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10 Things to Eliminate for Better Health

Analysis by Dr. Joseph Mercola Fact Checked

May 02, 2022

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STORY AT-A-GLANCE

- Removing toxic exposures from your life can help reduce your risk of disease and increase your quality of life and well-being
- The No. 1 item to remove is linoleic acid, the primary fatty acid found in vegetable/seed oils in most processed and restaurant foods
- Other items to eliminate for better health include artificial sweeteners, plastic food containers and bottles and nonstick cookware
- Antibacterial soaps, commercial cleaning and personal care products, and EMFs from your cellphone should also be eliminated as much as possible
- Avoiding eating after dinner and replacing your desk chair with a standup desk round out the list of items you can do for optimal health

For more than two decades, it's been my goal to empower you with tools to take control of your health and improve your quality of life and well-being. An estimated 60% of Americans say they want to feel healthier,[1] yet only 2.7% actually meet the definition of leading a healthy lifestyle.[2]

While it can feel overwhelming to overhaul your physical activity levels and eating habits, breaking down the changes into "bite-sized" steps makes it much more manageable.

The information that follows is an example of straightforward, powerful strategies that can make a dramatic difference to your health, even if you institute it one step at a time. By removing these items from your life, you eliminate exposure to toxic influences that contribute to disease and malaise, while opening space for the introduction of health-promoting influences in their place.

Eliminate These 10 Things for a Healthier Life

1. **Linoleic acid —** Linoleic acid is the primary fat found in polyunsaturated fatty acids (PUFAs), including vegetable/seed oils, and accounts for about 80% of the fat composition of vegetable oils. Omega-6 fats must be balanced with omega-3 fats in order to not be harmful, but this isn't the case for most Americans. Most of the omega-6 people eat, including seed oils, has been damaged and oxidized through processing.

   "Most of this linoleic acid, when it oxidizes, it develops lipid hydroperoxides and then these rapidly degenerate into … oxidized linoleic acid metabolites," says Dr. Chris Knobbe, an ophthalmologist and the founder and president of the Cure AMD Foundation.[3] According to Knobbe, OXLAMs (oxidized linoleic acid metabolites) are:

- Cytotoxic and genotoxic
- Mutagenic
- Carcinogenic
- Atherogenic
- Thrombogenic

Metabolic dysfunction can also occur, while OXLAMs are toxic to the liver and are associated with inflammation, fibrosis and fatty liver disease in humans.[4] Linoleic acid is found in virtually every processed food, including restaurant foods, sauces and salad dressings, so to eliminate it you'll need to eliminate most processed foods and restaurant foods from your diet — unless you can confirm that the chef only cooks with butter.

However, because animals are fed grains that are high in linoleic acid,[5] it's also hidden in "healthy" foods like chicken and pork, which makes these meats a major source as well. Olive oil is another health food that can be a hidden source of linoleic acid, as it's often cut with cheaper seed oils.

2. **Eating after dinner —** The timing of your meals is nearly as important as the foods that make them up. Time restricted eating (TRE) is a simple powerful intervention that mimics the eating habits of our ancestors and restores your body to a more natural state that allows a whole host of metabolic benefits to occur.[6]

   TRE involves limiting your eating window to six to eight hours per day instead of the more than 12-hour window most people use. Research shows, for instance, that TRE promotes insulin sensitivity and improves blood sugar management by increasing insulin-mediated glucose uptake rates,[7] which is important for resolving Type 2 diabetes.

   In another study, when 15 men at risk of Type 2 diabetes restricted their eating to even a nine-hour window, they lowered their mean fasting glucose, regardless of when the "eating window" commenced.[8] Ideally, you'll want to stop eating for several hours before bedtime, then start your eating window in mid- to late morning after you wake up.

3. **EMFs and cellphones —** Most cellphones include a little-known warning that states to keep the phone a certain distance away from your body — usually 5 to 15 millimeters (mm) — to limit exposure to radiofrequency (RF) exposure to under the federal safety limit.[9] If you carry your phone in your pocket or your bra, or hold it against your ear when you talk, you're violating this warning with unknown health consequences.

   Devra Davis, Ph.D., founder and president of the Environmental Health Trust, has warned for years about the risks of cellphones in general but, in particular, about the risks to pregnant women and their unborn children, noting that prenatal animal studies have shown exposure to radiation from cellphones:[10]

   - Altered DNA
   - Altered brain metabolism
   - Compromised spinal cords
   - Affected learning abilities

   Research conducted by the National Toxicology Program (NTP)[11] also found "clear evidence" that exposure to cellphone radiation led to heart tumors in the male rats, along with "some evidence" that it caused brain and adrenal gland tumors in them.[12]

   While most people won't want to eliminate their cellphone entirely, avoid carrying it on your body and keep it in airplane mode as much as possible. However, even in airplane mode it can still emit signals, which is why you should not sleep with it in your bedroom and should turn it off at night.

4. **Artificial sweeteners —** Consuming artificially sweetened foods and beverages leads to disruptions to metabolism[13,14] and has been linked to increased appetite and cravings, as well as an increased risk of diabetes and other metabolic diseases.[15,16]

   The artificial sweeteners acesulfame potassium and sucralose — brand name Splenda —may even interfere with your liver's detoxification process, as research found they inhibited the activity of P-glycoprotein (PGP), a "defense protein" that's important for protecting organisms against environmental toxins.[17]

   Because PGP also plays a role in other body functions, including maintaining the blood-brain barrier, the researchers stressed the need for further research to determine how artificial sweeteners may be affecting other organs beyond the liver. A large-scale cohort study also found that people who consumed higher levels of artificial sweeteners, including aspartame, had higher risk of overall cancer compared to nonconsumers.[18]

   Specifically, total cancer risks increased by 13% among artificial sweetener consumers, while the risk of breast cancer rose by 22% and the risk of obesity-related cancers increased up to 15%.[19] In addition to their common usage in diet beverages and low-sugar snacks, be aware that artificial sweeteners are hidden in many products that might surprise you, including dairy products, ketchup, salad dressing, baked goods and medications.

5. **Plastic food containers and bottles —** If you're still storing your food in plastic containers or drinking from plastic bottles, switching to safe alternatives like glass, ceramic and stainless steel is a smart choice.

   Microplastics, which are simply tiny pieces of plastic, are common in bottled water, for starters. When researchers with the department of chemistry at the State University of New York at Fredonia tested 259 bottles of water, they found microplastic contamination in 93% of them.[20]

   It's unknown what health risks are posed by consuming these tiny plastic particles, but it is known that microplastics may act like sponges for contaminants including heavy metals, persistent organic pollutants, polychlorinated biphenyls (PCBs) or pathogens, or could cause harm on a cellular or subcellular level.[21]

   Plastics can also leach chemicals into your food and beverages. Phthalates are just one example of high-production volume chemicals used frequently as plasticizers in polyvinyl chloride (PVC) and other plastics, some of which are used in food packaging used by fast food and take-out restaurants. The risk may be even greater if you heat food in plastic or even let a plastic water bottle sit in the sun.

   For instance, antimony, a toxic chemical used to manufacture polyethylene terephthalate (PET) plastics used for water bottles, is known to leach into water, and a study found that storing the bottles at higher temperatures increased the amount of leaching.[22]

6. **Nonstick cookware —** The convenience of a nonstick surface comes at a steep price, as chemicals used in their production persist in the environment, are contaminating water supplies and have been linked to developmental problems, cancer, liver damage, immune effects, thyroid problems and more.

   Polyfluoroalkyl or perfluoroalkyl chemicals (PFASs), which include PFOA and PFOS, are estimated to be in the blood of more than 98% of Americans.[23] While production of PFOA ended in 2015, DuPont and other companies have substituted similar chemicals in the production of nonstick cookware.

   In May 2015, more than 200 scientists from 40 countries signed the Madrid Statement, which warns about the harms of PFAS chemicals and documents the following potential health effects of exposure:[24]

Liver toxicity
Disruption of lipid metabolism, and the immune and endocrine systems
Adverse neurobehavioral effects
Neonatal toxicity and death
Tumors in multiple organ systems
Testicular and kidney cancers
Liver malfunction
Hypothyroidism
High cholesterol
Ulcerative colitis
Reduced birth weight and size
Obesity
Decreased immune response to vaccines
Reduced hormone levels and delayed puberty

Healthier options include ceramic and enameled cast iron cookware, both of which are durable, easy to clean and completely inert, which means they won't release any harmful chemicals into your home.

7. **Antibacterial soaps and detergents —** The excessive and liberal use of antimicrobial products like household and industrial disinfectants, hand sanitizers and other antibacterial cleaners is raising the risk of antimicrobial resistance (AMR) in the environment.

   AMR has been declared one of the top 10 global public health threats to humanity,[25] causing about 700,000 deaths globally every year.[26] The use of antibacterial soap even causes shifts in the microbial composition of your skin, which could affect skin health.[27]

   Antibacterial products may also contain triclosan, an antibacterial chemical and known endocrine disrupter. It's so widely used that it's estimated 75% of the U.S. population has been exposed, a concerning statistic since it is readily absorbed into human skin and oral mucosa, where it may affect immune responses, production of reactive oxygen species and cardiovascular functions.[28] Reproductive and developmental effects have also been observed.

   Unless you are in a hospital setting, avoid antibacterial soaps and detergents, including hand sanitizers and wipes, toothpaste, deodorants and laundry detergents.

