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General Principles to Consider When Treating Chronic Illness

Analysis by Dr. Joseph Mercola ✓ Fact Checked

May 01, 2022

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STORY AT-A-GLANCE

- Chronic illness is typically caused by some underlying cellular dysfunction, and two of the primary reasons for that are toxicity and/or poor gut health
- Infected root canals and cavitations are also common causes of chronic health problems
- Oxygen therapy stimulates your body to heal itself. You can stimulate joint cartilage to grow, strengthen your immune system, kill off pathogens, keep viral infections at bay and much more
- Alternative treatment modalities that can help facilitate healing where conventional medicine fails include prolotherapy, ozone therapy, prolozone (a combination of prolotherapy and ozone), hyperbaric, chelation, UVB (ultraviolet blood irradiation), EBOO (extracorporeal blood oxygenation), photobiomodulation and more

Dr. David Minkoff is a pioneer in natural medicine with an active practice in Clearwater, Florida. In this interview, we dive deep into some of his best strategies to optimize your health and resolve common health challenges that conventional medicine is incapable of resolving.

Like me, he's passionate about exercise and has been an avid athlete since his youth. So far, he's participated in 43 Ironman competitions and will be doing another in September 2022.

"Most of my practice is chronically ill people, but I have worked with some very high-end athletes, and I can really help them because I understand what kind of metabolism you need to do to be able to perform consistently at a high level," he says. "I've sort of been in the laboratory myself, and that's been very helpful."

Minkoff's Journey

Minkoff has had a rather eclectic medical training, including adult and pediatric infectious disease. In 1995, his wife, a registered nurse, took him to a series of Jeffrey Bland lectures, a pioneer in nutritional biochemistry, and the rest, as they say, is history.

"My lights just went on," Minkoff says. "It was just like, 'Holy smokes, this guy is smart, and it makes sense, and I want to learn this.' So, I started going to courses. I went to ACAM [American College for Advancement in Medicine] and learned how to do chelation."

After that, he trained with Dr. Dietrich Klinghardt, a biological dentist and Lyme disease specialist; Dr. Yoshiaki Omura, a general practitioner, cardiologist and president of the International College of Acupuncture and Electro-Therapeutics; and Dr. Thomas Rau, a Swiss doctor specializing in biological medicine.

"As I got into it, I just sought out the best people that I could find to help me learn how I could do this better," Minkoff says. "That's been 25 years. So, I left the emergency room in 2002, and we've been going going busters since then.

We have a very big practice now, and it's so much fun because there are so many new ways to help people get better that actually solve the problem with their bodies.

... If you have a chronic illness — high blood pressure, high cholesterol, rheumatoid arthritis, Parkinson's disease — the repertoire of standard medicine is not very good. They might help you with symptoms, which is fine for a while, but you are headed toward an endpoint, which isn't going to be what you want.

We have seven hyperbaric chambers. We've been doing it for years. It's a wonderful treatment. ... We've been doing methylene blue for about five years. ... Then, I learned about intranasal NAD — fascinating. The field is exploding with amazing people who are coming up with things that help people and have practically zero downside."

Two Key Root Causes

Chronic illness is typically caused by some underlying cellular dysfunction, and two of the primary reasons for that are toxicity and/or poor gut health. Minkoff explains:

"Half the problem is things in the body that shouldn't be there, and the other half is things missing from the body that should be there. In some cases, there's mechanical stuff.

We need chiropractors, acupuncturists, massage therapists or things like this because there's a joint out of place, or their cervical vertebrae are out of place. Sometimes they might even need surgical intervention.

But the big two are, you're toxic and you're depleted. My approach to people then is: What are those things, and then, what is the priority on the order of dealing with those things?"

When it comes to detoxification, many things can go wrong, so it needs to be done under the supervision of a skilled practitioner. The use of DMPS, for example, can be very rough on your kidneys, and if your body is not capable of excreting the toxins, releasing them from the tissues where they're trapped will make you far worse rather than better.

Making a Diagnosis

When Minkoff sees a new patient, he has them fill out an extensive and detailed medical history, including dental history. Then, he performs a detailed physical exam, followed by autonomic response testing, which allows him to identify various triggers, such as toxins and infections.

"The body is so sophisticated that it will give you a sort of readout of 'Here's my priority levels. Do the root canals first. Handle the cavitations. Oh, yes, there's a parasite there. There's autoimmune there. I've got chronic Epstein Barr virus or herpes type 6," Minkoff explains.

Autonomic response testing will also identify specific pathogens that are causing problems. In the interview, Minkoff gives a number of examples of patients whose health problems were resolved once the specific pathogen was identified and treated.

> **With oxygen, you can stimulate a body to heal. You can stimulate a joint cartilage to grow. You can stimulate a tendon to strengthen and you can stimulate an immune system to get stronger. You can kill off bugs, Lyme, and put viruses at bay. It's just a massive game changer. – Dr. David Minkoff**

Oftentimes, an infected root canal is found to be the offender. Minkoff has a biological dentist nearby. If a dental problem is suspected, he'll send the patient there for a three-dimensional cone beam CT scan, which can clearly identify any problem areas that aren't visible using a two-dimensional X-ray. Another highly helpful diagnostic is darkfield blood analysis (aka, live-cell microscopy), which Minkoff learned to use under Rau.

"I find that it's very helpful because sick people have bad-looking blood," he says. "Their physical examination is often fine, their reflexes are fine, their heart sounds fine and their liver and kidney are fine [but they feel terrible] ... We throw the blood up on there and look at it and we're like, 'Holy smokes.' There are bio-films all over, there's fibrin deposits and there's organisms ...

Two months later, 'Hey, look at this blood. This blood's looking better.' And two months later, 'This blood is really looking normal' ... That's a complete picture where we are restoring healthy physiology to this person and that's what we're built in."

Available Treatment Modalities

When it comes to treatment, Minkoff has a number of interesting modalities at his disposal, including prolotherapy, ozone therapy, prolozone (a combination of prolotherapy and ozone), hyperbaric, chelation, UVB (ultraviolet blood irradiation), EBOO (extracorporeal blood oxygenation), photobiomodulation and much more.

Minkoff also offers VSELs (very small embryonic-like) stem cell treatment, and it has his patient effects. Minkoff uses it himself and attributes gaining 7 pounds of lean body mass without change in his training to VSELs. He was trained in the use of VSELs by Dr. Todd Ovokaitys in San Diego.

Dr. Frank Shallenberger is the physician who trained him in ozone administration. Interestingly, Minkoff and I are both scheduled to speak during Shallenberger's 2022 ozone certification course at the Peppermill Resort and Casino in Denver, Colorado.

The course is for medical professionals only, not for lay people. If you know any clinicians who are interested in this important modality, please encourage them to attend. Minkoff and I would look forward to connecting with them.

Benefits of Extra Corporeal Oxygen and Ozone (EBOO) Therapy

EBOO is the newest and most potent way to administer ozone. It is even more effective than 10 pass ozone, but most people have to start slowly and work their way up to it. I became fascinated with this treatment last year and encouraged Tom Lowe to make the units available commercially in the U.S. Minkoff explains:

"EBOO is a way to deliver oxygen and ozone to the body in a setup that's like dialysis. One IV goes into one arm, it goes through a machine that has a pump, so it can pull the blood out of the body. It goes through a system where the blood is exposed to oxygen in very high concentrations and ozone in low concentrations, and then it's recycled back to the body.

Some of the new machines also expose the blood to ultraviolet light. For about an hour, the blood circulates through this machine and is highly oxygenated. It isn't really filtered like dialysis would be, but it's exposed to this high oxygen concentration.

And — I don't exactly understand how it happens — but there is a runoff container where if you are really sick and toxic, you get a lot of this runoff collected in this container. Sometimes it's foamy and yellow. Our record is 2,000 CCs of this foamy liquid in a really sick person. ..."

Sauna therapy is another excellent intervention with powerful therapeutic benefits. We didn't get a chance to dive deep into sauna treatment but I should have an incredibly extensive and detailed deep dive on saunas in the next week that provides specific recommendations on how to identify and/or build one of the best saunas in the world. This is one of my favorite therapies and I believe most can benefit from them, so stay tuned for this important article.

How to Raise NAD Naturally

If you don't have access to IV NAD treatment or can't afford it, there are three ways to raise your NAD level naturally: calorie restriction (or time-restricted eating, which achieves the same thing, but is safer), aggressive exercise and sauna therapy.

If you do those three things, you'll activate NAMPT, which is a precursor to NAD. You could then use low-dose niacinamide (not niacin). An ideal dose is around 50 mg, three times a day. This will give you the raw material your body needs to produce NAMPT. I did an excellent interview with molecular biologist Nicholas Conlon earlier this year which you can find on my Substack.

"I put a lot of people with mitochondrial issues on [niacinamide], and I found that it's helpful," Minkoff says. Niacinamide is also extremely cost-effective. It'll run you about 25 cents a month, whereas other NAD precursors such as NMN can cost you $100 a month or more.

Plasmalogen and Iron Testing

Minkoff also uses a lipid test developed by lipid biochemist Dayan Goodenowe, author of "Breaking Alzheimer's." "I've learned a ton from him, and we do his test on everybody" Minkoff says.

"He's got a lab now that can measure levels of plasmalogens. They're very integral pieces of cell membranes, and he's got some very nice data about people with APOE4 on a track of memory loss."

Patients with low plasmalogen levels can be given supplements such as fossil lipids to prevent further deterioration of their neurological function. Minkoff also measures ferritin and iron binding on all patients, and if their hemoglobin is high, he prescribes blood donation to lower their stored iron. Stored iron is incredibly destructive, as it causes oxidative stress, and is a commonly overlooked factor in deteriorating health.

Basic Health Guidance

While getting a full workup is the best way forward if you have a chronic health problem, three basic recommendations that can improve your health include:

- Cleaning up your diet — Focus on whole organic foods, avoid and avoid any all processed foods, including restaurant fare. Minkoff typically starts patients out on some blend of an autoimmune, paleo or keto diet.

  This means no grains or dairy (butter is OK), beans or nitrate vegetables. Typically, most gut problems will resolve in about six weeks and energy will improve when eating a diet of meat, fish, eggs, fruits, vegetables, nuts, and seeds. (Carbohydrates from fruit will be based on their metabolic health.)
- Optimize your sleep — A sleep tracker can be very useful to ensure you're getting good sleep.
- Getting regular exercise — While cardio is important, strength training should be at the top of your list, especially as you get older, as having muscle mass optimizes you for longevity and reduces your risk of insulin resistance and diabetes.

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Guillermoo
Joined On 4/7/2015 8:47:48 AM
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Principles and treatment modalities of great importance exposed by Dr. Mercola. If we take care of our diet, we have healthy life habits, we flee from Allopathic Medicine that offers, never acute illness into chronic, we have a good path to health. We are seeing how all environmental toxins, those that enter the diet, as well as the manipulations of biology, environmental pollution, pesticides such as glyphosate and electromagnetic, especially 5G, increase the incidence of cancers, tumours and animals are an attack for health and biodiversity. These toxins accumulate in the body and damage DNA, creating immunosuppressed people.

Dr. Mercola has highlighted the importance of inflammation and gut health in the development of chronic diseases including heart disease, atherosclerosis, and coronary artery disease, highlighting the importance of magnesium, the danger of oxidized vit fatty, and the need for control of hyperinsulinemia. In addition, recommend vitamin D, K2, E, B complex, zinc, selenium, medicinal plants and spices, etc. The immune system is the main effector of the inflammatory response. It is the immune system that carries out and modulates the physiological processes that ultimately lead to inflammation. It is also responsible for ending the process and leaving the body in homeostatic balance.

