Linoleic Acid — The Most Destructive Ingredient in Your Diet

Analysis by Dr. Joseph Mercola

July 17, 2023

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STORY AT-A-GLANCE

- Fats are the primary building block of your cell membranes. This is one of the reasons why eating the right types of fat is so important for your health and longevity
- While most nutritional experts blame the epidemic of chronic disease on the increase in sugar consumption, the role of sugar is relatively minor when compared to the impact of seed oils
- There are two basic types of fatty acids, based on how many of their carbon bonds are paired with hydrogen: saturated fats and unsaturated fats. Unsaturated fats are further subdivided into monounsaturated fats and polyunsaturated fats (PUFAs), depending on how many pairs of hydrogen atoms they are missing
- Because your tissues are made up mostly of saturated and monounsaturated fats, your body requires more of them than PUFAs
- The main dietary PUFAs are omega-3 and omega-6 fats, and while your body does need these, it needs them in relatively small quantities. The most pernicious toxin in the modern diet, and the fat you need to minimize consumption of, is the omega-6 fat linoleic acid (LA). LA makes up 60% to 80% of omega-6 fats and is the primary contributor to chronic disease

Fats — which are water-insoluble biological molecules also known as lipids[1] — are the primary building block of your cell membranes. This is one of the reasons why eating the right types of fat is so important for your health and longevity.

Well, after three grueling rounds of peer review over the last three months, my paper on the hazards of linoleic acid (LA), an omega-6 polyunsaturated fat (PUFA), is now published in the high impact Nutrition journal Nutrients and available for free download, here.[2]

Please download the article and save it on your hard drive as you never know what will happen with a future crisis. You can send it to doctors who don't yet believe how dangerous seed oils are, but truthfully, the video above is likely better for your friends.

I couldn't have done it without my co-author Dr. Chris D'Adamo who skillfully and diplomatically helped to navigate the minefield of peer review. Our next paper will likely be on reductive stress which is one of the most important foundational and unknown concepts in health. It helps explains why LA is so devastating to your health at a molecular biological level.

Lowering your LA is the single most important strategy you can take to not only lower reductive stress in your mitochondria, but improve your overall health. It took me over six months to create the video above and I would strongly encourage each of you to watch is several times so you embed in your brain how important avoiding LA is for your long-term health so you can develop unconscious reflex behaviors to avoid this pernicious fat.

Fatty Acid Basics

What distinguishes one fat from another is the specific combination of fatty acids it's composed of, and the properties of fats and fatty acids depend on their hydrogen saturation and the length of their molecules, also referred to as "chain length."

There are two basic types of fatty acids, based on how many of their carbon bonds are paired with hydrogen:[3]

- **Saturated fats** are fully loaded with hydrogen atoms forming straight chains, and are typically solid at room temperature (examples include butter and coconut oil)
- **Unsaturated fats** have lost at least one of the pairs of hydrogen atoms from their carbon chain and come in two varieties:
  - **Monounsaturated fats**, which are missing one pair of hydrogen atoms
  - **Polyunsaturated Fats (PUFAs)**, which are missing more than one pair of hydrogen atoms, hence the name "poly"

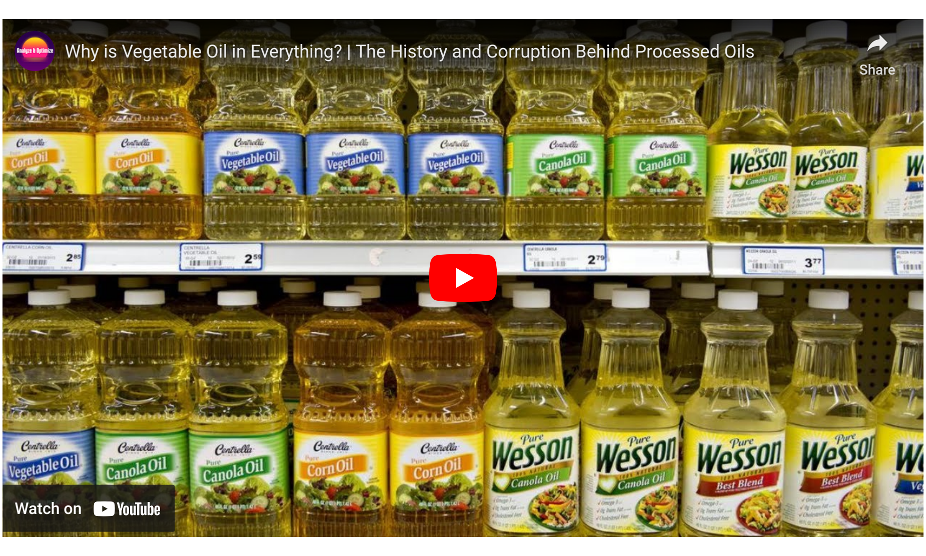
The loss of hydrogen results in molecules that kink or bend at each double bond. The more hydrogen pairs that are missing, the more bent the molecules, which causes the molecules to occupy more space. This is what makes the fat a liquid oil at room temperature.

In addition to varying levels of hydrogen saturation, fats also vary in the length of their carbon chains, leading to another classification scheme based on their number of carbon atoms:[4]

- **Short-chain fatty acids (SCFAs)** — Two to four carbon atoms
- **Medium-chain fatty acids (MCFAs)** — Six to 10 carbon atoms
- **Long-chain fatty acids (LCFAs)** — 12 to 26 carbon atoms
- **Very-long-chain fatty acids**[5] **(VLCFAs)** — 26 to 30 carbon atoms

The chain length and hydrogen saturation level control a fat's melting point. As chain length increases, melting point increases. Likewise, fats that are solid at room temperature (butter, coconut oil) have longer chain lengths than fats that are liquid at room temperature (fish oil, olive oil). With chain lengths being equal, the polyunsaturated fats found in seeds oils have lower melting points than saturated fats.

Omega-3 and Omega-6 Basics



PUFAs can also be subdivided into omega-3 and omega-6 fats. The end of the fatty acid chain that is opposite the acid end is the "omega end." The location of the first double bond from the omega end dictates whether a fatty acid is an omega-3, omega-6, omega-9 (oleic acid) or another member of the omega family.

The most pernicious toxin in the modern diet, and the fat you need to minimize consumption of, is the omega-6 fat linoleic acid (LA). LA makes up 60% to 80% of omega-6 fats and is the primary contributor to chronic disease.

To be clear, it's only toxic when consumed in excessive quantities, but the vast majority of people nowadays consuming far more than the ideal amounts. The history of how seed oils ended up replacing far healthier animal fats is detailed in the video above.

Many still believe that if you have a distorted omega-3 to omega-6 ratio, the solution is simply to consume more omega-3, but that's a serious mistake. While you certainly need a certain amount of omega-3s for good health, adding excessive omega-3s is a prescription for disaster, as omega-3 is also a PUFA.

So, when consumed in excessive quantities, omega-3 will cause metabolic damage similar to that of LA, as it breaks down into dangerous metabolites known as ALEs (advanced lipoxidation end products).

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Commonly Confused Fats

It is also important to highlight a primarily plant-based omega-3 fat called alpha linolenic acid (ALA). ALA should not be confused with LA, as they are quite different from a biological standpoint. LA is an omega-6 fat and ALA is an omega-3 fat.

Also, do not confuse LA with CLA (conjugated linoleic acid). Although CLA is an omega-6 fat and most think CLA and LA are interchangeable, they're not. CLA has many potent health benefits and will not cause the problems that LA does.

The Problem With PUFAs

As a general rule, vegetable and seed oils are high in PUFAs and low in saturated fats while animal fats are the converse. Saturated and monounsaturated fats are more easily used by your body than PUFAs, hence animal fats are generally healthier than seed oils.

> "One significant problem with PUFAs is that they are chemically unstable, which makes them highly susceptible to being damaged by oxygen species generated from the energy production in your cells."

Because your tissues are made up mostly of saturated and monounsaturated fats, your body also requires more of them than PUFAs. The main dietary PUFAs are omega-3 and omega-6 fats, and while your body does need these, it needs them in relatively small quantities.

One significant problem with PUFAs is that they are chemically unstable, which makes them highly susceptible to being damaged by oxygen species generated from the energy production in your cells. This damage causes them to form ALEs, which in turn generate dangerous free radicals that damage your cell membranes, mitochondria, proteins and DNA.

What's worse, PUFAs are integrated into your cell membranes and can remain so for five to seven years. The missing hydrogen atoms also make PUFAs highly susceptible to oxidation, which causes the fat to break down into harmful metabolites such as OXLAMs (oxidized LA metabolites), which have a profoundly negative impact on your health.

LA Is Not an 'Essential' Fat

"Essential fatty acids" (EFAs) is a term referring to the PUFAs that scientists believe are crucial for health and that your body cannot produce. Hence, you have to get them from your diet. Currently only two types of fats are considered "essential":

- Omega-3 (EPA, DHA, and ALA)
- Omega-6 fat (LA)

The inclusion of LA is unfortunate, as excessive amounts of LA actually wreck your cellular and mitochondrial function. The reality is you need very small amounts of LA, and because it's found in most foods, it's virtually impossible to become deficient. Moreover, modern research has shown that up to 10 generations of animals can be raised without any LA in their diet whatsoever and remain perfectly healthy.

Research has also shown that when you have a large amount of LA in your diet, an enzyme called delta-desaturase — which converts the plant-based omega-3 fat, ALA, to the long-chain fats DHA and EPA — is inhibited. So, consuming high amounts of LA increases your dependence on sea food as a source of preformed EPA and DHA.

This is important, as DHA and EPA are indeed essential and provide a wide range of health benefits. One of the most important benefits of DHA is lowering inflammation, which is a factor in most chronic and degenerative diseases. EPA, meanwhile, is important for heart and cardiovascular health.[6,7]

Seed Oils Are the Root of All Chronic Diseases

The video above reviews the health risks associated with vegetable oils and seed oils, which are found in most processed foods. It shows how chronic diseases such as heart disease began to skyrocket after the introduction of these oils to the market.

Before 1866, the Western world for the most part only consumed animal fats. Tallow, suet, lard and butter are examples of these fats. Eastern societies used cold-pressed fats like coconut and palm oil. Vegetable oils like we know them today simply did not exist.

The single-greatest change to the human diet in all of history was the introduction of industrially processed seed oils around 1866.[8] At that time Procter & Gamble used a newly invented hydrogenation process to convert surplus unusable cotton seeds into a synthetic seed oil, sold to this day under the name Crisco.

Shortly after that, margarine, which is made from seed oils, was introduced. In recent years the company has largely converted to using palm, soy and canola oil for its Crisco, but cottonseed oil is still very much in use for cooking, especially in restaurants for their fryers.[9]

Historically, we can see that seed oil use increased from approximately 2 grams per day in 1865, to 5 grams per day in 1909, to 18 grams a day in 1999. As of 2008, the average consumption was 29 grams a day. In terms of percentages, seed oils accounted for approximately 1/100th of total calories in 1865 and increased to more than 1/4th of total calories by 2010 — a 25-fold increase!

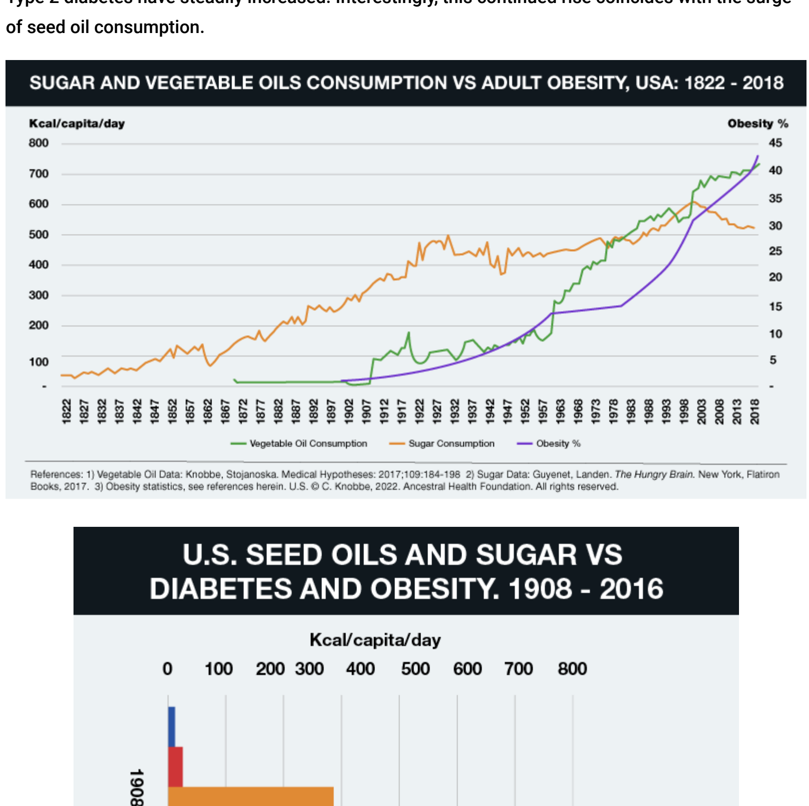
Seed Oils Are Far Worse Than Sugar

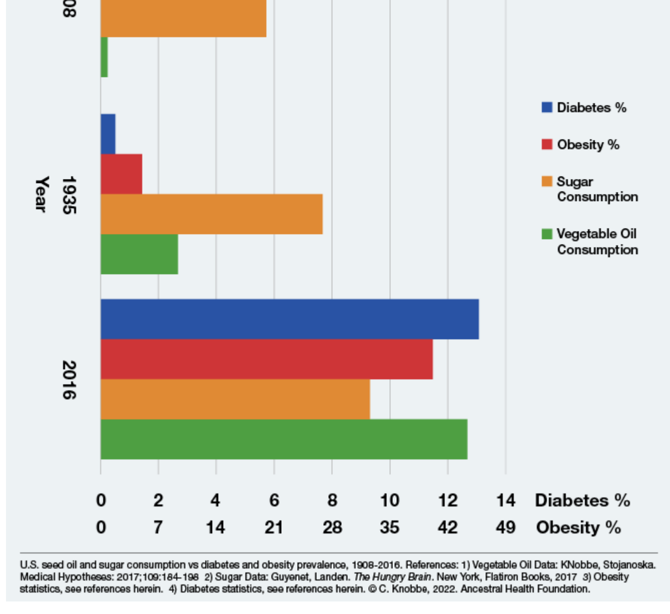
While most nutritional experts blame the epidemic of chronic disease on the increase in sugar consumption, the role of sugar is relatively minor when compared to the impact of seed oils.