8. **Commercial cleaning products —** Household cleaning products commonly release volatile organic compounds that may cause asthma and respiratory illnesses. One study found women who used chemical cleaning agents had accelerated decline in lung function, which may signal a risk to long-term respiratory health.[29]

   Phthalates are also common in cleaning products, especially fragranced varieties. Studies show associations between exposure to phthalates in utero and the following health conditions:[30]

Attention-deficit hyperactivity disorder (ADHD)
Other behavioral problems
Adverse cognitive development
Lower IQ
Poorer psychomotor development
Impaired social communication

The good news is that it's easy to replace chemical cleaners with a short list of basic ingredients, which can be used to make your own natural cleaning products:

Baking soda
White vinegar
Lemon juice
Hydrogen peroxide
Liquid castile soap
Organic essential oils (optional). Certain ones, including lavender and tea tree oil, have antibacterial qualities
Mixing bowls
Spray bottles
Cotton dish cloths

9. **Toxic personal care products —** Personal care products often contain endocrine-disrupting chemicals, including phthalates and parabens, and toluene, a neurotoxicant. Very few chemicals on the market are tested for safety, but even those that aren't necessarily safe. Part of this is because safety testing is typically done on just one chemical at a time, and under laboratory conditions.

   The way you're actually exposed to chemicals — in combination and under countless different real-world scenarios — may increase their toxicity exponentially. It's possible that use of personal care products and cosmetics may influence age at menopause,[31] along with having a baby that's at increased risk of being small for gestational age.[32]

   At least 11 chemicals and chemical families of concern have been uncovered that are commonly used in cosmetics. They include:[33]

Butylated hydroxyanisole/butylated hydroxytoluene Coal tar dyes
Diethanolamine
Formaldehyde releasing preservatives
Parabens
Phthalates
1,4 dioxane
Polycyclic aromatic hydrocarbons
Siloxanes
Talc/asbestos
Triclosan

To avoid exposure, simplify your routine and make your own personal care products using safe ingredients like coconut oil, mild soap and essential oils.

10. **Your chair —** Sitting is a pernicious negative influence on your health, as being sedentary for long periods of time each day appears to accelerate aging at the cellular level.[34] Among close to 1,500 older women included in one study, those who sat the longest were, on average, eight years older, biologically speaking, than women who moved around more often.[35]

    Separate research, published in the American Journal of Preventive Medicine, further found that sitting for more than three hours a day caused 3.8% of all-cause deaths in the 54 countries surveyed.[36]

    Cutting your sitting time to less than three hours a day could increase your life expectancy by 0.2 years, the researchers concluded. More than 60% of people globally spend more than three hours a day sitting,[37] so "sit less, move more" is a motto worth repeating. A simple way to do this is to replace your desk chair with a standup desk and walk each day as much as possible.

    Remember, while I encourage you to work your way through each item on this list, you don't have to eliminate them all overnight. With each toxic exposure you remove from your life, you'll enjoy better health and receive renewed motivation to keep going on your quest toward reaching optimal health.

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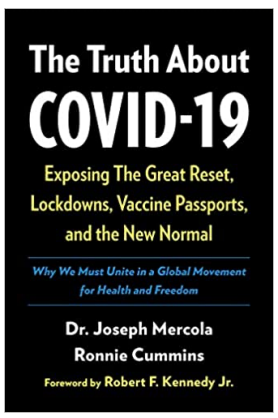

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by Doctor Joseph Mercola

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Guillermou

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

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And of course food with glyphosate. As Dr. Mercola reported, the volume of glyphosate-based herbicides (GBH) has increased approximately 100-fold. Monsanto controls the GM foods you eat, and Bayer provides you with the drugs you need to treat your chronic disease caused by those foods, all with the consent of government policy. The gut microbiome is very important to health, and glyphosate negatively affects it. Experts have linked exposure to glyphosate and GE plants to an imbalance in gut bacteria and a variety of chronic diseases, including obesity. Glyphosate causes oxidative damage to the liver and kidneys, causing neurotoxicity and immunotoxicity. Autoimmune diseases and ceiac disease are associated with glyphosate.

www.mdpi.com/.../htm (2019(ehjournal.biomedcentral.com/.../s12940-016-0117-0 (2016) pubmed.ncbi.nlm.nih.gov/31442459 (2019) content.siendo.com/.../article-p159.xml Stephanie Seneff, PhD, one of the key aspects of glyphosate toxicity is the destruction of innate immunity. Glyphosate weakens our innate immune system's ability to ward off COVID-19. By her explanation, forcing our "adaptive immune system has to kick into action in a big way," leading to the infamous cytokine storm and subsequent organ damage.

Reply | Mark as Spam | Posted On 5/2/2022 3:20:29 AM

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Guillermou

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

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Seneff has published a book on glyphosate, titled "Toxic Legacy: How the Weedkiller Glyphosate Is Destroying Our Health and the Environment," which was published by Chelsea Green Publishers on July 1, 2021. Glyphosate like aluminum disrupts cytochrome P450 enzymes, which are involved in melatonin metabolism, vitamin D3 dysbiosis in intestinal function, and impaired serotonin synthesis. Many neurological diseases, such as autism, depression, dementia, anxiety disorder and Parkinson's disease, are associated with abnormal sleep patterns, which are directly related to dysfunction of the pineal gland, which is highly susceptible to environmental toxins www.scirp.org/.../paperinformation.aspx (2015) www.naturalhealth365.com/glyphosate-and-covid-link-3957.html (2021) isom.ca/.../stephanie-seneff (2021) Importantly, glyphosate removes glucose-6-phosphate dehydrogenase (G6PD), a very important enzyme in red blood cells that maintains NADPH in its reduced form.

If you have low levels of NADPH, you are at increased risk for chronic disease, as your ability to recharge antioxidants is impaired. This is another mechanism by which glyphosate contributes to many disease states including cancer, renewablefarming.com/images/2016Images/2016PDF/Samsel-glyphosate-5.pdf thinktwice.com/Vaccines-glyphosate.pdf www.gentechvrij.nl/plaatjesgen/Glyphosate_pathways_to_modern_diseases_.. Under its "Prop 65" law, state regulators maintain a list of chemicals "known to the state" to cause cancer or reproductive harm, and require companies to inform Californians about the risks they might face from exposure. Bayer AG's Monsanto has fought in court and lobbied hard to thwart OEHHA's inclusion of glyphosate on its list of hazardous chemicals. childrenshealthdefense.org/defender/glyphosate-labeling-change-monsant.. (04/19/2022)

Mark as Spam | Posted On 5/2/2022 3:20:50 AM

Like Dislike

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juststeve

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

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Great catch Gui. Bad enough to swim, breath, eat one version of poison or another for the sake of sanitation, convenience, or it's 'cheap,' It seems the Glyphosate leaky gut damage disruption, where up to 80 -90% of our immune & mental functions foundation is, starts the unraveling of our health. Then for some if not the majority the run of the mill vax's & now Jab/s are hard core concentrated Leaky Gut Deposits bypassing the gut altogether. Icing on the cake for a host of dis-ease setting the stage for a revolving door of we have a pill for that.

Mark as Spam | Posted On 5/2/2022 4:31:07 AM

Like Dislike

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lovestosing6

Joined On 8/26/2013 8:44:35 AM

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I think glyphosates worry me more than anything right now. It's hard to escape them. Again, I wish our government was interested in the health of Americans, but they've made it very clear the only thing America is interested in is greed. I mean money. Dump your chemicals, we don't care, pay us more money and you can do whatever you want. It's kind of crazy. But ya, straws are the problem. Not the millions of masks killing wildlife in the ocean. If they can blame 'the little guy' they will do it. Every time. Typical narcissistic response. Attorney General John Ashcroft once said, "Americans don't have the right to healthy food." I can't find the video anymore- but I was SHOCKED when I saw him say it - because it's true, and they don't even try and hide it.

Why else would they feed cows corn pulp knowing they can't digest it? Why else would they make raw milk illegal (there is so much good bacteria in raw milk, it will literally eat any bad bacteria). And why else would people benefitting from raw milk have to bring it across state borders - only to have the FBI make them pour out 800 gallons, didn't matter if it was tested and safe. They made a whole natural healthy food go away just like that. I don't think people realize what's going on out there until you experience it for yourself.

We let corporations get away with so much (just show me the money) compared to mom and pop stores successful at selling people organic foods and them being hunted down like criminals all the while Americans are clamoring for healthy food and not monsanto's frankenfood. I was at a university side campus where they were hiding fish oil in cow food to see if that would make the meat better.... they had to hide it because the cows wouldn't eat it. What if we were to focus on a cow's natural diet? But when you have giant farms where the cows are knee deep in feces - it's hard to make them healthy, isn't it? Ugh! We are doing it all wrong.

Mark as Spam | Posted On 5/2/2022 8:34:11 AM

Like Dislike

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bchristine

Joined On 7/1/2012 6:58:01 AM

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YES, glyphosate and other nasty chemicals is a major issue. There was a discussion on my local NextDoor app the other day about using Roundup. I just had to chime in! Someone responded and posted a list of all the food companies Monsanto "owns" .... they said "we can't avoid it, it's in all of the food we eat" (along with list). Among other things, I nicely pointed out that although it's getting more difficult to avoid glyphosate, you can avoid the majority of it by NOT purchasing the BIGFood brands!

Eating REAL food that's organic, home-grown or from local farmers (but check them out), and putting together your own meals is the best way around it. After reading that local thread, I am still amazed at how many people are unaware of the dangers of Roundup, GMO's, etc.... Maybe the same people who still remain masked and have gotten all their boosters?!

Mark as Spam | Posted On 5/2/2022 10:28:13 AM

Like Dislike

Guillermou

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

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JUST, You have said it very well: "80 -90% of our immune & mental functions foundation is, starts the unraveling of our health". --Yes, TRACY, very descriptive: " stores successful at selling people organic foods and them being hunted down like criminals all the while Americans are clamoring for healthy food and not monsanto's frankenfood." Very well said BCHRISTINE: "Eating REAL food that's organic, home-grown or from local farmers , and putting together your own meals is the best way around it."----------Autoimmune diseases have grown rapidly in recent years, with more than 50 million Americans affected. When the intestine is damaged, undigested food proteins and bacterial endotoxins break through the lining of the intestine and cause an autoimmune reaction throughout the body.

