

Guillermou

Carnitine is produced endogenously from two essential amino acids, methionine and lysine, when it is not received from the diet in the brain, liver and kidneys. Carbohydrate metabolism is influenced by carnitine. Carnitine regulatory abnormalities have been attributed to diabetic complications, trauma, obesity, cardiomyopathy, fasting, endocrine imbalances. In these reviews carnitine has shown potential for the treatment of a number of neurological diseases, including Alzheimer's disease, Parkinson's disease, liver and kidney diseases, diabetes, obesity, sexual function and fertility, depression, anticancer, the disorder autism spectrum and other painful neuropathies.

In dry eyes, topical treatment provides osmoprotection while modulating immune and proinflammatory responses. Carnitine is recognized as a dietary supplement in the treatment of cardiovascular diseases and may be effective in the treatment of obesity, reducing glucose intolerance. and increase total energy expenditure. L-carnitine is an important factor in the metabolism of long-chain fatty acids to produce energy. It exhibits a wide range of biological activities including anti-inflammatory, anti-apoptotic, neuroprotective and gastroprotective properties.

L-carnitine prevents oxidative stress and regulates nitric oxide, cellular respiration and the activity of enzymes included in the defense against oxidative damage. Furthermore, these effects are attributed to its antioxidant and free radical scavenger activity. It also acts on DNA and cell membranes, protecting them against destruction induced by oxygen free radicals. L-Carnitine is widely recognized as one of the most effective techniques for increasing endurance, losing fat and reducing post-workout recovery time, all of which helps maintain a healthy body weight.

Posted On 03/07/2024

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L-carnitine contributes to the optimal state of the immune system by stimulating the formation of defenses and blocking the appearance of diseases. It also acts as an antioxidant, preventing the destruction of cells and tissues by free radicals. L-carnitine accumulates mainly in muscle, heart and lung tissue. In addition to anti-inflammatory benefits, L-carnitine supplementation results in several improvements in health outcomes, which may influence susceptibility to viral infection. Since the beneficial effects of this drug have been demonstrated in relieving fatigue caused by diseases such as cancer, MS, etc., it can also be considered as a potential option to relieve fatigue and severity caused by COVID-19.

www.sciencedirect.com/.../S1319562X22004715 (2023).-- europepmc.org/.../pmc9827390 (2023).-- www.sciencedirect.com/.../S2666970622000725 (2023).-- pubs.aip.org/aip/acp/article-abstract/2591/1/030061/2880125/L-carnitin.. (2023).-- www.frontiersin.org/.../full (2021).---- www.nature.com/.../d42473-021-00294-1 (2021).---- www.mdpi.com/.../htm (2022).---- www.sciencedirect.com/.../S2049080121010955 (2022).--- www.mdpi.com/.../2587 (2023).-- www.hindawi.com/.../2493053 (2022).--- www.mdpi.com/.../5796 (2023).-- journals.ekb.eg/article_331902_0.html (2023).---- medic.upm.edu.my/upload/dokumen/2023032216012336_MJMHS_0775.pdf (2023).---

Posted On 03/07/2024

kev8395

@RJC2001 "Acetyl-L-carnitine (ALCAR) is more easily absorbed in your gut than L-carnitine, and also crosses the blood-brain barrier.⁵ ALCAR has many beneficial effects on brain metabolism, protects against neurotoxic insults and has been shown to benefit certain forms of depression." From the above article.

Posted On 03/07/2024

cedricpermaculture

Thanks, Gui , for your fountain of information. I will add that lysine is easily destroyed by heat producing potentially harmful lysinalanine. Lysine is important for fighting Herpes, viruses ,immunity , histone modifications, antibodies production, collagen synthesis, , calcium absorption and lead removing. Neurological diseases like AD, trigeminal neuralgia, autism can be low lysine/Herpes infection. Inosine can help. Methionine synthesis can be disturbed by glyphosate, partially protects liver, but can be toxic as a metabolite of methylmalonate pathway, increase iron absorption, shortens lifespan .

