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10 Common Nutrient Deficiencies

Analysis by Dr. Joseph Mercola ✓ Fact Checked

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STORY AT-A-GLANCE

- Your body depends on essential nutrients for growth, development and health maintenance, and deficiencies in certain vitamins can impact your immunity, vision, wound healing, bone health and much more
- Common nutrient deficiencies include vitamin D, magnesium, vitamin K2, carnosine (beta-alanine) and vitamin B12
- Many people also do not consume enough omega-3 fats, vitamin A, vitamin E, iodine and saturated fat from butter and animal products
- The best way to ward off nutrient deficiencies is to intentionally fortify your meals with whole, nutrient-dense foods, including healthy saturated and omega-3 fats; targeted supplements can also be beneficial to make up for any nutritional gaps

Nutrient deficiencies are very common, even among people who believe they're eating a balanced diet. In the U.S., 31% of the U.S. population was found to be at risk of at least one vitamin deficiency or anemia,[1] increasing the risk of health problems over a lifetime.

Your body depends on essential nutrients for growth, development and health maintenance, and deficiencies in certain vitamins can impact your immunity, vision, wound healing, bone health and much more. Neurological damage is possible from lack of vitamin B12, for instance, while vitamin A deficiency can lead to night blindness.

It's also estimated that 1 in 3 Americans is deficient in at least 10 minerals, putting them at risk of chronic diseases such as heart disease and diabetes.[2] Even at a subclinical level, being deficient in vitamins and minerals can cause a range of symptoms, including:[3]

- Fatigue
- Irritability
- Aches and pains
- Decreased immune function
- Heart palpitations

Being aware of which nutrient deficiencies are most widespread is the first step to ensuring that your levels are optimized.

Avoid These 10 Common Nutrient Deficiencies

1. **Vitamin D** — An estimated 40% of Europeans are deficient in vitamin D, while 13% are severely deficient.[4] Among older Americans, research has it's estimated that up to 100% may be deficient, in large part due to less time spent outdoors.[5]

It's now known that vitamin D is necessary not only for healthy bones but for health throughout the body. As a powerful epigenetic regulator, vitamin D influences that activity of more than 2,500 genes, and vitamin D receptors are present all over the body, including in the intestine, pancreas, prostate and immune system cells.[6] Vitamin D plays a role in numerous diseases, including:[7]

- Cancer
- Diabetes
- Acute respiratory tract infections
- Chronic inflammatory diseases
- Autoimmune diseases such as multiple sclerosis

To ward off infection and prevent chronic diseases, the level you're aiming for is between 60 and 80 ng/mL, with 40 ng/mL being the low cutoff point for sufficiency to prevent a wide range of diseases, including cancer.

The single most important method of optimizing your vitamin D levels is exposing enough of your skin to the sun during around solar noon, which is 5 p.m. for those who live in Daylight Savings Time in the summer. One must be careful to never get burnt while understanding that the primary reason most people burn is that they have too much linoleic acid in their fat and that is the molecule the sun damages, which leads to burns and skin cancers.

Not only will regular sun exposure help to optimize your vitamin D levels but it will also increase melatonin in your mitochondria, which will decrease oxidative stress and increase energy production efficiency. It will also help to metabolize vitamin A and optimize your immune function.

If you are unable to reach at least 40 ng/ml with sun exposure you might want to consider an oral supplement, but that should be your last resort. I haven't ewoilloed vitamin D for well over a decade and my level is still over 50 in the winter and 70 to 80 in the summer.

If you had zero sun exposure on significant areas of your bare skin, like most people, then research suggests it would require 9,000 IUs of vitamin D per day for most to reach 40 ng/mL,[8] but individual requirements can vary widely, and you'll need to get your levels tested to ensure you take the correct dosage required to get you into the optimal range.

The only way to gauge whether you might need to supplement, and how much to take, is to get your level tested, ideally twice a year, in the early spring, after the winter and early fall when your level is at its peak and low point. It's important to note that vitamin D supplementation must be balanced with other nutrients, namely vitamin K2 to avoid complications associated with excessive calcification in your arteries, calcium and magnesium.

2. **Magnesium** — It's estimated that more than half the U.S. population may not be consuming enough magnesium.[9] The primary role of minerals is to act as cofactors for enzymes, but that's just the bare minimum.

"They literally are the shields for oxidative stress," James DiNicolantonio, Pharm.D., author of "The Mineral Fix" explains, "because they make up our antioxidant enzymes. They help us produce and activate ATP, help us produce DNA, protein, so literally every function in the body is dependent, in some way, on minerals."[10]

Your levels of powerful antioxidants like glutathione are directly dependent on your magnesium status. Further, magnesium, which is required for the conversion of vitamin D into its active form, works in concert with vitamin D and is important to ensure you're properly utilizing the vitamin D you're taking.

You only need about 150 milligrams (mg) to 180 mg a day to prevent deficiency, but optimal levels are closer to the 600 mg/day level. For comparison, the RDA for magnesium is around 310 mg to 420 mg per day depending on your age and sex.[11] But like DiNicolantonio, many experts believe you may need around 600 to 900 mg per day. As noted in Open Heart:[12]

> *"Investigations of the macro- and micro-nutrient supply in Paleolithic nutrition of the former hunter/gatherer societies showed a magnesium uptake with the usual diet of about 600 mg magnesium/day ...*
>
> *This means our metabolism is best adapted to a high magnesium intake ... In developed countries, the average intake of magnesium is slightly over 4 mg/kg/day ... [T]he average intake of magnesium in the USA is around 239 mg/day in women and 266mg/day in men ..."*

Dark green leafy vegetables are a good source of magnesium, and juicing your greens is an excellent way to boost your intake, although supplementation is likely necessary for most people. You can measure your red blood cell magnesium to see just how good your magnesium status is.

If your magnesium levels are low, it would certainly be wise to supplement. For oral supplementation, my personal preference is magnesium threonate, as it appears to be the most efficient at penetrating cell membranes, including your mitochondria and blood-brain barrier.

3. **Vitamin K2** — There are two types of vitamin K: phylloquinone, or vitamin K1, and menaquinones, or vitamin K2. Vitamin K2, known for its role in bone and heart health, is found in grass fed animal products such as meat, eggs, liver and dairy, as well as in fermented foods, including sauerkraut, certain cheeses and the fermented soy food natto — items that many Americans do not consume enough of.

One of the reasons why vitamin K2 is so important for heart health has to do with a complex biochemistry involving the enzymes matrix gla-protein (MGP), found in your vascular system,[13] and osteocalcin, found in your bone.

"Gla" stands for glutamic acid, which binds to calcium in the cells of your arterial wall and removes it from the lining of your blood vessels. Once removed from your blood vessel lining, vitamin K2 then facilitates the integration of that calcium into your bone matrix by handing it over to osteocalcin, which in turn helps "cement" the calcium in place inside your bone.