In 1822 the average U.S. sugar consumption was 6 pounds per person per year. This rose to a high of 108 pounds per person per year by 1999.[10] This is a 17-fold increase, but seed oils went up 25-fold during that same time period.

In the 1960s and '70s,[11] cardiologist Dr. Robert Atkins was largely responsible for creating the interest in low-carb (low-sugar) diets that seemed to work for many. However, eliminating foods like french fries, potato chips, breads, pasta, pizza and donuts not only eliminates sugar-based carbs, but also seed oils. It is not intuitively obvious, but the carb-loaded foods his diet eliminated are also loaded with dangerous refined seed oils.

Processed foods typically contain about 21% sugar. However, up to 50% or more of the overall calories contained in most processed foods come from seed oils.[12,13] The connection is further confirmed by looking at the U.S. carb consumption. It's been declining since 1997, yet obesity and Type 2 diabetes have steadily increased. Interestingly, this continued rise coincides with the surge of seed oil consumption.





Another major reason why seed oils are exponentially more pernicious to your health than sugar is

that they last much longer in your body. The half-life of LA is around 600 to 680 days, or approximately two years. This means it will take you about six years to replace 95% of the LA in your body with healthy fats. This is the primary reason for keeping your LA intake low as possible.

Meanwhile, your glycogen stores will be exhausted in about one to two days. So if you go on a sugar binge, that sugar doesn't stick around for years destroying your health like the LA in seed oils does.

How Excess LA Consumption Can Wreck Your Health

The main reason why excess LA causes disease is that it prevents your mitochondria from working well. Mitochondria are subcellular organelles responsible for producing most of your cellular energy in the form of ATP, and without ATP, your cells cannot function and repair themselves normally.

As mentioned earlier, PUFAs such as LA are easily damaged by oxygen in a process called oxidation,[14] which triggers the creation damaging free radicals.[15] These, in turn, give rise to ALEs[16] and in the case of omega-6 fats, OXLAMs.[17,18]

These ALEs and OXLAMs then go on to cause mitochondrial dysfunction, which is a hallmark of most all chronic disease. In addition to oxidation, inflammation and mitochondrial dysfunction, processed seed oils can also:

Damage the cells lining your blood vessels
Cause memory impairment and increase your risk of Alzheimer's disease (canola oil, in particular, has been linked to Alzheimer's)
Strip your liver of glutathione thereby lowering your antioxidant defenses
Inhibit delta-6 desaturase (delta-6), an enzyme involved in the conversion of short-chained omega-3s to longer chained omega-3s in your liver
Impair your immune function and increase mortality
Make your fat cells more insulin sensitive, thereby causing insulin resistance
Inhibit cardiolipin, an important fat in the inner membrane of your mitochondria

The Importance of Cardiolipin

The inhibition of cardiolipin in the inner membrane of your mitochondria explains much of the damage caused by LA. You have about 40 quadrillion to 100 quadrillion mitochondria throughout the cells of your body. The cristae of the inner membrane of the mitochondria contains a fat called cardiolipin,[19] and its function is dependent on the type of fat you get from your diet.

Cardiolipin is important because it influences the structure of the cristae inside your mitochondria, which is the area where energy production occurs. If cardiolipin is damaged, then the complexes will not be close enough together to form supercomplexes and thus the mitochondrial energy production will be impaired.

Cardiolipin also works like a cellular alarm system that triggers apoptosis (cell death) by signaling caspase-3 when something goes wrong with the cell. If the cardiolipin is damaged from oxidative stress due to having too much LA, it cannot signal caspase-3, and hence apoptosis does not occur.

As a result, dysfunctional cells are allowed to continue to grow, which can turn into a cancerous cell. The type of dietary fat that promotes healthy cardiolipin is omega-3 fat, and the type that destroys it is omega-6, especially LA.

The image below illustrates a typical mitochondria on the left. Figure C shows how the folds cause cardiolipin to provide the curve in the mitochondrial cristae. The folding causes the super complexes in the electron transport chain to get closer together and more efficiently transfer electrons to produce ATP.

mitochondria

The good news is that dietary changes can improve the composition of fats in your cardiolipin in a matter of weeks, or even days. So, even though it will take years to lower your total body burden of LA, you will likely notice improvements well before then.

LA Contributes to Heart Disease and Cancer

Heart disease and cancer are two of the primary killers in the Western world, and LA is a significant contributor to both of these lethal conditions. One of the first things that happens in atherosclerosis, which is the precursor to heart disease, is that your macrophages (a type of white blood cell) turn into foam cells — essentially a macrophage stuffed with fat and cholesterol.

Atherosclerotic plaque is basically dead macrophages and other types of cells loaded with cholesterol and fat. This is why heart disease is blamed on saturated fat and cholesterol. However, researchers have found that for foam cells to form, the LDL (low density lipoprotein cholesterol) must be oxidized, and that is precisely what seed oils do.

Seed oils cause the LDL to oxidize, thereby forming foam cells. So, LDL in and of itself does not initiate atherosclerosis. LDL's susceptibility to this oxidative process is controlled by the LA content of your diet. Excess PUFAs also make cell membranes more fragile, allowing them to be easily damaged by oxidation.[20,21]

Seed oils are also a major contributor to cancer. In fact, a surefire way to induce cancer in many animal models is to feed them seed oils. Animals typically develop cancer once the LA in their diet reaches 4% to 10% of their energy intake.

And, as mentioned, most Americans get approximately 25% of their total daily calories from seed oils, so we're far over the safety threshold for these fats — at least based on the laboratory work in animals. Remember our ancestors typically got less than 2% of their calories in the form of omega-6.

There's even evidence showing that eliminating seed oils from your diet will dramatically reduce your risk of sunburn and lower your risk of skin cancer,[22,23,24] as susceptibility to UV radiation damage is controlled by how much LA is in your diet.[25,26]

What Foods to Avoid, and How

Primary sources of LA include seed oils used in cooking, processed foods and restaurant foods made with seed oils, condiments, seeds and nuts, most olive oils and avocado oils (due to the high prevalence of adulteration with cheaper seed oils), and animal foods raised on grains such as conventional chicken and pork.

Ideally, consider cutting LA down to below 7 grams per day, which is close to what our ancestors used to get. If you're not sure how much you're eating, enter your food intake into Cronometer — a free online nutrition tracker — and it will provide you with your total LA intake.

Cronometer will tell you how much omega-6 you're getting from your food down to the 10th of a gram, and you can assume 90% of that is LA. Anything over 10 grams of LA is likely to cause problems. Healthy fat replacements include tallow, butter or ghee, all of which are excellent for cooking.

The table below provides a fairly comprehensive list of the most commonly consumed oils and their approximate LA content.[27,28,29] In general, the lowest LA-containing fats — butter and beef tallow — would be the fats of choice. These excellent cooking fats would not only be the lowest in LA, but will also provide the fat-soluble vitamins, A, D, and K2. Coconut oil is also very low in LA but doesn't provide the important fat-soluble vitamins that tallow and butter contain.

cooking oils

Vast Majority of Olive Oil and Avocado Oil Are Adulterated

Most people introduced to the topic of omega-6 toxicity have questions about olive oil and avocado oil. Consumption of olive oil has increased more than 10-fold in the U.S. over the past 35 years.[30] Olives and olive oil are well-known for their many health benefits, especially for your heart, but using adulterated olive oil will not do your health any favors.

Tests have revealed that anywhere from 60% to 90% of the olive oils sold in American grocery stores and restaurants are adulterated with cheap, oxidized, omega-6 vegetable oils, such as sunflower oil or peanut oil, or nonhuman-grade olive oils, which are harmful to health in a number of ways.[31]

This is even true for "extra virgin" olive oil Cheap seed oils are added and will not be listed on the label, nor will most people be able to discern that their olive oil is not 100% pure. Chances are, you've been eating poor-quality olive oil so long — or you've never tasted a pure, high-quality olive oil to begin with — you don't even realize there's something wrong with it.

The same applies to avocado oil. Many believe avocado oil is as healthy as olive oil, but this is simply not the case. A 2020 study showed that 82% of avocado oil is adulterated, mislabeled or of poor quality.[32]

In general, people believe the U.S. Food and Drug Administration is policing and regulating food fraud, but that's not the case. Its primary focuses are making sure the ingredient label is accurate and tracking food-related disease outbreaks.

The FDA does little in terms of preventing illegally adulterated foods from being sold. This makes discerning quality a difficult task, and unless you can somehow ensure you're getting 100% pure, unadulterated olive oil and/or avocado oil, you're better off avoiding them altogether.

Go Easy on the Nuts and Seeds

Most people who are interested in health believe that nuts and seeds are "heart healthy" staples.[33] However, as you can see in the table below, most nuts and seeds are exceedingly high in LA. For example, 50% of the fat in pecans is LA.[34] The only exception is macadamia nuts.

So, while nuts and seeds are often unprocessed and are the best type of omega-6 fats to eat, they will still contribute to the LA content of your diet, and once you hit 5 grams of LA per day, the perishable double bonds will begin to oxidize and generate dangerous free radicals that lead to health problems.

So, nuts and seeds need to be significantly minimized or even eliminated if you want to lower your LA. As mentioned, the exception to this rule is macadamia. Since only 2% of their fat is LA, you can have 10 to 30 a day without significantly raising your LA level.

Seeds/Nuts	% Linoleic Acid
Poppy seed	62%
Hemp	57%
Wheat germ	55%
Walnut	53%
Pecan	50%
Pumpkin	45%
Brazil nuts	43%
Sesame	41%
Peanut	32%
Pine Nuts	33%
Chia	16%
Almond	16%
Flaxseed	14%
Pistachio	13%
Hazelnuts	12%
Cashew	8%
Macadamia	2%

LA in Animal Foods

While seed oils are a primary source of LA, a number of animal foods you might not suspect are also loaded with this harmful fat. Ruminant animals such as cows, buffalo, sheep, lamb, goats, deer, elk and many other game animals have low LA content in their milk and meat, no matter what they eat, thanks to the fact that they have multiple stomachs with bacteria that can convert the high LA fat they eat into saturated and monounsaturated fats.

Animals with a single stomach, however, like chickens and pigs, cannot make this conversion. So, when they're fed corn and soy, which are high in LA, their meat and eggs will also be high in LA.[35] Most chicken and pork have over 25% LA. Chicken eggs are acceptable, though, as each egg has less than 1 gram of LA, and that is assuming they are fed commercial feeds that are loaded with high LA.

Interestingly, the difference in LA in ruminants that are 100% grass-fed and those that are fed corn and soy is only about 0.5%, which is why, from an LA perspective, there isn't much difference between conventional beef and grass fed-only beef. That said, grass fed beef is still preferred as it typically has less glyphosate and hormones.

So, in summary, your best option is to get most of your animal protein from ruminants and avoid or limit all chicken and pork. My favorite meats are bison and lamb, but any of the ones listed above will work. Ideally it should be organic and the animals should not be fed any food that is contaminated with glyphosate or other pesticides.

LA in Seafood

Ideally, you'd get your omega-3s from healthy seafood. However, not all seafoods contain omega-3s. Only fatty, cold-water fish do. Examples include wild-caught Alaskan salmon, sardines, anchovies, mackerel and herring.

Farmed fish, especially farmed salmon, is best avoided altogether due to the exaggerated potential for contamination. At first glance, farmed fish may seem like a good idea to help protect wild seafood populations from overfishing, but in reality, the industry is plagued with many of the same problems surrounding land-based concentrated animal feeding operations (CAFOs), including pollution, disease, toxicity and inferior nutritional quality.

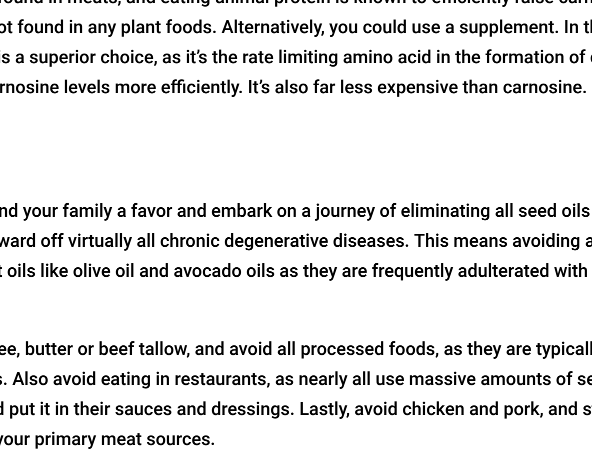
Most farmed fish are fed genetically engineered (GE) corn and soy, which are a completely unnatural diet for marine life and are loaded with hazardous omega-6 fats. Others are fed fishmeal, which is known to accumulate industrial chemicals like PCBs and dioxins.

From a nutritional perspective, farmed salmon also have the drawbacks of containing only half the omega-3 of wild salmon,[36,37,38] and one-fourth the vitamin D,[39] while having more than 5.5 times the amount of omega-6.[40,41] Farmed salmon are also routinely exposed to antibiotics and pesticides.

Carnosine Can Help Reduce LA-Induced Oxidative Damage

While your body will slowly eliminate stored LA over time, provided you reduce your intake, a peptide supplement called carnosine can help reduce the oxidative damage caused by LA while your body is cleaning itself out.

Carnosine is a dipeptide your body makes and it consists of two amino acids, beta-alanine and histidine. It serves as a sacrificial sink for reactive oxygen species (ROS) and ALEs, meaning it lets these very damaging molecules destroy it rather than your mitochondria, DNA or proteins, as depicted in the image below.



Carnosine is found in meats, and eating animal protein is known to efficiently raise carnosine levels.[42] It's not found in any plant foods. Alternatively, you could use a supplement. In this case, beta-alanine is a superior choice, as it's the rate limiting amino acid in the formation of carnosine and raises carnosine levels more efficiently. It's also far less expensive than carnosine.

Summary

Do yourself and your family a favor and embark on a journey of eliminating all seed oils from your diet today to ward off virtually all chronic degenerative diseases. This means avoiding all seed oils, and even fruit oils like olive oil and avocado oils as they are frequently adulterated with cheap seed oils.

Cook with ghee, butter or beef tallow, and avoid all processed foods, as they are typically loaded with seed oils. Also avoid eating in restaurants, as nearly all use massive amounts of seed oils to cook with and put it in their sauces and dressings. Lastly, avoid chicken and pork, and stick to bison and lamb as your primary meat sources.

