Could Your Thymus Be the Key to Fighting Cancer?

Analysis by Dr. Joseph Mercola

December 22, 2023
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STORY AT-A-GLANCE

- Your thymus is a thyme leaf-shaped double-lobed organ located in the center of your chest, directly beneath your breastbone at the level of your heart
- The two types of cells that make up the thymus are reticular cells and lymphocytes, which include thymus-derived cells (T cells), thymus-independent lymphocytes (B cells) and natural killer cells (NK cells)
- The primary function of the thymus is to aid in the maturation process of T cells, which are in charge of determining your immune response to antigens
- Your thymus plays a crucial role in the the prevention of cancer. Recent research found patients who underwent thymectomy (surgical removal of the thymus) had a twofold higher risk of cancer five years post-surgery
- Common symptoms of low thymus function include susceptibility to the common cold and influenza, persistent chronic illnesses and fatigue, slow wound healing, and signs of premature or accelerated aging. Strategies to support and improve thymus function are included

Your thymus is a thyme leaf-shaped double-lobed organ located in the center of your chest, directly beneath your breastbone at the level of your heart. It's part of your lymphatic system. The outer layer is called the cortex and the inner area is called the medulla. The two types of cells that make up the thymus are:[1]

- Reticular cells, a subtype of connective tissue
- Lymphocytes, a type of white blood cells responsible for the specificity of your adaptive immune responses. Lymphocytes include thymus-derived cells (T cells), thymus-independent lymphocytes (B cells) and natural killer cells (NK cells)

Your Thymus — The Key to Immune Health

The primary function of the thymus is to aid in the maturation process of T cells, which are in charge of determining your immune response to antigens. Immature T cells produced by the bone marrow first migrate into the cortex of the thymus. Once there, they begin to differentiate and mature into functional T cells, which are your body's first line of defense against foreign invaders such as viruses.

The T cells either mature into helper T cells (CD4+) or NK cells (CD8+). T cells and B cells work synergistically to produce antibodies once a foreign pathogen has been detected. The lymphocytes mentor your bloodstream by migrating into the medulla, which has veins that connect it to the rest of the circulatory system.

As explained by Dr. J.E. Williams in an article[2] detailing the roles of your thymus, T cells are involved in all aspects of immunity, including:

Viral infections
The inflammatory cascade
Vaccination responses
Allergies
Autoimmunity
Gut dysbiosis
Metabolic dysfunction
Tissue repair
Maintaining a healthy pregnancy

Your Thymus Is Crucial for Cancer Prevention

Your thymus is also crucial for the prevention of cancer, which makes sense considering your immune system is the first line of defense not only for viral infections but also cancer.[3]

Recent research[4] by scientists at Harvard and Massachusetts General Hospital bears this out, showing that patients who underwent thymectomy (surgical removal of the thymus) had a twofold higher risk of cancer five years post-surgery, and a nearly threefold higher risk of dying from any cause. As reported by the authors:[5]

> *"At 5 years after surgery, all-cause mortality was higher in the thymectomy group than in the control group (8.1% vs. 2.8%; relative risk, 2.9 …), as was the risk of cancer (7.4% vs. 3.7%; relative risk, 2.0 …).*
>
> *Although the risk of autoimmune disease did not differ substantially between the groups in the overall primary cohort (relative risk, 1.1 …), a difference was found when patients with preoperative infection, cancer, or autoimmune disease were excluded from the analysis (12.3% vs. 7.9%; relative risk, 1.5 …).*
>
> *In an analysis involving all patients with more than 5 years of follow-up (with or without a matched control), all-cause mortality was higher in the thymectomy group than in the general U.S. population (9.0% vs. 5.2%), as was mortality due to cancer (2.3% vs. 1.5%).*
>
> *In the subgroup of patients in whom T-cell production and plasma cytokine levels were measured … those who had undergone thymectomy had less new production of CD4+ [helper T cells] and CD8+ [killer] lymphocytes than controls … and higher levels of proinflammatory cytokines in the blood."*

According to Dr. Daniel Scadden,[6] who led the investigation, the magnitude of the cancer risk post-thymectomy was entirely unexpected. "The primary reason why the thymus is important on overall health seems to be as a way to protect against the development of cancer," he told The Harvard Gazette.[7]

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Routine Thymectomies Need To Be Reconsidered

For decades, scientists have believed the thymus was of little use in adulthood, as its size and activity dwindles right after puberty. While thymus cancer and myasthenia gravis (an autoimmune condition) are common causes for thymus removal, surgeons will often take it out during heart surgery as well.

Because of its location, it tends to get in the way when working on the heart, so removing it makes the surgeon's job easier. However, these new findings suggest that might be a bad idea, as it can significantly raise the patient's risk of cancer and premature death. As noted by Scadden, "This study demonstrates just how vital the thymus is to maintaining adult health."

Other Substances Produced by Your Thymus

Your thymus also produces several other substances that are important for immune health, including cytokines, which play a crucial role in the regulation of your immune function. As explained by Williams:[8]

> *"… too many cytokines trigger an immune storm sparking a hyperactive response that can cause death. That was the case in the first SARS coronavirus infections. Patients were overwhelmed by the virus and their immune systems overly aggressive response.*
>
> *Cytokine storms are common in older patients with COVID-19 coronaviral infections. But, a healthy, well-functioning thymus keeps the immune system in balance."*

Your thymus also produces:[9]

- Hormones, such as:
  - Thymosins, which stimulate the maturation of T cells and regulate aging
  - Thymopoietin, which modulates immune function
  - Thymulin, a zinc-dependent hormone that induces T cell differentiation and enhances the function of T cells and NK cells, among other things
- Peptides, smaller versions of proteins that are involved in cell signaling and cell function; some peptides also act as hormones
- Interleukins, immune-modulating molecules that influence the inflammatory response to infection and cancer

How's Your Thymus Function?

There's no direct way to assess the function of your thymus, but a T- and B-lymphocyte test can give you an idea. If one or both of these lymphocytes are low, your thymus is probably underperforming. Common symptoms of low thymus function include:[10]

- Heightened susceptibility to the common cold and influenza
- Persistent chronic illnesses with nonspecific symptomatology
- Persistent fatigue or being easily fatigued
- Slow wound healing
- Signs of premature or accelerated aging

Considering the importance of your thymic function, it stands to reason you'd want to optimize it to the best of your ability. As noted by Williams:[11]

> *"Even in healthy aging, the immune function deteriorates. That's because, in humans, the thymus gland ages faster than the rest of the body. It reaches its peak during adolescence and begins its atrophy with a significant decrease in size and function by middle age. By 75 years, the thymus weighs only 1/6 of its maximum weight of 37 grams during puberty.*
>
> *Aging is inevitable and irreversible. Some age slower and live longer than others. But, sooner than later, everyone's thymus shrinks. Declining thymus function with accompanying glandular atrophy contributes to susceptibility of infection, autoimmunity, and an increased risk for cancer.*
>
> *We don't know why the thymus gland atrophies at such an alarming rate, but aging researchers consider preventing thymic atrophy pivotal in prolonging health during aging. So, it makes sense to protect your thymus starting around 35 years. And, becoming very proactive by ages 45-55."*

How to Rejuvenate Your Thymus

So, how do you rejuvenate your thymus? Williams reviews several strategies that can support and restore its function, starting with a healthy diet and restorative sleep. You can find my latest recommendations on these topics in "A Surprising Reason Why You May Need More Carbs in Your Diet" and "Why Sleep Deprivation Is a Recipe for Ill Health."

