

RobertSniadach

Ah yes, eat more fruits and vegetables. The First and Top Mantra of healthy eating. So much obsessive emphasis put on other food types and their often dubious justifications... when the dominant emphasis for 80+% of your diet is best put on high-quality F&V. And the more raw food the better. All the science about all the intricate interactions of these fascinating terpenoid molecules, and all their impact on health and disease is interesting... but frankly it is mostly superfluous. The scientists and clinicians can have fun with it all they want, but you & I can simply stick with eating foods that humans are adapted to eat (mostly F&V), and then get on with everything else in life. All this dietary business is really not complicated. Indeed, it is mostly faddish hype. Get your F&V priorities in order, sprinkle in a few other food items from time to time, and you are good to go.

Posted On 08/28/2017

iamblessediam

Yo Roberto...two words...ca-ching, ka-ching...or it could be "cash register" too;-)))! I better quite while I'm ahead! Be well...by ignoring "boot the fruit" and all that - I know...I gotta contain my snark...but some of what you talk about - common sense stuff - some times gets lost in the journey through the weeds - "can't see the forest for the trees" stuff - just saying! LBP!

Posted On 08/28/2017

mirandola

Here a book about herbal constituents: herbalconstituents.com/herbal-constituents-book

Another book listing herbs by common name in alphabetical order, with lay-friendly use information, but very technically detailed listing of chemical constituents, and double blind tests et al (a good book to show doctors!) www.amazon.com/Potters-Herbal-Cyclopaedia-Interested-Traditional/dp/08..

Posted On 08/28/2017

forbiddenhealing

Terpenoids/polyphenols are diverse carbon ring structures jack full of electrons...carefully stored by plants for their own protection against oxidative insults...works in us similarly and in various situations to halt oxidative damage/inflammation.

Posted On 08/28/2017

RobertSniadach

Hey FH - I think I am going to call you ElectronMan from now on... ;-) Maybe you can build yourself a waterfall inside your house and breathe in all those free extra electrons all day. The sound would make for good sleeping, too.

Posted On 08/28/2017

forbiddenhealing

Hi Robert...Or maybe redox guy...works both ways..balance.

Posted On 08/28/2017

iamblessediam

Captain ElectronMan - I like that Roberto...superhero stuff - what a marvel;-)))! LBP!

Posted On 08/28/2017

iamblessediam

The terpinoids that fascinate me are those found in "adaptogenic herbs" because they help modulate the "stress response" right down to the microRNA level - interesting short read: [alternativa-zas.com/.../adaptogens]. Be well! LBP!

333mary

Please know I so appreciate every post. Unfortunately my computer is so slow and no one seems to be able to correct the problem. Meaning : takes forever to thank each individually. So I would like to take this opportunity to thank each and everyone of you for your posts. Everyday, every article. You all are greatly appreciated. Thank you to all-- to your good health! mary

Posted On 08/28/2017

mar6915

To your good health also mary. My pc crashed, then a new hard drive, not really helping as there is only 1990 style dial up internet service where I live. Sometimes the comments don't load to get back on or even get to the comments. Then sometimes replies double load or don't load. Keep on reading. I enjoy reading his articles and hope to get to some of the links on this one that people left, as time allows, as I am most interested. I also thank you all, ~ one of the mar's

Posted On 08/30/2017

Guillermou

Medicinal plants are rich sources of secondary metabolites that are commonly used to treat and preventing various diseases. Among the different secondary metabolites, terpenoids play an important role. as signaling compounds and growth regulators in plants. Apart from these, terpenoids also have medicinal properties that are effectively used in the treatment of common central nervous system disorders such as anti-Parkinson's disease, anti-Alzheimer's disease, antimalarial, antiulcer, hepaticidal, etc. Terpenoids were also known for their potential role in improving intelligence, improving memory and exercising antidepressant and anxiolytic effects.

The availability of medicinal plants in nature is an indication to combat various diseases since synthetic drugs have serious side effects that negatively affect the outcome of treatment in disorders of the Central Nervous System. Terpenes and terpenoids are geroprotective, including primary criteria (lifespan-prolonging effects in model organisms, improvement of aging biomarkers, low toxicity, improvement of quality of life, prevention of age-related diseases, increased resistance to stress). In the second link description and analysis of Terpenoids and summary in table 1 of the geroprotective potential of some terpenes and terpenoids.

Posted On 06/11/2024

Guillermou

Carotenoids are the most popular class of tetraterpenoids and comprise -carotene, -carotene, -cryptoxanthin, lycopene, lutein, and zeaxanthin. Of them, lycopene has the most potent antioxidant capacity, twice that of the next potent: -caroten. Lycopene has been investigated for its health benefits in the treatment of various chronic human diseases, such as neurological disorders, cancer, cardiovascular diseases, osteoporosis and diabetes. These reviews dietary lycopene to reduce the risk and complications associated with several chronic diseases such as cardiovascular diseases (CVD), obesity, type 2 diabetes, cancer, and neurodegenerative disorders.