+ Sources and References

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tallulah3
Joined On 4/21/2021 9:26:59 AM
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I'm going to try to be even more careful of what I eat. There's so many things wrong with food nowadays. The most important thing to do before eating is to ask God to bless our food for the nourishment of our body

Reply | Mark as Spam | Posted On 7/17/2023 6:38:30 AM
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BILLANDLAURENVERIZON.NET
Joined On 9/3/2021 4:31:02 PM
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Yes, asking God for His blessing on our food and on our health is a must because the corruption is everywhere. He will care for those who ask Him for this.

Mark as Spam | Posted On 7/17/2023 8:34:42 AM
Like | Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Here are 10 Bible verses about Blessing Food from the Old and New Testaments of the Holy Bible, New International Version (NIV), sorted from the most relevant to the least relevant. The first three: -----------Exodus 23:25 NIV. Worship the Lord your God, and his blessing will be on your food and water. I will take away sickness from among you. 1 Timothy 4:4-5 NIV. 4 For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, 5 because it is consecrated by the word of God and prayer..------------- Matthew 26:26 NIV. While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body.".---------------- bibleportal.com/.../blessing-food

Mark as Spam | Posted On 7/17/2023 11:04:14 AM
Like | Dislike

NurseKaren45
Joined On 6/10/2017 6:15:20 PM
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AGREED! I believe that praying over our food changes the energy of it for the better.

Mark as Spam | Posted On 7/17/2023 11:45:44 AM
Like Dislike

njnelson828gmail.com
Joined On 9/4/2021 2:22:12 PM
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I can confirm that eliminating seed oils from your diet makes you less susceptible to sunburn. I am an extremely fair-skinned woman in my early 60s, and have had severe sunburns (burning, blisters, peeling) during nearly every summer for the last 50 years, and a few years ago I had a skin graft for a small patch of basal cell carcinoma on my face. In January 2022 I gave up seed oils (I now cook with tallow, butter and coconut oil), as well as chicken and pork, for anti-inflammatory reasons, and was VERY surprised to experience skin benefits - I didn't sunburn once during the summer of 2022 (while I'm careful, I never use sunscreen because of chemicals) and my age spots, which I started developing over a decade ago, are slowly fading. Several customers at my workplace have commented at how much better my skin looks and have asked what I'm doing. I know everyone is different, but it worked for me.

Reply | Mark as Spam | Posted On 5/8/2023 9:21:07 AM
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Segstar
Joined On 7/3/2012 3:30:42 PM
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Add about 10 mgs of Astaxanthin and you'll be pleasantly surprised to see you can tolerate much more Sun without burning up...To get a really great tan rub yourself down with coconut oil...

Mark as Spam | Posted On 5/8/2023 9:35:19 AM
Like Dislike

Eevee
Joined On 3/7/2008 10:05:07 AM
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Yes, I used to get terrible rashes in summer, not sunbathing even, just doing normal chores, hanging laundry out, gardening etc..would wear a hat and wrap round sunglasses (for hay fever reasons)...would get rashes on my neck, tops of feet etc... Lowering the omega6 does help..

Mark as Spam | Posted On 5/8/2023 9:58:45 AM
Like Dislike

myb506
Joined On 11/26/2015 7:12:10 AM
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I found the samething. Fair skin and and had sun burn every year. After eliminating seed oils from my diet 10 years ago I can be out in sun all day without sun screen and never get sunburn and now have a high level of vitamin D according to my blood tests..

Mark as Spam | Posted On 7/17/2023 5:20:28 AM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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A report of great informative content that constitutes a call to health with the good management of fatty acids. Linking with the importance of cardiolipin. Cardiolipin (CL) plays an essential role in the maintenance of mitochondrial ultrastructure and function in multiple cell types. Aberrant CL metabolism has been directly linked to a number of physiologic and developmental abnormalities, including embryonic lethality, cardiomyopathy, immune cell defects, hematopoietic stem cell dysfunction, neuronal dysfunction, and metabolic disorders. Clinical and experimental studies in human patients and animal models have also provided convincing evidence that abnormal cardiolipin content, acyl chain composition, localization, and oxidation level may be directly related to multiple diseases, including cardiomyopathy, neuronal dysfunction, immune cell defects and metabolic disorders.

The central role of CL in regulating the pathogenesis and progression of these diseases has attracted increasing attention in recent years. CL is crucial for regulating various mitochondrial functions, ranging from respiration and metabolism to apoptosis. CL may also play an important role in the regulation of mitochondrial metabolism.

The mitochondria is not only the powerhouse, but also one of the central organelles of metabolism, participating in numerous metabolic processes, including the citric acid cycle, fatty acid oxidation, amino acid synthesis and degradation, as well as of iron and sulfur groups. It has been shown that CL can interact with several mitochondrial transporter proteins. A 20-25% loss of the amount of CL has been found in ischemic hearts, and interestingly, such a reduction in CL levels seems to precede losses in other phospholipids.

Reply | Mark as Spam | Posted On 5/8/2023 3:03:38 AM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Reduced total CL content and changes in CL species composition have been detected in both aged human hearts and patients with heart failure. CL may also function as a key player in regulating mitochondrial function and structure in immune cells, and consequently also in their fate and cellular fitness. Normal CL biosynthesis has been shown to be essential for hematopoietic stem cell differentiation. CL can regulate the function and survival of cells. In adipose tissue, lipid metabolism pathways can be significantly activated during cold adaptation, further highlighted by the upregulation of CL, especially newly synthesized CL in brown and beige adipose tissues. Indeed, CL biosynthesis plays an essential role in maintaining energy homeostasis and insulin sensitivity. www.mdpi.com/.../1889 (2022).

Studies indicate that in astrocytes, EPA and DHA have a powerful antioxidant effect through upregulation of Nrf2 and anti-inflammatory effect in part through inhibition of NF-B activation. DHA has been shown to readily replace linoic acid in mitochondrial cardiolipin, resulting in a change in the rate of mitochondrial respiration and modulation of mitochondrial-dependent apoptosis. EPA and DHA increase the potential of the mitochondrial membrane and the levels of cardiolipin. DHA and EPA enhance GFAP expression of astrocytic cells Glial fibrillary acidic protein (GFAP) could become a powerful diagnostic tool in blood in the early stages of Alzheimer's by restoring neuronal survival and plasticity after stress and the production of growth factors in astrocytes differentiated from neural stem cells generated from of a patient with major depressive disorder.

Mark as Spam | Posted On 5/8/2023 3:04:07 AM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Astrocytes become very important during oxidative stress by triggering the inflammatory response by increasing the levels of proinflammatory cytokines such as TNF, IL-1, IL-6, IL-18 and COX-2 messenger RNA, whose levels are altered during oxidative stress. inflammatory processes. Astrocytes are also affected upon the release of neurotrophic factors, including GDNF, BDNF. GFAP is involved in the maintenance of cellular cytoarchitecture (CNS), mechanical stability, and synaptic function, properties that are markedly affected by aging.

For example, decreased GFAP expression, which reflects astroglial degeneration, has been found in the early stages of many neurodegenerative diseases. Current evidence clearly indicates that neuroinflammation plays an important role in the etiology and development of several neurological disorders, including neurodegenerative diseases such as AD and Parkinson's disease, and psychiatric conditions, including major depression, bipolar disorders, mental disorder, post-traumatic stress and as an effect of prolonged periods of immobilization, as occurs in bedridden patients or hospitalized in intensive care units and that lead to frank decrease in the functionality and independence of individuals.

www.sciencedirect.com/science/article/abs/pii/S0014482723000381 (2023).----
neurologia.com/noticia/8354/la-proteina-acidica-fibrilar-glial-
(gfap)-podria-convertirse-en-una-potente-herramienta-diagnostica-en-sangre-de-las-fases-iniciales-del-alzheimer (2021).---
www.ncbi.nlm.nih.gov/.../PMC6763158 (2001).--- www.cambridge.org/core/journals/the-british-journal-of-psychiatry/arti..
(2002).---

Mark as Spam | Posted On 5/8/2023 3:05:48 AM
Like Dislike

juststeve
Joined On 1/5/2012 11:13:54 AM
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Hey Gui adding healthy muscle to todays article for those who like to get deep into the weeds. Just some suggestions from the Gut though, anyone remember Dave Letterman back in the day with his skit where he proclaimed I Can't Believe It's a Heart Attack, a jab based on information showing vegetable oils, were a main driver for Heart Dis-ease? How long ago was that? Decades. Yet, the band plays on, lot's o' money in the hat for those playing the desired tune. It takes several hundred ears of corn to make one cup of corn oil. If the Omega - 6 oils were extremely critical for life, the vegetables would be saturated in far larger portions of the plants.

Along with this, the acknowledgement of the proper role of cholesterol has been known for all of the same time, yet the tune doesn't change much as far as Med advice or pumping out statins left and right. More from the Gut suggesting yes the LA oils are a nuclear bomb on health and maybe sugar is like constant exposure to radiation, but, it seems likely the way both are found in such saturated levels in nearly all processed foods together they deliver a deadly one two punch.

* "Processed foods typically contain about 21% sugar. However, up to 50% or more of the overall calories contained in most processed foods come from seed oils." So, together in processed foods up to 71% is junk greasing the wheels to multiple chronic deadly Dis-ease. It looks like a concentrated focus on elimination of vegetable oils is the main focus. Sugar should be reduced way down and when the birthday or a favorite holiday rolls around, an occasional treat would be much more minimal and recovery quicker.

Mark as Spam | Posted On 5/8/2023 5:32:57 AM
Like Dislike

forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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Gui, Vitamin C /antioxidant electrons protect mitochondrial membranes while alkaline pH protects O2 to return lactic acid to lactate.....to reduce acidic oxidative damage to mitochondria and cell molecules/structures in general.

Mark as Spam | Posted On 5/8/2023 7:05:20 AM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Just, your comment establishes very important points in the protection of biodiversity and people's health. At the opposite extreme to disease we have polyphenols and we can consider their interaction with cardiolipin. Curcumin has been shown to exhibit a wide range of therapeutic effects against neurodegenerative disorders, diabetes, cancer, as well as antioxidant and anti-inflammatory activities. Importantly, most diseases and pathological conditions for which curcumin therapy has been applied involve disturbances of cellular energy metabolism, underscoring the important role of mitochondria, the primary organelle responsible for energy generation and metabolism.

metabolism. Curcumin is highly hydrophobic, its interactions with lipid bilayers significantly modulate membrane properties, including curcumin's interactions with CL, the lipid molecule located exclusively in the inner mitochondrial membrane. In this study it was found that curcumin affected the structures and dynamics of biomimetic and biological mitochondrial membranes containing CL. The application of various biophysical techniques reveals the CL-promoted association and internalization of curcumin in lipid bilayers.

In parallel, the association of curcumin with CL-containing bilayers increased their fluidity and reduced lipid ordering. These findings suggest that membrane modifications mediated by CL interactions may play a role in curcumin's therapeutic functions, and that the inner mitochondrial membrane in general could constitute a potential drug target. www.sciencedirect.com/.../S0005273618303158 (2019)

Mark as Spam | Posted On 5/8/2023 7:37:52 AM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Totally agree Randall, Also. This paper aims to review the role of four dietary polyphenols (resveratrol, curcumin, epigallocatechin-3-gallate, and quercetin) in the molecular pathways regulated by mitochondria and their potential impact on human health. Accumulated evidence showed that the aforementioned polyphenols improve mitochondrial functions in different in vitro and in vivo experiments. The mechanisms underlying the beneficial effects of polyphenols include, among others, the attenuation of oxidative stress, the regulation of mitochondrial metabolism and biogenesis, and the modulation of cell death signaling cascades, among other mitochondrial-independent effects.

pubmed.ncbi.nlm.nih.gov/28554320 (2019).---- So far, more than 8,000 phenolic compounds (PPs), plant secondary metabolites, have been studied and classified into stilbenes, phenolic acids, flavonoids, and lignans. Much of them have been identified in human nutrition; in fact, they are the most abundant plant-derived phytochemicals in our diet. Some polyphenols (PPs), such as quercetin, are found in most plant sources (fruits and vegetables), while others are less ubiquitous. For example, citrus fruits are rich in flavanones and apples contain high amounts of phloridzin.

PPs are known for their various biological activities, such as anti-radical, antibacterial, anticancer, antioxidant and anti-inflammatory properties. According to several reports, crude plant extracts that contain a large amount of the substances mentioned above could have the same or even a greater health-promoting effect than their isolated individual components. This review comprehensively covers up-to-date research on the interaction of polyphenols with the gut microbiota and mitochondria, on their metabolism and role in cognitive diseases and obesity. onlinelibrary.wiley.com/.../mnfr.202100670 (2022)

Mark as Spam | Posted On 5/8/2023 7:47:50 AM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Cardiolipin represents about 1015% of the phospholipids of mitochondrial membranes (15% outer membrane, 1015% inner membrane) and promotes mitochondrial cristae formation. Cardiolipin also plays a crucial role in mitochondrial bioenergetics by promoting the assembly and function of the respiratory chain supercomplexes, ATP synthase and the ADP/ATP transporter, it interacts with many other proteins involved in cell death, the import of proteins, calcium transport, mitochondrial dynamics and other aspects of mitochondrial biology such as helping to optimize proton transfer for efficient mitochondrial coupling. Obesity is associated with a spectrum of liver abnormalities, known as nonalcoholic fatty liver disease (NAFLD), which is characterized by increased intrahepatic triglyceride content with or without inflammation and fibrosis.

NAFLD has become a major public health problem due to its high prevalence and possible progression to severe liver disease. Numerous publications have evidenced mitochondrial abnormalities in NAFLD. Liver biopsies from human patients showed an overall increase in cardiolipin content. The authors suggested that this evolution might reflect an enhancement of hepatic mitochondrial capacity in individuals with NAFLD to protect against its progression. However, this increased respiration may not be enough in the long term and may lead to excessive oxidative stress.