Vitamin K2 activates these two proteins, so without it, this transfer process of calcium from your arteries to your bone cannot occur, which raises your risk of arterial calcification. In fact, in one study, those who had the highest amount of vitamin K2 were 52% less likely to experience severe calcification in their arteries and 57% less likely to die from heart disease over a seven- to 10-year period.[14]

Vitamin K2 also works in tandem with vitamin D and magnesium. Unfortunately, there's no easy way to screen or test for vitamin K2 sufficiency. Vitamin K2 cannot at present be measured directly, so it's measured through an indirect assessment of undercarboxylated osteocalcin. This test is still not commercially available, however. For most people it is wise to consider supplementing with a vitamin K2 supplement.

As a general rule, if you have osteoporosis, heart disease or diabetes, you're likely deficient in vitamin K2. Further, it's believed that the vast majority of people are in fact deficient and would benefit from more K2, which you can achieve by eating more of the following foods:

- Certain fermented foods such as natto, or vegetables fermented using a starter culture of vitamin K2-producing bacteria
- Certain cheeses such as Brie, Munster and Gouda, which are particularly high in K2
- Grass fed organic animal products such as egg yolks, liver, butter and dairy

4. **Vitamin B12** — Vitamin B12, a water-soluble vitamin also known as cobalamin, plays a role in numerous biochemical reactions and neurological functions in your body, including DNA synthesis.[15] Your body can't make vitamin B12 on its own, so it must be obtained via your diet or supplementation.

A deficiency can be serious and leads to a number of related changes, including personality disturbances, irritability and depression, along with a wide range of symptoms, including joint pain, "pins and needles" sensations, numbness and shortness of breath.[16]

It's been suggested that nearly two-fifths of Americans may have lower than ideal B12 levels, with 9% deficient and 16% below 185 pmol/L, which is considered marginally deficient.[17] While vegetarians and vegans are susceptible since B12 is derived from animal products, even meat eaters may be deficient, as problems with absorption are common.

B-12 is the largest vitamin molecule and as such has a hard time being absorbed by your body. Your stomach produces a glycoprotein called intrinsic factor, which combines with vitamin B-12 so it can be absorbed in your lower small intestine. The problem is that as people age many lose the ability to produce intrinsic factor and are prone to developing vitamin B-12 deficiency.

B12 is tightly bound to proteins and high acidity is required to break this bond. Some people may not have sufficient stomach acid to separate the B12 from the protein. Advancing age may also diminish your ability to absorb the vitamin from food and increase your risk of deficiency.

Regularly eating B12-rich foods, such as grass fed beef liver, wild rainbow trout and wild sockeye salmon, is important to maintain adequate levels, but if you suspect you may be deficient, weekly B12 shots or a high-dose, daily supplement may be necessary.

Methylcobalamin, which is the naturally occurring form of vitamin B12 found in food, is more absorbable than the cyanocobalamin, which is the type found in most supplements.[18] If you are elderly, it is an inexpensive insurance approach to take a B-12 supplement with methylcobalamin.

5. **Omega-3 fats** — An omega-3 index test is one of the most important annual health screens that everyone needs, and it's a more important predictor of your heart disease risk than your cholesterol levels. In fact, research supported by the National Institutes of Health suggests that an omega-3 test can give you an idea of your overall health and disease mortality.[19]

The study measured the omega-3 index in 2,500 participants and found that those with the highest omega-3 index had lower risks of heart problems and lower total mortality. The omega-3 index measures of the amount of EPA and DHA in the membranes of your red blood cells (RBC). Your index is expressed as a percent of your total RBC fatty acids.

The omega-3 index has been validated as a stable, long-term marker of your omega-3 status, and it reflects your tissue levels of EPA and DHA. An omega-3 index over 8% is associated with the lowest risk of death from heart disease, while an index below 4% places you at the highest risk of heart disease-related mortality.

The ideal sources for EPA and DHA include cold-water fatty fish, like wild-caught Alaskan salmon, sardines, herring and anchovies. If you do not eat these fish on a regular basis, consider taking a krill oil supplement.

In addition, be aware that your omega-6 to omega-3 ratio should be about 1-to-1 or possibly up to 4-to-1, but most Americans consume far too many omega-6 fats and not enough omega-3. In addition to increasing your omega-3, it's important to cut down on omega-6, especially in the form of industrially processed seeds oils, often referred to as "vegetable oils," in most processed foods.

6. **Vitamin A** — An estimated 51% of adults are not consuming enough vitamin A,[20] increasing their risk of degenerative diseases like macular degeneration, a leading cause of blindness in the U.S. — and the third leading cause of blindness globally (after cataracts and glaucoma).[21]

People who eat foods rich in vitamin A, or retinol, not beta-carotene, experience a reduced risk of developing squamous cell skin cancer as well, as vitamin A affects cell growth and differentiation, which plays a role in the development of cancer.[22][23]

Vitamin A is a group of nutrients that falls into two different categories: retinoids found in animal foods and carotenoids found in plant foods. The two are chemically different and provide different health benefits, but both are necessary for optimal health. Plant foods high in beta-carotene include sweet potatoes, carrots, cantaloupe and mangoes.[24] Animal foods rich in vitamin A include liver, egg yolks and grass fed butter.

7. **Vitamin E** — Vitamin E is a powerful antioxidant that acts as a sink for the many reactive oxygen species in your body. Vitamin E is also neuroprotective, helping to protect your eyes from glaucoma,[25] and needed by your body to boost immune function and widen blood vessels to keep blood from clotting.[26]

But many Americans do not consume enough vitamin E-rich foods, putting them at risk of deficiency. You can find vitamin E in nuts and seeds, as well as spinach and broccoli. Remember that antioxidant supplements such as vitamin E are fat-soluble and best taken with a fatty meal.

8. **Iodine** — Nearly 2 billion people worldwide don't get enough iodine in their diet.[27] Your body uses iodine across several organ systems, but it is most commonly known to synthesize thyroid hormones. Clinically low levels of iodine are associated with visible symptoms, such as a goiter (swelling of the thyroid gland), hypothyroidism or pregnancy-related problems. However, subclinical iodine deficiency can also interfere with your thyroid function.

Even moderately imbalanced thyroid levels may be associated with increased risk of metabolic syndrome, researchers noted in the journal Environmental International, which is why "studying factors that contribute to low thyroid function, even at the subclinical level, is of high public health importance."[28]

Thyroid hormones, for instance, are essential for normal growth and development in children, neurological development in babies before birth and in the first year of life, and in regulating your metabolism.[29]

In addition, iodine is an essential mineral that helps prevent polyunsaturated fats from oxidizing, alkalizes your body's pH, protects against cancer and is a natural antibacterial agent. Foods that are naturally iodine-rich include spirulina, sea vegetables, prunes, raw dairy products, eggs and Himalayan pink sea salt. Eating these foods on a regular basis will help ensure adequate levels.

9. **Carnosine (beta-alanine)** — Carnosine is a dipeptide composed of two amino acids: beta-alanine and histidine. It's a potent antioxidant as it binds to advanced glycosylation endproducts (ALEs) that are the result of oxidized seed oils in your diet. The highest concentrations of carnosine are found in your muscles and brain.

If you're a vegetarian or vegan, you will have lower levels of carnosine in your muscles. This is one reason why many strict vegans who do not properly compensate for this and other nutritional deficiencies tend to have trouble building muscle. Carnosine itself is not very useful as a supplement as it is rapidly broken down into its constituent amino acids by certain enzymes. Your body then reformulates those amino acids back to carnosine in your muscles.