Rodeo, wheat, stress, artificial sweeteners, sugar, toxins from pesticide-laden processed foods, environmental pollution, genetics, etc. are all triggers. www.sciencedirect.com/.../S1568997210000170 Consider especially that advertisements for unhealthy high-sugar foods and beverages have an immediate and significant impact on children and lead to unhealthy diets, according to research from McMaster University in Hamilton, Ontario, Canada. In addition to marketing we add that it has vitamins and antioxidants, even mothers can see in this garbage a good diet for their children, accompanied by fast foods that they find near schools.

Mark as Spam | Posted On 5/2/2022 10:39:08 AM

Like Dislike

Guillermou

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

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The study, published in the scientific journal Obesity Reviews, examined 29 trials that evaluated the effects of marketing unhealthy foods and beverages and looked at caloric intake and dietary preferences among more than 6,000 children. The researchers found that advertising increased food intake and influenced dietary preference in children during or shortly after exposure to the ads. For the research, Sadeghirad's team evaluated previous work that examined the advertising of unhealthy foods and beverages through television and film, commercial video games, the use of brand logos, packaging with cartoon characters and advertisements in brochures, and/or or magazines.

When children were exposed to unhealthy advertisements, they ate significantly fewer healthy calories, according to the study. The results also suggest that younger children (around 8 years of age) may be more susceptible to the effects of food and beverage advertising in terms of quantity and quality of calories consumed. According to the researchers, these findings are particularly important given recent studies revealing that children are exposed to an average of five food advertisements per hour, with unhealthy foods accounting for more than 80 percent of all advertisements.

televised food in Canada, the United States and Germany. "Overall, our analyzes show a need to review public policy on the marketing of unhealthy foods and beverages to children", "The rise in the prevalence of obesity seems to coincide more with a notable increase in the budget of the industry of food and beverages for advertising to children and youth, with data showing that low-nutrient, high-energy foods and beverages make up the majority of products sold on the market," they conclude. www.deccanchronicle.com/lifestyle/health-and-wellbeing/060716/junk-foo..

Mark as Spam | Posted On 5/2/2022 10:40:45 AM

Like Dislike

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mourningwarbler

Joined On 7/24/2009 3:16:05 PM

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Your comments are, Guillermou, more often than not, as informative as Dr. Mercola's articles!

Mark as Spam | Posted On 5/2/2022 1:51:20 PM

Like Dislike

Guillermou

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

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Grateful, mourningwarbler. First of all consider that I am learning from Dr. Mercola and all the excellent comments from this great community

Mark as Spam | Posted On 5/2/2022 2:28:45 PM

Like Dislike

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otis101

Joined On 7/10/2010 6:30:32 PM

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Gui, no worries about food. Big Pharma to the rescue with endless supply and control with toxic food. 5 minute clip.
www.lewrockwell.com/2022/05/no_author/big-pharma-set-to-control-entire..

Mark as Spam | Posted On 5/2/2022 3:17:06 PM

Like Dislike

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juststeve

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

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lovestosing - It's when people experience something personally is when they understand perfectly.

Mark as Spam | Posted On 5/2/2022 3:37:04 PM

Like Dislike

Almond

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

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Injecting nasty toxins into the body past all natural immune barriers. Slathering chemicals on your skin designed to kill—yeah, think about that! Wearing a mask that restricts your uptake of oxygen to your brain. Lockdowns that prevent people from getting out in the sunshine and fresh air, getting exercise or engaging in productive employment so they do not stress over how they will pay their bills. Sitting in front of the tv, eating junk food instead of going to the gym or doing physical labor. Social isolation. It is hardly surprising many people are sick.

What is remarkable is the resilience of the human immune system and that so many people remain healthy. There seems to be a disproportionate number of vaxinated people getting very sick lately. A lot of people died after the deadlines for mandatory employment jabs back around Nov/Dec. It has been about 6 months since then. I suspect we are seeing a second wave of illness among people whose immune systems have been impaired, not only by one vaxine, but repeated jabs. As for my desk chair, I think I will keep it.

I like to sit after being on my feet all day. My arm chair is solid walnut. I refinished it to restore it to its former beauty. Nearly an antique. Made to last, back when people took pride in making such things. Was given to me by a woman who got it from her father. Says he used it in his office until he retired. I refinished it and it is a beautiful solid piece of furniture. I drape a few “blankies” over the back so I can choose whether I want to curl up in a thicker warmer blanket or a thinner one.

Reply | Mark as Spam | Posted On 5/2/2022 2:21:55 AM

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juststeve

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

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Right? The Lockout the Competition situation pretty much threw nuclear fuel on an already raging fire! As Jab/s Freedom of Information details trickle out, how many are going to be willing to accept the health disasters still yet to come from this grand experiment? It's already being recognized by the rural population here, as people are becoming more willing to speak up. Shout more like it especially from those who went for the first Jab/s, maybe the second, but now they see the no end in sight reality and are PO.

Mark as Spam | Posted On 5/2/2022 4:37:50 AM

Like Dislike

Guillermou

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

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I remember reading the story of a Naturopathic Doctor of people who healed from illnesses in full contact with nature. I remember that key aspects were trees, gentle winds and abundant water from springs in the forest, The journalist and essayist Richard Louv defined the combo book titled 'Last Child in the Woods' the combo as a nature deficit disorder. Louv offered forecasts and advice: “The future will belong to those who make intelligent use of nature (those who are 'naturesmart',) that is, those individuals, families, entrepreneurs and political leaders who develop a deep understanding of the transformative power of the world natural and that balance the virtual with the real.

The more 'high-tech' we are, the more nature we need”. For There, Williams asks: is a brain modeled by evolution compatible with being active and in contact with the green? with the contemporary life of confinement and gray cement? For the author, it is not at all. These are reflections that we should all carry out. Living embracing nature is essential and total rejection of junk food, fresh food and organic homemade meals, gardening, growing your own food and holding celebrations in your own home…and water from the well, good wine and many pleasant conversations.

Mark as Spam | Posted On 5/2/2022 5:19:35 AM

Like Dislike

Guillermou

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

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Junk food is causing in children and young people an altered intestinal flora, an altered metabolism that is the cause of serious metabolic disorders, such as insulin resistance, obesity, depression, which over time will end in diabetes and diseases cardiovascular and neurological degenerations. It is also very important to consider the so-called "nature deficit disorder" that mainly affects children. Many children, when they visit a reserve or natural environment, will soon ask: when are we coming back? In return we have, on the one hand, the high demand for children and young people to achieve a professional future, a world that generates stress and addiction.

Consider also, the irruption of new technologies, is causing dopamine recharges that also cause addiction. Now, it is considered normal to buy junk food, go home to watch television with programs that alter the mind state of youth, while enhancing taste pleasure with junk food. In a world of great environmental pollution, adding these stressors encourages addictions, and is a breeding ground for depositing from a young age. the disease germ.

Mark as Spam | Posted On 5/2/2022 5:23:40 AM

Like Dislike

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bfr27915

Joined On 9/26/2021 5:38:22 PM

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Asch Conformity Experiment. This Scary Experiment Explains Two Years of COVID Hell - American Thinker.
www.americanthinker.com/articles/2022/04/this_scary_experiment_explain..

Mark as Spam | Posted On 5/2/2022 7:26:23 AM

Like Dislike

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brianallen1

Joined On 8/7/2021 10:12:38 AM

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The Asch experiment confirms my belief that if the 30% who know the truth will firmly not conform, the 40% on the fence will follow.

Mark as Spam | Posted On 5/2/2022 8:01:48 AM

Like Dislike

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lovestosing6

Joined On 8/26/2013 8:44:35 AM

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So many good things here. Gui - I remember when I was in Yellowstone - that was the first time I learned about nature deficit disorder among kids. That was the start of my homeschool journey and I never forgot it. And NOW I'm wondering if that was the name of the book I scanned in the Yellowstone bookstore! hahaha... Also - we are fast food nation - so when you write junk food, I think of candy bars and power aid - but then, if you think about it, wouldn't fast food be a more accurate description of junk food? I wish I had a partner as concerned about food as myself.

I remember trying, plenty of times, to be a whole food person and I would spend hours in the kitchen prepping and chopping - it was exhausting. Over time I've found shortcuts, but boy oh boy - it's a fulltime job trying to eat whole foods - well, until I cut down my eating to just twice a day, and one of those is a hearty protein shake ... Dr. Mercola affected me with that video that followed him for a day - he makes it look so easy!

Mark as Spam | Posted On 5/2/2022 8:15:06 AM

Like Dislike

Almond

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

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locestosing6 and all... A vitamix can be a good investment in a labor-saving appliance. When people ask me why I work so hard producing food, I remind myself that they are sitting in cars and rush hour traffic, roaming supermarket aisles, standing in checkout lines and being frustrated with high prices and low quality while I amount in the garden. I still shop in a chain store supermarket at least once every season. As often as not, my purchases may include nonfood items. Many things I could do without or order online, but... Sometimes, I will stop just to check out the pace of inflation and inventory, too, to know what to stock up on. I just don't run to the store for a single ingredient unless it is for a special holiday recipe. Usually, I make do with what I have on hand--like I say, whatever falls out of the refrig when I open the door or whatever needs to be picked. sadly, so many children no longer even know what real food looks like, let alone how to prepare it.

Mark as Spam | Posted On 5/2/2022 9:02:46 AM

Like Dislike

otis101

Joined On 7/10/2010 6:30:32 PM

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Do not comply under any conditions. As more information leaks out we are growing.

