Staying Healthy in the Age of Tyranny and Deceit

Analysis by Dr. Joseph Mercola ✔ Fact Checked

June 25, 2022 Next ›

STORY AT-A-GLANCE

- Diet is a key strategy that can make or break your health. Rather than attempting to list everything you need to include in a healthy diet, it's far easier to identify and eliminate the dietary components that do the most harm
- Linoleic acid (LA), an omega-6 fat, is by far the most damaging ingredient in the modern diet. Excessive LA intake — in the form of industrial seed oils — is responsible for most chronic diseases, including obesity, cancer and heart disease
- As a general rule, anything over 10 grams of LA a day is likely to cause problems. The lower the better, but a reasonable goal for most people is to get your level below 5 grams per day
- Fats to be avoided include cottonseed oil, canola, corn, soybean, safflower and sunflower oil. Use avocado oil and olive oil in moderation, and only if you can ensure it hasn't been adulterated with industrial seed oil. Healthy cooking fats include coconut oil, tallow, organic grass fed butter, ghee, duck fat and organic lard
- Conventional chicken and pork are both loaded with LA due to being fed high-LA grains. This is why I don't recommend either as a protein source. Grass fed beef is relatively low in LA, but lowest of all are bison and lamb

In the featured video, independent journalist Corey Lynn and I discuss tips on how to stay healthy and what we can do, at the individual and community level, to fight medical tyranny. The first question I address is how to address stress. After more than two years of pandemic pandemonium, most are "running on empty."

This topic is covered in greater depth in a new book I'm writing, called "The New Take Control of Your Health," which is an update of my 2017 book "Take Control of Your Health." The update will hopefully be available later this year.

Essentially, the book will cover dozens of strategies that act as hormetic stressors, such that if you do them, you will develop natural resiliency against nearly every chronic degenerative disease. Most of these are very basic and foundational, such as optimizing your sleep and circadian rhythm. There's really no single magic bullet for stress; rather, certain lifestyle choices act synergistically to create a higher level of stress tolerance.

How Diet Has Destroyed Our Health

Diet is, as you might expect, a key strategy that can make or break your health (and your tolerance for stress). The Paleo diet, which has gained popularity over the years, essentially strives to mimic the diet our ancestors ate during the Paleolithic era. But we don't actually have to go that far back.

Merely turning back the dial about 150 years will do. That's when industrial food processing began. That's also when industrial processed seed oils (aka, vegetable oils) were introduced as a replacement to healthy animal fats like lard and tallow, which had previously been the norm.

The first commercial food seed oil to be introduced was cottonseed oil — a waste product from cotton production. That was the primary ingredient of Crisco. Prior to the 1900s, only 1% to 2% of daily calories came from omega-6 fats, the primary one of which is linoleic acid (LA). Today, the average intake is 10 times that.

Like omega-3, LA is a polyunsaturated fat (PUFA), but unlike omega-3, LA, when consumed in excess, acts as a metabolic poison. Anything above 4% of your daily calories is likely to cause problems.

Importantly, LA is in virtually all foods, so it's near-impossible to be deficient. This is why I disagree with claims that LA is an essential fat. You need very little of it, and you're getting it from most whole foods. If you eat processed foods made with seed oils, you're bound to get far too much and will suffer adverse health consequences.

Before the 1900s, fewer than 10 Americans suffered heart attacks in any given year. Today, it's the leading cause of death. Cancer deaths were also much lower. Pre-1900, fewer than 1 in 100 of Americans died from cancer, and today, cancer kills 1 in 3.

Most health-minded experts still believe the primary cause for these trends is sugar, but LA is far more dangerous than sugar, from a metabolic perspective. I'm convinced it's really the massively excessive amounts of LA in our modern diet that drives these metabolic diseases.

Looking at statistics of seed oil consumption and chronic diseases such as obesity, cancer and heart disease, these trends all rise in tandem, even in areas where sugar consumption has remained extremely low well into the modern era. Another major difference between sugar and seed oils that demonstrate the superior risks of seed oils is this:

Sugar, when consumed in excess over time will result in insulin resistance and metabolic inflexibility. However, if you cut out sugar, you can rather rapidly restore both your insulin sensitivity and metabolic flexibility, because your body can only store about a day's worth of glucose.

Not so with fat. Your body can store a lot of it, for long periods of time. LA is literally incorporated into and stored in your cell membranes, where it can remain for seven years. So, even if you go on a low-LA diet, it'll take years to fully clear it out of your body. This also means you won't notice improvements in your health as quickly as you do when cutting out sugar.

Damaging Fats to Avoid

So, which fats are high in LA and need to be avoided? Some of the most common ones to be avoided include:

Cottonseed oil	Canola oil	Corn oil
Soybean oil	Safflower oil	Sunflower oil

While avocado oil and olive oil are known for their health benefits, they too are high in LA and should be used in moderation — and ONLY if you can ensure their quality. I recommend limiting them to 1 tablespoon a day. A primary problem with both of these is food fraud.[1]

Most of the avocado and olive oil on the market have been adulterated with one or more or the cheaper oils listed above. Another pesky quality problem is that of rancidity. A 2020 Food Control report[2] found 82% of avocado oils went rancid before their expiration date.[3]

Healthy Fats

I recommend swapping all of the oils listed above with the following, all of which are great to cook with as they're very stable and won't oxidize when exposed to high heat:

- Coconut oil
- Tallow (fat from cows)
- Organic grass fed butter
- Ghee

Healthiest Protein Sources

In this interview, we also discuss protein sources. Conventional chicken and pork are both loaded with LA due to being fed high-LA grains. This is why I don't recommend either as a protein source. Grass fed beef is relatively low in LA, but lowest of all are bison and lamb.

Fish is also a healthy choice, provided you stick with low-mercury alternatives, such as Alaskan salmon and smaller fish like wild mackerel and sardines. These, in addition to providing you with healthy omega-3 fats also contain resolvins and protectins — biomolecules that augment the benefits of omega-3. Neither of these are available in omega-3 oils, so you can't get those from a supplement.

How to Calculate and Reduce Your LA Intake

The best way to ensure your LA intake is within a safe range is to use a nutritional calculator such as Cronometer. Ideally, it is best to enter your food for the day before you actually eat it. The reason for this is simple: It's impossible to delete the food once you have already eaten it, but you can easily delete it from your menu if you find something pushes you over the ideal limit.

> "As a general rule, anything over 10 grams of LA a day is likely to cause problems. The lower the better, but a reasonable goal for most people is to get your level below 5 grams per day."

Once you've entered the food for the day, go to the "Lipid" section on the lower left side of the Cronometer app. To find out how much LA is in your diet for that day, just note how many grams of omega-6 is present. About 90% of the omega-6 you eat is LA. You can also move your cursor over the omega-6 field and the program will rank the order your largest contributors of LA, and tell you how much is in each food.