Linus pauling/Dr Rathproved mportance of lysinin cancer and heart disease.

en.wikipedia.org/.../Methylmalonyl-CoA_mutase " MCM catalyzes the reversible isomerisation of ImethylmalonylCoA to succinylCoA, requiring cobalamin (vitamin B12) in the form of adenosylcobalamin (AdoCbl) as a cofactor. As an important step in propionate catabolism, this reaction is required for the degradation of odd-chain fatty acids, the amino acids valine, isoleucine, methionine, and threonine, and cholesterol,[9] funneling metabolites from the breakdown of these amino acids into the tricarboxylic acid cycle.[10]" Important figure of malonate, methylmalonate and methylcitrate toxicity: www.jbc.org/cms/attachment/b42c79b7-455f-4908-89a3-2699bcd832a/gr4.jp.. from article www.jbc.org/.../S0021-9258 (19)60847-1/fulltext Methylcitrate feeds tuberculosis pubmed.ncbi.nlm.nih.gov/16689789 Lysine/tranexamic acid en.wikipedia.org/.../Tranexamic_acid "Tranexamic acid is a synthetic analog of the amino acid lysine." Carnitine biosynthesis requires ascorbate/B6/NAD (FAD) and zinc/Fe.

en.wikipedia.org/.../Carnitine_biosynthesis

Posted On 03/07/2024

bpm4539

All good info here except the Wikipedia links @cedricpermaculture. Awakened people shouldn't be promoting links to propaganda platforms like Wikipedia etc

Posted On 03/07/2024

cedricpermaculture

cont. " Figure 4 Synergistic inhibition of mitochondrial complex II and the TCA cycle by malonate, 2-methylcitrate, and methylmalonate, a unifying hypothesis of the neuropathogenesis in methylmalonic aciduria. MCA inhibits the TCA enzymes citrate synthase (1), aconitase (2), and isocitrate dehydrogenase (3), inducing a reduced flux through the TCA cycle. Furthermore, MCA inhibits the mitochondrial citrate transporter (11), secondarily affecting the fatty acid synthesis in the cytosol. MA inhibits the respiratory chain complex II (succinate dehydrogenase; II/6). MMA inhibits the trans-mitochondrial malate shuttle (9), facilitating the development of hypoglycemia. Furthermore, MMA affects the formation of oxaloacetate by inhibition of pyruvate carboxylase (10), enhancing the reduced flux through the TCA cycle and ketonemia.

Inhibited enzymes and transporters are shown in gray. (4) -Ketoglutarate dehydrogenase, (5) succinate thiokinase, (7) fumarase, (8) malate dehydrogenase, (I, III, IV, and V) respiratory chain complexes I, III, IV, and V. View Large Image Figure Viewer Download Hi-res image Download (PPT)" lysine /"covid" [web.archive.org/web/20200421174931/https://www.drugtargetreview.com/fo..](https://www.drugtargetreview.com/fo..) lysine /periodontitis dialnet.unirioja.es/.../articulo " Low Biofilm Lysine Content in Refractory Chronic Periodontitis" lysine/biofilms pubmed.ncbi.nlm.nih.gov/27623313 Lysine is second alkalizing aminoacid after arginine and before glutamine

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RJC and KEV. Also. If you are strictly looking for a supplement that promotes increased fat burning for your weight maintenance regimen, L-carnitine supplements may be the answer. However, if you are looking for broader results that include several features that improve brain health, acetyl L-carnitine may be a better option. Acetyl L-carnitine actually does everything that regular L-carnitine does, plus it can also cross the blood-brain barrier and support cognitive functioning, while regular L-carnitine does not. L-Carnitine is more focused on sports, athletes or people interested in weight loss, as its content helps the body convert fat into energy.

