mercola for years. His book Fat For Fuel was instrumental in my recovery over a cancer diagnosis. After two years I am introducing some clean carbs and feeling great. Thank you Dr Mercola.

Posted On 03/09/2024

jmtarter

Dr. Atkins way back in the 70s warned against staying in ketosis past the weight loss phase.

Posted On 03/09/2024

Cadville2

Yes - you are right. I still have his original book.

Posted On 03/09/2024

ckadysch

Wow , sad to watch someone sell out so completely... Merc says " hey everyone eat cereal!" Goodbye no more Merc products for me. He should have just retired. Glad I have been following the Dr. From Cummings Georgia on YouTube and not this guy since 2022. Ps I fast 30 days once a year , guess I should be dead....a few times already . Instead cured my hypertension and insulin resistance.

Posted On 03/10/2024

djmerc

Does anyone else have the problem I seem to be facing with getting fat calories to or below 30%? On the one hand, by going carefully through my diet, I was able to identify and remove a lot of LA sources, such as from seed oils, and even heed a warning from Dr. Mercola about olive oil, due to extensive contamination here in the US. But, I am also trying to keep some "good" fats in my balance... MCT oil, and other good sources of Omega-3s, as I am trying to maintain a better Omega-6 to -3 ratio by reducing 6s. I have not been able to get near the 15% protein while keeping fats to 30%. Both the low protein and high carb components give me problems... reducing protein because I am quite active, with a court sport and/or golf virtually every day, and reluctance about when, and how much to switch to high carbs.

I seem to be able to maintain about 25-30% protein, 30% fat and 40 to 45% carbs and still have reasonable energy and keep my weight down. That takes a lot of cruciferous veggies, and I have stayed off carbs like sweet potato, potato, rice for now. But, I have no idea what that is doing metabolically, nor what it is doing to my overall nutrition levels, nor whether or not it is helpful to my lipid panel. Fortunately, I will get lipid panel checked soon, but still nothing about other levels. Does anyone have any thoughts or ideas that might help me? Thanks in advance! %

Posted On 03/10/2024

[djmerc](#)

I get the concept of switching to carb-based input. I also hear the warning about switching too soon to massive carbs, but wonder how to tell when and how I have achieved a low enough fat input to effectively move to heavier carb input? What standard tests are available to help judge where one is with the Krebs Cycle - i.e. when one is in fat-burning or carb-burning? Will something as simple as a Ketone Analysis Strip give a reliable indicator [say at the negative or low indicated level]?

Posted On 03/10/2024

[Tixona](#)

Geesh. This is confusing. I'll have to read it again.

Posted On 03/10/2024

[sheri07.smgmail.com](#)

I have followed Mercola for 15 years now, and recovered my health as a result. I am both amazed and perplexed at his new information regarding the avoidance of low carb eating once metabolically flexible. My main takeaway is that I greatly admire him for his willingness to learn and adapt when he gets new knowledge. However. It has taken me a while to digest this new information and will take longer to implement the changes. Thank you, Dr. Mercola, for this new information!

Posted On 03/10/2024

Afi15421

I read every comment to this article and I am left with the question: how does it all apply to ppl with insulin resistance/prediabetis, more so for diabetics, who control their BS through low carb diet. I am currently on low carb at abt 60 carbs per day. I would love to introduce more carbs to my diet replacing some calories from fat, but wouldn't my blood sugar become out of range again?

Posted On 03/10/2024

dcrowmik

It sounds like Dr. Mercola is coming back full circle to what I recall was his first book. It was, in essence, telling you to eat according to what your body is telling you: whether it was saying that it's a fat type, protein type, carb type, or mixed type.

Posted On 03/09/2024

muslim1

As others have also stated, just wanted to chime in and also say Thank You Dr Mercola, the opening paragraph is why I've followed you for so long, and highly respect your writings and recommendations.

Posted On 03/09/2024

Oh my God !! I am 79 years old and have perfect blood work. I lived through Adelle Davis, Ann Wigmore, Victor Kulvinskis, Gypsy Boots, Bernard Jensen [the best], Aajonus Vonderplanitz, Jay Robb [good], Dr. Mercola and all the current double blind folks, Peter Attia, Rhonda and the rest. During my raw foodish light fasting period, watermelon would make my eyes electric blue! Why did I quit that? Because with arthritic predisposition, I determined fruit was bad for me. Ram Das reported when a bag of oranges were brought to his master Neem Karoli Baba, he would eat them all. Not to say nutrition should totally be put into the spiritual bag, but double blind studies don't cover all that is going on, physically and spiritually. I will be looking to eat intuitively and grow more watermelons this summer.