Other supportive strategies include the following. For additional recommendations and general dosage suggestions, see Williams' article:[12]

- **Vitamins and minerals** — Zinc and vitamins A and C are particularly important for thymic function. Zinc is essential for optimal T cell function, while vitamin A supports the normal function of the thymus. High-dose vitamin C can help prevent atrophy and increases the number of T cells.
- **Herbs** — Huangqi (astragalus membranaceous) is a traditional Chinese medicine (TCM) remedy used to improve energy and stamina, prevent cold and flu, and slow aging.

  Compounds within astragalus have been shown to have antioxidant, anti-inflammatory and immunoregulatory effects; they also boost telomerase activity, which is thought to increase longevity. Williams recommends an extract of the herb sold under the generic name of Astragaloside IV, or the brand name TA-65.
- **Thymus gland extract** — Thymic Protein A (TPA), made from calf thymus, has been shown to have immune-modulating and antiviral properties. It supports helper T lymphocytes, reverses thymus atrophy, and strengthens T cell differentiation.
- **Thymus live cell injections** — Typically, intramuscular injections are administered daily for 10 days, followed by weekly or monthly injections thereafter. Thymus alone is given to "prime" your immune system, while a combo of thymus and spleen is used to restore immune function.

  Live cell injections are not approved by the U.S. Food and Drug Administration, but naturopathic doctors can obtain them from German and Swiss manufacturers and are licensed to use them.
- **Thymic peptides**, such as:
  - **Thymalin, the synthetic version of thymulin** — It regulates immune function, lowers inflammation, increases T cell activity, raises immunoglobulin A, and it has neuroprotective effects.
  - **Thymosin Beta 4 (TB-500)**, which protects against viral infections, improves tissue regeneration and promotes bone remodeling after fractures.
  - **Thymosin Alpha-1**, which supports immune function against chronic viruses and fungal infections.

Growth Hormone and IGF-1 Boosts Size and Function of Thymus

Williams also recommends supplementing with human growth hormone (HGH) and insulin-like growth factor 1 (IGF-1) to improve the size and function of your thymus.

I do not recommend supplements for this, as they tend to be extremely costly and can have adverse side effects. Instead, consider implementing lifestyle strategies that raise HGH and/or IGF-1 naturally, such as:

High-intensity interval training — HIIT has been shown to dramatically increase HGH. To further boost HGH, restrict sugar intake for two hours post-exercise. Consuming sugar or fructose within two hours prior to or after high-intensity exercise will nullify HGH production.

Blood flow restriction training (BFR) or KAATSU — BFR involves exercising your muscles while partially restricting arterial inflow and fully restricting venous outflow in either both proximal arms or legs.[13] By restricting the venous blood flow, you create a relatively hypoxic (low oxygen) environment in the exercising muscels, which in turn triggers a number of physiological benefits, including the production of HGH and IGF-1.[14]

Sauna therapy combined with exercise also have synergistic effects that increase HGH.

Intermittent fasting — Research has found that fasting raises HGH by 1,300% in women and 2,000% in men.[15]

Whole Body Vibration (WBV) training has been shown to boost both HGH and IGF-1.[16,17]

Red and near-infrared light therapy activates genes involved in cell repair, cell regeneration and cellular growth, depending on the tissue. In your muscles, it locally increases expression of IGF-1.

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Guillermou
Joined On 6/7/2015 8:47:48 AM
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Galen of Pergamon attributed the thymus almost 2,000 years ago as the "seat of the soul". Miller discovered that the thymus "regulates the production of lymphocytes" and therefore plays a "very important role in the development of the immune response". The thymus is a small gland that is part of the lymphatic and endocrine system. Your lymphatic system is made up of a network of tissues, vessels and organs such as the tonsils, the spleen and the thymus. Your lymphatic system is part of your immune system. The thymus gland is most active during childhood. In fact, your thymus starts producing T cells before you are born.

Keep producing T cells and you have plenty of T cells that you need when you hit puberty. After puberty, the thymus slowly begins to decrease in size and cellularity with age. Although this involution results in decreased T cell development and decreased emigration of naive T cells to the periphery, an increased proportion of memory T cells, and a restricted and altered T cell receptor (TCR) repertoire, such organ, there is more evidence to suggest that the thymus may play a role in the health of the immune system and the overall health of adults for much longer than previously thought. www.health.harvard.edu/blog/get-immunity-thank-your-thymus-202205252947 (2022) — www.ncbi.nlm.nih.gov/.../PMC6344568/ (2019) www.frontiersin.org/.../full (2020) — advances.smw.ch/.../3W.pdf (2016) — www.hardinlibrary.uiowa/.../080301/05.2022.20064681 (2022) — Zinc supplementation has been positively shown to increase thymus volume (by 65%) in laboratory animals using modern imaging technology.

In a human study published more than three decades ago, a megadose of zinc administered to subjects over 70 years of age increased the number of T cells and improved the antibody response. Melatonin has been shown to release thymic factor and restore thymus efficiency.

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In addition to zinc, there are numerous nutrients that are essential for the maintenance of the thymus and that can be consumed. These include B vitamins, vitamin C, vitamin D, vitamin E, the sulfur compound N-acetylcysteine (NAC), the herbal extracts piperine and resveratrol, and thymus gland extracts. It can also be beneficial to avoid a diet rich in saturated fat, reduce the consumption of red meat rich in iron and periods of fasting or bleeding, especially in adult men. In a decades-old study, vitamin B6 deficiency was shown to decrease thymus protein by 36%. Age-related iron accumulation in the thymus and in women, due to menses and thymus atrophy because iron overload in a feature of aging.

In fact, thymus shrinkage occurs nearly exclusively during times with iron disorders. Bacteria and tumor cells use iron to grow and iron/copper overload impairs the phagocytic action of macrophages. By virtue of macrophages absorbing loose iron, macrophages are associated with tumors, Iron in macrophages can also activate the destruction of bacteria and tumor cells. It is interesting that alcohol consumption increases the absorption of iron from food and alcohol is also associated with greater activity of the negative enzyme.

Nagalase's ability to degrade MAF is so critical that its inhibition has been called "the key to cancer." Nagalase is also attributed to the pathogenicity of some viruses. The thymus and pineal gland depend on the activity of insulin. Therefore, the trace element chromium picolinate may also help thymus function. Resveratrol exerts a broad biological action to rescue thymus aging. Resveratrol has been shown to increase the number of mature T cells (also known as T lymphocytes) in the thymus and raise the number of naive T cells (CD4, CD8 T cells).

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Resveratrol also activates the Nrf2 controller of internal antioxidant enzymes such as catalase, known to protect the thymus from wear and aging. Resveratrol counteracts the effects of obesity.

www.lewrockwell.com/2017/03/lark-sands/dont-let-gut-grease-just-yet/ (2017) — www.lewrockwell.com/2021/12/lark-sands/what-if-cancer-was-already-cure... (2021) — Declining thymic functions associated with old age or with acute involution as a result of stress, infectious diseases, or cytotoxic/anti-neoplastic therapy. Immunotherapy/antibodies have been developed to target the molecular mechanisms underlying this increased risk of cancer is the weakening of thymus-dependent adaptive immunity, which is responsible for orchestrating the mechanisms of immunosurveillance and immune surveillance of tumors.

Obesity, the production of steroids/sex hormones and adipokines, and hypercholesterolemia promote the development of cancer.

hypothyroidism) and lower adipose tissue promotes the disruption of a variety of systemic factors that protect thymic functions, including, among others, pro-inflammatory cytokines, leptin and ketones, as well as sexual and metabolic hormones with pro-immune or suppressive effects on thymopoiesis. www.sciencedirect.com/.../S1043276520300664 (2022) ---- Evaluation of the thymus in patients with COVID-19 in post-useful prognostic data: the first autopsy cases series and mortality

Mark as Spam Posted On : 12/22/2020 3:00:28 AM

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juststore
Joined On 6/5/2012 11:13:54 AM
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Gut, it is just the Gut speaking but, I'm wondering if or how much there is a 'dance' between Thymus, Thyroid function and Gut Biome. If 90% of our immune system is impacted by Gut Biome? What if some, or quite a bit of Thyroid dysfunction could be an imbalance between some or all of those parts? Could someone be diagnosed as having Thyroid dysfunction, hyper or hypo, having Thymus difficulties, or a Thymoid? Is there a weak Thymus, and or Gut Biome? Or a personal level, if I don't keep up a good zinc intake, it doesn't take long to notice. Zinc is a big old Belgian Workhorse for my basic wellbeing.