As a general rule, anything over 10 grams of LA a day is likely to cause problems. The lower the better, but a reasonable goal for most people is to get your level below 5 grams per day. So, how do you cut seed oils out of your diet? Top culprits to minimize or eliminate include:

Vegetable oils or seed oils used in cooking	Processed foods, especially sauces, dressings and other condiments
All restaurant foods (not just fast food), as most food is cooked in seed oil, not organic butter or lard	Conventionally raised chicken and pork (both are high in LA due to being fed omega-6 grains[4])
Most seeds and nuts (most, with the exception of macadamia nuts are loaded with LA)	Bread and other grain products

The Potent Benefits of Sun Exposure

Beside cleaning up your diet, one of the most potent health strategies I know is to get sensible sun exposure. I have been fascinated with the effects of sun exposure on health for nearly three decades.

Over time, we've discovered more and more mechanisms by which sunlight influences health, and most recently, it was discovered that near-infrared radiation (NIR), which makes up 54.3% of sunlight,[5] triggers the production of melatonin in the mitochondria inside your cells.[6]

This is a phenomenal benefit, as melatonin is a master hormone,[7] a potent antioxidant[8] and antioxidant recycler,[9] and a master regulator of inflammation and cell death.[10] (These functions are part of what makes melatonin such an important anticancer molecule.[11])

Your mitochondria are where oxidative stress ends up doing the most damage. So, by producing melatonin in your mitochondria, your body is literally making it right where it's needed the most — and it does this in response to sunlight!

Ideally, you'd want to get an hours' worth of sunlight on large portions of your body, every day. For men, this means going out wearing only shorts, and for women, wearing shorts and a sports bra or tank top.

If you go out around solar noon, without sunscreen, you also get the benefit of vitamin D production. I have not swallowed a vitamin D supplement since I moved to Florida nearly 15 years ago, and my serum vitamin D is in the optimal range year-round.

Time-Restricted Eating

Time-restricted eating (TRE) is a form of intermittent fasting, and in my opinion, the easiest to implement, as all you need to do is eat all your meals and snacks within a six- to eight-hour window each day. (You'll want to make sure your last meal is at least three hours before bedtime). For the remaining 16 to 18 hours, you fast.

In the U.S., 90% eat across 12 hours. Some will even wake up in the middle of the night to eat, and this is a surefire recipe for ill health. One of the primary benefits of TRE is that it will make you metabolically flexible, so that you can burn both fat and carbs for energy.

If you're constantly hungry, chances are you're metabolically inflexible and cannot efficiently burn fat. Your body is basically just screaming for another quick energy fix, because carbs burn fast and when they're gone, you need more.

Once your body can efficiently burn fat, hunger usually disappears. Without hunger pangs driving your search for food, you'll also be able to simply not eat if you're in a situation where you can't find healthy food. This way, you're not "forced" to eat junk that will deteriorate your health.

Are You Prepared for What's Coming Next?

In the last third of the interview, we move on to discuss the now-constant attacks on our freedoms and liberties. I've interviewed a number of experts, all of whom agree that things are going to get far worse before they get better.

Some of my more important interviews include professor Mattias Desmet (the psychology of mass formation and totalitarianism), which has not yet been released, Dr. Mark McDonald (the psychology of fear addiction), Naomi Wolf (the stages of tyrannical takeover), Patrick Wood (the transhumanist, inhumane goals of technocracy) and Catherine Austin-Fitts (the financial takeover and theft of America).

The way things look right now, barring seemingly nothing short of a miracle, the ruling technocracy will indeed achieve their one world government, their New World Order (NWO), now openly discussed under the banners of The Great Reset, the fourth industrial revolution, the "build back better" plan, the Green New Deal, Sustainable Development and many others.

The control grid is being erected all around us; attacks are coming at us from every conceivable angle, all at once. And technological advancements give them advantages that no other tyrant in history had. They literally have the ability now to surveil, monitor and in various ways control the behavior and movement of most humans on the planet.

Already, we can see they've queued up more "emergencies" in the form of pandemics, climate change, famine and energy shortages, just to name a few. They have many tricks up their sleeve, and we have to be ready for them. How? Suggestions include but are not limited to:

- Getting out of densely-populated urban areas and forming parallel communities that aren't dependent on the state
- Protecting your assets by investing in real assets that can't be vaporized by grid failures or bank failures
- Investing in food. Learn to grow your own food, stock up on nonperishables, and befriend local farmers
- Securing alternative sources of energy and transportation

Post-collapse, we'll eventually have to reinvent and rebuild basically everything — education, and the medical, financial and food systems. While some are trying, I do not believe we can change these systems while the old systems are still in operation. They're too powerful.

This is particularly true for medicine. They destroy anyone who attempts to compete at scale. So, as illustrated in the book, "Atlas Shrugged," the old system must essentially be allowed to self-destruct, and then the survivors can rebuild something brand-new. Knowing how to care for your health, then, becomes truly crucial, because that's the only way you'll make it through whatever's coming.

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Almond
Joined On 2/26/2008 4:23:33 PM
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There is so much information available nowadays that it can get confusing. That, too, can be stressful. Not everyone has a college education or a background in food chemistry. However, it does not need to be very difficult to know what to eat and how to live. Keep it simple and live close to nature. Grow a garden, forage and fish. Stick to traditional foods and ethnic diets--the kind that existed prior to WWI. Do not use a lot of sugar and exotic ingredients. Bake, simmer or lightly stir-fry, not deep-fry. Do the same for other aspects of your life. Make your clothing durable natural fibers.

Simplify your household and how you decorate. Spend time outdoors. It is easy to overthink a thing and make it more complicated than it has to be. However, it is easier to keep it simple and natural than constantly try to keep up with the latest trends. There is a saying about not keeping up with the Jonses--to not spend money to impress people you don't even know who don't really matter... know who your real friends are. During times like these, more of us need to make sure we stay healthy and out of debt. Those should be out priorities.

Reply | Mark as Spam | Posted On 6/25/2022 12:39:25 AM
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I.M5384
Joined On 7/21/2013 6:41:20 PM
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1, We met a woman in Montana in 2020, she stopped by and spoke to us for a few moments. She boasted how she is eating healthy, planting her own garden using Heirloom seeds etc. Just then her cell phone rang, she answered it. Her 3-min call ended. She stuck her phone in her pocket & claimed her phone go EVERY where w/ her. We asked why plant Heirloom seeds that have been microwaved? Planted in a garden being watered w/ roof run-off from alum gutters. Her replies were F-it she not care. This example is one of many we encounter about consuming healthy energies.

2, A smoker that was working to quit. For years they boasted to friends & family they were down to 2-packs a day. A brother got fed up w/ it after years of hearing it & said QUIT or smoke, but stop milking sympathy off ppl. They then blamed the brother for making them smoke 3-packs a day. 3, A gal loved to bake, she used organic flower and all kinds of good things (she thought was vegetarian). She offered me some bread. I declined, she got defensive and said its healthy & organic. I showed her the flour she used (one ingredient listed was tri-calcium phosphate).

Unless otherwise specified, Trical-phosphate has ground up rocks, shells, animal bones, etc. It's contents are a crap shoot. She flew off the handle and I was nit picking. In brief, Very few ppl wish to give up their vices as they perform a few items that are healthy then adulterate it w/ their own forms of pollution. Few ppl wish to hear anything that speaks truth if it's not in line w/ their personal illusions. This article hits the nail on the head. In an age of Tyranny and Deceit (self imposed or not).