Mark as Spam | Posted On 5/2/2022 3:21:24 PM

Like Dislike

Almond

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

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otis and all... I am confronting an immediate problem of encountering people who have drunk the kool-aid. Is it just that they fear to admit they were wrong? Are they mind-controlled or hypnotized? Do they have so little self-confidence that they need an authority figure to tell them how to lead their lives and make decision? I wonder whether the blood has just run so thin due to a shift in demographics to large cities that people no longer confront reality and understand they are totally responsible for themselves. This is an adult way of thinking, not childish thinking, expecting govt to take care of them. People refuse to read, will not do their own independent research and refuse to look at the evidence, view videos of those who died or were injured, etc.

Some still claim the jab is safe and effective! So many stupid comments I hear... "I don't need to take vitamin D because I am vaxinated." "I don't need supplements because we eat meat, fruit and veg." "My insurance does not cover that." "I will be getting the 5th booster." "Children must be vaxed so they do not infect Grandma." "My doctor says..." "Do you really believe diet makes a difference?" (This from people who constantly complain about aches, pains and schedule frequent medical visits.) "I trust out govt." "You really should consider getting vaxed." (Even though I have an allergy to a vax ingredient that could be terminal? Even the FDA says I should not be vaxed!) "It is just another vaxine--my kids already get vaxed before attending school." "I would never take ivermectin.

It is an off label use and not approved for covid." (Do they believe the vaxine is FDA approved?) "Children who are unvaxed have negligent parents." "Many children die because they are unvaxed." People who will not go out to eat or socialize, but hit every sale at the mall. This has evolved into a form of insanity! Humans, as a species are not all that intelligent.

Mark as Spam | Posted On 5/2/2022 8:36:51 PM

Like Dislike

otis101

Joined On 7/10/2010 6:30:32 PM

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Almond, people that know me and see me standing for hours with signs that say No Mandates, Freedom to Choose, etc will mention they saw me on the street but will not engage in a conversation about my reasoning for being against the "vaccines". I think most have heard and talked among themselves about how everyone should get the "vaccine" because the un-vaxed are spreading the virus. My interaction with one in particular that is not boosted tells me her friends are putting pressure on her to get boosted. And this is on top of their knowledge that she had uncontrollable full body shakes for a night and day immediately after her 2nd jab.

Her doctor even told her it was an allergic reaction and to NOT get a booster. It is very very important for people to learn the truth, at least a solid 70% of the population in order to end this madness. I don't like saying this but I think we need more serious adverse reactions to put a stop to it. I don't hear much in my area about adverse reactions so people just think they are "safe and effective". Such outright BS! I think a lot of them fear admitting that they were wrong. I am at a loss to recall anything similar ever happening where such large segments of the population feared admitting they were wrong when they were.

Mark as Spam | Posted On 5/2/2022 11:11:34 PM

Like Dislike

Almond

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

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otis... We are seeing a disproportionate number of adverse reactions in our area. I wonder whether it is because we are not in a prominent zip code and those in power may choose to experiment in areas that are not as well-known as some of the biggest cities and therefore less visible to the general public. You may be right about more deaths and adverse reactions. if history repeats itself, there is an example in the Israelites fleeing bondage in Egypt. Thye were only released after the firstborn of the Egyptians died.

Mark as Spam | Posted On 5/3/2022 12:06:15 AM

Like Dislike

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dia1910

Joined On 12/31/2020 8:08:47 AM

Add as Friend | Send Message

And the last suggestion would be: Don't take any "vaccinations!"

Reply | Mark as Spam | Posted On 5/2/2022 4:10:45 AM

Like Dislike

Cabochon

Joined On 10/7/2018 12:45:48 PM

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“The excessive and liberal use of antimicrobial products like household and industrial disinfectants, hand sanitizers and other antibacterial cleaners is raising the risk of antimicrobial resistance (AMR) in the environment. AMR has been declared one of the top 10 global public health threats to humanity”. Which is presumably why the subservient managers of commercial and civic premises have been providing facilities for the ignorant sheople to wash their hands at entry points and why sales of antibacterial cleaning products have appeared on every supermarket shelf, making the most of official lies about “sanitising” the environment. May as well use propaganda it to increase sales. Lies beget more lies and thrive on ignorance. One demented customer in a well known UK food retailer was spotted washing not just her hands but her shopping trolley before shopping - evidence that the one part of the human anatomy that had been most thoroughly washed over the last two years is not the hands but the brain.

Reply | Mark as Spam | Posted On 5/2/2022 1:55:06 AM

Like Dislike

Lizschneider53

Joined On 2/4/2021 4:24:14 AM

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NOTHING wrong with washing the grocery cart! I wash the handle on mine! I usually use a mobile cart too as I have MS, and I also wipe the handle and seat down! Better safe than sorry!

Mark as Spam | Posted On 5/2/2022 2:48:15 AM

Like Dislike

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brianallen1

Joined On 8/7/2021 10:12:38 AM

Add as Friend | Send Message

I am sorry to learn you have MS, however, I have never sanitized a cart and most likely never will. I want my immune system to strengthen.

Mark as Spam | Posted On 5/2/2022 8:05:25 AM

Like Dislike

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lovestosing6

Joined On 8/26/2013 8:44:35 AM

Add as Friend | Send Message

I don't think people realize that antibacterial soaps, etc., make us even more vulnerable to problems. If anything, I remember making my own 'handwipes' when my kids were little and I'd pop one out when I got back to my car to sort of clean off my hands after being out and touching everything known to man. That is, until the pandemic. Then I tried hard to keep my body processing germs, etc., by not always doing that in an overtly detrimental sanitizing everything to death, time. I'd even eat trail mix or something on the way home with my 'dirty hands' -- still hilarious that I was never sick during that time except by the vaccinated who GAVE ME COVID in my own house. LOL - funny, not funny.

Mark as Spam | Posted On 5/2/2022 8:08:43 AM

Like Dislike

Cabochon

Joined On 10/7/2018 12:45:48 PM

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“Better safe than sorry” - a catchy phrase, Liz, but adds nothing to the debate about antimicrobial resistance (AMR) in the environment.” It does not mean never use cleansers; it means we should not OVER-use them as this disrupts rather than supports the immune system and the microbial diversity in the gut on which a healthy immune system depends. Thanks for sharing personal experience to illustrate your point. Vulnerable people may need to take extra precautions with hygiene but the important words in the article heading are: ‘excessive, liberal, resistance, environmental’.

It’s not about specific illnesses. It means if you want a strong immune system, you cannot wrap yourself in cotton wool; you must build your defences through exposure to the environment, a good diet, exercise where possible, social contact and with nature and animals and avoiding toxins. Were you washing your shopping trolley handle before 2019 as infectious respiratory diseases such as flu and pneumonia were the main cause of about 30,000 deaths annually in e.g. the UK from 1900 onwards? Fear mongering about "bugs" is being fuelled by those who do not have our wellbeing at heart.

What if you urgently needed an antibiotic for an acute infection but it didn't work because of AMR? Our adversaries are well aware of the effects on health of over-cleaning and have played on our fear, while commerce has benefitted from increased profits by selling more disinfectants. Taking the idea to its logical conclusion, you would have to cleanse everything - your bed, the bus, train, aeroplane, all the doors and surfaces in your home, local venues, the doctor's office, etc etc etc. We don't live in a sterile environment so your work would never end.

Mark as Spam | Posted On 5/2/2022 1:39:39 PM

Like Dislike

Cabochon

Joined On 10/7/2018 12:45:48 PM

Add as Friend | Send Message

Commiserations re your debilitating condition, Liz. Perhaps vulnerable people require extra hygiene but generally there are environmental consequences from "over-cleaning". You can read about "the hygiene hypothesis" - being too clean for our own good. The genes of organisms that co-exist with us and live in the human gut outnumber ours by millions. They control all aspects of our health, thought and behaviour. Trouble happens when we lose important species or when bugs migrate from the large intestine or when the gut lining becomes porous. Building a strong immune defence starts at birth through vaginal delivery, breast feeding and continues through childhood, especially if that entails contact with nature, animals and outdoor play.

Balance is a key concept both in gut health and in nature. It doesn't mean going back to the days when there was no domestic water supply, no sewage system, nor homes with green spaces and gardens. (See "Dissolving Illusions" by Susan Humphries which explains how better living and working conditions improved health and lifespan). It does mean that as we are part of the natural world, we need to try living in harmony with it. Brianallen and Lovestosing, you have found the same strengthened rather than weakened immune health from living in harmony with nature, not against it, it seems. We used to talk of "good clean dirt" when we were growing up but I guess it depends on where the dirt comes from.

Mark as Spam | Posted On 5/2/2022 1:49:46 PM

Like Dislike

Gwyncann

Joined On 7/20/2012 8:36:35 AM

Add as Friend | Send Message

General rule of thumb, if your great grandparents didn't use/consume it, don't.

Reply | Mark as Spam | Posted On 5/2/2022 6:47:50 AM

Like Dislike

SilentTroubador

Joined On 2/6/2021 11:34:59 AM

Add as Friend | Send Message

Let's not forget avoiding toxic attitudes and outlooks that may very well supersede all the best diet and exercise regimens ...

Reply | Mark as Spam | Posted On 5/2/2022 1:41:11 AM

Like Dislike

lovestosing6

Joined On 8/26/2013 8:44:35 AM

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Great article today Dr. M! I made a fast list in my head but candles weren't on there (lol) ... I'd love the next article to contain the top ten things every home should have. I have a book called Home Safe Home that talks about plants that clean the air - and just a cool book to stop and make ya think. I have often thought of hitting the circuit breaker at night so the whole house is dark until morning. If no one goes into the fridge or freezer, those are suppose to hold also. Probably a dumb idea, but I always noticed that when I'm camping, I can sleep so so good.

