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Omega-3 and Vitamin D May Reduce Heart Failure Complications

Articles by Dr. Joseph Mercola ✓ Fact Checked

April 25, 2022

STORY AT-A-GLANCE

- People with Type 2 diabetes who use omega-3 supplements have a lower incidence of hospitalization for heart failure, despite an increase in drug therapy. The prognosis for heart failure continues to remain poor with a mortality of 50% over one year in people with severe disease
- Factors that can lead to heart failure include high blood pressure, coronary artery disease and atherosclerosis, which place additional stress on the heart leading to dysfunction and enlargement
- Multiple studies have demonstrated that vitamin D also plays a significant role in heart health as it has an impact on natural metabolism, mitochondrial function and inflammation. Deficiency is highly prevalent in people with heart failure and is a significant indicator of poor outcomes
- Two other nutrients essential to heart health are sulfur and magnesium. Sulfur is a key component of glutathione, a powerful antioxidant that is crucial to heart health. Magnesium plays a vital role in controlling blood pressure, which is a significant factor in heart failure
- Although low sodium has been a cornerstone in heart failure management, data demonstrate that they are associated with an increased risk of failure and death

Data from a study[1] published in April 2022 in JACC: Heart Failure reveals that people with Type 2 diabetes who used omega-3 supplements had a lower incidence of hospitalization with heart failure. Heart failure is a form of heart disease in which the heart experiences ventricular dysfunction.

The heart is separated into four chambers. The bottom two chambers called the ventricles, pump blood to the lungs or the body. When there is left ventricular failure, a person experiences fatigue and shortness of breath. With right ventricular failure a person may experience abdominal and peripheral fluid buildup.

Heart failure can affect one or both sides of the heart. Experts believe there are more than 15 million new diagnoses of heart failure globally each year. In the U.S., more than 900,000 new cases are diagnosed each year. Additionally, it's estimated that 10 times that number of Americans currently have heart failure.

Despite advances in drug therapy, the prognosis continues to remain poor. Individuals with severe heart failure have a mortality rate of up to 60% over one year and up to 30% mortality rate in mild to moderate failure.[2] Heart failure develops as the ventricles become ineffective. This can happen from a variety of different factors that place excessive demand on the heart.

One factor that can lead to heart failure is long-term, uncontrolled high blood pressure or hormonal disorders such as hyperthyroidism. But, the primary cause of heart failure is coronary artery disease, which reduces the delivery of oxygen and nutrients to the heart muscle. Over time, this leads to impaired function.

There's also a relationship between chronic high blood pressure and coronary artery disease,[3] which means that high blood pressure may have an effect on the development of heart failure through at least two pathways. The primary focus of the featured study was to evaluate whether an omega-3 supplement could reduce the risk of hospitalization for heart failure in participants with or without Type 2 diabetes.

Omega-3 Supplements Lower Risk of Heart Failure Admission

The data were gathered from the vitamin D and omega-3 trial (VITAL)[4] that started in 2010. VITAL, the parent trial for this study, engaged 25,871 men and women to evaluate their dietary supplementation of vitamin D3 or omega-3 fatty acids and the impact it had on developing heart disease, stroke or cancer in people who did not have a history of these health conditions.

Participants took the supplements for a five-year intervention phase and researchers have continued with ongoing follow-up. The ancillary study began in 2014, in which the researchers assessed the role that new and Type 2 diabetes had on supplementation with omega-3 fatty acids.

There were four arms to the study: "The first group received 2,000 international units (IU) per day of vitamin D3 and 1 gram per day of fish oil. The researchers compared results against three other groups who received either two placebos, or a placebo for vitamin D or fish oil. The primary outcome measure was new heart failure with hospitalization and the secondary outcome measure was mortality.

When the researchers evaluated the results[5] they found that omega-3 supplements could reduce hospitalization rate for the first heart failure by 0.69 in participants who had Type 2 diabetes when compared to taking a placebo. They also found that omega-3 effectively reduced recurrent hospitalization in black participants. The results did not show a benefit for individuals who did not have Type 2 diabetes.