Mark as Spam | Posted On 6/25/2022 3:17:18 AM
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Almond
Joined On 2/26/2008 4:23:33 PM
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It is important to know how to do the things for yourself that you can also buy. You should be experienced at doing so in case you need to. It can be a steep learning curve for those who must learn and do for the first time. However, that does not mean there is anything wrong with buying certain ready-made or ready-to-use items when you can if you find them at a good price. It is only good household management to make our time and dollars go further. Sometimes, buying things is the most expedient, efficient and cost-effective way. For example, recently, I found a wonderful shampoo on sale for .50. (I am hypersensitive to just about everything on the market and many shampoos are chemical crap.) Now, why would I bother messing around to make my own shampoo at that price?

Everyone should know how to diaper a baby and launder cloth diapers. Is there a case for disposable--yes! Is there a case for only cloth reusable--yes! Some families will use both, but at different times and for different reasons. My aunt always struggled to learn to cook. I remember her standing in her kitchen with a trash can at her side for recipes that flopped. In such a case, a person may be better off to buy a few high-quality food items--or find a mentor and get a few simple recipes? Yet, she was very good at training horses and outdoor work--a good mother to sons.

I love bees and plant bee plants, but I am not wired for beekeeping. Fortunately, I have a friend who is and who "grazes" his bees on our land, sharing his honey with me. It is important to network with others. Not only can we not all do everything, but some people have resources or special expertise to share. It may be younger folks helping others with labor, learning from them. When I got married, a very wise woman told me, "There are things you do not need to learn to do." I feel often too much is expected of women. Many work outside the home and are still responsible for children, laundry, housekeeping, meals, shopping, etc

Mark as Spam | Posted On 6/25/2022 3:32:16 PM
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Almond
Joined On 2/26/2008 4:23:33 PM
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-continued- The things that are necessary to learn to do are the ones that directly impact your survival. So, for me, I consider a

diet of meat, fish, fruits and vegetables basic. I have stored salt. I am less concerned whether we have honey and exotic imported spices--even flour, although we have homegrown cornmeal. I am grateful to friends and neighbors who share eggs and honey, but they are not absolute necessities. My priorities include saving seeds, maintaining an orchard and knowing how to garden. How to cut and stack firewood. I am not into raising big animals, but know how to hunt. I take no awards for my sewing or knitting, but I can spin yarn with a drop spindle, mend clothing and even make simple children's clothing. So, one way or another, there are going to be things each of us needs to figure out for our own households. Much will depend on where you live, your climate, how much land you have under your feet and what your resources are.

Mark as Spam | Posted On 6/25/2022 3:39:59 PM

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el-graf
Joined On 9/11/2008 11:47:42 PM
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My #1 suggestion for removing stress is to rid the Federal Government of all its illegitimate and terrorist organizations. The Federal Reserve, the FDA, the BLM, the EPA, the FBI, the CIA, the TSA, the CDC, etc etc etc. I could go on.

Reply | Mark as Spam | Posted On 6/25/2022 10:43:06 AM

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Horsea
Joined On 5/7/2007 4:05:34 PM
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LOL! Right you are. Esp. the Federal Reserve. Ugh.

Mark as Spam | Posted On 6/25/2022 2:54:36 PM

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Pridesmom
Joined On 9/10/2009 11:18:04 PM
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And the current administration.

Mark as Spam | Posted On 6/25/2022 11:29:46 PM

Like Dislike

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mirandola
Joined On 6/27/2014 7:00:58 AM
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There is food for the body, and there is also food for the soul. Giving ourselves daily soul food can help a lot with happiness, which also is contagious to others. And it helps us to keep serenity and a sense of life's purpose. Live your joy. It's truly important. Love and be kind. Doing all that is most meaningful, living with integrity and feeding the soul, will give us all strength to deal with these rough times. God bless.

Reply | Mark as Spam | Posted On 6/25/2022 1:31:49 AM

Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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It helps to be grateful for everything you have. Not just food, but, maybe, waking to a beautiful summer morning, seeing just hatched birds or a newly-dropped fawn.

Mark as Spam | Posted On 6/25/2022 3:57:42 AM

Like Dislike

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mirandola
Joined On 6/27/2014 7:00:58 AM
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Almond, your mentioning of a newly born fawn is just divine! How beautiful, how sweet, what an invocation! Thank you. I logged back in with the purpose of adding a few thoughts, yours is the most beautiful of all! Here are a few others that can be done no matter a person's busy working schedule: Walk at sunset, contemplate and draw the beautiful colors (you don't have to be an artist to draw just the mingling of colors). Or go for a full moon hike by a lake, savoring the silvery reflection on glassy smooth waters. Gaze at the stars, consider purchasing a telescope with a camera to photograph the planets and the moon.

Watch the birds, listen to them sing. Turn off the lights and have dinner by candlelight, practice safety measures. Play or sing some music, do some art, read about science, work in the garden. Ride a horse at the shoreline, play sports, hike in a beautiful area with picturesque views. Connect with friends, whether by an oxymoronic "Social idistance" by phone/zoom or in person. Let someone know every day that you care, reach out. Drop the feeling of "I am right" and honor the love of connection above all else. Life has a purpose. We may be right, but to live our love is truly the most important thing that is, in life.

If people are squeamish about the vax matter, offer to test yourself with a home antigen test just to make them feel comfy and honor the connections in life. Connection matters first and foremost. I have read about studies showing that people with friendship and connection have better immunity than those who are isolated. Doesn't it make sense? If the times lie, live the truth. God bless. Life has a purpose, let us live it well. Live, laugh, and love. That is the best way to overcome. "Be not overcome of evil, but overcome evil with good" said Jesus. Be well.

Mark as Spam | Posted On 6/25/2022 8:01:09 AM

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QuebecCity
Joined On 8/3/2008 1:30:39 AM
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@Mirandola About connections you are right. According to a study on longevity, it was found that in the Island of Corsica or Sardaigne, men and women had the same longevity. That is unlike every where else. The reason, connections. The men chat and share thoughts among themselves opening their emotions just like the women do there. That was the author's conclusion.

Mark as Spam | Posted On 6/25/2022 1:26:38 PM

Like Dislike

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joeanddonna
Joined On 9/7/2011 9:14:26 PM
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It is sickening and disgusting how your work has been smeared and discredited Dr. Mercola; everything you produce is exceptional. But others (professionals and consumers alike) speak up for you all the time online I see. And it looks like the younger folks are following you now. This is good. Keep shinning. Everything you do makes this country a little better place.

Reply | Mark as Spam | Posted On 6/25/2022 11:20:21 AM

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Esther M. Cook
Joined On 5/11/2007 2:27:27 AM
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I like to cook my breakfast eggs in butter, but butter has a low smoking point and burns easily. I put a little water in the pan as well, and cover it. That steams the food, cooks it at a lower temperature and the butter does not burn.

Reply | Mark as Spam | Posted On 6/25/2022 6:47:51 AM

Like Dislike

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davidle
Joined On 5/7/2011 7:38:57 AM
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Turn the heat down on your burner.