Mark as Spam | Posted On 5/8/2023 9:17:52 AM
Like Dislike

merculo
Joined On 4/12/2020 4:51:21 PM
Add as Friend | Send Message

Guillermou should work for the Mercola Library of Knowledge

Mark as Spam | Posted On 5/8/2023 2:40:37 PM
Like Dislike

ICONOCLAST
Joined On 9/26/2009 5:27:11 AM
Add as Friend | Send Message

Merculo. How does Gui access associated subjects and comment so quickly? He is amazing and a great asset to the Mercola articles as are all other top posters. I share his links on FB after posting the pdf file then after adding all relevant links I finish off with the link to the article which has a picture and topic message. I've just decided to put the link under the pdf file from now on and then add the links that other posters provide. This is to compensate for the censorship and give people who read them a taste of the high quality of discussion and sharing of information untainted by the doctored dog turd words of the pseudo science excreted from the so-called centres of education especially those limping along crippled by Rockefellers diseased mentality. Soap box for sale...Slight scorch marks.

Mark as Spam | Posted On 5/9/2023 5:44:06 PM
Like Dislike

juststeve
Joined On 1/5/2012 11:13:54 AM
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Gui, now time has given the chance for all this information to percolate, from the Gut Speaking it seems this is not a ringing endorsement to consume boatloads of sugar, it just seems more then obvious now sugar consumption is down, the role LA plays is no longer hidden in the background. Now it can be seen it is the larger, more dangerous creature setting the foundation for chronic disease and chronic inflammation. Put the two together and it's a knockout punch. Both sugars and vegetable oils consumed in healthy grown/raised foods, not ultra processed fare, are wrapped in a complete profile of fiber, vitamins, and other plant compounds and nutrients.

This makes for time released absorption instead of the massive kick to the body many by now most likely confuse with relief from hunger. A more relaxed consumption of healthy carbs while lowering use of the seed oils, purging the seed oils accumulation, may work just fine. Being as from grade school on the mantra was don't use butter, lard, etc., fear them, the family used the recommended margarines and Crisco's.

Upon leaving home after a fashion little to none of any kinds of oils/fats were used. Now if using cooking oils, organic butter when available is used. Personally, it was found this dropped the belly fat and overall general wellbeing in spite of not only the toxins we all are fed from the air, water, etc., but also the toxins from a very harsh work environment. Steaming for cooked vegetables seems to enhance the subtle, nuances of real foods. Cooking in fat or oils enhances the mouthfeel, crunch and textures of foods.

Mark as Spam | Posted On 7/17/2023 5:25:51 AM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Just your comment is a hymn to good health. BigPharma, in collaboration with the agri-food industry and government institutions, promotes junk food high in linoic acid and true sugars that cause obesity. This food pyramid marks the path of obesity. Junk food indoctrination from childhood is a huge market for BigPharma, and parents and schools are taught to make children obese. There's one thing most experts agree on: increased consumption of highly processed foods is a major contributor to the childhood obesity epidemic. The government and media made a lot of fuss about C-19 as together they destroyed society to keep people "safe" from a "virus".

Meanwhile, hundreds of thousands of people die each year from eating processed foods, and no one in a position of power says a word. With 1 in 5 children now obese, Pharma targets a $50 billion market for weight-loss drugs Twenty-two percent of U.S. children between the ages of 2 to 5 and 12 to 19 are obese compared with 18 percent a decade ago, according to a new analysis of health survey data from Nacional level. Pharma targets a $50 billion market for weight-loss drugs Obesity shortens life expectancy. It is linked to hypertension, high triglyceride levels, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, poor quality of life, depression, and difficulty with physical functioning.

Obesity-related cancers, including colorectal, uterine corpus, gallbladder, kidney, pancreatic cancer, and multiple myeloma, are increasingly being diagnosed in younger people. But here's a lesser-known fact: High fructose corn syrup (HFCS) is the lynchpin of the processed food industry, and the HFCS industry has generated massive profits for Warren Buffett and Bill Gates, two of the men. richest in the world.

Mark as Spam | Posted On 7/17/2023 6:36:39 AM
Like Dislike

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

The world's largest organization of food and nutrition professionals, with more than 100,000 registered dietitians, nutrition professionals, and students, the Academy of Nutrition and Dietetics is one of the most influential health professional associations in the United States. USA This article discusses the Academy's relationship with pharmaceutical, pesticide, beverage, and ultra-processed food corporations, including accepting contributions from, and even investing in, those companies. Evidence from the Academy's own internal documents suggests the group offers favors to its corporate backers at the expense of public health. The Academy and its website eatright.org promote themselves as "your source for science-based food and nutrition information." The group is seen as an authority on food policymaking and influences the development of the US Dietary Guidelines.

childrenshealthdefense.org/defender/big-food-academy-nutrition-dieteti.. (01/12/2023)
childrenshealthdefense.org/defender/bill_gates_warren_buffett_obesity_.. (08/03/2023)
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about.kaiserpermanente.org/health-and-wellness/health-research/news/yo.. (2022)
www.ox.ac.uk/news/2009-03-18-moderate-obesity-takes-years-life-expecta.. (2022)
www.revolver.news/2022/12/theres-a-deadly-processed-food-pandemic-caus.. (2022)

Mark as Spam | Posted On 7/17/2023 6:37:19 AM

Like | Dislike

juststeve
Joined On 1/5/2012 11:13:54 AM
Add as Friend | Send Message

Gui, hopefully we can turn it into a number one hit, so we are not just singing to the choir. And, absolutely Gui, if this Rockefeller Medical Template were connected to the creation, maintenance of health, to prevent dis-ease, and as last resort treat to reverse or relief the vast array of dis-ease. Dis-eases resorting from destroying healthy soil, creating empty foods - worse dis-ease causing foods, would be recognized as the real Pandemic. A pandemic of corruption. The diversified small Local, Regional famers now joined by so many workers in our once thriving industrial sector have longed been sneered at as being protectionist. To go look for new sources of employment like the buggy whip workers of days gone past. The destruction of healthy living is the result of corruptive Monopolistic Forces who cannot stand actual real competition in a level playing field.

Once a sector gets too large, has all the $$$ they could want at their disposal - often ours, not even theirs - they exercise Power & Control so as no other voices or sources possibly can be heard. They do not need misinformation or disinformation to undermine their credibility. Misinformation, disinformation, incomplete information is their platform. They have undermined their own authority, credibility as the once open net allowed a process to separate the wheat from the chaff. A top-down minority with enormous power and influence facing little to no consequences are the real pandemic.

Mark as Spam | Posted On 7/17/2023 7:10:12 AM

Like | Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Cardiolipin plays a crucial role in mitochondrial bioenergetics by promoting the assembly and function of the respiratory chain supercomplexes, ATP synthase and the ADP/ATP transporter. Cardiolipin also interacts with many other proteins involved in cell death, protein import, calcium transport, mitochondrial dynamics, and other aspects of mitochondrial biology. Cardiolipin could also act as a proton trap and contribute to a proton loop that can optimize proton transfer for efficient mitochondrial docking. Clinical and experimental studies in human patients and animal models have also provided convincing evidence that abnormal CL content, acyl chain composition, localization, and oxidation level may be directly related to multiple diseases, including cardiomyopathy, neuronal dysfunction, immune cell defects and metabolic disorders.

Despite representing only 1-3% of total phospholipids in the central nervous system (CNS), cardiolipin (CL) is currently a major focus of neurodegenerative research. Dysregulated levels of phospholipids in the brain and serum have been associated with acute and chronic pathological conditions. The CNS is rich in lipids, which account for approximately 50% of the total dry weight of the brain.

Sphingolipids, glycerophospholipids, and cholesterol are the predominant species and are involved in a wide range of physiological functions, including cell signaling (p. g ., myelination to allow neural communication and nerve conduction, and the formation of lipid rafts), energy balance, formation of the blood-brain barrier, and inflammatory responses. Dysregulation of the CNS lipidome is associated with a broad spectrum of neurodegenerative disorders, such as Alzheimer's disease (AD) and Parkinson's disease (PD).

Mark as Spam | Posted On 7/17/2023 1:11:27 PM

Like | Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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In addition to energy metabolism, mitochondria are also involved in numerous signaling and biochemical pathways that are crucial for brain homeostasis, including cell death signaling, generation of free radical species, and lipid synthesis. CL is particularly susceptible to oxidative damage due to its proximity to the mitochondrial electron transport chain, which is recognized as the major source of ROS within mitochondria, and the physical association with cytochrome c. Uncontrolled CL oxidation generates conformational changes that affect the physical properties of CL, and its oxidation can interfere with its interactions with mitochondrial proteins and thus affect cardiolipin-dependent cellular processes, such as electron and proton transport.

Alterations in lipid metabolism have been associated with a wide range of detrimental responses in the CNS leading to neurodegeneration. Consistent with this mechanistic link, dysregulation of CL metabolism in the brain is rapidly emerging as a critical factor in the pathogenesis of several neurodegenerative states. The brains show an age-dependent decline in CL content associated with aberrant mitochondrial bioenergetics and loss of motor neurons.

There is also evidence of increased ROS production and CL peroxidation in full understanding of the role of faulty CL metabolism in nervous system homeostasis and brain function yields significant insights into the pathophysiology of neurodegenerative processes. The major CL abnormalities associated with neurodegenerative disorders are highlighted in Table 1, Table 2... .---www.ncbi.nlm.nih.gov/.../PMC8277580 (2021)---- www.ncbi.nlm.nih.gov/.../PMC6678812 (2019)---- www.sciencedirect.com/science/article/abs/pii/S0163782714000241 (2015).----- www.mdpi.com/.../1889 (2021).-----

Mark as Spam | Posted On 7/17/2023 1:13:45 PM

Like | Dislike

drbobsmate2
Joined On 7/14/2012 7:12:51 AM
Add as Friend | Send Message

Accuse me of blind faith Dr, I don't care, but you were right about Statins and aspartame, your research has been impeccable, I trust your researched science on LA and my instincts tell me I have further knowledge to keep my cancer in remission. I'm 77 and a long time Keto advocate. Thx again Dr, please keep up the good fight and thx again for alerting me about statins for a misdiagnosed heart condition 25 years ago

Reply | Mark as Spam | Posted On 7/17/2023 9:34:06 AM

Like | Dislike

Gabrielle Traub
Joined On 9/9/2006 11:58:21 PM
Add as Friend | Send Message

Almost all the health foods stores I know, including Whole Foods, still think Canola oil is a healthy oil and use it in their Deli and packaged foods as their oil of choice. I have tried to inform them about this. I think if everyone in this forum asked them to remove these oils, they would make a change.

Reply | Mark as Spam | Posted On 5/8/2023 8:48:37 AM

Like | Dislike

Mercola_Fan
Joined On 1/11/2009 12:28:23 AM
Add as Friend | Send Message

Right! Whole Foods, 365 brand is made in China! Whole Foods is a whole lot of lies!

Mark as Spam | Posted On 5/8/2023 9:12:55 AM

Like | Dislike

SomeMo888
Joined On 7/17/2022 11:04:17 AM
Add as Friend | Send Message

Whole Foods is owned by Amazon, so decisions are 100% profit driven and they will continue to use cheap seed oils.

Mark as Spam | Posted On 5/8/2023 9:46:38 AM

Like | Dislike

Segstar
Joined On 7/3/2012 3:30:42 PM
Add as Friend | Send Message

There are many Organic food manufacturers, that have replaced Extra virgin olive oil with these cheap veggie oils... People who don't read labels or are not in tune with reality gets scammed everytime, all the time...

Mark as Spam | Posted On 5/8/2023 9:48:23 AM

Like | Dislike

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend | Send Message

Whole Paycheck is Amazon. What do you expect?

Mark as Spam | Posted On 7/17/2023 8:04:21 AM

Like | Dislike

rrealrose
Joined On 11/10/2011 8:59:01 AM
Add as Friend | Send Message

Gsrielle, Any idea how difficult it is to get people to pay attention to vegetable oils? Most seem totally unaware how much oil is used to make bread, crackers, pastries, etc. Maybe its early to overlook listed oils in mayonnaise ingredients? Or under great effort, change cooking oils to cheapest olive oil or avocado oil, then what has been gained? The pleasure of eating out and time spent not cooking is still too great to overcome dangers lurking in restaurant kitchens. And ages old (from the Nixon era?) US concept of cheap food is difficult to undo, nevermind tempting macular degeneration and worse outcomes.

Have forwarded a wide variety of videos over the past 5 years, with limited reactions. Without visible immediate changes or results in a month or two, Its gonna take a major grass-roots movement to turn around this giant ship of fools, as only those who are recovering from or have recovered from a health issue seem open to take action on this topic. 6 or 7 years is a long time to clear from system, yes?

Mark as Spam | Posted On 7/17/2023 9:59:26 AM

Like | Dislike

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

brianallen1, I left you the following message yesterday: . . . . . . brianallen1, I suspect your LG window unit is a SMART appliance that communicates with your SMART electrical meter. Get rid of the damn meter, meaning have it replaced with an old school analog one if Arizona will accommodate, or at least have it neutered by the electrical company so that it's no longer transmitting a radio signal (I live in MI and my meter's radio signal has been neutered. Costs us an extra $10/month to have a meter reader come read the meter monthly but at least we're not getting fried by the relentless meter pulsations).

If you're still getting readings then seek advice from an expert EMF remediator regarding how you can either mitigate the receiver in your A/C unit or create a barrier with a Faraday Cage although the latter seems implausible because you still need access to the control panel on the A/C so full enclosure is impossible unless you can build one with an mesh access door that fully encloses the A/C in the living space. Two EMF experts names comes to mind: Jerry Day and Oram Miller. I don't have either email but look them up and if you reach a dead end then I will try to locate them. Also EMF expert Brian Hoyer has been interviewed by Dr. Mercola here at least twice so he might be a useful resource too.

Mark as Spam | Posted On 7/17/2023 1:11:40 PM

Like | Dislike

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend | Send Message

Epi. We do NOT have a smart meter as I would fight tooth and nail against having one. We do have a cell tower 1.5 miles away. We used to be .3 miles away and moved. We were getting high readings at the previous location. Very low here unless anywhere in the vicinity of the AC unit.

Mark as Spam | Posted On 7/17/2023 4:45:12 PM

Like | Dislike

Segstar
Joined On 7/3/2012 3:30:42 PM
Add as Friend | Send Message

Brian best to take your meter to a store and check other brands ....And if you find a suitable one then just take the refund for the LG unit and get the good unit..I am not a fan of LG as they got to many bells and whistles and most likely spyware embedded.....If all else fails build a faraday cage...

Mark as Spam | Posted On 7/17/2023 6:37:44 PM

Like | Dislike

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

brianallen1 your "SMART" LG window unit is communicating with the grid and you are getting caught in the relentless signal crossfire. I agree with Seg. Replace it with another unit and get one that's dumb (no radio signal) if possible.