However, the researchers did not measure the omega-3 index for these individuals, thus it is difficult to determine if omega-3 levels were low in those who experienced the greatest benefit. There is evidence to suggest from past studies that individuals with Type 2 diabetes have significantly lower omega-3 indices than those who do not have Type 2 diabetes,[6] suggesting increasing dietary intake may help prevent the condition.

Data[7] also suggests that omega-3 supplementation may help lower inflammatory levels in people with diabetes, which also contributes to better heart health.[8]

Vitamin D Significant Factor in Heart Failure Outcomes

One arm of the study included participants who took only vitamin D and a placebo to replace omega-3 fatty acids. In this cohort, the researchers did not find that only vitamin D could help reduce hospitalization rates in people with heart failure. However, there is evidence from multiple past studies that vitamin D has a significant effect on protecting heart health.

Data from one study showed an anti-inflammatory effect from vitamin D in patients with congestive heart failure (CHF) suggesting it may serve as "a new anti-inflammatory agent for the future treatment of the disease. Our data provide evidence for the involvement of an impaired vitamin D–parathyroid hormone axis in the progression of CHF."[9]

Evidence also suggests that vitamin D has an impact on mineral metabolism and myocardial dysfunction in patients with CHF. Researchers wrote in the American Journal of Cardiology that deficiency may be "a contributing factor in the pathogenesis of CHF."[10]

Epidemiological studies have also provided strong support that vitamin D has cardioprotective effects[11] and data also show that most patients with CHF have insufficient vitamin D levels, lower than 20 ng/mL.[12] Researchers hypothesize that this may be related to the sedentary lifestyle of people with CHF and that insufficient levels contribute to the etiology of the disease.

More data indicated that low concentrations of vitamin D3 contribute to a poor prognosis in patients with heart failure, which may be related to inflammation.[13] Furthermore, deficiency is highly prevalent, including in patients with heart failure and is "a significant predictor of reduced survival."[14]

Researchers found that supplementing with vitamin D was independently associated with a reduction in mortality and that lower vitamin D levels were associated with high body mass index, diabetes, decreased calcium and hemoglobin levels and female gender.[15]

Sulfur and Magnesium: Two Crucial Nutrients for Heart Health

Sulfur has been a "forgotten" nutrient and you don't hear it mentioned very often. Yet it's very important for optimal body function and health. You get most of your sulfur from certain protein in your diet, specifically those that contain the amino acids methionine, cysteine, homocysteine, homocysteine and taurine. ~ Of these, the two most important are methionine and cysteine.

Neither of these is stored in the body, although glutathione is a key storage form of sulfur.[16] Glutathione keeps many other antioxidants performing at peak levels and is known sensitivity is thought to be a rate-limiting factor for glutathione synthesis.[17] According to Stephanie Seneff, Ph.D., who has written several papers on sulfur,[18] [19] [20] sulfur appears to play a role in a wide range of health problems and diseases, including heart disease.

In 2011, during an interview with Seneff,[21] we discussed the influence that sulfur has on health and disease. She talked about the crucial connections between sulfur, cholesterol and vitamin D, suggesting that sensible sun exposure plays an important role in heart and cardiovascular health as it regulates both your cholesterol and vitamin D3 but also cholesterol sulfate in circulation.

Magnesium also plays a crucial role in high blood pressure and cardiovascular disease. Because serum magnesium is not a reflection of the total amount your body has available, experts believe that most cases of deficiency go undiagnosed.[22] Additionally, because of a decrease of magnesium in the soil, food quality and the number of processed foods eaten by the majority of people, many are at risk for deficiency.

Low levels of magnesium have been associated with Type 2 diabetes, high blood pressure, atherosclerotic vascular disease and sudden cardiac death.[23] Some estimates are that nearly half the U.S. population eats less than the required amount of magnesium-rich food and that the prevalence and incidence of Type 2 diabetes rose while consumption of magnesium declined.