A more efficient alternative is to supplement with beta-alanine, which appears to be the rate limiting amino acid in the formation of carnosine. Eating beef is known to efficiently raise carnosine levels in your muscle,[30] which is why if you're a vegetarian or vegan this supplement may be particularly important.

10. **Saturated fat from butter, animal products** — The introduction of the first Dietary Guidelines for Americans in 1980, which recommended limiting saturated fat and cholesterol, coincided with a rapid rise in obesity and chronic diseases such as heart disease.

As saturated fats fell out of favor, and health officials wrongly urged Americans to avoid such healthy fats as butter, Americans began replacing them with products made from refined vegetable/seed oils, which are among the worst foods to consume.

Many are still not consuming enough saturated fats, such as those from grass fed butter. In a systematic review and meta-analysis of nine publications including 15 country-specific cohorts, butter consumption was not significantly associated with cardiovascular disease, coronary heart disease or stroke, but increased consumption was associated with a lower incidence of diabetes.[31]

Grass fed butter, alone, is a rich source of vitamin A in the most absorbable form, vitamin E, vitamin K2, antioxidants, conjugated linoleic acid, iodine in a highly absorbable form, vitamin D and more.[32] By consuming nutritious whole foods like butter, you can lower your risk of multiple nutrient deficiencies at once.

The best way to ward off nutrient deficiencies is to intentionally fortify your meals with whole, nutrient-dense foods, including healthy saturated and omega-3 fats. Targeted supplements can also be beneficial to make up for any nutritional gaps. When choosing any multivitamin or mineral supplements, look for a manufacturer that has checks and balances in place to ensure the quality of the product.

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david48

Excellent article by Dr. Mercola. Thanks also to commenters mirandola and chris coles, for the great practical suggestions (for maximizing nutrition, and lessening anti-nutrient factors). Regarding the question of including healthy unrefined salt into one's diet, I recently found the following online post, and am curious about its accuracy. I hope it's OK that I copied and pasted it, and am sharing it in this forum. Wondering if it makes sense, to any here who might know. Here it is: "I have been using Pink Himalayan salt for several years due to the massive marketing hyper around it, but switched to 'Celtic Sea Salt, Light Grey Celtic, Vital Mineral Blend' a couple of years ago.

I discovered that the lovely pinkish hue in Himalayan salt is actually derived from iron oxide. Iron and iron oxides are usually stored in ferritin, a protein whose function is to store iron, oxidise it, translocate it, and release it, acting as an iron buffer. There are different types of iron oxides stored by ferritin in the human body: (1) Ferrihydrite, (2) Magnetite, (3) Haematite, (4) Maghemite, (5) Goethite, (6) Wstite, and (7) Akaganeite. Some of these iron oxides have been implicated in various pathologies, including Alzheimer's disease or amyloid plaque pathology, as well as in ageing.

I first heard about 'Celtic Sea Salt' in a podcast with water expert Robert Slovak who recommended it. According to him, the founder of 'Celtic Sea Salt', Jacques DeLangre was a student of Ren Quinton (of the Quinton hypertonic and isotonic saline solution). Celtic Sea Salt is not rinsed and its colour is therefore greyish and still contains 30-40 trace elements. Because it contains much less iron oxide compared to Himalayan Pink salt, it is not pink in colour and less problematic." (END QUOTE)

Posted On 05/16/2022

warriormom

Thanks for mentioning this. I used pink salt for years. I was told to make a " sol " out of 1/4 c. salt and 12 oz. purified water in a glass jar. It makes a string concentrate. I use 1 tbsp of this mixture in 6 oz of water every morning to start my day. This is to support my adrenal glands and help me deal with low blood pressure. It works. I switched to Celtic salt a few years ago but couldn't remember why until I read your post. You should have seen the hospitalist doc's face when I told him what I did with the Celtic salt.

I was hospitalized for Covid pneumonia and trying to explain to him why my BP was so low (76/42) and causing me to faint in the bed. I begged him to let my family bring me my salt water. He didn't understand and even questioned whether or not my integrative physician (md) was a " real" doctor. I started hoarding salt packets from the horrible hospital food trays and it helped a little. I think they were glad I recovered but glad when I left. I now carry a vial of Celtic salt in my purse.

Posted On 05/16/2022

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lovestosing6

warriormom - that's fascinating! I'm sad about Himalayan - but celtic is easy enough to find

Posted On 05/16/2022

BlueQuasilica

Hi and good day to all. There is someone here who is also a commentator that recommended a website wherein you can find a good quality, natural salt although I haven't tried and tested it by myself. https://www.mastersalt.nl

Posted On 05/17/2022

Robert from Alberta Canada

Great article bottom line... egg yolks and sardines, clean water and sunshine (Vitamin D3... buy lots of the 50,000 IU caps now as it is likely the main deficiency) have pretty much everything in the right proportions required to create/sustain life and construct/repair most all animal/carnivore mammal/and birdy tissue right from the beak to the butt... even if there were no other store bought vegetables, fruits or vitamins available... figure it out. No chickens... no eggs... and then no chickens... and canned sardines and chicken feed comes from far away by boats/trucks/tractors /planes, trains and automobiles etc... that burn diesel.

Posted On 05/17/2022

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lovestosing6

Can you cook with the grassfed butter (and not burn it) and still receive the same benefits? I literally want to eat my grassfed butter, it's unbelievably good. I think Guillermo was on to something about the US's source of cows vs the cows that should be used for butter and cheese production. I've heard people who visit the McDonald's in other countries (like Australia for example) have never had such a good burger in America. How's that for sad - we're fed substandard food because the one thing the government could protect us against (GMOs and crap chemicals and oils in our food) they just don't. It's a pipeline to greed and what our nation values most over anything. How can I make money? Well babes - you can't take it with you!

Posted On 05/16/2022

Joymartin76

Personally, I use nothing but grass-fed butter to cook with. I used to fry my eggs in a little corn oil, yes I know that's not good, but then I started watching videos on YT from nutritional Doctors and they said to cook your eggs in grass-fed butter. I started doing that and I immediately noticed that I was not getting the same amount of splatter mess all over my stove when I cooked them in butter. I've even made a light roux with the butter, which takes very high temps to turn the roux brown. It doesn't burn for me but you normally have to tend to roux very closely while cooking anyway so that it doesn't burn.

Posted On 05/16/2022

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badboy2

I use butter a lot of the time while cooking, but mostly coconut oil and both on low heat only. The brand of butter I use is called Kerrygold butter from Ireland. It cost a little more than I like to pay since I use so much of it. but it doesn't taste like wax (to me) as the local stuff does. As Weston A. Price stated in his book, he felt that when he used Cod Liver oil by itself it was ineffective, but when used with butter, it produced excellent health results. This is true with the other Omega 3's as well. The USA food companies sell in Europe too. But it's not the garbage that they put on the shelves here.