Mark as Spam | Posted On 7/17/2023 9:28:23 PM

Like | Dislike

nothingsound
Joined On 8/12/2018 9:47:47 AM
Add as Friend | Send Message

So I purchase organic olive and try for mid price range. NOW, I'm told that even this oil is bad for me. Can anyone give me post a list of olive oils that are not made from seed oil? And how the hoot can I tell? I do use lard made by my butcher but sometimes the taste of olive is what I like usually mixed with butter. Why does it seem that soon there will be nothing left to eat that one enjoys?

Reply | Mark as Spam | Posted On 7/17/2023 6:01:39 AM

Like | Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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In Spain, the most commercialized variety of oil is Picual and Arbequina. The Arbequina variety and many others are high in linoic acid (up to 22%), but one of the most notable characteristics of the Picual Olive is its high oleic acid content, only 80% of the total composition. This, together with its low omega 6 content (less than 5%), makes Picual olive oil one of the most permissive oils with regard to oxidation and rancidity. This gives it certain ideal characteristics, such as its great resistance to oxidation during exposure to high temperatures. Raw, it has an intense flavor and a certain bitterness that is sought after by many consumers. Always consume cold pressed and organic. In Spain I buy "gold from Genave"

Mark as Spam | Posted On 7/17/2023 8:25:09 AM

Like | Dislike

cmartin12
Joined On 11/18/2021 9:31:01 AM
Add as Friend | Send Message

mercolamarket.com has a great olive oil

Mark as Spam | Posted On 7/17/2023 9:52:45 AM

Like | Dislike

NurseKaren45
Joined On 6/10/2017 6:15:20 PM
Add as Friend | Send Message

Nothingsound, California Olive Ranch is REAL olive oil (at least I read that somewhere in a discussion on how to avoid adulterated oils). I buy the 100% California Olives oil. Of course, we are going to still get whatever is in the water, air, and soil...... but whatever. Pray over it when you eat.

Mark as Spam | Posted On 7/17/2023 11:48:38 AM

Like | Dislike

HealthiestChoices
Joined On 11/30/2009 10:05:54 AM
Add as Friend | Send Message

nothingsound and NurseKaren45~ I don't know if you'll see this today, but will post the information I have. A few yrs. ago I purchased California Olive Ranch EVOO, and it was great...FROM CA only, and in a green glass bottle. I think this was in 2016. When I went to buy a new bottle, thankfully, I checked the label and found it contained about 3-4 other countries AND was in plastic!!! My label had the perfect information: California Grown First Cold Press, along with the Harvest Date and Best By. A few months ago my niece in another state told me she bought this brand and sent me a photo of the label, which was like mine. I had advised her not to get this brand, so I don't know where she acquired it, and why it would be like the old style? I now buy the Olive Oil from Dr. Mercola.

Mark as Spam | Posted On 7/18/2023 9:03:22 AM

Like | Dislike

Barbara Charis
Joined On 3/8/2007 9:13:41 AM
Add as Friend | Send Message

Dr. Mercola...thank you for providing information everybody should read. Health is so important that people really need to focus their attention on nutrition. I learned the hard way and my family and I suffered. Then, a friend handed me some nutrition books in 1961 and told to start reading that I was following the wrong people. These books changed my life. I probably would not be here today, If i had not started reading on this subject. I had no idea that medical doctor were not required to study nutrition. I was following dietary information my children's pediatrician provided. After opening the first book, I learned his infomation was causing my children's problems. People have to do their own research and not depend on anyone else.

Reply | Mark as Spam | Posted On 5/8/2023 5:18:41 PM

Like | Dislike

paral04
Joined On 4/17/2008 2:19:16 PM
Add as Friend | Send Message

It is amazing that MD's don't take nutrition courses. My husband was an automotive engineer and knew which fuel worked best for a particular engine. You would think our body maintenance guys (aka MD's) would be taught this.

Mark as Spam | Posted On 7/17/2023 6:51:01 AM

Like | Dislike

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend | Send Message

They would be taught it if they weren't learning Rockefeller sponsored medicine.

Mark as Spam | Posted On 7/17/2023 8:03:03 AM

Like | Dislike

CeceliaAnn
Joined On 8/30/2010 1:35:07 PM
Add as Friend | Send Message

Very interesting article. I can walk into Wal-Mart and see obese citizens in the USA riding around in grocery carts with wheels for handicap people. If I walk into Natural Grocery or any healthy food store I do not see grocery carts for fat people. Just an interesting observation on my part. My heart breaks for those trapped in a body they have created over the years with unkown knowledge. Thank you Dr. Mercola for educating us all.

Reply | Mark as Spam | Posted On 7/17/2023 8:01:00 AM

Like Dislike

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jhy7142
Joined On 3/10/2016 7:13:35 AM
Add as Friend | Send Message

Cecelia ignorance turns to stupidity if unchecked and thats what most people have become stupid .Truth has a way of hurting the feelings of ignorant people .

Mark as Spam | Posted On 7/17/2023 1:16:01 PM

Like Dislike

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

For years I used canola oil because it was said to be healthy. All of a sudden I started getting rashes on my eyelids and they looked and felt burned. I started reading what Dr Mercola said about seed oils. I stopped using canola oil and they got well. A couple of months ago I ate some potato chips and I have had terrible problems with my stomach ever since. I won't be putting this garbage in my body anymore. It's terrible that people were told it was healthier than olive oil. My mom started using canola oil and got me to use it. I'm starting to think that's one of the things that gave her dementia. People need good, wholesome healthy food.

Reply | Mark as Spam | Posted On 5/8/2023 7:28:21 AM

Like Dislike

---

otis101
Joined On 7/10/2010 6:30:32 PM
Add as Friend | Send Message

Thanks to Dr. Mercola and many commenters for helping me maintain a late in life path to/in good health. I love my once a week ice cream with a brownie. Keeps my mental health in line. Also I am fortunate to be allergic to all things soy and have been for decades. Causes an eczema flare. Also it is good that macadamia nuts are about $30/lb so I eat very few and no other nuts. Will have to admit to having 4 oz of "killer chocolate" once a month from J.D. Redhouse and it has a few nuts. I use no oils. Fry eggs in butter. I like organic butter on my sourdough french bread from Costeaux French Bakery. I'm sure there are some no-no-s in the ice cream, brownies, killer chocolate, & bread but can't be totally pure as that is not good for mental stability. https://www.costeaux.com

Reply | Mark as Spam | Posted On 7/17/2023 11:33:29 AM

Like Dislike

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panotx
Joined On 6/20/2006 6:41:14 AM
Add as Friend | Send Message

I test my olive oil by the refrigerator test: www.wikihow.com/Test-Olive-Oil Most fails.....

Reply | Mark as Spam | Posted On 7/17/2023 9:14:49 AM

Like Dislike

Leecheng
Joined On 2/13/2022 8:06:00 AM
Add as Friend | Send Message

Articles like this make me appreciate my organic Yukon gold coconut oil fries even more! I slice them up then place them in a pot of cold water just enough to cover them. Turn burner on to high and bring to a boil for about 45 seconds. Drain and place them in a frypan with ample coconut oil at medium heat paired with grass fed burger and gluten free buns. It's as close to heaven as you're going to get these days

Reply | Mark as Spam | Posted On 7/17/2023 9:16:21 AM

Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend | Send Message

Nothing like a good burger!

Mark as Spam | Posted On 7/17/2023 9:43:14 AM

Like Dislike

Segstar
Joined On 7/3/2012 3:30:42 PM
Add as Friend | Send Message

I agree..Just make sure you're not getting a nutten burger lol..

Mark as Spam | Posted On 7/17/2023 10:32:42 AM

Like Dislike

DwayneOxford
Joined On 6/25/2009 4:14:27 PM
Add as Friend | Send Message

THANX doc for the beta-alanine tip.

Reply | Mark as Spam | Posted On 5/8/2023 7:32:39 AM

Like Dislike

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

Yes, Carnosine is a dipeptide composed of beta-alanine and L-histidine and is present in skeletal muscle. Normally the limiting amino acid is beta-alanine. Oral beta-alanine (BA) supplementation can induce carnosine overload and this places it as a limiting factor in carnosine synthesis. However, the effect of L-histidine (HIS) supplementation on carnosine levels has not been established. In a study whose objective was to assess: 1) whether supplementation with HIS can cause an increase in carnosine; and 2) whether the combination of BA + HIS supplementation is more efficient than BA supplementation alone. Men and women participated and were divided into three groups based on the supplementation received: BA (6g/day), HIS (3.5g/day) and BA+HIS.

Before (D0), after 12 days (D12) and 23 days (D23) of supplementation, the carnosine content in soleus and gastrocnemius was assessed by H-MRS and blood samples. Muscle samples were obtained by biopsy on D0 and D23 of the vastus lateralis. The results showed that both BA and BA+HIS increased carnosine concentrations in the studied muscles, with no differences between conditions. In contrast, carnosine levels in the HIS group were not altered. The authors confirmed that it is beta-alanine, and not histidine, that is the limiting factor in carnosine synthesis in skeletal muscle.

Anserine (-alanyl- N -methyl-histidine) and ophidine/balenin (-alanyl- N -methyl-histidine) are two methylated analogues of carnosine, collectively referred to as histidine-containing dipeptides (HCDs). HCDs are present primarily in mammalian skeletal muscle and neuronal tissue and, to a lesser extent, in the heart, liver, and kidney. Oral -alanine supplementation is a popular ergogenic strategy in sports because it can increase intracellular carnosine concentration and subsequently improve high-intensity exercise performance.

Mark as Spam | Posted On 5/8/2023 8:48:57 AM

Like Dislike

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

The concentration of carnosine and anserine in skeletal and cardiac muscle is dependent on the circulating availability of -alanine, which in turn is controlled by -alanine degradation in the liver and kidneys. The present study highlights the importance of -alanine transamination in tissue HCD homeostasis and thus contributes to a better understanding of mammalian -alanine and carnosine metabolism. www.ncbi.nlm.nih.gov/.../PMC5009790 (2016) Studies have shown that -alanine has an important ergogenic role in sports performance. Weeks of beta-alanine supplementation significantly increase muscle carnosine concentrations.

ijn.zotarellifilhoscientificworks.com/index.php/ijn/article/view/227 (2022) A good dose of essential amino acids combined with beta-alanine to promote the production of carnosine, which neutralizes acid and helps restore proper pH levels in the muscle, thus increasing endurance and delaying the onset of muscle fatigue. In the human body, carnosine concentrations are highest in muscle tissue. However, brain tissue also has fairly high concentrations. The brain may particularly need the antiglycosylation and antioxidant effects that carnosine provides.

Glycosylation, oxidative stress, inflammation secondary to oxidative stress, and protein crosslinking methylglyoxal, a product of uncontrolled glucose oxidation, contribute to the progression of Alzheimer's disease www.sciencedirect.com/.../S030100821830145X (2019) In high intensity efforts, and in continuous intermittent exercise, the beneficial evidence of Beta Alanine supplementation is strong. In sports modalities, the evidence must be analyzed separately for each sport modality. cdn.journals.lww.com/nsca-jscr/Abstract/2019/01000/Ergogenic_Effects_o.. (2019)

Mark as Spam | Posted On 5/8/2023 8:50:42 AM

Like Dislike

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

Aging and neurodegenerative diseases associated with age are the most important challenges for research. Several lines of evidence implicate that oxidative stress induced mitochondrial dysfunction is one of the main drivers of these processes. The brain requires more energy than other organs in the body, and consumes a large amount of oxygen resulting in excessive production of ROS. Mitochondrial dysfunction and oxidative stress can cause biochemical alterations in biomolecular components that lead to decreased functions of the neuron, therefore its death is attributed to various neurodegenerative diseases such as Parkinson's disease and Alzheimer's disease. This review focuses on the therapeutic potential of L-carnitine and its derivative, acetyl-L-carnitine against neurodegenerative diseases. www.researchgate.net/profile/Dr-Tr-Parashurama/publication/353486681_P.. Central-Western-Ghats-South-India.pdf#page= 55 (2022)

Mark as Spam | Posted On 5/8/2023 8:51:41 AM

Like Dislike

_Russell
Joined On 12/17/2022 7:18:37 PM
Add as Friend | Send Message

Thanks for the info. the world is full of toxic stuffs. We just have to do the ones we can.

Reply | Mark as Spam | Posted On 5/8/2023 5:27:48 PM

Like Dislike

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macmjmiller
Joined On 5/8/2023 1:45:54 PM
Add as Friend | Send Message

Very informative article. It seems like if a person ate a virtually all raw diet of fruits and vegetables, with micro-nutrients added like Dried Barley Grass powder, Chaga Root Powder, Spirulina, Chlorella, etc with perhaps steamed veggies and minimized or eliminated seeds and nuts, one could also minimize linolenic acid consumption, because no cooking would be involved. Of course then you get into the discussion of how much protein is necessary for a healthy diet. However, some people have managed well on such a diet. What interests me is the discovery of so called fatty acid 15 first discovered in dolphins and how that enters into the equation. They are now selling fatty acid 15 products, and I would love to hear Dr Mercola comment on them.

Reply | Mark as Spam | Posted On 5/8/2023 1:59:18 PM

Like Dislike

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

Inflammation, insulin resistance, and lipotoxicity participate in mitochondrial dysfunction which, in association with reduced muscle mass, is known as "sarcopenic obesity" . Recently, an analysis of skeletal muscle from obese patients revealed an overall decrease in cardiolipin content, without significant changes in fatty acid composition. As in skeletal muscle, cardiolipin content is the best marker of mitochondrial mass, this observed decrease in cardiolipin content therefore probably reflects a reduction in mitochondrial mass, which may result from overall reduced activity. locomotive in these patients. Furthermore, due to its role as a source of lipid mediators, decreased cardiolipin level may impair muscle-energy oxygenated lipid signaling through heat production in a process called non-shivering thermogenesis.

The reduction of cardiolipin content in obese patients probably correlates with their reduced locomotor activity. It has been established that exercise, even without changes in body weight, can improve insulin sensitivity and reduce health risks in obese people. Several publications highlight the positive effects of exercise on cardiolipin. Taken together, these studies show a key role of exercise on cardiolipin content as a result of stimulating mitochondrial biogenesis. Interestingly, this effect can lead to improved health independent of weight loss. www.mdpi.com/.../1638 (2022).

