Nanoplastics Linked to Heart Attacks and Stroke

Analysis by Dr. Joseph Mercola

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May 09, 2024

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STORY AT-A-GLANCE

- Nanoplastics, particles less than 1 micrometer in size, are a significant environmental and health concern due to their prevalence and potential hazards. Americans could consume up to 3.8 million pieces of micro- and nanoplastics per year from protein sources alone. Infant formula has also been confirmed to contain microplastics
- Recent research found individuals with microplastics or nanoplastics in their carotid artery tissues have a 353% higher risk of cardiovascular events like heart attacks or strokes than those without microplastics in their arteries
- Microplastics and nanoplastics in the body can cause oxidative stress, tissue damage, and inflammation, leading to chronic diseases beyond cardiovascular issues
- To counteract the estrogenic exposure from plastics, progesterone, a natural estrogen antagonist, can be beneficial, with suggestions for its use and administration provided
- Prevention strategies include minimizing plastic use, opting for alternatives to plastic packaging, using reusable containers, and detoxing through methods like sweating in a sauna to excrete microplastics

Nanoplastics — particles less than 1 micrometer in size, or 1,000th the average width of a human hair — have emerged as a significant environmental concern due to their widespread prevalence and potential health hazards to humans and wildlife alike. These microscopic fragments result from the degradation of larger plastic debris and can also be manufactured directly for various applications.

Nanoplastics have become ubiquitous in ecosystems around the world, from urban waterways to remote oceanic and terrestrial environments. Their pervasive presence is attributed to the widespread use and disposal of plastic materials globally.

Environmental Hazards

Nanoplastics pose several environmental hazards, including:

- **Biodiversity loss —** Nanoplastics can harm aquatic and terrestrial organisms, leading to reduced biodiversity. They have been found to cause physical and chemical stress in marine life, affecting growth, reproduction, and survival rates.
- **Ecosystem disruption —** Their presence in water bodies and soil can alter the chemical composition and physical properties of these environments, disrupting ecosystems' balance.
- **Food chain contamination —** Nanoplastics can accumulate in the food chain, potentially leading to higher concentrations in top predators, including humans.

Microplastics Found in Food, Including Infant Formula

The environmental contamination is so severe, many foods now contain them, including chicken, pork, seafood, beef and plant-based meat alternatives, whether processed, minimally processed or unprocessed.[1] The more processing a food has undergone, however, the more plastic it contains.

Researchers estimate that Americans consume up to 3.8 million pieces of micro- and nanoplastics per year from protein alone.[2] The reason for this is because meats are packaged in plastic.

Recent research has also confirmed the presence of microplastics in all samples of infant formula tested (30 in all).[3] The most frequently identified plastics were polyamide, polyethylene, polypropylene and polyethylene terephthalate. According to the authors, children fed exclusively infant formula likely consume an average of 49 microplastic particles per day.

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Nanoplastics Linked to Heart Attacks and Stroke

The potential health impacts of micro- and nanoplastics on humans have long been debated, but a recent study[4] published in the New England Journal of Medicine marks a significant step in understanding the health implications of microplastic and nanoplastic exposure.

Microplastics and nanoplastics, defined by their minuscule size, can migrate through body tissues, potentially causing oxidative stress, tissue damage and inflammation.

> **"Individuals with microplastics or nanoplastics in their carotid artery tissues have a 353% higher risk of cardiovascular events like heart attacks or strokes."**

The study in question analyzed tissue from 257 individuals undergoing carotid endarterectomy to identify plastics in arterial plaques, revealing the presence of polyethylene (associated with asthma, hormone disruption, reproductive issues and dermatitis[5]) and polyvinyl chloride (PVC, linked to liver and reproductive damage[6]), among others. As reported by the authors:[7]

> *"Polyethylene was detected in carotid artery plaque of 150 patients (58.4%), with a mean level of 21.7±24.5 μg per milligram of plaque; 31 patients (12.1%) also had measurable amounts of polyvinyl chloride, with a mean level of 5.2±2.4 μg per milligram of plaque.*
>
> *Electron microscopy revealed visible, jagged-edged foreign particles among plaque macrophages and scattered in the external debris. Radiographic examination showed that some of these particles included chlorine."*

Disturbingly, individuals with microplastics or nanoplastics in their carotid artery tissues were found to have fourfold higher risk of suffering a cardiovascular event such as heart attack or stroke over the next three years compared to those without such plastics. They were also more likely to die from any cause. As reported by the authors:

> *"Patients in whom MNPs [microplastics and nanoplastics] were detected within the atheroma were at higher risk for a primary end-point event than those in whom these substances were not detected (hazard ratio, 4.53)."*

A hazard ratio (HR) of 4.53 means that people with microplastics in their arteries have a 353% higher risk of suffering a potentially lethal cardiac event than those without microplastics.

Should Microplastic Exposure Be Considered a Cardiovascular Risk Factor?

Lead author Raffaele Marfella emphasized the need for further research to confirm these findings,[8] although the study already suggests a strong association between plastics and cardiovascular events in people with atherosclerosis.

The study's implications are significant, according to pediatrician Dr. Philip Landrigan, who stressed the importance of addressing the potential cardiovascular risks posed by microplastics and nanoplastics in an accompanying editorial:[9,10]

> *"Although we do not know what other exposures may have contributed to the adverse outcomes among patients in this study, the finding of microplastics and nanoplastics in plaque tissue is itself a breakthrough discovery that raises a series of urgent questions.*
>
> *Should exposure to microplastics and nanoplastics be considered a cardiovascular risk factor? What organs in addition to the heart may be at risk? How can we reduce exposure?"*

Nanoplastics Pose Severe Hazards for Animals and Humans

CNN, which reported the findings, also highlighted research linking nanoplastics and microplastics to other potential harms, such as:[11]

Chronic inflammation — The presence of microplastics and nanoplastics in arterial plaques was linked to increased inflammation. Chronic inflammation, in turn, is a hallmark of most chronic diseases, not just cardiovascular disease, suggesting that plastic exposure could exacerbate or increase susceptibility to a wide variety of conditions.