What they give to Europe is the good Organic stuff. Europeans won't buy the American products unless it's quality and Organic and at competitive prices. Several years ago, Italy banned all use of pesticides, so I had a better feeling knowing the food was not only delicious but safe. The people of Italy like to buy fresh produce every day. They like to shop at the open markets and talk about anything that is going on in their neighborhoods. While there, it was fun to sit and watch all the hands and mouths moving in harmony.

Posted On 05/16/2022

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stoneharbor

Like badboy, I use coconut oil most times to fry eggs, but if you keep the heat really low, I see nothing wrong with using butter. It does have a bit of unsaturated fat (unlike coconut oil) which you want to protect from oxidation, thus the low heat need. I probably get 1/3 of my calories from just butter and olive oil, eating the butter on steamed greens and the olive oil on a large salad daily. So it's fitting I should recommend using only Organic butter, and this happens to be an ideal time of year to stock up on butter, even enough for the next 11 months.

This is due to the state that pasture is in at this time of year. The new growth grasses and legumes that cows should be feeding on is much more nutritious and provides much more vitamin content at this time of year. Cows do not receive as much in the way of vitamins and phytonutrients later in the year from grazing, thus the butter at other times will not be as rich or as dark a yellow color. Since the cost is the same year-round, you might as well stock up now, and freeze what you don't need until later in the year.

Posted On 05/16/2022

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rrealrose

Yo! Most beef in Australia is far superior as it is rarely grain-fed. New Zealand beef may be 100% grass fed... I often mix olive oil with butter for lower temperature cooking. Coconut oil can be cut with olive oil or butter to soften the flavor for higher temperature frying. Forgot to mention there is the European A2 cow milk, vs American inflammatory A1 cow milk, which for some sensitive stomachs, may make a difference. Reference? www.larabriden.com/the-inflammation-from-a1-milk-is-mind-boggling/

Posted On 05/16/2022

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ursulariches

Clarified butter or as the Asian Indians call it 'Ghee', made from butter is Excellent for cooking with and for frying. Use unsalted butter and melt it in a small frying pan, the 20% water in the butter will evaporate. Use a slotted skimming spoon and take out the solids like lactose and casein which are not oil. Look it up on you tube or other video sites, 'making clarified butter' or 'how to make ghee from butter'. A pound of unsalted butter will probably give about 12oz of ghee. Ghee and clarified butter, the difference is that Asian Indians call it ghee and French cooks call it clarified butter.

Posted On 05/16/2022

Legoge47

It’s said that money can’t buy happiness, but it does soothe the nerves somewhat.

Posted On 05/16/2022

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grulla

"bb2" said it best, "...and both on low heat only."

Posted On 05/16/2022

Shannon_Flaherty

Hi badboy. I used to buy Kerrygold butter and cheese and was willing to pay the hefty price. However, a few years ago it was learned that the cows were NOT 100% grass-fed and a class action suit followed: www.classaction.org/news/kerrygolds-cows-are-fed-genetically-modified-.. . Now, if you look on their site it says, "Throughout the year, to ensure optimum health of the animals, a typical Irish dairy cow's grass-based diet also includes a very small amount of supplementary feed. This is used to give the cows a healthy and balanced blend of nutrients, providing them with protein, energy, fibre and micronutrients." Whatever that means.

Seriously. Cows' stomachs (yes plural) are made to eat grass. Period. No supplementary feed is necessary. Just thought I would let you know this about them. Also, recently, I have been noticing a VERY disturbing trend at the grocery store (Kroger where I now live). They stopped selling one of the organic, pasture-raised butter brands a couple of weeks ago and now there is only one brand of pasture-raised butter left. Not only that, but it appears the entire "butter" section is moving to "plant"-based butters and margarine w/only a few cow-based butters left from which to choose, and only one is pasture-raised.

It got me thinking how the powers that be are trying to move us away from real food and onto lab-created junk. I am pissed. So much so that I decided to finally join a herd share from a local organic Amish farm and get my butter from local, grass-fed raw milk. I will invest my food money in local regenerative gardening and farming instead of the deceptive-pricing Kroger operation.

Posted On 05/16/2022

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brianallen1

What Kerrygold has done and are doing is despicable. Have they ever had to answer to their actions, pay any money or still doing it?

Posted On 05/16/2022

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lovestosing6

rrealrose - thanks for sharing - and I didn't know anything about Kerrygold being 'bad' - but I know the New Zealand butter Costco and Aldi carries is grass-fed and wonderful. Stone - thanks for the tip - coconut oil is such a good one also! ursula - I keep forgetting I have Ghee! It's supposed to be terrific to cook in! That and red palm oil - I keep forgetting about that one too - although it might be harder to get now, but it's suppose to be very healthy for us. LEGO - Amen to that! Just said the gov't and those on top can't put our health as a priority.

Posted On 05/16/2022

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badboy2

rrealrose an all; A number of years ago, some Aussies came to the states to see how we manufactures our tech stuff < technical word for a secret product, and later we went out to eat at a well-known steak house. We all ordered steaks and they could/would not eat their steaks. They asked the waiter, what is this sugar< another technical word for something else. I was laughing the whole time for they could not believe that it was steak. They seriously though that someone was pulling their leg. They invited me down to Australia to see what real food taste like. Never got to go. I didn't know the difference and my dog didn't know the difference from their steaks I dog baggie home.

I guess when you just drink Ripple, you never get to know what real wine taste like. It is really a shame that the FDA allows the trillion-food industry to present so much sugar, < (technical word), to the American people, while selling on the shelves in Europe, is American made, (same trillion food industry), organically grown foods competing at the same and below prices of European crops. While I am on the subject of sugar, it is a crime (by all powers that be) to go from 15 lbs. per year of sugar per person at the beginning of the 20th.

century to 200 lbs. per year of sugar per person to the present date, is Ludacris. I do have to admit that I do use 30 to 40 lbs. of sugar each summer feeding Hummingbirds. And I think I did answer my question that I ask many years ago at Mercola.com; how Hummingbirds regulate their pancreas insulin and blood sugar levels without the mineral's chromium or vanadium in their food source and no flowers around.? They must get it from the gnats and mosquitos that seems to be a staple part of their diet. I find remnants in the birdfeeders when they get empty.

Posted On 05/16/2022

MollyMalone

I do. We only have grass-fed butter in our house because we go to the farm every week - for butter, raw cream, raw milk, and eggs. I only use this butter, and my son who likes to cook loves it - he's a dairy and meat guy. The vitamin A in butter and egg yolks is heat stable, but some of the vitamin C is lost. I don't care, I take vit C and many fruits and veggies have vit C in them - organic or home-grown are best. Use your good butter, eat it, cook with it, make ghee with it, I even grease pans with it for baking - which I admittedly only do rarely. We have a local restaurant that serves grass-fed NZ burgers - best I've ever had, and I only buy grass-fed beef, but from America and it really isn't quite as good, sadly.

Posted On 05/17/2022

Robert from Alberta Canada

"the one thing the government could protect us against [eugenical mega-democide] they just don't"... because they want you to "go away". "Well babes - you can't take it [money/health] with you!"... but if you happen to "live" in the present it's pretty handy to have [like food] while you've got it.

