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Could This Spice Help Heal Damaged Blood Vessels?

Analysis by Dr. Joseph Mercola Fact Checked

April 28, 2022

STORY AT-A-GLANCE

- Data from the University of California-Riverside show curcumin magnetic nanoparticles in hyaluronic acid hydrogel increased a potent angiogenic factor in healthy tissue. Paradoxically, curcumin suppressed cell growth in tumor tissue
- Scientists were successful in directing the movement of the nanoparticles using a magnet, which suggests the method may be used as a delivery system to heal injured tissue
- Curcumin shows benefit in pain control after surgery and in facilitating recovery. It has a therapeutic effect on burn pain and plays a role in the treatment of pathological pain
- The spice has neuroprotective effects on the eye and brain, with the ability to pass the blood-brain barrier, impacting several conditions such as Alzheimer's disease, Parkinson's disease, stroke, autism, depression and multiple sclerosis
- Curcumin has antioxidant and anti-inflammatory properties. Inflammation can be reduced through lifestyle changes such as optimizing vitamin D and omega-3 levels, eating a cyclical ketogenic diet, reducing exposure to EMF and eating fermented foods

Research published by the University of California-Riverside[1] has found that curcumin, a compound found in the spice turmeric, promotes vascular tissue growth.[2] This discovery is significant as it may eventually be used to help regenerate injured tissue or heal chronic wounds.

Nearly 2.5% of the U.S. experiences chronic wounds according to 2020 estimates.[3] An analysis[4] of Medicare data in 2018 identified roughly 8.2 million people with chronic wounds that may or may not have been infected.

The estimated cost of treatment ranged from $28.2 billion to $96.8 billion. The highest cost was associated with surgical wounds, followed closely by diabetic foot ulcers, both of which would greatly benefit from improvements in vascular tissue growth.

Curcumin is a polyphenol pigment from the turmeric root that has been used for centuries in medicinal preparations, cooking and food coloring.[5] The turmeric plant is in the ginger family and native to Southeast Asia.[6] It is a rhizome that has been traditionally used in Ayurveda and other Indian medical systems, as well as traditional Chinese medicine.

Turmeric is known to have an effect[7] in the management of inflammatory and oxidative conditions such as arthritis, hyperlipidemia, metabolic syndrome and anxiety. However, on its own, curcumin is poorly absorbed, and rapidly metabolized and eliminated. Bioavailability can be improved by 2,000% when it is consumed with piperine, which is the major component of black pepper.[8]

There's also mounting evidence that curcumin can modulate several different molecular targets that may have anticancer and neuroprotective activities.[9] It is important to take care when using oral supplements with other medications since they may affect the toxicity of a wide range of drugs when they are taken together.

Curcumin: Endothelial Angiogenesis Suppression and Generation

As researchers from the University of California noted in a press release,[10] curcumin has demonstrated the ability to suppress cell growth in malignant tumors.[11] This has been found in several types of cancer, such as small cell lung cancer,[12] breast cancer,[13] pancreatic cancer[14] and ovarian cancer.[15]

One study looked at the solubility and stability of curcumin in water and theorized that it could be enhanced using selective nanotechnology-based formulations.[16] The current research was built on hyaluronic acid hydrogels, which earlier research[17] showed were highly stable, even after being injected through a fine clinical needle or undergoing sterilization.

Additionally, they showed good biocompatibility in lab testing. Other researchers have characterized hyaluronic acid (HA) as:

> *"… one of nature's most versatile and fascinating macromolecules. Being an essential component of the natural extracellular matrix (ECM), HA plays an important role in a variety of biological processes."*

In this study, the researchers synthesized curcumin magnetic nanoparticles that were then dispersed in a hyaluronic acid hydrogel. Initially, the researchers tested the curcumin in hydrogel against stem cell cultures and found it promoted vascular endothelial growth factor (VEGF) and vascular tissue growth.[18]

This is an interesting finding since VEGF is a potent angiogenic factor that is upregulated in tumors, contributing to tumor growth.[19] However, as has been demonstrated in the past, curcumin has the opposite effect in malignant tumors, where it inhibits angiogenesis.[20]

The magnetic properties of the curcumin nanoparticles in the featured study allowed the scientist to direct the movement of the nanoparticles to the desired location[21] after placing the curcumin hydrogel in a tube behind fresh pig tissue, which acts similarly to human tissue. Researchers then use a magnet to direct the movement, which has suggested the method may be used as a delivery system to help heal injured tissue.