For its part, Acetyl-L-Carnitine is more indicated for the neurological aspect, since it helps improve memory, mood and the ability to concentrate. L-Carnitine is an amino acid directly linked to sports and diets. It is especially used by athletes and athletes as a health supplement. Technically we could say that this substance transfers fatty acids to the mitochondria, and this is responsible for the production of energy in the cell. It is important to know that when we talk about sport we are referring to moderate-intensity exercise. Acetyl L-Carnitine is a different version of the same amino acid as L-Carnitine, but it also has the ability to cross the blood-brain barrier, which helps improve brain function.

It is suggested for people with neurological disorders such as the elderly. Acetyl L-Carnitine targets the brain and supporting nerves, due to the fact that the cetyl group helps the molecule cross the blood-brain barrier more easily. www.swansonvitamins.com/blog/articles/whats-the-difference-between-lca.. martinswellness.com/blog/post/l-carnitine-or-acetyl-l-carnitine .--- prismanatural.es/acetil-l-carnitina-y-l-carnitina-diferencias .--- pubmed.ncbi.nlm.nih.gov/15591009 .---

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Gracias doctor cedricpermaculture. La acetil L- carnitina es una aliada de la funcin cerebral y transtornos neurodegenerativos. Su actividad est relacionada con la capacidad de mejora del metabolismo de las mitocondrias y de la neurotransmisin colinrgica (acetil colina) La acetil L- carnitina comparte con la L-carnitina la capacidad de transportar los cidos grasos de cadena larga hasta el interior de las mitocondrias y ademas puede "donar" su grupo acetil, el cual se utiliza en el ciclo de Krebs para la obtencin de la energia. Son numerosos los estudios clnicos que han demostrado que ingerir a diario acetil L-carnitina lleva a contrarrestar el deterioro de la funcin cerebral que se asocia con el Alzheimer y otras enfermedades cerebrales.

www.ingentaconnect.com/content/ben/cpd/2020/00000026/00000012/art00005 (2020)
stm.bookpi.org/.../2057 (2021) www.mdpi.com/.../htm (2022) www.mdpi.com/.../5796 (2023).--
journals.ekb.eg/article_331902_0.html (2023).----
medic.upm.edu.my/upload/dokumen/2023032216012336_MJMHS_0775.pdf (2023).---

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Several studies have demonstrated the efficiency of dietary carnitine supplements in treating cardiac ischemia (restriction of blood flow to the heart), as well as peripheral arterial disease (the main symptom of which is poor circulation in the legs, commonly known as intermittent claudication). Intermittent claudication is due to an inadequate supply of oxygenated blood to the legs, which in turn produces a buildup of acetyl-carnitine in the muscle. Patients with peripheral arterial disease who develop claudication experience great difficulty exercising and walking, even over short distances and slowly. Well, research has shown that carnitine improves the performance of skeletal muscle in the leg.

nyaspubs.onlinelibrary.wiley.com/doi/abs/10.1196/annals.1320.008 (2004) www.mdpi.com/.../htm (2020) www.cureus.com/articles/68208-effectiveness-of-propionyl-l-carnitine-s.. (2021)
www.sciencedirect.com/.../S1319562X22004715 (2023).-- europepmc.org/.../pmc9827390 (2023).--
www.sciencedirect.com/.../S2666970622000725 (2023).-- There is also clinical evidence of the effectiveness of acetyl-L-carnitine in the treatment of acute ischemic stroke:
www.hindawi.com/.../2493053 (2022)

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It is a proven fact that L-carnitine contributes to the optimal state of the immune system by stimulating the formation of defenses and blocking the appearance of diseases. It also acts as an antioxidant, preventing the destruction of cells and tissues by free radicals. L-carnitine accumulates mainly in muscle, heart and lung tissue. In addition to anti-inflammatory benefits, L-carnitine supplementation results in several improvements in health outcomes, which may influence susceptibility to viral infection. These health benefits include decreasing insulin resistance and oxidative stress and improving immune function.

