The Healing Benefits of Red Meat

Analysis by Dr. Joseph Mercola Fact Checked

November 20, 2022

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STORY AT-A-GLANCE

- A carnivore or meat-only diet can be uniquely beneficial for some people, especially those struggling with autoimmune diseases, Crohn's disease, ulcerative colitis, chronic pain and mental health disorders
- It can also be used as a detox strategy for three to 12 months
- One of the primary benefits of a carnivore diet — as long as you focus on red meat and limit chicken and pork — is that it's a really low in omega-6 fat, which is the most harmful type of fat and a primary driver of chronic disease
- You're also removing most or all sources of oxalates, found in many plant foods, and plant lectins. Both can trigger inflammation and a variety of health issues, including chronic pain and autoimmune diseases
- Another benefit of the carnivore diet has to do with carnosine, which is a sink for glycolated lipids. Glucose attaches to the carnosine and as a result, your glucose level goes down. Carnosine is also a longevity molecule

In this interview, Dr. Shawn Baker discusses the carnivore diet, why he's on it and why he thinks it can be a beneficial choice for others. He also has a regular podcast called "Revero," where he shares his expertise on this topic. Revero is the name of the company he cofounded, which specializes in getting people off pharmaceuticals using diet and other lifestyle changes.

Baker's background is actually that of an orthopedic surgeon. He's also a competitive athlete and played professional rugby in New Zealand for a number of years. As he entered his 40s, he started experimenting with nutrition, and around 2008 got hooked on the ketogenic diet.

From Orthopedic Surgeon to Lifestyle Coach

Around the same time, orthopedic surgeons were told to not operate on morbidly obese patients (a body mass index of 35 or higher) to encourage them to lose weight, thereby lowering their risk of surgical complications and improving outcomes. One thing led to another, and at the end of it all, Baker ended up transforming his career.

> *"I started suggesting these low carb ketogenic diets with my patients. Not all of them would try it, but some of them did. The ones that did, not only would some of them lose weight, but what was more profound and interesting is they would have a profound*

reduction in their pain, so much so that many were taken off the OR schedule.

Well that thing got me thinking, 'Why can't I do this for more patients?' So, I started to talking about that. I printed out flyers of books and videos you could watch. I would hand out 20 a day, easily, because I was seeing 40, 50 patients a day and at least 20 of them I thought could benefit from this.

That got frustrating because it was a very inefficient way to get this message out, so I talked to the hospital administration. I said, 'I'd like to spend half a day once a week doing some lifestyle counseling.' What really shocked me was their profound reluctance to do that. They flat out said, 'No, that's not happening.'

I was an employee of the hospital. I was the head of the surgical group. I was like, wait a minute, I'm making these people avoid operations that have potential complications. Then I quickly realized ... we need to make revenue. I was a good source of revenue because I was one of the busiest surgeons in the hospital ...

I ended up leaving and went on to do what I'm doing now, which is promoting lifestyle. I got to say, I'm so much happier. I enjoyed what I did as a surgeon, but it's nowhere near the satisfaction I get today, seeing people's lives completely change ...

So, in my dietary journey, I went on this low carb ketogenic diet, [but I also] saw these crazy people doing an all-meat diet. I thought, 'God, that's so stupid,' but I was morbidly curious. I just followed these guys on social media ... I kept reading [while thinking] 'I can't believe this is true.'"

Entering the World of Carnivore

In 2016, he finally took the plunge and decided to try the carnivore diet for himself, first eating nothing but animal foods for one whole day, then two and three days in a row. By the end of that year, he went a whole month eating a meat-only diet.

Despite fears of suffering all sorts of negative health effects, he actually ended up feeling the best he had in a decade. So, he kept going, and after two months, his chronic tendonitis vanished. He's now been on a carnivore diet for six years.

"I don't think everybody has to do it," he says. *"I don't think it's the only way. I think there are people that uniquely benefit from this. Even if you use it for a period of time as an elimination phase — three to six months, maybe a year. Then many people are able to incorporate a few other things. It's been an interesting journey. I've really enjoyed it.*

I've seen incredible, life transforming stories over and over again ... I had a guy who was diagnosed with ADHD as a young child and on all these meds; suicidal, in and out of the ER 200 times. I mean 200 times through the ER. How much does that cost?

We put him on an all-meat diet and he is like, 'I'm done [with the meds]. I don't need any of this stuff.' How much does it cost to feed the guy rib eyes? $10 to $15 a day maybe.

How much is going to the ER? ... Much of health care is concentrated in a small percentage of people that are 'repeat offenders,' as they call them. They just continue to go to the emergency room over and over again for various reasons, some psychiatric ...

There are now several studies that have come out looking at this diet, all of which show it very positively. There are no negative studies out there. Maybe some will be produced down the road, but in my view the default answer at this point is that it's helpful for people ... Especially for autoimmune related diseases, things like Crohn's disease and ulcerative colitis. It seems to be extremely powerful for those patients.

A lot of them are on super expensive biologic drugs that have side effects. There's increased risk of infection, increased risk of cancer. I mean it's just bizarre how our medical system has gone. Particularly in the last few years, a lot of people have become somewhat distrustful of our medical authorities and I think for good reason."

Is a Carnivore Diet Sustainable?

Like most diets, carnivore diets can range in severity. Dr. Paul Saladino, another well-known advocate of the carnivore diet, has diverged a bit from his earlier stance and now integrates foods like fruit and honey, up to 250 grams of carbohydrates a day.

Baker's staples are steak and eggs, but he too will add other foods now and then. "It's not a religion to me," he says, "but I legitimately feel best when I'm just eating a bunch of red meat." At 6 foot 5 inches, 250 pounds, and a very active lifestyle, Baker routinely eats between 3 and 4 pounds of meat a day, which equates to 300 grams of protein a day. He goes on:

> *"I don't think everybody needs to be on a carnivore diet. I think some people can definitely benefit, and I think a period of strict can be beneficial. Some people choose to continue to do that. I don't see a big problem for most people. I know that's controversial, but I have seen tens of thousands of people do this indefinitely.*
>
> *I know there's a thought that low-carbohydrate diets in general are unsustainable. Yet you've got people that have been doing it for 25, 30 years ... I think for some people, and this is where I would disagree with Paul [who tells] people you must eat fruits and honey to be optimized or healthy. I don't think that's necessarily true.*
>
> *That's my observation. I tend to go by what's going on results wise and I've collected data on 12,000 people on the diet ... There was a paper that just came out on hidradenitis suppurativa [painful lesions in the groin]. It was a case study. [After] 43 days on the carnivore diet, boom, gone."*

One possible reason for why certain conditions, such as autoimmune disorders, improve on the carnivore diet could be because you're removing most or all sources of oxalates, found in may plant foods, and **plant lectins**. Both can trigger inflammation and a variety of health issues.

The Cholesterol Issue

One of the criticisms hurled that those who advocate for a carnivore diet is that it may cause heart disease by allowing your cholesterol to spiral out of control. Baker addresses this issue saying:

> *"My total cholesterol runs anywhere between 180 and 250, somewhere in there. I had a coronary artery calcium scan as well, and it's zero ... When I assessed my lipoprotein A, it was 2, which is about as low as it possibly comes. A lot of people tell you it's genetic, but there are studies showing that saturated fat will actually drive lipoprotein A down, which is interesting, because again, I eat a lot of saturated fats ...*
>
> *Most people say, 'You need to be on a statin or a low-fat diet' based on where I'm at. But I also look at all my other risk factors. Inflammatory numbers, blood pressure, body composition.*
>
> *I mean, I'm setting world records as an athlete. You don't do that with a bad cardiovascular system. I mean, it's crazy. When somebody comes to me and says, 'Hey doc, my LDL cholesterol has shot up to 304. It was 200.' I don't tell people to ignore that.*
>
> *I think it's just a situation in which you have to get more information, whereas most physicians will say, 'Stop immediately. Go on a statin.' I think you have to be more circumspect about this. Look at nuance.*
>
> *One of the things which you talk about is apoB [apolipoprotein B]. If apoB is elevated, it doesn't matter how many particles or the size of the particles. It's a number of apoB that you're exposed to over time and that's going to lead to a damage.*
>
> *Now there's another part of that equation. If you believe the model where LDL cholesterol is causal, and it gets pushed under the endothelium of the blood vessels, there's two sides of that equation. One of them is a receptor, or rather the blood vessel itself and how 'sticky' it is. That has to depend on protein glycan content, these glycosaminoglycans that are under modification. What modifies it?*
>
> *Well, we know diabetes drugs and blood pressure meds make the vessels stickier. If you've got more LDL cholesterol [but] your vessels aren't very sticky, does that cancel each other out? I don't know, but could you find that out? Imaging is the way I typically approach it if the person is of appropriate age. A 20-year-old doesn't need to be getting a CAT scan or anything like that.*
>
> *If you're 40-plus and your LDL is high but you're like, 'I don't want to change because I feel so good' ... then get some imaging, get carotid Doppler studies. You can get angiography, which is more expensive and tends to be a little more invasive. There are ways to monitor this rather than just going on a low-fat diet."*

Carnivore Diet Is Very Low in Unhealthy Fats

One of the primary benefits of a carnivore diet — as long as you focus on red meat and limit chicken and pork — is that it's a really low omega-6 fat diet. As I detail in "**How Linoleic Acid Wrecks Your Health**," the worst fats you could possibly eat are seed oils because they're loaded with omega-6 fat, and 60% to 80% of that fat is linoleic acid (LA), which is the worst of all.