One of the researchers commented on the potential for this delivery system, saying,[22] "Our study shows that curcumin released from magnetic hydrogels promotes the cells to secrete VEGF, which is one of the most critical growth factors to enhance the formation of new blood vessels." The researchers concluded:[23]

> *"The HyA_CMNP (hyaluronic acid hydrogel curcumin magnetic nanoparticle) group also showed the highest secretion of the vascular endothelial growth factor with the release of curcumin in vitro. Overall, our magnetic hydrogels integrated the desirable properties of cytocompatibility and angiogenesis with magnetic guidance, thus proving to be promising for improving tissue regeneration."*

Curcumin Shows Benefits After Surgery for Pain Control

Curcumin has also been studied in controlling pain, including after surgery. One study[24] looked at patient-reported outcomes after laparoscopic cholecystectomy when patients were given either curcumin or a placebo and a rescue analgesic at discharge.

Despite issues with bioavailability, patients taking the curcumin demonstrated better mean pain scores during weeks 1 and 2 after surgery and better fatigue scores in the first three weeks. After surgery, up to 30% of patients may continue to experience persistent acute pain, despite advancements in regional anesthesia and pain control.[25]

One animal model demonstrated that using curcumin could reduce the perception of pain in "incision-induced inflammation, nociceptive sensitization, spontaneous pain and functional gait abnormalities."[26] A second animal study[27] found similar results, including pain relief in a dose-dependent manner and that curcumin treatment facilitated recovery.

On the other hand, it appeared that treatment with curcumin preoperatively did not affect postoperative pain and recovery.[28] Burn pain is another area in which curcumin appears to have a therapeutic effect. Currently, opioids, nonsteroidal anti-inflammatory drugs (NSAIDs), anticonvulsants and antidepressants are the common form of medications used to control pain.[29]

However, as has been demonstrated in the past decades with a rising epidemic of opioid deaths[30] and lists of side effects from antidepressants[31] and NSAIDs,[32] these drugs can have serious side effects. Evidence suggests that curcumin not only can help with controlling pain, but also can improve wound healing, especially as emphasis is placed on developing a delivery system that improves bioavailability.[33]

Work[34] has also demonstrated that curcumin may play an effective and potentially essential role in the treatment of pathological pain. These pain conditions may be triggered by peripheral nerve damage or inflammation and have a poor history of relief with current therapeutic options.

The Spice Helps Brain and Eye Health

Eye conditions can be very difficult to deal with as they may affect your sight and are sometimes painful. Anterior uveitis[35] is a condition that can result from trauma to the eye or is associated with other health conditions such as tuberculosis, rheumatoid arthritis and viral infections. In some cases, there is no obvious underlying cause.

In one study,[36] patients with chronic anterior uveitis received a 375-milligram dose of curcumin three times a day for 12 weeks. There were 32 patients who completed the 12-week study, which showed curcumin was effective in reducing symptoms and recurrences in the following three years.

In 2014, one paper[37] noted that past research had not shown any dose-limiting toxicity with curcumin when it was administered at up to 8 grams each day for 3 months. They also noted that curcumin had shown beneficial effects on other ocular diseases, such as glaucoma, diabetic retinopathy, dry eye syndrome and age-related macular degeneration.

The antioxidant effects of curcumin have demonstrated a neuroprotective effect in the eye.[38,39] This neuroprotective effect also extends to the brain. An animal study[40] analyzed the effect that curcumin may have on learning and spatial memory in adult and aged mice.

The researchers found that the animals receiving curcumin performed significantly better than those who did not. They believe the results show that curcumin helped mitigate the cognitive impairment associated with a decrease in brain cell proliferation and neuroblast differentiation.