Let's take care of our health with a holistic approach to our vitality. Each one needs an individualized diagnosis and treatment focused on the vital forces of the patient; the human being has a great potential for self-healing, the patient becomes the main agent, who is directly involved in the healing process, the therapist being a facilitator and ally. Power acting in an integral way is the power to heal, initiating a process of change, which allows you to improve aspects of your life so as not to get sick again.

Reply Mark as Spam Posted On: 5/1/2022 1:48:59 AM

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Guillermoo
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We know that intestinal permeability is associated with autoimmune, chronic and degenerative pathologies. Leaky gut syndrome is associated with intestinal inflammation, mucosal oxidative stress, lipid peroxidation, and reduced antioxidant stores in the intestinal mucosa, and metabolic diseases. Human and animal studies have shown evidence of the potential beneficial effects of supplementation with antioxidant nutrients and plant extracts in preventing oxidative damage and restoring normal mucosal barrier function. (pubmed.ncbi.nlm.nih.gov/...leaky-gut-syndrome-healing. (2021) link.springer.com/...10.1007/s-010-0-9-7 (2019) www.nature.com/...1ni1467-021-2717-7 (2021) Autoimmune diseases and celiac disease share clinical, epidemiological, serological, immunological, environmental, genetic, and dysbiotic manifestations associated with intestinal permeability.

Over 23 million people are living with an autoimmune disease today in the US alone. Because they involve the immune system essentially attacking the tissues and cells in a person's own body, are notoriously difficult to treat. NAD, glutathione, Shot NrFZ, etc., they could help. www.sciencedirect.com/.../S1568997721500156/1 (2020)
www.naturalhealth365.com/autoimmune-nutrition-news-2651.html (2020)
www.mygenefood.com/blog/activating-nrf2-pathway-nutrition-need-know/ (2020)
selfhack.com/.../about-nrf2-and-natural-ways-to-increase-it (2021) transcendingsupport.com/.../nrf2-promoting-foods (2021)

Mark as Spam Posted On: 5/1/2022 1:49:15 AM

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juststevo
Joined On 1/5/2012 11:13:54 AM
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Gut, this course of understanding sounds very much like a new foundation for an actual healthcare system. At the very least a cornerstone. Prevention of the many offenders followed by treatments addressing the root causes with real results if necessary. Big Pharma most likely will be against the steps to keep this information dampened down, eliminated if at all possible. It's frustrating to see people who feel just fine told you have to sign up for we get a pill for that, then when they start taking it, feel terrible. Just as frustrating is feeling lousy get just a batch of pills but you still feel lousy, or louse & the offensive source is never dealt with.

Mark as Spam · Posted On : 5/1/2020 4:39:44 PM
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nothingsound
Joined On 5/12/2010 9:47:47 AM
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But health is as important, and yet so many do not know about this. Gut, do you believe that the liver infection that has claimed one life in the USA is caused by prolonged mask wearing therefore impacting gut health and liver especially for our young children who were forced to wear for hours in school? The U.K. Came out with a statement claiming none of the children with the liver infection received the shot. (Of course, can one trust what they claim?)

Mark as Spam · Posted On : 5/1/2020 5:58:31 AM
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frtomasch
Joined On 3/11/2017 7:20:24 AM
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Gut- One of the biggest problems with health is the over prescribing of medications and medication errors. Side effects of commonly used meds is also a factor since a side effect is treated with another med which results in more side effects. So many people are on an endless supply of prescribed medications but never get better. There is a place for meds but the underlying cause is rarely looked for by doctors. As simple as shared bowel flora/dysbiosis or yeast/fungi overgrowth are common but not looked at as one of the primary cause of illness. healthbeauty.com/medical-yeast-infection-symptoms Look at the list of health problems associated with yeast and think of all the meds prescribed to treat each symptom and people wonder why they never get better. www.ncbi.nlm.nih.gov/...PMC2732200/ www.thehealthfate.com/diseases-conditions/beware-these-prescription-dr... Treating the gut heals the body. Fix the root cause.

Mark as Spam · Posted On : 5/1/2020 7:06:45 AM
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Guillermo
Joined On 6/17/2015 8:47:48 AM
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This article by Steve Kirsch links to the report published by Dr. Mercola: PANDIS MARC GIRARDIN ON HOW THE COVID VACCINES DAMAGE YOUR BODY: Marc Girardin brought a recent paper on COVID-19 vaccines causing hepatitis to my attention. Marc's theory on how the vaccines damage your body is consistent with what the paper found: in the VAERS database, hepatic failure is elevated ETF and hepatic cirrhosis is elevated 1250 times normal. Explanation and details in the video and article steveskirsch.substack.com/p/pandis-marc-girardin-on-how-the-covid 04/22/2022 SARS-COV-2 VACCINATION CAN ELICIT A CDR T-CELL DOMINANT RESPONSE www.sciencedirect.com/.../S1568037820300263 04/22/2022

Mark as Spam · Posted On : 5/1/2022 7:23:15 AM
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big4784
Joined On 5/15/2021 6:05:05 AM
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Thank you for sharing your awesome infinite knowledge my friend. I am a two time skin cancer survivor (malignant melanoma), and CURED it both times with Madison Cancerologa protocol stated in her book (one minute cure), and Essiac tea. I also (and still do) use CDS (chlordane dioxide solution) once a week, colloidal silver, (every day in my drinking water) and Boron. I also use "Positive Health" on anything on my suspicious spots, and it also removes moles and skin tags. I quit eating sugar in all forms, meats and poultry processed foods, GMO veggies, GMO wheat and other grains. I also only drink water filtered through a filter that removes 99.9% of ALL chemicals, and NEVER drink anything bottled in plastic. I make my own Essiac tea from the original formulas ingredients Rene Cassie used in her clinics.

I buy all of my herbs and ingredients from mountain rose herbs dot com. The key is to have an alkaline and not an acidic body. Cancer and other nasty things can only live in a low oxygen environment. Oxygen is the key to keep healthy. Only at 72-7.3 alkalinity on my test strips that you can use with saliva or urine. My worry is the satan worshippers are turning their 5G on and it is starting their "mass genocide" now that they have millions of sprayed nanobots ready to activate, and they will blame all of the upcoming deaths on a fake "variant". Worldwide 1776 is now unavailable if the human race is going to survive. May God be with us all...

Mark as Spam · Posted On : 5/1/2022 7:55:30 AM
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Guillermo
Joined On 6/17/2015 8:47:48 AM
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Yes, Frtomasch, your comment is descriptive of what happens with the abuse of medications in intestinal health. Gut health is essential to prevent and cure chronic diseases. www.nature.com/.../s41559-020-0433-9 (2021) www.mdpi.com/.../htm (2021) academic.oup.com/.../6047278 (2021) link.springer.com/.../978-981-16-5026-5_1 (2022) Fermented foods, pre and probiotics and the absence of toxic substances from food (such as glyphosate) and environment contribute to greater GUT microbiome diversity and consequently absence of disease.

The NFQ Diet prevents and treats a large number of chronic inflammatory diseases, intestinal, cardiovascular, renal, pulmonary, toxic liver damage, cancer, diabetes / metabolic syndrome / obesity, autoimmune diseases, etc. www.globalstarnetwork.com/uploadfiles/Nuevo%20Diario%20Study_2019.docx (2019) Fiber increases probiotics in the intestine and the production of short-chain fatty acids (SCFA), acetate, propionate and butyrate. Inulin fibers, (FOS), GOS and resistant starch, pectin, arabinoxylan and arabinogalactan, are especially beneficial

Mark as Spam · Posted On : 5/1/2022 8:07:25 AM
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Guillermo
Joined On 6/17/2015 8:47:48 AM
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Butyrate activates the AHR pathway which is an original mechanism of gene regulation by SCFA. Butyrate is essential for intestinal health and immunity. In the mitochondria of colon cells, butyrate generates a large amount of ATP energy. Butyrate activates the AMPK pathway with increased mitochondrial function, helping to control weight. Butyrate has a protective role against obesity and obesity-related diseases. Butyrate has influence of butyrate on intestinal homeostasis through the two specific pathways of barrier function and and stabilization of hypoxia-inducible factor www.healthline.com/.../vitamin-type-d (2021) www.nature.com/.../s41598-018-37919-7 (2019) microbiolsurfactants.biomedcentral.com/articles/10.1186/s12934-017-0... (2017) journals.plos.org/plosone/article?id=10.1371/journal.pone.0035240 (2010) www.sciencedirect.com/science/article/abs/pii/S0924224020302326 (2021) www.mdpi.com/.../htm (2021) digestivehealthcare.ouarchivist.edu/work/wp-content/uploads/2020/04/Butyrate-Report.pdf

Mark as Spam · Posted On : 5/1/2022 8:07:44 AM
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Guillermo
Joined On 6/17/2015 8:47:48 AM
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Congratulations, Bill, because you have found the path to health. A powerful study published in the journal Cancer Research titled "Natural Products That Target Cancer Stem Cells" has compiled a list of the top 25 substances against cancer stem cells. Many of the substances that promote beneficial stem cells also destroy cancer-promoting stem cells. Among them: curcumin, green tea, EC, blueberry, cherry, raspberry, ginger, β-carotene, flavonoids, isoliquiritigenin, lycopene, lonidamine, quercetin, piperine, silibinin, oxygen, Ashwagandha, etc. in.bjcancerdis.org/.../5773.full (2016) Some clinical indications of stem cells are in joint and tissue injuries, vertebrae, diabetes, autoimmune and neurological diseases. The wonder of stem cell therapy is that it mimics a process that occurs in your body all the time.

It is clear that Stem Cell Therapy should be combined with other healthy lifestyle factors that optimize mitochondrial function, such as eating a healthy destroying diet, exercising, sleeping well, avoiding toxins, breathing fresh air, meditation and other therapies. How Stem. Cell therapy can help repair and regenerate your body. Dr. Mercola has published several articles on cancer as a metabolic disease. articles.mercola.com/sites/articles/archive/2022/03/30/tumors-refe... (2022) www.organicconsumers.org/news/why-cancer-needs-be-treated-metabolic-di... I www.goodreads.com/work/quotes/55535894-for-for-fuel-a-revolutionary-di... https://youtu.be/ZNNADVYSENQ

Mark as Spam · Posted On : 5/1/2022 8:42:20 AM
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Guillermo
Joined On 6/17/2015 8:47:48 AM
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Thank Jun, for your very descriptive comment on the truth of Rockefeller's Legacy Medicine. True science has been obscured by great fortunes. It was Rockefeller with his money who fought against Natural Medicine. That the institutions receive donations from important foundations such as Rockefeller, Gates, Ford and MacArthur, is compromising the informative truth. Because they act as controllers of alternative and critical voices that challenge the forces of globalization. The fact checks will come from a variety of major outlets, including FactCheck.org, Politifact, the Associated Press, and the Washington Post, which will obviously be rigged. It is also part of the domain of covert government agencies, which seek to deceive and further their agendas. The culprits of this situation must in Europe to continue with the strategies of disinformation and manipulation.

