

## Guillermou

Researcher Hamish Foster and his team, from the University of Glasgow, demonstrated that seeing and enjoying the company of our environment, in a qualitative way, could influence our longevity. Life expectancy depends on numerous factors: genetics, lifestyle habits, environment... are just some of them. In the world, there are even spaces known as 'blue zones', where the world's oldest people live. But what impact factors are within our reach? The company is key The study, published last November, is based on the analysis of the lives and behaviors of more than 450,000 people, between 38 and 73 years old, who live in the United Kingdom.

From 2006 to 2010, participants tracked their physical health by answering a questionnaire. This included questions about the frequency of their social gatherings, whether they felt lonely, whether they had the chance to talk to a loved one, or whether they regularly attended family gatherings. The research team then analyzed how many participants had died in 2021. In total, 33,135. The results made it clear that people who never receive visits from family or friends run a higher risk (39%) of dying compared to people who receive daily visits from their environment. Likewise, people who live with someone are at higher risk (25%) if they never receive visits from those around them, even if they participate in social activities on a weekly basis.

"We also tried to take into account many other factors that could explain the findings, such as people's age, their gender, their socioeconomic status, whether they were smokers, and more. Even after removing those factors from the equation, it was still shown that these social connections were important with respect to the risk of death," explains the researcher. More than the frequency of visits, it is their quality that prevails and seems to have a real impact on life.

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According to another study conducted by researchers at Wayne State University (USA) and published in the journal Psychological Science Online First, those people who smile more often live between 4 and 5 years longer than those who do not do so as much. "Studies say that by smiling and laughing we release dopamine, endorphin, adrenaline, also known as 'happiness hormones'. And at the same time we reduce 'stress' hormones such as cortisol. In fact, there are Laughter Therapy workshops that They help release tension. It is also known that the Chinese Taoists believed in the power of smiling to heal the soul and provide longevity. A smile is not just a facial expression; is a reflection of oral health and can have a profound effect on a person's general well-being," highlights Dr. Eugenia Cervantes, from the Eugenia Cervantes Clinic in Madrid. [eprints.gla.ac.uk/305644](https://eprints.gla.ac.uk/305644) (11/2023(  
[www.elespanol.com/vivir/20231116/secreto-mejor-guardado-longevidad/810..](http://www.elespanol.com/vivir/20231116/secreto-mejor-guardado-longevidad/810..)

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## juststeve

Gui it pretty much stands to reason if one is healthy than longevity is sure to follow. One major foundation just highlighted by the c-19 planned panic is suggesting we have a need to actually be together physically in positive healthy ways. The High-Tech Crowd has thrown out one product after another increasing isolation. If there is interaction it is the inferior Alone Together keeping actual activities shared and experienced together a forgotten activity. Schools, businesses, too many things where a social aspect is important pushed into Zoom Time. Another concern the twisted dream of the Transhumanist Technocracy is to become a mind downloaded into chips, a fantasyland Metaverse. A brain in a jar, lost in space. Sounds more like Hell to me than Heaven.

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Okay Just, let's also consider that there are Longevity Blue Zones (LBZ), regions around the world, such as Okinawa, Japan; the Nicoya Peninsula, Costa Rica; Loma Linda, California; Ikaria, Greece; and Ogliastra, Sardinia, which are characterized by a significant percentage of residents living exceptionally long lives, often avoiding age-related disability to a significantly greater degree than in the Western lifestyle. There are common factors in the five LBZ and other centenary places. taking into account environmental, nutritional and lifestyle factors.

They share several common factors, including a mountainous altitude, a mild year-round climate, traditional professions such as agriculture and livestock, and a healthy diet. In addition, strong intergenerational family relationships, religious devotion, and the desire to maintain social relationships within the community also prevail. The blue zones know a lot about how to age healthily. Studies report that fermentation metabolites present in many of the fermented foods (e.g., SCFAs), as well as phytochemicals, enhance the expression of immune agents such as cytokines and immunoglobulins, therefore aiding in health and longevity.