Several papers have suggested that there is mounting evidence that curcumin may play a role in the prevention and treatment of other neurodegenerative diseases, such as Alzheimer's disease,[41] Parkinson's disease[42] and memory impairment without dementia.[43] Other brain disorders that have been positively affected by the administration of curcumin include multiple sclerosis, Huntington's disease, stroke, autism and amyotrophic lateral sclerosis (ALS).[44]

Curcumin May Benefit Several Neuropsychiatric Disorders

The neuroprotective effects are related to passing the blood-brain barrier. This has become increasingly important in the last couple years since the start of the pandemic. In 2019, 11% of adults reported they had symptoms of depression or anxiety from January to June 2019. That number rose dramatically in January 2021 when 41.1% of adults reported symptoms.[45]

According to the Anxiety and Depression Association of America,[46] anxiety disorders are one of the most common mental illnesses and may develop from a complex set of risk factors. One meta-analysis[47] of six short-term, placebo-controlled clinical trials showed that curcumin "appears to be safe, well-tolerated and efficacious among depressed patients," and could serve as a "novel antidepressant."

Additionally, three of the trials also reported significant anti-anxiety effects. A second study[48] in 123 people diagnosed with major depressive disorder compared three curcumin intervention groups to a placebo group. They found those using curcumin experienced improvements.

Treatment groups received either 250mg, 500 mg or 250 mg of curcumin with 15 mg of saffron. Interestingly, there was no difference in the effectiveness between the 250 mg and 500 mg doses, and curcumin was most effective in atypical depression.

Another review[49] assessed the beneficial effect of curcumin on several psychiatric disorders. The researchers wrote that the influence of curcumin on several biological activities may be responsible for the results. Additionally, many of these biological activities “are dysregulated in several neuropsychiatric disorders.”[50]

The researchers also suggested that curcumin holds potential as a treatment in post-traumatic stress disorder (PTSD), bipolar disorder, psychotic disorders, autism and obsessive-compulsive disorder. One of the mechanisms that may be behind these biological effects is the anti-inflammatory properties of curcumin.

Curcumin Effects on Inflammation

Chronic low-grade inflammation is a hallmark and contributing factor in many significant and chronic diseases. The authors of one study noted:[51]

> *"Elevated biomarkers of inflammation … have been found in depressed patients, and administration of inflammatory stimuli has been associated with the development of depressive symptoms.*
>
> *Data also have demonstrated that inflammatory cytokines can interact with multiple pathways known to be involved in the development of depression, including monoamine metabolism, neuroendocrine function, synaptic plasticity and neurocircuits relevant to mood regulation …"*

I believe that controlling inflammation is best done through lifestyle changes and not succumbing to the siren song of Big Pharma's promise that drugs solve all your health conditions. The problem with this approach is that most drugs have side effects, and your physician will likely prescribe more drugs to treat the side effects, which in turn have side effects of their own.

Fortunately, you don't need drugs to combat inflammation. One of the most effective ways to lower your inflammatory response is to eat a cyclical ketogenic diet.[52] Another important strategy is to have optimal levels of vitamin D[53] and omega-3.[54] Yet another crucial contributor is to reduce your exposure to EMFs,[55] which you do by keeping your cell phone in airplane mode unless you're using it and never holding it against your ear.

Evidence also demonstrates that there is a significant link between your gut inflammation and your brain specifically related to dysfunction in the gut-brain axis.[56] This problem is largely driven by lifestyle factors that influence your gut microbiome. This is one of the reasons that sugar is so detrimental to your mental health because it triggers a cascade of chemical reactions that promote chronic inflammation.[57]

You can address your gut health by regularly "reseeding" your gut with beneficial bacteria using probiotics and feeding those beneficial bacteria with prebiotics. If you do not eat fermented food, taking a high-quality probiotic supplement makes sense, along with getting plenty of fiber in your diet.