Reply | Mark as Spam | Posted On 5/2/2022 7:37:05 AM

Like Dislike

Guillermou

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

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Good advice, Tracy, yes, fortunately, you can improve your indoor air quality by adding some houseplants. Indoor pollutants that affect health include formaldehyde, volatile organic compounds (benzene and trichlorethylene or TCE), biological air pollutants, carbon monoxide and nitrogen oxides, pesticides and disinfectants (phenols), and radon. These pollutants contribute to 'sick building syndrome', which causes symptoms ranging from allergies, headaches, and fatigue to nervous system disorders and cancer. Through studies carried out by NASA, scientists have identified 50 houseplants that eliminate many of the pollutants and gases mentioned above, In the links 10 plants were selected and four plants especially recommended by scientists and NASA that will purify the indoor air of the household of benzene, formaldehyde, trichloroethylene ammonia and xylene.

Indoor air pollution is one of the top five health threats today. Airborne pollutants such as car exhaust and dust mite allergens can negatively affect health. These toxins can reach the bloodstream and then to all parts of the body through the nose and lungs. Many global studies have shown how air pollution affects everyone, from the fetus to the elderly.

Poor indoor air quality increases asthma symptoms and causes headaches, fatigue, nausea, allergic reactions, hormonal imbalances, and damage to the liver, kidneys, or central nervous system. Indoor air pollution has also been found to cause cancer. TOP TEN INDOOR PLANTS FOR REMOVING FORMALDEHYDE, BENZENE, AND CARBON MONOXIDE FROM THE AIR learn.eartheasy.com/articles/the-top-10-plants-for-removing-indoor-tox.. (2020) www.organicspamagazine.com/plants-to-purify-indoor-air (2017) allergycosmos.co.uk/.../why-is-clean-air-important

Mark as Spam | Posted On 5/2/2022 8:10:22 AM

Like Dislike

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pmthayer45

Joined On 7/8/2021 6:09:10 PM

Add as Friend | Send Message

I've been looking for a cave to move onto. :)

Reply | Mark as Spam | Posted On 5/2/2022 5:55:12 AM

Like Dislike

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bfr27915

Joined On 9/26/2021 5:38:22 PM

Add as Friend | Send Message

pmthayer45 - when you find your cave, I hope (hope is not a valid strategy) it is a very big one. I'm looking for an abandon horizontal mining shaft. One with flowing water and a vertical ventilation shaft would be ideal. If the rail tracks are sill viable -

that would be a plus. Assuming an access road and maybe some old structures. Would like smooth walls, so I could create drawings depicting the demise of the human race (for posterity). Top of the list is a small section with a constant 55-59F temperature with a little humidity. Before I "hole up," I would construct a nice wine cellar.

Mark as Spam | Posted On 5/2/2022 8:03:33 AM

Like Dislike

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appaloosa19

Joined On 4/9/2021 8:44:40 AM

Add as Friend | Send Message

Me too! I'd love to have a bug out cave, deep in the woods, with hidden provisions!

Mark as Spam | Posted On 5/2/2022 8:31:25 AM

Like Dislike

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tallulah3

Joined On 4/21/2021 9:26:59 AM

Add as Friend | Send Message

I used canola oil for years until I read an article by Dr Mercola about the dangers of it. It gave me such a terrible rash on my eyelids, they looked like they were burned. I believe that it's poison. I have also switched to stainless steel and cast iron skillets. I did buy one of those Always Pans last year. It didn't stay non stick very long. It's not worth the money they charge for it. I use baking soda and vinegar for cleaning. It's so much cheaper than all those specialized cleaners at the store. Now I need to work on getting outside more and exercise. I'm also going to get my 84 year old mom to get outside more too

Reply | Mark as Spam | Posted On 5/2/2022 7:46:04 AM

Like Dislike

Guillermou

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

Add as Friend | Send Message

Good advice Brenda. The vast majority of makeup products, such as sponges, mascara and lip gloss, are contaminated with potentially deadly superbugs, new research from Aston University published in the Journal of Applied Microbiology reveals. of makeup every day and are contaminated with potentially deadly microorganisms, such as E. coli and staphylococci, because most are not cleaned and are used well past their expiration dates, reveals this research led by Dr. Amreen Bashir and the Professor Peter Lambert, from the School of Life and Health Sciences at Aston University (United Kingdom).
http://www.safecosmetics.org/ The Skin Deep website of the Environmental Working Group (EWG) to search for cosmetic products. Products are given an EWG hazard score based on ingredients linked to cancer, allergies and other conditions. The EWG is a United States environmental health advocacy organization. https://www.ewg.org/skindeep/
www.breastcancer.org/.../cosmetics

Mark as Spam | Posted On 5/2/2022 8:20:04 AM

Like Dislike

Guillermou

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

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Two chemicals used in cosmetics and sunscreen can promote the development of breast cancer, according to a team of researchers from the University of Massachusetts, in the United States, in a study published in the journal Environmental Health Perspectives. The work identifies a mechanism in which environmental chemicals known as estrogens and xenoestrogens can promote the development of breast cancer. "The new research offers more sensitive tools to detect the possible harmful effects of environmental chemicals, which would be ignored by currently used methods," the researchers said.

The two compounds tested in cells grown in the lab and in the mammary glands of mice were the ultraviolet filter benzophenone-3 (BP-3), also known as oxybenzone, and propylparaben (PP), an antimicrobial preservative found in cosmetics and other personal care products. “Benzophenone-3 is a sunscreen that can present a significant danger, for example, in women at high risk of breast cancer or those with a history of this estrogen receptor-positive tumor,” the scientists stressed. www.sciencedaily.com/.../200115090957.htm (2020). ehp.niehs.nih.gov/.../EHP5221 (2020)

Mark as Spam | Posted On 5/2/2022 8:20:35 AM

Like Dislike

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tallulah3

Joined On 4/21/2021 9:26:59 AM

Add as Friend | Send Message

Thanks Gui. Sometimes I do wear makeup. I haven’t ever used sunscreen. I do try to replace my eye makeup often. I love getting out in the sun. It feels good to the skin.

Mark as Spam | Posted On 5/2/2022 8:33:53 AM

Like Dislike

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bethhoxie

Joined On 6/19/2006 6:57:55 PM

Add as Friend | Send Message

Microfiber clothes? I think Mercola has reported the fibrrs make to the waterways.

Reply | Mark as Spam | Posted On 5/2/2022 5:59:48 AM

Like Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

Add as Friend | Send Message

I've stated many times that it would be easier/faster to list the things that are NOT making us sick!

Mark as Spam | Posted On 5/2/2022 6:05:01 AM

Like Dislike

DavidHye
Joined On 7/25/2021 10:00:42 AM
Add as Friend | Send Message

Please list the oils to avoid by their common names and not their scientific names. It would be much more helpful to us lay people.

Reply | Mark as Spam | Posted On 5/2/2022 9:14:33 AM

Like Dislike

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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
Add as Friend | Send Message

Avoid the "cheese" in all the better mousetraps created for monopoly profits, lest the steel bar fall heavily on your necks...Seductive marketeers are like the creep in a windowless van that hangs out by playgrounds offering free candy to naive children. Think paleo, skip anything "As Seen on TV" or promoted by washed-up celebs and stop falling for the sloth appeal of convenient items. Any caveman like myself has no use for packaged crap and goes straight to identifiable fruits, vegetables and meats. People can no longer grow or gather foods, cook or know how to prevent common modern diseases....Thanks corporate media.

Reply | Mark as Spam | Posted On 5/2/2022 9:00:07 AM

Like Dislike

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

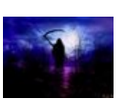
Yes, Randall, junk food advertising, poisoning people from infancy, included in the gestation of life. Agri-food corporations and BigPharma are two great allies with the approval of government institutions to combat chronic diseases. More than twenty years ago, the first genetically modified (GM) crops were grown in the US, along with dazzling promises about this new technology. Two decades later, the promises are getting bigger, but GM crops offer none of them. The promises may be growing, but the popularity of GM crops is not. Despite twenty years of pro-GM marketing by powerful industry lobbyists, GM technology has only been adopted by a handful of countries, for a handful of crops.

Simply put, GM crops are not "feeding the world". Research indicates that GM crop technology may result in a net increase in herbicide use and may encourage the growth of herbicide-resistant weeds. The environmental costs we are incurring from this broken system: more and more polluted waterways, cleared forests, inhumane treatment of livestock, and megatons of greenhouse gases. It is simply unsustainable. Giant agribusinesses should not have the right to own the genetic makeup of a particular variety of corn or soybeans or, in essence, the proprietary nature.

We should not accept a world where chemical giants go after small farmers because a patented seed accidentally exploded in their field and transformed their crops. GMOs threaten the independence of farmers to provide us all with food by ensuring their sovereignty over what to grow. GM crops have a negative impact on the agricultural ecosystem and sustainable agriculture. Above all, biodynamic and regenerative agriculture and livestock. www.greenpeace.org/.../gmos

Mark as Spam | Posted On 5/2/2022 10:53:34 AM

Like Dislike



PaulVonharnish
Joined On 1/27/2015 11:30:49 AM
Add as Friend | Send Message

How about a list of 10 "federal" agencies that should be abolished? Start with the Food and Drug Administration, The Centers for Disease Control, the Environmental Protection Agency, and the USDA. None of these organizations have been authentic to their "Mission Statements" at any time in history, and all are in collusion with other corrupted agencies - in concert. All products detailed in the article carry multiple Patents. The United States Patent and Trademark Office (USPTO) issues patents for death wish poisons every day of the week. Thousands of "trademarked" products are dangerous and completely unnecessary. The agency needs to be restructured so that licensing and/or approvals are stopped right at the source.