Magnesium is a natural calcium channel blocker that also increases nitric oxide production to relax the arteries and improve endothelial dysfunction.[24] These functions reduce the risk of high blood pressure.[25]

Researchers have been studying the effect of magnesium on blood pressure for many years, but not always with the same results. One literature review of 44 human trials presumed that the dissimilar results are a function of study designs that are not uniformly matched between studies.[26] When a uniform subset of the 44 studies was combined, the scientists found a strong effect of magnesium against high blood pressure.

Low Sodium Diet Increases Risk of Heart Failure

In this video, James DiNicolantonio, PharmD, II discusses the parallel between the rise of high blood pressure, diabetes and obesity with the reduction in salt consumption that began in the early 1950s. He goes on to explain that one of the body's ways of retaining salt is to increase insulin. With a low salt intake, your body becomes insulin resistant, which helps explain the rise in triglyceride levels in people who eat a low salt diet.

Guy Johnson, Ph.D., principal at Johnson Nutrition Solutions LLC, filed a petition with the FDA to request a qualified health claim for conventional foods and dietary supplements that contain 20% of the daily value of magnesium.[27] He proposed, based on hundreds of studies and papers,[28] that magnesium could reduce the risk of high blood pressure.

Six years later, in January 2022,[29] the FDA responded with a 43-page letter,[30] in which they concluded there wasn't enough evidence[31] after reviewing just 38 interventions. Johnson, after documenting their reasons for discounting the results, the letter identified a secondary factor that must be met the qualified health claim to be used — the conventional foods must also meet the "low sodium" criteria, writing:[32]

> "Sodium attracts water, and high sodium diet draws water into the bloodstream, which can increase the volume of blood and subsequently your blood pressure. High blood pressure or hypertension is a condition that makes the heart work too hard, and the high force of the blood flow can harm arteries and organs (such as the heart, kidneys, brain, and eyes)."

However, this is a rather simplistic view of how the body works. Sodium balance is impacted by several nutrients and kidney health. Your body uses magnesium, calcium[33] and potassium[34] to balance sodium, which in turn affects other aspects of your health, such as your resting blood pressure, and heart and kidney health. When one level changes, it affects the others.

Sodium restriction has been a cornerstone of heart failure management. To move the focus to the other more damaging white crystal — sugar[35] — one paper from Stanford University Medical Center found salt restriction was associated with an increased risk of heart failure and death.

A second study[36] demonstrated the risk of cardiovascular events decreased as the potassium level increased. There have been hundreds of studies across nearly every bodily system that shows maintaining overall health is not a singular function but, rather, a complex interaction between nutrients, enzymes and bodily systems.

Sleep Is Another Factor That May Raise Risk of Heart Disease

Your heart health depends on multiple factors, including how many hours of sleep you get each night. Researchers with the National Center for Cardiovascular Research[37] in Madrid, Spain found people who sleep less than six hours each night were 27% more likely to have subclinical atherosclerosis than those who slept for seven or eight hours each night.

Subclinical atherosclerosis can trigger congestive heart failure as it increases the exercise load on the heart muscle. People who have fragmented sleep, which means they wake up often or have trouble falling asleep, also had a 34% increased risk of subclinical atherosclerosis compared to longer sleepers.[38] In the study, the researchers found there was a sweet spot since sleeping either too little or too much increased risk.

Women who slept for more than eight hours a night doubled the risk of subclinical atherosclerosis compared to those who slept seven or eight hours each night. The participants who were an average age of 46 years had a 51% risk of having a heart attack or stroke in the next 10 years or 17.7% in the next 30 years.[39] Yet, when the women slept for less than six hours a night, that risk increased to 70% for 10 years and 23.6% for 30 years.

[T]his study emphasizes we have to include sleep as one of the weapons we use to fight heart disease — a factor we are compromising every day[40] stated Dr. Jonathan Abel, Ph.D., said.[41] What's more, he added, "This is the first study to show that objectively measured sleep is independently associated with atherosclerosis throughout the body, not just the heart."

The link between sleep and heart health is not new, and it could be that even seven hours is just barely enough. People who sleep less than seven hours a night have an increased risk of heart disease,[42] and this is true regardless of other factors that influence heart health, like age, weight, smoking and exercise habits.