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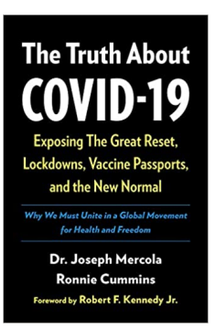

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Guillermou

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

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Interesting report from Dr. Mercola. Obesity, a modifiable risk factor for cardiovascular diseases (CVD), also predisposes to type 2 diabetes mellitus (DM2), affecting the arteries and the heart and specific fat deposits with a great impact on the development and CVD progression. Common denominators of aging, obesity, and T2DM include oxidative stress, mitochondrial dysfunction, metabolic abnormalities such as altered lipid profiles and glucose metabolism, and inflammation. Various plant substances, such as curcumin, have long been used in traditional medicine and for the treatment of cardiovascular diseases. The most recent mechanistic, animal, and human studies provide evidence that curcumin has pleiotropic effects and attenuates numerous parameters that contribute to increased CVD risk in aging and obesity.

Oxidative stress in the vasculature not only affects the vascular wall, but also leads to lipid oxidation, which in turn plays a critical role in the development and progression of atherosclerosis. In addition to affecting the peripheral vasculature, atherosclerosis is one of the main underlying causes of myocardial infarction (MI) and stroke. Most, if not all, of the cell types in the vascular wall and heart that are affected in atherosclerosis and myocardial infarction depend on proper mitochondrial function.

The vascular wall and the heart are not the only ones that play a fundamental role in cardiovascular diseases, the mitochondria-rich brown adipose tissue (BAT) also does. BAT is formed during early fetal development and localizes to the axillary, cervical, perirenal, and periadrenal regions. It is largest at birth and although its size decreases with age, BAT is still present and active in adults. Activation of BAT, either by short-term cold exposure or by substance interventions, accelerates the removal of triglycerides from plasma.

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Guillermou

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These fatty acids from triglyceride-rich lipoproteins are taken up by BAT where they undergo mitochondrial fatty acid oxidation. This BAT-mediated reduction of hyperlipidemia and hypercholesterolemia protects against the development of atherosclerosis. In addition to lipid profile and oxidation, curcumin also affects inflammation, another hallmark of atherosclerosis, by reducing systemic levels of inflammatory cytokines such as IL-6, tumor necrosis factor alpha (TNFα), and CRP. Curcumin plays an important role in restoring redox homeostasis. Whenever examined in these models, I/R injury was accompanied by decreased GSH and reduced activity of antioxidant enzymes such as catalase and SOD, as well as increased lipid peroxidation.

Curcumin antagonizes the effects of cellular senescence by upregulating SIRT1 and NRF2 and downregulating the p53/p21 pathway. The aforementioned cardioprotective effects of curcumin in the context of myocardial infarction can be exerted through many different pathways. In addition to effects on antioxidant defense systems such as NRF2 and SOD2 and the mitochondrial respiratory chain, another pathway activated by curcumin affects the mitochondria. The low aqueous solubility and absorption from the gastrointestinal tract of free curcumin result in a poor pharmacokinetic profile and bioavailability.

Piperine dramatically increases serum curcumin levels in rats and humans . Several different formulations have been shown to improve its absorption and stability. These include multi-vehicle dispersions, micronized powders, as well as nanoparticle and micellar formulations; some of these formulations show greatly improved bioavailability in humans. Several studies found that higher coffee intake was associated with a lower risk of heart failure. Flavanols, polyphenolic compounds in cocoa, also reduce CVD risk. www.mdpi.com/.../htm (2022)

Mark as Spam | Posted On 4/28/2022 3:06:02 AM

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A protective role of BAT in CVD has been demonstrated. Activation of BAT, either by short-term cold exposure or by substance interventions, accelerates the removal of triglycerides from plasma. These fatty acids from triglyceride-rich lipoproteins are taken up by BAT where they undergo mitochondrial fatty acid oxidation. This BAT-mediated reduction of hyperlipidemia and hypercholesterolemia protects against the development of atherosclerosis. In addition to lipid profile and oxidation, curcumin also affects inflammation, another hallmark of atherosclerosis, by reducing systemic levels of inflammatory cytokines such as IL-6, tumor necrosis factor alpha (TNFα), and CRP.