Mark as Spam Posted On : 12/22/2020 4:03:22 AM

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TexasRed77
Joined On 2/1/2021 7:51:50 AM
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GUL You wrote that alcohol increases autophagy activity and that negative activity is beneficial for cancer. So, alcohol consumption is beneficial for cancer? I want to make sure I'm understanding correctly.

Mark as Spam Posted On : 12/22/2020 6:25:47 AM

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Guillermoso
Joined On 6/17/2015 8:47:48 AM
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Hi Texas quite the opposite: "Regulaxes's ability to degrade MAF is so critical that its inhibition has been called "the key to cancer." Regulase is also attributed to the pathogenicity of some viruses. A high level of regulase activity is related to tumor growth and loss of infection control. The regulase enzyme also correlates with a decline in white blood T-cells (CD4) that play a key role in immune health. Over the years of alcohol per day dramatically increases iron absorption, especially when consumed with food. It is no surprise to learn that iron overload increases risk for liver cancer by 20-200 times and lung cancer by 3-fold. Iron removal quells growth of tumors and microbes and activates macrophages. Iron-containing enzymes are required for viruses to replicate. Iron chelators would be advantageous in the control of malignancy."
www.townsendletter.com/2021/12/tell-sandi-khalf-if-cancer-was-already-cure... (2021)

Mark as Spam Posted On : 12/22/2020 6:50:15 AM

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Guillermoso
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Just, the mixture of knowledge and intuition in you works perfectly. In humans, during the first years of life, the composition of the microbiota stabilizes progressively until it resembles that of the adult and its immune system, and in particular of tolerance for gut T-cell repertoire in this study, we report that intestinal colonization in the early stages of life leads to the trafficking of microbial antigens from the intestine to the thymus by intestinal dendritic cells, which then induce the expansion of microbiota-specific T cells. Once in the periphery, microbiota-specific T cells have pathogenic potential or may protect against related pathogens.

In this way, the developing microbiota forms and expands the repertoire of thymic and peripheral T cells, which allows a better recognition of intestinal microorganisms and pathogens. Understanding the development of bacteria-specific T cells early in life, including how to reopen the developmental window and restart thymic generation of bacteria-specific T cells in older hosts, could provide new approaches to treat immunological disorders that accumulate the deleterious effects responses of the bacteria. such as inflammatory bowel disease and to stimulate immune responses against pathogens. www.ncbi.nlm.nih.gov/.../PMC8332488 (2021)

Mark as Spam Posted On : 12/22/2020 7:48:48 AM

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The MHC class-specific functions of CD4 + helper T cells, CD8 + killer T cells, and CD4 + regulatory T cells are also established in the thymus. Finally, the thymus provides signals for the development of several minor subsets of T cells that promote immune and tissue homeostasis. This review provides an introductory-level overview of our current understanding of these sophisticated thymic selection mechanisms that ensure T cells are useful and safe. www.nature.com/.../s41577-023-00911-8 (2023)

Mark as Spam Posted On : 12/22/2020 7:49:42 AM

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jby7142
Joined On 5/19/2018 7:13:35 AM
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According to allopathic doctors they are all spare parts that can be removed with no consequences. Who is teaching this stupidity .Or never mind I already answered it the WHO

Mark as Spam Posted On : 12/22/2020 9:25:16 AM

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Guillermoso
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The components of the immune system play a very sincere and crucial role in the fight against tumors. All the molecular components of the blood, ie CD, NK cells, macrophages, plasma cells, cytokines, antibodies and helper T cells work together for cancer immunosurveillance. Cytotoxicity mediated by NK cells and CD8 + T cells, cytokines mediated by mast cells, phagocytosis by M1 macrophages and humoral responses by B cells generate antitumor activities in the tumor microenvironment. Curcumin as an immunomodulator interacts not only with various cellular components, such as CD, macrophages, natural killer cells and B and T lymphocytes, but also with modulatory molecules involved in the processes of inflammation and cell proliferation with their downstream signaling.

- In recent times, curcumin has gained potential therapeutic interest to cure neoplastic diseases, due to its importance as an anti-inflammatory and anti-proliferative substance. The anticancer properties of curcumin also modulate other signaling pathways involved in metagenesis, oncogene expression, cell cycle regulation, apoptosis, angiogenesis and metastasis.

Curcumin has been shown to be effective in restoring CD4+ and CD8+ cells in the TME and in directing the bias of Th2 cytokines towards a Th1-type response again. It increases Th1-type immune responses and suppresses IFN mRNA expression - Curcumin effectively reduces the population of Treg cells and the levels of IL-10 and TGF. It can also reduce the expression of CTLA4 and FOXP3 at both the protein and mRNA levels.

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Curcumin has the ability to find the "six characteristics" of cancer cells and control tumor growth in the host. Therefore, it is considered very beneficial to visualize the full potential of curcumin in restoring normal homeostasis against cancer as an immunomodulator (Figure 2). Numerous studies have revealed that curcumin can decrease pro-inflammatory cytokines such as IFN-, TNF-, IL-1 and IL-6 by interfering with various signaling pathways. Curcumin has been found to suppress the NF-B, JAK/STAT and MAPK pathways. The anti-inflammatory activity of curcumin mainly depends on its potential to inhibit NF-k activation. Curcumin inhibits inflammation by negatively regulating the cytokines, IL-1, IL-8 and TNF-. Curcumin blocks TNF-mediated NF-B activation in human monocytes, which is the key cells for suppressing activator proteins.

Curcumin also blocks NF-B activation by hydrogen peroxide and phorbol esters. Curcumin also inhibits IL-1-mediated ICAM-1 and IL-8 gene expression, which ultimately leads to inhibition of NF-B activation. It was widely expected that the anticancer immune system would identify and eliminate tumor-associated antigens (TAA) produced by early-stage malignant cells The cornerstone of the immunogenicity of the tumor microenvironment is tolerance is considered a main reason for the immune escape of the tumor. Therapeutically, different immunotherapies have been adopted to block these immune escape routes along with better clinical outcomes.

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Over time, curcumin has been considered as a potential anticancer molecule. Their potentialities have been registered against the standard characteristics of cancer, such as continuous proliferation, escape from apoptosis, continuous angiogenesis, insensitivity to growth inhibitors, tissue invasion and metastasis. The diversity of the functioning of curcumin has been established and the exploration of its applications with immunotherapy could open a new way for scientists and doctors. In this review, we look at how the tumor escapes the immune system, followed by several modern immunotherapies that have been used to find the escape routes and treat said flaws. Finally, the conclusion was reached with the application of curcumin as a possible immunological adjuvant, which could be used without fear with immunotherapies to obtain better results.
www.frontiersin.org/journals/oncology/articles/10.3389/fonc.2021.679301... (2021)

Mark as Spam Posted On : 12/22/2020 10:56:02 AM

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Otonogo
Joined On 4/16/2008 12:33:32 AM
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Guillermoso. Wow, a boat load of information. But that is what you always contribute to this site and the comments. Very well put and easy to comprehend. My wife is a breast cancer survivor. She hardly but not truly avoids injections involving science and medicine/health. We know that medicine is not necessarily health. But you get my drift. On the same page but you always appreciate more information and details. Sometimes I think my head is going to explode because there is so much information and I've been following all this good info since the 1990's finding out how it's all working.