Mark as Spam · Posted On : 5/1/2022 10:37:51 AM
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forbiddenhealing
Joined On 2/11/2011 9:51:43 AM
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A body needs to be composed of the correct microbiome to balance. just like a car logically needs be built of thousands of correct parts, both requiring lots of oxygen and energy. A nutrient inventory of diet and hair metal/ mineral analysis is a good start...followed by a gentle detoxification protocol. cdr.bch.org/blog/cdr-protocol/fecal-contents

Reply · Mark as Spam · Posted On : 5/1/2022 7:26:43 AM
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Pete Smith
Joined On 10/11/2013 9:19:55 AM
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You are right captain Forbidden, about the oxygen and energy. In this recent video Prof Johnson talks about one big factor that lowers oxygen and energy, and so causes all the metabolic diseases, cancer, alzheimer, and more diseases. An evolutionary switch that is turned on constantly in many people without them realizing it. He shows the studies about it, together with graphics, but explained in a simple way, so anybody can understand it. And indeed also vitamin C can help down regulate the switch, but so many food items can up regulate it, so it is best to avoid them. So I think this is a MUST SEE video, as it can explain also insulin resistance, but explains more diseases than insulin resistance does. https://youtu.be/CTDN4KFS-vk

Mark as Spam · Posted On : 5/1/2022 7:44:47 AM
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frtomasch
Joined On 3/11/2017 7:20:24 AM
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forbiddenhealing and Pete Smith- Tart cherry extract and powder can reduce the effects of excess uric acid such as gout. The extract works better than just plain tart cherry juice which is loaded with sugar. There are many forms of gout or build up of uric acid and can be in many places this out the body such as the spine not just the big toe as many people have symptoms in. pubmed.ncbi.nlm.nih.gov/32774693 drfarshad.com/...-have-tart-cherry-juice-help-with-gout

Mark as Spam · Posted On : 5/1/2022 9:11:22 AM
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forbiddenhealing
Joined On 2/11/2011 9:51:43 AM
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Pete...Check this too... VK-2 vs Uric acid. www.ncbi.nlm.nih.gov/...PMC2495042

Mark as Spam · Posted On : 5/1/2022 8:18:32 AM
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frtomasch
Joined On 3/11/2017 7:20:24 AM
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frtomasch...My understanding is that once the internal production of VK-2 was lost, uric acid became a chief antioxidant...High uric acid levels are a response to and marker of inflammation which drops abruptly with Mega VK-7 that also reverses gout.

Mark as Spam · Posted On : 5/1/2022 9:39:46 AM
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Guillermo
Joined On 6/17/2015 8:47:48 AM
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Uric acid, Bilirubin, Transferrin and lactoferrin, Ferritin and Ceruloplasmin are also endogenous antioxidants but in excessive amounts they are harmful. Uric acid is the predominant antioxidant molecule in plasma and in non-excessive amounts it is necessary and sufficient for the reduction of type 2 immune responses. These properties may explain its protective potential in neurological and infectious diseases. Uric acid can be the marker of a disease but also the one that originates it. www.sciencedirect.com/.../S0891031517300306 (2017) Recent studies show that fructose-induced uric acid generation causes mitochondrial oxidative stress that stimulates fat accumulation independent of oxidative stress. (2018)

The discovery that fructose-mediated generation of uric acid may have a causal role in diabetes and obesity provides new insights into the pathogenesis and therapies for this important disease. Uric acid is a new risk factor for obesity diabetes and cardiovascular disease. Uric acid is a new risk factor for obesity diabetes and cardiovascular disease. The studies revealed the strong association between hyperuricemia and metabolic syndrome (MS), obesity MS, type 2 diabetes mellitus (DM), non-alcoholic fatty liver disease, hypertriglyceridemia, and serum leptin levels, fatty liver disease (FLD), disease coronary artery disease, heart failure, and increased mortality among heart and CKD patients. diabetesjournals.org/diabetes/article/62/7/2307/17686/Fructose-Induced-Inflammasome-Activation (2013) www.sciencedirect.com/science/article/pii/S0924224520300239 (2019) www.sciencedirect.com/.../S0891031518301647 (2017)

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Guillermo
Joined On 6/17/2015 8:47:48 AM
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Elevated uric acid (UA) levels increase the activity of nicotinamide adenine dinucleotide phosphate (NADPH) oxidase and xanthine oxidase, which in turn increase reactive oxygen species. Such mechanisms may correspondingly contribute to the pathologic consequences of acid flotsulfate, such as thrombosis, inflammation, and tissue remodeling. It has been shown that hyperuricemia often precedes the development of insulin resistance, and serum UA is an independent risk factor for metabolic syndrome, including insulin resistance. The mechanism involved in the development of non-alcoholic fatty liver disease (NAFLD) due to UA is still unclear; however, several hypotheses have been suggested.

The first is that increased UA levels increase the production of reactive oxygen species and oxidative stress, leading to a pro-inflammatory endocrine imbalance. Second, UA induces lipogenesis through generation of the endoplasmic reticulum and activation of fatty acid synthase and sterol Cold Cuckoo. Leading to fat accumulation in the liver. Lastly, UA impairs endothelial function and nitric oxide bioavailability causing insulin resistance, which is the most important mechanism, resulting in hyperinsulinemia. link.springer.com/.../s40985-020-00146-y (2020)

Mark as Spam · Posted On : 5/1/2022 11:49:42 AM
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forbiddenhealing
Joined On 2/11/2011 9:51:43 AM
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Thanks Guy, Go back to sores sugar or O2 delivery, a relative rate sensitive issue, where mitochondria are overwhelmed by acidic hypoxia, HIF1 introduction and ROS delivery...It is hard to determine first causes when so much interacting chemistry is involved, toxic metals, mineral imbalances and where the diversity of gut bacteria is also quite dynamic.

Mark as Spam · Posted On : 5/1/2022 12:02:27 PM
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stoneharbor
Joined On 6/26/2008 1:05:17 PM
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Thanks Pete, You provided a great link by the Richard Johnson presentation that focuses on all the life of fructose, but especially about half way in, explains the correlation of fructose consumption to dementia. I think this is one of the most alarming presentations I've viewed recently and I strongly recommend it to others who are aged enough to have a reasonable fear of contracting Alzheimer's or other forms of dementia. Those focusing on uric acid production and how to reduce it are missing the most important point of Richard Johnson. Most if you don't curtail your intake of fructose, you can't be healthy no matter how you may think you can reduce uric acid after the fact.

I did an exhaustive study once to ascertain the percent of fruit sugars that was comprised of fructose (the others being glucose and sucrose). I know that there just isn't any proof that is especially lower in fructose than glucose. Fructose and glucose are about equal in most fruits, and the amount of sucrose in the fruit doesn't matter, as it is itself about a 50/50 mix of fructose and glucose! Keep up the good work. Hit check out Johnson's book also.

Mark as Spam · Posted On : 5/1/2022 3:19:38 PM

Like · Dislike

stonehardor
Joined On 6/20/2008 1:05:17 PM
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Here is an article that includes a chart of the amount of glucose or fructose in most common fruits, fresh and dried:
thepaleodiet.com/fruits-and-sugars

Mark as Spam · Posted On : 5/1/2022 3:59:13 PM

Like · Dislike

creativse
Joined On 11/17/2011 8:39:01 AM
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Eh? What matters most, according to Dr Ludwig's "Sugar the Bitter Truth" with over 19 million views on Youtube over the past 12 years, www.youtube.com/watch ... is whether or not the fructose or sucrose is bound to fiber or not. As the Glycemic Index vs the Glycemic load. We may more important to focus on the glycemic load of fruit, not necessarily reflected in the actual sugar content. Dried fruit is high no matter what, as the fibers are condensed without original water content. This also explains why cans of coke and other soft drinks, with their 14 to 18 tsp of dissolved pure sugar (difficult to find cane sugar on most labels), can be such a insidious and hidden danger. This and the dreadful, added HFCS sweetener these are not bound to anything!

Mark as Spam · Posted On : 5/1/2022 8:04:11 PM

Like · Dislike

bee70570
Joined On 1/24/2014 4:02:10 PM
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Common accumulated neurotoxins can put a huge load on chronic illness, especially where fatigue is a symptom. The possibility is well worth examination either by checking with a very reliable test or a trial treatment. My NHS doctor was more than useless on this, but he's quite obstructive and rude. I eventually got good results from a nutritionist who had a genuine interest in good health and knew what she was doing. Is itself that a revelation that was. Sine for those with long term mercury poisoning, excessive sauna time can bring out (from lower down) more than your body or detox procedure can handle at one go.

Reply · Mark as Spam · Posted On : 5/1/2022 4:32:02 AM

Like · Dislike

lovestuning69
Joined On 8/26/2013 8:44:35 AM
Add as Friend · Send Message

Is that where you support the liver as they come through? Just like with chemo - the liver can't process so many of the cells at once? I have been wondering more about clients ... I wonder if I have to get the last few of these analgesics removed - but I can't find anyone to help me as of now. Ugh - I know I need it done.

Mark as Spam · Posted On : 5/1/2022 7:25:42 AM

Like · Dislike

Guillermus
Joined On 4/17/2015 8:47:48 AM
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Regarding neurotoxins. The microbiome is in constant bidirectional communication through multiple microbial signaling pathways, a communication that is modulated in response to perturbations of the microbiota or the brain. There are several mechanisms through which gut dysbiosis can affect brain functionality. These include increased intestinal permeability, the production of proinflammatory cytokines and chemokines, and the synthesis of toxic compounds, neuropeptides, and their respective precursors. The modification of the permeability allows the passage of all these molecules to the blood circulation and the blood-brain barrier. This process generates a possible affectation in processes of neurogenesis, neurotransmission and neuroinflammation. pubmed.ncbi.nlm.nih.gov/30647918 (2019) www.frontiersin.org/.../full (2020) www.frontiersin.org/.../full (2021)

Recent studies have indicated that it is necessary to continue investigating the interaction between the intestinal microbiota and intestinal epithelial cells because the microbiota seems to act as an epigenetic regulator of numerous diseases. Thus, dysbiosis of the microbiota or imbalances in the intestinal flora can induce intestinal inflammation that is associated with the pathogenesis of obesity, type 2 diabetes mellitus, and neurodegenerative disorders such as Alzheimer's disease, Parkinson's disease, and dementia. www.sciencedirect.com/science/article/abs/pii/S0165032718304043 (2019) www.sciencedirect.com/science/article/abs/pii/S0165032721002277 (2021) www.sciencedirect.com/science/article/abs/pii/S0165032021002277 (2021)

Mark as Spam · Posted On : 5/1/2022 11:02:14 AM

Like · Dislike

Guillermus
Joined On 4/17/2015 8:47:48 AM
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The participation of the intestinal microbiota in the pathogenesis of various neurodegenerative diseases has been considered as a future therapeutic target in the treatment of these diseases. Intestinal dysbiosis has been associated with an increase in intestinal permeability and inflammation, which generates an increase in the circulating levels of microorganisms such as spirochetes, herpes simplex virus type 1 or Chlamydia pneumoniae, from which products such as β-N-methylamino-ala derived L-alanine (BMAA), lipopolysaccharides and microbial amyloid.

BMAA is one of the neurotoxins produced by these bacteria and has been linked to neurodegeneration, cognitive impairment. BMAA engages different targets through several mechanisms that are known to have the development of neurodegenerative processes, with BMAA neurotoxic mechanism through iron overload. BMAA is involved in excitotoxicity, neuroglia activation and accumulation of protein a-synuclein. www.mdpi.com/.../htm (2018) europepmc.org/.../doi/10.3390/ijms19010244 (2019) link.springer.com/.../s12640-021-00455-6 (2022) pubmed.ncbi.nlm.nih.gov/35023054 (2022)

Mark as Spam · Posted On : 5/1/2022 11:02:43 AM

Like · Dislike

BrianDonoDMD
Joined On 4/16/2022 7:24:22 AM
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This happened to me for at least 15 years and lead to my distrust in modern medicine!!