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Mark as Spam | Posted On 4/28/2022 3:07:09 AM

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Guillermou

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This review highlights extensive evidence highlighting the potential benefits of polyphenols on health status, especially obesity-related metabolic disorders such as insulin resistance, type 2 diabetes, and cardiovascular disease. Mechanistically, due to the key role of "Metainflammation" in the pathological mechanism of metabolic disorders, much attention has recently been paid to the properties of polyphenols in obesity-related morbidities. onlinelibrary.wiley.com/.../ptr.7329 (2022) Polyphenols, vitamins E, A, C and D, as well as beta-carotene and the minerals selenium, chromium, zinc, copper and magnesium are also antioxidants that protect cell integrity.

Deficiencies in these antioxidants can predispose people to impaired synthesis of the endogenous antioxidants superoxide dismutase, catalase, and ceruloplasmin. Epidemiological studies indicate that deficiencies in polyphenols and flavonoids could be associated with an increased risk of cardiovascular diseases, diabetes mellitus and cancer. www.sciencedirect.com/.../B9780128198155000161 (2022) There are numerous studies that show how polyphenols are active against endothelial damage induced by diabetes, oxidative stress and hyperinflammatory states that are at the origin of diabetes complications. Compounds such as flavonoids, but also anthocyanins, stilbenes or lignans delay the progression of kidney damage, prevent ischemic events and diabetic nephropathy. www.ingentaconnect.com/content/ben/cmc/2022/00000029/00000006/art00013 (2022)

Mark as Spam | Posted On 4/28/2022 3:07:28 AM

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Guillermou

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

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Numerous investigations have indicated the beneficial effect of curcumin in modulating multiple signaling pathways involved in oxidative stress, inflammation. Curcumin could improve cardiovascular diseases such as atherosclerosis, cardiac hypertrophy, cardiac fibrosis, heart failure, myocardial infarction and ischemia. We found that the antioxidant, antiapoptotic, and anti-inflammatory actives of curcumin were involved in its cardioprotective effects. Potential molecular mechanisms underlying the cardioprotective effects of curcumin include modulatory effects on AMPK, Nrf2, JAK/STAT, NF-κB, PI3k/Akt, MAPK, Notch, mTOR, PPAR, and arachidonic signaling pathways. Curcumin was also found to show cardioprotective effects through modulation of toll-like receptors, www.sciencedirect.com/.../S0753332220314074 (2021)

This systematic review and meta-analysis aimed to determine the impact of nano-curcumin supplementation on cardiovascular disease risk factors. Nanocurcumin supplementation also showed favorable anti-inflammatory effects by decreasing CRP and interleukin-6 (IL-6). In addition, the results showed the hypotensive effect of nano-curcumin, evidenced by a decrease in systolic blood pressure (SBP). In conclusion, our meta-analysis suggests that nanocurcumin supplementation may lower cardiovascular disease risk by improving glycemic and lipid profiles, inflammation, and systolic blood pressure. www.mdpi.com/.../htm (2021)

Mark as Spam | Posted On 4/28/2022 3:07:46 AM

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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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I choose grating whole fresh turmeric and ginger, adding black/cayenne pepper and steep in near boiling water...add a tsp honey/drink...definitely gives quick relief from joint pain and stiffness.....Also think of diet and emotions as incubators of friendly bacteria...or noxious anaerobes...both reflexive to mood, health, happiness.

Reply | Mark as Spam | Posted On 4/28/2022 7:24:24 AM

Like Dislike

tiprtst
Joined On 3/31/2012 5:10:11 PM
Add as Friend | Send Message

Thank you! A 'newbie' here, can you be more 'specific' about your recipe? - How much tumeric/ginger for one serving? - How much water? - How long to steep? - How much pepper? - How often to drink? - With or without food? Thanks for any help.

