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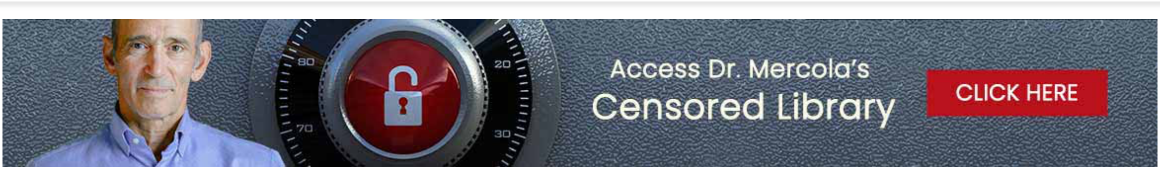

General Principles to Consider When Treating Chronic Illness

Analysis by Dr. Joseph Mercola Fact Checked

May 15, 2022
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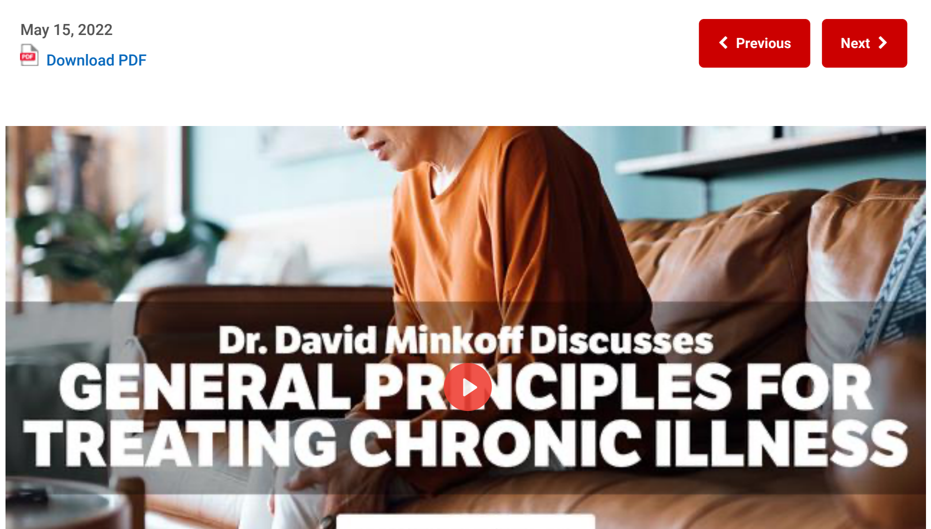

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STORY AT-A-GLANCE

- 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), hyperbarics, chelation, UVBI (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 pioneering physician in alternative medicine 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 gang 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 or 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 really 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 health is."*

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), hyperbarics, chelation, UVBI (ultraviolet blood irradiation), EBOO (extracorporeal blood oxygenation), photobiomodulation and much more.

Minkoff also offers VSELs [very small embryonic like] stem cell treatment, and it too has potent 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 Nichola 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, and avoid any and 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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Guillermou
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 often turns 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, vaccines and prions, in humans 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 w6 fats, and the need for control of hyperinsulinemia. In addition, recommend vitamin D, K2, C, 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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Guillermou
Joined On 4/7/2015 8:47:48 AM
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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 benefit of supplementation with antioxidant nutrients and plant extracts in preventing oxidative damage and restoring normal mucosal barrier function. selfhacked.com/.../leaky-gut-syndrome-healing (2021) link.springer.com/.../s12876-014-0189-7 (2015) www.nature.com/.../s41467-021-22727-7 (2021) Autoimmune diseases and celiac disease share clinical, epidemiological, serological, 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 body, they are notoriously difficult to treat. NAD, glutathione, Diet Nrf2, etc,. they could help. www.sciencedirect.com/.../S1568997215001561 (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) transcendingsquare.com/.../nrf2-promoting-foods (2021)

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

juststeve
Joined On 1/5/2012 11:13:54 AM
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Gui, 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 pulling out the stops 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 got a pill for that, then when they start taking it, feel terrible. Just as frustrating is feeling lousy yet get a batch of pills but you still feel lousy, or lousier & the offensive source is never dealt with.