Reply | Mark as Spam | Posted On 5/8/2023 9:18:22 AM

Like Dislike

3smilestogo
Joined On 4/23/2013 10:14:27 AM
Add as Friend | Send Message

I love this article. It's the clearest description/explanation of of lipids and their properties and effects on structure and metabolism in the body. Thanks for the clear explanation!

Reply | Mark as Spam | Posted On 5/8/2023 2:56:06 AM

Like Dislike

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drbobsmate2
Joined On 7/14/2012 7:12:51 AM
Add as Friend | Send Message

My thoughts exactly

Mark as Spam | Posted On 7/17/2023 9:37:52 AM

Like Dislike

Greensong
Joined On 5/3/2020 3:07:24 AM
Add as Friend | Send Message

At time stamp (02:50) in the third video on this page (www.youtube.com/watch), it describes cottonseed oil's omega 6:3 ratio of 258:1 as "incomprehensibly bad." But the 6:3 ratio in ALMONDS (and their oil) is 2028:1!!!!!!!!!!!!!!!!!!!!!!!

Reply | Mark as Spam | Posted On 7/17/2023 12:39:00 PM

Like Dislike

MASONMANNIX
Joined On 11/29/2012 9:14:59 AM
Add as Friend | Send Message

I've noticed something at WF & TJ, they sell LOADS of Organic, non-Organic and non-GMO Salad Dressing, Mayo, Spaghetti Sauces, Chili Starter with Seed Oils in them. WF has the nerve to sell that stuff at a 45-100% increased price from 1-2 years ago! I'm not buying that! These oils are extremely difficult to avoid. They put these oils in EVERYTHING. Read the product labels. They also might add Cane Sugar just as outlined in the book Salt Sugar Fat by Michael Moss. People need to be more careful about what they purchase!

Reply | Mark as Spam | Posted On 7/17/2023 6:47:06 AM

Like Dislike

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rrealrose
Joined On 11/10/2011 8:59:01 AM
Add as Friend | Send Message

Bingo! All across their expensive bottles and jars. Same is true for most other markets.

Mark as Spam | Posted On 7/17/2023 10:07:38 AM

Like Dislike

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workoutwarrior
Joined On 3/24/2011 4:41:23 PM
Add as Friend | Send Message

Can someone help clear my confusion. I enjoy a tbsp or so of flax seed oil and black cumin oil. Am I killing myself? I hear thromboquinone one was good. This fat info is still a bit confusing because some are good and most are not. Thanks

Reply | Mark as Spam | Posted On 7/17/2023 6:13:15 AM

Like Dislike

Dr. Mercola
Joined On 12/21/1997 7:06:45 PM

Great question. It is all a matter of dose. Ideally you should have less than 5 grams of LA per day. Black seed oil is 50% LA so if you took a teaspoon you would only be getting 2.5 grams of LA which is in the range assuming your other foods were low in LA. Flax oil is less of an issue as it only has 20% LA so that would only be 1 gram per teaspoon. Olive oil is similar to flax oil in it's LA content as long as it is unadulterated. We sell the best commercial olive oil on the planet as it is the only certified biodynamic brand out there. If you used a tablespoon of our olive oil you would be getting 3 grams of LA which is acceptable as long as your other sources of LA were low.

Mark as Spam | Posted On 7/17/2023 8:14:31 AM

Like Dislike

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

Thank you Dr Mercola

Mark as Spam | Posted On 7/17/2023 8:30:36 AM

Like Dislike

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pipblanc
Joined On 3/17/2012 2:20:27 AM
Add as Friend | Send Message

"Another major reason why seed oils are exponentially more pernicious to your health than sugar is that they last much longer in your body. The half-life of LA is around 600 to 680 days, or approximately two years. This means it will take you about six years to replace 95% of the LA in your body with healthy fats. This is the primary reason for keeping your LA intake low as possible." No wonder it takes so long to restore real health rather than an approximation.

Reply | Mark as Spam | Posted On 7/17/2023 2:48:36 AM

Like Dislike

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

Wow that's a long time

Mark as Spam | Posted On 7/17/2023 10:24:40 AM
Like | Dislike

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swabiengmail.com
Joined On 6/7/2021 1:42:54 PM
Add as Friend | Send Message

I eliminated all cooking oils of any kind from my diet about 18 months ago as best as I could. I cook with loads of butter and I feel great! I started working extensively with iron weights to detox from all of the oils I have had in my life. I don't go out to eat much but one strategy I use is simply to ask him to cook with butter instead of oil if I used to work and cooking restaurants and I think this would be a simple and humble request to fulfill. Another strategy I use that seems to help is if I do have food that has some oils in it I douse that with butter! So for instance if I were to have some chicken that might have the bad Omega in it I would cook it with tons of butter. In the hopes that the butter will offer protection from these pernicious oils.

Reply | Mark as Spam | Posted On 5/8/2023 12:14:52 PM
Like | Dislike

MiketheAngel
Joined On 5/23/2009 11:12:03 AM
Add as Friend | Send Message

Interesting. We go out for breakfast once a week on the weekend. Several months ago I started asking for extra butter on the side. I load up the sourdough toast with it. Maybe it offers some protection as you say!

Mark as Spam | Posted On 7/17/2023 9:53:50 AM
Like | Dislike

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pdg1958
Joined On 12/14/2009 5:19:32 PM
Add as Friend | Send Message

When eating out, I simply tell the waiter that I am allergic to vegetable oil and could they only use butter to prepare my food. I would think that no restaurant wants to have a customer have an allergic reaction while eating at their establishment and willingly honor the request. Seems to work.

Mark as Spam | Posted On 7/18/2023 8:34:12 AM
Like | Dislike

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way3658
Joined On 3/10/2017 10:54:23 AM
Add as Friend | Send Message

I learned some time ago about the dangers of excessive LA, and it was from Dr. Mercola. I'm ever grateful for this and so many other guides to healthy living and it is why I continue to support this site through Mercola Market. Everything I now know about taking responsibility for my health has come from Dr. Mercola and a few other informed writers. Zip from my GP. I now rely on my "health care" providers almost solely as a conduit for lab requisitions which I suggest and they follow. This works quite well in Canada where such tests are cost-covered through taxation. That said, I also occasionally take advantage of lab tests in the USA from Labcorp when my doc doesn't see the "need" for further information, eg, more detailed blood lipid testing like Apolipoprotein B.

Reply | Mark as Spam | Posted On 5/8/2023 12:01:19 PM
Like | Dislike

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memoryathlete
Joined On 12/3/2022 12:39:34 PM
Add as Friend | Send Message

Crisco was created to be a lubricant for engines. Proctor and Gamble reportedly paid the American Heart Association approximately $20 million in today's money to say Crisco was heart healthy.

Reply | Mark as Spam | Posted On 7/17/2023 11:44:08 PM
Like | Dislike

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umfuli
Joined On 4/6/2011 2:17:00 AM
Add as Friend | Send Message

Thank you, excellent information even if complicated for us "simpler" people.

Reply | Mark as Spam | Posted On 5/8/2023 12:19:19 AM
Like | Dislike

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outdoorsyrn
Joined On 12/4/2022 5:00:14 PM
Add as Friend | Send Message

I just read a research article stating no linear association between PUFAs and T2D. Could that be really true? Here is the article any thoughts/comments ? Mdmsjournal.biomedcentral.com/articles/10.1186/s13098-022-00804-1#

Reply | Mark as Spam | Posted On 4/2/2024 8:29:29 AM
Like | Dislike

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momofmany13
Joined On 3/11/2014 2:33:35 AM
Add as Friend | Send Message

I am very confused on this. I have taken Primrose Oil because there were things about it for my health that are good but it apparently has a high amount of LA. Plus some other foods that are put off as good are on the high list. Grass fed animals seem to be higher so what gives?

Reply | Mark as Spam | Posted On 4/1/2024 9:59:34 AM
Like | Dislike

---

memoryathlete
Joined On 12/3/2022 12:39:34 PM
Add as Friend | Send Message

I'm guessing I'm probably in the minority, but I've never really consumed hardly any linoleic acid, except for almonds or almond butter, for most of my adult life -- probably 99 percent of it. Maybe that's why everyone thinks I look 12 to 15 years younger (recently had someone guess 15 years younger) than my actual age (no botox, no nothing, just clean living.) For the most part, I've avoided restruants most of my life, unless I knew the chef and exactly what he was putting in it. I've had my share of non-grass fed meat (not in years though), but as the article points out, the LA difference really isn't that much between grain fed beef and grass fed beef (though grass fed seems like the wiser choice, of course).

Anecdotally, I did have a time in my adult life where I probably ate too many almonds. When I cut out the almonds, circa six years ago, I took thin to a whole new level. I've always been thin, but cutting out the almonds made me a chiseled specimen, barely any body fat (I just look in the mirror; and actually had it measured last fall, for the first time).

I've since re-introduced them only in small amounts for their other benefits, like boron and magnesium and so forth. I've never been a fan of pork, and I'm not crazy about chicken either. Turkey I've pretty much always skipped (except for some Thanksgivings, and I haven't had it for one of those in a while), as I always thought it might make me to sleepy, lol. So yeah, this article makes sense to me.

Thumbs up. I'm guessing most folks eat the opposite of me, lol. Restaurant food, fast food, processed food, etc. Heck, people still eat fried food and hydrogenated oils for crying out loud. Good grief. I do think people should get their Omega-3 Index measured, and aim for it to be 8 or higher. My trusted sources indicate a combined EPA + DHA amount of 1.4 to 2.8 grams daily should be good, and probably no need to go higher. Important to calculate the DHA/EPA total, not just the grams of fish oil.

Reply | Mark as Spam | Posted On 7/18/2023 10:23:14 PM
Like | Dislike

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nanavp
Joined On 2/23/2019 1:29:45 AM
Add as Friend | Send Message

I printed out Dr Mercola's charts on the amount of LA in nuts, and the amount of LA in different fats, and taped them to the inside of a kitchen cabinet. I refer to them often.

Reply | Mark as Spam | Posted On 7/17/2023 9:33:09 AM
Like | Dislike

Wind
Joined On 2/7/2008 5:48:48 PM
Add as Friend | Send Message

What about Turkey?

Reply | Mark as Spam | Posted On 7/17/2023 8:27:31 AM
Like | Dislike

Dr. Mercola
Joined On 12/21/1997 7:06:45 PM

Same as chicken. Relatively high in LA as they are fed grains and are monogastric animals

Mark as Spam | Posted On 7/17/2023 9:35:11 AM
Like | Dislike

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m231231
Joined On 12/18/2015 3:17:26 PM
Add as Friend | Send Message

Even Rodney Dangerfield said you can exercise and eat perfectly and one day you'll wake up and die. I laffed. The minister said yesterday who you going to trust, big pharma or your own immunity?

Reply | Mark as Spam | Posted On 7/17/2023 7:18:03 AM
Like | Dislike

Segstar
Joined On 7/3/2012 3:30:42 PM
Add as Friend | Send Message

I've heard laughter is the best medicine..Never mind the roof Rod can raise the dead lol..

Mark as Spam | Posted On 7/17/2023 2:23:39 PM
Like | Dislike

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merculo
Joined On 4/12/2020 4:51:21 PM
Add as Friend | Send Message

Excellent content. As I say: "A picture is worth 1,000 words, but a video is worth 1,000 pictures...."

Reply | Mark as Spam | Posted On 5/8/2023 2:39:04 PM
Like | Dislike

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

SAVVY

Nice and witty dedication

Mark as Spam | Posted On 5/8/2023 3:16:48 PM
Like | Dislike

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tmcafee52
Joined On 7/6/2023 2:29:42 PM
Add as Friend | Send Message

I thought that the video was very helpful and informative. I just wanted to let you know that I wear hearing aids and have a profound high-frequency hearing loss. Throughout a lot of the video, the background music makes it very difficult to understand what you are saying. The hearing aids try to enhance the high frequencies and the background music sometimes drowns out your voice. I asked my wife who has excellent hearing if she had the same issue. She said that she didn't although some of the music was a little distracting to her. Thanks again for the excellent video.

Reply | Mark as Spam | Posted On 7/17/2023 5:34:59 PM
Like | Dislike

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ell2918
Joined On 12/27/2015 2:12:39 PM
Add as Friend | Send Message

After reading this and watching the video, I'm more than a tad alarmed by the fact that the Whole Foods evening primrose oil I've been taking for heaven knows how many years has 850 mg of Linoleic Acid per daily serving, plus 112mg of Gamma Linoleic Acid, plus 62 mg of Oleic Acid, not to mention the 1250 mg of Evening Primrose Oil. How many years will it take to get that out of my system?? Not getting any younger here. 68 And yes, I feel stupid for not paying attention to the label before now.

Reply | Mark as Spam | Posted On 7/17/2023 2:11:44 PM
Like | Dislike

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reversvincentgmail.com
Joined On 5/6/2023 8:51:09 AM
Add as Friend | Send Message

I would argue that the FDA is aware of the simple fact that their Standard American diet (SAD) is deadly but it functions in two ways: 1) profits 2) control of the population the system gets your labor and you die earlier.

Reply | Mark as Spam | Posted On 5/8/2023 8:37:21 AM
Like | Dislike

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rrealrose
Joined On 11/10/2011 8:59:01 AM
Add as Friend | Send Message

The FDA is protecting Corporate Profits, as these are used to support the FDA's activities. Its a vicious circle leading to paracistic behavior, when regulators stop regulating and start marketing their client's products.

Mark as Spam | Posted On 7/17/2023 10:04:35 AM
Like | Dislike

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jhy7142
Joined On 3/10/2016 7:13:35 AM
Add as Friend | Send Message

That is fact and cant be denied even by the deaf , dumb and blind .

Mark as Spam | Posted On 7/17/2023 1:17:54 PM
Like | Dislike

Segstar
Joined On 7/3/2012 3:30:42 PM
Add as Friend | Send Message

The Federal Death Agency has ALWAYS been there, doing a "great" job for their Puppeteers..I would replace "profits" with THEFT..

Mark as Spam | Posted On 7/17/2023 2:25:47 PM
Like | Dislike

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wonderfu2
Joined On 5/1/2022 8:53:32 AM
Add as Friend | Send Message

So no more organic peanut / almond butter and I'm going to have to make my own humus as the organic store bought has oils in it. Doesn't matter if organic or not correct? Those were my main lunch options for work. Just veggies and fruit don't fill me up for long and dairy binds me up and gluten is out, don't have the $ for grass fed free range meat. My food choices get narrower and I don't want to get any thinner. Some days I think there's no point in living. It's too hard.