Dysfunction of cells, organs and endocrine system — Nanoplastics, due to their small size, can migrate through tissues of the digestive tract or lungs into the bloodstream, invading individual cells and tissues in major organs. This can potentially interrupt cellular processes and deposit endocrine-disrupting chemicals, affecting the body's normal functions.

Oxidative stress and tissue damage — Studies in animals have shown that exposure to micro- and nanoplastics may cause oxidative stress, tissue damage, and inflammation in cells. These effects could lead to various health issues, depending on the extent and duration of exposure.

Impaired cardiac function — Animal studies have also indicated that micro- and nanoplastics can alter heart rate and impede cardiac function, posing additional risks to cardiovascular health.

Risks to fetuses and young infants — Research in pregnant mice has found plastic chemicals in the brain, heart, liver, kidney, and lungs of the developing fetus within 24 hours after the mother ingested or inhaled plastic particles. This suggests that plastics can cross the placental barrier, potentially affecting fetal development.

Previous studies have also found microplastics in the human placenta[12] and human breast milk[13] — clear evidence that a mother's plastic exposure can be directly transferred to her child both before and after birth.

Microbiome alterations — Studies have also found that microplastics can alter the makeup of microbial communities, reducing diversity[14] and increasing the exchange of antibiotic-resistant and metal-resistant genes.[15]

Progesterone Counteracts Xenoestrogen Exposure From Plastics

In the featured video at the top of this article, best-selling author and high-performance coach Siim Land reviews the research linking arterial nanoplastics to a near-fourfold higher risk of cardiovascular events.

As noted by Land, microplastics contain xenoestrogens, which have been linked to obesity, infertility, cancer and more. Indeed, estrogen is a known carcinogen,[16] and plastics is perhaps one of the most ubiquitous sources of estrogen for men and women alike.

Estrogen is also antimetabolic and radically reduces the ability of your mitochondria to create cellular energy in a form of ATP by depending on aerobic glycolysis (the Warburg effect) which radically impairs oxidative phosphorylation.

To counteract the hazards of this estrogenic exposure you can use progesterone, which is a natural estrogen antagonist. Progesterone is one of only four hormones I believe many adults can benefit from. (The other three are thyroid hormone T3, DHEA and pregnenolone.)

As a general recommendation, most adult males and non-menstruating adult women would benefit from taking 25 to 50 mg of bioidentical progesterone per a day, taken in the evening one hour before bed, as it can also promote sleep. For optimal bioavailability, progesterone needs to be mixed into natural vitamin E. The difference in bioavailability between taking progesterone orally without vitamin E and taking it with vitamin E is 45 minutes versus 48 hours.

Pre-menopausal women can also take progesterone but it is the last half of their cycle, approximately 14 days after the last day of their period and stopping when period returns. Another good reason for taking progesterone with vitamin E is because it binds to red blood cells, which allows the progesterone to be carried throughout your body and be distributed to where it's needed the most.

Simply Progesterone by Health Natura is premixed with vitamin E and MCT oil. You can also make your own by dissolving pure USP progesterone powder into one capsule of a high-quality vitamin E, and then rub the mixture on your gums. Fifty milligrams of powdered progesterone is about 1/32 teaspoon.

Do not use synthetic vitamin E (alpha tocopherol acetate — the acetate indicates that it's synthetic). Natural vitamin E will be labeled "d alpha tocopherol." This is the pure D isomer, which is what your body can use. There are also other vitamin E isomers, and you want the complete spectrum of tocopherols and tocotrienols, specifically the beta, gamma, and delta types, in the effective D isomer.

I do not recommend transdermal progesterone, as your skin expresses high levels of 5-alpha reductase enzyme, which causes a significant portion of the progesterone you're taking to be irreversibly converted primarily into allopregnanolone and cannot be converted back into progesterone.

Preventing Exposure Is Key

Of course, prevention — minimizing your exposure — really needs to be your first line of defense against microplastics. While that sounds easy enough, it can be tricky business, for the simple reason that micro- and nanoplastics are all around us, in our food, water, household dust, clothing, household and personal care items and even the air we breathe.

That said, making a concerted effort to rid your household of plastic can go a long way toward minimizing your and your children's exposure. Here are a few pointers to get you started:

Filter your tap water and avoid water bottled in plastic — If you need to buy bottled water, opt for glass bottles. Also make sure the filter you use to purify your tap water can filter out microplastics.

Boil hard tap water — If you have hard tap water, consider boiling it before using it for cooking or drinking, as hard water traps more microplastics. Recent research shows boiling hard tap water for five minutes removes up to 90% of the microplastics in the water.[17]

Choose alternatives to plastic packaging — Opt for products packaged in glass, metal, or paper instead of plastic. This can significantly reduce the amount of plastic waste that potentially breaks down into microplastics. At home, use wax paper, parchment paper or paper bags to store foods rather than plastic wrap.

Use reusable containers — Replace single-use plastic bottles, cups, and containers with reusable alternatives made from safer materials like stainless steel or glass.

Never microwave plastics — Heat can cause plastics to leach chemicals into food. Use glass or ceramic containers for microwaving.