Mark as Spam Posted On : 12/22/2020 11:05:51 AM

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Martix
Joined On 10/19/2007 4:48:18 AM
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The Thymus is the dispatcher of STEM CELLS and to stimulate the Thymosin Hormone is 20 Hz....Just saying

Mark as Spam Posted On : 12/22/2020 11:25:54 AM

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Guillermoso
Joined On 6/17/2015 8:47:48 AM
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Thank you Otonogo. Also, Chamomile has always been recognized as one of the most powerful medicinal herbs throughout the centuries. The ancient Greeks considered chamomile to have remarkable healing and soothing properties. The Egyptians thought the plant was sacred and dedicated it to the Sun God. Researchers from the University of Missouri point out that celery can be a good ally against cancer thanks to the fact that it contains a natural medicine called apigenin which reduces, weakens and prevents the expansion of cancer cells. This study showed that this substance reduces the blood vessels responsible for feeding cancers and restricts the flow of the nutrients to tumors, thus limiting their ability to spread.

Of all the flavonoids, apigenin is one of the most studied bioactive flavones. It is mainly found in vegetables, citrus fruits, herbs, tea and wine. Chamomile is one of the richest natural sources of apigenin (840 mg/100 g), while chamomile herbal infusions (in which dried flowers are infused in water) contain between 0.8 and 1.2 % of apigenin, mainly in the form of apigenin-7-O-glucoside. Other more abundant sources of apigenin include kumquats (31.67 mg/100 g), artichokes (7.48 mg/100 g), kohlrabi (3.85 mg/100 g), sorghum.

Parsley is also a great source of apigenin and can be used to provide 2310 mg/100 g. Apigenin is found in higher concentrations relative to other foods and herbs we mentioned above in parsley (2310 mg/100 g), green tea (0.66 mg/100 g), celery (1.40 mg/100 g), oregano (0.24 mg/100 g), marjoram (3.5 mg/100 g), thyme (2.50 mg/100 g), parsnip (1.21 mg/g), fenugreek, echinacea, flax (30 mg/100 g), peppermint, red wine (3.25 mg/100 g) and oregano (2.57 mg/100 g).It is also found in beverages of plant origin, such as red wine (0.13 mg/100 g) and beer

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Animal studies suggest that apigenin can prevent genetic mutations that occur in cells exposed to toxins and bacteria. Apigenin may also play direct roles in scavenging free radicals, inhibiting tumor growth enzymes, and inducing detoxification enzymes such as glutathione. The anti-inflammatory properties of apigenin may also explain its effects on mental health, brain function and immune response, although some large observational studies do not support this conclusion with respect to metabolic conditions. Apigenin is also present in test-tube and animals and apigenin ingestion has been shown to have beneficial effects on many diseases and medical conditions, such as diabetes, memory problems and Alzheimer's disease, various types of cancer, inflammation, depression and insomnia.

It has been shown that the free form of apigenin lacks bioavailability which means that its absorption and distribution in body tissues is low. In contrast, apigenin-7-O-glucoside, which is the form mainly found in chamomile herbal infusions, exhibits better absorption and bioavailability. Although research on apigenin is still in its infancy, it has become clear it has remarkable benefits for various aspects of human health, such as sleep, libido, anxiety, mood, weight control, sugar in blood, memory and cognitive function. greekvegetherbs.com/blogs/blog/apigenin-nature-s-most-powerful-flavono... --- examine.com/.../apigenin.html

Mark as Spam Posted On : 12/22/2020 1:07:54 PM

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Guillermoso
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Thank you Martix. RESEARCHERS IDENTIFY STEM CELLS IN THE THYMUS FOR THE FIRST TIME Researchers at the Francis Crick Institute and UCL have identified stem cells in the human thymus for the first time. These cells represent a potential new target to understand immune diseases and cancer and how to boost the immune system. The thymus is a gland located in the front part of the chest, the place where thymocytes (the cells in the thymus) mature into T-cells, specialised immune cells crucial to fighting disease. The thymus has a unique and complex 3D structure, including an epithelium (a lining of cells able to guide T-cell maturation) that forms a mesh throughout the whole organ and around the thymocytes.

These findings, published in the journal Nature Communications Cell, show for the first time the presence of self-renewing stem cells, which give rise to the thymic epithelial cells instructing thymocytes to become T cells. This suggests the thymus plays an important, regenerative role beyond childhood, which could be exploited to boost immune system function.
www.crick.ac.uk/news/2023-08-30_researchers-identify-stem-cells-in-the... (2023)

Mark as Spam Posted On : 12/22/2020 1:12:36 PM

Like Dislike

SanDiegoGirl
Joined On 6/17/2011 1:52:19 PM
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There is a great book "IRON The Most Toxic Metal" by Jim Moon. Phd. It very enlightening on all the damage iron does in the body. It made me stop to remember the days when I took an iron supplement. Now I know that anemia is actually a deficiency of copper. And lactoferrin will help regulate the iron in the body, releasing more when we need it and sequestering it when we don't.

Mark as Spam Posted On : 12/22/2020 2:19:28 PM

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SanDiegoGirl
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Sorry. Meant to post this link. turbotime.com/how-lactoferrin-regulates-iron-throughout-the-body-and-...

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Guillermoso
Joined On 6/17/2015 8:47:48 AM
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Thanks SanDiegoGirl. Lactoferrin, a multifunctional cationic glycoprotein synthesized by exocrine glands and neutrophils, possesses in vitro antiviral activity against SARS-CoV-2. Liposomal lactoferrin (fLf) has four pleiotropic activities: chelation of two ferric ions per molecule, interaction with anionic compounds, entry into the nucleus, and modulation of iron and inflammatory homeostasis. The ability of fLf to chelate two ferric ions per molecule influences bacterial and viral replication and hinders the formation of reactive oxygen species. The binding of fLf to anionic compounds on the surface is associated with the protection of the host against bacterial and viral adhesion and entry, related to its anti-inflammatory function.

The ability of fLf to restore iron homeostasis, perturbed by viral infection and inflammation, is associated with its ability to chelate iron, decrease iron overload, decrease interleukin (IL)-6 levels, and modulate the expression of iron proteins. Iron homeostasis is maintained by the expression of some iron proteins, such as transferrin, ferroportin, hepcidin, and ferritin. Disturbances of iron homeostasis, induced by infection and inflammation, increase intracellular iron concentration, thus favoring viral replication.

Furthermore, fLf appears to modulate pleiotropic activation and control the coagulation cascade with notable antithrombotic activity, a very common complication of SARS-CoV-2 infection. COVID-19 patients treated with liposomal fLf showed a better and faster clinical symptoms improvement compared to COVID-19 patients with standard care treatment. In patients treated with fLf, a significant decrease in the levels of serum ferritin, IL-6 and D-dimer was observed. These characteristics of fLf as a pleiotropic agent underline the potential role of fLf in the treatment of patients with mild to moderate COVID-19 and asymptomatic www.mdpi.com/.../1998... (2021)

Mark as Spam Posted On : 12/22/2020 2:30:42 PM

Like Dislike

Guillermoso
Joined On 6/17/2015 8:47:48 AM
Add as Friend Send Message

There are three lactoferrin apoproteins: apo, low in iron and best used for improving the immune system, holo and native, saturated with iron, which are mainly used for anemia without the drawbacks of iron salts. Multifunctional Iron Bound Lactoferrin and Nanomedicinal Applications to Enhance Its Bioactive Functions www.mdpi.com/.../1661... One of the primary functions of lactoferrin is metal transport, which is what we can define as its biological function. But it also has many other functions: 1)Antimicrobial.