Mark as Spam | Posted On 6/25/2022 7:50:54 AM

Like Dislike

Lee1959
Joined On 9/13/2021 8:36:46 AM
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Yes I am trying to get off such a huge amount of LA. We don't eat margarine anymore (hard for me to get off because I love the taste of margarine, especially when making macaroni and cheese). Now that I don't like macaroni and cheese made with butter that is a good thing because I don't eat so much. My only concern is making homemade Italian dressing without using a room temp oil. Any suggestions? I also for the first time made scrambled eggs with butter in a pan and made them just like Alton Brown suggested. The whole family was wowed by them! No more microwave scrambled eggs:)

Mark as Spam | Posted On 6/25/2022 11:32:49 AM

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sweetcat
Joined On 10/15/2009 11:16:31 AM
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I USE Ghee , high heat cooking, nutritional value...read more... www.farmtrue.com From Grass fed cows and well maintained, healthy soil where the grass grows Delicious on toast etc. Bon Appetit Nina

Mark as Spam | Posted On 6/25/2022 12:56:32 PM

Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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Just "what if"? There are mental illnesses and physical illnesses. It is almost unusual for the 2 not to overlap in some way. Emotions affect physical functioning. For example, raising blood pressure. Physical symptoms can lead to responses such as despair and depression. Now, hypothetically, let's assume that certain people who have a lot of money do not eat a nutrient-dense diet. They only eat what they want to and they can afford it. Let us further assume, that like many people, their diet affects their brain and emotions. Not only diet, but environmental exposures.

Just think of how many pesticides and cleaning fluids people who live in cities where everything looks pristine must be exposed to--those perfectly manicured lawns... sterile buildings... fluorescent lighting... For example, people whose bodies have become toxic may feel "cold" towards others. Interesting how loss of normal body energy correlates to emotional coldness. Speech patterns and metaphors. We are being persecuted by oligarchs who want to control every aspect of our lives. Most of us can recognize this as aberrant behavior and see the symptoms of mental illness. However, how many of us consider the possibility of accompanying physical illness?

Reply | Mark as Spam | Posted On 6/25/2022 5:13:10 AM

Like Dislike

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mirandola
Joined On 6/27/2014 7:00:58 AM
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Very wise words, Almond. There is a chicken-and-egg relationship between the body and the mind, and vice versa. Take care of both. And thank you for your great compassion. We all can benefit from holding what you said in mind, as we interact with the dynamics enforced by what you rightly call mentally ill people. Well said. God bless.

Mark as Spam | Posted On 6/25/2022 8:00:18 AM

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BlueQuasilica
Joined On 1/9/2016 9:34:17 AM
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"Knowing how to care for your health, then, becomes truly crucial because that's the only way you'll make it through whatever's coming." For me, this pretty much sums up the entire article. I think another quote from Henri-Frederic Amiel captures the first statement above: "In health, there is freedom. Health is the first of all liberties."

Reply | Mark as Spam | Posted On 6/25/2022 5:06:19 AM

Like Dislike

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mirandola
Joined On 6/27/2014 7:00:58 AM
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Having a collection of natural health books can be very helpful.

Mark as Spam | Posted On 6/25/2022 8:14:44 AM

Like Dislike

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brodiebrock12
Joined On 9/18/2008 1:31:51 PM
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Live simply, Love intentionally, Linger awhile in the foolishness of it all and by all means Laugh often...

Reply | Mark as Spam | Posted On 6/25/2022 7:54:18 AM

Like Dislike

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mirandola
Joined On 6/27/2014 7:00:58 AM
Add as Friend | Send Message

I love this! Thank you!

Mark as Spam | Posted On 6/25/2022 8:14:58 AM

Like Dislike

Ambassador777
Joined On 12/22/2011 6:34:55 AM
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Is it not interesting how the Ancel Keys 7 country study premise on fats and the suggestion that polyunsaturated vegetable oils are good for the heart - the cornerstone of "healthy" diets for some 70+ years, led to the erroneous cholesterol and saturated fat myths, the seed oil industry, and the epidemic of chronic inflammatory diseases causing more deaths than even WWII. A total catastrophe. One consideration that must be considered regarding recommended oils is age. Children and young adults up to the age of say 25 can use omega-6 oils rather effectively for their high energy needs.

Between 25-50 monounsaturated oils are generally best. Over 50, the quality saturated oils like ghee and coconut oil will lessen inflammatory presentations from arthritis and heart disease to even cancer. If saturated oils are started too early, in children, they can result in fatigue. The reason is simple. Oxygen has no target on a saturated fatty acid and doesn't "ignite it" within mitochondrial power plants in the cell. If one pours pure coconut oil into the cusp of a burning candle, the flame will extinguish after some 50 seconds.

Nearly the same for ghee. Sunflower oil burns efficiently. Omega-3 oils don't - much soot and they seem like they'll burn the kitchen down. It's why in chronic inflammatory diseases they were restricted. Correct, not good in treating diseases. One other thought. During the entire time that nutritional science was on the wrong track with respect to oils, our favorite humbug, Fauci, was at the helm. Never has someone been so wrong about so much.

Reply | Mark as Spam | Posted On 6/25/2022 9:01:17 PM

Like Dislike

Disapeared
Joined On 10/5/2021 3:48:05 PM
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I have craved sunshine all my life. Still do, but now feels uncomfortable, partly because of missing and-or changed frequencies and sky loaded permanently with scienshitic crap.

Reply | Mark as Spam | Posted On 6/25/2022 7:20:44 AM

Like Dislike

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arb1421
Joined On 5/16/2020 9:09:15 PM
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I'm 84. Fortunately I don't have vices or junk food habits, at least not the last 3 years. After being in Berkeley, Ca and exposed to junk food constantly, I became anemic and suffered hyper ventilation. I moved to Ecuador. I now grow a vegetable garden, broccoli grows the best in the back, cabbage in the front yard.I use ghee, coconut oil, no chips or salsa. Lots of avocados as I'm dairy allergic. Lamb and grass fed beef, white fish, sardines and organic chicken are available. Other than walking, lifting small weights, I'm a painter so I'm constantly moving. Being old makes one realize how strength is waning in the muscles, and it requires boron, krill oil and other supplements from Dr Mercola.

Reply | Mark as Spam | Posted On 6/25/2022 7:17:53 AM

Like Dislike

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brianallen1
Joined On 8/7/2021 10:12:38 AM
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I always thought Berkeley was just all fruits, nuts and granola crunching tree huggers. You mean they eat junk food there?

Mark as Spam | Posted On 6/25/2022 7:27:21 AM

Like Dislike

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kfa6931
Joined On 8/20/2021 8:12:57 AM
Add as Friend | Send Message

Wow. Been buying solstice buodynamic olive oil thinking I was being healthy. Oh well.

Reply | Mark as Spam | Posted On 6/25/2022 6:04:30 AM

Like Dislike

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rrealrose
Joined On 11/10/2011 8:59:01 AM
Add as Friend | Send Message

It may be, as Olive oil is known to contain omega-9 fats as well. Look it up!