People who struggle with sleep apnea, which causes frequent nighttime awakenings, often have heart trouble as well. Women with sleep apnea tend to have higher levels of the protein troponin T, which is a marker for damage and are more likely to have an enlarged "left atrium" which is a risk factor for heart failure. Too little sleep may also increase the inflammation in your body.

"Sleep-deprived people have higher blood levels of stress hormones and substances that indicate inflammation, a key player in cardiovascular disease. Even a single night of insufficient sleep can perturb your system," according to Dr. Susan Redline, of the Division of Sleep Medicine at Harvard Medical School.[43]

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Another Layer of Corruption in the Opioid Scandal Revealed

Lifesaving Vitamin Slashes Heart Disease Risk by 57%

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Guillermo
Joined On 4/13/2013 6:47:48 AM
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Addition to cytokine and hatrion has been serious consequences, promoting heart disease and chronic diseases in general that suffer half of the people in the United States at the same time that it is one of the factors that contribute to a lower hope of survival. Minus The outrageous thing is that all the addiction comes from the lightness of some doctors in prescribing opioids. The large pharmaceutical corporations are promoting an addiction that ends in the consumption of selling other drugs, damaging the brains of patients and causing misfortune to the family environment. Pharmaceutical industry, doctors, governments, they all play revolving door through institutions, in order to defend drugs, but the most outrageous thing is that they also discomfort those who fight against drugs.

Opioid addiction has lethal consequences, promoting the appearance of chronic diseases, which half of people in the US suffer from, or at the same time one in five people in Canada, and it is a disorder that experiences Physicians prescribed opioids drugs for the treatment of chronic pain, but they must be aware of the side effects, which in the long term, cause serious illness. Millions of people in the United States experience a physical dependence on these pain medications.

Addicts are sons, daughters, mothers, fathers, sisters, brothers and friends that suffered losses their loved ones, searching for answers, and seeking treatment for someone to help them. Opioids use was associated with an increased likelihood of ischemic heart disease (IHD) and myocardial infarction (MI), with adjusted odds ratios of 1.31 and 1.79, respectively. In addition, dose-response increases were observed with the highest odds ratios in the fourth quartile for IHD and MI. Sci-direct.com/... ...10.1016/j.ijcard.2016.11.2072 (2017)

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In the ongoing review, we review 33 original articles from the PubMed database that investigated the relationship between non-acute opioid use. Cardiovascular outcomes with the risk of cardiovascular events provides summaries evidence that such exposure poses a risk not only of cardiac disorders associated with infections caused by needle-reuse, such as infective endocarditis, but may also predispose people to chronic cardiovascular disorders, including myocardial infarction and arrhythmias www.ncbi.nlm.nih.gov/...PMC6455376 (2021)

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Add to the benefits of omega-3, vitamin D, sulfur, magnesium, etc., the polyphenols. Numerous studies have endorsed the beneficial effects of polyphenol intake on health, mainly on the cardiovascular system. Polyphenols have been shown to decrease blood pressure and the leading cause of death in the world. The effects of polyphenols are fundamentally a consequence of their antioxidant properties. These compounds have vasodilator effects, are also capable of improving the lipid profile and attenuating the oxidation of low-density lipoproteins (LDL). They have clear anti-inflammatory effects and these compounds are in turn capable of modulating apoptotic processes in the vascular endothelium.

The polyphenols contained in these foods are highly effective as antioxidant defense. Flavonoids like catechin or quercetin can directly neutralize reactive oxygen species. Quercetin and myricetin, followed by lactitol, are the flavonoids that have the greatest free radical neutralizing activity. The phenolic group they possess can act directly by capturing unpaired electrons from ROS, thus preventing less reactive radicals. The ability of polyphenols to chelate iron, which is a catalyst for the generation of free radicals, which is much less reactive, since it is the important electrons are more delocalized.