A recent meta-analysis showed that L-carnitine has numerous cardioprotective properties, which may be mediated by improved mitochondrial function, elevated antioxidant status, and reduced oxidative stress. pubmed.ncbi.nlm.nih.gov/18083121 (2008)

www.sciencedirect.com/science/article/abs/pii/S0044848619300225 (2019)

www.frontiersin.org/.../full (2021) www.nature.com/.../d42473-021-00294-1 (2021)

www.sciencedirect.com/.../S1319562X22004715 (2023).-- europepmc.org/.../pmc9827390 (2023).--

www.sciencedirect.com/.../S2666970622000725 (2023).-- pubs.aip.org/aip/acp/article-abstract/2591/1/030061/2880125/L-carnitin.. (2023).--

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Insulin resistance is a determining factor in the development of type II diabetes and is related to an alteration in the oxidation of fatty acids in the muscle. This would lead us to wonder if mitochondrial dysfunction is the factor that causes the progression of this disease. Increased tissue fat storage has become a marker of insulin resistance. Results from clinical studies indicate that intravenous supplementation with L-carnitine improves insulin sensitivity in diabetic patients. L-carnitine reduces the symptoms of type II diabetes, as well as the risk factors associated with this pathology.

Another key reason why this substance can combat diabetes is by increasing an enzyme, known as AMPK, which improves the body's ability to use carbohydrates. Carnitine modifies the acyl-CoA/CoA ratio, which in turn regulates the activity of several mitochondrial enzymes involved in the tricarboxylic acid (TCA) cycle, fatty acid oxidation, the urea cycle and gluconeogenesis ⁷. It participates in the storage of energy in the form of acetyl carnitine and modulates the toxicity of partially metabolized acyl groups by facilitating their excretion in the form of carnitine ester. Additionally, L-carnitine has been shown to have anti-inflammatory and antioxidant properties and improve insulin sensitivity, protein nutrition, dyslipidemia, and membrane stability.

Due to its fundamental role in intermediary metabolism, it is not surprising that L-carnitine levels in plasma and tissues are maintained within a relatively narrow homeostatic range through transporter-mediated transport between plasma and tissue. www.cureus.com/articles/29978-l-carnitine-as-a-diet-supplement-in-pati.. (2020) www.researchgate.net/profile/Emrah-Yilmaz-9/publication/351366303_REGU.. (2021)

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In a randomized trial, we showed that 2 and 4 grams per day of oral L-carnitine are capable of reversing the symptoms of hyperthyroidism. Since hyperthyroidism depletes tissue stores of carnitine, there is a rationale for using L-carnitine at least in certain clinical settings. A very recent clinical observation demonstrated the usefulness of L-carnitine in the most severe form of hyperthyroidism: thyroid storm. pubmed.ncbi.nlm.nih.gov/15591013 (2004).----- The present pilot study has shown that L-Carnitine significantly reduced the symptoms associated with Hyperthyroidism, improving the quality of life of patients, without significant modifications of their endocrine profile.

Additionally, it is noteworthy that the extension of treatment seems necessary to prevent the reappearance of symptoms. europepmc.org/.../28537653 (2017).----- In recent years, there has been a growing interest in nutraceuticals, which can be considered an effective, preventive and therapeutic tool to deal with different pathologies, including thyroid diseases. Although iodine remains the primary nutrient necessary for thyroid gland function, other dietary components play important roles in clinical thyroidology, including selenium, l-carnitine, myo-inositol, melatonin, and resveratrol, some of which have antioxidant properties. www.mdpi.com/.../htm (2019)

Posted On 03/07/2024

cedricpermaculture

@bpm4539 I agree with you that Wiki is not a good source of knowledge mostly in the politically correct or important issues. In strict science we have the same scientific papers that can be falsified by BigPharma with conflict of interest or just clean honest biochemistry . So awakened people know that links to science papers can be trusty even in Wiki.