Mark as Spam | Posted On 6/25/2022 11:34:52 AM

Like Dislike

Suzicreamcheese
Joined On 8/5/2012 10:44:32 AM
Add as Friend | Send Message

Thank you again Dr. Mercola for all the useful info you give the world that seeks!

Reply | Mark as Spam | Posted On 6/25/2022 11:06:35 AM

Like Dislike

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

Ahhhh! Right away I said LA - you've trained us well! I have felt better and better (as I've gotten older and older haha) and I'm happy to say, no fast food has made a huge difference to how my body feels inside. I believe in red meat (maybe it's not right for everyone) but I hate those giant chicken trucks and pig trucks - all the dang trucks break my heart - who knows, maybe I'll figure out how to go vegetarian one day... but in the meantime, feeling balance due to red meat and eating to not inflame my body has made a huge difference to how I feel IN my body! :)

Reply | Mark as Spam | Posted On 6/25/2022 5:21:29 PM

Like Dislike

Horsea
Joined On 5/7/2007 4:05:34 PM
Add as Friend | Send Message

I was raised on a small farm. I do not recall any seed oils. My mother cooked with animal fats (tallow and lard). Our animals, cows, pigs and chickens, were raised and fed in a natural way that you would approve of. Cows were given a bit of grain on very cold winter days, but were fed mostly hay, and were free ranging the rest of the year. My parents did not go to restaurants because there weren't any in our small village. We had a huge garden for vegetables and fruit. Yet, both my parents and us kids had some of the health issues that you talk about.

I was particularly sickly as a child and a young woman, until I learned what useless b*stards 99% of doctors are. My grandparents lived and raised their animals even more to your viewpoint. They too were sickly, though my grandma lived to a very old age probably due to good genes + avoiding doctors. In my judgment, doctoring is the greatest factor in poor health of all categories. My grandpa fell into the hands of doctors and came to a tragic end in a nursing home, filled with drugs. This was in 1977. I suspect that seed oils (LA) and products they are used in, are nothing as compared to (1) suppression of symptoms of infectious-type, and other, illnesses (ie, going to doctors and receiving their poisons); (2) overwork; (3) chronic financial challenges. (4) emotional concerns, matters we inherit from our own genetic and social backgrounds. Dr. Mercola's advice on preparing for the "future" is good. That future has already begun, of course. I like what he said about the old system having to self destruct first. Thanks so much.

Reply | Mark as Spam | Posted On 6/25/2022 1:24:12 PM

Like Dislike

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chr7386
Joined On 1/9/2015 3:26:45 PM
Add as Friend | Send Message

Horses, you should read Confessions of a Medical Heretic by Robert S. Mendelsohn. It will resonate with what you've written here.

Mark as Spam | Posted On 6/25/2022 5:02:58 PM

Like Dislike

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

I have a friend who was raised on a small farm and ate plenty of homemade bread with homemade butter - most her family has lived into their hundreds. Holy moly!

Mark as Spam | Posted On 6/25/2022 5:23:25 PM

Like Dislike

Pridesmom
Joined On 9/10/2009 11:18:04 PM
Add as Friend | Send Message

I also was raised on a farm where all our food was grown from everything garden, orchard, berries and livestock. My father died at 89 due to Lipator poison and my mother at 83 due to a drug that was taken off the market after it killed thousands. My grand parents, also farmers live to on fathers side 76 and 100 and mothers side 80 and 87. I continue today living with organic/free range/pastured choices and grow/raise much of my own. I don't do the "greatest healthcare in the world" scam nor do I do the jabs or the drugs. Fasting has been a way of life for me for 40 years. I try to prepare for the worst and hope for the best and put my faith with the man upstairs, not the man? in DC.

Mark as Spam | Posted On 6/25/2022 10:50:44 PM

Like Dislike

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

War on food!!! This is a war on humanity. Aluminum Shortage & Government Orders Farms to Cut Livestock BY 30% - YouTube www.youtube.com/watch Minute 0:20. <=Aluminum shortages means fewer cans for food (or beer). Fewer cans means less canned food in supermarkets and higher prices. Shortages of canning lids—buy reusable lids!!! Also, shortages of glass and plastic containers. If you will need to bottle honey or maple syrup, stock up if you have not already. Minute 7:15 . <=The farmers protest in the Netherlands. Govt mandates that farmers produce less food! If farmland needs to be taken out of circulation, to rotate it and give it a rest, why not, instead, pay farmers for regenerating the land during that year? Expect sky rocketing inflation! Minute 3:30. <=I guess we will see what happens with solar flares within the next few days

Reply | Mark as Spam | Posted On 6/25/2022 12:56:35 PM

Like Dislike

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

Thank you Almond!

Mark as Spam | Posted On 6/25/2022 5:24:14 PM

Like Dislike

Ingab51
Joined On 12/22/2020 1:27:08 PM
Add as Friend | Send Message

Almond: Like the rotation of crops that the Middle Ages' farmers used to use back in England? With one field being allowed to lie fallow for an entire year.. You are so right. This is indeed a war against humanity - with farmers in the UK, Europe and no doubt over here, being encouraged not to farm properly. All to create artificial food shortages to starve the population into submission. These monsters are beyond disgusting. I doubt whether some of them are truly 'human' - especially considering their transhumanist agenda; why not use their AI creations if they wish to have obedient slaves? They've obviously forgotten the lessons of history, viz, that it has an uncomfortable habit of repeating itself - including their own, potential destruction.

Whether apocryphal or not, the Roman Empire had a tradition whereby a victorious general celebrating his triumph, would also be accompanied by a slave murmuring in his ear 'Remember, thou art but mortal' or words to this effect. Their time will come - although, unfortunately before it does - they could wreak a lot of havoc (already have, actually) - before they, too, perish. Hopefully, sooner rather than later and let's also hope that all these diabolical specimens are also 'hoist with their own petard'... Something on the lines of being injected with one of the most lethal batches of the most lethal concoctions created by Big Pharma - no antidoes; it would be a most fitting end...

Mark as Spam | Posted On 6/25/2022 8:19:27 PM

Like Dislike

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

Inga and all... Those who would control us will likely live to see history repeated. Things did not end well for Hitler--nor those who actively supported him. We see the wars in Europe that led to the fall and impoverishment of the aristocrats after they lost their armies and the rise of the middle-class farmers, craftsmen and merchants--those who were actually being productive. Everything comes full circle... at least if the earth is not totally destroyed. There will be desperate times ahead. The immediate goal is to survive them so that we can later overcome. If the people were united and everyone simply refused to participate this would be over tomorrow.

However, since demographics shifted to cities, many people are willing to trade their liberty for a false sense of security rather than rock the boat. The reason I say this will take time is because events have already been set in motion, like a train cascading over a cliff. First, it must be slowed before it can be stopped. Only then can it be put into reverse. Our most immediate problems are not shortages and inflation. It is poor leadership. Good leaders guide people where they want to go in an orderly fashion. Tyrants force them in a direction they do not want to go. We need to change our laws and leadership--then, enforce laws. Many of the oligarchs should be in prison or facing firing squads for the number of murders they are responsible for--instead of allowing them to remain free and harm even more people.