Reply · Mark as Spam · Posted On : 5/1/2022 7:13:36 AM

Like · Dislike

jam5139
Joined On 11/25/2018 8:59:23 AM
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Big fan of ozone therapy, as it helped my son immensely. He had Lyme several years ago, then last year got 2 pneumonias. He did not want to go on antibiotics for months(thankfully) and did ozone therapy and it worked! It is not covered by insurance however, and was expensive, but as most know, we do anything for the health of our children. I always wonder if ozone would help the jabbed with some of these adverse reactions...?

Reply · Mark as Spam · Posted On : 5/1/2022 4:08:39 AM

Like · Dislike

Guillermus
Joined On 4/17/2015 8:47:48 AM
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One of the biggest problems seen so far regarding the Wuhan coronavirus "vaccines" is the fact that they cause severe blood clotting and "jumping" in some people. The good news is that there is a way to combat this cardiovascular damage through ozone therapy. Thomas E. Levy, MD, JD, recently published an article in the Orthomolecular Medicine News Service (ORNS) explaining how ozone treatments can "cancel out spike protein" introduced by jabs. Under conditions of inflammation and systemically increased oxidative stress, red blood cells can aggregate to varying degrees, sometimes sticking together like stacks of coins with ramifications of the stacks seen when adherence is maximal," Levy writes.

"This is known as formation of rouleaux of the red blood cells. When this rouleaux formation is pronounced, an increase in the viscosity (thickness) of the blood and a greater resistance to the normal, unimpeded flow of blood, especially in the microcirculation, are observed." orthomolecular.org/.../v27n04.html#2 (October 18, 2021)

Mark as Spam · Posted On : 5/1/2022 4:36:46 AM

Like · Dislike

forbiddenhealing
Joined On 5/21/2011 5:57:43 AM
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BBC stacking is charge related where cells cannot repel each other and watery fluids become viscous under acids/low voltage tenser conditions. Megadose VK C at least...which also generates H2O2 for an O2-free oxidative burst.

Mark as Spam · Posted On : 5/1/2022 7:08:37 AM

Like · Dislike

Guillermus
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

BBC stacking is charge-related where cells cannot repel each other and watery fluids become viscous under acids/low voltage tenser conditions. Megadose VK C at least...which also generates H2O2 for an O2-free oxidative burst.

Mark as Spam · Posted On : 5/1/2022 4:36:46 AM

Like · Dislike

nuclearfusionfarmer
Joined On 5/21/2014 10:24:11 PM
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Gui - I'm guessing you are aware to some degree, but we now have another highly effective, simple to administer and super cheap mechanism available to deliver high doses of Oxygen throughout the body, called "Chlorine Dioxide gas" which in many ways works similar to Ozone therapy. This includes delivering oxygen deep into joints, connective tissue and root canals, etc. where red blood cells struggle to reach. . I will wait for the day When Mercola adds this to his list of therapies to treat chronic illnesses. www.consuyo.com/.../products/-or-https://andreadavidor.com/store/ I'm also determined to start donating blood on a regular basis to protect myself from iron toxicity. I see a guy in Tacoma who is Mercola for his continual prodding over the years.

Mark as Spam · Posted On : 5/3/2022 1:14:57 PM

Like · Dislike

lovestuning69
Joined On 8/26/2013 8:44:35 AM
Add as Friend · Send Message

Also - let's think about the reason the soda pop industry would pay the AOA a million dollars not to mention what if does to the health I am friends with a gal whose husband lost many of his teeth working for the industry because he drank ... can you guess? Mountain Dew. And I also met some girls on the line at an old company I worked for who drank a ton of MD a day - and they too had lost teeth and never put the connection together. Umm... anyone see a problem with this? Sorry for the soda pop rant - It just makes me crazy. If anything, we should all be drinking more water. :))) right? hehe

Reply · Mark as Spam · Posted On : 5/1/2022 7:14:02 AM

Like · Dislike

candace11
Joined On 11/6/2007 11:11:46 AM
Add as Friend · Send Message

So many wonderful treatments. Just wish insurance would pay at least for part of it - I found a naturopath about an hour drive from me. I spent hundreds of dollars and drove an hour each way once a week. It helped me somewhat but I couldn't afford over 8003 a month plus the drive every week :(so after about 6 months I quit going. I had IV glutathione and vitamin C therapy among other things. .

Reply · Mark as Spam · Posted On : 5/1/2022 5:33:07 AM

Like · Dislike

lovestuning69
Joined On 8/26/2013 8:44:35 AM
Add as Friend · Send Message

Agreed, but do you ever feel like their goal is to get you hooked on prescription medicines - if you are receiving treatments that actually heal you, the insurance doesn't want to hear about it. It's ridiculous. My DR wants me to get a mammogram - and said, too NC - not going to happen. Do they not care? But I told him I have a Thermography opt., he'd seen heard of it - I said, "Well, you can detect problems in the breast like 7 years out. My DF who is dealing with breast cancer was told she was clean after her mammogram and then, 7 months later, she was in for more removal of tumors.

So there you go. If thermography can detect problems 7 years out, imagine our success rate. But again, no insurance will cough up money for something that has a higher success rate. I don't know why health has to be so divided - there are times when we need good medical care - but if all they have at their disposal is a drug that's going to create more problems, what good is that industry? It's so bizarre.

Like · Dislike

dejure
Joined On 6/23/2009 3:38:11 PM
Add as Friend · Send Message

On the C, I am, MORE AND MORE, wondering about the quality I buy. That is, is it JUST ascorbic acid, so of no value in curing, for example, scurvy, indicating we need quality C and not the crap as called scientists and chemist pass off a C. I'm getting my teeth and spending extra for C versions that have flavonoids and such in them. It well may be less of them is still more of the garbage passed as the same stuff that did cure scurvy.

Mark as Spam · Posted On : 5/1/2022 11:20:57 AM

Like · Dislike

christphillips
Joined On 4/17/2015 9:26:28 AM
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I always soak and pressure cook beans to get rid of lectins...and the only grain I eat (in moderation) is organic white flour... I could give these up if they were problematic... will have to experiment.

Reply · Mark as Spam · Posted On : 5/1/2022 6:53:54 AM

Like · Dislike

lovestuning69
Joined On 8/26/2013 8:44:35 AM
Add as Friend · Send Message

I'm afraid to pressure cook beans because I've heard of explosions - you never have had a problem? How do you do yours? :)

Mark as Spam · Posted On : 5/1/2022 7:18:48 AM

Like · Dislike

Randyfast
Joined On 6/24/2010 8:42:42 PM
Add as Friend · Send Message

Lovestuning: I've been using an InstantPot for a couple of years now. It's a multi-appliance in which I can cook a chicken perfectly, chili, soups, stews...it makes yogurt and sauces, cooks vegetables, all with steam and pressure. It's essentially a pressure cooker/steamer. I also use it to reheat food via steam. It was cheaper when I bought it, although, since it takes the place of a few different appliances, it's worth it. I have a 6qt and an 8qt. The smaller one is sort of a backup. I like the larger one, because, when I make my two pots of chili, I put it into 500G glass jars and freeze them, giving me around three weeks of chili.

There are many sources online, including recipes and how-to's. You can also buy accessories for it (such as a silicon egg poacher). If the instant ring in the lid gets to the point where the lid isn't sealing well and letting the steam escape, you can buy replacements. I bought it at Zavvi at Canadian Tire. I bought mine after finding thousands of great reviews on Amazon and other sites. The only other cooking appliance I use, is my cast iron pan for my scrambled eggs. I bought it pre-seasoned, so it's basically non-stick - without the chemicals...very easy to clean up.

Mark as Spam · Posted On : 5/1/2022 8:11:52 AM

Like · Dislike

christphillips
Joined On 4/17/2015 9:26:28 AM
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I use an all clad pressure cooker, which is heavy duty and reliable. soak the beans overnight, discard water and rinse and pressure cook for an hour (I overdo it and my great northerns are awesome and not farty! Indulging...) no salt, with a lot of kombu, to tenderize and enhance digestion...enjoy!

Mark as Spam · Posted On : 5/1/2022 12:17:33 PM

Like · Dislike

bfr27915
Joined On 6/26/2011 5:38:22 PM
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"There is only one disease and there are only two causes of disease: deficiency and toxicity. Cells lacking what they need or exposed to something harmful will malfunction. Unless cells malfunction, there can be no disease. The thousands of different diseases we experience are merely the effects of thousands of combinations of deficiencies and toxicities acting through a combination of inherited genes, the environment, and our beliefs, thoughts, and emotions. Preventing or reversing disease is about preventing and reversing cellular malfunction." Raymond Francis, D.Sc., M.Sc., RNC. (1927-2020) As an engineer, I find this construct of health compelling.

Reply · Mark as Spam · Posted On : 5/1/2022 6:27:23 AM

Like · Dislike

Guillermus
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

Good reference BFR. Nutritional insufficiencies and toxicity are the perfect combination of chronic diseases. These factors are very dependent on intestinal health. journals.physiology.org/doi/full/10.1152/physrev.00045.2009?jef_rec=23 (2010) www.ncbi.nlm.nih.gov/.../PMC2950917/ (2013) www.karger.com/.../481627 (2017) www.nature.com/.../s41579-020-0423-9 (2021) www.mdpi.com/.../htm (2021) academic.oup.com/.../doi/4729 (2021) link.springer.com/.../978-981-16-1626-6_3 (2022) link.springer.com/.../978-981-16-5228-6_1 (2022) As recently published by Dr. Mercola:

" An estimated 1 in 3 people in the United States are deficient in at least 10 minerals, including potassium, manganese, magnesium, and zinc, putting them at risk for chronic conditions like heart disease and diabetes. The book "The Mineral Fix" by Dr. James DiNicolantonio and Sim Land provides a comprehensive guide to the nine essential minerals play and why they are necessary for optimizing physiological function and survival. There are 17 essential minerals, which are divided into 7 macronutrients and 10 trace elements. In addition, there are 5 other minerals that may be essential.

Mark as Spam · Posted On : 5/1/2022 7:52:46 AM

Like · Dislike

Guillermus
Joined On 4/17/2015 8:47:48 AM
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The main function of minerals is to act as cofactors for enzymes, but that is just the bare minimum. "They literally are the spark of life, without them, the enzymes cannot function, and life is over. Without enough of the right minerals, life is a sad, painful, and frustrating affair." Dr. James DiNicolantonio and Sim Land provides a comprehensive guide to the nine essential minerals play and why they are necessary for optimizing physiological function and survival. There are 17 essential minerals, which are divided into 7 macronutrients and 10 trace elements. In addition, there are 5 other minerals that may be essential.