The production of antihypertensive peptides through proteolytic action during fermentation is reported to delay aging by modulating the microflora in the intestine, thereby improving the immune response. This report looks at various fermented foods and their impact on health and longevity. [link.springer.com/.../978-3-030-83017-5\\_9](https://link.springer.com/.../978-3-030-83017-5_9) (2021) [www.mdpi.com/.../729](https://www.mdpi.com/.../729) (2024).--

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## ldg9170

Who has fresh air and sunshine outside? I'll move there. All we have are manufactured clouds and the toxins used to make them. Silverish, grayish, brownish skies. That's it.

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## **kwik54**

Sadly- Chemtrails R US!

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## **Almond**

I hope a lot of people see this!!! Watch it and pass it on thru your mailing lists!!! A CIA contractor admits to dirty tricks by the FBI and CIA to suppress civil rights and use propaganda to lie to Americans. If Congress gets involved, or this case goes to court, this will defang the FBI, CIA, and hundreds of "cut outs." You can read the whole article or watch the two videos... [www.thegatewaypundit.com/2024/04/update-alex-jones-sue-fbi-cia-after-u..](http://www.thegatewaypundit.com/2024/04/update-alex-jones-sue-fbi-cia-after-u..)

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## **Kneecaps**

He may be correct about early morning workouts. I had an early morning job (like milk delivery) but one time I heard the gladiators trained in the morning so I, somehow, got the urge to do my full weight-lifting workout before I went to work. It was hard as I was sleepy and worried about missing my deadlines to deliver and I had NO time to stick breakfast in between. So there I was while everybody was sleeping doing my workout in my basement with the yellow incandescent bulb on and I went through it as fast as I could then left for work in a rush. BOOM, at my work I could not believe the incredible energy I had. I was literally bouncing and hopping all over the place. But I did it only one time as the work and worry was hard (scheduled delivery time limit) and I never found the raison d'etre to try it again but to this day I never forgot the incredible EXPLOSION of energy I had. It's really hard to do a workout early in the morning after getting up and not eating breakfast.

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## barnatt123

On the topic of LA - I had an unfortunate reality check today and thought Dr Mercola and his readers would want to know about it. Turns out Perdue is legally misleading customers about the ingredients they use. I thought I had found organic gluten free chicken tenders with no nasty oils - but my gut told me to double check. I found this Q&A on the Perdue website: "Q: Are these still fried in soybean oil? Why isn't that listed? I have a soy intolerance and I thought these were safe for me. A: The oil in this product is used for frying, not as an ingredient in the formulation and is an Organic Soybean Oil. It is considered an incidental additive (processing aid) by both the USDA-FSIS Labeling group, our Organic Certifier and, by regulation, is not required to be labeled.

In this case there are 2 levels of compliance both the USDA and the Organic certifier. It is optional from both to include a statement such as "set in oil" (or a version of that). Some do, we do not. The Nutrition Facts Panel is inclusive of all nutritional factors, so inclusive of any oil that may be picked up in the short fry step that is used to set the color and breading to the meat. The final cook is through a continuous oven (no additional oil)." MIND BLOWN! They don't need to tell you they fried it in soybean oil. Nothing to see here! Lesson learned - make it from scratch at home like Dr M says.

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## chicken6

Thanks Dr Mecola for all your dietary help. I am cutting down on the peanut butter and taking a good form of vitamin E! Loved your talk with Brad Marshall - although scientific you both did a good job of making sense for a layperson. I am a veggie there is no way I would be able to afford organic meat in I grow a lot of my own vegg organic and have freeranging chickens on organic food. France I take some collagen powder - should I also have glycine and gelatin as a suppliment? Perhaps someone else can answer if you are too busy. I am hoping that these scares re birds will just go away!!!! What are they cooking up in those labs? Thank you.

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