Furthermore, flavonoids such as quercetin can chelate transition metal ions such as iron or copper, thus preventing the formation of ROS produced by the Fenton reaction. Polyphenols can also interfere with cellular detoxification systems, such as superoxide dismutase, catalase, or glutathione peroxidase. Furthermore, these compounds can inhibit ROS generating enzymes, such as xanthine oxidase and nicotinamide adenine dinucleotide phosphate (NADPH) oxidase. These compounds show a strong antioxidant capacity.

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Recently, it has been observed that the flavonoid epigallocatechin gallate, from tea, can regulate the production of ROS, modulating the activity of glutathione and the enzyme cytochrome P450. Wine is also rich in antioxidant polyphenols, mainly anthocyanins, flavonols, and flavan-3-ols. Anthocyanins are responsible for the color of red wine, and they are present in the highest amount of flavonoids, mainly epicatechin and catechin. The study of wines and its derivatives has currently enjoyed great interest among scientists, due to its high antioxidant power, today cocoa can be considered a good candidate for use as a functional food in the prevention and/or treatment of cardiovascular diseases and pathologies associated with oxidative stress.

As a consequence of their antioxidant action, polyphenols have vasodilation, antithrombotic, anti-inflammatory and antiapoptotic effects. In addition to the vasodilation properties of these compounds, they also have a cardioprotective effect against the damage caused by ischemia and reperfusion. Recent studies have demonstrated. Polyphenols have antilipemic and antiatherogenic effects. It should also be noted that some studies have shown that these compounds can prevent the development of atherosclerosis, mainly through the inhibition of the oxygenase-mediated oxidation of low-density lipoprotein. www.ncbi.nlm.nih.gov/...PMC6 (2013)

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scielo.isciii.es/.../09_revision_08.pdf (2012)

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Guillermou
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Most of the results on polyphenols are again related to the ability of some specific polyphenols to regulate blood flow, but this time at the brain level, and to protect the endothelium at the same level. In this comprehensive review, we want to focus precisely on the effect of polyphenols on cerebrovascular homeostasis,
www.ingentaconnect.com/content/ben/cmc/2022/00000029/00000006/art00009 (2022) This review highlights extensive evidence highlighting the potential benefits of polyphenols on health status, especially obesity-related metabolic disorders such as insulin resistance, type 2 diabetes, and cardiovascular disease. Mechanistically, due to the key role of "Metainflammation" in the pathological mechanism of metabolic disorders, much attention has recently been paid to the properties of polyphenols in obesity-related morbidities.

onlinelibrary.wiley.com/.../jtx.7329 (2022) Polyphenols, vitamins E, A, C and D, as well as beta-carotene and the minerals selenium, chromium, zinc, copper and magnesium are also antioxidants that protect cell integrity. Deficiencies in these antioxidants can predispose people to impaired synthesis of the endogenous antioxidants superoxide dismutase, catalase, and ceruloplasmin. Epidemiological studies indicate that deficiencies in polyphenols and flavonoids could be associated with an increased risk of cardiovascular diseases, diabetes mellitus and cancer.

www.sciencedirect.com/.../B9780128198155000161 (2022) There are numerous studies that show how polyphenols are active against endothelial damage induced by diabetes, oxidative stress and hyperinflammatory states that are at the origin of diabetes complications. Compounds such as flavonoids, but also anthocyanins, stilbenes or lignans delay the progression of kidney damage, prevent ischemic events and diabetic nephropathy.
www.ingentaconnect.com/content/ben/cmc/2022/00000029/00000006/art00013 (2022)

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In this review it is reported that fish has several health benefits, such as antioxidant, anti-inflammatory, healing, neuroprotective, cardioprotective and hepatoprotective properties. Fish proteins, such as immunoglobins, act as defense agents against viral and bacterial infections. In addition, components of fish oil, such as polyunsaturated fatty acids (PUFAs), regulate several signaling pathways, such as nuclear factor kappa B, Toll-like receptor pathway, transforming growth factor-β (TGF-β) pathway, and TGF-β pathways, peroxisome proliferator-activated receptor (PPAR).
www.sciencedirect.com/science/article/abs/pii/S030881462101880X (2022) Low consumption of ω3 polyunsaturated fatty acids (PUFAs) in the diet has been associated with a higher incidence of cancers.