Reply | Mark as Spam | Posted On 7/17/2023 5:57:13 AM
Like | Dislike

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

I'm the same way. I only weigh 92 pounds. I can't afford to get any thinner either. I also have food allergies. I feel like this takes even more away from my food choices. Don't give up. I'm just going to do what I can and try to enjoy life

Mark as Spam | Posted On 7/17/2023 6:06:50 AM
Like | Dislike

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jca652041
Joined On 8/25/2014 12:54:54 PM
Add as Friend | Send Message

I'm laughing because I so empathize with you!!! I weigh 100 and can't gain an ounce no matter how hard I try. I try to eat super "clean" and fail constantly no matter what I do. I avoid dairy and use hemp and coconut milk for coffee and smoothies, but now maybe hemp is bad? I posted a question about it. I sometimes have some peanut butter for a snack, but nope!!! And the bread my PB&J's are on.nope. I'll go grab an organic celery stick and a glass of filtered water and hope I have enough energy for my hike today!!!

Mark as Spam | Posted On 7/17/2023 8:33:41 AM

Like Dislike

kwik54
Joined On 5/23/2011 10:19:28 AM
Add as Friend | Send Message

Have faith, pray. I was having organic peanut butter every day for lunch and giving some to the dog. No more! I will try Stonyfield organic greek 100% grass fed yogurt for lunch now. Excellent source of protein and actually good for you. And the dog loves it, even tho' she will miss the PB. Still going to have my Vital Farms organic pastured eggs for breakfast. 2 for me-one for Roo. Wonderfu2 we have to fight on... My mom used to say "Getting old is not fro the feint-of-heart." Try Wild Planet or Vital Choice canned wild caught salmon or skipjack tuna for a healthy meal with some clean water from your Clearly Filtered water pitcher. I'm also going to have an organic banana every day. It ain't easy but we got to "Keep on Truckin'..."

Mark as Spam | Posted On 7/17/2023 9:08:16 AM

Like Dislike

rrealrose
Joined On 11/10/2011 8:59:01 AM
Add as Friend | Send Message

Better to make your own dairy kefir on the counter overnight, then pop in the fridge to stop fermentation. Nearly all store bought yogurt is not only loaded with sugar(s) but also the probiotics listed on the label are usually dead. Its so easy to make kefir, you gotta laugh. A good starter can be found on body ecology website, and you can save some of prior batch to make the next and batches thereafter.

Mark as Spam | Posted On 7/17/2023 10:11:53 AM

Like Dislike

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

jca i guess we are going to stay skinny lol

Mark as Spam | Posted On 7/17/2023 10:23:48 AM

Like Dislike

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

The same here! Getting thinner by the day and no immunity.

Mark as Spam | Posted On 7/17/2023 10:41:01 AM

Like Dislike

Greensong
Joined On 5/3/2020 3:07:24 AM
Add as Friend | Send Message

The omega 6:3 ratio of almonds is 2028:1. The third video in this article describes the ratio of cottonseed oil at 258:1 as "incomprehensibly bad." Almonds are TEN TIMES that "bad." (Whether in the form of whole almonds or extracted doesn't matter ... that's a horrid ratio.) But fatty acid content isn't the only reason to consume almonds or any nut. HOWEVER: In nature (before factories), we would eat almonds (and other foods) only when IN SEASON, for a short part of the year. ALSO, there are no bulk bins in nature. So we would smash a few almonds with a rock and eat them for a couple months out of the year. If you've ever eaten nuts straight off a tree, you'll know that they are tender and soft, not hard and crunchy. So the addictive factor wouldn't be there ... we'd tire of smashing nut shells long before we'd eat enough of them to harm us :)

Mark as Spam | Posted On 7/17/2023 12:45:18 PM

Like Dislike

otis101
Joined On 7/10/2010 6:30:32 PM
Add as Friend | Send Message

Try sardines on occasion. Lots of protein and omega 3s.

Mark as Spam | Posted On 7/17/2023 6:37:07 PM

Like Dislike

jca652041
Joined On 8/25/2014 12:54:54 PM
Add as Friend | Send Message

So what about alternative “milks” such as hemp milk and flax milk? Are these full of LA also? I’m assuming the answer is yes.

Reply | Mark as Spam | Posted On 7/17/2023 8:24:13 AM

Like Dislike

Greensong
Joined On 5/3/2020 3:07:24 AM
Add as Friend | Send Message

Hemp (3:1), flax (1:4), chia (1:3), and English walnut (4:1) are the only nuts/seeds with excellent omega 6:3 ratios. Those are the ones to choose. The ratio in almonds is 2028:1!!!!!!!!!!!!!!!!!! Cashews are 118:1. Those "milks" are a mess. I have a small and inexpensive nutmilk maker and make my own a couple times a month. Usually it's hemp or oats, but sometimes cashew or almond or soy. At that volume, none of them is a big deal (I use maybe a quart total). But people are buying and consuming multiple boxes of these "milks" every week or month -- not a health-promoting choice. If you're going to buy any milk whatsoever, make sure it has exactly TWO ingredients -- water and hemp, or flax, or almonds, or whatever. I would never consume any with synthetic vitamins and sweeteners and other garbage.

Mark as Spam | Posted On 7/17/2023 12:53:46 PM

Like Dislike

DaveSmith1
Joined On 9/17/2007 7:03:01 PM
Add as Friend | Send Message

HELP!! Was anyone able to download the PDF of this page at the link povided? media.mercola.com/ImageServer/Public/2023/July/PDF/linoleic-acid-pdf.p.. I just get an empty page but no error?

Reply | Mark as Spam | Posted On 7/18/2023 3:20:48 PM

Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend | Send Message

A toxic lipid molecule to be very concerned about. Coming to a Store Near You, Organic and Non-Organic Produce with Toxic Edible Coating that CANNOT Be Washed Off! www.activistpost.com/2023/05/coming-to-a-store-near-you-organic-and-no..

Reply | Mark as Spam | Posted On 5/8/2023 7:04:30 AM

Like Dislike

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

Also: GATES-FUNDED EDIBLE’ FOOD COATING GETS GREEN LIGHT FROM REGULATORS Edipeel, marketed as Apeel, is described as a colorless, odorless, tasteless coating for fruit and vegetables that’s composed entirely of a mixture of food-grade glycerolipids, derived from edible plant oils, that we’re assured is entirely safe to eat. Independientemente de lo que digan las autoridades reguladoras con respecto a la seguridad de los mono y diglicridos en nuestros alimentos, estn muy lejos de los compuestos vegetales originales de los que se derivan. En lo que respecta a nuestros cuerpos, estos son compuestos "nuevos para la naturaleza", incluso si ya se consumen ampliamente con los riesgos inherentes que conllevan dichos compuestos.

La llegada de Apeel al mercado nos recuerda las muchas razones para priorizar nuestra compra y consumo de alimentos locales, producidos tradicionalmente, orgnicos (consulte con los proveedores para ver si estn usando productos Apeel), biodinmicos y libres de qumicos siempre que sea posible. childrenshealthdefense.org/defender/gates-foundation-food-coating-apee.. (05/03/2023)

Mark as Spam | Posted On 5/8/2023 7:53:05 AM

Like Dislike

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

More pollutants. A study by the Institute for Environmental Diagnosis and Water Studies (IDAEA) of the Higher Council for Scientific Research (CSIC) of Spain has analyzed the presence of plasticizers in 75 samples of different beverages —water, cola-type soft drinks, juices, wine and hot drinks. . The most recent studies have shown the toxicity of several of the organophosphate plasticizers, including neurological damage, endocrine disruption, cancer and fertility problems. According to the study, water is the drink that shows the lowest values, while sugary drinks have, on average, 100 times more concentration of organophosphate plasticizers than water.

The highest levels of contamination have been detected in cola-type sugary soft drinks, with an average concentration of 2,876 nanograms per liter (ng/L), and for juices with added sugars (2,965 ng/L), while the lowest levels are have been found in the water samples (20.7 ng/L). The presence of 2-ethylhexyldiphenyl phosphate has been detected in these drinks, which is related to an increased risk of suffering from some types of cancer, such as breast and uterine cancer. The plasticizers come from both the packaging and the added sugar itself The results show that the concentrations of the organophosphate plasticizers are similar, regardless of the brand and the type of container.

"The presence of plasticizers in bottles, cans and cartons was expected, but the levels in glass-packaged beverages were not foreseeable a priori," Eljarrat has indicated. The authors have discovered that the source of contamination is the plastic coating on the metal sheets of the glass bottles to prevent the drink from coming into contact with the metal. This coating releases eight plasticizers into the beverages, with EHDPP again being the major compound. www.huffingtonpost.es/life/salud/csic-descubre-bebida-mayor-contenido-..

Mark as Spam | Posted On 5/8/2023 7:54:31 AM

Like Dislike

busygalincal
Joined On 2/6/2016 12:24:35 AM
Add as Friend | Send Message

I have noticed that supermarket vegetables and fruits (even organic) stay way fresher than the fruits and vegetables that I grow at home.

Mark as Spam | Posted On 5/8/2023 9:07:09 AM

Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend | Send Message

Guillermo and all... I have been hearing about all the food recalls in the news, the plastics and the "Apeel" produce coating that is not appealing and you cannot peel it off. So, what are people supposed to eat if they shop in supermarkets and want to stay healthy. I know it is expensive, but, if all possible, get a thorough water analysis from a private water lab. the govt testing for water is usually wholly inadequate and gives a false sense of security. Consider what you can do to move far from civilization. Even that may not be enough. Choose your location carefully. Buy from reliable local farmers if you cannot raise your own food. This has been a long time coming and not much time left.

Mark as Spam | Posted On 5/9/2023 10:48:16 PM

Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend | Send Message

busygal... Also, the dairy products. They may not be as totally organic as you are eld to believe, but they are a much better option and seem to last much longer.

Mark as Spam | Posted On 5/9/2023 10:50:04 PM

Like Dislike

don3724
Joined On 11/26/2020 7:10:16 AM
Add as Friend | Send Message

And I believe that they are NOT labeling these foods either so unless grow own, may not have choices. The APeel product also puts profit first- they don’t want produce rotting on THEIR shelves so this way you pay for it first, then it rots on YOUR shelf at home and you can never eat that produce because it never actually ripens, eventually it just rots (I have seen this for myself). More and more modifications of our food supply are being permitted WITHOUT any requirement for labeling notification.

Mark as Spam | Posted On 7/17/2023 6:57:23 AM

Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend | Send Message

don and all... Further, notice that produce that rots from the inside out is usually treated in some way. To preserve the exterior appearance to convince customers to buy it.

Mark as Spam | Posted On 7/17/2023 9:03:04 AM

Like Dislike

eiggod8
Joined On 9/18/2009 8:16:13 AM
Add as Friend | Send Message

I have noticed in the last month that there has been a change in the feel of organic tomatoes from Whole Foods. We wash produce, and the Roma tomatoes especially have a resistance on the skin, not quite sticky, but not smooth either.

Mark as Spam | Posted On 7/17/2023 9:07:04 AM

Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend | Send Message

eiggod and all... I feel like I am sounding like a broken record. People must save their heirloom seed (or buy it from a reliable source) and produce their own food--of at least know a dependable source that it comes from. Your health, welfare--and that of your household--depends on it! Do not feed the beast. Seek other options. I believe there should be more community gardens for example. People may need to take the initiative to organize them. Govt entities, businesses, churches, apartment buildings and schools should be approached. Any landowner with vacant land on the perimeter who already has liability insurance.

For a nominal fee, a person with a tractor could initially be hired to till in spring with plots subdivided and marked out at corners with different colors of gas flags or tree tape. Gardeners could choose to "rent" plots on a garden map the way people can buy theater seating. Or, ask someone in the neighborhood who has an old neglected garden spot if you can restore it to use. Also, look around cities with older established neighborhoods and ask if you can pick any surplus where you see fruit or not trees growing in the yard. At harvest time, many gardeners will post free produce on craigslsit free if they grew more than they can use.

You may find plants escaped from seed spilled along railroad tracks, fence lines (where birds sit and eat or poop out seeds) or shores of rivers. Do not overlook the bounty of the wilderness--just make sure it has not been sprayed. Forage, mushrooms, herbs, berries, etc. Hunt and fish! Go for a walk. Walk several miles in your area, keeping your eyes open for local food sources. Free food: Fallingfruit.org The site is not kept current, so do not travel far from home. Always ask permission before picking on private property in case new owners have moved in.

Mark as Spam | Posted On 7/17/2023 9:29:32 AM

Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend | Send Message

A major part of the solution to the food crisis is less centralization and more individual household production. Restore the "victory gardens" of WWII. Crops may be failing due to drought, but a home gardener can pour grey water or stored rainwater on a garden, compost and practice inter-cropping or crop rotation. Part of the reason for crop failures is big ag. Many modern ag practices are not sustainable. Mono-cropping, heavy fertilizer needs, GMOs, not being vertically-integrated, etc. Society needs to be restructured to at least include and encourage gardens and smaller family farms.

It is a good thing to feed your family from an abundance of organic homegrown food. People have lost sight of that. It is as much an issue of values. How many people look down on those who dig in the dirt? There is less respect for the person wearing a straw hat. One of the greatest ways you can start a revolution is to grow your own food. People do not realize the power they have and can claim by not being dependent.

Mark as Spam | Posted On 7/17/2023 9:41:50 AM

Like Dislike

chaffeebl
Joined On 4/13/2018 8:24:06 PM
Add as Friend | Send Message

It was difficult to get much out of the video because the background music was much too loud. However the article that followed was good.

Reply | Mark as Spam | Posted On 7/17/2023 1:52:25 PM

Like Dislike

jmoran123
Joined On 2/18/2015 10:28:25 AM
Add as Friend | Send Message

Could you list some examples of good foods to eat avoiding seed oils? Also high quality olive oils there must be some that are good?What about pasture raised chicken?

Reply | Mark as Spam | Posted On 7/17/2023 6:48:53 PM

Like Dislike

javiroll
Joined On 11/25/2020 1:25:42 PM
Add as Friend | Send Message

I cannot see any reference to rapeseed oil although it is sometimes referred to as the \2poor man's olive oil." How safe is it because replaced vegetable oil with rapeseed oil? I also use goose fat, dripping and coconut oil.