I'm convinced LA is a primary contributor to nearly all chronic diseases, as it acts as a metabolic poison. Over the last 150 years, the LA in the human diet has increased from about 2 to 3 grams a day to 30 or 40 grams. LA used to make up 1% to 3% of the energy in the human diet and now it makes up 15% to 20%.

Most of it comes from seed oils, found in most processed foods and condiments, but **chicken and pork also contain high amounts of LA**, thanks to the grains they're fed. Baker comments:

> *"Clearly, polyunsaturated fatty acids [PUFAs] and seeds oils are not part of the natural human diet. They were only invented in the late 1800s. I don't care what you argue we were eating 1,000 years ago, 10,000 years ago, 300,000 years ago, 3 million years ago ... we were not eating these things. They are not part of the natural human diet.*
>
> *The other thing that's a big confounder here is, where are these things usually found? They're almost always, with rare exception, found in highly processed foods. It's a proxy measure for how much processed food you're eating.*
>
> *Either way, [the carnivore diet] is going to get the PUFA out of your diet to a large degree ... Just by removing that ingredient [seed oils], you are removing the processed garbage out of your diet. One way or the other, it's helping you."*

Yes, Saturated Fat Is Great for Your Health

Saturated animal fats, on the other hand, are healthy, and have been exonerated scientifically as well. Back in 2017, the American Heart Association showed its industry bias when it sent out a warning saying saturated fats such as butter should be avoided to cut your risk of heart disease.

The problem was the data and science they relied on was completely outdated and had been refuted and proven wrong multiple times. For details, see "**AHA Renders Itself Obsolete With Long-Refuted Dietary Advice**."

> *"There was a study published about a month ago that talked about the boogeyman of saturated fat,"* Baker says. *"It was a systematic review and it said:*
>
> *'After examining all the RCTs [randomized controlled trials], observational studies and cohort studies, we see no evidence to show that saturated fat is an issue, particularly when it comes from whole foods.'*
>
> *The other interesting thing with saturated fat is — and I saw this data — in the American diet most of the saturated fat we consume is in the form of junk food, cakes, pastries, and other things, whereas saturated fat coming from red meat is only about 3%. My diet is basically all meat so I get all my saturated fat from meat. And so far, no bad result."*

The Benefits of Carnosine

Another benefit of a carnivore diet has to do with carnosine, which is a sink for glycosylated lipids (ALEs) and sugars (AGEs). Glycation is when a glucose molecule attaches to a protein molecule. Hemoglobin A1C is a measure of glucose control over three months. Basically, it's a measurement of glycated red blood cells.

Red meat contains carnosine, which acts as a sacrificial sink for these kinds of glycated lipids and AGEs. In other words, the glucose will attach to the carnosine and as a result, your glucose level will go down. Carnosine is also a longevity molecule. Baker explains:

> *"[Carnosine] particularly affects the central nervous system that way. Our central nervous system is mostly fat. Something like 25% of the cholesterol in your body resides in your brain. So, carnosine has been a wonderful tool.*
>
> *I think this is the problem when we talk about food. We break it down into different contents. 'Oh my god, meat has saturated fat. Oh my God, cooking your meat is going to produce some AGEs, therefore that's going to destroy you.'*

Then you say, 'Well what about all the carnosine, the carnitine, the taurine, the creatine?' — all these things that counteract the [bad], because we don't just eat saturated fat by itself. It comes with all these other things. We don't just eat AGEs by themselves. There are these detoxification [molecules] ...

Carnosine is just a wonderful, wonderful thing. The other point I wanted to mention is ... a lot of people that go carnivore, they seem to see benefits that occur up to three years out. They notice it gets better and better.

I'm six years in. I don't know that I get dramatically better, but I just feel good all the time. I'm able to perform and train, and I'm not seeing that decline [in health with age] like other people. At my age, you look around at your peers and you're like, 'Oh my god, everybody's old and dead or near dead.' Why am I not doing that?"

Will a Meat-Based Diet Harm Your Kidneys?

Another concern that makes many shy away from a meat-based diet is the fear that it'll raise your creatinine level and damage your kidneys. As noted by Baker, it's not unusual to see high creatinine levels in big, muscular people. Your creatinine index is a surrogate of lean body mass.

So, higher muscle mass translates into higher serum creatinine. If you're exercising hard and breaking the muscle down more than normal, you're going to have higher serum creatinine. Creatinine will also be high if you're on a high-protein diet.

Glomerular filtration rate (GFR) is a measure of how well your kidneys are filtering metabolic waste. The problem with GFR is that it doesn't take into account your body size or muscle mass. People with greater muscle mass will have lower GFR, all things being equal, compared to someone with low muscle mass. Lower GFR is typically indicative of poorer kidney function, but it can be deceptive if you're on a carnivore diet or have very high muscle mass.

For this reason, Baker prefers another test called cystatin C. It's an alternative way to assess GFR and doesn't involve protein or protein turnover, while still assessing kidney function.

"Just as an estimate, anytime I have somebody with a high serum creatinine, I tell them to get a cystatin C [test]. It's almost always normal ... For instance, I just did this the other day, if I calculate my GFR based on creatinine, it's 56, which is considered low. If I calculate it based on cystatin C, because my creatinine was 1.92 the last time I checked, my GFR comes up around 124 instead of 56.

I've also had my micro albumin checked directly for protein, and it's been negative. So, I would just, as an experiment, check it side by side. Get the GFR measured both through serum creatinine and cystatin C. You probably will find that your kidney function is better than you think it is ...

[BM] Brenner in the 1980s did studies on rats and mice, showing that feeding them high protein diets led to glomerular damage. However, that doesn't carry over to humans.

Stu Phillips, who's one of the top protein researchers in the world, did a nice paper in 2018, a meta-analysis review of high protein versus low protein diets; no difference whatsoever in kidney function.

David Unwin, who's in the UK, has done a nice study on diabetics with compromised kidney function, Stage 1, Stage 2 chronic renal insufficiency. He's seen them reverse by going on high-protein diets and just removing the garbage. That's an interesting observation."

More Information

In this wide-ranging interview, we also discuss Baker's exercise regimen and tips for mitigating delayed onset muscle soreness (DOMS) after exercise. We also touch on other healthy lifestyle strategies, so for all the details, be sure to listen to the interview in its entirety.

To learn more about how the carnivore diet can help you, tune in to **Baker's podcast**. His virtual-first clinic, **Revero**, will launch in early 2023, but you can sign up for early access if you're interested.

"It's a grass roots movement," Baker says. *"The government is not going to adopt a healthy diet style. Corporations, it's just not in their business interest to do it. It's got to be*

on the people to do it, and this is how we change things little by little."

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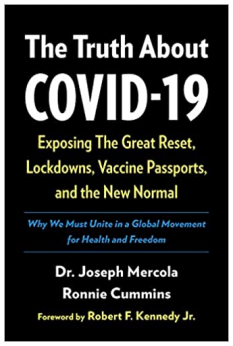

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Guillermou

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One of the reasons to be omnivorous and eat fish, shellfish. dairy and organic meat is carnosine. In the human body, carnosine concentrations are highest in muscle and heart tissue but it is also found in brain tissue, crossing the blood-brain barrier. Carnosine

concentrations are highest in muscle and heart tissue but it is also found in brain tissue. Crossing the blood-brain barrier. Carnosine prevents senescence with powerful antioxidant and anti-inflammatory effects. Also fisetin, quercetin, bromalain and curcumin are especially considered senolytic agents with an important advance in the fight against aging. Carnosine and senolytic agents also help maintain DNA, lipids, cellular components, and proteins.

Carnosine reduces carbonylation which is a pathological step in protein aging, has anti-glycation effects, protects membranes, prevents protein cross-linking with improved muscle function, protects the brain against cross-linking, glycosylation, overstimulation and oxidation , regulates the concentrations of zinc and copper in nerve cells and a binder of toxic heavy metals. It also provides benefits against hypertension, heart failure, atherosclerosis, neurodegenerative diseases, vascular function (improvement of NO) anticancer, cataracts (drops) and immune system.

www.ncbi.nlm.nih.gov/.../PMC8300828 (2021) -------- www.carnosyn.com/carnosine-guide (2021)--------- www.isnff-jfb.com/.../65 (2019)-------- www.mdpi.com/.../htm (2021)-------- www.sciencedirect.com/.../S0939475322002952 (2021)----- www.verywellhealth.com/the-benefits-of-carnosine-89430 (2021)--------- europepmc.org/.../pmc9526863 (2022)--------- www.mdpi.com/.../htm (2022)--------- www.sciencedirect.com/.../B9780128190968000422 (2022)------- link.springer.com/.../s10989-021-10342-5 (2022)----

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Carnosine is a dipeptide composed of beta-alanine and L-histidine. Normally the limiting amino acid is beta-alanine. Oral supplementation of beta-alanine (BA) can induce an increase in carnosine. Oral -alanine supplementation is a popular ergogenic strategy in sports because it can increase intracellular carnosine concentration and subsequently improve high-intensity exercise performance. Beta-alanine is subject to transamination in mammalian tissue. Foods containing beta-alanine, such as meat and fish, are also known for their efficiency in raising carnosine levels in muscle, and studies have found, looking at athletic performance, that for augmentation with carnocine, which beta-alanine is the more effective of the two.