Mark as Spam | Posted On 5/1/2022 4:39:45 AM
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nothingsound
Joined On 8/12/2018 9:47:47 AM
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But health is so important; and yet so many do not know about this. Gui, do you believe that the liver infection that has claimed one life in the US is caused by prolonged mask wearing therefor impairing gut health and liver especially in 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 5/1/2022 5:58:31 AM
Like Dislike

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fvtomasch
Joined On 3/11/2017 7:33:24 AM
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Gui- 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 supple 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 altered bowel flora/dysbiosis or yeast/fungi overgrowth are common but not looked at as one of the primary cause of illness. healthhearty.com/intestinal-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/.../PMC2723200 www.thehealthsite.com/diseases-conditions/beware-these-prescription-dr.. Treating the gut heals the brain and body.

Mark as Spam | Posted On 5/1/2022 7:06:45 AM
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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Hi nothingsound. It's all possible contaminants from masks and associated respiratory risks. In this review, the prolonged use of masks by the general population could have relevant effects and consequences in many medical fields. It refers to the psychological and physical deterioration, as well as the multiple symptoms described by their consistent, recurrent and uniform presentation from different disciplines such as Mask-Induced Exhaustion Syndrome and fatigue, a grouped co-occurrence of respiratory failure. Repeated and prolonged exposure to physical, chemical, biological, physiological and psychological conditions, significantly shift towards pathological areas, can develop changes and clinical pictures that reduce health, such as high blood pressure and arteriosclerosis, including coronary heart disease, as well as neurological diseases.

Increased blood pressure and heart rate with vascular damage and, finally, neuropathological and cardiovascular consequences. Even mild but persistent increase in heart rate promotes oxidative stress with endothelial dysfunction, through increased inflammatory messengers and eventually stimulation of arteriosclerosis of blood vessels has been shown. More than 50% of the mask users studied had at least depressive feelings. Provoking gingivitis, candidiasis and cheilitis an increased risk of infection. Effects on the immune system and ideal growth and reproduction. ground for various pathogens such as bacteria and fungi www.ncbi.nlm.nih.gov/.../PMC8072811 (2021)

Mark as Spam | Posted On 5/1/2022 7:22:40 AM
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Guillermou
Joined On 4/7/2015 8:47:48 AM
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This article By Steve Kirsch links to the report published by Dr. Mercola: PANDA'S MARC GIRARDOT ON HOW THE COVID VACCINES DAMAGE YOUR BODY. Marc Girardot 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 87X normal and hepatic cirrhosis is elevated 125X normal. Explanation and details in the video and article stevekirsch.substack.com/p/pandas-marc-girardot-on-how-the-covid (04/22/2022) SARS-COV-2 VACCINATION CAN ELICIT A CD8 T-CELL DOMINANT HEPATITIS www.sciencedirect.com/.../S0168827822002343 (04/22/2022)

Mark as Spam | Posted On 5/1/2022 7:23:15 AM
Like Dislike

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big47846
Joined On 5/10/2021 8:03:05 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 Cavanaughs protocol stated in her book (one minute cure), and Essiac tea. I also used (and still do) use CDS (chlordane dioxide solution) once a week, colloidal silver, (every day in my drinking water) and Borax. I also use "Povidone Iodine" on any 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, high acidic environment. I try to keep my body at 7.0-7.5 alkalinity on my test strips that you can use with saliva or urine. My worry is the satan worshipers are turning their 5G on and it is starting their "mass genocide" now that they have millions of ignorant lemmings jabbed, and they will blame all of the upcoming deaths on a fake "variant". Worldwide 1776 is now unavoidable 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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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Yes, fvtomasch, 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/.../s41579-020-0433-9 (2021) www.mdpi.com/.../htm (2021) academic.oup.com/.../6047278 (2021) link.springer.com/.../978-981-16-1626-6_3 (2022) link.springer.com/.../978-981-16-5628-6_1 (2022) Fermented foods, pre and probiotics and the absence of toxic substances from food (such as glyphosate) and environment contribute to good intestinal health and consequently absence of disease.