This is also why I say to observe the food sources around you that are wild in nature. If the time comes when you are no longer allowed to produce your own food, you need to be able to recognize abundance. And know how to harvest, prepare and preserve it. As long as you can remain in your own home, on your own land, have enough reusable canning lids. Reflect on how the Chinese police break into apartments, destroy food and spray bleach on everything destroying it, too. <="You will own nothing."

Mark as Spam | Posted On 6/25/2022 8:54:07 PM

Like Dislike

Pridesmom
Joined On 9/10/2009 11:18:04 PM
Add as Friend | Send Message

I have come to the conclusion to save everything usable at this point. I stocked up 3X as much as i will probably need this year on canning lids and see they are almost always sold out in stores. I save all glass bottles and many 1/2 gallon plastics ones which i have started to fill and store with water. I have many pets and the shortage of canned foods for them has been a real challenge for the last year or so. The thing that scares me the most is that people are just not getting it. The mess we are facing isn't just going to go away. It's going to get worse...a whole lot worse.

Mark as Spam | Posted On 6/25/2022 11:12:25 PM

Like Dislike

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

pridesmom and all... The average household has no idea what they need for food for a year. They have never had to live from their garden or order in bulk to last a year. it will be a rude awakening when they discover how fast they run out of their 20 cans of soup and 25# of rice. There are 364 days in a year and 1100 meals per person. When people must work very hard to survive, it will not be unusual for adults to need 5000 nutrient-dense calories a day. Most of the prepper food is crap. Read the ingredients. I know we may all have to cut ourselves some slack in a crisis, but it can be minimized if you plan ahead. One thing I started doing years ago is keeping an inventory list of everything I can and the date.

That is, the name of the product or recipe, how many pint or quart jars and the date. Then, the following year, I can evaluate how much I will need and have a general idea of when I need to be prepared to harvest the item--have my jars and ingredients ready and be watching for ripening. I will know whether I had canned items left over or ran out and need to put up more or less. I recommend you plan on a pint (or quart) of frozen or canned fruit a day (bare minimum) per person during the time of year when there is no fresh fruit. A dozen or more varieties if you can. Rely on cold storage as long as you can.

Remember, you will also need fruit for lunch boxes. Dried fruit slices (esp. apples, pears, fruit leather) and applesauce work very well for that. Prunes can be cooked in half apple juice/half water, and sweeten to taste, for breakfasts or other meals. I generally save stone fruits and pears for suppertime desserts. Put up juices (apple juice, berry juice, grape, tomato, rhubarb-citrus punch), too, if you have them. Every kind of tomato product you can think of--whole tomatoes, chutney, catsup, salsa, tomato sauce. These go a long ways as meal extenders. Fruit will be in short supply. -continued-

Mark as Spam | Posted On 6/26/2022 12:08:01 AM

Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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-continued- Pridesmom and all... Not to single you out, Pridesmom. I have been meaning to add a bit about stretching a food budget beyond beans&rice which are still a store-bought expense. If you have a garden, you can name just about any vegetable and make a soup out of it. Use a base of (choose one): bone broth, miso, tomatoes or tomato product watered down, vegetable stock, milk or plant-based dairy substitutes, etc. Thicken with a puree of the same vegetable. Consider ethnic recipes. You can wrap up just about anything up inside a tortilla. Use leftovers for a stir-fry. Add a sauce to leftovers and make a casserole (applesauce, white sauce, salsa, etc.).

What kind of topping with a sauce can you add over sweet potatoes, rice, polenta or any other starch? You can place a scoop in the center of a soup bowl and pour over it--or on a dinner plate topped with a hearty stew or garden chili sauce/burger--even some variation of S-O-S. Raise salad greens, or sprouts, indoors or out. Many kinds of pickles and pickled vegetables in glass gallon jars in the refrig instead of crocks. You can always add pickles to a meal. Anything you can forage near your home can contribute to meals. Go for a walk around your neighborhood, church, school or job site and really pay attention. Esp. look for places in parks or on right-of-ways where it is unlikely to be sprayed (too far from the road, etc.).

Boxes in your trunk. Check out falling fruit.com The site is not up-to-date, so always ask before picking on private property. Stay relatively close to home in case the site is no longer current. If you see a homeowner with fruit going to waste, falling to the ground rotting, ask if you can pick. Fruit and vegetables in supermarkets already look terrible. Not enough fields have bene planted and there are numerous disruptions to production and supply chains. Put up whatever you can find this year. It no longer matters whether you like to eat it or not. Fussy eaters must adapt

Mark as Spam | Posted On 6/26/2022 12:36:02 AM

Like Dislike

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

A quick look; Linoleic and Linolenic acids: Linoleic acid is the most common type of omega-6 fatty acid. Linolenic acid most commonly refers to alpha-linolenic acid (ALA), an omega-3 fatty acid. Do not take conjugated linoleic acid if you have pre-diabetes or diagnosed with diabetes because it may worsen blood sugar control and interfere with the insulin response, this is according to NYU Langone Medical Center.

Reply | Mark as Spam | Posted On 6/25/2022 10:02:52 AM

Like Dislike

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salbers12
Joined On 3/17/2010 8:01:14 AM
Add as Friend | Send Message

I've been aware of your position on seed oils for some time. About ten years ago I did a lot of reading on this subject and an alternative was proposed in WILD SALMON OIL with its high Omega 3 content. What is your ranking for SALMON OIL as it compares to all the others? Tnx,

Reply | Mark as Spam | Posted On 6/25/2022 7:09:34 AM

Like Dislike

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rrealrose
Joined On 11/10/2011 8:59:01 AM
Add as Friend | Send Message

It used to be sold in the Mercola store...check and see, as herring oil may have replaced it.

Mark as Spam | Posted On 6/25/2022 9:41:25 AM

Like Dislike

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lmoberoi
Joined On 3/7/2008 10:08:01 PM
Add as Friend | Send Message

Organic cold pressed Wheatgerm oil is the source of 8 types of vitamin E and also Vitamin K.

Reply | Mark as Spam | Posted On 6/25/2022 2:35:04 AM

Like Dislike

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giles22
Joined On 11/13/2010 5:28:00 PM
Add as Friend | Send Message

yeah, that was a weird healthy trend years ago, I give it a thumbs down, not you just the wheat germ oil, evolutionary speaking we wouldn't of wasted our time trying to squeeze oil out of the germ for eating, I can just imagine a cave man or cavewomen trying to get the oil out of the wheatgerm and thinking 'I know it's good for me, but how the heck am I suppose to get it'

Mark as Spam | Posted On 6/25/2022 5:30:23 AM

Like Dislike

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rrealrose
Joined On 11/10/2011 8:59:01 AM
Add as Friend | Send Message

Carleton Fredricks, mom listened to his radio show how many years ago? You have no idea how many people react to any one of 120 plus proteins when eating wheat, wga (wheat germ agglutinin) is one of the most notorious toxins to the human body as it has a tiny particle size, its sticky and can get dragged across the BBB, nevermind pressing the seeds to gain oil. All this came out at least a decade ago.