Add a comment to this discussion or ask questions of the author(s) [2021-09-17 Do dogwoods d...] (2021) In the Sore Land podcast link. I am your host Sion Land and today we speak with Dr. James DiMicandonato. Dr. James and I have written a new book called The Mineral Fix, which tells you how to optimize your mineral intake for energy, longevity, sleep, immunity, and much more. minland.com/2021-minerals-you-can't-get-from-animal-foods-and-more-in-y... (2021)

Mark as Spam Posted On 5/1/2022 7:53:21 AM

versatile
Joined On 10/16/2007 4:23:09 PM
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A chronic illness has a CHRONIC cause - often a cause that does not cause illness unless it is chronic. The cure for any illness is to address the cause - the cure for a chronic illness is to address the "CHRONIC" nature of the cause. There are two types of causes of illness: attributive and processes. An illness can be caused by the presence or the absence of an attributive or of a process. An illness cause might be a one time cause, repeating, periodic, or CHRONIC. There are two types of chronic causes of illness - chronic attributive and chronic processes; caused by the CHRONIC presence or absence of an attributive or process. A chronic attributive illness persists until it is cured when the attribute is changed to not cause the illness.

As long as the attribute, like poor gut health caused by a gut bacteria imbalance, persists, the chronic illness persists. If the gut is transformed to a healthy state, the illness is cured. Once cured, if the gut health becomes unhealthy again - it's a new illness, not a remission. however, A chronic causal illness persists until it is cured when the causal process is changed to non-chronic. If the chronic gut health is caused by a chronic unhealthy process, like eating unhealthy foods, or by a deficient diet, that cause must be addressed to cure. Curing the chronic attribute will only be a temporary cure.

other examples: Obesity is a chronic illness caused by chronic overeating or a chronically unhealthy diet. It cannot be cured by a lose-weight diet. The chronic unhealthiness must be addressed. Smoker's cough is cured when the chronic smoking habit is removed. A cigar - ten years after the cure - might cause some coughing, or not, but it will not cause smoker's cough unless it is chronic. A wart is a chronic attributive illness that persists until it is cured. Many cures are possible, even impossible ones. Every case of a CHRONIC illness has a CHRONIC cause. to your health, Iraty Author: A New Theory of Cure

Reply Mark as Spam Posted On: 5/1/2022 10:18:59 AM
Like Dislike

dejure
Joined On 8/23/2009 3:38:11 PM
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Sadly, people who others think they are intelligent and who others think are intelligent do stupid things like telling people what they need to do to be healthier, then being surprised when the people don't do it. One person likes running. Other, those who do it are skinny as rails. Others, no less fit, would leave them in the dust climbing a steep hill, or using a hoe to prep a eight of an acre of garden. One person likes to hike. Another has to be bribed. Some regret a great deal of labor. One loves violins, another, trumpets. So on & goes. And that is why we have the wonderful things we have (and the bad).

People are different. Some enjoy practice medicine and do not recognize the fact are no better than those they would treat. Training people how to think differently would go farther than conventional medicine in curing many of their illnesses. Were that not true, so far profit drug would have by go up against a placebo. Sadly, mainstream medicine thinks the mental health industry is the solution, when most of them are actually incompetent with regard to such things. In truth, a trained hypnotist could do far more than 99% off the counselors, psychologists and psychiatrists do.

That said, it does happen often that merely talking about something can help. It's a way of getting information from one side of the brain to the other. That is why what is passed as a joke is not - talking with a barkeep (who did nothing more than go "Yup," "Uh huh" things like tapping, which is just another approach to hypnosis, can actually work. Such tools can be used to help one change our thinking (redirect us) so we can go down the new path leading to our health.

Mark as Spam Posted On: 5/1/2022 11:53:39 AM

versatile
Joined On 10/16/2007 4:23:09 PM
Add as Friend Send Message

Yes, dejure, life can have many chronic causes of illness - and the cures are not medicines.

Mark as Spam Posted On: 5/1/2022 12:25:39 PM
Like Dislike

bfr27515
Joined On 6/26/2021 5:38:22 PM
Add as Friend Send Message

Versatile - appreciate your insight and understanding.

Mark as Spam Posted On: 5/3/2022 7:41:00 AM
Like Dislike

nonsajabi
Joined On 7/29/2011 1:57:06 PM
Add as Friend Send Message

Looking forward to your article on Saunas as we are researching the best saunas to add to our home.

Reply Mark as Spam Posted On: 5/1/2022 5:19:59 AM
Like Dislike

mky32022
Joined On 6/15/2015 10:27:30 AM
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Dr. Mercola has written about saunas in the past. He has recommended the Sauna Space products made in Missouri. The products are low EMFs. If Rant, Dr. Mercola did a video showing his daily routine, where he uses their sauna tent.

Mark as Spam Posted On: 5/2/2022 4:15:17 AM
Like Dislike

lel36357
Joined On 3/19/2015 5:50:10 PM
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How I wish there were any medical specialists who do such investigative work with alternative treatments here on the west coast, in the Portland area. I presume that being surrounded by greenery is supposed to fix everything. It does not. Cancer is cancer, and you can tell, when we read of the possibilities that are impossible for us to find here. Or is it just a question of "the insurance won't pay for it"?

Reply Mark as Spam Posted On: 5/1/2022 2:03:54 AM
Like Dislike

MsMac46
Joined On 6/8/2021 3:34:35 PM
Add as Friend Send Message

Thank you Dr. Mercola for this interesting article, even though I know nothing in any medical field I found it fascinating. In the UK I would find it impossible to find a medical place like Dr Mirkoffs or yours Dr Mercola. We have the NHS and from there we have the GP Medical Practices. In my medical practice when you manage to get an appointment to see a doctor (which in the past two years has only been a telephone appointment) if you do get a face to face appointment then it is only a 10 minute appointment and we hold to only talk about one symptom, (which isn't possible)

So if the doctor is puzzled then they refer you to a hospital appointment which can then take a long time, Its not unusual to wait over a year just to get to see the consultant in the hospital after being referred by your doctor. We pay mandatory national insurance through our incomes which pays for the NHS (national health service) which came into place in 1948 and was wonderful then. In many ways some people get great benefit from the NHS but it is very much overstretched and failing the vast majority of people now. However thats only my opinion.

Reply Mark as Spam Posted On: 5/1/2022 3:07:30 AM
Like Dislike

mepearl
Joined On 6/25/2006 2:15:06 AM
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Check out the American Academy of Environmental Medicine. www.aaemonline.org/find-a-practitioner These doctors can usually do this type of work. However, most do not take insurance because the treatments are not covered ...low, not FDA approved.

Mark as Spam Posted On: 5/1/2022 4:00:21 AM
Like Dislike

Almond
Joined On 4/28/2009 4:14:32 AM
Add as Friend Send Message

lol... Dr. Russell Marz, ND. Portland. Author of Nutrition from Marz. Check your insurance coverage. It is cheaper to pay cash than lose years of your life to illness.

Mark as Spam Posted On: 5/1/2022 4:14:32 AM
Like Dislike

CMT367
Joined On 10/19/2018 8:46:43 AM
Add as Friend Send Message

Aren't you about 150 miles from Bastyr U near Seattle?

Mark as Spam Posted On: 5/1/2022 4:15:21 AM
Like Dislike

hawaiianmojo
Joined On 7/20/2012 2:22:10 AM
Add as Friend Send Message

There are SEVERAL amazing physicians in the Portland area. I personally took a darkfield microscopy class in Portland with Dr. Stuart Green. There's also ozone therapy, and multiple functional medicine physicians. You're not looking hard enough! Seattle has a plethora as well... And no, none of them "take insurance" because that would be perpetuating the FDA scam-system. Turns out you DO actually have to invest in your health... Either sooner or later.

Mark as Spam Posted On: 5/1/2022 4:55:46 AM
Like Dislike

cat86887
Joined On 3/14/2019 3:28:11 AM
Add as Friend Send Message

Yes, it can be a matter of what insurance will cover. These type of medical practitioners in my area mostly don't accept insurance because of the ridiculous protocols and restrictions imposed by insurance companies; however, their rates are nowhere near what is charged by the medical-industrial complex. Many will help you work within the system to get things like labs covered, too.

Mark as Spam Posted On: 5/1/2022 5:45:14 AM
Like Dislike

lovestosing6
Joined On 6/26/2013 8:44:35 AM
Add as Friend Send Message

I thought your area would be more open to natural health? I'm sorry - and by reading this article, have you come across underlying conditions that might be the cause of what you are going through? Have you tried detoxing anything? I have shelves of books on holistic health - from vegetarian information to Nourishing Traditions - Oh my gosh there is a world of information out there, but when it comes to the heart of the matter, I was studying Prescriptions for Nutritional Healing and looking at the breakdown of minerals (and vitamins) in herbs - they are powerhouses! To learn that something the yellow dock is 62% iron which means - it grabs up iron from the ground and then we eat it ... our bodies don't know what to do with ferrous sulfate - but it knows and has known for thousands of years what to do with yellow dock.

I think we've lost our way with all this processed food. My step dad told me his grandmother had a garden and if he had a stomach ache when he was a kid, she gave him spearmint tea. It was really no big deal and I guess she knew enough about what plants do for us. I wish we still had botanically trained doctors... After reading all about Dr. John Christopher and his journey the man is a legend to me. He got to take sugar out of the house (if you have fighting kids, take out the sugar LOL) and how he treated people up into his 80's! His books are gold to me.

Mark as Spam Posted On: 5/1/2022 7:42:30 AM
Like Dislike

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

"hawaiianmojo" at at in the Seattle area, https://fishoamachinc.com/ None of the NDs take insurance unless perhaps, they are INTEGRATIVE MDs. And even then, only "approved" practices and remedies are covered. When I visit my integrative doctor, a staff member provides me with a descriptive form for my Medicare management company to process, that I have to sign and mail, and the cost of those "recognized" items are refunded and mailed back to me, while I have to pay out-of-pocket for the rest, such as my alternative procedures like ALA IVs and natural supps that my doc supplies for me and many others.

Mark as Spam Posted On: 5/1/2022 7:53:32 AM
Like Dislike

Melbao
Joined On 12/4/2007 4:05:26 PM
Add as Friend Send Message

I enjoyed reading all the comments, but no one mentioned dehydration as a cause for chronic illness. I have been eating 100% organic, mostly paleo/keto/vegetarian with about 5% carbs...mostly fermented. I also take mild fermented vegetables. I take digestive enzymes when I eat and healing enzymes at night on an empty stomach. I also take lots of supplements because, at my age (78), I can't possibly eat all the nutrients my body needs. With the supplements, I also take two digestive enzymes so that I can break down the capsules and metabolize the vitamins.

Soooo...I've done all this for decades and I still had chronic pain, daily headaches, sciatica, arthritis, allergies, lethargy, sleeplessness, constipation (for which I took cascara sagrada for 40 years), dry skin, loss of hair, occasional depression. Well, I thought it went with the aging territory and just accepted it, until I heard of the book, "You're Not Sick, You're Thirsty" by F. Batmanghelidj, MD. This man made a thorough study of the effects of cellular dehydration back in the 80's and 90's.

You can read about it on www.watercure.com He was not acknowledged for this study because no one can make money if all it took was water to cure chronic symptoms. Doctor warn against drinking too much water because it will deplete the body of minerals and salts, which is true. But they don't tell you that all you have to do is take minerals and salt while drinking to prevent that. Since I turned 76, I've been upping my water intake and kicking Redmonds Real salt afterwards.

I'm up to 6 quarts and 1 teaspoon of salt per 24 hours and ALL my chronic symptoms are GONE! I can run my ranch/homestead by myself now!!! Water must be pure, clean, with nothing in it...no lemon juice, vinegar, salt, etc. Liquids are not water and don't hydrate. Start with one ounce of water per one pound of body weight. Then go up from there until all your symptoms are gone. Tom Brady is over 2004 and drinks 10-12 quarters.