Carnosine levels in the blood increase after a person eats beef. There is approximately 1,500 mg of carnosine in a pound of beef and about 2,000 mg in similar amounts of pork or chicken. Most fish, like salmon, are low in carnosine, but high in a substance called anserine. Anserine is also found in the human body, and has actions on cells quite similar to that of carnosine. www.tandfonline.com/.../ern.09.32 (2014)--- link.springer.com/.../s00726-016-2208-1 (2016)---- www.ncbi.nlm.nih.gov/.../PMC5009790 (2016)------- www.ncbi.nlm.nih.gov/.../PMC5009798 (2016)------- erj.ersjournals.com/.../OA4224.abstract (2021)---- www.tandfonline.com/.../15502783.2022.2079384 (2022)--- www.tandfonline.com/.../17461391.2021.1940304 (2022)

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Nutrigenomics and personalized nutrition research is gaining more attention in recent years because food-derived bioactive compounds significantly influence changes in the genome, epigenome, proteome, and metabolome. Studies show, for example, that polyphenolic phytochemicals affect the expression of genes involved in glucose transport, insulin secretion, antioxidant effects, inflammation, vascular functions, and lipid metabolism. amscentral.com/.../fulltext.php (2019)-------- www.sciencedirect.com/science/article/abs/pii/S1466856422002818 (2022)---- Similarly, it is estimated that diet influences all cancer cases. More than 1000 different phytochemicals have been recognized with cancer preventive activities. During chronic inflammation, several changes in cells have been observed, including increased DNA damage, disruption of DNA repair pathways, cell proliferation, inhibition of apoptosis, and promotion of angiogenesis and cell proliferation.

invasion. Omega-6 negatively influences gene expression related to inflammation, angiogenesis, and proliferation. The brain benefits in particular from the antiglycosylation and antioxidant effects provided by carnosine. Glycosylation, oxidative stress, inflammation secondary to oxidative stress, and crosslinking of methylglyoxal proteins, a product of uncontrolled glucose oxidation, contribute to the progression of Alzheimer's disease www.sciencedirect.com/.../S030100821830145X (2019)------ www.sciencedirect.com/science/article/abs/pii/S2214799322000820 (2022)----

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Carnosine improves blood flow and oxygen delivery to muscle tissue through improved endothelial function. Studies in older adults further showed that carnosine intake can lead to increased muscle mass and reduced physical and mental fatigue. Based on current studies, a role for carnosine in preventing age-associated muscle protein degradation and regulating mitochondrial homeostasis is suggested. L-carnosine stimulation of coenzyme Q10 biosynthesis promotes enhanced mitochondrial function. www.sciencedirect.com/.../B978012813922600028X (2019) tips.sums.ac.ir/article_42249_a54e653c2b850d47d3951d5506151bcc.pdf (2019) www.tandfonline.com/.../1028415X.2018.1552399 (2020) www.mdpi.com/.../htm (2021) www.sciencedirect.com/.../S0006291X22006003 (2022) journals.physiology.org/doi/full/10.1152/japplphysiol.00602.2020 (2021) www.sciencedirect.com/.../B9780128190968000422 (2022) www.frontiersin.org/.../full (2022)

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juststeve

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Gui, as Baker points out, “The government is not going to adopt a healthy diet style. Corporations, it's just not in their business interest to do it. It's got to be on the people to do it, and this is how we change things little by little.” So, spot on. If the Medical Monopoly is its own government, & if the Monopoly Corporation is just the opposite side of the same coin, what we have been living is the Rockefeller/Gates follow a profit and increase the monopoly model. When we rebuild from the ground up, we need to follow the Science of Health model. This should recognize One Size Does Not Fit All, if you are a round peg and can't fit into a square hole, there is nothing wrong with you but a need to follow a personalized approach.

If carnivore works for one, undoubtedly Vegan works for others, then there must be some who thrive on a sliding scale between the two hard positions. It's seems more than evident Big Med, Big Ag & Big Tech have become a three-legged stool each supporting the other. Big Ag's process offends us with health damaging pollutants, Big Med fogs our awareness with its mostly only symptoms being dampened, and Big Tech sheepherding us to see only what the three want us to see. Defuse the old Centralized System Locally by following the Science of Health. This should lead to true Health, Wealth and Prosperity.

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stoneharbor

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Thanks Gui for all the additional information on Carnosine and nutrigenomics. Not only are the links of great value, but most of them also have additional links with more information. There is a world of great information on the values of a carnivore diet today, from both you and Dr. Mercola, even if such a diet is only used for a period of time to allow many adjustments to be made by the human body while it recovers from years of imbalance.

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Pete.Smith

Joined On 10/11/2013 8:19:55 AM

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Excellent research Gui, thank you. * Carnosine inhibits and prevents cross-linking of collagen in the skin, which can lead to loss of elasticity, wrinkles and loss of extracellular matrix. We need that elasticity also in our arteries and gut. * Natural substance NT-020 aids aging brains in rats: "Aging has been linked to oxidative stress, and we have previously shown that natural compounds made from blueberries, green tea, and amino acids, such as CARNOSINE, are high in antioxidants and have anti-inflammatory and anti-oxidative activity," said Sandra Acosta, MS, the study's lead author and a PhD student in the USF Center of Excellence in Aging and Brain Repair.

"The combination of these nutrients, called NT-020, creates a synergistic effect that promotes the proliferation of stem cells in the aged animals." In the NT-020 group, the process by which neurons are generated -- called neurogenesis -- increased. The NT-020 group demonstrated increased adult neural stem cell proliferation in the two main stem cell niches in the brains and improvement in learning and memory. In past studies, NT-020 has been shown to have beneficial effects on animals with simulated stroke.

NT-020 has also been shown to encourage the proliferation of adult stem cells, which have the potential to develop into tissue and bone cells and also migrate to areas of damage to help with repair. That increased stem cell proliferation coincided with better cognitive performance is significant. "The notion that aging is a stem cell disease has been gaining popularity," www.liebertpub.com/.../rej.2009.1011 2010 * * * Tissue culture experiments show that the supplement carnosine may help to prevent and treat cataracts, a clouding of the eyes. www.sciencedaily.com/.../090715101443.htm 2009

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Pete.Smith

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Nutritional supplements, including carnosine, improves cognitive performance in a study with 105 healthy adults, ages 65 to 85. www.sciencedaily.com/.../140206133913.htm (2014) * * Rio athletes may benefit from 'leaky gut' therapy: zinc carnosine improved the performance of the mucosal barrier of the gut, and that this improvement was enhanced when supplemented with bovine colostrum. Both are readily available from health food suppliers and the research team concluded that zinc carnosine taken alone or with bovine colostrum may have value for those affected by 'leaky gut'. Among the changes that occurred in the athletes during heavy exercise was a two-degree centigrade rise in body temperature, which may well have been a contributing factor in causing the increased leakiness of the gut.

www.sciencedaily.com/.../160629145150.htm (2016) * * This from Wikipedia about; Zinc carnosine, is a mucosal protective chelate compound of zinc and L-carnosine invented by Hamari Chemicals, Ltd. Although it contains 23% zinc and 77% L-carnosine by mass, zinc carnosine is a molecule and not a mixture of zinc and L-carnosine. It is an approved drug requiring a medical prescription in Japan and South Korea where it is clinically used to treat gastric ulcers. Its mechanism of action is oxygen radical scavenging, anti-oxidation, and acceleration of gastrointestinal wound healing.

It exhibits ROS-quenching activities. It exerts cytoprotection through regulating heat shock proteins and chemokines, and by stabilizing mast cells. It does so without affecting the secretion of gastric acid. It has a potential to stimulate Hsp70 expression, with overexpression of Hsp70 being found to prevent the development of inflammatory process in the large intestinal mucosa provoked by various damaging factors. It has a stimulatory effect on bone formation and a restorative effect on bone loss under various pathophysiologic conditions.

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forbiddenhealing

Joined On 2/21/2011 9:51:43 AM

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Thanks Gui, all good info... Pete, Yes oxidative stress/oxidation vs. antioxidants/electron rich items...The obvious nature of REDOX chemistry...The breakdown of life's molecules via oxidation (rust/burning) or the preservation of their bonds in a well charged environment. Meat shaming is entering from the left, and idiot TV hosts always mention heart attack over steaks and butter. Zombie cholesterol myths only promote bad oils and statins.... just another one of the many correctness lies that never go away.

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Martix

Joined On 10/19/2007 4:48:18 AM

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Organs meat is even better, from grass fed cow !!!!!!