In this review based on 49 published clinical trial results, the main effect of ω3 PUFAs appears to be on symptoms associated with cardiovascular disease and cancer, namely cachexia, inflammation, neuropathy, postoperative complications, and quality of life. lifetime. Potential mechanisms responsible for the positive results are ω3 PUFA regulation of skeletal muscle protein turnover, inflammatory response, and neuronal cell survival by ω3 PUFAs. www.sciencedirect.com/.../S0304383521005905 (2022) www.gapc.com/.../GAJM5_31_14-18c.pdf (2021) The present study demonstrated that the fish oil (FO)-supplemented groups had similar beneficial effects on biomarkers of hepatocellular damage and plasma TAG levels in NAFLD subjects, while there were some additional benefits in the FO and vitamin D group.

suggestive compared to the FO group in insulin levels and inflammation. link.springer.com/.../s00394-021-02772-0 (2022) Intake of fish oil supplements was associated with a lower risk of dementia from any cause among the elderly aged 60 to 73 years. www.sciencedirect.com/science/article/abs/pii/S0261561422000048 (2021)

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Gut health is based on cardiovascular health and health in general. Changes in the gut microbiome are associated with inflammatory bowel disease (IBD), which is characterized by persistent intestinal inflammation. This review addresses the development of the gut microbiome, the importance of the gut microbiome in IBD, and the use of dietary supplements such as vitamin D, fish oil, and resveratrol in mitigating gut dysbiosis and gut inflammation associated with IBD. www.mdpi.com/.../htm (2022) Increased arterial stiffness is an independent risk factor for cardiovascular disease (CVD). Fish oil supplementation was shown to reduce the risk of CVD outcomes.

This meta-analysis summarized existing randomized clinical trials (RCTs) to determine whether fish oil can affect arterial stiffness in adults. www.sciencedirect.com/science/article/abs/pii/S0939475321000272 (2021) Chronic inflammation is a hallmark of atherosclerosis and results from an imbalance between proinflammatory and proresolving signalling. The human GPR32 receptor, together with the ALX/FPR2 receptor, translates the biological actions of several pro-resolution mediators that stimulate the resolution of inflammation. In a new study, researchers have discovered a receptor activated by substances formed from omega-3 fatty acids that is essential for preventing inflammation of blood vessels and reducing atherosclerosis.

The resolution of inflammation is regulated by a superfamily of lipid mediators called specialized proresolving mediators (SPMs) that consist of several structurally distinct families biosynthesized from polyunsaturated fatty acids, such as resolvins (Rv) and lipoxins. Resolvins are formed from omega-3 fatty acids and bind to and activate a receptor called GPR32.
news.ki.se/new-discover-how-omega-3-fatty-acids-can-reduce-atheros... (12/2021) www.jci.org/.../142883

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lmoberoi
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Which kind of Troponin is raised by chronic sleep deprivation?

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And some doctors simply call heart/artery disease scurvy?

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Pauling and Rath realized that the species suffering from chronic scurvy, Lp (a) had evolved to patch cracked blood vessels. As chronic scurvy progresses, the liver produces more Lp (a) molecules. As the number of Lp (a) molecules increases, formations tend to settle on the existing plate. When the healing process is overrun, the arteries narrow and blood flow is reduced. This problem has a solution. The Lp (a) molecule has a finite number of lysine binding sites - lysine attachment sites.

The cure for heart disease is to increase the serum concentration of the amino acid lysine enough to bind Lp (a) Lp (a) binding inhibitors are converted to Pauling Therapy for heart disease only in high doses, between vitamin 3 to 18 g of ascorbic acid and 3 to 6 g of lysine. In his video, Pauling recounts the first cases where his high vitamin C and lysine therapy quickly resolved advanced cardiovascular disease in humans. THE CURE FOR HEART DISEASE: CONDENSED
cardiacos.net/wp-content/uploads/ArticulosMedicos/20170813/2004---Hear... LINUS PAULING PROTOCOL
asociacionalibb.com/linus-pauling-protocol

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vaiva.viva
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Maybe this comment will be not in subject of this article I just find a bit awkward first at all, mercola started to delete his article s in 24 hours (We all know why) and second appears he starting charge for his some articles. I dont know, but for me sounds a bit something going on, or we just brain washed.