Posted On 05/17/2022

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seastars

Having taken many supps over the years (including the ones mentioned above) I reached a saturation point I believe (age 71). Been off all supps for a month now and the twitchiness, nausea and hand tremors have abated. It pains me to not take Vit. D, niacin for my high LP(a), krill, astaxanthin, ubiquinol, quercetin, zinc/selenium, curcumin, carnotine, eye support, dessicated liver for Vit. A, Vit. B, ashwaghanda/rhodiola, bone support, eye support, beta glucans, MSM, magnesium, etc. I am going to re-introduce soon, singly which will take awhile. And then take every other day or even only 3x times a week. I don't know what else might be the solution.

Posted On 05/16/2022

Robert from Alberta Canada

Carnivore, egg yolks, sardines, garlic/onions, minerals/salt, grass fed anything, sunshine... and keep taking your D3 if you still enjoy being on this side of the grass roots.

Posted On 05/17/2022

HildegardB

Thank you Dr. MERCOLA for this excellent article. I specially value your generosity. You include the natural sources of the nutrients mentioned, which is most helpful. I sincerely value your desinterestedness in giving good advice, as in harmony with Hippocratic principles --by the way, very rare today!

Posted On 05/16/2022

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kwik54

To all the commenters about cooking eggs. Low heat is better than high heat. I soft boil my 3 daily foraging free -range Vital Farms eggs for 3 minutes and 45 seconds (212 degree heat better than frying pan heat) then I put them in a dish with a large spoonful of grass-fed organic butter and a tablespoon of organic coconut oil. Top off with some Himalayan Salt. Tastes awesome! My drink with it is grass -fed whole milk with filtered H2O, Mercola protein powder, createne, probioic and Youngevity Beyond Osteo FX.

Posted On 05/16/2022

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efs8045

Great information. These key nutrients are so important. If anyone can comment on electrical pathways in the heart, I'd be thankful. I've had SVT for 20 years -can't seem to resolve it. Don't want ablation.

Posted On 05/16/2022

TimM

I've had SVT for many years, but I've been able to get it under control without prescription drugs or ablation surgery. I was told by a cardiologist many years ago that SVT is not dangerous, but I must say that it's terrifying when you're having an episode and your pulse is close to 200 bpm! You think you're going to die. My SVT is triggered by several things: food allergies, stress, lack of sleep and hot weather. I had to change my diet by eliminating things I'm allergic to. I also have histamine intolerance, so I had to stop eating high-histamine foods.

Sardines used to be a staple of my diet, but they are very high in histamine so I stopped eating them. I also had to give up eggs as I seem to be allergic to them. I even tried organic, pastured, soy-free eggs, and I still had a problem. I now eat mostly grass-fed beef and some vegetables, like asparagus. I can only afford ground beef. I eat a lot of Kerrygold butter as I have no problem with it. I try to get 8 hours of sleep each night, I took a less stressful job and I'm careful to not overexert myself when working in the yard in the summer.

Posted On 05/16/2022

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juststeve

Using volcanic ash in the garden along with leaves when available & now in the process of converting the whole garden into the Eden Gardening is pumping up the quality of produce from already far better than grocery store fare. The minerals in the ash, much like the real salts available, Himalayan, Celtic, Redmond, improve the plants health as much as ours. The green manuring with buckwheat and sometimes red clover pulls out minerals once leeched out back to the surface, tree leaves do the same from deeper depths then the minerals are used by the microbes and soil life along with carbon to make compounds for the plants.

The plants make many of the health builders mentioned in the article. This makes for very healthy resilient plants. When we lost our local small family farms, we not only lost short, stabile supply lines, chains, we also lost high quality foods. Toxic factory farms & processed foods void of nutrition, high in cravings and empty calories, along with medical advice leading to treadmill ca$$h cow treatments has created a world where it is hard to think, hard to move, hard to live properly. Healthy soil, healthy foods, healthy people make for healthy societies.

If we truly want health, we have to pursue it Locally, with each & everything we can whether great or small, because just as a bucket can be filled one drop at a time, each of our positive actions to Heal & Not Steal builds what is good for everybody & everything - except would be dictators. P.S. so far just something to watch out & prepare for as the Krakatoa eruption of 1883 mentioned in the article was followed by a few summers of No Summers. A mini-ice age so to speak. www.yahoo.com/news/tonga-eruption-record-atmospheric-explosion-0933432..

Posted On 05/16/2022

mirandola

Thank you for the reminder JustSteve, I need to buy more of that ash! Also, we use our own organic compost plus mycorrhizal fungi. These glom onto plant roots, creating a network of underground root fibers, and absorb soil nutrients and water while also blocking the uptake of many soil toxins. I have found that the plants without the mycorrhizal fungi ,growing in the same vegetable bed with those using them, do not grow as fast, as lush, or as tall and are not as productive as those wtih the mycorrhizal fungi. The color difference and productivity are notable. Just wanted to mention this. We get ours from Paul Stamets's entity https://www.fungi.com

Posted On 05/16/2022

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juststeve

And thank you Mirandola for mentioning the mycorrhizal fungi, it also can be picked up to inoculate your garden soil or compost. Plants definitely are much healthier. I'm finding when I can leave my green manure crops roots intact, in the soil without tilling, the positives just keep climbing. Seems the whole root system of the plant in the ground becomes an ever-larger reservoir of nutrition & time releases water as the plants want them. No miracle grow steroids making big flashy plants. When veggies get a full spectrum of what they need, instead of the reductionist big three chemicals they are amazing. One draw back, once you've start getting full flavored, fully nutritious veggies, it is hard to stomach chemical soaked processed products.

Posted On 05/16/2022

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axkershaw

Just: Your advice on using leaf litter is helpful. There is not much nitrogen because the tree has taken it back into the roots, but there are still lots of minerals that come from deep in the soil. even deeper than legumes. Be careful about volcanic ash. It is not all the same. In the highlands of Ecuador almost all the soil has volcanic ash, actually pumice. There are few minerals and most get dissolved by rain and washed to the sea. The farmers get unrefined sea salt from the coast and add it to the fodder fed to the cows while they are being milked. Most of the highlands have year round fresh grass so all the beef only eat grass. Corn stalks and other farm refuse like discarded brocoli is used for milk time fodder.

They add unrefined sea salt and molasses else the cows are deficient in minerals and do not produce calves or milk. On the coast the minerals are in the wind from the ocean so there is no addition of sea salt during milking. The cows on the coast are Brahman from India so are A2 with very rich milk though in lower volume. The cows in the highlands are the freak Holsteins, whose A1 milk I have to add cream to in order to make the yoghurt I enjoy. The locally harvested sea salt cost $4.50 for 50 kilos or 110 lbs. There is also sea salt available in specialty stores that costs $5/ lb. I take salt like the cows.

Posted On 05/16/2022

andiroadrunner

Haven't used buckwheat, but blackeye peas and winter rye, sometimes vetch and clover as cover crops to add nutrients to soil...A great big "YES!" to amending soil; I am also busy doing that as I plant...I get amendments from Co-Ops... using Azomite, Menefee Humates, Cal-Phos, Boron, Magnesium, Bone Meal, Epsom Salt for the tomatoes, mycorrhizal fungi, alfalfa, Greensand, sometimes some others as well as green manure of winter rye , aged manure from a local organic farm, homemade compost, companion plants...Coast of Maine Lobster Compost and seaweed mulch are some things I would like to try...Checking soil nutrient composition at the local Ag Exp Station helps to see what may be lacking or in excess; and to know pH; different crops have different optimum pH ranges.