Mark as Spam | Posted On 11/6/2022 12:31:49 PM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Thank you all for your interesting comments. Carnosine is expressed in both the central and peripheral nervous systems. Various biological functions have been attributed to carnosine, including modulation of mitochondrial metabolism. Some patients are severely affected by SARS-CoV-2 infection and may experience respiratory failure, thromboembolic disease, neurological symptoms, kidney damage, and acute pancreatitis. COVID-19 patients with comorbidities, including diabetes, are at increased risk of severe covid Given the biological effects attributed to carnosine, adjuvant therapy with this dipeptide could be considered as supportive treatment in patients with COVID-19 or prolonged COVID for its action in the cytokine storm. Given the biological effects attributed to carnosine, and its deficiency with age, where severe covid is more frequent, adjuvant therapy with this dipeptide could be considered as supportive treatment in patients with COVID-19 or prolonged COVID.

www.ncbi.nlm.nih.gov/.../PMC9257001 (2022) The ability of carnosine to decrease the entry of nitric oxide and neutrophils into the upper respiratory tract has been shown to be important in controlling the early stages of influenza A infection. Carnosine decreases mortality and pathological changes in the lungs after of infection with the H9N2 swine influenza virus. Due to all of these benefits, carnosine may also play a role in protecting patients against COVID-19. www.mdpi.com/.../htm (2022)

Mark as Spam | Posted On 11/6/2022 1:59:50 PM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Also consider amino acids in the response to Covid. Figure 7 groups amino acids and derivatives in relation to the adaptive immune response, characterized by an increase in pro-resolving T cells, as opposed to the low levels typical of severe COVID-19. These metabolites showed positive correlations with T cells. Most amino acids were also negatively correlated with markers of innate immune response and hyperinflammation, which characterize severe COVID-19. ICU and ward patients with high IL-6 levels showed reduced levels of 22 amino acids and antioxidant and immune-supporting derivatives (eg, glutathione, GABA).

Thirty amines were increased in recovering patients, led by 1.7- to 2-fold increases in putrescine, GABA, O-acetylserine, and taurine. Milder increases of 20-65% toward recovery were recorded for 16 amines, including glycine, hydroxylysine, carnosine, and S-methylcysteine; statistically driven by men). Glutamate also showed higher levels in severe patients and, like glutamine, exhibited a unique pattern of correlation with immune response markers (see IL-18 in Figure 5c). Glutamate modulates immune cell development, and its excessive production has been linked to endothelial cell damage. The glutamine-glutamate conversion cycle is regulated by cellular demand and uptake and was hypothesized to be reprogrammed in SARS-CoV2-infected host cells.

Tryptophan was decreased in ICU patients and patients with higher IL-6 and was negatively correlated with a broader set of markers of hyperinflammation than any other amino acid. Significantly lower glutathione levels were found in ICU patients. Furthermore, BMI) was negatively correlated with glutathione. Additional antioxidant and immune-supporting amines that were decreased in the worst disease states include carnosine, taurine, putrescine, GABA. www.mdpi.com/.../htm (2022)

Mark as Spam | Posted On 11/6/2022 2:01:59 PM

Like Dislike

TimM

Joined On 12/12/2007 4:09:06 PM

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Some advocates of a carnivore diet claim that vegetables shouldn't be eaten because they contain toxins. Dr. Anthony Chaffee said brussels sprouts contain carcinogenic substances! Is that true? I have been unable to corroborate that claim. Dr. Kevin Stock (DDS) claims that glucosinolates in cruciferous vegetables are bad for us! These claims concern me greatly because I eat brussels sprouts and other cruciferous vegetables often along with meat. I get frustrated by reading the conflicting views about diet and nutrition.

Reply | Mark as Spam | Posted On 11/6/2022 5:48:25 AM

Like Dislike

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mohair3

Joined On 8/31/2021 8:50:02 PM

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In the 60's, we never heard of Brussel Sprouts or Broccoli...we didn't eat many vegetables at all....not even salads. Meat and chicken..the occasional fish from the neighbor who went fishing...potatoes, green beans, corn, beets, and sauerkraut.

Mark as Spam | Posted On 11/6/2022 6:13:58 AM

Like Dislike

Eevee

Joined On 3/7/2008 10:05:07 AM

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I think that might be to do with them being "goitrens" bad if you have thyroid problems, over cook them, instead of having them firm and crunchy cook them until soft, that destroys the goitrens. If you don't have thyroid problems it's not a problem.

Mark as Spam | Posted On 11/6/2022 6:27:24 AM

Like Dislike

Pete.Smith

Joined On 10/11/2013 8:19:55 AM

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Yes TimM, it is conflicting. Sometimes dr. Mercola says donate blood and avoid red meat because having too much iron is not good. Now, he promotes red meat again. Doing fasting also lowers inflammation, so it could be that the meat diet benefits could come from avoiding harmful foods that promote inflammation, and also you avoid the glyphosate and gluten, etc. * * * But still interesting article from dr. Mercola, like about the Glycosaminoglycans, which have many benefits. The Health Benefits of Glycosaminoglycans Improves joint health and skin appearance (and other benefits) Glycosaminoglycans are water-binding molecules that can hold nearly 1,000 times their own weight, which helps provide moisture to the skin, helping us keep a youthful glow while also repairing scars and wrinkles, but also to maintain the protective mucus layers, like in the gut, lungs.

Glycosaminoglycans (GAGs) are molecules found throughout the body, including skin, joints, blood plasma, and the mucous membrane of various organs. Various GAGs exist, each with its own function and benefit in the body.
www.verywellhealth.com/glycosaminoglycans-5092414

Mark as Spam | Posted On 11/6/2022 6:33:07 AM

Like Dislike

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bloodguy

Joined On 5/12/2009 10:10:39 AM

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I've read that crushing, waiting 45min, and then cooking B-sprouts activates the DIM(a HUGE ANTI-CANCER componant) and (the cooking) deactivates their anti-thyroid properties (and same same with other brassica family veggies).

Mark as Spam | Posted On 11/6/2022 6:48:42 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Scientific studies report that you can reduce your risk of cancer by more than 40% by eating more cruciferous vegetables, alliums, and other plant foods, as well as berries, and low-glycemic fruits that contain certain phytochemicals. Research shows that phytochemicals can do the following: 1. Stop the formation of substances that can cause cancer (carcinogens) 2. Prevent carcinogenic substances from attacking cells 3. Help cells stop and eliminate all changes that lead to cancer Isothiocyanates from cruciferous vegetables are phytochemicals with great action to prevent cancer. In this study, a high-performance liquid chromatography-based assay was conducted to examine the dietary isothiocyanate (ITC) yields of four major cruciferous vegetables (broccoli, cabbage, cauliflower, and kale) under six cooking conditions (saut, steam, microwave, boil, stew and bake chips for kale only) and measured the ITC level in the raw state for a complete list of cruciferous vegetables and condiments containing ITC.

A wide range of ITC yields was found in vegetables and condiments. Cooking significantly altered ITC yields, showing an average four-fold increase in light cooking (sauting, steaming, and microwaving) and a 58% decrease in heavy cooking (boiling, stewing, and baking). Food composition data for 21 types of cruciferous vegetables and four condiments were provided.
onlinelibrary.wiley.com/.../fsn3.1836 (2020)

Mark as Spam | Posted On 11/6/2022 7:27:07 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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In this study, the potential effects of grinding and chopping with/without microwaves on antioxidant component availability, antioxidant activities, anti-inflammatory properties, and antiproliferative effects were evaluated using kale and broccoli as test vegetables. The effects of grinding and chopping with/without microwaves on health-promoting components and antioxidant, anti-inflammatory, and antiproliferative capacities of commercial samples of kale and broccoli were evaluated. The availability of indole-3-carbinol (I3C) was evaluated by high performance liquid chromatography. Total phenolic contents, scavenging activities against DPPH, oxygen, hydroxyl and ABTS cationic radicals, and cell-based antioxidant activities for antioxidant capacities were determined.

The results indicated that cutting released the least amount of nutraceutical components and antioxidant compounds. Microwaving had no effect on I3C release from kale, but resulted in a high (greater than 2-fold) release of I3C from broccoli. Additionally, the choice of blender affected the availability of the vegetables' antiproliferative compounds, while it had no effect on the availability of their anti-inflammatory compounds. pubs.rsc.org/.../c7fo00948h (2018)

Mark as Spam | Posted On 11/6/2022 7:27:36 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Fermented cruciferous vegetables and severity of COVID-19. Some countries with a very low death rate from COVID-19, such as East Asia, Central Europe, or the Balkans, have the common feature of eating large amounts of fermented foods. Most traditional foods with live bacteria in countries with low mortality rates are based on fermentation. Various bacteria are involved in the fermentation of kimchi and other Korean traditional fermented foods, including Lactobacillus, which are the dominant species in the fermentation process. Lactobacillus is also an essential species in the fermentation of sauerkraut, as well as in Taiwanese and Chinese fermented foods.

As Dr. Mercola has reported, there are links between the gut microbiome, inflammation, obesity, and insulin resistance, which support the consumption of fermented foods. The increased severity of COVID-19 in diabetic, hypertensive, obese, or elderly people may be related to insulin resistance, with oxidative stress as a common pathway. The activity of Nrf2 in response to chemical insults is regulated by a thiol-rich protein called KEAP1. The KEAP1 Nrf2 system is the body's dominant defense mechanism against ROS.