Avoid plastic cutting boards — Opt for wood or glass cutting boards instead.

Opt for natural fibers — Whenever possible, choose clothing and other textile products made from natural fibers like cotton, wool and linen, as synthetic fabrics such as polyester shed microfibers and leach xenoestrogens.

Wash synthetic clothes less frequently — When washing synthetic textiles, use a microfiber filter in your washing machine to trap synthetic fibers and prevent them from entering the water system.

Opt for food grade cosmetics and personal care products — Some cosmetics, toothpastes, and personal care products contain microbeads or other plastic particles. Look for products free of these materials. Ideally, opt for all-natural, food grade products.

How to Detox Microplastics

Even if you're diligent about avoiding plastics, some exposure will likely remain, so detoxing is another important strategy. Land cites research showing that blood donation can lower the levels of certain plastic chemicals in your blood, such as PFAS. If your iron levels are high, getting regular phlebotomy would help you kill two birds with one stone, so to speak, as blood donation is also the only way to lower your iron level.

One of the most effective ways to excrete microplastics from your tissues though is through sweating. I recommend using a near-infrared sauna with low EMFs for this purpose, as the near-infrared rays can penetrate far deeper into your body than far-infrared.

Other benefits of sauna use include improved cardiovascular fitness and reduced all-cause mortality, lower blood pressure, reduced dementia risk, improved mental health, strengthened immune function, improved athletic endurance, reduced inflammation, stem cell activation, improved insulin sensitivity and a reduction in stress hormones.

General Guidance for Sauna Use

Classical Finnish saunas are typically heated to 170 degrees F. or higher. An infrared sauna will rarely get that high, however, which means you may need to stay in a bit longer to get a good sweat. A benefit of SaunaSpace's near- and mid-infrared bulbs is that you're heating up from deeper within, so the air temperature doesn't need to be as high as a traditional sauna for you to sweat.

As a general recommendation, stay in the sauna for 20 to 30 minutes, or until you reach subjective fatigue, which is a sign that you've maxed out the benefits you're going to get. It's not about reaching a point of suffering — just that point where you're feeling mildly anxious and tired and want to get out.

As for the frequency, research has consistently shown that it's dose-dependent, so the more often you do it, the greater the benefits. The sweet spot seems to be right around four times a week, because you'll also be losing minerals along with toxins. So, you need to rehydrate and replenish those minerals to avoid mineral deficiencies.

For more details, including how to build your own near-infrared sauna, see "Near-Infrared Sauna Therapy — A Key Biohack for Health."

+ Sources and References

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3 How to Make a Natural Odor Eliminator

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Heart_jewel
Joined On 11/25/2022 10:14:47 AM
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My experience with progesterone, during menopause, is that dermal cream doesn't work. When I took it decades later, and still do, it's in the oral form Dr. M describes in this article. I seem to be taking the right amount and it works. How I know is that for 50 years I had

unwanted hair growth on my chin. Thousands have been spent on painful treatments of electrolysis. Progesterone stopped the hair growth. If any women have this problem, it's another reason to take progesterone. (I buy mine from Forefront Health, but follow Dr. M's dosage).

Reply | Mark as Spam | Posted On 5/9/2024 8:08:07 AM

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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Microplastics contaminate almost every part of the environment, including the food chain. They can adsorb different types of chemicals and microorganisms on their surface and thus increase the pollution load. Since microplastics are relatively small, they are easily ingested and can negatively affect the health of consumers. Research in this area has advanced and the first conclusions have been drawn that affirm that microplastics serve as a vehicle for the spread of toxic chemicals in the marine environment. In addition to PCBs, organochlorine compounds, polyaromatic hydrocarbons, insecticides DDT and HCH, heavy metals such as copper, arsenic, cadmium, lead and chromium, and antibiotics can contaminate microplastics.

Microplastics with adsorbed contaminants can represent a potential risk to marine organisms, especially when they enter the food chain through ingestion. The concentration of chemical contaminants in microplastics can be one hundred to one million times higher than in the surrounding water. Ingestion of microplastics with adsorbed micropollutants by aquatic animals is one way these toxic contaminants enter organisms.

In addition to air and water pollution, soil pollution is another possible source of microplastics in the food chain. Soil contamination by microplastics occurs through several routes. These include landfills, soil treatment, use of sewage sludge for soil fertilization, wastewater irrigation, use of compost and organic fertilizers, leftover mulch sheets, tire wear and the atmospheric gradient. Exposure to these microplastics leads to systematic exposure, while larger microplastics can only produce local effects on the immune system (e.g. inflammation of the intestine.

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Guillermou
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Micro/nanoplastics (MP/NP) contribute to the emergence of neurological development and/or neurodegenerative risks. Nanoplastics pose a greater risk because their size allows them to more easily cross the placenta and the blood-brain barrier. The long-term effects of microplastics on the body may include the induction of oxidative stress through the production of reactive oxygen species during the inflammatory reaction, which may lead to cytotoxic effects. Ingesting microplastics can alter energy balance, metabolism and the immune system. When MP/NPs are present in the brain, they can initiate a series of molecular or cellular reactions that can damage the blood-brain barrier, cause oxidative stress, trigger inflammatory responses, affect acetylcholinesterase activity, cause mitochondrial dysfunction, and impair autophagy.

Another risk associated with the consumption of microplastics in food is the microbial association with its surface. The presence of various pathogenic species on the surface of microplastics has been confirmed and the consumption of shellfish increases human exposure to these microorganisms. Microplastics can release harmful chemicals such as bisphenol A, PCBs, PAHs, chlorinated pesticides, BFRs and antibiotics into foods, which can subsequently have carcinogenic and mutagenic effects and act as endocrine disruptors.