Mark as Spam | Posted On 4/28/2022 8:43:42 AM

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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Yes, dysbiosis of the gut microbiota can negatively influence the immune system both locally and throughout the host, predisposing the host to a number of pathologies, including RA. Proximal intestinal immunomodulatory cells, located at specific sites within the intestine, are a promising intermediary through which the gastrointestinal microbiota may influence the pathogenesis and progression of RA. Research studies evaluating the gut microbiota have shown that RA is associated with an increased or decreased bacterial population when compared to control groups. Clinical reports have suggested that leaky gut syndrome (LGS) contributes to autoimmune diseases such as type 1 diabetes, multiple sclerosis, rheumatoid arthritis, and celiac disease.

Furthermore, the commensal gut microbiota plays a critical role in regulating host immunity; Abnormalities of the microbial community, known as dysbiosis, are seen in patients with autoimmune diseases. However, the pathological links between intestinal dysbiosis, LGS, and autoimmune diseases have not been fully elucidated. This review examines the current understanding of how the commensal microbiota contributes to the pathogenesis of autoimmune diseases by modifying the epithelial barrier.

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

Mark as Spam | Posted On 4/28/2022 9:07:11 AM

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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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tiprtist...I cook a lot, but eyeball, not measure usually...I use 2 turmeric roots, an inch finger of ginger plus some good shakes of black/cayenne peppers...a cup of hot water, steep for half hour, strain, honey, drink...Exact measurements are for recipe books, pharmacists and master bakers...I go a lot by feel, trial/error, smell and take the freedom to experiment...ex; RDA for Vit C is like 250mg, sunshine and saturated fats out...I found truth by breaking those fake rules.

Mark as Spam | Posted On 4/28/2022 9:30:51 AM

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don3724
Joined On 11/26/2020 7:10:16 AM
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Yes cucurmin. Hard NO to anyone putting 'magnetized' form into my body to control it's movement. Have we learned nothing past 2 years that this would even be considered?

Reply | Mark as Spam | Posted On 4/28/2022 5:44:27 AM

Like Dislike

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lindalonia

Joined On 4/22/2009 11:50:23 AM

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@don3724 I agree. No nanotechnolgy, no nanoparticles belong in the human body. Hopefully no nanotech is entering our bodies without our consent through chemtrails.

Mark as Spam | Posted On 4/28/2022 11:17:34 AM

Like Dislike

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ragus

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

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I recently bought a few hundred grams of ground organic turmeric and a thousand empty capsules. I planned to get a capsule filling machine, but it actually isn't that hard to fill the capsules by scoping up a bit of powder in a little paper slide, and let it slide into the capsule. Compared to buying pre-filled capsules, DIY is a LOT cheaper. I don't mind, but turmeric does give off quite a bit of color, so you might want to wear gloves :)

Reply | Mark as Spam | Posted On 4/29/2022 6:30:21 AM

Like Dislike

Kirbyhughes

Joined On 8/9/2010 10:42:00 AM

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Great bibliography with help from the world. Long time follower...many years. Stay out of jail. Kirby

Reply | Mark as Spam | Posted On 4/28/2022 11:38:58 PM

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dca1277

Joined On 3/2/2019 7:46:35 PM

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What! Magnetic nanoparticle hydrogel to propel the curcumin's effects. Are you kidding me? This is the same insidious technorot used in the jabs.

Reply | Mark as Spam | Posted On 4/28/2022 10:14:44 PM

Like Dislike

Emu_Griff

Joined On 5/22/2021 1:37:47 AM

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I have a dog who became epileptic at the age of 5 - shortly after receiving a booster multi-vaccine shot. I suspect, but can't prove that the epilepsy was triggered by the booster vaccine. After 3.5 years of getting full epileptic fits - even when she was on anti-epileptic drugs - I administered turmeric (mixed with black pepper and coconut oil) - the basis of a Golden Paste recipe given to me by a homeopathic veternarian. I started adding a very small teaspoon of turmeric powder to her food once per day, starting in April 2019. She has not had another fit since - it's been just over 3 years now since her last fit. I've even weaned her off pharmaceutical epileptic drugs since Aug 2019 - still no more fits have occurred.