Posted On 03/08/2024

Do any of the greenies pushing the no-meat diets ever research any of this? It makes you wonder how someone can be forever misled to go down and stay in the vegan rabbit hole. Their narrative is always "we must save the planet". You ask them how lowering CO2 and methane emissions will save the planet and you get the same old "climate change/global warming" alarmism response. You rarely hear this from a real scientist that researches this because then they have to answer what caused the previous 5 icehouses (ice ages) and the 5 hot houses (heat waves).

The answer can be found here: iowacclimate.org/.../earths-ice-ages (short read) This is from a legitimate university that has a museum for climate and they teach it. Iowa is a special place when it comes to climate because the last time there was a major deep freeze, Iowa would have been considered part of the Artic Circle and there's evidence of the ice sheets that expanded and receded in Iowa. Humans didn't cause that ice to melt, nor did they the 4 times prior to that.

Posted On 03/07/2024

stoneharbor

Thanks jamNjim. I love reading the articles on the Earth's climate over the last million years as you link discusses. I also like to focus on the last 700,000 years, as your link finally discussed (and depicted in Figure 7). This zooms way into what the cycles have been in only the last part of the last million years. Still, the graph shows a fairly regular cycle from glacial to inter-glacial periods during our current "Ice Age" that has already lasted in the millions of years. But for us, these cycles are most important, as they still show that we are at the peak of an "inter-glacial" heat wave, the "Holocene".

These cycles that peak and then trough about every 110,000 years are named Milankovitch Cycles and are determined by minute variations in the Earth's orbit and wobble as it goes around the sun. What is so obvious from viewing Figure 7 is how fast the Earth temperature can drop after it has hit a peak, as we are now doing. And there's no way to prevent this with what the "Climate Change" people are doing. They are actually trying to work TOWARD chilling the Earth. What a waste of energy, when some time soon the Milankovitch cycle is going to cause way more cooling than any human or animal or plant will wish for.

If mankind only had some intelligence and some patience. Wouldn't it be handy if we've hit the peak already, and suddenly we have a rapid chilling effect. It's not impossible. These cycles move so slowly, measured in human lifetimes, that we will hardly notice the change, but it is coming, as sure change is an ever present part of nature. All I can say with regard to "greenies pushing a no-meat diet" is that it is proof that lies are used to rule humanity. This will never end. Your link provided this link to an article on the Milankovitch Cycles: judithcurry.com/.../nature-unbound-i-the-glacial-cycle

Posted On 03/07/2024

billstri

From a biblical timeline of 6000 years since creation, the world-wide Genesis Flood was about 4400 years ago. Geologists and PhD's who believe the Bible have interpreted the flood is when the land on earth broke into continents and North America and South America rapidly shifted to the west forming the Atlantic Ocean, all in less that a year's time. The heat given off by the separation of the land into continents is what caused the ice age by making the oceans hot causing lots of evaporation and massive hurricanes. It is easy for anyone to observe the ice age came after most other major geological activity on earth. Volcanoes during and after the world-wide flood filled the air with ash which blocked most of the heating from the sun.

So the water evaporated by hot oceans and hurricanes went over the cold land and created massive snow storms that formed the glaciers of the ice age, lowering sea level by around 300 feet. At that time, Utah was covered with a lake about the size of Lake Michigan and Lake Bonneville was about 1000 feet deep over much of Utah and Nevada. The top 350 feet of Lake Bonneville drained in 8 weeks forming the Snake River Canyon in Idaho on its way to the Pacific Ocean. Using the biblical time line and well documented geological observations, the last 600 foot drop in Lake Bonneville was by evaporation only over the last 3000 to 4000 years (on the biblical time scale).

What is left today is mostly contained in Utah Lake and the Great Salt Lake and it appears they are still shrinking over the past 170 years of historical measurements. They blame it on climate change due to farming and our vehicles and forget what was true in recent past. I believe much of the climate change in the U.S. is due to the loss of Lake Bonneville as it continues to dry up and soils and underground water continues to run out. Not just Lake Bonneville, but all underground sources of water in the U.S. are drying up as we migrate away from the ice age.