Mark as Spam | Posted On 6/25/2022 11:31:07 AM

Like Dislike

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

Is hemp oil to be avoided...I've bought from Canada and it is unprocessed.

Reply | Mark as Spam | Posted On 6/25/2022 11:48:31 AM

Like Dislike

Horsea
Joined On 5/7/2007 4:05:34 PM
Add as Friend | Send Message

Hemp oil is good taken un-heated. Yes, it is a seed oil, but it does contain gamma linolenic acid (GLA). Also, it is minimally processed. I found this info: "Hemp oil contains ~450 mg of GLA per tablespoon. To achieve an intake of ~1 g of GLA you need 2 tablespoons per day. Although you can achieve the same dose of GLA with a smaller dose of borage or evening primrose oil, hemp oil is the only natural food oil that doesn't require packing into supplement form." IMO, all extracted oils, including avocado, olive, etc. should be minimized. Just eat the whole food they come from. We don't need fried foods and if we do saute some of our food, the amt of fat used should be moderate.

Mark as Spam | Posted On 6/25/2022 1:39:33 PM

Like Dislike

ThePazyryk
Joined On 7/17/2006 1:12:47 PM
Add as Friend | Send Message

"Merely turning back the dial about 150 years will do." I don't think so. If you watch history documentaries, virtually all kings, queens, royalty, nobility lived till their 40s, 50s, occasionally reaching 70 and beyond. And what was the standard pre-industrial diet? Bread, rice, corn, potatoes, sometimes supplemented with meat, veg, fish, depending on the locale. The best guide are longevity pockets like Sardinia, Ikaria, Acciaroli, Nicoya, Loma Linda (with Okinawa as a cautionary tale).

Reply | Mark as Spam | Posted On 6/25/2022 2:43:39 PM

Like Dislike

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nwblacksmith
Joined On 12/30/2021 10:33:13 AM
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Some people promote flax seeds - ground up and put over your oatmeal or other food. Flax seed is where we get linseed oil - wonder if there is a relation between Linseed Oil and Linoleic acid. Is there a point of balance where the benefits outweigh the drawbacks? How much should we be eating?

Reply | Mark as Spam | Posted On 6/25/2022 7:44:42 AM

Like Dislike

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mirandola
Joined On 6/27/2014 7:00:58 AM
Add as Friend | Send Message

I have come to the conclusion that many foods have both healthy constituents and a bit of stuff to challenge the body. If the body fights off the negatives then it wins. However, if a body is sensitive (ie, allergic or otherwise reactive) to a certain constituent then one needs to practice avoidance. I also believe it comes down to the amount of exposure, assuming the body is healthy and not allergic or sensitive. I think caution is merited, yet then again we can develop food neuroses. Balance is key. Focus on the healthiest foods, eat mostly those, and so long as there is no illness or negative bodily reactivity, go lightly and on a rotating schedule with those foods that have an element of good and bad in their chemical makeup. Be well.

Mark as Spam | Posted On 6/25/2022 8:42:36 AM

Like Dislike

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rplende
Joined On 2/1/2021 4:00:06 AM
Add as Friend | Send Message

Pure Olive Oil is as good as any other. Certainly better than Duck Fat. It should be in the same rating as Coconut Oil.

Reply | Mark as Spam | Posted On 6/25/2022 5:18:40 AM

Like Dislike

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skupe59
Joined On 5/2/2009 7:28:21 AM
Add as Friend | Send Message

Also pastured/organic lard and organic schmaltz (chicken fat). Olive oil does have the same rating as the others with the caveat not to cook it over 250 as it has a lower heat point. Also pastured palm oil, full of tocotrienols.

Mark as Spam | Posted On 6/25/2022 6:01:45 AM

Like Dislike

SpiceOddity
Joined On 7/28/2021 2:34:47 PM
Add as Friend | Send Message

I'm left with two questions after reading this article. 1) If sunflower oil is loaded with LA, should we also be avoiding eating sunflower seeds? 2) For those of us who like making our own mayonnaise, what oil should we use? I do have access to pure olive oil, and I'm aware that some people make mayonnaise from it. Where I live, 95% of commercial mayonnaises are made with rapeseed oil (ugh).

Reply | Mark as Spam | Posted On 6/25/2022 1:46:54 AM

Like Dislike

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

Extra virgin olive oil for mayonnaise. Olive oil has many health benefits.

Mark as Spam | Posted On 6/25/2022 3:59:13 AM

Like Dislike

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skupe59
Joined On 5/2/2009 7:28:21 AM
Add as Friend | Send Message

Not, sunflower seeds as they have fiber in them. Same with flax seeds. I would never buy rapeseed oil either, but what about coconut oil or avocado oil mayo? You can make them at home as well.

Mark as Spam | Posted On 6/25/2022 6:06:25 AM

Like Dislike

Resilience
Joined On 2/28/2008 8:51:23 PM
Add as Friend | Send Message

Personally I don't use a lot of mayo. But when I do lately I've been using MCT oil and farm fresh eggs to make my own. When I tried to use olive oil it didn't taste good. Coconut oil of course became rock hard in the fridge. MCT is flavorless so mayo taste great. For sandwiches I usually use a good butter, sour cream or cream cheese to moisten the bread. I usually use sour cream as a base for creamy dressing. Good old vinegar and olive oil dressing. Don't forget fun seasonings like wasabi, mustard, herbs... Get creative with so many flavors profiles, it will be fun figuring out what tastes good to you.

Mark as Spam | Posted On 6/25/2022 11:17:26 AM

Like Dislike

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rrealrose
Joined On 11/10/2011 8:59:01 AM
Add as Friend | Send Message

For those of us in a hurry, Mark Sisson's Primal Kitchen brand has several flavors of avocado-based mayonnaise available at - at - COSTCO! and whole foods and other higher end markets.

Mark as Spam | Posted On 6/25/2022 11:33:43 AM

Like Dislike

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thinkinmama
Joined On 6/28/2021 12:29:53 PM
Add as Friend | Send Message

Sunflower seeds are high in lectins so we no longer eat them. We use primal kitchen avocado oil mayo. Yes it's pricey but we don't use mayo often so it suffices for us. If I used it often if probably just make my own.

Mark as Spam | Posted On 6/25/2022 6:36:16 PM

Like Dislike

vivalrouge
Joined On 11/15/2011 8:09:01 AM
Add as Friend · Send Message

Slightly off topic and with a heavy heart, Dr Mercola's interview of Dr. Stephen Sinatra is one of the best of the past decade, way before covid. Here's a memorian link. In Memoriam: Dr. Stephen Sinatra — anh.usa.org/dr-memoriam-dr-stephen-sinatra

Reply · Mark as Spam · Posted On: 6/29/2022 11:42:44 AM
Like · Dislike

heartthetruth
Joined On 12/30/2007 2:36:33 PM
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Now how do you guys something like a case of his intelligence dying at a young age? It didn't say his age, I don't think, but our lives no matter what, are in God's hands. I'm sure he also well, took good care of himself, but.... it may have been his time.