According to some studies, persistent organic pollutants consumed together with microplastics represent a negligible source of pollution for humans. -----www.mdpi.com/.../1349 (2022).---
www.sciencedirect.com/science/article/abs/pii/S138266892200206X (2022).---
apps.who.int/iris/bitstream/handle/10665/362049/9789240054608-eng.pdf (2022).---
www.sciencedirect.com/.../S0929139322002839 (2023).--- www.cell.com/.../S2405-8440 (23)00503-0.pdf (2023).----
www.sciencedirect.com/science/article/abs/pii/S0304389424006332 (2024).--

Mark as Spam | Posted On 5/9/2024 1:48:39 AM

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juststeve
Joined On 1/5/2012 11:13:54 AM
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Professor, with after decades, more than half a century of these products infiltrating throughout every layer of life in our Garden, Planet Earth, our personal Gardens, our bodies. With these products disrupting, preventing so many basic critical functions to work properly. Just another tool in the Depopulation Agenda. Do we really have to wonder why so many species are disappearing? Why so many strange Dis-eases not only in our Human circles but in the wildlife too? In this strange Death March, in the end whoever in the circles of the 1% "win's" will most likely have won a desert planet, void of any life.

This situation calls for Regenerating, Renewing the deserts created by past Empires and expanded by the current ones. Wherever possible, even in backyards, if the organic matter can be increased to much higher levels, it is fairly reasonable to expect much of the plastic could be trapped, stop the circulation of it. The other possible impact is to reject as many and as much plastic product as possible. The industry claims the customer wants their product, but the customer is most likely the companies who use them, not the at the end consumer. As part of the buying public, we have a hard time sourcing out better alternatives.

Mark as Spam | Posted On 5/9/2024 4:34:36 AM

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vassil
Joined On 2/6/2016 4:10:21 PM
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An important omitted source: geoengineering spraying. Includes various nanoparticles besides nanoplastcs.... already found in considerable concentrations in every living creature. Geoengineeringwatch.org for instance has been trying to wake up the masses for over 15 years.... Humans are fervently, systematically, persistently, zealously working for their own demise and the extinction of life on the planet.

Mark as Spam | Posted On 5/9/2024 7:36:42 AM

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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Just, your comment represents quite a lesson from a farmer. Humanity is facing a serious drought and environmental pollution where water takes a huge toll. Human activity generates more than 400 million tons of plastic each year, of which half are designed for a single-use lifespan; and less than 10% are recycled. It is estimated that between 19 and 23 million tons of plastic waste end up in lakes, rivers and seas each year. However, the report emphasizes that plastic pollution could be reduced by 80% by 2040 if countries, companies and consumers make profound changes.

World Environment Day is celebrated this year around these figures, in search of urgent solutions to plastic pollution. the Life Phoenix project, pioneer in solutions for the regeneration of wastewater and treatment of microplastics and emerging contaminants. The project is part of the European LIFE program. Research faces the growing challenge of emerging contaminants and microplastics, which cause problems in current purification systems, as they are difficult to eliminate, and usually end up in the seas and rivers, posing a serious environmental risk. One of its objectives is to quantify and eliminate microplastics through advanced filtration processes.

The LIFE Phoenix project (Perfluorinated compounds HOlistic ENvironmental Internstitutional eXperience), co-funded by the European Union, involved both institutional bodies and the scientific research community. It was coordinated by Regione del Veneto, in collaboration with Azienda Zero, ARPAV, IRSA-CNR and Universit degli Studi di Padova. life-phoenix.eu/.../project .---
www.aqualia.com/documents/14152670/14224446/S12+LIFE+PHOENIX_en_web.pd.. .--- www.criep.eu/.../life-phoenix-project .--

Mark as Spam | Posted On 5/9/2024 8:06:48 AM

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Guillermou
Joined On 4/7/2015 8:47:48 AM
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HIGH-EFFICIENCY WATER FILTER REMOVES 99.9% OF MICROPLASTICS IN 10 SECONDS Researchers at the Daegu Gyeongbuk Institute of Science and Technology (DGIST) in South Korea have developed a system that is not as sophisticated but no less effective. It is a purifier with which to eliminate all contaminants from water at a speed never seen before. The novelty of this invention is that it not only effectively eliminates microplastics present in water, but also eliminates volatile organic compounds (VOC). These chemicals are responsible for most health effects. Another difference is that it increases the absorption time. And if the filters existing to date are characterized by something, it is the slowness of the process.

They found two alternatives. On the one hand, the material as a covalent triazene framework (CTF), with which organic dyes can be removed from industrial wastewater. And on the other, a filter that was even capable of absorbing sunlight and converting the energy into heat. The solution was in front of them: combine both technologies into one. Thus, a water purifier emerged whose results amazed even the researchers themselves. And the new prototype was capable of eliminating more than 99.9% of contaminants in just 10 seconds. The combination of both technologies not only offers unique results in this sense.

It is also capable of effectively eliminating more than 99.9% of mixed phenol derivatives, thanks to its synergistic purification system composed of absorption and solar membrane. This is an unprecedented percentage. For example, the acoustic waves that have already been used to clean water of microplastics were only between 56 and 58% effective.
www.indiatimes.com/explainers/news/explained-how-this-technology-can-f.. (2023)
newatlas.com/environment/high-efficiency-water-filter-99-9-microplasti.. (2023)

Mark as Spam | Posted On 5/9/2024 8:11:59 AM

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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Yes Vassil, Biden esta dispuesto a declarar la guerra a su pas y a todo el mundo con la geoingeniera climatica. A pesar de la reciente advertencia de la Comisin Europea de que las intervenciones a gran escala, como la ingeniera solar para revertir el 'cambio climtico', podran tener "consecuencias no deseadas ".
www.zerohedge.com/technology/eu-warns-against-potential-unintended-con.. (2023).--- La actual pulverizacin de aerosoles atmosfricos de ingeniera climtica no se menciona a pesar de que matemticamente es la mayor fuente de contaminacin atmosfrica por partculas finas.