These chronic diseases are mainly associated with chronic low-grade and systemic inflammation induced by oxidative stress. phytopharmajournal.com/.../Vol12_Issue2_07.pdf (2023).- www.mdpi.com/.../529 (2020).-- www.mdpi.com/.../htm (2021).-- www.sciencedirect.com/science/article/abs/pii/S1043661819323424 (2020).--- www.mdpi.com/.../5152 (2022).-- ffhdj.com/.../975 (2022).--- www.sciencedirect.com/.../S0753332223002160 (2023).-- www.sciencedirect.com/science/article/abs/pii/B9780443237638000452 (2024).--

Posted On 06/11/2024

kur1567

One of the 1st recommendations I uncovered in early 2020 was the healing extract of turpenoids derived from pine needles in a tea for Covid & any cold or flu: 1st scientifically discovered to cure River Blindness by German Medical Scientist Paul Ehrlich in 1902...! I relearned how 1st peoples used esp "White Pine needlle tea" for its health giving property's then researched the Chinese used similar Star Anise = both easily procured and used so shared that online as one defense against Covid by steeping White Pine needles in your morning te or coffee a plus for the vitamin C...! Never came down with Covid, tho never get sick anyhow...lol

Posted On 06/11/2024

sus9980

I have read that capers are high in quercetin and are really good for you. We have, in Florida, a native caper relative called Jamaican caper (*Capparis cynophallophora*). It looks exactly like the bud of the Mediterranean caper. I have asked so many people whether we can pickle these caper buds. No one can give an answer and even U. Of Florida says that that plant is not edible. I've also read that it is edible and is pickled in Jamaican cuisine. What can you tell us about this? This plant is abundant and easily grown in the Southeastern part of Florida. It has showy, fragrant flowers , attracts birds, bees and other insects, cardinals nest in it and feed their young with a tiny moth larvae that coincides with their nesting season. If we can use this plant for capers, that would be wonderful!

Posted On 06/13/2024

gwhite48

Don't forget the diterpenes cafestol and kahweol in coffee. Re black seed, get yourself a German/Czech style poppyseed grinder, mlynarcik na mak. Thanks for the neem lead.

Posted On 06/12/2024

RonaldHL

I wonder if thousands of years of learning experience among nature has enabled the Indian medicine men to learn healthful living with the abundance that nature provides as we sure have an onslaught of new diseases in modern society. Contrast that with our system of multi-billion dollar pharmaceutical corporations necessarily producing man-made chemicals that have never existed in nature or isolating chemicals such that it can be patented and therefore make huge profits without corrections of health problems with their mantra of "manage the symptoms" to have lifelong customers with near religious beliefs that they are dependent upon a plethora of pharmaceuticals?

Posted On 06/11/2024

RonaldHL

Related to human history of understanding the benefits of nature before modern pharmaceuticals, one example that I use is Frankincense which I learned about here in comments on Mercola.com and it has been used by man for thousands of years which is a much longer record than the many pharmaceuticals with runs of use by millions before being taken off the market after harm is discovered. Has it helped me prevent disease? Is it preventative of prostate cancer? Who knows! In the realm of health, proof is often elusive. But, I have phenomenal health! With the plethora of variables, we can't know. Multi-billion dollar pharmaceutical companies often claim proof based upon their million dollar studies and grants which is an issue in itself.

All pharmaceuticals have risks and side effects. Of course nature does, too, but we often have the benefit of knowing thousands of years of track record. Reference copy and paste from a search: Boswellic acid Boswellic acid is the active ingredient in *Boswellia serrata*, and current research indicates that 3-O-Acetyl-11-keto-beta-boswellic acid (AKBA) is a boswellic acid with strong pharmacological activity. AKBA has powerful inhibitory effects on 5-lipoxygenase.

Posted On 06/11/2024

1renalls

I was pleasantly surprised that my daily meals and teas includes terpenes.

Posted On 06/11/2024

Guillermou

Chamomile tea is also successful in the treatment of chronic diseases such as diabetes mellitus since it is a rich source of terpenoids. *Matricaria recutita*, a member of the Asteraceae family, was formerly known as *Marticaria chamomilla*, *Chamomilla recutita* and *Chamomilum nobile*. The objective of this comprehensive analysis was to provide an overview of *Matricaria recuitta chamomile*, its chemical components, its traditional use and its nutraceutical characteristics. Roman chamomile *Chamaemelum nobile* and German chamomile *Marticaria recutita* are two of the best-known varieties of chamomile.

Chamomile is metabolized into terpenoids and flavonoids. Chamomile is abundant in various bioactive substances, antioxidants and phytochemicals; It also has a wide range of pharmacological and conventional properties. Analgesic, antiviral, anti-inflammatory, antiseptic, antidiabetic, antiproliferative, antibacterial and many more conditions are treated with chamomile leaves, flowers and stems. The use of chamomile in the treatment of chronic diseases such as diabetes mellitus appears to be successful as it is a rich source of terpenoids and phenolic chemicals.

Each essential oil works a little differently since they have different active components. For example, citronella oil, which is derived from *Cymbopogon nardus*, is primarily used as a mosquito repellent. Jasmine oil, which is derived from *Jasminum officinale*, can be used as an antidepressant and antibacterial. Geranium oil, which is derived from *Pelargonium graveolens*, can decrease inflammation, heal acne, and relieve anxiety. link.springer.com/.../978-3-031-35403-8_39 (2023).--

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