

Guillermou

A meal of refined, devitalized carbohydrates and sugars with a high glycemic index are quickly converted to glucose in the blood. This overload can cause a reaction called glycation, in which excess sugar molecules adhere to the collagen fibers of the skin, bones, joints, etc., and lose their strength and flexibility. Advanced glycation end products (AGEs) are non-enzymatic interactions between reducing sugars and amino groups in proteins, lipids and nucleic acids. In numerous diseases, such as diabetes, neuropathy, atherosclerosis, aging, nephropathy, retinopathy and chronic kidney disease, the accumulation of AGEs has been proposed as a pathogenic mechanism of inflammation, oxidative stress and structural tissue damage leading to chronic vascular problems.

Current studies on AGE inhibition mainly focused on food processing. Free fructose, in particular, is very pro-inflammatory, promoting AGEs and accelerating the aging process. It also promotes the type of dangerous growth of fat cells around vital organs that are the hallmark of diabetes and heart disease. Degenerative diseases are affected in one way or another by glycation reactions. These reactions cause significant damage to the body, including atherosclerosis, cataract formation, neurological damage, diabetes, wrinkled and sagging skin. Some studies link green tea with reducing glycation, and carnosine-based supplements have also proven effective in this regard.

Posted On 03/28/2024

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Evidence demonstrated that carnosine supplementation had a beneficial impact on preventing sarcopenia, fatty liver disease, preserving cognitive abilities, and improving neurodegenerative disorders and possesses anticancer actions of carnosine. Carnosine (1) inhibits the proliferation of breast, ovarian, colon and leukemia cancer cells; (2) positively regulates the expression of proinflammatory molecules; (3) modulates cytokine secretion and (4) restores normal cellular homeostasis. Other evidence reports that oral carnosine may be helpful for cataracts, Alzheimer's disease and other forms of dementia, diseases of the digestive tract, and heart disease.

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Posted On 03/28/2024

juststeve

Gui, the civilized habit of condensing compounds down to one extreme concentrated product to produce a commodity removes the complex interactions of a whole and complete product. Just one of those is sugar. Left in its complete form it is time released, hard to overeat, and the glucose is absorbed over a longer period of time. The condensed sugars are very much like Cocaine, Crack causing cravings for more, and creating havoc to the health of people.

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Yes Just. Also. Ranging between 80 to 98% gel water by volume, plants are nature's perfect biological packaging of nutrients and hydration. The next time you eat a fruit or a vegetable, it is a form of water. Water rich foods are nutrient rich, packed with antioxidants, proteins with their amino acids, and vitamins. They also carry minerals like calcium, magnesium, potassium, and sodium, which when activated by the electrical charge in water are then known as electrolytes that we need for energy.. We need this fuel not only for biological nutrition but also for cognition, judgement, and mood. And get this, because of the fiber in plants, the water stays in our system longer because we absorb it more slowly. It's a triple play of hydrating health: pure nature's water, absorbent fiber, and not only needed nutrients but electrolytes! Top 12 Hydrating Fruits (% H3O2) and Top 12 Hydrating Veggies (% H3O2) hydrationfoundation.org/guide-on-how-to-be-hydrated-eat-natures-water/

Posted On 03/28/2024

iggy_e

In Dr. Cate Shanahan's book, Deep Nutrition (2008, 2016), she spends an entire chapter on bad nutrition & physical beauty, called "Dynamic Symmetry - The Beauty-Health Connection". It's a fascinating read. She talks about Marquardt's Mask, invented by maxillofacial surgeon Dr. Stephen Marquardt, which is a visual detail of the face and its geometry, and I use it to view the effects of bad nutrition in other people (well, myself too), especially mug shots of folks in the local newspaper.

Posted On 03/28/2024

umfuli

What a magnificent way to convince people to eat a proper diet. I once and only once had an "American Breakfast". Never again!

Posted On 03/28/2024

Almond

I read somewhere that about 90% of cancer patients are unable to process complex proteins such as meat. That means they need to combine amino acids which are the building blocks of protein. If the body cannot metabolize complex substance, provide the components which are close to being "pre-digested", but still only lightly-cooked to preserve the essential enzymes. It is not only the weight gain from highly-processed foods that makes a person unattractive. In addition to being nutrient-poor, many of these foods contain exotoxins that disrupt cognition.

Also, many unnatural substances that the body cannot use. In this case, there are 2 ways the biome deals with non-nutrient substances. If fortunate, some people have a metabolism that excretes them. In other people, they get stored in fat. When these are tightly-bound and not released, they can disrupt metabolic pathways and lead to many medical conditions. The problem in developed countries is not starvation due to lack of food, but starvation due to empty calories. My doctor tells me that he quickly judges the overall health of the individual at the initial appointment by the appearance of their skin.

If a person has firm, toned, glowing and some color in their skin, it has been his experience that they are generally healthy. Not pale, sagging, lifeless skin. The excretories are the organs of elimination. The main routes of excretion for toxins are the kidney/urine, colon/feces and lungs/breath. When these are overloaded by toxins being excreted via the bloodstream, the final avenue of elimination is thru the skin. This may be reflected in rashes, acne or foul bodily odors. -continued-

Posted On 03/28/2024

Almond

-continued- A physiology professor at the University of Arkansas stated, "Health is not only determined by what enters the body, but by what the kidney decides to keep." The kidney plays an important role in filtering what enters the body and plays a significant role in regulating many metabolic processes, inc., hormones. However, no system in the body operates in isolation from all the others. If one organ is failing, the others try to take over and must work harder to compensate.

Posted On 03/28/2024

R.Dey.Muscle

Apologies for overlooking some crucial details in my previous post. Let's delve deeper into the realm of carbohydrates and their impact on achieving a muscular and attractive physique. When considering carb choices, focus on diverse types like whole grains, fruits, vegetables, and legumes. These sources offer essential nutrients and fiber crucial for sustainable energy levels and muscle development. Optimal carb intake for muscle gain and attractiveness varies but typically falls within the range of 45-65% of total daily calories. Avoid excessive refined sugars and processed carbs to support a lean physique.

For an ideal macro ratio, aim for a balanced distribution, such as 40% carbs, 30% protein, and 30% fat. To further enhance your attractiveness, consider timing your carb intake around workouts for energy and recovery. For additional insights, refer to original sources like the article "www.getleanmuscle.net/how-much-protein-carbs-fat-to-build-muscle-your-.. ", a thoughtful approach to carb selection and consumption can truly transform your physique and boost your confidence levels. Regards; R. Dey.

Posted On 03/30/2024

R.Dey.Muscle

Kudos on your thought-provoking blog post addressing the connection between refined carbs and attractiveness. Your insights are invaluable. As a fitness trainer, I would suggest incorporating a balanced macro ratio for optimum muscle gain and attractiveness. Emphasize complex carbs for sustained energy and muscle growth while limiting refined sugars. Diversify carb sources with fruits, legumes, and whole grains to enhance overall health. Specific tips on carb selection, timing, and portion sizes can amplify results significantly. Many thanks for your detailed exploration of this topic—I eagerly anticipate more enriching content from you in the future! Regards. R. Dey, getleanmuscle.net

Posted On 03/30/2024