La selva amaznica est siendo talada al ritmo ms rpido jams registrado, cunto tiempo pasar hasta que no quede nada? Qu papel juega la ingeniera climtica en la desaparicin de todos los hbitats restantes?. Video: www.youtube.com/watch .---- Solo hay un camino a seguir en la lucha para detener la geoingeniera global: lograr una masa crtica de conciencia sobre el tema entre los poblacin general. No se puede librar una batalla sin un ejrcito; la nica forma de avanzar en la lucha para detener la geoingeniera global es creando y reclutando un ejrcito de despiertos porque el gobierno de Estados Unidos y el poder global esta en manos de las grandes corporaciones que controlan completamente el flujo de informacin .

Videos. https/.../ how-do-we-stop-climate-engineering-only-way-forward/ .--- www.geoengineeringwatch.org US PRESIDENTIAL CANDIDATE ROBERT F. KENNEDY, JR. AND DANE WIGINGTON: IS CLIMATE ENGINEERING REAL?
www.geoengineeringwatch.org/us-presidential-candidate-robert-f-kennedy..

Mark as Spam | Posted On 5/9/2024 8:16:37 AM

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Suzicreamcheese
Joined On 8/5/2012 10:44:32 AM
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What is totally unthought of, and totally ridiculous in the face of the fact that plastic breaks down into smaller and smaller particle, is to recycle the stuff into clothing. Most women and no doubt some men know that clothes create fluff, and now that'll be Plastic Fluff, being sent into sewage waters evey time one does the laundry; as if it isn't already enough that so much clothing is polyester = plastic!

Reply | Mark as Spam | Posted On 5/9/2024 6:16:03 AM

Like | Dislike

HilltopJPJ
Joined On 12/1/2022 7:11:10 AM
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Not to mention the ubiquitous “non-stick” cookware that nobody treats properly so it is always scratched up and flaking into your food. We use only cast iron or stainless, and now even bring a cast iron skillet with us on road trips, where often rental cottages have only abused “non-stick” cookware. For anyone in the know, a properly seasoned and cared for iron skillet IS non stick!

Mark as Spam | Posted On 5/9/2024 6:53:51 AM

Like | Dislike

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muslim1
Joined On 2/24/2024 10:14:42 AM
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@HilltopJPJ: we're also becoming more conscious about non-stick cookware, and have mostly switched to stainless steel pans. We tried using cast iron, but the problem is trying to clean them and managing such a heavy pan. We're still left with non-stick chemical laden oven tray and round cake baking tray. Another thing I'm becoming wary of is baking paper... I didn't realise even baking paper could be treated with non-stick chemicals like PFAS!

Mark as Spam | Posted On 5/9/2024 7:14:22 PM

Like | Dislike

IanPomeroy
Joined On 1/5/2022 5:59:33 AM
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I am persuaded that you are correct. I currently live in Cyprus. I searched for info wrt the hormone that you recommended and every article that 'popped up' was negative thus I reckon that there is little chance of me being able to fight the problem. Perhaps I am to be blessed as my wife and I are quite likely to be near to the end of out time here on earth either by The Rapture of the end of our lives as we are just over 80.

Reply | Mark as Spam | Posted On 5/9/2024 3:47:48 AM

Like | Dislike

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srg03462
Joined On 8/5/2021 1:52:37 PM
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It makes me so very sad for my children and every other human on this earth who did not ask to combat so much natural disruption to our bodies and the planet. There is so much to worry about that I simply cannot stand it. Going to do the best I can live and live as peacefully as possible.

Mark as Spam | Posted On 5/9/2024 4:52:57 AM

Like | Dislike

Heart_jewel
Joined On 11/25/2022 10:14:47 AM
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Ian, I take the kind of progesterone Dr. M recommends from a company called Forefront Health. I take the right amount, 25 mg . I'm 79 years old. Don't give up yet on finding progesterone or living on.

Mark as Spam | Posted On 5/9/2024 8:00:02 AM

Like | Dislike

PithHelmut
Joined On 5/23/2011 12:07:53 AM
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Excellent information as usual from Dr Mercola. One thing though, how does boiling hard water reduce the nanoplastics from it?

Reply | Mark as Spam | Posted On 5/9/2024 12:19:04 PM

Like | Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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As published in the journal "Environmental Science & Technology Letters", boiling and filtering tap water containing calcium could help eliminate almost 90% of the nanoplastics and microplastics present. pubs.acs.org/.../acs.estlett.4c00081 Zhanjun Li, Eddy Zeng and their colleagues wanted to see if boiling could be an effective method to help remove NMP nano- and microplastic particles from both hard and soft tap water. To do this, the researchers collected samples of hard tap water from Guangzhou, China, and added them with different amounts of NMP.

The samples were boiled for five minutes and allowed to cool. The team then measured the free-floating plastic content. When hard water, which is rich in minerals, is boiled, a chalky substance known as lime or calcium carbonate ($CaCO_3$) is naturally formed. The results of these experiments indicated that as the water temperature increased, $CaCO_3$ formed foulants or crystalline structures that encapsulated the plastic particles. Zeng says that over time, these scalers would build up like typical limescale, at which point they could be removed to eliminate NMP.