Induction of the antioxidant response element and ROS-mediated pathway by Nrf2 reduces nuclear factor kappa B (NFB) activity. Natural compounds derived from plants, vegetables, mushrooms, and micronutrients (eg, curcumin, sulforaphane, resveratrol, and vitamin D) or physical exercise can activate Nrf2. However, sulforaphane is the most potent activator of Nrf2.
pubmed.ncbi.nlm.nih.gov/32499909 (2020) europepmc.org/.../29433787 (2017)
journals.plos.org/plosone/article?id=10.1371/journal.pone.0148042 (2016)

Mark as Spam | Posted On 11/6/2022 7:28:19 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Fermented vegetables or cabbage have been associated with low mortality rates in European countries. SARSCoV2 binds to its receptor, angiotensin converting enzyme 2 (ACE2). As a result of SARSCoV2 binding, ACE2 downregulation enhances the angiotensin II receptor type 1 (AT 1 R axis) associated with oxidative stress. This leads to insulin resistance as well as lung and endothelial damage, two serious outcomes of COVID19. Nuclear (erythroidderived 2)like factor 2 (Nrf2) is the most potent antioxidant in humans and it can particularly block the AT 1 R axis. Cabbage contains precursors of sulforaphane, the most active natural activator of Nrf2.

Fermented vegetables contain many lactobacilli, which are also potent activators of Nrf2. Fermented cabbage is proposed as a proof-of-concept for dietary manipulations that may enhance the antioxidant effects associated with Nrf2, thus helping to mitigate the severity of COVID-19. 19. In the study for each increase in g / day in the consumption of fermented vegetables in each country in Europe, it was found that the risk of mortality from COVID-19 decreased by 35.4%.
onlinelibrary.wiley.com/.../all.14549 (2020)

Mark as Spam | Posted On 11/6/2022 7:28:55 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Brassicas are an outstanding source of bioactive compounds such as ascorbic acid, polyphenols, essential minerals, isothiocyanates and their precursors, glucosinolates (GSL). SFN can prevent different types of cancer and has the ability to improve hypertensive states, prevent type 2 diabetes-induced cardiomyopathy, and protect against gastric ulcer. SFN can also help treat schizophrenia, and fight obesity. In numerous experimental models, sulforaphane (SFN) is shown to induce responses that exhibit endpoints of biomedical and clinical relevance. These hormetic responses are mediated through the activation of

antioxidant response elements (AREs) derived from nuclear erythroid factor 2 (Nrf2).

In experimental disease models, SFN-induced activation of Nrf2 was shown to effectively reduce the occurrence and severity of a wide range of human-related pathologies, such as Parkinson's disease, Alzheimer's disease, stroke , age-related eye damage, chemically induced brain and kidney disease, among others, while also enhancing stem cell proliferation. www.sciencedirect.com/science/article/abs/pii/S1043661820315917 (2021)

Mark as Spam | Posted On 11/6/2022 7:29:59 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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SFN is abundant in cruciferous plants and is famous for its excellent anti-cancer effects. With the development of clinical research, more physiological activities of SFN have been discovered, such as antidepressant, hypoglycemic and anti-inflammatory activities, supporting the fact that SFN and SFN-rich sources have great potential to be dietary supplements that are beneficial for health. This review summarizes the features of intestinal inflammation, the anti-inflammatory mechanism of SFN, and its various protective effects on intestinal inflammation, pubs.rsc.org/en/content/articlelanding/2022/fo/d1fo03398k/unauth (2022) The health-promoting mechanism of SFN is related to its indirect action at the cellular level through the induction of Phase II antioxidant and detoxifying enzymes through the activation of Nrf2.

The effect of SFN on the immune response is generating scientific interest, due to its bioavailability, which is much higher than that of other phytochemicals, and its ability to induce Nrf2 target genes. This article provides a review on the relationship between sulforaphane and the immune response in different diseases. www.mdpi.com/.../htm (2021) There is substantial and promising evidence on the health benefits of consuming broccoli and other cruciferous vegetables.

The most important compound in broccoli, glucoraphanin, is metabolized to SFN by the enzyme thioglucosidase myrosinase. SFN is the main mediator of the health benefits that have been recognized for broccoli consumption. SFN represents a phytochemical of great interest since it may be useful to prevent the appearance and/or mitigate the progression of cancer. These reports represent narrative reviews that focused primarily on the source, biosynthesis, and mechanisms of action of SFN in modulating specific pathways involved in cancer. www.mdpi.com/.../htm (2021)

Mark as Spam | Posted On 11/6/2022 7:32:52 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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In this article, we discuss the human metabolism of SF and its effects on cancer prevention, treatment, and cancer stem cell targeting, as well as provide a brief review of recent human clinical trials on SF. www.researchgate.net/profile/Osama-Elkashty-2/publication/351002105_Su.. 2021) This review delves into the anticancer properties, such as chemopreventive properties against gastrointestinal, breast, lung, bladder, prostate and other cancers of cruciferous vegetables and especially sulfuraphane. Reported data indicates that broccoli could be a potent inhibitor of cancer development and progression and can be used alone or in combination with other isocyanates or conventional anticancer drugs.

Cruciferous vegetables, particularly SFN, exert anticancer action against gastrointestinal malignancies by controlling detoxifying enzymes, stimulating apoptosis, and inhibiting cancer cell proliferation by inducing cell cycle arrest. www.lidsen.com/.../rpn-02-01-008 (2022) SFN can trigger apoptosis, reducing angiogenesis and metastasis in cancer cells. At the molecular level, it activates Nrf2, thereby modulating cellular redox homeostasis and stimulating the immune system.

Figure 4 shows the mechanism of action of SFN as a chemoprotective and chemotherapeutic agent: SFN chemoprotective and chemotherapeutic mechanisms in cancer cells. SFN exerts chemoprevention by inducing HO-1 and phase II enzymes, and increasing expression of GSH concentration and activating NK cells, as well as downregulating proinflammatory cytokines. In both cases, the effect on the immune system is mediated by the transcription factors Nrf2 and Nf. www.mdpi.com/.../htm (2021)

Mark as Spam | Posted On 11/6/2022 7:33:48 AM

Like Dislike

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rrealrose

Joined On 11/10/2011 8:59:01 AM

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Oh my: the reason we did not see brussel sprouts or broccoli much in the 50s and 60s was most veggies were CANNED (overcooked and tasted funny). We often found canned green beans in school lunches, yuck! THIS WAS still post-WWII, took years for these guys to show up again except in specialty shops. However, home gardeners and most VICTORY GARDENS were growing 'em...and yes, ANTI-CANCER components are well known IN COOKED not so much in raw cabbage family vegetables.

Raw kale is one of the worst ideas if sensitive. As distribution lines developed with Eisenhower's interstate transport (for defense and evacuation) system, frozen veggies came into vogue, preserving way more flavor and nutrients than most canned items. This came from my mom reading outloud from Rodale's Organic Gardening (at the kitchen table) years before it became popular, twisted history in some comments?

Mark as Spam | Posted On 11/6/2022 9:11:25 AM

Like Dislike

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ragus

Joined On 12/25/2008 4:07:38 PM

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Yes @Pete.Smith. Paul Saladino's Ferritin levels are rising and most recently at 332 ng/mL in September 2022, from 180 ng/mL in July 2022. It seems to confirm the theory that eating red meat might elevate Ferritin: "Am I on TRT? August 2022 bloodwork update" www.youtube.com/watch

Mark as Spam | Posted On 11/6/2022 9:20:25 AM

Like Dislike

Hippocrates460

Joined On 2/21/2012 10:12:18 PM

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TimM, I had the same type of cancer courses and around the same time frame Chaffee mentioned in his recent talk. That claim rings true to me and makes sense given the many types of cancer and initiators and promoters and their mechanisms that have been identified. Plants have complex chemical defense mechanisms. We have to keep in mind plants have thousands of chemical constituents and we only know the properties of a small subset. I think perhaps some of the confusion is forgetting many of the substances in plants we think of as having protective benefits do so via hormesis, that is the body perceives an ingested substance as a threat or attack and responds with upregulating cellular defenses.

Curcumin is a classic example. That could very well translate into such substances creating inflammation in the body and then a protective response. Inflammation is a very well-known classic initiator and promoter of cancer. Thus, a double-edged sword and in some people maybe the net effect is negative but we just aren't sophisticated enough in our understanding to be able to judge how that will work on an individual basis with respect to current age, health, epigenetics, genetics, and gut microbiome composition.

Mark as Spam | Posted On 11/6/2022 10:55:52 AM

Like Dislike

DArcys

Joined On 11/19/2013 10:29:21 AM

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It all must be considered differentiated. It's the dose that makes the poison. If I remember correctly, it's the exact same substances that are considered to be beneficial by some and poisonous by others.

Mark as Spam | Posted On 11/6/2022 11:37:44 AM

Like Dislike

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david48

Joined On 8/25/2009 9:10:06 AM

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Hi Tim, Sally K. Norton (an expert on Oxalates) says that brussels sprouts are a low oxalate vegetable. She doesn't seem to think they are much of a problem, if any, and she is very wary about plant toxins. I saw Dr. Anthony Chaffee's lecture on YouTube called "Plants are trying to kill you" and found some beneficial things about it. However, I also thought he was engaging in some "gee whiz" (Wow!, Shock the audience!) type of reporting on the subject. In other words, being kind of sensationalist -- especially on the subject of Brussels Sprouts.

I noticed he didn't provide a shred of evidence, or any scientific details, on that point. So I take that particular utterance from him with a grain of salt. However, he had some other good points that he made. Sally K. Norton is a good person to listen to, IMHO. She doesn't have any ego problems, it seems to me, and has a lot to say. Well backed up. She wrote a book about Toxic Superfoods that is coming out soon. (late December 2022)

Mark as Spam | Posted On 11/20/2022 5:03:30 AM

Like Dislike

PathNotes
Joined On 12/25/2012 3:44:06 PM
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Ragus - Dr. Saladino's elevated ferritin level may be due to overconsumption of liver. A little bit of liver goes a long way in people who are not anemic. It could also be due to overconsumption of fruit causing a fatty liver.