The Nrf2 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.globaldramachievers.com/userfiles/files/Washington%20State%20Study.. (2015) 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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Guillermou
Joined On 4/7/2015 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/.../different-types-of-fiber (2017) www.nature.com/.../s41598-018-37019-2 (2019) microbialcellfactories.biomedcentral.com/articles/10.1186/s12934-017-0.. (2017) journals.plos.org/plosone/article?id=10.1371/journal.pone.0035240 (2018) www.sciencedirect.com/science/article/abs/pii/S1043276020302526 (2021) www.mdpi.com/.../htm (2021) digitalcollections.cuanschutz.edu/work/ns/83c5930f-0248-468c-a635-7491.. (2021)

Mark as Spam | Posted On 5/1/2022 8:07:48 AM
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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Congratulations, BIG, 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, D3, blueberry, cherry, raspberry, ginger, β-carotene, flavonoids, isothiocyanates, lycopene, lavender, quercetin, piperine, silibinin, oregano, Ashwaganda, etc. ar.iiarjournals.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 detoxifying 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. articulos.mercola.com/sitios/articulos/archivo/2022/03/30/tumores-enfe.. (2022) www.organicconsumers.org/news/why-cancer-needs-be-treated-metabolic-di.. | www.goodreads.com/work/quotes/55555896-fat-for-fuel-a-revolutionary-di.. | https://youtu.be/ZMxbENYSENQ

Mark as Spam | Posted On 5/1/2022 8:42:20 AM
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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Thanks Just, for your very descriptive comment on the truth of Rochefeller'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 meet in Davos to continue with the strategies of disinformation and manipulation.

Mark as Spam | Posted On 5/1/2022 10:37:01 AM
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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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A body needs to be composed of the correct molecules in 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; zx4.bc9.myftpupload.com/forum-comments

Reply | Mark as Spam | Posted On 5/1/2022 7:26:43 AM
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Pete.Smith
Joined On 10/11/2013 8:19:55 AM
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Yes, 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/UTDWAN1G-nk

Mark as Spam | Posted On 5/1/2022 7:44:47 AM
Like Dislike

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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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Pete...Check this too...Vit C vs Uric acid; www.ncbi.nlm.nih.gov/.../PMC2495042

Mark as Spam | Posted On 5/1/2022 8:18:52 AM
Like Dislike

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fvtomasch
Joined On 3/11/2017 7:33:24 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 thru out the body such as the spine not just the big toe as many people have symptoms in. pubmed.ncbi.nlm.nih.gov/32774405 drfarrahmd.com/.../does-tart-cherry-juice-help-with-gout

Mark as Spam | Posted On 5/1/2022 9:11:32 AM
Like Dislike

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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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fvtomasch....My understanding is that once the internal production of Vit C 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 Vit C that also reverses gout.

Mark as Spam | Posted On 5/1/2022 9:39:40 AM
Like Dislike

Pete.Smith
Joined On 10/11/2013 8:19:55 AM
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Thanks FOR for the article, but it's from 2008, written by the same prof Johnson from the video I mention. However since 2008 he and his teams have found more interesting new facts and health mechanisms, some not even published yet, but he talks about it in his latest book. I almost finished the last chapter. He talks about some (not all) new facts in his video, things you don't expect. His real interesting video explains about health issues, and his book "Nature wants us to be fat" explains more facts than the video. Vitamin C or cherries cannot compensate enough if the switch is turned on too high, but they do help to lower the Uric Acid levels.

Yes in small dose Uric Acid can be anti-oxidant, but in high dose harmful, like it gives damage to kidney, liver, brain, arteries. Yes Fvtomasch, it gives crystals in those places, called kidney stones, and atherosclerosis, fatty liver (NALFD), alzheimers, ADHD, mitochondria dysfunction (cancer), less oxygen, less energy, Bipolar disorder, etc. Dr. Mercola interviewed prof Johnson several times in the past, about 8 or 9 years ago, but since then Johnson found much more important facts and new health mechanisms, so it is time dr. Mercola to interview him again, because it is so interesting.

For example Unami foods (like beer) can trigger the switch also, and other things you don't expect. Dr. Perlmutter also promote his book, and found the new facts so important, that he also recently published a book about it, called "Drop acid" and now Perlmutter measures his uric acid levels in blood daily, so important it is for our health. I'm reading Drop Acid also, because it's very interesting, as Perlmutter did his own research, with links to studies in his book, that I'm half through already.