Thus, he suggests that any remaining scale floating in the water could be removed by pouring it through a simple filter, such as a coffee filter. In tests, the encapsulation effect was more pronounced in harder water: in a sample containing 300 milligrams of $CaCO_3$ per liter of water, up to 90% of the free-floating MNPs were removed after boiling. However, even in soft water samples (less than 60 milligrams of $CaCO_3$ per liter), boiling still removed about 25% of the NMPs. The researchers say this work could provide a simple but effective method to reduce NMP consumption.

Mark as Spam | Posted On 5/9/2024 1:22:40 PM

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meehan2661
Joined On 1/12/2011 10:08:58 AM
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I started implementing what I learned here over a decade ago. Unfortunately I didn't realize at the time how important all these suggestions are. After seeing what my body absorbed even though I was eating organic and filtering the shower and Berkey for drinking water, it was not nearly enough to stop exposure to plastic and glyphosate. Even as far as wearing a work shirt that was polyester. In hindsight you really have to think it through. My levels came back very high on bpa and glyphosate.. I did detox these out of my system, but a daily detox is necessary in our environment. I wish I would have installed that whole house system sooner. Our water is hard and source running through areas surrounding by golf courses. Disclaimer should be noted. Please take these suggestions the same as if you jumped out of airplane it is suggested you pull the string for your parachute. I found out the hard way.

Reply | Mark as Spam | Posted On 5/9/2024 5:39:41 AM

Like | Dislike

PithHelmut
Joined On 5/23/2011 12:07:53 AM
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It astounds me constantly that we the people tolerate this onslaught and do and say nothing about it. The chemtrails sprayed from planes in the sky - most people don't even notice. How are we going to get all these nanoplastics out of the environment? We knew about this many years ago at least 12 years ago and nothing, absolutely nothing has been said or done about it. Everything is contaminated. WE shouldn't have to detox, we should be living in a pristine environment - this is our habitat and it belongs to everyone. Yes it is an urgent matter as all other matters are now, now that they have been neglected for so long. I'm glad you managed to keep these chemicals out of your body, it is a daily task now.

Mark as Spam | Posted On 5/9/2024 12:24:21 PM

Like | Dislike

Smudge2
Joined On 2/7/2024 12:16:28 PM
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RE: NET BAGS........One of the things that REALLY bothers me is those net bags fruits come in. Cut them open on a white paper or countertop. The teeny particles stick to the scissors, stick to the fruits and vegetables and stick to the counter. Wipe off the counter and there they are, still stuck or more dropping off of the produce. Then, if u wash the produce, the teeny particles go down the drain. If you don't have a white countertop, you'd never even know. Less packaging waste is their mantra. Birds and animals get stuck in them when tossed out in landfills if not properly disposed of. They're a hazard. JMHO

Reply | Mark as Spam | Posted On 5/9/2024 10:54:07 AM

Like | Dislike

HilltopJPJ
Joined On 12/1/2022 7:11:10 AM
Add as Friend | Send Message

Although we've tended toward avoiding plastics in general, we still used plastic containers for some food storage, we've been recently purging those though and replacing with glass. We still use 5 gallon plastic food buckets for storing rice and grains. I have avoided synthetic fibers for years, only cotton, wool or linen. We have water from a deep well and we're in the VT mountains (hills to my western friends), so would assume our water is pretty safe. Lastly, another confirmation that my purchase of a Finnish style sauna this past winter was one of the best decisions I ever made. I use that almost every day even now as the weather has warmed up. It's done wonders for my overall well being, it's nice to know that I'm purging micro plastics in addition to other toxins.

Reply | Mark as Spam | Posted On 5/9/2024 6:20:12 AM

👍 Like 👎 Dislike

non7379
Joined On 9/27/2021 11:02:34 AM
Add as Friend | Send Message

Guillermou, thanks for posting those excellent links. Wouldn't it be nice if government spending of our tax dollars was actually centered around true wellness and effective improvements to the earth instead of this power grabbing climate change nonsense that expects people to live in archaic times. That new water filter developed in SOKO that eliminates VOCs and microplastics should be available globally in every country, for example. How amazing would that be! Another example is the sad fact that the pharmaceutical industry is more about profits and making billions instead of focusing on the development of drugs that are therapeutic, not just palliative and without deleterious side effects. There's no reason it can't be a win-win dynamic.

Reply | Mark as Spam | Posted On 5/9/2024 10:19:57 AM
👍 Like 👎 Dislike

PithHelmut
Joined On 5/23/2011 12:07:53 AM
Add as Friend | Send Message

Wouldn't it be nice if we stopped paying government to ruin our world? They can do nothing right and they don't want to, that's not their agenda. Their agenda is diametrically opposite to healthy living because healthy living isn't profitable. But it's up to the people to put a stop to it as they will never stop so long as their funding is assured. I know that's a toughie but we need to start talking about strategies to do this or we're just going to go under.

Mark as Spam | Posted On 5/9/2024 12:28:39 PM
👍 Like 👎 Dislike

DeenaLin
Joined On 11/24/2010 10:27:36 AM
Add as Friend | Send Message

Trying my best to avoid plastics, but now I'm concerned about the night guard mouth piece recommended by my dentist, which appears to be made of some kind of hard plastic. Not sure having it in my mouth all night is a great idea...any input on this matter?