Mark as Spam | Posted On 11/21/2022 1:34:05 PM

Like Dislike

Jackaroni
Joined On 4/4/2009 8:32:35 AM
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I worked as a Veterinarian Technician and I witnessed many kibble-fed cats that died from kidney disease. The "prescription diet" for kidney disease was a low protein diet, which was exactly wrong thing that these cats needed. The problem was that they needed QUALITY protein such as raw meat and organs rather than corn or poor quality meat-by- products. Assuming that this also correlates with the human species (I do realize that I am comparing obligate carnivores with omnivores) quality high meat consumption does not cause kidney disease.

Reply | Mark as Spam | Posted On 11/6/2022 12:48:40 PM

Like Dislike

PathNotes
Joined On 12/25/2012 3:44:06 PM
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Carnosine, carnitine, taurine, pre-formed retinol, B12, K2 MK-4, heme iron, dietary cholesterol, DHA. Nutrients found only in animal food sources. Humans are hyper-carnivores based on our physiology. The reality is that we require animal-based nutrition for optimal health. (I wonder what vegans feed their poor carnivorous cats?)

Mark as Spam | Posted On 11/6/2022 1:10:08 PM

Like Dislike

brianallen1
Joined On 8/7/2021 10:12:38 AM
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The most important thing is source your meat locally from ranchers who are good stewards of the land. 100% grass fed AND finished. No glyphosate, no gmo corn. I've never witnessed a cow race into a cornfield, tear down a stalk and devour ears of corn. It is not a natural food, hence the methane expulsions. The meat i receive locally is light years better than the organic, grass fed meat i used to buy from Kroger. I don't even season it. Not even salt or pepper on the ground beef hamburger patties! REAL food heals.

Reply | Mark as Spam | Posted On 11/6/2022 3:07:44 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Yes, above all an organic diet with animals raised on grass. Factory farming is cruel to animals. The rearing of hens in cages is one of the cruelest systems and one that generates more suffering for animals in livestock farming. Each egg means 26 hours of suffering for a chicken during the 2 years that they are exploited, making it very clear that for chickens there is literally no second of relief or peace, developing diseases and administering antibiotics that people then consume. The man who lived on the coast did not have the same diet as those on the plateau, those who lived in Africa did not have the same diet as those in the Nordic countries.

Hunter-gatherers in a northern climate may have a largely animal-based diet, while hunter-gatherers near the equator may rely heavily on plant resources. The customs, although conditioned, also influenced. The links in my comment explain it in more detail, as well as the consideration of the Omnivorous Diet. There is evidence that during the early phases, where man was developing the great brain characteristic of our species, the diet changed from plant based to including meat and fat.

The development of tools and weapons and the development of the social structure to hunt animals was necessary to become an omnivore. Gut bacteria help produce brain-derived neurotrophic factor, which is necessary for the development of new brain cells and is essential for plasticity and learning. DHA was very important in brain development Later came the fire, agriculture and groupings in villages that made life more sedentary, with greater exposure to diseases, which worsened with industrialization.

Mark as Spam | Posted On 11/6/2022 3:59:50 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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The adoption of agriculture, especially cereals, had clear disadvantages. With agriculture came social inequalities, disease. Cavemen enjoyed more abundant fresh food. They did most of the work without the power of oil and machines, with their sweat, no rest in the daily struggle, to find wild foods and avoid starvation, to defend themselves against animals and other tribes. We left this stage only 10,000 years ago, when people in various parts of the world began to domesticate plants and animals. The agricultural revolution gradually spread until today when it is almost universal, and few hunter-gatherer tribes survived.

Man adopted agriculture because it is a more efficient way to get more food with less work. Agriculture gave free time and sedentary life and more diseases, which the hunter-gatherers never had. Yet in the world there are still tribes of supposedly primitive people, like the Kalahari Bushmen, who continue to live that way and have plenty of free time, get enough sleep, and work less hard than their farming neighbors. All this depends on the habitat where you live. If it is rich in hunting, fishing and berries, you can live with a great quality of life.

europepmc.org/.../pmc4350785 www.sciencedaily.com/.../141216082143.htm This article is very good about the evolution of the brain, with important references. thesymbiontfactorblog.com/2015/09/17/australopithecus-sediba-our-veget.. www.pnas.org/.../E1108.short (2018) How Humans Evolved To Be Natural Omnivores
www.forbes.com/sites/quora/2016/12/23/how-humans-evolved-to-be-natural.. (2016)
www.plantbasednews.org/opinion/have-humans-evolved-carnivores-herbivor.. (2019)

Mark as Spam | Posted On 11/6/2022 4:00:36 AM

Like Dislike

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juststeve

Joined On 1/5/2012 11:13:54 AM

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Gui much of our notions of Primitives are based on the Fear Campaigns of old. Wendell Berry, in The Unsettling of America, if the memory is working, described his surprise to see an Amish neighbor who in no way was stuck in a life of back breaking, sweat stoop labor 24/7. Instead, there was much abundance, time to share and congregate with neighbors and even naps. Imagine if the Amish picked up no till, little till and Eden Gardening along with Regenerative livestock methods. To say nothing about Regreening many of the deserts to reboot Living Space instead of the Usurper Conqueror's I've ruined mine, so I'll take yours. To wash, rinse & repeat, until it's all one global desert.

Mark as Spam | Posted On 11/6/2022 4:29:09 AM

Like Dislike

TimM

Joined On 12/12/2007 4:09:06 PM

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Dr. Shawn Baker eats grain-finished beef. He claims there isn't much difference between grass-finished and grain-finished beef.

Mark as Spam | Posted On 11/6/2022 5:50:38 AM

Like Dislike

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grulla

Joined On 1/17/2012 8:03:55 AM

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Yeah "Randy", methane is dangerous, but only when let loose into the atmosphere unburned from, say, melting glacier ice sheets or loose coal mine gas, but not when captured and burned in a controlled way. Just want to clarify that so we don't inadvertently encourage a mass campaign to outlaw methane gas altogether. www.overshootday.org/.../burning-methane

Mark as Spam | Posted On 11/6/2022 11:22:24 AM

Like Dislike

Segstar

Joined On 7/3/2012 3:30:42 PM

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Brian lol great heavens please rename the cow, that's a great insult to the animal..I just saw that unhealthy individual and thought he was decaying, already dead.. Anyhoo the methane issue comes from animals and PEOPLE who are fed garbage unnatural grains.. Grulla sounds like you in for a game of "pull my finger."LoL..

Mark as Spam | Posted On 11/6/2022 3:41:16 PM

Like Dislike

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grulla

Joined On 1/17/2012 8:03:55 AM

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"Grulla sounds like you in for a game of "pull my finger."LoL.." Here ya go, "seggy", knock yourself out!
duckduckgo.com/?q=pull+my+finger&t=newext&atb=v282-1&ia=im..

Mark as Spam | Posted On 11/20/2022 7:44:30 AM

Like Dislike

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fundamentalassumptions

Joined On 4/1/2009 12:17:58 PM

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Cows will devastate a cornfield. Old style corn, no experience with gmo garbage. Not to the extent of horses prone to foundering themselves, but they certainly won't turn up their noses at it. .....as for the methane-carbon boogeyman: talk about fear based historical revisionism dialectic shamanic -sorcerer style! lol. Cooked up at the old Presidio for a new boogeyman & way to set groups of people violently against one another while favoring particular cronies willing to wink at truth & to prostitute themselves while selling out their brother, bending over & asking tyrants seeking utter, unquestioning submission how deep & high they'd like it shoved.

Beef has become one of the most global corporatist manipulated fake shortage & engineered famine items going, with prices to match as ranchers are manipulated by regulation & 'managed' farming & supply chains on one hand, then demonized as though it was all their idea, undercut financially & run out of business by global corporatist, crony corporatism otherwise known as socialist and crapitalist worldly wisemen & gnostics buying low & selling high on the international market, or simply buying up and destroying.

Whatever 'works' to their purpose driven end, desired outcomes, & with power, lust, & ability the only determining factors. Do you suppose the latest science on its superior health-giving qualities, including nervine & intellectual support, and physical strength & longevity might be part of the reason why? God's not mocked or deceived, & if it be his will that judgment come on this dying & he doesn't stay it by whole truth received with repentance, then it won't be long before he personally deals with those destroying the earth, & particularly with those corrupting his little ones & leading them into sin.

Mark as Spam | Posted On 11/20/2022 12:16:59 PM

Like Dislike

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vio7642

Joined On 9/27/2021 3:48:06 PM

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Most people taking prescription drugs today could stop by changing their lifestyle through diet and exercise. I have always eaten a lot of meat and enjoy a variety of foods including fruits and vegetables. I follow Dr. Baker on YouTube and he is awesome. I'm 70 years young, healthy and unvaccinated.