Reply | Mark as Spam | Posted On 5/2/2022 8:54:41 AM

Like Dislike

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grulla

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

Add as Friend | Send Message

Then you may be interested in electronic engineer author, Don Lancaster's case against patents: tinaja.com/patnt01.shtml

Mark as Spam | Posted On 5/2/2022 10:10:01 AM

Like Dislike

Kitera

Joined On 7/26/2007 6:24:19 PM

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To Guyncan- your advice to not eat or use things that your grandparents wouldn't recognize is probably the best way to sum up health advice. My grandparents were born around the 1880s (my father was born in 1910) so I would be using very little of our "convenience" food and products. My mother-in-law (born in1913) pretty much followed that advice and died at 97 with a clear mind and was mobile to very near the end of her life.

Reply | Mark as Spam | Posted On 5/2/2022 7:08:14 AM

Like Dislike

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lovestosing6

Joined On 8/26/2013 8:44:35 AM

Add as Friend | Send Message

This is so perfect! And I bet they had herb gardens too! My friend's grandparents lived through the great depression on beans, rice and their small garden - they didn't suffer, they lived into their 80's.

Mark as Spam | Posted On 5/2/2022 7:49:39 AM

Like Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

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I gave up on this society long ago - too many mindless minions! I walk into a grocery store and see people with their faces covered (to "protect" them), using the supplied "hand sanitizer" and rubbing down everything they see; while filling up their carts with toxic garbage! ...and they wonder why they're sick! I've warned people of the 'everyday' toxic chemicals and of course, they choose not to listen, with their "Why would they do that" mentality. In this house, there's hand sanitizer everywhere, cleaning supplies and detergents bought at the "dollar store"; and most of the residents here couldn't care less what they put into their bodies.

I constantly complain about the chemical smells. They all think that my concern is 'crazy talk'. I always smell scented oils (synthetic), perfume, after shave, cologne, bleach, etc.. We live in a totally brainwashed and conditioned society; and that is more than just my opinion! It is a fact! People who feel the need to wear perfume and cologne to the gym/community centre, is disgusting to me! Sweating from exercise is 100% natural. Toxic chemicals are anything but.

Reply | Mark as Spam | Posted On 5/2/2022 6:01:19 AM

Like Dislike

lovestosing6

Joined On 8/26/2013 8:44:35 AM

Add as Friend | Send Message

Ya, but don't judge too harshly - some of those masked marauders are masked because they think they are protecting someone vulnerable at home. It goes back to being brainwashed, but I get it. Although I laugh when someone is jogging on the beach in a mask. Clearly they didn't get the memo about fresh air. ...the smells, I know!! Letting society go (for me, or would drive me crazy) like making sure I'm standing firm and doing the right things - it's a fulltime job. LOL!! Getting outside and into nature, negative ions, I need more of them!

Mark as Spam | Posted On 5/2/2022 7:57:03 AM

Like Dislike

brianallen1

Joined On 8/7/2021 10:12:38 AM

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I cannot handle the crazy fabric softener scents. It makes me nauseous when I smell and breathe it walking my dog down the street. Good ol America's #1 scent is America's #1 poison to me. I'd rather smell dog poop. At least it's natural.

Mark as Spam | Posted On 5/2/2022 8:15:10 AM

Like Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

Add as Friend | Send Message

Brian; it IS poison! ...and how many masked Lemmings are smelling those chemicals while doing their laundry - and still insist that the mask is "protecting" them? It must be a terrible assault on a dog's sensitive nose! The same as you - I can't stand that obnoxious stink! People are actually brainwashed to the extent that they believe it smells like nature! No...it smells like toxic chemicals!

Mark as Spam | Posted On 5/2/2022 8:29:37 AM

Like Dislike

otis101

Joined On 7/10/2010 6:30:32 PM

Add as Friend | Send Message

Randy, the only reason they are masked is that they forgot to remove their mask after they got out of the shower.

Mark as Spam | Posted On 5/2/2022 4:44:38 PM

Like Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

Add as Friend | Send Message

Otis; thanks for clearing that up! I must have some form of dyslexia...I forget to put mine on! Well; at least I don't have to remember to take it off. ;)

Mark as Spam | Posted On 5/2/2022 5:48:54 PM

Like Dislike

Meibao

Joined On 12/4/2007 4:35:26 PM

Add as Friend | Send Message

Hoorah, Dr. Mercola...you've listed everything I've eliminated in my life...except the glyphosate, which someone mentioned in the comments. I don't need the special chair as I'm out and about almost all day. I'm 78 and doing great. One thing I do is use my own urine to bathe my face and body after a shower. I wash my eyes in urine several times every night, and I brush my teeth with urine. I do not buy anything manufactured by companies and put in plastic bottles and squeeze tubes. Did you know that our skin is a giant mouth and anything we put on it goes directly into the blood stream. I can read the tiniest type without glasses and see individual leaves on trees.

My eyes have gotten better as I aged instead of worst. Urine is amazing for the eyes (and I use your Eye Support every night). Does anyone remember Murine, the eye drop? Take away the "M" and what do you have?? They KNEW. One more thing you might want to research is hydration...I've said it before so I don't want to repeat myself. Check out www.watercure.com and read F. Batmanghelidj, MD's books on the importance of being properly hydrated to maintain the proper balance in the cells and keep away chronic illnesses.

Reply | Mark as Spam | Posted On 5/2/2022 5:36:42 PM

Like Dislike

Healthbuf

Joined On 11/28/2018 1:55:15 AM

Add as Friend | Send Message

Quite often I have to grab a frozen food item for work and transfer it to a large glass bowl before I put it in the microwave or stove. I'm wondering if this will really reduce or eliminate contaminants from the food. Who knows if machines just dump hot food into the plastic containers and immediately seal it with plastic film.

Reply | Mark as Spam | Posted On 5/2/2022 5:25:38 PM

Like Dislike

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brianallen1

Joined On 8/7/2021 10:12:38 AM

Add as Friend | Send Message

I am quite active but I intend to sit more than 3 hours per day instead of living other 9 weeks.

Reply | Mark as Spam | Posted On 5/2/2022 3:00:56 PM

Like Dislike

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tunybgur

Joined On 1/15/2012 11:34:23 AM

Add as Friend | Send Message

Living a normal modern life makes adherence to most of these suggestions virtually impossible.

Reply | Mark as Spam | Posted On 5/2/2022 12:46:06 PM

Like Dislike

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brianallen1

Joined On 8/7/2021 10:12:38 AM

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All of these elements added into your lifestyle are very achievable. It depends upon your attitude and your desire for greatly improved health. I have no problem doing every one of them except the timed eating. I also eat 100% organic and mostly from scratch. Well worth the time and effort. You wouldn't put water in your vehicle's gas tank, would you? Well, why put poor nutrition in your body?

Mark as Spam | Posted On 5/2/2022 3:10:16 PM

Like Dislike

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moineau

Joined On 4/23/2011 6:20:23 AM

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I do so well with this list except for one thing: the night eating. I got in the habit years ago of having a snack at night and I haven't been able to stop myself. I think I've programmed my body to crave it. Well, I need to de-program it! Any suggestions? My blood sugars would thank you.

Reply | Mark as Spam | Posted On 5/2/2022 12:38:57 PM

Like Dislike

WillieBe

Joined On 8/23/2021 11:23:02 PM

Add as Friend | Send Message

Norwex cleaning cloths contain silver. My family has been using Norwex antibacterial cloths for years. They’re expensive, but they are very durable and last for years. They have a website that you can order from.

Reply | Mark as Spam | Posted On 5/2/2022 9:53:50 AM

Like Dislike

Mr.AK

Joined On 6/22/2006 6:58:33 PM

Add as Friend | Send Message

Stan

Don't use a desk chair! Switch to an exercise ball (without any stand) — the best "chair" ever invented. Your back will thank you.

Reply | Mark as Spam | Posted On 5/2/2022 9:49:43 AM

Like Dislike

Veganarchist

Joined On 11/29/2014 4:24:02 AM

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To finish on the Hunza people. The slaughter of the lambs, I believe it is, was for a "religious holiday." Also, they dry a huge amount of apricots for the winter, and they make chapatis from freshly ground wheat, gluten and all! Moderation is the key, and a positive frame of mind. Dr. Mario Martinez, a neuroscience researcher has done extensive interviews with centenarians, and is fascinating to listen to in describing what type of treat, some of the men and women indulge in at the end of the day before retiring for the evening.

Reply | Mark as Spam | Posted On 5/2/2022 9:43:19 AM

Like Dislike

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irreverent

Joined On 1/21/2016 11:14:34 AM

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To Lovetosing6 ~ Its very hard for people who are prof. writers & graphic art makers (and work from home) not to sit iin front of a P.C....and lose track of time. For this reason, I set a timer that reminds me to get up every hour and M-O-V-E which for me is walking swiftly for ca. 5-8 min. OK. its perhaps easy for me to do, because I live in a big loft and can pace it up & down. I usually accompany this with classical music. I think everyone who sees the wisdom in getting-up from sitting too long and moving - my 85 year old mother did it on her wrap-around porch in rural OR - will find a way. Dr. M's suggestion of "standing" on a desk is not for everyone...esp. if they have knee or hip issues.

Reply | Mark as Spam | Posted On 5/2/2022 9:34:37 AM

Like Dislike

Mr.AK

Joined On 6/22/2006 6:58:33 PM

Add as Friend | Send Message

Stan

Switch to an inflatable exercise (yoga) ball!