Mark as Spam | Posted On 5/1/2022 9:56:17 AM
Like Dislike

Guillermou
Joined On 4/7/2015 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 induction 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/.../S2090123217300346 (2017) Recent studies show that fructose-induced uric acid generation causes mitochondrial oxidative stress that stimulates fat accumulation independent of excessive calorie intake.

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 cardiorenal disease. Uric acid is a new risk factor for obesity, diabetes and cardiorenal disease. The studies revealed the strong association between hyperuricemia and metabolic syndrome (MS), obesity, Htn, type 2 diabetes mellitus (DM), non-alcoholic fatty liver disease, hypertriglyceridemia, acute kidney injury, chronic kidney disease (CKD), disease coronary artery disease, heart failure, and increased mortality among heart and CKD patients. diabetesjournals.org/diabetes/article/62/10/3307/17686/Sugar-Uric-Acid.. (2013) www.sciencedirect.com/science/article/abs/pii/S0953620515004239 (2016) www.sciencedirect.com/.../S2090123216301047 (2017)

Mark as Spam | Posted On 5/1/2022 11:49:25 AM
Like Dislike

Guillermou
Joined On 4/7/2015 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 atrial fibrillation, 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 acetyl-CoA carboxylase, leading to fat accumulation in hepatocytes. Lastly, UA impairs endothelial function and nitric oxide bioavailability causing insulin resistance, which is the most important mechanism, resulting in hyperinsulinemia. link.springer.com/.../s40885-020-00146-y (2020)

Mark as Spam | Posted On 5/1/2022 11:49:42 AM
Like Dislike

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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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Thanks Gui, Go back to xcess sugar vs O2 delivery, a relative rate sensitive issue, where mitochondria are overwhelmed by acidic hypoxia, HIF1 introduction and ROS damage....It is hard to determine first causes when so much intersecting chemistry is involved, toxic metals, mineral imbalances and where the diversity of gut bacteria is also in question.

Mark as Spam | Posted On 5/1/2022 12:02:27 PM
Like Dislike

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stoneharbor
Joined On 6/30/2008 1:05:17 PM
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Thanks Pete. You provided a great link to the Richard Johnson presentation that focuses on all the ills 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: that 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). It turns out there just isn't any fruit 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. I'll check out Johnson's book also.

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

Like Dislike

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stoneharbor
Joined On 6/30/2008 1:05:17 PM
Add as Friend | Send Message

Here is an article that includes a chart of the amount of glucose vs 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

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rrealrose
Joined On 11/10/2011 8:59:01 AM
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Eh? What matters most, according to Dr Lustig'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. Its the Glycemic Index vs the Glycemic load. Its way 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 colas and other soft drinks, with their 14 to 18 tsp of dissolved gmo 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 8:04:13 PM

Like Dislike

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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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And no mention of Vitamin C? For detoxing and suppression of inflammation? For interest at inexpensive do-at-home redox interventions that also include H2O2/MMS chlorite...or breathwork? It's your body..with some study and application of basic science one needn't hand it over to an expert, though for the confused with disposable income it can help get on track. Life runs on electrons and there are a zillion ways to boost body charge and a zillion different approaches...which can be condensed into nutrition, detoxification, lifestyle habits and mental states (where fear of disease IS disease). I try;
zx4.bc9.myftpupload.com/forum-comments ,

Mark as Spam | Posted On 5/15/2022 8:16:40 AM

Like Dislike

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grulla
Joined On 1/17/2012 8:03:55 AM
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"fvtomasch", "The extract works better than just plain tart cherry juice which is loaded with sugar." The way that's worded makes it sound as though all tart cherry juice is adulterated with sugar...NOT.
lakewoodjuice.com/products/lakewood-organic-pure-tart-cherry-juice-32-.. (click ingredients). But that's not to say that there isn't a certain amount of natural fructose, just like unsweetened, dried, tart cherries, so consume cautiously.
www.fruitfast.com/Organic-Unsweetened-Dried-Tart-Cherries--1-LB_p_88.h..

Mark as Spam | Posted On 5/15/2022 2:52:45 PM

Like Dislike

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bee70578
Joined On 1/24/2014 4:03:10 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 worse than useless on this, in fact 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, to boot! What a revelation that was. btw for those with long term mercury poisoning, excessive sauna time can bring out (from bone level) more than your body or detox procedure can handle at one go.