My blueberries and new cranberries are happy with their acidic pH "just right" now; which takes a while to adjust down from neutral/alkaline...Busy time of year here...planting a lot of new things and weeding ; some plants are good for you but can multiply quickly, like houttuynia, coix, goji, schisandra, artemesia, mints, nettles, dandelion, etc. Planting more herbs, like Nigella sativa, Andrographis paniculata, etc....Happy Growing All!

Posted On 05/17/2022

badboy2

Just an FYI: Vitamin D within the last few years has become a hormone within its own right. Vitamin D is another one of those nutrients that helps people from being depressed, and it has been found that there is a higher suicide rate from people who live up in the higher latitudes. D also helps bring calcium from the stomach and with K to the bones while magnesium helps keep the calcium out of the soft tissues. B6 helps magnesium do its job much better while also helping to break down protein. Vitamin E will prevent premature babies and why the medical world has not picked up on that info amazes me, since that knowledge has been around since the 1950's.

Also, if you have health breathing problems, or are into sports, or would just like to hold your breath a lot longer under water, than E is your nutrient. If you have scar tissue in your organs, arteries, brain, which is now being looked at as one of the leading causes of Alzheimer's, again E is your nutrient. I think E is a lot safter way to go than scalpel on your organs, Roto-Rooter in your arteries, and you might like to know that E will help get rid of those stretch marks from pregnancy and/or from bench pressing those heavy weights that sometimes people get. Vitamin E is taken internally in all these cases. I have read of a case where a woman got stretch marks during her first pregnancy, but then taking Vit. E during her second pregnancy she had lost the marks on her stomach by the time of the birth of her child.

Posted On 05/16/2022

PalynF

I use Fourth & Heart Ghee, love it! You can find it on their website or several places online (Vitacost, Thrive Market, Target, etc). They have Pink Himalayan Sea Salt, Original, or Vanilla Bean - yum! https://fourthandheart.com/

Posted On 05/16/2022

BlueQuasilica

Hi and good day to you PalynF. Interesting link, bookmarked and thank you for sharing.

Posted On 05/17/2022

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forbiddenhealing

Compromised metabolism and poor intake of e- electon rich foods also lead to the source of many diseases; SCURVY. Large appropriate doses of Vit C is the inexpensive answer, "But it's never just one thing." NAC, RALA, K2 work synergistically with Vit C to boost body voltage and oppose diseases....But also look at metals, bad fats, xcess sugars as electron thieves....And again don't overlook the psychological squander of electron energy found in constant media generated anxiety...stress drains the body battery and the charge terrain needed for robust biochemistry. Covid/war/economy/crime are invented to keep the public weak and feed the pharma business. So I'd say know what is or is not in foods, the metals/minerals in your body and the constant assault on your psyche. You may enjoy this; www.lewrockwell.com/2022/05/no_author/war-huh-what-is-it-good-for-abso..

Posted On 05/16/2022

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otis101

fh aka Capt. Randall, always great to see your articles on https://www.lewrockwell.com For years I have subscribed to Rockwell's daily ten or so articles by some of the worlds greatest when it comes to writing factual stories of what is really going on. Your article lays out in enough detail to give the sleeping woke-sters reason to doubt and finally question their spoon fed reality. We shall see. I continue to peacefully demonstrate with other Patriots weekly with our signage of "No Mandates", "Freedom to Choose" and other tidbits of information. We need thousands getting out on the streets weekly with messages exposing this covid19/vax hoax. I hope all Mercolians reading this will take the time to read your article Capt. Randall and subscribe to Lew Rockwell.

Posted On 05/16/2022

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moineau

Captain Randall! A brilliant review, thank you so much for your efforts! Beautiful writing too. ~Laura xooxo

Posted On 05/16/2022

MoMac46

Fh - thank you for the link - totally correct - so well written

Posted On 05/16/2022

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mirandola

Thank you for this valuable and important information, Dr Mercola. It is so good to have empowerment by knowledge. I like to keep a copy of the Nutritional Almanac in my kitchen because it charts the nutrient values in foods in the back of the book, down to deep details such as many amino acids in foods, beyond vitamins and minerals alone. It's a very handy reference. There is a more recent edition, but I am linking the 3rd edition since it is the one I am familiar with. www.amazon.com/Nutrition-Almanac-Search-Kirschmann-Director/dp/B000PLH.. Also for anybody who is interested, Earl Mindell's The Vitamin Bible of the 21st Century has a section on nutrient deficiency and also food cravings and what they might mean, sometimes they may be the body's way of asking for certain nutrients which it needs.

I believe that Earl Mindell's dosage recommendations for supplements is very very high, I would err on the side of moderation instead of intensive dosing, but his book is very valuable and easy to read through since all nutrients are charted alphabetically. www.amazon.com/Earl-Mindells-Vitamin-Bible-Century/dp/0446607029/ref=s.. For an East-Meets-West perspective, Paul Pitchford's book Healing with Whole Foods is almost a college course. It combines Western nutrition with Traditional Chinese Medicine models of yin/yang, using diet as the main source of nutrition instead of supplements. Fantastic. www.amazon.com/Healing-Whole-Foods-Traditions-Nutrition/dp/1556434308/.. Enjoy!

Posted On 05/16/2022

Lollieme

I recently had labs done by GrassrootsHealth. I was really curious to see my levels of Vitamin D, Magnesium, and Omegas. Please note that I eat the same 12 foods every day, because I lost my gall bladder many years ago and developed Bile Salts Malabsorption ~ resulting in my inability to eat most foods which go straight through me. Believe me, I've had over 25 years of dealing with this and know what to and what not to eat. I eat no fruits or vegetables ~ I know that sounds bad, but that's the way it is for me. I am also allergic to the sun and cannot expose anything except my face when outside~ probably from hypothyroidism and Hashimoto's. Years ago I started taking supplements to try to make up for all the things missing in my diet.

I use Mercola's Vitamin D spray, Mercola's Krill Oil, and Magnesium Bisglycinate by 88 Herbs, along with a number of other supplements. I received my levels back from GrassrootsHealth and was amazed to find my Vitamin D was 90 ng/ml, Magnesium was 54 mg/L, and Omega-3 Index was 5.78%. The Vitamin D is a little high, so I've cut back to four sprays instead of five. Though slightly high, I am going to continue with the amount of magnesium I've been taking as backing off brought that creepy leg feeling at night (RLS). And I've doubled up on the Krill oil now to raise my % of Omegas. I will retest in 6 months or so, but I am pretty satisfied that, considering my eating habits, I am doing this well.

Posted On 05/16/2022

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brianallen1

Best butter I have ever experienced is German Butter imported by Fond O Foods. It is NOT pasteurized. It is the only item I will buy from Whole Foods/Amazon.