---2). Stimulant of our defenses---- 3). Antioxidant ---- 4) Anti-inflammatory and ---- 5) Preventive against cancer. This protein is capable of binding iron ions and transporting them through the blood to the entire body. Mainly, lactoferrin helps in regulating iron levels and strengthening the immune system. It has also proven to be a guide to health portals and specific scientific studies, such as lactoferrin, which ... Iron Sucrose Complex Induces Inflammatory Effects of Curcumin on Growth and Biofilm Formation of Porphyromonas gingivalis and Prevotella intermedia journals.asm.org/.../AAC.01688-08 ---- The influence of lactoferrin, orally administered, on systematic iron homeostasis in pregnant women suffering from iron deficiency and iron deficiency anemia pubmed.ncbi.nlm.nih.gov/.../---- Twenty-five years of research on bovine lactoferrin applications
www.sciencedirect.com/science/article/abs/pii/S0958694608001969 ---- In Relation to Biological Functions and Applications: A Review sciaket.net/fulltext

Mark as Spam Posted On : 12/22/2020 2:53:39 PM

Like Dislike

Otonogo
Joined On 4/16/2008 12:33:32 AM
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JAY7142: It's been a slow drip via Rockefeller and his foundation, since the inception of his allopathic medicine. There are soooo many working parts WHO is only one aspect. I ask myself the same rhetorical question constantly and then answer with..... It's beyond stupidity, it's Satanic system.

Mark as Spam Posted On : 12/22/2020 3:34:12 PM

Like Dislike

phoenix999
Joined On 5/6/2016 5:33:03 PM
Add as Friend Send Message

Thanks Gui so much for your sharing your research and knowledge, particularly on micronutrients and curcumin which I'm a big fan of! Regarding the Micronutrients, animal foods deserve more attention because the higher LDL they produce is necessary to harvest Cholesterol bioactive like it is with Ashwagandha.This info is the thymus: www.ncbi.nlm.nih.gov/.../PMC3268561/ Cholesterol boosts resistance to infection: www.ttd.edu.au/news/high-cholesterol-linked-protective-infection-cutics . Dr. Terry Wahls (who could her own MS) states that our brain, nerve 'insulation' (myelin) and cell membranes are largely comprised of cholesterol, and that total cholesterol below 180 confers higher risk of cancer and infectious disease (as well as anxiety and depression). She states that total cholesterol of 225 confers the lowest all-cause mortality risk.

Mark as Spam Posted On : 12/22/2020 9:14:34 PM

Like Dislike

Guillermoo
Joined On 4/17/2015 8:47:48 AM
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Thanks also to you, Phoenix for your insightful contributions. A 15-year follow-up study of more than 120,000 people, Inhaven at al. found a strong inverse association between serum total cholesterol (sC) and the risk of being admitted to hospital due to an infectious disease. 20 Statistically significant inverse associations were found for urinary tract infections, all genitourinary infections, and miscellaneous viral infections in women, and for urinary tract infections, musculoskeletal infections, and skin and subcutaneous infections in men. Inverse, but non-significant, associations were found for most other infectious diseases. In a similar study of more than 100,000 people followed for 15 years, a strong inverse association was found between sC and the risk of being admitted to the hospital due to pneumonia or influenza, but not for chronic obstructive pulmonary disease or asthma.

18 In a study of 2,446 single men with a history of sexually transmitted diseases or liver disease followed for 14 years, an adjusted multivariate analysis showed a hazard ratio for HIV infection of 1.48 in the lowest cholesterol quartile (<160 mg/dL) vs. the rest of the second quartile. 19 It is unlikely that the low tC was secondary to HIV, because those who became HIV positive during the first four years on record had lower sC values.

Accordingly, an inverse association between tC and the risk of death in case of AIDS was found in a follow-up of MRFIT participants. sixteen In patients with chronic obstructive heart failure, low tC predicts impaired perioperative and long-term survival. As such patients show substantial inflammation and have elevated plasma concentrations of bacterial lipopolysaccharide. It has been suggested that high tC has a protective effect in these patients. This may also explain why low tC predicts mortality in patients with postoperative abdominal infections. academic.oup.com/.../1522175

Reply Mark as Spam Posted On : 12/23/2020 2:35:55 AM

Like Dislike

jomcord7
Joined On 2/9/2016 1:16:48 PM
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I knew a biochemist that had his own independent lab. He invented a highly specific catalyst that targeted the thymus and gave the immunity a reset....cured stage 4 cancer and aids. What he made for look to John Hopkins and they couldn't figure out what was in it.Foreign investors offered millions for it. Then he died and it was said to be the foreign investors....USA didn't want it.This was back in 2005/2007.

Reply Mark as Spam Posted On : 12/23/2020 7:56:15 AM

Like Dislike

Segotar
Joined On 7/3/2013 3:30:42 PM
Add as Friend Send Message

Not surprising JG, anything and anyone that promotes Life and good health are shelved, sometimes "permanently".

Mark as Spam Posted On : 12/23/2020 9:04:03 AM

Like Dislike

tallulah3
Joined On 4/21/2021 9:26:59 AM
Add as Friend Send Message

This is regarding yesterday's article about dairy. I drank some milk yesterday and woke up feeling good and was able to drink two cups of coffee without having diarrhea. That's like a miracle for me. I have had chronic diarrhea since February. It has made life a living hell. I no longer want to take Imodium because it can stop your heart. I think I've taken enough for a lifetime. I want and need my life back. I don't know if you will see this, but thank you so much Dr Mercola.

Reply Mark as Spam Posted On : 12/23/2020 4:55:06 AM

Like Dislike

theresejones
Joined On 10/8/2010 5:59:47 PM
Add as Friend Send Message

Glad to hear,

Mark as Spam Posted On : 12/23/2020 7:13:38 AM

Like Dislike

Guillermoo
Joined On 4/17/2015 8:47:48 AM
Add as Friend Send Message

Congratulations Brenda. Don't forget the organic fermented milks. The ability of the immune system to respond to different pathogens throughout life requires the constant production and selection of T-cells in the thymus. This immune organ is very sensitive to age, infectious processes and nutritional disorders (obesity and malnutrition). Several studies have shown that the incorporation of some probiotic bacteria or probiotic fermented milks in the diet has beneficial effects, not only at the intestinal level but also in distant mucosal tissues, improving the architecture of the thymus in a model of malnutrition if the administration of probiotics is evaluated

Changes in thymus size and histology were recorded. The population of T lymphocytes and cytokine production were also determined. Probiotic consumption improved cortical/medullary ratio, cytokine production and regulation, and recovery of thymic mature T lymphocyte populations in obese and aged mice. The addition of probiotics to the diet could not only modulate the immune system but also to help in the recovery of thymus function, thus improving the quality of life. www.ncbi.nlm.nih.gov/.../PMC3833891/ (2022)

Mark as Spam Posted On : 12/22/2020 8:04:51 AM

Like Dislike

Segotar
Joined On 7/3/2013 3:30:42 PM
Add as Friend Send Message

Excellent news Tallu, once you get the Probiotics take hefty doses and stop the immolium, it may seem counterproductive but that could also contribute to your problems down the road....Rest continue with the milk but DON'T overdo it as it can backfire... Take in divided doses during the day...Cheers...

Mark as Spam Posted On : 12/22/2020 9:00:49 AM

Like Dislike

52oldbrad
Joined On 7/31/2010 12:36:00 PM
Add as Friend Send Message

You can also try aloe vera juice.