Reply | Mark as Spam | Posted On 5/1/2022 4:52:02 AM

Like Dislike

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lovestosing6
Joined On 8/26/2013 8:44:35 AM
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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 cilantro ... I crave it and I know I have to get the last few of these amalgams 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

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Regarding neurotoxins. The microbiota 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/30687918 (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 lateral sclerosis. amyotrophic www.sciencedirect.com/science/article/abs/pii/S0165572818304545 (2019) www.sciencedirect.com/science/article/abs/pii/S0731708520315673 (2021) www.sciencedirect.com/science/article/abs/pii/S0165572821002277 (2021)

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

Like Dislike

Guillermou
Joined On 4/7/2015 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 are derived. -L-alanine (BMAA), lipopolysaccharides and microbial amyloid.

BMAA is one of the neurotoxins produced by intestinal cyanobacteria and has been linked to neurodegeneration, cognitive impairment. BMAA engages different targets through several mechanisms that are known to favor the development of neurodegenerative processes, with BMAA neurotoxic mechanism through iron overload. BMAA is involved in excitotoxicity, translocation and accumulation of protein p misfolds. www.mdpi.com/.../htm (2018) pesquisa.bvsalud.org/.../ibc-175203 (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

BrianDossDMD
Joined On 4/18/2022 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 7:13:26 AM

Like Dislike

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jam9139
Joined On 11/5/2018 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 4:08:20 AM

Like Dislike

Guillermou
Joined On 4/7/2015 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 "lumping" 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 (OMNS) 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/.../v17n24.shtml (October 18, 2021)

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

Like Dislike

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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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RBC stacking is charge related where cells cannot repel each other and watery fluids become viscous under acidic/low voltage terrain conditions. Megadose Vit C at least....which also generates H2O2 for an O3-like oxidative burst.

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

Like Dislike

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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.comusav.com/.../protocolo-ai https://andreaskalcker.com/en/ I'm also determined to start donating blood on a regular basis to protect myself from iron toxicity. I owe a big Thank you to Mercola for his continual proding over the years.

Mark as Spam | Posted On 5/2/2022 1:14:57 PM

Like Dislike

MysticTuba
Joined On 5/28/2009 10:48:57 AM
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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. He injected gaseous ozone directly into a vein (this was not "take out the blood, ozone it, and put 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 first 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 difficult to even move and especially difficult to try to eat 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 HAIR 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 Heinz bodies. He put me on a very high dose of pycnogenol 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

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candace11
Joined On 11/6/2007 11:11:40 AM
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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 800$ 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

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lovestosing6
Joined On 8/26/2013 8:44:35 AM
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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 OB wants me to get a mammogram - and said, Um NO - not going to happen. Do they not read? But I told him I have a thermography apt., he'd never heard of it - I said, "Well, you can detect problems in the breast like 7 years out. My GF 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.

Mark as Spam | Posted On 5/1/2022 7:23:01 AM

Like Dislike

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dejure
Joined On 8/23/2009 3:38:11 PM
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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 so called scientists and chemist pass off a C. I'm gritting 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 11:32:57 AM

Like Dislike

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veraromo
Joined On 6/29/2010 4:08:25 PM
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I have tried the oxygen therapy, chelation, and prolotherapy. The chelation was a slow process, but did remove heavy metals from my body, you can get a hair test by mail, which will tell u which elements you have , ie aluminum, arsenic, lead, cadmium, etc. It does involve an IV.. I also did prolotherapy 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 prolotherapy took 6 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

Like Dislike

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lovestosing6
Joined On 8/26/2013 8:44:35 AM
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Also - let's think about the reason the soda pop industry would pay the ADA a million dollars not to mention what IT does to the teeth! 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 liter 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 7:16:02 AM

Like Dislike

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chrisphillips
Joined On 9/27/2010 9:26:38 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

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lovestosing6
Joined On 8/26/2013 8:44:35 AM
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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 5/6/2010 8:42:42 PM
Add as Friend | Send Message

Lovestosing; 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 sautes, 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". You can also buy accessories for it (such as a silicon egg poacher). If the sealant 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 a 2 pack 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

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chrisphillips
Joined On 9/27/2010 9:26:38 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 fart inducing...), 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

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bfr27915
Joined On 9/26/2021 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, (1937-2020) 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