Reply | Mark as Spam | Posted On 11/6/2022 8:30:02 AM

Like Dislike

curtis7

Joined On 4/22/2012 10:47:17 AM

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Thank you Dr Mercola, Fascinating and compelling.. Dr Baker is rocking it! I am going to lean into this red meat keto program more. Though at 73 with excellent fitness [rock climber 50yrs and backcountry skier] my arthritis has increased a little so its time to improve my fueling.. and go Organic Red Meat as much as possible.. I have. a feeling its going to give me a few more years of high level performance.. Dr Mercola Thank you for All you Do! You are a shinning Light I know I can rely on!

Reply | Mark as Spam | Posted On 11/6/2022 7:23:32 AM

Like Dislike

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oli3047

Joined On 9/15/2017 6:23:42 PM

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My parents would buy one half of an animal providing beef. I can remember wrapping the parts in freezer paper as a young child. My mother thought that men had to have red meat in order to do a day's work. At the age of thirteen I developed cystic acne and consulted at least seven dermatologists in my life. In Colorado, I subjected myself to radiation to the face and chest in 1964, before it was abolished. NOTHING WORKED. I was on antibiotics for years and eventually Accutane. On public TV, I saw a presentation by Dr. Nicolas Perricone, who was faced with the same circumstances in his life. He was a life-saver. My son by that time suffered from the same horrifying condition. Dr. Perricone advanced his anti-inflammatory diet and I'm sure Dr. Andrew Weil identified himself with it, as well.

Now, combining the teachings of these two great physicians, I am an advocate and follower of Dr. Neal Barnard. Cystic Acne is really diabetes of the skin. Dr. Bernard doesn't allow animal products and oils. Dr. Weil suggests non-animal derived protein. Both suggest soy. I am of the belief that one needs to research many avenues of a proper diet for themselves. I have found a great source of book reading by Thriftbooks.com. Am happy say that my son and I have clear skin now and the scars are constant reminders that we must adhere to an anti-inflammatory diet.

Reply | Mark as Spam | Posted On 11/6/2022 12:41:05 PM

Like Dislike

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annambur

Joined On 2/21/2008 6:32:37 AM

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I have been on a strict carnivore diet for about 4 years. I have greatly benefited from it. Plant foods of any kind did not agree with me, even though i liked them. I always had negative side affects from plant foods. Once off of all plants, I consumed mostly beef, and a serious permanent health issue that I was diagnosed with went into remission. As long as I stick with carnivore, I don't expect it to return. It's been 2 years and feeling very well. I recommend giving it a try if you are the least bit curious or interested.

Reply | Mark as Spam | Posted On 11/20/2022 8:06:27 AM

Like Dislike

Eevee

Joined On 3/7/2008 10:05:07 AM

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Everyones physiology is different. Personally I do not know any vegans or vegetarians who are 100% healthy physically or mentally. However they are okay to function and live life, but always have some health complaints. Personally when a family member went veggie many decades ago, after being fed up of cooking separate meals I tried veggie too, big mistake, it did not suit my physiology, I ended up severly anemic, thyroid and pituitary gland functions all over the place., extremely dry skin and hair, so dry had skin infections, it only

took six months to end up in this condition, despite taking B12 supplement and all the other things advised when going veggie.

When the doc got my blood results back they called me back in and said "we don;t know how you are standing or how you got here, we are very close to sending you to hospital for a blood transfusion" I pleaded with them to let me correct the situation throught diet, they said okay two weeks, then bloods again. I knew it was the going veggie, I went home and ate steak, liver and mash etc... lots of eggs, really nutrient dense foods, went back in two weeks, they were happy with the progress, they had me back in at one month, then three months, then another three months, then said they were not worried anymore. Yes I feel awful about animals in the food chain and the suffering etc. However, I tried and my personal physiology is not suited to a plant based diet. Each to their own, you know your body best and what is best for you, everyone needs a diet that suits them personally. As my husband says "... it died so I can live...."....

Reply | Mark as Spam | Posted On 11/6/2022 7:09:14 AM

Like Dislike

DArcys

Joined On 11/19/2013 10:29:21 AM

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Actually, if animals live free range, as close to their natural behaviour, and killed in a humane stress- and pain free way, they suffer a lot less than when they are dying a natural death - like being killed by a predator, freezing- or starving to death.

Mark as Spam | Posted On 11/6/2022 11:53:53 AM

Like Dislike

Eevee

Joined On 3/7/2008 10:05:07 AM

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Look up "Emma Morano"...was one of the oldest living persons.... Quote "....Every day for the past 90 years the hardy supercentenarian, of Verbania in north Italy, has eaten a diet of three eggs two raw, one cooked fresh Italian pasta and a dish of raw meat. Emma says she enjoys a daily tipple of home-made brandy, the occasional slab of chocolate and, crucially, “thinks positively about the future”....." unquote.

Reply | Mark as Spam | Posted On 11/6/2022 6:20:22 AM

Like Dislike

Ambereyes

Joined On 11/29/2015 1:58:45 PM

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She died in 2017....

Mark as Spam | Posted On 11/20/2022 8:01:36 AM

Like Dislike

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tan2582

Joined On 3/19/2015 10:40:19 PM

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thank you for addressing the kidney issue... My problem is I am not a big eater, cannot consume more than 1/2 lb of meat per day, plus when I stop eating other stuff (fruits and veg) I totally lose my appetite.

Reply | Mark as Spam | Posted On 11/6/2022 10:42:21 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Increasing the consumption of raw foods prevents various diseases, improves the symptoms of various digestive disorders (such as abdominal swelling, gas, flatulence or dyspepsia), helps delay aging and provides vitality. This is largely due to the nutritional density of the foods that are eaten, since they are rich in regulatory nutrients and antioxidants, and because raw foods contain enzymes that help greatly improve digestion and, with this, optimize the use of food nutrients In 1930, under the direction of Dr. Paul Kouchakoff, research was carried out at the Institute of Clinical Chemistry in Lausanne, Switzerland.

The effect of foods (cooked and processed versus raw and natural) on the immune system was tested and documented. Dr. Kouchakoff's discovery concerned leukocytes, the white blood cells. It was found that after a person eats cooked food, his blood responds immediately by increasing the number of white blood cells. This is a well-known phenomenon called 'digestive leukocytosis', in which there is an increase in the number of leukocytes (white blood cells) after eating.

Mark as Spam | Posted On 11/6/2022 2:15:43 PM

Like Dislike

GoldCoaster

Joined On 4/20/2009 11:20:19 AM

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Paul Saladino had severe electrolyte deficiency symptoms after 2 years carnivore, so had to add fruit and honey, as the Hunza do. I wonder why Shawn doesn't have the electrolyte deficiency issues ?

Reply | Mark as Spam | Posted On 11/7/2022 6:13:31 PM

Like Dislike

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johnnevinnyc

Joined On 1/14/2012 2:37:07 PM

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Man, I wish there were more docs like these two. Dr Mercola does not see patients or I would shoot over there (I live in FL). It's so hard to find good medical help.

Reply | Mark as Spam | Posted On 11/7/2022 9:28:50 AM

Like Dislike

Almond

Joined On 2/26/2008 4:23:33 PM

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Numerous Canadian Provinces Tell Justin Trudeau to Shove His Assault Weapon Confiscation Law www.youtube.com/watch It's not just about where your meat comes from...

Reply | Mark as Spam | Posted On 11/6/2022 10:50:25 AM

Like Dislike

Segstar

Joined On 7/3/2012 3:30:42 PM

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He's fascinated with the governance in China.. Wants to be better than his Bio dad and has aligned himself with the people who are hell bent on destroying everything God has created... Just listed to this classic Lee Greenwood gem before 45 took the stage in Florida.. What a chilling and moving song.. https://youtu.be/-KoXt9pZLGM

Mark as Spam | Posted On 11/6/2022 3:31:55 PM

Like Dislike

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grulla

Joined On 1/17/2012 8:03:55 AM

Add as Friend | Send Message

New Zealand's Jacinda Ardern needs that "suppository" as well.

Mark as Spam | Posted On 11/20/2022 8:23:16 AM

Like Dislike

giles22

Joined On 11/13/2010 5:28:00 PM

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What! leave New Zealand out of this, Jacinda is always saying 'be kind', but I don't know what she means by that anymore as she then goes out of her way to insist that everyone gets the jab, which makes about as much sense as telling people to walk off a cliff, but hey be kind while walking off a cliff or destroying people's livelihood

Mark as Spam | Posted On 11/21/2022 4:07:41 PM

Like Dislike

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jwl4842

Joined On 10/24/2013 10:30:53 AM

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I eliminated wheat & all dairy from my diet & after a year my arthritis was completely gone.I am 10 years arthritis free. I am 65 &I had severe arthritis 35 to 55.Now I eat wheat once in a while & some dairy. I have some deformation of my joints. I wish I would have known sooner.

Reply | Mark as Spam | Posted On 11/6/2022 10:33:35 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Consider that gut microbiota dysbiosis can negatively influence the immune system both locally and throughout the host, predisposing the host to a number of pathologies, including RA rheumatoid arthritis. Proximal intestinal immunomodulatory cells, located at specific sites within the intestine, are a promising intermediary through which the gastrointestinal microbiota may influence the pathogenesis and progression of RA. Research studies evaluating the gut microbiota have shown that RA is associated with an increased or decreased bacterial population when compared to control groups.