Mark as Spam | Posted On 5/2/2022 9:50:42 AM

Like Dislike

Veganarchist

Joined On 11/29/2014 4:24:02 AM

Add as Friend | Send Message

Lovetosing6, On wearing masks at the beach, my cousin in Florida was telling me about a barbecue she and her girlfriend attended last year on the Gulf Coast. Sort of like redneckville, where everybody was singing and dancing and nobody wore a mask, except, she says, were two people swimming in the ocean with their masks on. Can you believe how scared some folks are? Or two guys, masked, driving on the highway in a convertible, doing about 70 MPH. When I'm out early in the morning and except for an occasional motorist, no one is around, I still see people walking alone, or with their dog, wearing a mask, or driving in a car, alone, with the mask on. It goes to show you how effective propaganda is if it's repeated enough to those without an inquiring mind.

"Prove all things, hold fast that is good" said a few thousand years ago. Family members of mine who swallowed the bait and took the jabs still got Covid, and then after the vax helped them recover, got it again! Two cousins, one younger, is in the hospital, literally dying from a brain issue, who took the jabs, after listening to Dr. Falsie (no typo), and al older cuz had a heart attack, who also took the jabs and maybe the booster shots as well. I remember many decades ago on one "60 Minutes" segment, they were interviewing people in a small village in the Cacausus Mountain region in the former Soviet Union, who had a high rate of longevity.

They ate everything fresh, little or no processed food, made their own wine, and some of the elderly men and women sat at the table smoking cigarettes, which probably didn't have the chemical additives in them (?), and one thing I remember them saying: they didn't eat leftovers from a meal. What food they didn't finish, they gave to their farm animals. BTW, some of the healthiest, long-lived people on planet earth are the people of Hunza, in the Himalayan Mountains, who are vegetarians, except for killing a few animals to eat, two or three times a year.

Reply | Mark as Spam | Posted On 5/2/2022 9:33:58 AM

Like Dislike

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mammywitch1

Joined On 11/3/2021 8:26:44 AM

Add as Friend | Send Message

Boy! When I goof, I goof real good! The other day I thought "I will get one of those facial creams that are supposed to hydrate your skin--I wouldn't have to work as hard to make one of my own"--so I opted for Olay Regenerest in the unscented one. WRONG!!! It was NOT UNSCENTED!! It smelled of mold!!! I wrote them in an e-mail to inform them over the weekend--so now we will see how they respond. I have had several illnesses which have left my olfactory senses on high alert! (My husband calls me his BLOOD HOUND!!) If it's not a REAL essential oil that has not been adulterated then I cannot tolerate it. Do you know how difficult it is to buy even the 'traditional' products without any scent? Thank you, but I will stick with my "Salad Dressing" (a mix of water/apple cider vinegar for cleansing and pure oils for moisture). I have yet again learned the hard way! :-(

Reply | Mark as Spam | Posted On 5/2/2022 8:56:15 AM

Like Dislike

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moineau

Joined On 4/23/2011 6:20:23 AM

Add as Friend | Send Message

Live and learn; we all succumb to marketing from time to time, only to get rid of it almost immediately! I wash my face with jojoba oil twice a day. Works beautifully. oxoxoxoxox

Mark as Spam | Posted On 5/2/2022 12:43:17 PM

Like Dislike

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ava4898

Joined On 1/17/2017 1:31:12 PM

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Microfiber pollution throughout the earth is a serious growing problem. It is unbelievable that you should include the use microfiber cloths in your list of alternative household cleaning methods. Where is your “fact checking”. Check Organic Consumers Association. The dangers with microfibers have been known for years but nothing has been done for the usual reasons— greed, marketing and stupidity of consumers.

Reply | Mark as Spam | Posted On 5/2/2022 7:56:44 AM

Like Dislike

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jamNjim
Joined On 2/20/2008 11:15:54 PM
Add as Friend | Send Message

Everything suggested in this article helps eliminate the #1 chronic disease in the USA (most of the world) and that's Insulin Resistance. 1) Eliminating seed-based oils, 2) not eating 3+ hours before bedtime, 3) TRE (I.F./intermittent fasting), 4) HIIT (high intensity interval training), and 5) SLEEP will lower anyone's A1C and increase insulin sensitivity (lower insulin resistance). Cutting down on fast digesting carbohydrates (starches/sugars) will amplify the results of those 5 lifestyle/diet changes. To supercharge all of the above you need to increase the intake of foods that need little to no insulin. A diet filled with green leafy veggies and high quality protein will lower anyone's A1C, cholesterol, triglycerides, and blood pressure.

There's one source of calories that requires ZERO insulin for your body to process into energy. It's the purest form of energy for your body. That source is FAT! Fat was demonized (still is being demonized) for 1 reason (MONEY) and that's because every cell in your body needs it. By eliminating animal fats from the diet the medical system can BANK on most of the adult population acquiring some chronic disease by age 50. By replacing animal fat with processed seed oils the food industry is able to increase their profit margins, the processed grain industry can get rid of their toxic waste, and the medical system gets to reap the benefits of a sick population.

There was a time when the oils from cereal/grain processors (Kellogg's) had to pay to dispose of these TOXIC oils. The EPA considered these "leftovers" to be TOXIC and dangerous for the environment! Through lobbying efforts and SCIENCE BS, these food processing companies were able to bring these toxic substances to a grocery store near you and market them as HEALTH FOOD! Post Covid-19, the public is beginning to see through this forest of lies and deception, but it goes all they way back to the early 1900's.

Reply | Mark as Spam | Posted On 5/2/2022 7:10:08 AM

Like Dislike

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lovestosing6
Joined On 8/26/2013 8:44:35 AM
Add as Friend | Send Message

It's nuts when you think about all the people eating 'fat free' pastries with all that sugar! I remember thinking everyone had flat out gone crazy! And I still think about all the problems with dairy - if I were overseas I might not be so against it, but here, it's just awful for the body. If anyone deals with bronchitis or that gunk in the back of your throat - or inflammation of any kind!! - don't do dairy! Oh, and the whole process of breaking down the fat molecules - was it The China Study where they removed what looked like GLUE from the arteries - we homogenize the milk and pour it into our bodies and it goes into our veins like glue. Such a no no.

Mark as Spam | Posted On 5/2/2022 7:45:33 AM

Like Dislike

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

Yes, insulin resistance and inflammation are great allies in the disease. Junk food and especially fructose are the biggest promoters of disease in the Western diet. Chronic fructose intake results in a decrease in circulating levels of vitamin D. The glucose transporters GLUT5 and GLUT2 may play a fructose-induced role. GLUT2 may contribute to the development of nonalcoholic fatty liver disease by facilitating the absorption of fructose. GLUT5 may play a role in the atypical growth of certain cancers and fat tissues. Vitamin D is essential in liver health. As Dr. Mercola has reported, a large part of the population is deficient in vitamin D, which is related to many diseases and the risk of severe covid.

www.ncbi.nlm.nih.gov/.../19403716 www.ncbi.nlm.nih.gov/.../PMC3577529 www.crdeepjournal.org/wp-content/uploads/2019/08/Vol-8-4-6-IJBAS.pdf (2021) europepmc.org/.../22123632 Glucose and vitamin C use the same transporters to enter cells, and research has shown that high glucose levels can slow or limit the absorption of vitamin C by our bodies. The glucose ascorbate antagonism theory, proposed by Dr. John Ely in the 1970s, describes competition between vitamin C and glucose—where elevated glucose restricts vitamin C from entering cells. blog.livonlabs.com/.../sugar-vitamin-c-intake www.ncbi.nlm.nih.gov/.../16118484 Consuming excessive amounts of simple sugars causes more excretion of chromium in the urine. In this study, eating a diet of 35% simple sugars increased chromium excretion from an initial 10% to 300%. The effect has been pointed to the insulinogenic properties of refined sugars, and the impact of elevated insulin on chromium loss. www.ncbi.nlm.nih.gov/.../3713513

Mark as Spam | Posted On 5/2/2022 8:55:21 AM

Like Dislike

Guillermou

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

Add as Friend | Send Message

Non-alcoholic fatty liver disease (NAFLD) is an increasingly common condition associated with type 2 diabetes (T2DM) and cardiovascular disease (CVD). Although dietary fructose was thought to be metabolized exclusively in the liver, evidence has emerged that it is also metabolized in the small intestine and leads to impairment of the intestinal epithelial barrier. Fructose, unlike glucose, is almost completely removed from the circulation by the liver with the use of glucose transporter type 5 (GLUT 5). A large amount of acetyl-CoA is produced after fructose absorption because removal of fructose bypasses glycolysis, which is the rate-limiting step in acetyl-CoA production.

Some acetyl-CoA is used for ATP production, but the excess amount is used for de novo lipogenesis, which is one of the proposed mechanisms by which fructose consumption leads to NAFLD. Over the last decade, there has been a growing body of evidence demonstrating the contribution of the gut microbiome to the pathogenesis of NAFLD. In general, gut-liver axis dysfunction caused by bacterial proliferation in the gut, altered gut permeability, and gut dysbiosis have a major influence on the development and progression of NAFLD. Probiotic treatment decreases the levels of CRP and TNF-α leading to reduced inflammation and plays an important role in the pathogenesis of NAFLD.

www.mdpi.com/.../htm (2022) www.sciencedirect.com/science/article/abs/pii/S155041312100423X (2021) In this study, we found that telomere shortening in knockout mice is susceptible to fructose activation of p53, increased apoptosis, and senescence. Liver tissue with short telomeres is highly susceptible to fructose and responds with p53 activation and liver damage that is further exacerbated when p53 is lost and dysplastic changes occur. www.mdpi.com/.../htm (2021)

Mark as Spam | Posted On 5/2/2022 8:55:37 AM

Like Dislike

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grulla

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

Add as Friend | Send Message

I have recently been noticing a pharma company advertising on TV, "recognizing" and claiming (exploiting) the importance of combating insulin resistance. We all know what happens when these companies get in on the act; "guilty till proven innocent". https://www.golo.com/

Mark as Spam | Posted On 5/2/2022 10:19:09 AM

Like Dislike

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moineau

Joined On 4/23/2011 6:20:23 AM

Add as Friend | Send Message

Beautiful and inspiring. Thanks! xoxoox

Mark as Spam | Posted On 5/2/2022 12:46:07 PM

Like Dislike

ragus

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

Add as Friend | Send Message

I am so grateful to you Dr Mercola for all the wonderful health advice you have been sharing through all these years. It feels great to be able to run through this list, and see that I follow them all.