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Good reference BFR. Nutritional insufficiency 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?url_ver=Z3.. (2010) www.ncbi.nlm.nih.gov/.../PMC3983973 (2013) www.karger.com/.../481627 (2017) www.nature.com/.../s41579-020-0433-9 (2021) www.mdpi.com/.../htm (2021) academic.oup.com/.../6047278 (2021) link.springer.com/.../978-981-16-1626-6_3 (2022) link.springer.com/.../978-981-16-5628-6_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 Siim Land provides a comprehensive guide to the role essential minerals play and why they are necessary for optimizing physiological function and survival. There are 17 essential minerals, which are divided into 7 macrominerals 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

Guillermou
Joined On 4/7/2015 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 shields against oxidative stress," DiNicolantonio said, "because they make up our antioxidant enzymes. They help us make and activate ATP, as well as make DNA and protein, so literally every function in the body depend in some way on minerals." Link article in Spanish. articulos.mercola.com/sitios/articulos/archivo/2021/09/11/la-mayoria-d.. (2021) In the Siim Land podcast link. I am your host Siim Land and today we speak with Dr. James DiNicolantonio. Dr. James and I have written a new book called The Mineral Fix, which talks about how to optimize your mineral intake for energy, longevity, sleep, immunity, and much more. siimland.com/237-minerals-you-cant-get-from-animal-foods-and-more-dr-j.. (2021)

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

Like Dislike

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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: attributes and processes. An illness can be caused by the presence or the absence of an attribute 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 attributes and chronic processes, caused by the CHRONIC presence or absence of an attribute or process. A chronic attribute 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 attribute illness that persists until it is cured. Many cures are possible, even impossible ones. Every case of a CHRONIC illness has a CHRONIC cause

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

Like Dislike

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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 healthy, then being surprised when the people don't do it. One person likes running. Often, 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 likes to build things that require a great deal of labor. One loves violins, another , trumpets. So on it goes. And that is why we have the wonderful things we have [and the bad].

People are different. Those who 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, no for-profit drug would have to 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 out there.

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 us 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

Like Dislike

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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

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bfr27915
Joined On 9/26/2021 5:38:22 PM
Add as Friend | Send Message

Versatile - appreciate your insight and understanding.

Mark as Spam | Posted On 5/2/2022 7:41:00 AM

Like Dislike

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nonnajade
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

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mky32022
Joined On 6/25/2015 10:27:20 AM
Add as Friend | Send Message

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 fact, 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

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lel36357
Joined On 3/19/2015 5:50:10 PM
Add as Friend | Send Message

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. Discouragement, as 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 2:33:54 AM

Like Dislike

MoMac46
Joined On 3/8/2021 3:24:35 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 Minkoffs 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 are told 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.

Mark as Spam | Posted On 5/1/2022 3:07:50 AM

Like Dislike

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mnpearl
Joined On 6/20/2006 2:15:06 AM
Add as Friend | Send Message

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....iow, not FDA approved.

Mark as Spam | Posted On 5/1/2022 4:00:31 AM

Like Dislike

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

lel... 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 10/16/2018 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

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hawaiianmojo
Joined On 7/20/2012 2:23:10 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 Greene. 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

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cat86887
Joined On 11/9/2017 5:28:11 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

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lovestosing6
Joined On 8/26/2013 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 like yellow dock is 63% 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 give him spearmint to chew on. It was really my step dad who got me thinking 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 me 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

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

"hawiianmojo" et al: In the Seattle area; https://tahomaclinic.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

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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 yu reversed your illness ......Many people have Lyme Disease ...the most misdiagnosed illnss 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 9:42:05 AM

Like Dislike

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tra7551
Joined On 12/7/2019 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

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

I would love to see Dr Mercola!!, but he is very expensive and does not take any insurance. He also asks for a non-refundable deposit of $500. Way 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: 5/1/2022 9:27:08 AM
Like · Dislike

mamonyelich1
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 they found that his teeth were in a horrible state and his doctors (even at Third Street said the teeth were the most likely cause of his heart condition! It is important to take care of the "FRONT DOOR" to your system people!