Posted On 03/07/2024

Barbara Charis

Always something else on the radar..and I am overwhelmed already with the supplements. I use. How did our ancestors survive over eons of time without any supplements or nutritional knowledge?

Posted On 03/07/2024

Stephanie360

They ate "real food" not the kind we get at the grocery stores now. I was raised on the "poor people food" of milk from the neighbor's cow, veggies grown in the yard with scraps tossed into a compost pile, mom bought from the neighbor when there was a pig or cow ready to "harvest", yard chickens for eggs, we would go pick up oysters from the bay and dig clams at the ocean beaches. No supplements needed back then, food was actually robust enough to benefit humans, even home made bread from real (non GMO) wheat. I just supplement what I can see I may need/benefit from by the way my body acts.

Posted On 03/07/2024

muttbakercom

you know by now I hope, that our farming methods have destroyed our soils, especially in the USA. Europe does a better job of raising foods without harming the environs, but US farming methods have been destroying and exhausting soil ingredients for at least 100 yrs. Read a bit about the "dust bowl" of the 1930s for starters. Then, we have the FDA cooperating with chemical companies looking for big profits, but apparently not considering long term effects, such as insecticides abusing beneficial bugs, and herbicides killing good flora along with the bad. . . Now we are presented with foods that lack nutrients from the soils.

Posted On 03/07/2024

brianallen1

Beef. It's what's for dinner. And breakfast. And lunch. No supplements needed. Same with raw milk and raw cheese.

Posted On 03/07/2024

giles22

you had me at beef

Posted On 03/07/2024

muttbakercom

but the black angus that is offered at most grocery stores. . . meh. . . am I the only one missing the beefy flavor??? I wonder why so many farmers went for this variety of beef. FDA wanting less fat in our diets? or to wean us off meat by making it less delicious?

Posted On 03/07/2024

wns115

There's a lot of articles on L-Carnitine as a weight-loss helper as well...boosting not only better workouts but loss of unwanted body fat. I take the Tartrate version in powder form because it has been found to be one of the highest absorbable forms.

Posted On 03/07/2024

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And diabetes. Insulin resistance is a determining factor in the development of type II diabetes and is related to an alteration in the oxidation of fatty acids in the muscle. This would lead us to wonder if mitochondrial dysfunction is the factor that causes the progression of this disease. Increased tissue fat storage has become a marker of insulin resistance. Results from clinical studies indicate that intravenous supplementation with L-carnitine improves insulin sensitivity in diabetic patients. L-carnitine reduces the symptoms of type II diabetes, as well as the risk factors associated with this pathology.

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Due to its fundamental role in intermediary metabolism, it is not surprising that L-carnitine levels in plasma and tissues are maintained within a relatively narrow homeostatic range through transporter-mediated transport between plasma and tissue. www.cureus.com/articles/29978-l-carnitine-as-a-diet-supplement-in-pati.. (2020) www.researchgate.net/profile/Emrah-Yilmaz-9/publication/351366303_REGU.. (2021)

Posted On 03/07/2024

Trish Foley

ConsumerLab.com has a good article on ALCAR.

Posted On 03/07/2024

rrealrose

Izabella did a nice job outlining with footnotes, the benefits of L-carnitine for Hashimotos here: thyroidpharmacist.com/.../carnitine-support-hashimotos - - its a long, detailed article from Aug 2022.

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Guillermou

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Posted On 03/07/2024

MarKe

It is incredible to me that there are anticholinergic medications on the market, such as over the counter Benadryl, which can actually cause seizures as it blocks choline. I found this out the hard way.

Posted On 03/07/2024

dog7852

I must of missed something. If some were tested and actually tested and did not contain as stated. What supplements that have been and actually do contains this?