Reply Mark as Spam Posted On: 5/1/2022 10:29:52 AM
Like Dislike

tallulah3
Joined On 4/5/2021 9:36:59 AM
Add as Friend Send Message

That's wonderful. I'm going to start drinking more water

Mark as Spam Posted On: 5/1/2022 11:41:08 AM
Like Dislike

dividingcricker
Joined On 2/25/2012 10:40:20 AM
Add as Friend Send Message

Keep what your doing was what several Drs told me .....Drs don't want to know how cu reversed your illness ..... Many people have Lyme Disease ...the most misdiagnosed illness and least understood ...The MRI Dye may mimics Lyme Symptoms but is much worse ... You can find hundreds of food and pharmaceutical toxic products ....We are living in perilous times for sure ....I have never believed any Dr ....They suggest their magic pills but I say ...I will have to discuss this with my Lawyers ...Lawyer Dagett ....

Reply Mark as Spam Posted On: 5/1/2022 8:42:05 AM
Like Dislike

MysticTuba
Joined On 5/28/2009 10:40:27 PM
Add as Friend Send Message

After I had a very severe illness that NONE of them could diagnose, I did not regain my energy. I couldn't climb a flight of stairs. I started looking at all the alternatives available, and found an NMD who offered ozone therapy. He promised it would restore my energy. My injected gaseous ozone directly into a vein. Boy oh boy! I felt not the blood, ozone it, and, just it back. Nope.) Nothing happened the first time so I tried it again. I don't know how much he gave me, but he said I had way more than the first time based on my lack of reaction the time. This time, it started to hurt, I told him, and he kept right on going. Nothing obvious happened during the visit, but the next day I had such severe muscle pain in my arms, neck, jaw, even tongue, that it was most difficult to even move and especially difficult to try to sit because of the incredible pain in my tongue.

I informed him, went back, he did not seem to even care, and offered nothing. I had to pay to have my NMR washed for a month because I was unable to use my arms. I was grateful it was not in my legs, and then it went into my legs and I could not walk. I was having episodes of not being able to even talk, gibberish coming out, not able to figure out how to use the computer keyboard. I went to a different NMD, a friend, who looked at my blood and literally got frightened.

There was nothing present but clots and a large number of Heavy bodies. He put me on a very high dose of pyrosquinol plus a couple other things and told me to never do an oxidative therapy again. It took a full year to regain some of my function, but I am still, years later, subject to muscle pain if I try to use those muscles beyond a bare minimum of effort. When people to exercise, I laugh. For the record, I am fine at altitude so it is not a lung problem. That "treatment" apparently destroyed my circulatory system and there is nothing I can do about it. So think twice before you do any oxidative therapy. This was a licensed NMD.

Reply Mark as Spam Posted On: 5/1/2022 9:33:20 AM
Like Dislike

tre7551
Joined On 12/31/2019 4:56:36 PM
Add as Friend Send Message

I went around for years with something wrong with me, whole left side of my neck - and heart. Dr kept saying I'm fine. Then I had and infected back tooth pulled out - all these illnesses disappeared that same night and I've been fine ever since. How could the Dr not think of that and suggest it to me.

Reply Mark as Spam Posted On: 5/1/2022 9:29:45 AM
Like Dislike

mommyrubs1
Joined On 11/5/2021 8:26:44 AM
Add as Friend Send Message

It's good to see the emphasis on dental health in this article. 40 years or so ago, I had a neighbor who was a city bus driver. He had a heart attack (at the time he was only about 45 years old). After extensive testing and probing found that his teeth were in a

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Reply · Mark as Spam · Posted On : 5/1/2022 8:23:16 AM

kimhayes
Joined On 11/26/2010 8:34:11 AM
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Fabulous interview. I knew and a person he has helped with Bladder Cancer. What shame that he had to push the Dianetics book at the end cause he's a Scientologist. These I know they want to save the planet, yet the Cult of Scientology is horrific.... Just watch that series Leah Remini did with herself & all the high ranking admin that had to escape the brainwashing. Bruce Lipton's Psych K is a much safer way to access the subconscious, which is this mind swimming The Mind' he was referring to. L.Ron Hubbard didn't invent anything new, plus he lied about his military record, lied about his war injuries, etc.

Sadly, Clearwater, FL is the Cult of Scientology's main headquarters. Years ago, Minkoff wrote script for a scientology church (I see the term loosely, they call themselves a church for the tax benefits) member. The woman had escaped the church, was in a car accident, while in the hospital the church convinced on her, brought her back to the church, checked her out of the hospital. They put her in a hotel room for weeks, deprived her of the proper care she needed.

They contacted Minkoff and without seeing the patient wrote script for her cus the church convinced him. The girl died, then the church convinced the family to change the results cus they are super powerful. Minkoff was fined and got a hit against his medical license. It was a huge court case. Can read about it here: http://freeenvironment.org/ What a shame Minkoff closed his wonderful interview with Lifn'ballocks!

Reply · Mark as Spam · Posted On : 5/3/2022 9:26:49 AM

Joe_Solcio
Joined On 8/17/2020 11:04:08 PM
Add as Friend · Send Message

Tooth issues can inversely be a result of chronic health problems. Look up 'dental meridians.'

Reply · Mark as Spam · Posted On : 5/5/2022 1:38:11 AM

bluers1955
Joined On 6/1/2011 10:21:55 PM
Add as Friend · Send Message

VERY informative! I LIVE Dr. Mercola, & I love the interviews with various doctors, & this one was very helpful! I wish I lived near Dr. Minkoff... would be expensive to fly from NW GA to Clearwater, FL.

Reply · Mark as Spam · Posted On : 5/1/2022 11:34:38 PM

chief8024
Joined On 3/18/2020 4:27:14 AM
Add as Friend · Send Message

This article caught my attention, as for the past 6 months I've had this random smell in my head that was faintly stale cigarettes or sometimes strong, rye sewage. Tried treating it with nasal spray seemed to be effective if I kept up a consistent regimen every few hours, which was difficult with life and such... A couple weeks ago took an hour's flight and couldn't get the right ear to 'pop' until after landing. I really felt like screaming along with the baby two rows in front of me. That was Sunday night. Tuesday morning woke up with a headache and toothache.

Hit the store for aspirin and kept on going. Tuesday morning woke up looking like a chipmunk. Fortunately, I used to live in the town and called my old dentist. Thirty minutes later, he was able to see me. Thirty minutes after that I was at another dentist who does only root canals. Had a crack in my #3 tooth. What a relief! Smell was gone! I am almost never sick, but for the past months I had both tun down and tired and couldn't figure out why. Now I know... Amazing what a little bacteria can do.

Reply · Mark as Spam · Posted On : 5/1/2022 8:34:24 PM

veronmo
Joined On 6/29/2018 4:08:25 PM
Add as Friend · Send Message

I have tried the oxygen therapy, chelation, and protolotherapy. The chelation was a slow process, but did remove heavy metals from my body, you can get a hair test to prove it, which will let a which elements you have, ie aluminum, arsenic, lead, cadmium, etc. It does involve an IV. I also did protolotherapy on my knees, and neck. I was having alot of pain, and was healing slowly(like 2 years), after a torn meniscus, and surgery I couldn't even walk. The protolotherapy was 3 months, with about 20 shots to each knee(very painful, and expensive), but I can walk now. Also, no neck pain at all. These therapies really work.

Reply · Mark as Spam · Posted On : 5/1/2022 8:25:39 PM

lisawolfdesigns.org
Joined On 3/31/2022 9:36:27 AM
Add as Friend · Send Message

Hello, Under Basic Health Guidance bullet points: "... Minkoff typically starts patients out on some blend of an autoimmune, paleo or keto diet. This means no grains or dairy (butter is OK), beans or nitrate vegetables. Typically, most gut problems will resolve in about six weeks and energy will improve when eating a diet of meat, fish, eggs, fruits, vegetables, nuts, and seeds. (Carbohydrates from fruit will be based on their metabolic health.)" Do you have any articles and or a book reference to carry out this kind of eating, especially for dealing with any or potential chronic health issues? Thank you, Lisa

Reply · Mark as Spam · Posted On : 5/1/2022 5:37:11 PM

Awakening11
Joined On 3/31/2022 9:36:27 AM
Add as Friend · Send Message

Great article along with healing modalities and others like acupressure, acupuncture, energy healing, radionics and a slue of others.

Reply · Mark as Spam · Posted On : 5/1/2022 4:43:37 PM

dejure
Joined On 6/23/2009 3:38:11 PM
Add as Friend · Send Message

I don't have a hypertharic chamber in my back pocket, but know of a few around. A buddy suffered from diabetes and was nearing the dead digit zone when he went to Gold Kompy place, in California, and went through a few sessions. That got the oxygen he needed into the capillaries and he was able to go years longer without problems. A mutual friend was working on using space suit material and papers to build portable chambers, but I don't know if he got anywhere with it. The design was a bit like mummy bags, if I remember correctly. My wife of only a few years was complaining of leg pain. It was a while back, so I don't remember all the details, but I had her take ginger capsules, said to aid dilatation of capillaries. Within a couple days, the problem went away. She takes the ginger off and on but regularly for the most part, and the problem has never come back.

Reply · Mark as Spam · Posted On : 5/1/2022 10:52:23 AM

nikkisavagrace
Joined On 11/10/2016 6:08:22 PM
Add as Friend · Send Message

My dearest friend introduced me to Dr. Mercola nearly 20 years ago. Since that time, his articles and the comment posters have helped me solve my health issues. I have been dealing with high BP for decades, idiopathic and sometimes dangerous. BP medicines did very little and made me very sick. Finally I seem to have solved the riddle. I take l-arginine plus powder, did take a product called Nitric Oxide boost, was unable to get them anymore. Amazon supplier seemed to be out. I did do Dr. Mercola's Nitric Oxide boost exercises, but that is not always practical and didn't last. The doctors could not find a reason for my high BP we did lots of tests. At one point I was put in the hospital when my BP was 250/136 and they thought I was going to stroke out.

I clearly have a deficiency or dysfunction of some sort. During pregnancy I had pre-eclampsia and toxemia. My grandaughter also had it with her first pregnancy last December and was put into the hospital after the birth too. They use Lasigene to bring it under control with pregnant women. So now I take the l-arginine 5000 mg and l-citrulline 1000 mg. Plus some other incidental ingredients. My blood pressure yesterday was 118/78. I have solved the riddle. Thanks for Dr. Mercola and community I never stopped researching and trying. I do not take any medications, I can't tolerate them. As I age, I will continue to look for natural ways to support my health.

Reply · Mark as Spam · Posted On : 5/1/2022 10:01:35 AM

Jackie1955
Joined On 11/10/2016 4:55:30 PM
Add as Friend · Send Message

Nikki I too had pre-eclampsia and toxaemia so did my aunty on my mums side of the family. I now realise that I was probably lacking magnesium. Thanks for your mention of l-arginine and l-citrulline, I'll take a look at them as well.

Mark as Spam · Posted On : 5/1/2022 12:51:16 PM

Like · Delete

garyshull
Joined On 6/18/2016 8:09:12 AM
Add as Friend · Send Message

I would love to see Dr Minkoff, but he is very expensive and does not take any insurance. He also asks for a non-refundable deposit of $500. May more than the average person can pay. We are both retired professionals, my husband a retired chiropractor and me a retired teacher...