Clinical reports have suggested that leaky gut syndrome (LGS) contributes to autoimmune diseases such as type 1 diabetes, multiple sclerosis, rheumatoid arthritis, and celiac disease. Furthermore, the commensal gut microbiota plays a critical role in regulating host immunity; Abnormalities of the microbial community, known as dysbiosis, are seen in patients with autoimmune diseases. However, the pathological links between intestinal dysbiosis, LGS, and autoimmune diseases have not been fully elucidated. This review examines the current understanding of how the commensal microbiota contributes to the pathogenesis of autoimmune diseases by modifying the epithelial barrier.

Interventions targeting the microbiota are emerging as new therapeutic strategies to prevent or cure autoimmune diseases. Probiotics have been investigated in clinical trials for the treatment of type 1 diabetes, multiple sclerosis, and rheumatoid arthritis www.ncbi.nlm.nih.gov/.../PMC8100306 (2021) www.hindawi.com/.../8167283 (2021) www.sciencedirect.com/science/article/abs/pii/S1043276022000029 (2022)

Mark as Spam | Posted On 11/6/2022 2:13:21 PM

Like Dislike

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grulla

Joined On 1/17/2012 8:03:55 AM

Add as Friend | Send Message

Same here "jwl". After my transcarotid artery revascularization (TCAR) procedure in May, 2019, I went on a total ban of all dairy (except for a little organic ghee or butter), for 1 1/2 years, cautiously observing my periodic 6 month, (now just annual) ultrasound results, to this very day. So far, so good. www.stonybrookmedicine.edu/patientcare/surgery/patient-care/clinical/v..

Mark as Spam | Posted On 11/20/2022 8:32:32 AM

Like Dislike

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harvelicious

Joined On 12/10/2010 9:20:30 AM

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Did you know beef cattle generate three times more protein than they eat? Their unique ruminant digestive system allows them to convert human-inedible plants into high-quality protein! Because of this incredible ability, cattle are a vital part of a sustainable food system. source: (Baber, et. al, 2018) No other animal based protein such as chicken & pork come anywhere close to this rate of efficiency. Beef is also the most complete & beneficial food source for humanity. This is the major reason why the climate change cult has created the false narrative to attack beef cattle as a major cause of "greenhouse gases" (methane). Never forget that the globalist death cult is hell bent on whatever benefits humanity must be destroyed.

Reply | Mark as Spam | Posted On 11/21/2022 9:10:35 AM

Like Dislike

Surflord

Joined On 8/1/2021 11:03:41 AM

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Pottenger's cats inherited all the chronic illnesses of modern civilization and their lifespans were cut in 1/2 when they adopted the cooked meat diet. Prior to that, they were disease free. When they returned to the raw meat diet, it took 5 generations to restore their Health to how good it was before they started earing their meat cooked.

Reply | Mark as Spam | Posted On 11/20/2022 3:44:03 PM

Like Dislike

PathNotes

Joined On 12/25/2012 3:44:06 PM

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Meat heals.

Reply | Mark as Spam | Posted On 11/20/2022 1:57:42 PM

Like Dislike

JakeYoung

Joined On 7/24/2021 12:21:02 PM

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I am a strict carnivore now for 3.5 years, 65 years old. I recently had a CBP and my total cholesterol was 218 and my triglycerides were low. The nurse practitioner totally overreacted and insisted I take a stress test. I told her no. I already run three to four days per week, and while that's no proof of heart performance I do believe you can test yourself into any illness. A good doctor once said to me that if they keep testing they will find something. Other results of eating this way. My B/P has normalized. I lost 50lbs. My skin is soft and supple and no liver spots. My libido has improved, waking most mornings with an erection. I sleep better, soundly.

My hair has thickened and color has returned. I have boundless energy. I am much calmer and have better clarity of thought. I started eating carnivore because I was experiencing gout attacks and, though I was not tested, was positive I was pre- or diabetic. I had outward signs: skin tags, blurry vision, retina tears, and floaters. I also had skin problems, candida and rashes. It took a leap of faith to eat only meat when almost all sources said to avoid, especially if one had gout. I determined that gout was just the tip of the spear of metabolic disease and tried it. My gout is gone. Today, I eat one meal a day, red meat and some days eggs.

Occasionally, I will have some cheese. No milk, hardly any pork or chicken, and sockeye salmon once every 10 days or so. I am only one person. I don't believe everybody needs to eat this way, but I do believe many people would be healthier if they did -- at least to act as an elimination diet. I do not plan to add plants back into my diet. There is no such thing as an essential carbohydrate, and my reasoning of how primitives ate had to be based on the megafloura -- big animals and no agriculture. Even today, the veg that is in the supermarkets is not found in nature. And eible plants in the forest are few and, in most cases, seasonal.

Reply | Mark as Spam | Posted On 11/20/2022 8:08:02 AM

Like Dislike

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iro5345

Joined On 4/7/2014 3:44:32 PM

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This was an excellent presentation!!! I have been doing the Carnivore diet off and on. I took a break this week for a birthday and am going to get right back on it. Thank you so much for this! My daughter thinks that the raw meat diet is good, but I really preferred my meat cooked. We just took 2 Belted Galloway cows to the butches and still have some left over from the last time. Grass fed beef is great! Thank you so much for sharing the testimonies of your patients and your own walk in the carnivore diet.

Reply | Mark as Spam | Posted On 11/7/2022 4:55:45 PM

Like Dislike

bicycleman79

Joined On 12/21/2010 11:50:45 PM

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Been on the carnivore diet for four years after learning of Dr. Baker. I tried it as a test for 30 days and felt so good I didn't stop. Personal records in sports, health, etc. flew through the roof.

Reply | Mark as Spam | Posted On 11/6/2022 5:22:22 PM

Like Dislike

Hercster

Joined On 1/6/2021 8:14:01 AM

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Molecular Hydrogen. Mercola takes it himself. It has worked for me too, in two ways. #1 - "Recently, H2 has emerged as a novel medical gas with potentially broad applications. Dole, et al. first reported the therapeutic effects of H2 in 1975 in a skin squamous carcinoma mouse model [10]. Thereafter, inhaling high pressure H2 was demonstrated as a treatment for liver parasite infection-induced hepatitis [11]. In 2007, Ohsawa and colleagues discovered that H2 has antioxidant properties that protect the brain against I/R injury and stroke by selectively neutralizing hydroxyl radicals (OH) and peroxynitrite(ONOO-) [1].

To date, H2 preventive and therapeutic effects have been observed in various organs, including the brain, heart, pancreas, lung, and liver. H2 mediates oxidative stress and may exhibit anti-inflammatory and anti-apoptotic effects [1214]. H2 not only provides a safe and effective disease treatment mechanism, but also prompts researchers to re-visit the significance and benefits of medicinal gas in the human body. This review summarizes recent progress;" www.ncbi.nlm.nih.gov/.../PMC5731988

Reply | Mark as Spam | Posted On 11/6/2022 1:38:35 PM

Like Dislike

don3724

Joined On 11/26/2020 7:10:16 AM

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Diet high in grass fed beef has been shown to help multiple conditions. Personally I don't think 'good fats' are bad- we need fats for our brains, nerves, hormones and fat soluble vitamins. I believe the modern medical hysteria caused brain damage in my husband as diabetic endocrinologist had him on Crestor for over 7 years- 7 years of which I found out his TOTAL cholesterol was BELOW 100! I also suspect for me (and am pursuing verification) that either or both nigjtshades and lectins may not be good for me. That leaves me with healthy animal protein sources and some organic fruits and vegetables

Reply | Mark as Spam | Posted On 11/6/2022 10:06:50 AM

Like Dislike

Elledee17

Joined On 9/12/2011 6:41:52 AM

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Question: "but chicken and pork also contain high amounts of LA, thanks to the grains they're fed." So what's the difference with red meat - it's grain fed too?

Reply | Mark as Spam | Posted On 11/6/2022 7:55:32 AM

Like Dislike

cavenewt

Joined On 9/8/2022 9:30:12 AM

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Pigs are monogastric, like humans. Only one stomach. Ruminants like cows have multiple stomachs and the food they eat undergoes much fermentation by microbes. It tends to produce good fats. Personally, having had a cancer blip a couple of years ago, I don't eat chicken any more at all (poultry tends to be very high in polyunsaturated fats, especially linoleic acid, which, among its other bad features, can be tumorigenic); I buy pork from a special farmer who doesn't feed them crap, so the fat is more saturated; and the red meat I eat isn't 100% grass fed but the animals are treated well, which I can confirm because they're raised locally. I refuse to support industrial meat producers partly because poor feed produces unhealthy meat, but mostly because of the abysmal treatment the animals suffer.

Mark as Spam | Posted On 11/7/2022 10:00:11 AM

Like Dislike

lilitu_adamah

Joined On 2/1/2021 3:06:08 AM

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In this case, why don't you eat your own parents, friends, children and grandparents? What would be the difference?! Eating animals is just cannibalism in disguise. The product is food for others, not the producer. I mean the apple, not the apple tree. Bach's music, but not... Bach. Or, more briefly, why don't you eat your own mother who breastfed you with her milk? Wouldn't it be simpler? You would have everything "packaged"... Humanity will die eating itself. Hahaaahaa, what imbecile idiots you are. THAT IS THE SOURCE OF ALL DEGENERATIVE DISEASES

Reply | Mark as Spam | Posted On 11/21/2022 12:56:07 PM

Like Dislike

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