Posted On 03/09/2024

Bumble01

This is a very in-depth article and I'll probably need to re-read it a couple of times but as someone who is seriously struggling to lose weight, I hope to try a low fat diet and see if it helps. I know a couple of people who have had success with slimming world which is low fat and the benefit they found is that, from a weight loss perspective, you can still eat lots of food as long as they are low fat. I've never been able to adhere to keto properly enough to see any benefits or downsides but with tre, I have for a long time noticed I just feel a bit 'better' all round by having at least a 12 but preferably a 14 hour fasting gap.

It's not huge but the result is feeling a little brighter and sharper so I'll probably keep this while trying a low-fat diet. Much respect to Dr Mercola for his attitude to constant learning and reasoning which is precisely what 'follow the science' should entail- rather than how that phrase has been corrupted by the insincere, pharma-bots who dominate the mainstream 'science' discourse.

Posted On 03/09/2024

ScanKat

Having an open mind and continuing to learn into advanced age is what keeps this site relevant. Once you delve into the viral myths you will come full circle. <https://viroliegy.com>

Posted On 03/09/2024

cro6380

out of curiosity, I'd like to know everyone's opinion on Forks over Knives diet. Is it fine as is or is anything lacking that I should consider adding? I appreciate your sharing of knowledge

Posted On 03/09/2024

Pacone1

A lot of info to digest here ,but worth a try.

Posted On 03/09/2024

FrereJacque

What is role of sunlight, particularly the nearinfrared in all this?

Posted On 03/09/2024

Pacone1

a lot to digest here, but worth a try

Posted On 03/09/2024

lhbowden

I have been devoted to Dr. Mercola for well over a decade. I support his passion and scientific expertise as well as his commitment to life long learning. I also appreciate the many knowledgeable comments about his new science around healthy eating provided on this forum. All said, my important question is, "Why are Dr. Mercola's books with the admitted flawed science, still for sale?" This is very troubling to me and makes me question his true motives. He doesn't get a pass on this because he means well.

Posted On 03/09/2024

Lynn_health

Everytime I eat more Carbs after intermittent fasting creates eye floaters, Why?

Posted On 03/09/2024

rox9252

I just don't understand how it is that I lose weight when I eat a high carb fast food diet and add in a lot of butter or coconut oil. Seems to contradict what Dr Mercola is saying about the 30% fat. I sometimes will have a full stick of butter a day when I need to drop a few pounds.

Posted On 03/09/2024

Hea8996

I'm happy to read this. I have noticed that it's good to do a keto thing for a few days, just to normalize inappropriate hunger signals. But after that, resuming good eating and exercise habits is the way to go.

Posted On 03/09/2024

sunshine11

Ditto WWalkerWare. Without healthy food choices, the nuances of individual chemistry and possible mitigations is a moot subject. Even as it is, we are constantly challenged to source good, clean, unadulterated or compromised nutrients. If Amos Miller loses, we all lose - massively. He's likely a test-run to see what the public will tolerate...as are so many other test-runs currently in play. We MUST respect ourselves enough to STAND up against these tyrannies. If each of us contribute what we can to his legal fund and if people like Dr. Mercola and others with influence magnify this story, it could be a people's victory which would send a powerful message to back the Hell off. Remember: Food is Fundamental - Without Health, we got nothing.

Posted On 03/09/2024

Smudge2

Finally this is coming to public attention. The guys at Mastering Diabetes have been on this a long time. It's not the carbs, it's the fats that cause diabetes. Thanks, Doc, this needs to get out and be repeated often. MD's are killing people and they seem to have no time to research. I sent the Randal Cycle to my APRN primary a few months ago, not a word back.

Posted On 03/09/2024

Segstar

Knock knock Brian you're there..I just responded to your post and it's gone... Looks like a derailment lol

Posted On 03/09/2024

I read that the liver floods the body with sugar in the morning to get it moving and that eating sugar and carbs on top of that was not a good idea.

Posted On 03/09/2024

Naplam

That's the glucagon cycle. You're basically in a state of fasting when you sleep, especially if you eat dinner before 5pm and you wake up after 5am. Your pancreas releases glucagon that takes stored triglycerides out of your fat cells and your liver converts it to glycogen:

teachmephysiology.com/gastrointestinal-system/liver/lipid-metabolism-i.. . That sudden burst of energy you referenced is part of that glucagon release. People with insulin resistance often don't experience this. If this didn't happen, people would just go into a coma from not eating for too long. Depending on their body composition, people can go as long as 3+ weeks without food as long as they have plenty of water to drink.

Your body will simply consume itself to maintain safe blood sugar, triglycerides, and cholesterol levels. The more muscle and fat you have the longer you can go without food. We all like to be thin, but it isn't always the optimal body composition in a survival situation. People with severe metabolic disorders suffer more during times of famine because they can't release fat from their fat reserves. Elevated insulin levels prevent glucagon from being excreted by the pancreas.

