

Guillermou

Spermidine is a natural biomolecule that has a broad spectrum of health-enhancing effects, including notable anti-inflammatory effects. It is also a powerful antioxidant and reportedly improves respiratory function. Spermidine has a positive charge at physiological pH that allows its interaction with oppositely charged DNA and RNA. Dietary intake of spermidine reduces the risk of neurodegeneration, metabolic diseases, heart disease and cancer. Additionally, spermidine-induced autophagy slows the rate of cognitive decline due to its ability to remove amyloid beta plaques in the brain. Spermidine supplementation also improves mitochondrial metabolism and translational activity.

The anti-cancer properties of spermidine are of particular interest as it is known to reduce cancer-related mortality in humans. Spermidine specifically interferes with the tumor cell cycle, resulting in inhibition of tumor cell proliferation and suppression of tumor growth. Furthermore, it also triggers autophagy by regulating key oncological pathways. Increased intake of polyamines, such as spermidine, can suppress oncogenesis and slow tumor growth due to its role in anticancer immunosurveillance and regulation of polyamine metabolism. www.frontiersin.org/.../full (2023)

Posted On 02/06/2024

Guillermou

Spermidine (SPD) decreases with age, and SPD supplementation has been shown to improve or delay several age-related pathologies, including those of the immune system. Among the proposed mechanisms responsible for immune system rejuvenation by SPD are enhanced autophagy, translational activity, and mitochondrial metabolism. SPD enhances fatty acid oxidation activity by directly binding and activating mitochondrial trifunctional protein. SPD supplementation enhances fatty acid oxidation activity and increases mitochondrial activities and cytotoxic functions of CD8+ T cells to prevent and improve outcomes of age-related immune pathologies including cancer.

www.science.org/.../science.abj3510 (2023).-----
----- THE TOP SPERMIDINE-RICH FOODS TO INCLUDE ON YOUR MENU
REGULARL www.supersmart.com/en/blog/anti-ageing/which-foods-have-the-highest-co.. .-----
purovitalis.com/foods-high-in-spermidine-the-complete-list .--- spermidinelife.us/.../foods-high-in-spermidine .----

Posted On 02/06/2024

rrealrose

Someone please remind me why WHEAT GERM is being touted in this article? The germ is where roundup residue will accumulate after late season spraying, yes?

Posted On 02/06/2024

bowgirl

Exactly. Wheat dried with Round up has some of the highest concentrations of the toxin.

Posted On 02/06/2024

Guillermou

Today, nearly 3 million people in the United States have celiac disease and another 18 million people have non-celiac gluten sensitivity. Of all the factors contributing to this epidemic, the most important is glyphosate. Since the late 1970s, the volume of glyphosate-based herbicides applied has increased approximately 100-fold in the United States. Glyphosate contamination can significantly contribute to --1). Acute and chronic kidney failure. --2) Pancreatitis. --- 3) adrenal insufficiency.-- 4).- Obesity.-- 5).- Digestive problems.--6) Antibiotic resistance.--7).- Cancer.

--8).- Endocrine disrupting effects, including infertility.- 9).- Neurodegenerative diseases.

www.donnieyance.com/glyphosate-not-gluten-is-the-true-villain (2019).----- THE TOP SPERMIDINE-RICH FOODS TO INCLUDE ON YOUR MENU REGULARL Select the right foods according to the recommendations of Dr. Mercola: www.supersmart.com/en/blog/anti-ageing/which-foods-have-the-highest-co.. .----- purovitalis.com/foods-high-in-spermidine-the-complete-list .--- spermidinelife.us/.../foods-high-in-spermidine .----

Posted On 02/06/2024

DebbyW

I think it was the researchers who put wheat germ in the list of food. But also, this article reaches around the world--other places that know not to use Roundup/glyphosate on food.

Posted On 02/06/2024

ghfinn

Good point, none tout ORGANIC, best I could find was NATURAL which is blind siding. ORGANIC does exist as my wheat grass juice powder is organically sourced.

Posted On 02/06/2024

grulla

Hi "rrrosie", yes, wheatgerm, aka wheat berries or whole wheat groats; as with any other whole groat grains, should always be bought and consumed ORGANIC! thehippiefarmer.com/blogs/homestead-recipes/basic-groat-or-whole-grain.. ~~~ draxe.com/.../wheat-germ

Posted On 02/07/2024