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

mamonyelich1
Joined On 11/5/2021 8:26:44 AM
Add as Friend · Send Message

Pleo958
Joined On 3/19/2015 6:42:04 AM
Add as Friend · Send Message

Autoimmune diseases are the result of your body being depleted the nutrition and enzymes it requires from all cooked, processed foods, junk foods, dairy products, sex foods with their mucoid forming mates and pollution from the polluted waters they come from, processed table salt, processed sugars, and unnatural oils - as well as pesticides, herbicides, factory farmed produce, factory farmed meats and dairy products with their added hormones, antibiotics, and pesticides and household chemicals, chemicals in toiletries, water with chlorine and fluoride, WiFi all around, 5G, etc. etc.

Your poor immune system finds insoluble enzymes it turns, it fights and fights until all the components of your immune system are worn out, used up and damaged and this is when your immune system starts making mistakes - i.e. auto-immune disease. The cure is simple, avoid all these processed foods and factory farmed meats, dairy, and produce, eat clean organic foods, cut out all prescription drugs possible, antibiotics, steroids, and vaccines. Get all the WiFi out of your home, use hard wiring from your router to your TV and computer. Eat natural foods, as much organic as possible and as much fruits, vegetables, mushrooms, herbs, nuts, seeds, beans, Himalayan sea salt, honey or maple syrup or stevia sweetener, and green tea, cocoa or chaga to drink.

I have shakers of a blend of mixed herbs by the stove and on the table to use in place of salt as much as possible. I spice up my diet with just a bit of organic chicken or turkey, or grass fed beef. I use coconut oil and extra virgin olive oil for cooking and salad dressings. I make my own kraut pickle and use eco-friendly laundry detergent and home made soap. I take supplements of vitamin D3, C, metabolic B complex, zinc, CoQ10, and astaxanthin and probiotics.

Reply · Mark as Spam · Posted On: 5/15/2022 8:09:07 AM
Like · Dislike

kimhayes
Joined On 11/29/2018 8:34:11 AM
Add as Friend · Send Message

Fabulous interview. I knew 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. YikesI 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 8 is a much safer way to access the subconscious, which is this mind overseeing The Mind he was referring to. (_Ron Hubbard didn't invent anything new, plus he had 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 saw 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 cornered an 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 pressured him. The girl died, then the church forced the coroner to change the results cus they are powerful. Minkoff was fined and got a 1/4 qtr(?) month in medical license. It was a huge court case. Can read about it here: http://tisamclarkson.org What a shame Minkoff closed his wonderful interview with LBH bullcoke!

Reply · Mark as Spam · Posted On: 5/23/2022 9:25:49 AM
Like · Dislike

Joe_Below
Joined On 3/17/2020 11:04:58 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: 5/3/2022 1:38:11 AM
Like · Dislike

bburns1955
Joined On 8/4/2011 10:21:55 PM
Add as Friend · Send Message

VERY informative!! I LOVE Dr. Mercola, & I love his 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 11:54:38 PM
Like · Dislike

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, ripe sewage. Tried treating it with nasal spray seemed to be effective if I kept up a constant regimen every few hours, which was difficult with life and work... A couple weeks ago not hours 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 tinnitus.

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 molar. What a relief! Smell was gone! I am almost never sick, but for the past months I had felt 'run 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
Like · Dislike

lisaswelldesigns.org
Joined On 3/31/2022 9:06:27 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
Like · Dislike

Awakening11
Joined On 11/10/2011 8:40:30 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
Like · Dislike

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

I don't have a hyperbaric 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 Stem Express, in California, and went through a few sessions. That put 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 zippers 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
Like · Dislike

nikkicarrington
Joined On 10/11/2016 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 250/130 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 granddaughter also had it with her first pregnancy last December and was put into the hospital after the birth too. They saw l-arginine 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
Like · Dislike