Their fasting insulin levels must come down before glucagon is released so they can burn their fat stores. Most people suffering from this condition will get sick within 3 days of not eating and will start throwing up. It's a major problem in the USA. I would estimate that 90% of US citizens couldn't do a 3-day fast. Those 3 days must include activities! Sitting for 3 days does not count! Everyone should try a 3 day fast, and if you get sick, you may have a metabolic disorder. It was nothing for our ancestors to go 3 days without food.

Posted On 03/09/2024

Anicopia

Cortisol levels cycle with the circadian rhythm and naturally rise in the morning. Cortisol stimulates glucose production by the liver. Morning blood sugars are not from what we ate the night before, but from what the liver releases.

Posted On 03/09/2024

gdu1346

thank you, dr. mercola. i have been following my body's guidance as to food intake following my resetting my gut biome following ann boroch's candida cleanse in 2016. since then by naturally following a muscle testing protocol my body has gradually moved to almost exactly what you describe here. so, your posting this is actually confirmation of my body's innate wisdom. and following this discussion i did some muscle testing, what i've called the 'psyche-somatic resonance awareness process' (ps-rap) and confirmed your argument, here. and for me, for now, still more fat than you are recommending.

our bodies have guided me and my partner away from boroch's and your own earlier protocols. i've seen a huge increase in muscle mass, strength and flexibility in the last few months. and my energy worker says i've lost 25 or more years from my physical age. (hair is growing back too!) i've also mostly been on a pretty long intermittent fasting protocol that has been 'reduced' with a significant increase in honey within an hour or two of waking. very very interesting! thank you.

Posted On 03/09/2024

galegalek

I have found a company called layer origins. Where I am not even close to being in your league for explaining I have been using their pure HMO Prebiotic powder in my smoothies to increase the bifido bacterium and hence Akkermansia. I am 67 and if I take the HMO in the morning you cannot believe the amount of energy I have I still do my 3 miles a day walk everyday but when I miss the HMO I don't have much energy left after the walk.. Donna Swank cultured food life has a lot of really good recipes to increase acromancia also

Posted On 03/09/2024

seastars

Yes, Donna Schenk's culturedfoodlife.com has recipes for several fermented milks. I make 3 of them - the Yogurt + (bifido b.), L Reuteri and kefir. Hard for me to accept having to use UHT or vat pasteurized milk for the L Reuteri. Using raw milk works for kefir and her Yogurt +. I am most successful using half n half for the L Reuteri, but concerned about all that fat. I wonder what Mercola would say. Also, I would like to know his protein foods in a day and how he has room for any after 425 mg of carbs in a day. Sources I read say we should have about 1g. protein per pound of body weight. Thats alot for me.

Posted On 03/09/2024

smv0902

I've always respected Mercola and his open-mindedness, but I know realize he's a hypocrite. I saw a ton of comments early this morning that were very critical and went against Mercola's opinion and now the majority of them are deleted. I am disappointed in this guy. This is not a platform where you can freely discuss anything if it means it goes against what the owner thinks. How typical!

Posted On 03/09/2024

iscorn

Not sure if my previous post re. niacinamide dosing made it to the 'Comments' dept.... But in short does anyone know how to dissolve 100% niacinamide powder to administer in 'dropper' dosage to give 50mcg per dose? Apparently 1/64th of teaspoon = 50mcg.. but it's beyond me or the accuracy of my scales to get that anything like accurate.

Posted On 03/09/2024

dod8564

I intuitively took this approach on my own about a year ago Dr. learning from my own mistakes in the past that by following any Dr or Guru outside of myself was not helpful for my body but I had to listen to my own body. Although I sincerely love your work, and that is why I pay to be a part of your site. And I really appreciate your openness to share this revelation. I naturally would crave some type of fresh, in-season organic fruit, which is also how I add in carbs. My fasting insulin is fantastic, and all of my numbers have improved.

Not to mention, my inflammation levels are extremely low, as far as testing C Reactive and Galectin levels and checking other markers. When one has enough level of self-discipline, it is wise to use intuition to know the next steps for lifestyle shifts. This approach does not work for people addicted to foods we all know that are bad, like processed junk (which will just feed infections), but those honest with themselves and living a powerful life, likely those reading this.

Posted On 03/09/2024

Pacone1

Wow, my head is spinning after reading this article , I think I would have to study it for over a month to implement all aspects of or even most aspects of it.

Posted On 03/09/2024

Pacone1

Wow, my head is spinning after reading this article , I think I would have to study this1 article for about a month to implement all of it.

Posted On 03/09/2024

sushas

So basically, We've done full circle back to where generations have shown us where we've come from
Trust tradition, I guess.. is the lesson..

Posted On 03/09/2024