Mark as Spam Posted On : 12/22/2020 9:03:03 AM

Like Dislike

tallulah3
Joined On 4/21/2021 9:26:59 AM
Add as Friend Send Message

Segotar the probiotics make me feel really sick and don't want to eat. I haven't ever been able to take them and have tried several different ones. I think I'll eat yogurt instead. I can't have anything suppressing my appetite at this point

Mark as Spam Posted On : 12/22/2020 9:16:49 AM

Like Dislike

plasticteklie
Joined On 12/28/2008 5:01:57 AM
Add as Friend Send Message

That DOES sound like a miracle. After consuming 15 -20 cups of coffee per day since college days (1954+), I developed an allergy to it in a couple years ago. I finally gave up coffee a few months ago, and envy you for being able to still drink it. And I will echo your thanx to Dr. Mercola. He is a gift from God, and an example in courage for all of us.

Mark as Spam Posted On : 12/22/2020 10:14:54 PM

Like Dislike

avk1974
Joined On 6/11/2014 1:57:09 PM
Add as Friend Send Message

Sacromyces boulardii is also great for diarrhea. For acute sudden onset D, Two 10 billion cfu capsules between meals at a rate of 3 x a day. Next day, 2x, day after, 1x, then one capsule maintenance dose fora while after the episode.

Mark as Spam Posted On : 12/23/2020 8:05:18 AM

Like Dislike

deb pete
Joined On 10/19/2011 4:20:27 PM
Add as Friend Send Message

"Tarsen thumping" to stimulate the thymus. Only takes 1 minute!

Reply Mark as Spam Posted On : 12/23/2020 10:52:25 AM

Like Dislike

Segotar
Joined On 7/3/2013 3:30:42 PM
Add as Friend Send Message

Or King Kong lol

Mark as Spam Posted On : 12/23/2020 11:20:46 AM

Like Dislike

DLeBlanc0214
Joined On 7/20/2016 9:10:15 PM
Add as Friend Send Message

GG! I currently have low BL borderline pre-diabetic A1C, and iron overload with the absence of the most common form of hemochromatosis. I'm only 41 and not overweight at all. I've been puzzling over this sudden health mystery of mine, and I've been frustrated at the lack of information I can find. I want to thank you for your comments, since it definitely clicked in my brain that perhaps supporting my thymus will help realign my body back to its former picture of health.

Reply Mark as Spam Posted On : 12/23/2020 9:21:57 AM

Like Dislike

Otonogo
Joined On 4/16/2008 12:33:32 AM
Add as Friend Send Message

DleBLanc: I thought I was seeing things but it's hemochromatosis? I have trouble with that also. Always putting hematoma first, which means a blood filled swelling. Usually caused from a blunt trauma. You might not be finding anything because of the spelling? But I wish you luck friend finding something. They hate to tell us anything that is numbers by the internet or elsewhere, except Doc M and others like him. A healthy Gut is first and foremost, followed by zero junk and processed foods, and NO PUFAS. They seem to be causing more problems than sugar and carbs. However, they are usually in foods that are carbs and sugars, unless you are eating, fresh fruits, vegetables, and homemade bread with organic flour that is not mixed with other flours and/or enriched.

Sourdough is preferable but not always doable for everyone. In other words, you must make your food from scratch, using high quality organic ingredients. And, if you are cooking in cast iron, it may be a contributing factor to the increased iron. Dr Mercola has a Great E-complex supplement. Pre-diabetic may mean they've lowered the numbers so they can put you on meds sooner. You are on the right path putting the thymus into the equation. There is so much to know and consider. Good luck and enjoy the adventure

Mark as Spam Posted On : 12/23/2020 2:54:16 PM

Like Dislike

Guillermoo
Joined On 4/17/2015 8:47:48 AM
Add as Friend Send Message

Hi DLeBlanc. 'From Dr. Mercola: The serum ferritin test measures stored iron. I strongly suggest that most adults seriously consider getting their serum ferritin tested annually to confirm that it is neither too high nor too low. Note that (as with many other laboratory tests) "normal" ranges for serum ferritin are far from ideal. In some laboratories, a level of 200 to 300 nanograms per milliliter (ng/mL) falls within the normal range for women and men respectively, which is too high for optimal health. An ideal level for adult men and women who are not menstruating is between 40 and 60 ng/mL. You don't want to be below 20 ng/mL or above 80 ng/mL.

Hemochromatosis is the most common genome-gluma-gamalyl transpeptidase (GGT) test. While it is generally used to assess liver damage, it is also a marker for detecting excess free iron and is an excellent indicator of your risk of sudden cardiac death. For women, a healthy GGT level is around 9 units per liter (U/L), while the high end of 'normal' is generally 40 to 45 U/L. According to Kerry Kuwing, former president of the Iron Disorders Institute and the Hemochromatosis Foundation, women with a GGT greater than 30 U/L have a greater risk of cancer and autoimmune diseases.

For men, 16 U/L is ideal, while the normal lab range can be as high as 65 to 70 U/L. Last but not least, a percent transferrin saturation test will also reveal elevated ferritin levels. Ideally, this value should be between 30 and 40%. Above 45%, you have an iron overload that is probably damaging your mitochondria and really needs to be addressed. If your iron level is high, the easiest and most effective solution is to donate your blood. If you are an adult male, you will want to donate blood two or three times a year once your levels return to normal. If you cannot donate blood, ask your doctor to prescribe a therapeutic phlebotomy."

Mark as Spam Posted On : 12/23/2020 5:37:46 PM

Like Dislike

Guillermoo
Joined On 4/17/2015 8:47:48 AM
Add as Friend Send Message

'Aloe vered combines Vitamins C+E+B foods with iron-rich foods, as vitamin C increases iron absorption. Alcohol will also increase the absorption of iron in your diet and is therefore best avoided. On the other hand, calcium will bind to iron, limiting absorption, so eating iron-rich foods with calcium-rich foods can be helpful if your levels tend to be high. While researchers are looking into iron chelation strategies, I do not recommend this. For example, using phytate or phytic acid (also known as IP6) from legumes can prevent absorption and chelate iron out of your body but can easily result in other mineral deficiencies, such as zinc deficiency. A much safer alternative is curcumin. In fact, it acts as a powerful iron chelator and can be a useful supplement if your iron level is high."

Mark as Spam Posted On : 12/23/2020 5:39:23 PM

Like Dislike

Guillermoo
Joined On 4/17/2015 8:47:48 AM
Add as Friend Send Message

Also: A - TO REDUCE FERRITIN LEVELS ---- 1) - CURCUMIN. TURMERIC EXTRACT + BIOPERINE ---2) QUERCETIN ---3). Resveratrol ---4). GREEN TEA EXTRACT SCIENTIFIC REFERENCES: Key supplements that can chelate iron in the body include: Turmeric quercetin resveratrol Green tea hemochromatosisusa.com/hemochromatosis-supplements When it comes to studies on green tea and other polyphenols, possible ways polyphenols may help with iron overload include: Reduces iron absorption. It can work as a chelator to remove iron already in the body. As a strong antioxidant, it prevents damage caused by excess iron.

Prevents too much iron from ending up in the liver An impressive list of research demonstrates resveratrol's potential benefits for iron overload, including: As a powerful polyphenol, it blocks the absorption of dietary iron. Can affect gene expression to increase hepcidin (which results in a decrease in iron). Resveratrol protects cells from damage by excess iron, especially liver and heart cells. It is a powerful antioxidant and anti-inflammatory agent.

hemochromatosis.com/benefit-of-resveratrol-for-hemochromatosis/

Mark as Spam Posted On : 12/23/2020 3:03:40 PM

Like Dislike

Guillermoo
Joined On 4/17/2015 8:47:48 AM
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In a review, berberine is a plant extract widely used in clinical practice. This review aimed to summarize and rate the available evidence on the association between berberine consumption and health-related outcomes. A total of 11 meta-analyses were identified. The results revealed that berberine significantly affects blood glucose levels, insulin resistance, blood lipids, parameters and body composition, inflammation markers, colorectal adenomas and Helicobacter pylori infections. In another study the effects of berberine on diabetes, hyperlipidemia, atherosclerosis, liver diseases, intestinal diseases, mental disorders, autoimmune diseases, inflammation in general are related to the intestinal microbiota.