Posted On 03/07/2024

Smudge2

I've heard it can cause ppl to use if for weight loss as it uses muscle? Not sure, but I'm too thin to lose any more.

Posted On 03/07/2024

Almond

organicconsumers.org/tennessees-lettuce-vaccine-bill-what-you-need-to-.. Frankenfoods! The food supply is very likely highly contaminated. Many of these genetic alterations would never be tested for... even if herbicides and pesticide levels get tested. You have no way of knowing. Pollen is very difficult to control. Even the wild animals are being targeted to be medicated. How much longer will God tolerate the destruction of his creation? There are life-threatening risks for people with severe allergies or food intolerances who consume these products. Do what you can to produce your own food. Save your heirloom seed and try to isolate it. The time is short, so do what you can while you can.

Posted On 03/07/2024

sotsgirl

Question - if I want to use it for the neuro benefits in addition to athletic performance, do I supplement with both L-carnitine and acetyl-L-carnitine or just acetyl-L-carnitine? Thanks!

Posted On 03/07/2024

Guillermou

If you are strictly looking for a supplement that promotes increased fat burning for your weight maintenance regimen, L-carnitine supplements may be the answer. However, if you are looking for broader results that include several features that improve brain health, acetyl L-carnitine may be a better option. Acetyl L-carnitine actually does everything that regular L-carnitine does, plus it can also cross the blood-brain barrier and support cognitive functioning, while regular L-carnitine does not. L-Carnitine is more focused on sports, athletes or people interested in weight loss, as its content helps the body convert fat into energy.

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It is suggested for people with neurological disorders such as the elderly. Acetyl L-Carnitine targets the brain and supporting nerves, due to the fact that the cetyl group helps the molecule cross the blood-brain barrier more easily. www.swansonvitamins.com/blog/articles/whats-the-difference-between-lca.. martinswellness.com/blog/post/l-carnitine-or-acetyl-l-carnitine .--- prismanatural.es/acetil-l-carnitina-y-l-carnitina-diferencias .---

Posted On 03/07/2024

020202

What!?? L-carnitine is in meat and dairy? not insects? but we should only eat insects!

Posted On 03/07/2024

Segstar

Not to worry too, too much, soon you'll have meat and rice grown especially for you..All you have to do next is to make a salad which i'm sure could be incorporated in the meat rice meal...One stop shop, courtesy of the Satanists, eat up, drink up while you still can .. phys.org/news/2024-02-south-korean-scientists-sustainable-meaty.html#:.. .

Posted On 03/07/2024

rrealrose

Hi Segstar - this just broke earlier today from the UK: Breaking News: Europe Is Wargaming a Food Crisis - - x.com/.../1765648184011796605 - - If you thought toilet roll shortages were an issue wait until you don't have enough to eat. With tens of thousands of farmers out protesting in the streets and cities they are not in the fields growing food. Many people don't realise that the food they buy off supermarket shelves is largely from the previous years harvests. So it can take a while for food shortages to kick in. By the end of 2024 I anticipate this will begin to happen and so do some of the people in Europe who understand what is happening.

Modern civilisation operates a "just in time economy" unlike 30-40 years ago where supermarkets had stock rooms. Now they get deliveries just in time as the stock on the shelves runs low. This saves money being tied up in stock and is more efficient. However it leaves no buffer against supply disruptions. We are about to witness severe food supply disruptions in my opinion. Could I be wrong? We shall see but are you willing to take the chance or do you want to know what to do just in case? bloomberg.com/news/features/2024-03-06/eu-governments-prepare-for-poss..

Posted On 03/07/2024

Segstar

Rosie yeah, I predict only when people don't have anything to eat then they'll likely rebel against the establishment...But it may take some time yet... Here's an evil entity going after our beef again...No end to this madness... www.newsmax.com/mccaughey/beef-new-york-letitia-james/2024/03/07/id/11..

Posted On 03/07/2024