Reply · Mark as Spam · Posted On : 5/3/2022 9:27:08 AM

imaginal110
Joined On 6/28/2019 5:16:52 AM
Add as Friend · Send Message

I wonder if anyone has experience or suggestion re an inflammation-related chronic condition I have, skin eczema. I'm trying for a natural solution but don't want to spend a lot on a modality that doesn't have some proven success. Does this ring any bells for anyone?

Reply · Mark as Spam · Posted On : 5/1/2022 8:55:51 AM

nikkisavagrace
Joined On 11/10/2016 6:08:22 PM
Add as Friend · Send Message

I was up a treatment for the people in my family and friends. It works for them. Candida's bees was base, 45000 mg of vitamin C, jojoba oil, frankincense essential oil at least 15 drops, and sometimes aloe oil, all pure products, to a goopy consistency. My husband has psoriasis on his scalp and sometimes his face. (He drinks) Dermatologists gave him a prescription, it did nothing but make his scalp dry. He puts my stuff on his scalp, puts on a cotton cap and sleeps in it, no psoriasis in morning. If he gets spots on his face, he puts some of the treatment on, they go right away. It cured my granddaughters light acne. It has cured many friends eczema and other issues. I get all the ingredients from Whole Foods and use small clear bottles to make it. You can keep it in the refrigerator if you are not using it immediately. Eliminating inflammatory foods and chemical prescriptions which the liver does not clear effectively.

Mark as Spam · Posted On : 5/1/2022 9:48:16 AM

Like · Delete

rnwilrose
Joined On 11/15/2011 8:39:01 AM
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Yes, look hard at your liver: when the liver is overloaded? clogged? non-alcoholic fatty liver? ASTLALT feeling? - when detox capability is compromised, the liver tends to dump toxins instead of eliminating these through bile to normal channels. These may eventually show up in the skin. That is, if you come to dig deeply into where your condition may be coming from. One place to start reading? Dr. David Jockers has numerous articles and has done a lot interviews on liver conditions, you may want to check out his website and articles.

Mark as Spam · Posted On : 5/1/2022 11:13:37 AM

Like · Delete

irvesonrt
Joined On 1/21/2016 11:14:34 AM
Add as Friend · Send Message

Hi, magnat110 — Skin conditions are often influence by what's going on in your gut. Whenever I was I baby with Eczema, I ask the mother if it was a "cesarean birth"... and then I get a flabbergasted HOW DID YOU KNOW. These babies did not pass through the mother's birth channel and thus did not pick up the maternal microbiome, so important to subsequent health. (Today, infamed birthing staff sterilizes these children afterwards with the mother's fluid. Antibiotics, so carelessly given and found in conventional milk products, etc., also destroy the human microbiome in children and adults. Look into this field of research... and see if & how it relates you. I have seen skin problem disappear - like rosacea, break-outs, etc - after people took Dr. Mercola's Probiotics and especially his After-biotics. Its worth a try!

Mark as Spam · Posted On : 5/1/2022 2:53:56 PM

Like · Delete

imaginal110
Joined On 6/28/2019 5:16:52 AM
Add as Friend · Send Message

Thanks Nikki, irreverent and rnwilrose, I appreciate that you wrote with such practical suggestions, some or perhaps all, cheaper than a major consultation for many hundreds of dollars. I am heartened to put in the work to try them all and as I noted in my friendship request, I'll report back in a couple of months. Gratitude!

Mark as Spam · Posted On : 5/1/2022 3:40:14 PM

Like · Delete

CriticalThinker
Joined On 1/7/2022 8:08:15 AM
Add as Friend · Send Message

Being from the Tampa Bay area, I thought he may be a good practitioner to visit. Did some research. His ties to the Church of Scientology are somewhat disquieting, and his involvement in the Lisa McPherson death even more so. But I suppose that makes me –in Scientologyspeak an SP.

Reply · Mark as Spam · Posted On : 5/1/2022 8:12:07 AM

Like · Delete

lovestoinspt
Joined On 8/26/2013 8:44:35 AM
Add as Friend · Send Message

lovestoinspt has deleted the comment.

LiveConnected
Joined On 5/1/2022 4:47:32 AM
Add as Friend · Send Message

It would be wise to do your homework on Dr. David Minkoff, a Scientologist from Clearwater, Florida
www.tampabay.com/archive/2001/08/04/doctor-in-lisa-mcpherson-case-susp...

Reply · Mark as Spam · Posted On : 5/1/2022 4:49:14 AM

Like · Delete

sila101
Joined On 7/10/2016 6:30:32 PM
Add as Friend · Send Message

Moving this comment from a forbidden healing thread. May get more coverage and response. Speaking of the big toe I have 24/7/365 pain in my left big toe. It comes in at about a 5 or 6 level. Been painful for 5 years. I have had it X-raped, bent back and forth, and looked at by a vascular doc. He said it definitely is not gout and since it is not blue it is getting oxygen. He said it is probably arthritis and that was that. It looks normal, never been sprained, or broken and pain doesn't change when I walk. So it does wake me up at night on occasion. Anyone have any thoughts on un-pairing my big toe?

Reply · Mark as Spam · Posted On : 5/1/2022 2:47:08 PM

Like · Delete

rnwilrose
Joined On 11/15/2011 8:39:01 AM
Add as Friend · Send Message

Hi Orlo, Blood flow reduced at the periphery? My mother suffered years of peripheral neuropathy, so this is where blood gets to last, before returning back to the heart. She lost feeling in the bottom of her feet. The walker was required, when complained her feet were burning. Areas of least pressure, due to aging (falling - pacemakered) heart and arthritis built up in fingers and toes (as distorted over time). Try AZ MKP in much larger (2x? 3x?) than maintenance doses, see what happens. Get most grains out of your diet, lock in pseudo-grains if you must. And you may have an issue with dairy as well (to be det.). Take more magnesium to balance the calcium? regular exercise like walking or strength training may help? Not intensity, rather set lows, move more? See your cardiologist? Don't know which ones of these resonate for you, however, may be a hugely important symptom. Don't let this slide...

Mark as Spam · Posted On : 5/1/2022 8:23:24 PM

Like · Delete

sila101
Joined On 7/10/2016 6:30:32 PM
Add as Friend · Send Message

Hi Rose, according to a vascular surgeon the toe is not blue so getting enough oxygen which means enough blood. I do have cholesterolon in that big (partial blockage). I am taking 200 mcg of K2-MK7 which is almost 3X daily dose. Daily dose being 120 mcg. Taking 250 mg of chelated magnesium and 145 mg of Dr. Mg Magnesium L-Threonate. I will take more mag, by taking 500 mg of chelated mag. No dairy in diet except yog butter. I do need to cut back on grains/carbs. I am eating 4 slices of gluten free bread daily. I see my cardiologist x6 months. Heat is because of my heart history of by pass surgery, mild stroke (tia), heart attack and stents. I walk daily and lift weights. Was have to have a podiatrist take a look at the toe. Have been reluctant to add another doc to my schedule. How is arthritis diagnosed?

Mark as Spam · Posted On : 5/1/2022 9:41:18 PM

Like · Delete

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

When I was around 5 years old, I was riding behind my mom on a bicycle and got my right foot caught in the bicycle spokes. Lately I've been having pain in these toes and I believe its arthritis. I take aspirin and it helps.

Mark as Spam | Posted On : 5/2/2022 8:36:56 AM

Like | Dislike

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

Tallulah, that's good news that you got help for arthritic toes. I guess our body never forgets when we have caused it trouble. Because of meals I am taking for ATA & BPT I also take aspirin.

Mark as Spam | Posted On : 5/3/2022 11:33:11 AM

Like | Dislike

AuntTammie
Joined On 6/4/2022 7:38:43 PM
Add as Friend | Send Message

Are there any at-home sleep trackers that do not put out emfs/dirty electricity/use wi fi/etc?

Reply | Mark as Spam | Posted On : 5/1/2022 1:02:35 PM

Like | Dislike

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

If you live outside the cities, you are considered a threat to the NWO... Great Reset. What do they think of people who will live in the country? www.youtube.com/watch Lockdowns in China for the last 2 years. Now invading 1.4 Chinese being locked down. Unemployment means production and shipping will not meet global demand. Severe depression and starvation. Worsened by wars. Coming soon to a city near you? edition.cnn.com/2022/05/01/china/beijing-covid-labor-day-holiday-intl... It is sure looking like a global depopulation agenda. www.operation-zero.at/article/why-is-canada-euthanizing-the-poor IMO, the next steps will include fuel shortages/rationing, getting cars off the roads and limiting the right to travel and free assembly

Obeying has already impacted free speech and assembly (tomatine after the) individual responsibility and responsibility will be called "hoarding" and people will be prosecuted or heavily taxed for private property ownership. I don't really want to go for a "long ride" at my age, but medical it may become necessary.

It would be much easier to do a climate without winter... The bible does tell us to flee to the mountains during the end times. Historically, that has been one of the more secure places for those with skills. I am one of the "divergent". I value liberty. Many people will be reasonably content living entirely dependent lives in cities. However, the people who work hard to produce the resources necessary to support the cities will not.

Reply | Mark as Spam | Posted On : 5/1/2022 12:52:12 PM

Like | Dislike

momofmary13
Joined On 3/11/2014 2:33:35 AM
Add as Friend | Send Message

I have been on prednisone for almost thirty years, is there any hope of fixing gut problems if you still have to take prednisone?

Reply | Mark as Spam | Posted On : 5/1/2022 8:25:35 PM

Like | Dislike

christianmoon233gmail.c
Joined On 4/11/2022 2:59:46 PM
Add as Friend | Send Message

I had a root canal done in Mexico some time ago and I have sensed that there is an infection there. I asked my dentist about this and he said that my x-rays show no infection. I am limited to using a dentist that my insurance will pay for. What to do?

Reply | Mark as Spam | Posted On : 5/1/2022 7:04:39 PM

Like | Dislike

veramo
Joined On 6/29/2010 4:08:25 PM
Add as Friend | Send Message

Take out the root canal, and replace with an implant, asap.

Mark as Spam | Posted On : 5/1/2022 8:39:40 PM

Like | Dislike

nanajakes
Joined On 4/25/2006 7:03:31 AM
Add as Friend | Send Message

Dr Mercola thinks that Dr Shallenberger's score certification course in June is in Denver, Colorado.

Reply | Mark as Spam | Posted On : 5/1/2022 9:56:56 AM

Like | Dislike

hydrangea
Joined On 6/19/2006 7:58:47 PM
Add as Friend | Send Message

I was researching niacinamide to purchase but it seems to be mostly available in doses of 500 mg. How could we work that into 50 mgs 3x daily?

Reply | Mark as Spam | Posted On : 5/1/2022 5:45:41 AM

Like | Dislike

sothingsound
Joined On 6/13/2018 9:47:47 AM
Add as Friend | Send Message

Purchase the niacinamide powder and small measuring spoons they include 1/64 of a teaspoon which is the recommended dosage.

Mark as Spam | Posted On : 5/1/2022 6:02:50 AM

Like | Dislike

chrismorley
Joined On 10/28/2021 12:21:12 AM
Add as Friend | Send Message

Thats because, two years ago when you felt fine, they said "No, you are terrible" which you believed and sought a solution - to their perceived problem on your body. Now they will say "You are fine", while you aren't - because they have no other choice!

Reply | Mark as Spam | Posted On : 5/1/2022 10:57:08 AM

Like | Dislike

ReluctantWarrior
Joined On 1/29/2018 8:51:53 AM
Add as Friend | Send Message

The number one root cause of most chronic illnesses is dysbiosis.