Another meta-analysis showed a beneficial effect of berberine supplementation on interleukin-6 (IL-6), tumor necrosis factor (TNF-) and serum C-reactive protein (CRP) concentrations. sciencedirect.sciencedirect.com/.../pii/S0924...

www.ncbi.nlm.nih.gov/.../PMC7345270/ (2020). sciencedirect.sciencedirect.com/.../pii/S0924... C-reactive protein (CRP) is produced by the liver.

The CRP level increases when there is inflammation in the body. It is part of a group of proteins, called acute phase reactants, that increase in response to inflammation. Levels of acute phase reactants increase in response to certain inflammatory proteins called cytokines. These proteins are produced by white blood cells during inflammation. This article discusses the blood test that is performed to measure the amount of CRP in the blood. www.myvitamins.org/.../c-reactive-protein.>>>

Mark as Spam Posted On : 12/23/2020 2:07:08 PM

Like Dislike

Ass.t.see.it
Joined On 6/7/2017 2:11:17 PM
Add as Friend Send Message

If you are a pure blood, you may look into "Blessed By His Blood". As to diabetes see below. A woman I knew about sixty years ago developed type 2 diabetes shortly after a Penicillin injection. She was given supplements with emphasis on vitamin B6. It cleared her diabetes and it never returned. Her treatment was based on a book of that time, titled "Let's get well". The following are some quotes therefrom: Page 53: "Oral antibiotics have brought on hemorrhagic sprue(Loss of vitamin absorbancy by destroying valuable intestinal bacteria, which synthesize vitamin K and the B vitamins.™ Pages 108-9: "Persons mildly deficient in vitamin B6 excrete xanthurenic acid following a test dose of the tryptophan. Persons severely deficient in vitamin B6 excrete xanthurenic acid spontaneously. Page 109: "Oral antibiotics have brought on hemorrhagic sprue(Loss of vitamin deficiency is the determination of xanthurenic acid in the urine,1+, 2+, 3+ none is found when vitamin B6 is adequate.3, 16, 17, 19, 21 All diabetics, however, appear to excrete large amounts of this acid, 5, 22 24 which would indicate that the pancreas if being pancreas.

Moreover, uncontrolled diabetics and persons with diabetic retinitis excrete far more xanthurenic acid than do individuals receiving insulin or who have no complications, Q, 25 then diabetics have been given 50 milligrams of vitamin B6 daily they showed a rapid and marked decrease in urinary xanthurenic acid,22, 24 in one case, the quantity dropped almost 97 per cent the first day.22 If they continued taking 10 to 20 milligrams of this vitamin daily, none of this harmful acid was excreted,22 showing that none was being formed in the body"

Mark as Spam Posted On 12/23/2023 12:11:01 AM

Like Dislike

DLeBlanc0214
Joined On 7/20/2018 9:10:15 PM
Add as Friend Send Message

GUt- thank you so much for all of this information! I was taking 3Pk per my naturopath, but now I think I'll reconsider. I am curious about the lactoferrin and its ability to restore harmony with the iron levels; however, I am a bit concerned about it HELPING iron absorption, which I certainly don't need. I have always taken astragalus, and I have both that and turmeric. I will resume taking them and increase the dosages. I will look into the berberine as well! I had passed while on other supplements to help with the iron, but perhaps that was wrong.

I remembered reading that high dose vitamin C chelates heavy metals out of the blood(in not sure why I didn't think to do this immediately)perhaps I was overwhelmed. I will implement that as well. I may also go back on the ASP diet, as my labs were perfect while implementing that. Stunningly- I agree with you about the bread! I have a healthy gluten free sourdough starter that I bake with almost daily. I was inspired after I found that not only is gluten free bread expensive, but it's not even organic and usually made with seed oil!

Mark as Spam Posted On 12/23/2023 8:15:43 AM

Like Dislike

skupe59
Joined On 5/2/2009 7:28:21 AM
Add as Friend Send Message

Also add a thymus organ supplement (which has pure thymus in it).

Reply Mark as Spam Posted On 12/23/2023 5:54:01 AM

Like Dislike

eastvirginian
Joined On 2/13/2010 7:10:29 PM
Add as Friend Send Message

comment from Heidi Hall when I told her about this article: Yes to the same exact words 1 or 2 new medical studies have said. The problem is the lies, that the Told and No article, like the others, hits all 3. 1) They pretend they didnt know. The thymectomy of babies during heart surgery they said thymectomy is unethical in a bioethics book and decades of animal studies showing it killed some and caused immunodeficiency in others. They also started putting out articles on how important the thymus is, the key to spine BEFORE they started thymectomy in babies.

THEY KNEW. this whole idea that they didnt know is a lie they told prefacing every article on thymus removal with "we didnt know" DECADES of "we didnt know" to play stupid and cover their asses. If i want to get away with selling thymuses and studying kids like land rats I would publish articles about how I never knew it could be dangerous even 5 years so if anyone calls me on it I can say, I never knew. To make it worse before they even started "routine thymectomy of infants" science published articles and ENTIRE MEDICAL BOOKS on how important the thymus is in humans preventing disease and death (3) THEY KEEP DOING IT!

They never stopped. A hospital at alden bay exposed it but pretended that it was only dead kids and that one hospital. (I) can be set to the wife, placed back. So many options but they sold them to pharmaceutical companies. No discussion on the corruption. No actual DEMANDING it stop just a soft nudge. So this tells me either he is towing the line not wanting to expose the corruption or he is ignorant of it

Reply Mark as Spam Posted On 12/23/2023 4:25:59 PM

Like Dislike

eastvirginian
Joined On 2/13/2010 7:10:29 PM
Add as Friend Send Message

"Urethral removal of thymus organs during heart surgery Creating generations of human lab rats Dec 5, 2022 41 79 3 i am the mother of a beautiful, amazing boy suffering from severe immunodeficiency after having his thymus surgery taken from him during heart surgery without my knowledge or consent. I believe people should be given accurate information about thymectomies during heart surgery and given the right to keep their organs. Thanks for reading Heidi Hall's Newsletter! Subscribe for free to receive new posts and support my work. thymuscures.substack.com/p/urethral-removal-of-thymus-organs?utm_sour.

Reply Mark as Spam Posted On 12/23/2023 4:20:38 PM

Like Dislike

NurseKaren45
Joined On 9/5/2017 6:15:20 PM
Add as Friend Send Message

WHAT THE HECK?!?! How lazy and insane to remove the thymus gland. IT MAKES T CELLS! Thanks for the link!

Mark as Spam Posted On 12/23/2023 7:10:32 PM

Like Dislike

stlc101
Joined On 7/10/2010 6:30:32 PM
Add as Friend Send Message

Any damage to the thymus during or after open heart surgery?

Reply Mark as Spam Posted On 12/23/2023 1:10:51 PM

Like Dislike

Guillermous
Joined On 4/7/2015 8:47:48 AM
Add as Friend Send Message

Otis these links describe pediatric open heart surgery with its complications. It is said: "After opening the chest, a part (or all) of the thymus is extracted. Removal of the thymus is necessary to allow the surgeon to see and operate on the heart."
www.cincinnatichildrens.org/.../open-heart-surgery ,—
www.childrens.com/services/cardiology/conditions/treatments/surgical... —academic.oup.com/.../2962635 —

Mark as Spam Posted On 12/23/2023 1:48:57 PM

Like Dislike

stlc101
Joined On 7/10/2010 6:30:32 PM
Add as Friend Send Message

Gut, thanks for the info. Looks like my thymus is long gone, 16 years ago. My immune system still works well. One cold in those 15 years and that was after sitting next to a couple for a 5 hour plane trip in which they coughed and sneezed the whole way. And no flu or flu shot for 28+ years. I think open heart surgery may be old school now. Old school is also slicing the hips to extract veins for the by-pass. Both of my legs were used and it took 18 stainless steel staples to close the slicing. Now they snip the veins at each end and pull it out. Always wondered about the staff life of veins being used to replace arteries around the heart. 16 years and counting. At the time I lived by green tea, miso one a winding mountain dirt road, and no cell connection. Thanks to sweet daughter Kris that took me in for 6 weeks while I healed.