Posted On 05/16/2022

TimM

I've heard of it, but I've never had it. It's produced in the Allgau region of Germany. My local Earth Fare grocery store carried it many years ago, but they stopped. It can be ordered online through a site called Healthy Traditions, but it was out of stock the last time I checked.

Posted On 05/16/2022

Legoge47

Another good butter from grass-fed cattle is Kerrygold Butter imported from Ireland. It's available from most places such as Walmart, Schnucks, and other places.

Posted On 05/16/2022

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brianallen1

Tim, if you are in the U.S. you can call Fond O Foods and they will tell you where to buy. The man I spoke with was VERY appreciative of my business.

Posted On 05/16/2022

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weehen

I believe food intolerances (as well as parasites) can cause nutrient deficiency, so it isn't always a case of just eating more X, Y or Z. I would love to understand more about how wheat intolerance (non-Celiac) impacts iron levels, thyroid function and more, because these seem to go together, particularly in women around childbirth age.

Posted On 05/16/2022

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ragus

I agree, a prerequisite is first healing any leaky gut, or imbalances in the gut biome, which often go hand in hand. Only after these issues are fixed will the body not be contaminated by foreign objects. Equally important, it can break down and absorb all the resources it is given via food.

Posted On 05/16/2022

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navisos34

To a certain extent lifestyle changes can counteract Big Pharma and other destructive organizations. Some of them like intermittent fasting are free. Take the trouble and read on it.

Posted On 05/16/2022

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san7947

I read somewhere that Kerry Gold butter is not a good choice. The cows are given grains to supplement.

Posted On 05/17/2022

BlueQuasilica

I guess eating real, natural organic food nowadays wouldn't even cut it according to Dr. James DiNicolantonio. The soil environment is already contaminated and depleted with essential minerals that were made decades ago. But I think it is STILL way much better than gorging most of your calories on ultra-processed foods to satiate your appetite. https://youtu.be/tvWiq824O2c

Posted On 05/17/2022

Heimdall1

1) Go sungazing 2) Dark leafy veggies might contain antinutrients and therefore might not be helpful. Also most of the veggies might not even have existed during paleo times. If our bodies can recognise between organic and none organic then why not that one? 3) k2: Ferment meat which shall increase the content if I am not mistaken. 4) Spplements shall more or less all be toxic. 5) dtto. 6) Just a side note on eating raw liver for almost two years. Toxicity is a myth. It seems that ice bears had cadmium poisoning. 7) Nuts, seeds, spinach and broccoli have all antinutrients if I am not mistaken. How much can you take in from plant food and is bio available for the body?

8) Again how much can you take in from plant foods on iodine? Is it really needed additionally? Salt is toxic to the body. 3-4 grains destroy 2 million red blood cells. 9) n/a 10) Saturated fats from animal sources are good, but are they useful if pasteurized? That should have been addressed as well. SF's didn't fall out of favor, they might have fallen because of conspiracy's behind it telling people they should eat sugar instead. Pure, White and Deadly. PS Not sure what the formatting was for as all got destroyed when saving .

Posted On 05/17/2022

PathNotes

Great article. An animal-based diet (which provides all the above nutrients in spades) is on the verge of reclaiming it’s rightful place as the optimal human food plan.

Posted On 05/16/2022

Lee1959

I was amazed that eggs cover quite a few of these deficiencies, and I am sure that my farm fresh, free range eggs are superior at supplying the targeted nutrients. I am going to write them all down, or actually save them in a file. Thx. for another wonderfully educational article!

Posted On 05/16/2022

Almond

Interestingly, many of these foods and nutrients are more likely to be consumed by people living off the land, gardening, hunting and fishing. It is hard for many people on a supermarket $budget$ to eat like this.

Posted On 05/16/2022

Longplay

I wonder how of this Billy Gates' vaunted synthetic food will contain.

Posted On 05/16/2022

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warriormom

He does not look healthy nor has he aged well. Would love to see comparison pics of shirtless Bill Gates and Dr. Mercola side by side...proof is in the pudding.

Posted On 05/16/2022

Randyfast

Despite billy boy's Hundreds of Billions of $$$; he is the epitome of poor health! He's also a poor excuse for a human being. I doubt if that piece of excrement has exercised a day in his life! That's probably why he wants to destroy the lives of everyone else with his toxic GMOs and "vaccines"!

Posted On 05/16/2022

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brianallen1

Seeing a picture of shirtless Billy Boy would certainly get me started time fasting.

Posted On 05/16/2022

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nan5159

Besides Brie, is Camembert cheese also high in K2?

Posted On 05/16/2022

MoMac46

Nan - I hope it is as I love Camembert

Posted On 05/16/2022

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mrrobb

want to know a little mkore about 5G and directed energy ??
uvm2jcd3fhlsymyqzyes3getwvcrlwvxltktdrhwekbllp6ma4idkyad.onion/directe..

Posted On 05/16/2022

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mrrobb

Ahhhhhhh.....BURP!!!! MMM yeah I have to live on a balanced meal since I live on MyMountain :) and ifn I lost Balance I wouldn't want to ..... Well You get the Idea.. I did watch a 6 hour thing here online .....pretty informative and does 'hold water" , in other words I can understand much of it and see this is what is really going on...and the actual facts are the magnetic north pole is in Russia now and is moving.....meaning this program I watched is much more logical...along with old building and mud floods and more...along with what Tesla has stated and Byrd's interview...Im gonna give this My Thumbs up approval... >.. rumble.com/vo9svb-lhfe-lost-history-of-flat-earth-full-documentary-par.. <<< A lot of research has gone into this....but 2,160 years is a long time :) and I bet money the NWO Gang have places in the other part of earth....:") enjoy!!! More here >> illuminated-illusions.com/ewaranon

Posted On 05/16/2022

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brianallen1

Thank you, thank you, thank you mrrobb. I have never watched anything over 20 minutes but this is required viewing for anyone who has ever lived. Can you handle the truth, people???

Posted On 05/16/2022

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mrrobb

UR welcome brianalolen1.....days more by this author >> illuminated-illusions.com/ewaranon

Posted On 05/16/2022

Joe_Below

Plan for coming food and nutrition shortages. They aim to starve us to death and cause pre-mature death through malnutrition.

Posted On 05/16/2022

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weehen

Sprouts and microgreens are an easy and quick nutrient-dense option that just about anyone can do. I love the Hamama kits - I reuse them with my own seeds and a wet paper towel - works great for broccoli sprouts.

Posted On 05/16/2022

Joymartin76

Lots of information on that at naturalnews.com

Posted On 05/16/2022

Randyfast

I was going to mention that, Joe. There is a storm coming and most people seem to be totally oblivious. I'm including many people who claim to be "awake". This agenda has been in the plans for decades. The difference between then and now; is that now - they are carrying out that agenda! I'm having a hard time finding certain food items and other items. Products are disappearing fast! -- Also; as far as getting enough sunlight goes; the sun is blocked out by chemtrails here - 80% of the time...possibly more! Since the ozone layer is being destroyed by the ones playing God, more UVC rays are getting through. A few more years and the sun will no longer be our friend! I predict another "Heat Dome" this summer, if we get even a couple of days of full sun.

Posted On 05/16/2022

Legoge47

The shortage of baby formula. If you can't abort your babies, then starve them to death.