Jackie1965
Joined On 11/10/2014 4:35:30 PM
Add as Friend · Send Message

NIKI! 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 · Dislike

imaginal110
Joined On 6/28/2019 1:16:52 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
Like · Dislike

nikkicarrington
Joined On 6/17/2018 6:08:22 PM
Add as Friend · Send Message

I mix up a treatment for the people in my family and friends. It works for them. Cavicia's bees wax base, 45000 mg of vitamin E, jojoba oil, frankincense essential oil at least 15 drops, and sometimes aloe vit, or pure products, is 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 skin 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 · Dislike

rnelrose
Joined On 11/21/2011 8:09:01 AM
Add as Friend · Send Message

Yes, look hard at your liver: when the liver is overloaded? clogged? non-alcoholic fatty liver? ASTI/ALT testing? - 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 care 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 · Dislike

irreverent
Joined On 12/5/2016 11:14:04 AM
Add as Friend · Send Message

Hi, imaginal110 — Skin conditions are often influenced by what's going on in your gut. Whenever I see I baby with Eczema, I ask the mother if it was a "caesarean birth" ... and then I get a flabbergasted VERY YES VERY. 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, informed birthing staff, inoculate these children afterwards with the mother's flora). 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 it 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 3:53:56 PM
Like · Dislike

imaginal110
Joined On 6/28/2019 1:16:52 AM
Add as Friend · Send Message

Thanks Nikki, irreverent and rnelrose, 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 · Dislike

CritiqueThTroker
Joined On 5/1/2022 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 Scientology$speak ex SP.

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

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

lovestoningk 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 · Dislike

lilurlo
Joined On 4/23/2010 1:50:58 PM
Add as Friend · Send Message

stevebrock.substack.com/p/do-you-know-someone-who-died-after?fbclaw=p...
stevebrock.substack.com/p/carry-fixed-the-link-in-article?fbclaw=p...

Reply · Mark as Spam · Posted On: 5/15/2022 8:13:18 PM
Like · Dislike

M.H.Deal
Joined On 11/22/2017 8:29:27 AM
Add as Friend · Send Message

Whenever I'm presented with these articles which seem to be repeats of what I've heard and read previously, I immediately go the Comments section to check the dates on the reactions. In this instance, the dates are from two weeks ago; Sunday, May 1st. Guess I'll pass this time.

Reply · Mark as Spam · Posted On: 5/15/2022 9:21:02 AM
Like · Dislike

kku30696
Joined On 7/23/2013 8:58:06 AM
Add as Friend · Send Message

@Guillermos - Your wealth of knowledge is vast. Always love reading your comments. Any suggestions as to how to restore my health after being poisoned by Cipro?

Reply · Mark as Spam · Posted On: 5/15/2022 11:04:31 AM
Like · Dislike

Marlit
Joined On 12/14/2016 8:19:52 AM
Add as Friend · Send Message

Many excellent articles on this website, also use the comment section. www.homeopathicplus.com

Mark as Spam | Posted On 5/16/2022 5:34:41 AM

Like Dislike

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kayecrwfrd
Joined On 11/16/2010 11:01:18 AM
Add as Friend | Send Message

My Glomerular filtration rate is 42 mL/min. What should I do? Thank you for helping me. Kaye

Reply | Mark as Spam | Posted On 5/15/2022 3:21:19 PM

Like Dislike

AZhiker
Joined On 1/11/2007 7:42:22 PM
Add as Friend | Send Message

So many of the comments to these articles contain a treasure of information. Is there a way to download the comments? Are the comments available on the sub stack subscription? I am currently looking for information about fibrin rich blood. I had and extensive dental surgery to remove bone overgrowth and found I have a lot of fibrin when the surgeon spun down my blood to make fibrin to speed healing. Instead I've had a very difficult recovery including infection and for ten days since the surgery a strong taste of metal in my mouth. If anyone here knows where to get legit information about platelet rich fibrin causing problems after being intentionally used with surgery, I would be grateful for your input.

Reply | Mark as Spam | Posted On 5/15/2022 10:09:52 AM

Like Dislike

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joanncrealty
Joined On 3/19/2013 10:22:57 AM
Add as Friend | Send Message

I want to build a sauna in a new home I am building now. What are the most important factors that have to be installed in order to have a sauna that gives me the most benefit. Please advise are there specific things that I must install. Thank you Joann Im a fan I read your articles everyday

Reply | Mark as Spam | Posted On 5/15/2022 6:36:58 AM

Like Dislike

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

Dr. Minkoff is great, but he is extremely expensive and doesn't take insurance. When we lived in Clearwater I tried to see him, but I couldn't use my great insurance and certainly couldn't afford him. He required non-refundable $500 deposit. He certainly isn't for the average person!

Reply | Mark as Spam | Posted On 5/15/2022 8:53:00 AM

Like Dislike

Post your comment

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