Mark as Spam Posted On 12/23/2023 3:01:01 PM

Like Dislike

Guillermous
Joined On 4/7/2015 8:47:48 AM
Add as Friend Send Message

A professional colleague performed open heart surgery on him. He is now 82 years old and has a great desire to live.

Mark as Spam Posted On 12/23/2023 4:06:34 PM

Like Dislike

eastvirginian
Joined On 2/13/2010 7:10:29 PM
Add as Friend Send Message

thymuscures.substack.com/p/urethral-removal-of-thymus-organs?utm_sour.

Mark as Spam Posted On 12/23/2023 4:21:12 PM

Like Dislike

nvrsdk
Joined On 1/15/2011 2:41:18 PM
Add as Friend Send Message

Water.... greatnews.substack.com/p/the-miraculous-nature-of-water?utm_source=sub...

Reply Mark as Spam Posted On 12/23/2023 9:09:44 AM

Like Dislike

pjpete
Joined On 9/9/2021 12:23:03 PM
Add as Friend Send Message

Great discussion on the thymus gland Dr. Mercola! Those COVID injections unfortunately like the thymus . Your recommendations are invaluable, thank u

Reply Mark as Spam Posted On 12/23/2023 7:29:57 AM

Like Dislike

NurseKaren45
Joined On 9/5/2017 6:15:20 PM
Add as Friend Send Message

Dr Mercola wrote an article several years ago (15 or more?) and he mentioned that Splenda causes premature shrinking of the thymus gland. I remember thinking that in the future we would have kids who grew up on Splenda and have badly functioning immune systems and low T cell count.

Reply Mark as Spam Posted On 12/23/2023 6:11:14 PM

Like Dislike

gerbear
Joined On 4/21/2010 10:40:33 AM
Add as Friend Send Message

Dr Mercola mentioned Myasthenia Gravis in the article - I have been diagnosed with MG so my question to you experts - would strengthening the thymus help this autoimmune disease and what would you suggest I take to help My MG is affecting my eyes -tissue for swallowing and chest muscles for breathing. ANY suggestions would be greatly appreciated

Reply Mark as Spam Posted On 12/23/2023 11:54:04 PM

Like Dislike

AntonioG
Joined On 1/26/2015 11:09:58 PM
Add as Friend Send Message

From TAGsciences website. $100 for 30 caps I believe.

Reply Mark as Spam Posted On 12/23/2023 10:21:55 AM

Like Dislike

epi-cure
Joined On 5/12/2012 7:02:04 PM
Add as Friend Send Message

A favorite bumper sticker from years ago reads: Bark less, wag more. Another version of that theme might be talk less, listen more. Here is a world of possibilities so next time I will take a lifetime to think and not be censored. Meanwhile, these folks are making an admirable effort. In the bigger picture do we really need all those supplements when we become proficient at healing ourselves through bioacoustics? www.youtube.com/watch

Reply Mark as Spam Posted On 12/23/2023 9:34:30 AM

Like Dislike

jeff9075
Joined On 3/28/2014 1:41:14 PM
Add as Friend Send Message

Thanks epi-cure. This also reminded me of an old saying regarding talking less and listening more:- God gave us 2 ears and 1 mouth for a reason.

Mark as Spam Posted On 12/23/2023 9:47:12 AM

Like Dislike

epi-cure
Joined On 5/12/2012 7:02:04 PM
Add as Friend Send Message

So true, jeff9075, so true. Also humans desire to be heard outweighs their abilities to listen. Perhaps that's a partial explanation why still so many are swayed by demagoguery. I hope you give the link a listen.

Mark as Spam Posted On 12/23/2023 10:18:17 AM

Like Dislike

020202
Joined On 1/1/2021 8:23:48 AM
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epi-cure, you asked if we need supplements, and I am in a state of wonderful surprise right now, as a week ago I started taking Mercola's Liposomal Hyaluronic Acid for my aching knees and now I have no pain! I've also had cell rejuvenescence and it helped a lot as long as it didn't have clondronin in it, but this is new addition is simply perfect. I stress, no pain at all.

Mark as Spam Posted On 12/23/2023 10:21:40 AM

Like Dislike

epi-cure
Joined On 5/12/2012 7:02:04 PM
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020202, I take supplements too. Terrific that the lipo-H.A. works so well for you. I will order some today for friends, thank you. The question was mostly rhetorical. When we get a better understanding of Sherry Edward's body of work, our voice pattern plus acoustic modulation may ultimately be a more ground level approach to addressing afflictions. That said, if it's revealed that indicated dietary supplements are still a better remedy, then why wouldn't we ?

Mark as Spam Posted On 12/23/2023 10:25:10 AM

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Guillermous
Joined On 4/7/2015 8:47:48 AM
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Yes epi. Integral Sound Healing is used to alleviate symptoms caused by many conditions, including anxiety, PTSD, dementia, cancer, behavioral and psychiatric disorders, and much more. It also helps lower stress, blood pressure, cholesterol levels, and the risk of heart conditions such as artery disease and stroke, whilst improving sleep quality and overall well being. Deep relaxation is the most significant benefit of sound healing, followed by its energetic deep tissue massage effect caused by the sound vibrations that open, release and flush the chakras, whilst releasing stuck energy.
www.academyofsoundhealing.com/what-is-sound-healing

Mark as Spam Posted On 12/23/2023 4:05:17 PM

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epi-cure
Joined On 5/12/2012 7:02:04 PM
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Guillermous, several years ago I bought an acoustical device from Sharry Edwards' organization expressly designed for and allegedly effective for those stricken with gout. The purchase was for the benefit and encouragement of two people I know who had chronic gout. Each used it made their gout disappear and wanted to keep it. I did reclaim it stating that if it served them well that they should purchase one for themselves. They both drank unhealthy volumes of alcohol and I can't be certain whether they ever allocated some of their budget toward this newborn sound generator (10-12 years ago in the low $200s) that delivered the pulses through earphones. I'm currently unpacking boxes in my search for that missing device, lost since the move a year ago, that I hope will be located by a good Samaritan finder whose "science" would have us believe; I put more stock in such anecdotal empiricism than the manipulated studies by the pharmaceutical industry.

Mark as Spam Posted On 12/23/2023 6:32:10 PM

Like Dislike

lifedoc1
Joined On 1/19/2006 6:50:47 PM
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15 years ago, I was told by an extraordinary healer that the best way to support your Thymus is to tap out The Blue Danube Waltz on your chest just above it. Supposedly it has the perfect rhythm for the organ. Over the years, there's been a definite correlation as to the strength of my immune system and how often I've done it. It doesn't take long and it's also a relaxing way to start what are usually stressful mornings.

Reply Mark as Spam Posted On 12/23/2023 9:33:26 AM

Like Dislike

violethelena
Joined On 3/28/2014 8:58:33 AM
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Thank you for shinning a light in this important subject.

Reply Mark as Spam Posted On 12/23/2023 8:41:43 AM

Like Dislike

josephunger

Joined On 2/15/2012 6:52:11 PM

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Brilliant and insightful article, as always. Thymus has been a go to in my office for decades, often very effective. Referencing the endocrine guru, Henry Harrower MD, problem cases may also involve Parotid glands.

Reply | Mark as Spam | Posted On 12/22/2023 7:14:51 AM

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