Posted On 05/16/2022

Docathelake

A shortage of baby formula that's full of high fructose corn syrup and seed oils is a blessing if it forces mothers to breast feed... If the mothers nutrition is good everything the baby needs is in the breast milk except for the sunshine hormone vit D...

Posted On 05/16/2022

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os00

Wondering about zinc and copper deficiencies which are hard to test for... If 10-20% have Pyroluria that would be a good topic for a future article since so few understand it or talk about it... Zinc deficiency is an issue worldwide and even the most advanced testing doesn't accurately show zinc levels and hidden copper toxicity

Posted On 05/17/2022

BrianFraser

I hope a future article will clarify the nutritional differences between linoleic acid and linolenic acid. Even the search engines seem to be confused on this one.

Posted On 05/16/2022

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mirandola

See Paul Pitchford's book Healing with Whole Foods, an excellent chapter on fats and oils.

Posted On 05/16/2022

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npdevine

Delightful article! I do here by declare Mercola land is on its way back to its former glory! Clear, succinct, packed with updated info and lots to challenge and explore! And, perhaps most telling, back to an enriching comment section. While I agreed with almost all of the Covid awareness brought by Dr. Mercola, sometimes the politics and discussion was sketchy, and the comments section was so dominated by a few dreary, and too often unhelpful and conspiratorial, thinkers. Don't get me wrong, the failure of the world's Covid response was epic, continues, and we will be reaping the damage for decades! I hope Dr. Mercola continues to find the strength to help deliver us what we need to stay on the high side of this road.

Posted On 05/16/2022

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brianallen1

Dreary, unhelpful conspiratorial thinkers. That's funny! Are you not aware that almost every "conspiracy theory" has been proven as fact in the last 2 years? What is occurring to destroy our society and it's people is just as important as health knowledge and I applaud the good doctor for providing a rational balance of both.

Posted On 05/16/2022

ChrisColes

have just received my annual 16Kg bag of organic flour, with some left from last year, I have a years supply of a single piece of toast each day. Every month I bake a 1.5Kg flour mixed with 16g magnesium sulphate, 8 grams of borax, 16g of Himalayan salt and dried yeast, fermented overnight in my fridge, and allowed to rise again, so that it is ready for baking by the following evening. My understanding from reading; The Plant Paradox, is that by so fermenting, the lectins in the flour are much reduced. Then, before baking I mince ~ 600g of organic grass fed Beef Fat Trimmings and mix that into my bread mix, grease my three baking glass dishes, and bake them for ~ 2.5 hours at ~ 110C to ensure the bread has not created any Acrylamide.

Cool and store in the fridge overnight, and then slice it and store in my deep freeze. Each morning I toast a single slice while poaching two organic eggs. Use the hot water from the poaching to heat my plate to which I add a thick slice of unpasteurised salted french butter, under the toasted slice of my bread so that the egg yokes do not stick to the plate. On the top of my toast, I add a smear of Marmite, then a smear of my home made Turmeric, Cumin and Mustard sauce; and then two Anchovy fillets; and then I add my two eggs. So by the time I have had breakfast, I have just about included everything I need as listed above; each day. Enjoy!

Posted On 05/16/2022

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lovestosing6

I love this! I want some! :))) I'm going to copy this and see if I can produce it here.

Posted On 05/16/2022

ChrisColes

lovestosing6 Everyone It is important to remember to mix all the salt, Magnesium Sulphate and Borax into the water, (my recipe uses 950g of water, found by good old trial and error), so that everything is fully diluted before full mixing of the dough. And dried yeast goes into the flour, not the water, and my mix takes a while to "get going", so this is a long process, not a quick, done in five minutes thing.

Posted On 05/16/2022

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gardendog

i have a mockmill (home grain mill) that i use weekly and make my bread with heritage wheat ground right as i make the bread, best appliance i have purchased, can't get any healthier. 2 loaves in oven now with heritage hard red, hulless egyptian purple barley and sourdough starter. also hamburger and hot dog buns going in oven after overnight fermenting--goes with my friends grass fed beef burgers.

Posted On 05/16/2022

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mirandola

Chris Coles, I am shocked at your mentioning the use of borax in food. www.webmd.com/.../borax-sodium-tetraborate I have always thought so well of everything you write.

Posted On 05/16/2022

ChrisColes

mirandola by now I would have thought you had already been well aware of The Borax Conspiracy by Walter Last nexusnewsfeed.com/article/consciousness/the-borax-conspiracy-how-the-a.. The fact is I have been adding Borax to my food for many years now and what symptoms of arthritis I once experienced are now long gone. Enjoy!

Posted On 05/16/2022

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mirandola

Thank you Chris, I figured you had some reasonable and good explanation. I will take a look at the article. Thank you! best wishes....

Posted On 05/16/2022

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otis101

Chris, a few years back Dr. Mercola had an article talking about WebMD being a shill for big pharma. I don't have access to Mercola archives so can't look for the article. I was surprised to see Mirandola using WebMD as a reference. She is usually spot on on her research. Since I have some unexplained pain which is probably arthritis at my age, 80, will look into using your borax approach.

Posted On 05/17/2022

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liharlu

stevekirsch.substack.com/p/do-you-know-someone-who-died-after?token=ey.. stevekirsch.substack.com/p/sorry-i-fixed-the-link-in-article?token=eyJ.. stevekirsch.substack.com/p/pre-vax-mortality-survey?token=eyJ1c2VyX2lk.. stevekirsch.substack.com/p/pre-vax-mortality-survey?token=eyJ1c2VyX2lk..

Posted On 05/16/2022

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weehen

I only know of one person, who I assume was vaccinated, who passed, but he was also obese. But I know two other people (almost certainly vaxxed) who died of cancer. One had a long battle that he chose to keep private. The other got diagnosed and was gone in a matter of weeks. I'm amazed how healthy people in my state are, even the boosted. Maybe due to naturally higher levels of Vitamin D here..?

Posted On 05/16/2022

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nomajohns

I was expecting to read about my inner ear. What happened? The headline states "A Severe Health Problem Triggered by Your Inner Ear".

Posted On 05/16/2022

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catlover13

Where's the article "Highest Refusal Rate Ever, Vaccine Data Bombshell"?

Posted On 05/16/2022

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brianallen1

All articles must be removed after 48 hours per the people that have appointed themselves above us.

Posted On 05/16/2022

Raydawn

Your articles in this news letter are not available to read. Please put them in another news letter. I find the article about the inner ear most enteresting as I have a condition with my ear. I can't depend on the average conventional doctors because they never helped me . They did do a good job to hurt me. I had pain in my ear for about a year after seeing a conventional ear specialist. Please put the article back on line. This happens a lot with your articles. Thanking you in advance.

Posted On 05/16/2022

BlueQuasilica

Hi and good day to you Raydawn. I understand and empathize with your concern regarding the articles only lasting for just 2 days. If it may be of assistance, you can download the PDF file of the featured article next time if that topic interests you. The only drawback to it is if the article contains an embedded video and some pictures, that wouldn't be included. The other minor disadvantage is you can't also view the comments made on that article.

Posted On 05/17/2022