Reply | Mark as Spam | Posted On 5/9/2024 9:10:50 AM
👍 Like 👎 Dislike

riskybiz
Joined On 11/14/2009 9:38:01 PM
Add as Friend | Send Message

Dental guards should be BPA free, at least the ones that you buy to heat up and self fit as a mold to teeth are. I would look up the brand to confirm if its BPA free.

Mark as Spam | Posted On 5/9/2024 11:02:15 AM
👍 Like 👎 Dislike

Caroling
Joined On 8/30/2007 6:22:18 PM
Add as Friend | Send Message

I was planning to get a nightguard several months ago, and then I realized that I am very sensitive to all kinds of chemicals. So I called it off. However, it is possible to get a blood test that will determine which kind of plastic is "best" for a particular person's night guard, get the blood work done, get the right nightguard, and it might be a bit better. (The blood work place closest to me is in Denton, Texas, but it's apparently done through the me.) For now, I'm skipping the nightguard. Just the though of sucking on plastic all night long makes me a big leery!

Mark as Spam | Posted On 5/9/2024 8:00:39 PM
👍 Like 👎 Dislike

HilltopJPJ
Joined On 12/1/2022 7:11:10 AM
Add as Friend | Send Message

As to dental appliances, I understand the concern, but almost always there is a cost/benefit trade off that has to be made. I have near perfect dental health, getting my first cavity in my twenties. Sadly I got two or three more in my forties primarily from nighttime grinding. I couldn't wear a night guard that covered all my teeth, it was uncomfortable and I would wake up to find I had spit it out. Ultimately my dentist recommended an NTI, this was custom made for my teeth and only covers 4-6 of the bottom front teeth, it snaps on tightly and is NOT uncomfortable, its design prevents me from being able to clench and grind. I'm not even sure what type of plastic it is made of, but (at 63 years) if I didn't have it I can only imagine how badly my teeth would be damaged by this time.

Mark as Spam | Posted On 5/11/2024 9:40:32 AM
👍 Like 👎 Dislike

gil7713
Joined On 11/26/2013 11:07:03 AM
Add as Friend | Send Message

Hi, just after some information please. Dr Mercola says in this article that near infrared is better since it penetrates deeper than far infrared. I have been doing some research in to getting a sauna, but the information that I have looked at says the opposite, that far infrared penetrates deeper and is better for detoxification. Just wondering if this is a misprint on the Mercola site or if there is a disagreement of opinion. I would be very grateful for any clarification. Many thanks :)

Reply | Mark as Spam | Posted On 5/11/2024 10:52:07 AM
👍 Like 👎 Dislike

samwoo
Joined On 6/20/2016 3:31:52 AM
Add as Friend | Send Message

Over the course of several years I have removed all plastic clothes, bar one dressing gown finding that hard to give up. I have replaced the whole families scarfs, acrylic ones shed micro plastics that you inhale. We've chucked out all non stick cookware in favour of glass and ceramic. I am however one of those women unfortunate enough to have been lied to and implanted with a chunk of plastic during surgery. (They called it an inert surgical substance!) I finally have it out so now the focus is on sweating and maybe a blood donation or two. I tend to over heat my baths and over use the electric blanket in bed to sweat, a 4x a week sauna works out quite expensive around here.

Reply | Mark as Spam | Posted On 5/11/2024 12:41:27 AM
👍 Like 👎 Dislike

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

The reference to boiling hard water (#17) is from ZeroHedge, originally fr. Epoch Times... Here's what disturbs me about that advice, as a science researcher: don't stand near the boiling pot, or you'll be inhaling vapor-born microplastics, right? How is that an boiling water an improvement over EATING/ DRINKING micro-p's?

Reply | Mark as Spam | Posted On 5/10/2024 1:52:24 AM
👍 Like 👎 Dislike

sutlaf2
Joined On 6/2/2022 11:46:21 AM
Add as Friend | Send Message

Recent Austrian study of micro plastics fed to mice found the material in brain tissue within 2 hours. Yes! Micro plastics are fully capable of crossing the BBB. MORE YHAN UNFORTUNATE!

Reply | Mark as Spam | Posted On 5/9/2024 9:05:22 PM
👍 Like 👎 Dislike

Huckleberry1
Joined On 1/29/2008 5:37:43 PM
Add as Friend | Send Message

Dr. Ana Mihalcea has GREAT information on nanoplastics ! anamihalceamdphd@substack.com

Reply | Mark as Spam | Posted On 5/9/2024 4:22:24 PM
👍 Like 👎 Dislike

shaglus
Joined On 2/8/2024 8:27:46 AM
Add as Friend | Send Message

The Age of Absurdity

Reply | Mark as Spam | Posted On 5/9/2024 8:02:20 AM
👍 Like 👎 Dislike

Piw6958
Joined On 3/19/2015 6:42:04 AM
Add as Friend | Send Message

There are many other endocrine disruptors to eliminate = PET water bottles, milk, tofu, glyphosate, propylgallate (preservative) and face creams, supplements, toiletries, etc. containing estrogen or other hormones

Reply | Mark as Spam | Posted On 5/9/2024 7:46:24 AM
👍 Like 👎 Dislike

Hollie123
Joined On 12/2/2013 8:09:05 AM
Add as Friend | Send Message

I think I'll start boiling my bottled water. Bottled water is likely already purer that what comes out of the tap.

Reply | Mark as Spam | Posted On 5/9/2024 5:43:42 AM
👍 Like 👎 Dislike

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

The reference to boiling hard water is from ZeroHedge, originally fr. Epoch Times... Here's what disturbs me about that advice, as a science researcher: don't stand near the boiling pot, or you'll be inhaling vapor-born microplastics, right? How is that an improvement over EATING/ DRINKING micro-p's?