Reply | Mark as Spam | Posted On 4/28/2022 9:35:47 PM

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billstri

Joined On 6/8/2008 9:16:45 PM

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It would be interesting to have some idea of how many minutes of talking on a cell phone next to your ear it would take to equal the risk of one dental x-ray. Or how many equivalents of dental x-rays worth of risk do you get per year if you average 30 minutes per day on a cell phone? Might be an apples to oranges comparison, but both of these are fruit with possible fruit sugar risk, in other words, they share at least some of the same consequences or benefits. At least for a cell phone, use the speaker phone rather than hold it tight to your body when talking will cut EMF exposure probably at least in half.

Reply | Mark as Spam | Posted On 4/28/2022 12:28:38 PM

Like Dislike

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chantalsalzmanngmail.com

Joined On 7/5/2021 12:27:59 AM

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I often wonder what role herbs played, if any, in the evolution of Sapiens and perhaps in Sapiens Sapiens. The last not a term being used by Archaeologists of late. But one wonders, specially if one takes note of the broad difference between the Ukrainians and the very crude Russians behavior in that conflict ? Then one notices as well, broadly speaking again, that the Indian people generally, seems much more docile, where curcumin comes from ? One needs to concidder that the peoples of the East are mostly all derivatives of the Denosovian Neanderthals ?

Reply | Mark as Spam | Posted On 4/28/2022 12:54:26 AM

Like Dislike

Ronald_H

Joined On 7/10/2010 1:38:54 AM

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I tend to limit what I consume to what has been consumed by man for thousands of years of history. I don't trust the manmade chemistry and magnetic nanoparticles. We don't know the long-term results. Like the manufacturers of the so called "vaccine" that doesn't even fit the definition, they tell us they will tell us about it in seventy-five years, I say to them get back with me on being an experiment in seventy-five years. But I wouldn't need their help even if it worked. RonaldHLevine4548@yahoo.com

Reply | Mark as Spam | Posted On 4/28/2022 1:18:17 PM

Like Dislike

Audheal

Joined On 9/6/2012 8:27:24 AM

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I have to have a diet that is low in oxylates due to kidney stones. Is there an alternative to this?

Reply | Mark as Spam | Posted On 4/28/2022 8:27:00 AM

Like Dislike

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grulla

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

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I don't know about an alternative diet, other than to suggest to avoid foods high in oxalates. However, you might research and investigate breaking/dissolving kidney stones with UNSWEETENED, USDA organic, (there's a regular NON-USDA-organic version also, so read label carefully) Lakewood cranberry juice or concentrate.
www.zumanutrition.com/blogs/health/cranberry-juice-for-kidney-stones ~~~
lakewoodjuice.com/products/lakewood-organic-pure-cranberry-juice-32-ou.. ~~~
lakewoodjuice.com/products/lakewood-organic-cranberry-concentrate-12-5.. Contrary to these Lakewood 6-pak links, one can buy these products individually at health food stores, and I now see that Albertson's/Safeway SMs stocks them as regular inventory as well.

Mark as Spam | Posted On 4/28/2022 9:44:37 AM

Like Dislike

Guillermou

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

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Increased calcium intake has been shown in multiple studies to be one of the best remedies for reducing the risk of kidney stones. Although limited in scope, given that the study group only comprised 10 subjects, a scientific study carried out by the Wake Forest University School of Medicine, in the United States, determined that, as long as the participants met the recommended daily intake of calcium , the increased consumption of oxalate did not increase the levels of this substance in the blood nor did it increase the risk of developing kidney stones. pubmed.ncbi.nlm.nih.gov/22480460 (2012) pubmed.ncbi.nlm.nih.gov/23535174 (2013)

Mark as Spam | Posted On 4/28/2022 1:34:44 PM

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HealthiestChoices

Joined On 11/30/2009 10:05:54 AM

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I also try to be cautious about oxalates due to adrenal stress and hypothyroidism, but here's a bit of information for you. Turmeric has so many benefits, I don't want to avoid it. www.turmericforhealth.com/turmeric-queries/is-turmeric-high-escalates-..