Reply | Mark as Spam | Posted On 5/2/2022 7:07:20 AM

Like Dislike

BrianDossDMD

Joined On 4/18/2022 7:24:22 AM

Add as Friend | Send Message

And getting fresh air added to your hvac system is a must, there are over 6000 chemicals that are off gase into our homes from building materials plus RADON and getting your humidity right too and of course your fat to protein ratio right for your body… eating what our bodies can't make should be number one on our list!!!

Reply | Mark as Spam | Posted On 5/2/2022 6:29:21 AM

Like Dislike

---

lovestosing6

Joined On 8/26/2013 8:44:35 AM

Add as Friend | Send Message

I remember when I was homeschooling the kids - what are three things the body can't live without? Air, water, food - in that order. So #1, make sure your air is clean, look long and hard at your environment! #2, make sure you are drinking the best water (and all that that encompasses.) #3 - food - clean and whole. Period. ...then there's exercise and all that - but those first three things - so important! :)

Mark as Spam | Posted On 5/2/2022 7:52:38 AM

Like Dislike

RemingtonL

Joined On 9/24/2019 8:27:55 PM

Add as Friend | Send Message

Agree that Cell phones are one of the worst for sure, look at the sky rocketing cases of Glioblastoma in recent years. WiFi & Smart Meters in and on homes should be mentioned as well. While they are not as close to the body they are a 24/7 exposure to most. There are shielding covers to lessen that for those who cannot get rid of. Simplest way for most to start is to turn off phones/wifi at night and when not in use.

Reply | Mark as Spam | Posted On 5/2/2022 6:20:17 AM

Like Dislike

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bsgivens

Joined On 6/15/2013 7:28:58 AM

Add as Friend | Send Message

I also make sure my bluetooth is turned off on my cell phone and laptop at all times.

Mark as Spam | Posted On 5/2/2022 6:58:05 AM

Like Dislike

Moosedog

Joined On 7/23/2010 4:53:21 PM

Add as Friend | Send Message

Fluoride is an important unnecessary harmful chemical in our H2O & Toothpastes that should be recognized .

Reply | Mark as Spam | Posted On 5/2/2022 4:52:13 AM

Like Dislike

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seedsaver37

Joined On 4/28/2020 2:58:31 AM

Add as Friend | Send Message

"keep the phone a certain distance away from your body — usually 5 to 15 millimeters (mm) ". That's less than 3/4 inch! Not sure how you could do that.

Reply | Mark as Spam | Posted On 5/2/2022 3:54:38 AM

Like Dislike

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chris25

Joined On 9/19/2010 12:45:45 PM

Add as Friend | Send Message

The number 1 item to remove, this site says to INCREASE www.hsph.harvard.edu/nutritionsource/2014/11/05/dietary-linoleic-acid-..

Reply | Mark as Spam | Posted On 5/2/2022 12:51:19 AM

Like Dislike

MaryRN

Joined On 11/23/2009 11:22:14 AM

Add as Friend | Send Message

Having done several things on this list, IT does take time, do them 1 at a time, not every thing at one, the oils were the first things we change, we went from Canola to olive oil, and my husband's eye sight became much better, then as our pans wore out we replaced them with either stainless steel or cast iron cookware. Never did use artificial sweeteners so that one never happened, we us honey for what little sweetening we do do. I would also recommend growing as much of your own food as possible. That way you know where it came from. I realized that is not always possible but start slow and do what you can. MMC88121

Reply | Mark as Spam | Posted On 5/2/2022 7:19:42 AM

Like Dislike

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lovestosing6

Joined On 8/26/2013 8:44:35 AM

Add as Friend | Send Message

You know - I did that too and then found out the iron that leaches into our food is actually detrimental to our health. I wonder if I learned that on here. Might be something to look into.

Mark as Spam | Posted On 5/2/2022 7:41:09 AM

Like Dislike

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scuppi

Joined On 6/20/2006 2:28:50 AM

Add as Friend | Send Message

On number ten, one of the things people can start doing to improve their body is to incorporate the Asian squat into their day. Also called the primal squat, malansana, etc., this is the resting position that allows the spine to decompress, and affects even the digestive tract. Most of the third world already sits in this position, since they don't own chairs and furniture. Getting into the squat can be challenging, but there are good videos giving tips on how to go about it, etc. Once you get it, doing it every day will keep you able to do it. I don't think it is a stretch to say that if Westerners would have used this resting position on a regular basis, we wouldn't have people having all the back problems they do today.

Reply | Mark as Spam | Posted On 5/2/2022 7:10:49 AM

Like Dislike

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lovestosing6

Joined On 8/26/2013 8:44:35 AM

Add as Friend | Send Message

I saw this on The Paleo Way - and then when I tried it, I couldn't even do it anymore! So I've been working at getting 'down on my haunches' so much, still can't go all the way (broke my patella 23 years ago and didn't realize how much I babied it thereafter!) ... so I'm still working at it. But the guy on Paleo Way that they were interviewing did a challenge to get in a total of 15 minutes a day - like even a few minutes at a time - and see what a difference it makes. I'm glad you said something, because I'm going to put this back on my list!!

Mark as Spam | Posted On 5/2/2022 7:43:47 AM

Like Dislike

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clanharwood

Joined On 1/17/2008 7:05:47 PM

Add as Friend | Send Message

does anyone know if these squats (on our haunches of which I can do! whoohoo!) affects negatively the pelvic floor of women, who have weak pelvic floors to begin with? (yours truly) I'm afraid to make the condition worse with these squats.

Mark as Spam | Posted On 5/2/2022 7:49:46 AM

Like Dislike

lovestosing6

Joined On 8/26/2013 8:44:35 AM

Add as Friend | Send Message

clan- that's a good question and might end up being a compound exercise if you focus on making sure those muscles are worked too. I guess you have to assess that when you're doing them. I suppose to increase muscles and be good if you don't have a problem, but for those who do have a problem, might be other exercises you have to do first to get those muscles built up???

Mark as Spam | Posted On 5/2/2022 8:01:24 AM

Like Dislike

redhead19047

Joined On 8/8/2012 9:02:21 AM

Add as Friend | Send Message

The other day I watched my neighbor who is an indian woman probably in her seventies do this squat. She was outside with the grandkids and just “sitting” there like that. I was amazed! So, i’ll practice.

Mark as Spam | Posted On 5/2/2022 8:49:19 AM

Like Dislike

moineau

Joined On 4/23/2011 6:20:23 AM

Add as Friend | Send Message

This guy teaches people to safely learn it. www.youtube.com/watch

Mark as Spam | Posted On 5/2/2022 12:51:13 PM

Like Dislike

MMaster

Joined On 8/14/2021 1:37:23 AM

Add as Friend | Send Message

Why put your cell phone in airplane mode? JUST TURN THE BLASTED THING OFF!!!!! That's what I do. The only time my cell phone is on is when I call someone, and I only do that about five minutes a month. I have a landline for everything else. I cannot really eliminate plastic bottles. Tap water is worse than bottled water, and the milk I buy comes in a plastic bottle. Also, at the age of 78, I don't have the energy to stand all day, and for .2 years of additional life, it's hardly worth worrying about. Standing is also not healthy. Walking is better.

Reply | Mark as Spam | Posted On 5/2/2022 11:35:05 PM

Like Dislike

Brookmarieclara72
Joined On 11/27/2011 9:04:39 AM
Add as Friend | Send Message

How about the microwave?!?! Can you write an article about dangers of a microwave? Please!!

Reply | Mark as Spam | Posted On 5/2/2022 7:21:36 AM

Like Dislike

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lovestosing6
Joined On 8/26/2013 8:44:35 AM
Add as Friend | Send Message

Good one! I have one one of those stupid ones for college dorms on my counter that I want to throw away, but one of the kids 'donated' it to the kitchen. I never EVER use it (makes food chirally incorrect) and I don't like to be anywhere near it when it's running, I don't know if it's psychological, but I feel like I feel it.

Mark as Spam | Posted On 5/2/2022 7:39:11 AM

Like Dislike

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

Threw mine out 14 years ago. Never regretted it.

Mark as Spam | Posted On 5/2/2022 8:17:55 AM

Like Dislike

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ker8118
Joined On 11/17/2021 4:17:00 AM
Add as Friend | Send Message

Sit less than three hours per day? That's a rough one.

Reply | Mark as Spam | Posted On 5/2/2022 2:51:18 AM

Like Dislike

CMT367
Joined On 10/16/2018 8:46:43 AM
Add as Friend | Send Message

As a "senior" (over 65), that one raised my eyebrows too. If that applies to everyone, regardless of age or how strenuous you workday was, then maintaining health as a senior is too much work.

Mark as Spam | Posted On 5/2/2022 4:04:21 AM

Like Dislike

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lovestosing6

Joined On 8/26/2013 8:44:35 AM

Add as Friend | Send Message

Or to make sure you don't do three hours in a row?

Mark as Spam | Posted On 5/2/2022 8:02:14 AM

Like Dislike

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