Mark as Spam | Posted On 5/9/2024 6:52:49 AM
👍 Like 👎 Dislike

Caroling
Joined On 8/30/2007 6:22:18 PM
Add as Friend | Send Message

Bottled water is someone else's tap water, put into bottles and labelled. That's what I think is going on. I have never understood what would make it purer, especially since it has been sitting in plastic for weeks. We all have to do what we think it best. I have a great water filter near my kitchen faucet, and I use that water for all drinking and cooking. I hope you find a solution that works for you.

Mark as Spam | Posted On 5/9/2024 8:02:46 PM
👍 Like 👎 Dislike

Healthyforus
Joined On 6/2/2007 10:41:39 AM
Add as Friend | Send Message

For storing food and water, try Superfest Glass. It's 15 times stronger than regular glass. Watch YouTube videos on Superfest Glass -The Unbreakable Glass.

Reply | Mark as Spam | Posted On 5/9/2024 6:25:50 AM
👍 Like 👎 Dislike

Angelas001nashville
Joined On 1/17/2008 4:48:07 PM
Add as Friend | Send Message

Where can it be obtained? My teenager was just telling me about it after learning about it on Youtube.

Mark as Spam | Posted On 5/10/2024 12:17:25 AM
👍 Like 👎 Dislike

RonaldHL
Joined On 5/3/2024 9:40:37 PM
Add as Friend | Send Message

How can microplastics already in my body be eliminated? My body does not create arterial plaques. I'manomalousthat way. I suspectit is a rare genetic trait since I have many others that are highly advantageous. I don't have a trace. It's zero plaques, so assuming microplastics are in my body, where did they go and how do I get rid of them? Why do some people have more nanoplastics in their body? Can my body be somehow excluding them? What nutrients might be helpful for microplastics rejection / elimination?

Reply | Mark as Spam | Posted On 5/9/2024 2:19:26 PM
👍 Like 👎 Dislike

fra2163
Joined On 4/24/2018 8:18:39 PM
Add as Friend | Send Message

This article recommends Simply Progesterone from Health Natura and recommends not to use transdermally. But the Health Natura website says that Simply Progesterone is a topical, transdermal serum.They do not mention oral use. Am I missing something??

Reply | Mark as Spam | Posted On 5/9/2024 6:55:20 AM
👍 Like 👎 Dislike

jea11454
Joined On 10/12/2014 7:52:07 PM
Add as Friend | Send Message

FDA regulations allow them to market as transdermal-only.

Mark as Spam | Posted On 5/9/2024 7:07:11 AM
👍 Like 👎 Dislike

thoreaumommy
Joined On 9/7/2021 7:22:07 AM
Add as Friend | Send Message

I was confused too- also because the article mentions 25-50 mg to take, and the Simply Progesterone is drops for transdermal. How do you convert that drops to mg? And it is safe to swallow?

Mark as Spam | Posted On 5/9/2024 8:01:04 AM
👍 Like 👎 Dislike

coo243334
Joined On 11/9/2017 7:53:10 AM
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I was wondering the same thing! So are we supposed to put the drops under our tongue instead????

Mark as Spam | Posted On 5/9/2024 8:02:14 AM
👍 Like 👎 Dislike

Hopedog
Joined On 6/19/2006 8:31:46 AM
Add as Friend | Send Message

Confusing....Dr. Mercola says to avoid transdermal application but the link to Health Natura is for a transdermal product.

Reply | Mark as Spam | Posted On 5/9/2024 9:28:16 AM
👍 Like 👎 Dislike

dia1910
Joined On 12/31/2020 8:08:47 AM
Add as Friend | Send Message

The article mentions instructions for pre-menopausal progesterone use but not post-menopausal. Any suggestions?

Reply | Mark as Spam | Posted On 5/9/2024 6:33:09 AM
👍 Like 👎 Dislike

lpioch
Joined On 4/6/2011 4:06:39 PM
Add as Friend | Send Message

The article started: "As a general recommendation, most adult males and non-menstruating adult women would benefit from taking 25 to 50 mg of bioidentical progesterone per a day, taken in the evening one hour before bed, as it can also promote sleep. "

Mark as Spam | Posted On 5/9/2024 6:36:45 AM
👍 Like 👎 Dislike

ScanKat
Joined On 1/9/2021 11:28:32 AM
Add as Friend | Send Message

The brand recommended says use on the skin. Is this antically recommending only putting on the gums of the mouth ?

Reply | Mark as Spam | Posted On 5/9/2024 2:51:00 PM
👍 Like 👎 Dislike

satkins50

Joined On 8/2/2009 6:28:13 PM

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I'm glad to see others are also confused about the Health Natura Simply Progesterone conflicting recommendation on this site. I too don't know if this is to be used under the tongue and, if so, how many drops? If it is to be used topically as the manufacturer states, please say so!

Reply | Mark as Spam | Posted On 5/9/2024 11:32:13 AM

Like Dislike

Gbergeron

Joined On 1/18/2011 11:58:15 AM

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We're not just eating plastic, there is plastic filaments in chem trail spraying. I walk almost daily. I had a scab on my earlobe, when I scratched it off I noticed a plastic filament sticking out of the bloody spot. The filament must of gotten onto my hair and onto my pillow and then pushed into my earlobe.

Reply | Mark as Spam | Posted On 5/9/2024 5:26:05 AM

Like Dislike

PithHelmut

Joined On 5/23/2011 12:07:53 AM

Add as Friend | Send Message

We are living in freaky times.

Mark as Spam | Posted On 5/9/2024 12:32:09 PM

Like Dislike

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