Mark as Spam | Posted On 4/28/2022 10:26:18 PM

Like Dislike

EstherOul

Joined On 6/11/2021 5:31:58 AM

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Recently I started taking a combination of turmeric and boswellia for tinnitus. In a recent study, 50% of the tinnitus sufferers found relief after a month. The compound is called Boscumin and is available online. Tinnitus is like nonstop torture, and some people, like the CEO of Roadhouse, take their own life to escape it. Sadly, tinnitus is a lasting side effect of both Covid and the vaccine.

Reply | Mark as Spam | Posted On 4/28/2022 6:31:00 AM

Like Dislike

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lindalonia

Joined On 4/22/2009 11:50:23 AM

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The tinnitus may be caused by EMF exposure. Avoid smart meters and smart appliances.

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Guillermou

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Also. Acupuncture, yoga and Pilates is effective for tinnitus. Acupuncture seems to be effective mostly acute and recent tinnitus, as well as in somatic tinnitus. Training in attention (including awareness), breathing techniques, meditation and hypnosis are useful as complementary therapies for tinnitus that can reduce discomfort and fix the presence of tinnitus, improve sleep, anxiety and quality of perceived life. link.springer.com/.../978-1-60761-145-5_92 . Melatonin is effective in the treatment of tinnitus. The use of melatonin 3 mg once a day is effective. (2017) www.ncbi.nlm.nih.gov/.../PMC5609358 . 5 medicinal plants consisting of Panax ginseng, Melissa officinalis, Allium cepa and Ginkgo biloba and astragalus, are effective.

The boiling of the plant was the most commonly used. The use of medicinal plants and their derivatives results in a reduction in the overall prevalence of earache probably due to the inhibition of ROS production, and iNOS and inflammatory antiactivities. David Hoffmann, a herbalist originally from Great Britain, wrote in his book "The Herbal Handbook" that the Golden Seal could be an effective aid for some cases of tinnitus caused by acomulation of mucus. .--core.ac.uk/.../143845042.pdf . (2017) The International Tinnitus Journal: www.tinnitusjournal.com www.tinnitusjournal.com .---

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Guillermou

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Antioxidant agents such as vitamin A, C, E and glutathione can be used in the treatment of tinnitus, melatonin, NAC and CoQ10 were especially used as an alternative. Antioxidant therapy in patients with idiopathic tinnitus can reduce oxidative stress and damage to the inner ear AND can also reduce the intensity and discomfort of tinnitus. Also Rhodhiola rosea, Hydrastis canadensis, Sesamum Indicum. Black Cohosh is often used as a very effective ingredient in the treatment of nervous disorders, including the symptoms of tinnitus or tinnitus, contributing to the reduction of pressure in the head and reduction of blood congestion.

Garlic thanks to its bactericidal properties is very useful to treat tinnitus caused by ear infection. It also helps reduce inflammation and improve blood circulation. A homemade remedy: a chopped garlic, add half a teaspoon of mustard oil, heat over low heat until the garlic turns a light brown color. Let cool and put two drops of this preparation in the affected ear, performed twice a day. khosro.goorabi.ir/wp-content/uploads/2017/06/AD-032-Tinnitus-Pathophys.. . (2016) www.researchgate.net/profile/M_Tayyar_Kalcioglu/publication/281292667_.. .

www.oto.theclinics.com/.../S0030-6665 (13)00019-4/abstract. Correlations between immune hypersensitivity, reactions to specific food components and tinnitus, such as gluten pdfs.semanticscholar.org/a117/dcc435e91b564e23055722af1d6328ee8518.pdf . Diabetes, exposure to noise and tobacco consumption, is related to tinnitus. Current findings support a relationship between a healthy diet and tinnitus europepmc.org/.../28553744 . (2017)

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tdmartinson

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Anyone know of any side effects? Consumer Lab states some cases of liver issues with use.

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NEO_HIO

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I have concerns about curcumin and iron absorption, i.e., interfering with.

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JohnJohn20

Joined On 4/12/2013 1:15:17 AM

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I would rather use the whole tumeric than the isolated curmin for health purposes. The whole is always better than the part.

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