Reply | Mark as Spam | Posted On 7/17/2023 10:58:10 AM

Like Dislike

mtz23sbcglobal.net
Joined On 8/16/2021 12:01:55 PM
Add as Friend | Send Message

great article only wish it would have listed what olive oils are not blended with bad oils. if anyone knows those brands please share

Reply · Mark as Spam · Posted On: 7/17/2023 10:20:09 AM
Like · Dislike

Islander
Joined On 3/26/2007 12:55:12 AM
Add as Friend · Send Message

To MTC and others inquiring about the quality of your olive oil: try EWG, the environmental working group dot com, and do a search on their site. I know there is a website that ranks Olive Oils and it fast! I have a list in my wallet, but they can change from time to time. As for eggs, one possibility is to buy strictly organic and trust that unlike phrases like "free range," they actually do mean what they say. Your other option, should you be fortunate enough to live in such a community, is to buy from the Amish since everything they raise or grow is 100% organic. Amish families began moving into my neighborhood a few years ago and now there is quite a community here. I barter the apple crop from my orchard each fall for Amish labor and any commodities I can't produce myself, like butter and raw milk. You will never find people who are kinder or more honest.

Mark as Spam · Posted On: 7/17/2023 12:02:48 PM
Like · Dislike

wonderqueen11
Joined On 6/13/2023 9:49:37 AM
Add as Friend · Send Message

I hate LA.

Reply · Mark as Spam · Posted On: 7/17/2023 8:21:35 AM
Like · Dislike

GO3202
Joined On 1/13/2021 8:23:49 AM
Add as Friend · Send Message

What about black seed oil? I bought this from Sarah Westall: sarahwestall.com/why-arent-hospitals-treating-cancer-with-black-seed-o...

Reply · Mark as Spam · Posted On: 7/17/2023 6:15:44 AM
Like · Dislike

Guillermoc
Joined On 6/7/2015 8:47:48 AM
Add as Friend · Send Message

Dr Mercola has responded to "workouteverything" ? to all a matter of dose. Ideally you should have less than 5 grams of LA per day Black seed oil is 50% LA so you take a teaspoon you would only be getting 2.5 grams of LA which is in the range assuming your other foods were low in LA Plus oil is loss of an issue as it only has 20% LA so that would only be 1 gram per teaspoon Olive oil is similar to flax oil in its LA content as long as it is unadulterated. We sell the best commercial olive oil on the planet as it is the only certified biodynamic brand out there if you want a tablespoon of our olive oil you would be getting 3 grams of LA which is acceptable as long as your other sources of LA were low.

Mark as Spam · Posted On: 7/17/2023 10:55:55 AM
Like · Dislike

kanchenlunga
Joined On 9/19/2014 6:05:54 AM
Add as Friend · Send Message

Great info. well done.

Reply · Mark as Spam · Posted On: 7/17/2023 4:05:18 AM
Like · Dislike

Honeybee14
Joined On 11/17/2023 10:34:23 AM
Add as Friend · Send Message

What about Barlearts Flax oil? Is it okay or not? I have been eating one tablespoon per day blended into cottage cheese. It's called the Budwig diet. Tj Bollinger has recommended it.

Reply · Mark as Spam · Posted On: 7/17/2023 3:38:38 PM
Like · Dislike

seastars
Joined On 12/29/2010 2:11:55 PM
Add as Friend · Send Message

Pistachios are on the lower end of LA amount and are healthy in several ways. But occurred to me yesterday if they are roasted what kind of oil is used. I wrote to nuts.com and they answered "highly refined, bleached, and deodorized peanut oil". I guess its organic, now in shell (or not) for me from now on. Still waiting for an answer on process those go through before marketing.

Reply · Mark as Spam · Posted On: 7/18/2023 2:20:38 PM
Like · Dislike

Honeybee14
Joined On 11/17/2023 10:34:23 AM
Add as Friend · Send Message

What about Barlearts Flax oil? Is it okay or not? I have been eating one tablespoon per day blended into cottage cheese. It's called the Budwig diet. Tj Bollinger has recommended it.

Reply · Mark as Spam · Posted On: 7/17/2023 3:38:38 PM
Like · Dislike

seastars
Joined On 12/29/2010 2:11:55 PM
Add as Friend · Send Message

Would be great to know how this translates into everyday meals and foods to eat with all the recent recommendations about keeping fat < 30% and protein < 15g (or the George Orlikov/Ron Rosedale recommended 1g/kg of lean body mass). I follow a carnivore based diet like Paul Saladino, but there is no way I am that low in fat (forget protein), even with all the fruit, some honey and maple syrup.

Reply · Mark as Spam · Posted On: 7/17/2023 12:52:16 PM
Like · Dislike

Honeybee14
Joined On 11/17/2023 10:34:23 AM
Add as Friend · Send Message

Can anyone tell me if Barlearts Flax Oil is ok ? I had been using one T daily in my cottage cheese, as recommended by Tj Bollinger . He found this information from a doctor in Germany by the name of Budwig, who discovered that doing this was effective against cancer.

Reply · Mark as Spam · Posted On: 7/17/2023 10:42:37 AM
Like · Dislike

jiltysi
Joined On 5/5/2006 11:00:20 PM
Add as Friend · Send Message

Excellent article on LA. I have been reading articles for months on this topic and completely agree with the data and trying to implement into out diets and lifestyle. Which is why I am baffled some of the products on Mercola Marketplace show Sunflower oil in the contents list. Specifically Liposomal VE D and Vegan protein powder. There may be others. Of note I raised this question over 3 weeks ago with customer service and am still awaiting a response.

Reply · Mark as Spam · Posted On: 7/17/2023 10:28:10 AM
Like · Dislike

seastars
Joined On 12/29/2010 2:11:55 PM
Add as Friend · Send Message

Mercola wrote about this years ago. The sunflower oil in a supplement is of no concern. Can't remember the long answer. I don't worry about it. Mercola's products are 100% safe or he wouldn't sell it.

Mark as Spam · Posted On: 7/18/2023 2:14:28 PM
Like · Dislike

Davemann
Joined On 7/17/2023 9:15:06 AM
Add as Friend · Send Message

A discussion on oils WITHOUT mentioning Hydrogenation ??

Reply · Mark as Spam · Posted On: 7/17/2023 9:16:27 AM
Like · Dislike

PhilipG
Joined On 12/15/2018 5:49:48 AM
Add as Friend · Send Message

Great article, but surely saturating or de-saturating a carbon to carbon bond involves a single hydrogen atom, rather than a pair of hydrogen atoms?

Reply · Mark as Spam · Posted On: 7/17/2023 3:09:54 AM
Like · Dislike

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

I eat a spinach salad almost every day. If I can't use olive oil in my homemade salad dressing, what should I use? Just plain lemon juice or apple cider vinegar? It's just not the same without oil. Any suggestions?

Reply · Mark as Spam · Posted On: 7/17/2023 3:19:19 AM
Like · Dislike

jeff975
Joined On 3/24/2016 1:41:14 PM
Add as Friend · Send Message

Hi tallulah. You may want to try blending an avocado (not avocado oil - but a real avocado) along with lemon juice, ACV, and water to desired thickness. Real/Himalayan salt to suit your taste. Add herbs if you want.

Mark as Spam · Posted On: 7/17/2023 6:00:54 AM
Like · Dislike

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

Thank you Jef

Mark as Spam · Posted On: 7/17/2023 6:07:47 AM
Like · Dislike

nothingsound
Joined On 8/13/2018 9:47:47 AM
Add as Friend · Send Message

Find an olive oil that is not made from seed that's the issue. They are making the oil on the cheap, so do a little research. I'm hoping there is someone here who has a list of good olive oil.

Mark as Spam · Posted On: 7/17/2023 6:09:01 AM
Like · Dislike

workouteverything
Joined On 3/24/2011 4:41:23 PM
Add as Friend · Send Message

I would find out about all the oxolates in your spinach you eat everyday. They cause many health conditions

Mark as Spam · Posted On: 7/17/2023 6:15:22 AM
Like · Dislike

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

nothingsound that's what we need is a list of unadulterated olive oil

Mark as Spam · Posted On: 7/17/2023 6:16:41 AM
Like · Dislike

JKolbas
Joined On 3/17/2012 6:24:03 AM
Add as Friend · Send Message

I think you can find lists of the high quality olive oils. I saw a study of the purity of olive oil a few years ago (probably right here on the Mercola site). Surprisingly the EVO from Costco ranked high as unadulterated.

Mark as Spam · Posted On: 7/17/2023 7:05:17 AM
Like · Dislike

waggingwheels
Joined On 6/4/2017 2:59:15 PM
Add as Friend · Send Message

Would it be advisable using organic liquid coconut oil, which has the lauric acid removed (rendering it liquid). It won't have the flavor or aroma of coconut oil, on a neutral oil. I would hope this is safe, any thoughts?

Mark as Spam · Posted On: 7/17/2023 10:24:22 AM
Like · Dislike

otis101
Joined On 7/10/2010 6:30:32 PM
Add as Friend · Send Message

Great organic olive oil from this winery and olive oil co in Northern California. Great wines also. Back in the day when I still consumed wine etc I was a member of the winery and bought both wine and olive oil. They ship. It's not cheap. They have hundreds of acres of olive trees. https://chacewinerielive.com

Mark as Spam · Posted On: 7/17/2023 7:26:47 PM
Like · Dislike

cwc0000
Joined On 6/19/2006 7:08:41 PM
Add as Friend · Send Message

What about eggs since all the chicken are fed PUFA soy and other seeds? Even Free Range are fed the toxic seeds.

Reply · Mark as Spam · Posted On: 7/17/2023 10:36:25 AM
Like · Dislike

jhy7142
Joined On 3/10/2014 7:13:35 AM
Add as Friend · Send Message

Gut the same story over and over again the people supposedly watching out for our health interests are once again making sure that the most unhealthy things make there way into our lives. The journey one must go on to find the depth of corruption in the world today is disgusting but must as they let others guide them into the depths of hell . Now the overseers have pushed the agenda to another level of destruction and sped up the process by giving more deadly shots . Before they were happy with making most people sickly to get them on their never ending drug case program now they want you dead . This will not end well as most are still asleep at the wheel of life heading for a head on collision with avoidable death .

Reply · Mark as Spam · Posted On: 7/17/2023 9:09:08 AM
Like · Dislike

bochna
Joined On 11/29/2010 1:07:56 PM
Add as Friend · Send Message

Simple question: is the olive oil sold on Mercola market low in LA?

Reply · Mark as Spam · Posted On: 7/17/2023 6:40:52 AM
Like · Dislike

Segstar
Joined On 11/3/2012 3:30:42 PM
Add as Friend · Send Message

Check above Dr.Mercola answered that question..

Mark as Spam · Posted On: 7/17/2023 8:47:15 AM
Like · Dislike

Chorking
Joined On 4/17/2014 2:07:04 AM
Add as Friend · Send Message

Excellent article. I did have some question though, on the list of seeds and their properties, I see they did not include Sunflower Seeds? Was that a over sight, intentional or does it not contain any of the Linoleic Acid ? LA ? Finally in there a link where they have a list of all the food related including the cows here , acronyms and their meanings. There are too many AL's LA, PUFAs etc. Just kind of a Cheat Sheet so if we see a acronym we do not recognize on a label we can go to your cheat sheet and see what we are looking at. I know for me and my senior brain it would be really helpful. Kind of like the conversion tables you can access. Thank you.

Reply | Mark as Spam | Posted On 7/17/2023 1:36:02 PM

Like Dislike

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the1ed
Joined On 9/21/2010 8:58:19 AM
Add as Friend | Send Message

How much LA in the olive oil I buy from you?

Reply | Mark as Spam | Posted On 7/17/2023 7:15:27 AM

Like Dislike

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adj7743
Joined On 3/16/2015 3:33:38 AM
Add as Friend | Send Message

Are there any benefits to PEO's (parent essential oils) as professed by Brian Peskin?

Reply | Mark as Spam | Posted On 7/17/2023 5:28:59 AM

Like Dislike

KeepItSimple123
Joined On 5/8/2023 9:45:19 AM
Add as Friend | Send Message

This is great for all you science scholars and rich folks out there but even if it was easy to understand it isn't affordable. Sure it would be great to eat ultra healthy but it's hard to afford just the regular food at the grocery. The best I can do is eat less processed foods.

Reply | Mark as Spam | Posted On 5/8/2023 10:02:55 AM

Like Dislike

Healthfreak4
Joined On 5/22/2016 4:36:21 AM
Add as Friend | Send Message

I agree that the best You can do if You are on a budget is to eat no processed food, if possible. Imo eating processed food is the worst You can do to your health. AND its the worst You can do for Your economy !

Mark as Spam | Posted On 7/17/2023 6:32:14 AM

Like Dislike

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paral04
Joined On 4/17/2008 2:19:16 PM
Add as Friend | Send Message

Cooking from scratch is cheaper and healthier. Lard is a good fat for frying although the agricultural farmers and politicians gave it a bad name for their own reasons.

Mark as Spam | Posted On 7/17/2023 6:53:07 AM

Like Dislike

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grulla
Joined On 1/17/2012 8:03:55 AM
Add as Friend | Send Message

You can save much money on veggies by adhering to the EWG's dirty dozen, clean 15, and in-between, full list rules. www.ewg.org/.../full-list.php ALSO, I save money by the Adele Davis' 24 hour slow roasting method of WHOLE meats such as roast beef, roast pork, leg-of-lamb, and whole poultry, as opposed to paying higher prices for chops and steaks. www.goodreads.com/.../1546387.Let_s_Cook_It_Right For breakfast cereal, I always prepare in advance, a two week batch of WHOLE oat GROATS (or WHOLE barley, buckwheat, quinoa, rye, etc) with added diced organic apple, butter, and cinnamon, that can be purchased from a bulk dispenser or in 1 lb packets (= 3 dry cups, or even in a 50lb sack), and is much nutritionally healthier and cheaper than the supermarket $$$ sugary junk food dry cereals. www.naturalgrocers.com/.../oats-whole-groats-org-1-lb www.naturalgrocers.com/.../oats-whole-groats-org-50-lb I often post individual preparation procedures, including coleslaw salads, here on the Mercola forum, but since I commented on all 4, message me if you want detailed prep procedures for any of the above 4.

Mark as Spam | Posted On 7/17/2023 7:56:01 AM

Like Dislike

Post your comment

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