Reply | Mark as Spam | Posted On : 5/1/2022 8:28:34 AM

Like | Dislike

lovestoing6
Joined On 6/26/2013 8:44:35 AM
Add as Friend | Send Message

Do you think antibiotics (we don't take them, but then you have to worry about them in your food, etc.) have something to do with this? I've always wondered - and they say that if you can't take them orally because your gut will just destroy them - so how do you get that balance back? Fermented foods? Idk...

Mark as Spam | Posted On : 5/1/2022 7:28:08 AM

Like | Dislike

jonscorff
Joined On 2/16/2010 1:16:48 PM
Add as Friend | Send Message

When U get a mainstream-mafia doctor that can't figure you out... you go to chiropractor Randy Tent in Michigan.....or you go to an holistic clinic that uses MRT....kinesiology.....muscle testing.....!!! MRT can tell you if you have Lyme disease in about 2 seconds with their vials. Another one would be NAET.....Nambodhipad allergy elimination technique....!!!! Cheers...!!!!

Reply | Mark as Spam | Posted On : 5/1/2022 6:52:13 AM

Like | Dislike

lovestoing6
Joined On 6/26/2013 8:44:35 AM
Add as Friend | Send Message

NAET trainers here in SC were jailed. Ain't that lovely?

Mark as Spam | Posted On : 5/1/2022 7:28:52 AM

Like | Dislike

badboy2
Joined On 11/15/2010 5:08:52 AM
Add as Friend | Send Message

I would like to add sugar to the list, for just a teaspoon will shut down the body's immune system for up to 6 hours, in an adult. Sugar will feed candida so as to grow and spread throughout the body and cause symptoms of other health problems that are not related to candida at all. Sugar also supports cancer cells. Rest and less stress are also very important to good health.

Reply | Mark as Spam | Posted On : 5/1/2022 10:00:33 PM

Like | Dislike

ElizabethCecil
Joined On 4/15/2011 5:21:37 AM
Add as Friend | Send Message

I would like to see more information regarding Tesla energy for healing being made available to the medical community: fasterthanlight.technology/en

Reply | Mark as Spam | Posted On : 5/1/2022 4:48:44 PM

Like | Dislike

nvrobb
Joined On 4/15/2011 2:41:18 PM
Add as Friend | Send Message

this soon to be killing YOU.: 5G: Sending power using directed electromagnetic beams using 10 GHz frequency: Of course, the engineers in the video (about 6 min.) claim it's safe because the power density is below the international standards! limits. (no doubt ICNIRP). This can be used on earth, from earth to space and from space to earth and is considered "clean energy". I anticipate getting some expert feedback about the dangers posed by this new technology which, as usual, has not been proven to be safe for humans, animals, and the environment. Microwave power beaming! Scientists at US Naval Research Laboratory wirelessly transmitted 1.6 kilowatts of electrical energy over one kilometer "Scientists at the NRL (Naval Research Laboratory), a research facility of the United States Marine Corps and the United States Navy, wirelessly transmitted 1.6 kilowatts of electrical energy over one kilometer....

So do this, they converted electricity into microwaves, which were then sent to a receiver in a directed beam. To precisely focus the microwave beam, the researchers used a dish as a transmitting antenna.... Microwave power beaming is the point-to-point transfer of electrical energy across free space by a directed microwave beam.

The project was funded by the Office of the Undersecretary of Defense for Research and Engineering's Operational Energy Capability Improvement Fund and is called "Safe and Continuous Power beaming – Microwave (SCOPE-M)." strangenoseds.org/2022/04/microwave-power-beaming-scientists-at-us-nav... I suggest reading these notices => http://stopsmartmeterdo.com/ If you wish to start receiving updates, email with "updates" on the subject line.

Reply | Mark as Spam | Posted On : 5/1/2022 7:33:35 PM

Like | Dislike

nvrobb
Joined On 4/15/2011 2:41:18 PM
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hi,!!!!!!!!!!!!!!!!!!!! HERE !!!!!!!!!!!!!!!!!!!!....the ceiling Machine set up.....,.....and its may be in you neighbourhood and you won't even know it.....,..... Strong transmitters are being put throughout cities, often on poles and other structures where people come very close to them. There are no signs warning of high EMF levels, and seldom are people aware that these things are in fact cell towers. If these things looked like cell towers, people would be concerned and many would take action to avoid them. Study Reveals High Radiation Levels on Streets Where 5G and 4G Cell Towers Are Installed "On the whole, 3,943 single measurements were conducted all over the downtown area over five days in 2021 with the aim of measuring public exposure from the city's RF infrastructure.

When the study's authors compared their findings to a 2019 published review on the mean outdoor exposure level of European cities (0.07 to 1.27 V/m) to the mean of Columbia, South Carolina (1,200 V/m), it placed Columbia on top of the European scale. The Columbia, S.C. study concluded that the highest exposure areas were due to two reasons: cell phone base antennas on top of high-rise buildings provide "good cell coverage reaching far away but creating elevated exposure to the radiofrequency electromagnetic fields at the immediate vicinity; and cell phone base station antennas installed on top of utility poles have placed the radiation source closer to humans walking on street level." www.activeargus.com/2022/04/study-reveals-high-radiation-levels-on-st...

Reply | Mark as Spam | Posted On : 5/1/2022 7:49:10 AM

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Randyfast
Joined On 5/6/2010 6:42:42 PM
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A couple of years ago, under the guise of a "deadly pandemic", the telecom companies began installing 'small cell repeater' boxes for 5G, on the telephone poles - in BC. They have also installed thousands of black cylindrical devices on the wires/cables, as well as many metal rectangular shaped objects. Did they think we wouldn't notice? Actually, people are still totally oblivious! I've pointed out those objects to many people, explaining why they're up there...! get that ubiquitous blank stare! We will not stop which cooking. Humanity has been body snatched! They just want to wear the muzzle and check their cellphone every few seconds, to keep them informed about how they should live their lives - if you can call that a life!

Mark as Spam | Posted On : 5/1/2022 8:28:22 AM

Like | Dislike

nikkicarolgrace
Joined On 6/17/2009 6:08:22 PM
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They are all over the place here. One large over the freeway has fake pine boughs on it, I suppose to disguise and blend into the background. People actually don't see them.

Mark as Spam | Posted On : 5/1/2022 9:26:59 AM

Like | Dislike

nvrobb
Joined On 4/15/2011 2:41:18 PM
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yep Randyfast....billions have been spent on 5G Calling devices.....and won't be long and Artificial Intelligence...AI will be in total charge...and then AI will wipe out cities and towns and millions will cease to be alive....just that easy....and AI doesn't care who or whats in the way of its Clean Sweeping exercise of RF or Directed Energys.....and when ya tell someone.....,.....they just laugh ya off as just another 'tin foil hatte weirdo'...or ,...a mindless not cuse.....and if ya show them on a meter or actual Proof these are what you said they are..."ahh you full of shit".....,.....I have done it many times...so mi have the meters and equipment.....,.....most just say 'your a fool' some will watch.....and go back to their cell,,,,,,hold a meter up to a cellphone and the person said I was 'interfering with their cell reception' or tracing their call.....yadayada.....'Oh well....when Shit happens.....

Mark as Spam | Posted On : 5/1/2022 7:09:44 PM

Like | Dislike

altonkgmail.com
Joined On 10/24/2020 8:20:47 AM
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Could dr M or anyone address NSD or voice called complex regional pain syndrome???

Reply | Mark as Spam | Posted On : 5/1/2022 7:13:52 AM

Like | Dislike

Ronald_H
Joined On 7/15/2010 1:38:54 AM
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I finally got my root canal tooth removed and replaced with an implant. My dentist said it was a perfectly good root canal (done twenty years ago and removed about six months ago) and not a cause of problems but would do whatever I paid him to do regarding replacing it which I did. The subject is controversial with people taking either side. I go by "Innocent unless proven guilty" is a human right and not a right of dead tooth material leaching pathogens into my body. Could it have been causing occasional prostate difficulties? I also have anti-thyroid antibodies which perplexes me because my immune system can clobber anything, so how is it that my thyroid still exists? If my body is fighting it? Through very much into preparedness and measuring expenditures against sacks of rice that I could bought, this dental work cost us many sacks of rice that it would pile up 50 feet high! But all the other preparedness becomes a moot point if health fails and particularly in the harsh times to come. Have any here made this choice to remove a root canal long enough ago to tell us if it solved any health issues?

Reply | Mark as Spam | Posted On : 5/1/2022 2:34:40 PM

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Horses
Joined On 5/7/2007 4:05:34 PM
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"...hell send the patient there for a three-dimensional cone beam CT scan" (FRAGA) How can this be considered 'biological' dentistry? The fact that that we do get exposed to this radiation in other ways or that conventional CT scan is even more dangerous is still not a justification for subjecting someone to even more. Medical people just love their technology. Something new comes down the pike and they leap on it. (FRAGA) Doctors and dentists are not people with generally good judgment. I know a salesman who contacts many, many medical practitioners and he says they are just the most gullible people you will ever meet. Let's keep that in mind.

Reply | Mark as Spam | Posted On : 5/1/2022 3:19:06 PM

Like | Dislike

bburns1955
Joined On 8/1/2011 10:21:55 PM
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But how else are they to know if the tooth roots have infection around them? Cone beam is fantastic. I recently had a CBCT on a root canal treated tooth. The endodontist showed me the images, could turn them around & move them to show different parts of the tooth, roots, periodontal ligament, etc. It was extremely detailed, & helpful!! I've never seen anything like it, for thoroughly checking out a tooth & the roots. I then went to a biological oral surgeon for the extraction. Had to drive 1 1/2 hrs to get to one, there isn't one in NW Georgia where I live.

Mark as Spam | Posted On 5/2/2022 12:09:17 AM
Like Dislike

Horsea
Joined On 5/7/2007 4:05:34 PM
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@bburns. I am glad that cone beam scan was useful for you. My objection was calling it part of "biological dentistry".

Mark as Spam | Posted On 5/2/2022 1:38:14 AM
Like Dislike

NRiehl
Joined On 1/16/2013 7:44:37 PM
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Love to Sing - Please check out the Andy Cutler chelation protocol, a low-dose plan to gently pull heavy metals from your body. An excellent book for beginners is "The Mercury Detoxification Manual" by Andrew Cutler, PhD and Rebecca Rust Lee. Cilantro is definitely NOT part of the protocol. Mercury must be safely removed from your teeth, with a protocol like the SMART protocol. See the information at the International Academy of Oral Medicine and Toxicology.

Reply | Mark as Spam | Posted On 5/2/2022 1:40:37 PM
Like Dislike

NowellHP
Joined On 9/6/2020 11:37:38 AM
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Anyone know where I can find a niacinamide in 50 mg? Lowest I've found is 250 mg. Thanks.

Reply | Mark as Spam | Posted On 5/1/2022 6:57:34 AM
Like Dislike

lovestosing6
Joined On 8/26/2013 8:44:35 AM
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I just read above to buy the powdered version and use 1/64th of a teaspoon.

Mark as Spam | Posted On 5/1/2022 7:29:37 AM
Like Dislike

imaginal110
Joined On 6/28/2010 9:16:52 AM
Add as Friend | Send Message

I just bought powdered niacinamide online through amazon, $10 (MakingCosmetics brand)

Mark as Spam | Posted On 5/1/2022 8:49:10 AM
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