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Pete.Smith
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In the video, DiNicolantonio said with low salt consumption, the body's ways of retaining salt is to increase insulin, because your kidney holds on the salt. But if you have high insulin levels already, like so many do these days, then your kidney already holding on to the salt, so consuming more salt makes it even worse, and it will raise blood pressure. Also obese people have this problem; being more dehydrated, they hold the salt. I do agree that low salt diet should be avoided but so should high salt consumption, as it raises the chance for strokes and becoming more insulin resistance.

And it's not just the salt it is also about the amount of water you drink. In this excellent illustrated video www.youtube.com/watch prof Johnson says at 20:16 min.: High salt diets predict the development of obesity and diabetes just like high sugar diets do. At 26:13: If your serum sodium is like over 145, you're really at a very significant risk for developing hypertension and fatty liver, but that also depends on the water intake.

So it is about the concentration of sodium in blood. If concentration is high then the dehydration hormone vasopressin raises the blood pressure. The vasopressin works on the kidney to concentrate the urine and reduce water loss and the salt acts on the polyol pathway to make fructose which then makes fat (Triglycerides, visceral fat, fat in liver and mitochondria, so you become insulin resistant) At 28:45: So you've got 2 major pathways: this polyol pathway and this vasopressin pathway.

31:51: When we blocked the vasopressin 1b receptor in animals, it blocked the effects of fructose to cause fat. Then they don't get diabetic anymore. So we showed that both salt and sugar cause obesity that dehydration and high salt intake increases fructose, just like soft drinks and sugar contain fructose and high glycemic carbs make fructose and then the fructose stimulates vasopressin, which stimulates the fat production. (like salt does)

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fundamentalassumptions
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Useful for this life & keeping this old flesh going & in commission until we go home &/or the incorruptible comes. Realize you can't address everything in one article, but was surprised not to see the distinction between whole, mined salt w/ all of its attending mineral electrolytes intact,& the processed stuff used along w/ processed, & now gmo'd, sugars in cheap processed foods. I suppose now that independence, freedom & distributed risk & security have been decimated by centralization, it's time to herd us all into demorizing those who unknowingly & w/o being instrumental in any of the decision-making: so that those who WERE& ARE responsible can dodge responsibility yet again, & reign as idolatrous humanist 'managers' somehow as above& w/o sin as any sinless perfection phony or papist godman or ascending god type.

Yippee. God's judgment first& often comes through men's own free will choices, then through chastening rods of pagan nations acting willfully & following wicked leadership & craft, now centralizing further in empire declared or occulted & covert as fascism/communism/socialism than ever before (though prophesied & long denied that it could ever come to this), & then God judges the unrepentant among those proud 'victors' who go beyond the bounds directly. Staying strong, honest& clinging to integrity...& standing for it, in the meantime, is wise.

Peace w/ God who is holy& striving for personal holiness is more important than peace w/unrepentant sinful men,& separation the solution there: not co-mingling compromise w/ lies, or forced conformity, both of which God hates. Real, true love is faithful enough to risk telling unwanted truth that is the meaning of taking up the cross to follow Christ: no nicodaitan chicanery & elitism, crafty lies, techniques, cloaks, seductions, hair shirts; inquisitional dungeons, drugging or stealth non-disclosed conditioning or debilitations; offensive violation (as opposed to righteous defense&protection); required.

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dividingcricker
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I will put money on all this being a Boron Deficiency .....If you good people do a few days of research My bet is ...the good families that started the Pharmaceutical Industries had a idea that removing the needed minerals would cause a cascade of Ill health

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hi guys regular blood tests will help a patient to identify any disease at its earliest and prevent it with proper dietary care iris imaging and diagnostics iridiagnostics.in

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