Mark as Spam · Posted On: 6/29/2022 6:21:21 PM
Like · Dislike

steelj
Joined On 6/19/2006 11:45:25 PM
Add as Friend · Send Message

Dr. Mercola's pessimism is justified, IMO. When you look at things with eyes wide open, and conclude we're heading for a train wreck and there's no way to stop it, there are two alternatives. Lance Wright, Jackie Chan, and Ivan Ivan chose to spend waking the public (part of it anyway) is the alliance of psychology, decided what's the point, and stopped trying. Wallace perfect owned Dr. Mercola has decided to continue trying to wake people up, and he's been doing it for years, and he's been doing it well. Dr. Mercola's IQ is 180, and he's been trying with all his heart for years. Dr. Sinatra and Vince Kirca chose to go on a big vacation. Both actually also pursued a day job, IMO, in missing something upstream. Dr. M, and most of us here, would have more done that I still wonder how there was could have decided it was ever a good idea. By the time they were available, even pro-vaxxers had simple information to see the risk-benefit ratio was one-sided.

Reply · Mark as Spam · Posted On: 6/29/2022 10:55:46 AM
Like · Dislike

Horsea
Joined On 5/13/2017 4:05:24 PM
Add as Friend · Send Message

Doctors are supposed to understand that acute respiratory syndromes (flu, corona flu, etc.) are chemicals, detoxes, re-sets. That you "get" these clusters of symptoms means your body is self-smart enough and strong enough to try to clean up the internal mess so that you can keep on living. But they don't know these things and, further, don't want to hear anyone tell them. The whole idea behind all vaccines is beyond stupid.

Mark as Spam · Posted On: 6/29/2022 3:04:54 PM
Like · Dislike

Prideonsun
Joined On 9/10/2009 11:18:04 PM
Add as Friend · Send Message

When one people going to realize the flu/covid are natures way or cleansing. Just think about a good cover of the flu every couple of years and what happens to your body. Just stuff all of both ended. A total cleanse of the digestive and respiratory system. Nature's cleansing mechanism's actions a job well done, no need to miss work and let all that bad junk just sit and make more gunk in the form of symptoms of disease and cancer. Take a few days off work and go with the flow. And stop making pharma richer and richer.

Mark as Spam · Posted On: 6/29/2022 11:27:19 PM
Like · Dislike

johnjohnsonillustration
Joined On 11/26/2021 11:31:23 AM
Add as Friend · Send Message

What about Flaxseed oil?

Reply · Mark as Spam · Posted On: 6/29/2022 9:25:20 AM
Like · Dislike

brianallen1
Joined On 8/7/2021 10:12:34 AM
Add as Friend · Send Message

Geez. First I thought canola oil was the 'healthiest'. Next, it was sunflower oil. Then it was safflower oil. I used to eat organic tortilla chips with sunflower oil by the bag thinking it was the best food for me. I hope I figure it out before I die.

Reply · Mark as Spam · Posted On: 6/29/2022 7:16:12 AM
Like · Dislike

Sandokan612
Joined On 9/18/2008 1:31:31 PM
Add as Friend · Send Message

your worst nightmare Brian living on a beach somewhere eating a chip while reading about how that chip you thought was healthy was actually just found to be unhealthy and you pass suddenly and you are found with the chip still in hand :)

Mark as Spam · Posted On: 6/29/2022 7:56:49 AM
Like · Dislike

tallulah3
Joined On 8/24/2021 9:26:59 AM
Add as Friend · Send Message

I used canola oil for 30 years before I found out how bad it is for us. The last year I was using it, I had terrible rashes on my eyelids. When I stopped the canola oil and started using olive oil, my skin cleared up. Canola oil is poison

Mark as Spam · Posted On: 6/29/2022 8:34:34 AM
Like · Dislike

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend · Send Message

Jesuita, that would be the story of my life. And wouldn't you know, too short to make into a book. Murphy and me go way back.

Mark as Spam · Posted On: 6/29/2022 8:40:16 AM
Like · Dislike

Mosaicve
Joined On 10/30/2021 10:19:54 AM
Add as Friend · Send Message

So I should stop eating ALA?

Reply · Mark as Spam · Posted On: 6/29/2022 5:07:13 AM
Like · Dislike

dob2849
Joined On 7/15/2014 1:58:05 AM
Add as Friend · Send Message

Dr. Mercola recommended an hour of daily unprotected sun. That seems like a lot depending on where you live. One year while living in SoCal I would sunbathe 15 minutes on each side wearing a bikini around midday from my apartment balcony. My blood serum vitamin D levels became the highest they ever been with just that amount of daily sunshine. Now I live in Central Texas where solar noon would be about 1:30 but it is much hotter here than it was there. Guess I'm afraid I'll get tired if I mounted the same practice. My diet is very high in LA, but it probably could be lower. Any suggestions?

Reply · Mark as Spam · Posted On: 6/29/2022 12:44:22 AM
Like · Dislike

kirtisen
Joined On 2/17/2012 10:26:21 AM
Add as Friend · Send Message

Dear Dr. Mercola, I appreciate your recommendations and your views very much! Also thank you for sticking your neck out for people!! However, not everybody can afford organic anything, let alone chicken, beef or fish. But, thank you!

Reply · Mark as Spam · Posted On: 6/29/2022 4:58:19 PM
Like · Dislike

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend · Send Message

If you have a Costco in your area, they have organics for a very good value. Not only do organics have about 25% more nutrients but they contain little to no glyphosate. You also do not have to buy items in bulk if you choose not to.

Mark as Spam · Posted On: 6/29/2022 5:38:38 PM
Like · Dislike

Prideonsun
Joined On 9/10/2009 11:18:04 PM
Add as Friend · Send Message

I feel different about that. Organics are not that much more but what about a 3% office cell? How much do they cost these days. I wouldn't more because I heard Sam is one for 3% years. And also not wasted a dime on health(sick) insurance. Might want to rethink where you spend your dollars.

Mark as Spam · Posted On: 6/29/2022 10:24:42 PM
Like · Dislike

ThePurpryk
Joined On 7/17/2006 11:21:47 PM
Add as Friend · Send Message

You didn't not mention sesame (seed) oil. What about sesame oil? There seems to be conflicting medicine as to its effect on longevity.

Reply · Mark as Spam · Posted On: 6/29/2022 3:36:04 PM
Like · Dislike

Bicycledoug
Joined On 8/24/2007 12:32:23 AM
Add as Friend · Send Message

Does taking an astaxanthin supplement make LA fats less able to oxidize and therefore not as bad?

Reply · Mark as Spam · Posted On: 6/29/2022 1:10:55 PM
Like · Dislike

Bicycledoug
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My Costco Wilcox omega 3 eggs advertise 220mg. So is this an acceptable good fat?

Reply · Mark as Spam · Posted On: 6/29/2022 12:56:25 PM
Like · Dislike

gerhardsr7yahoo.com
Joined On 4/15/2013 1:07:06 PM
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I have been taking one tablespoon twice daily of organic cold pressed olive oil from a well-known cardiologist for three months. It comes from California. My blood pressure has lowered, and my heart has stopped skipping beats. I will keep taking this, as it makes me feel so much better!

Mark as Spam · Posted On: 6/29/2022 11:48:37 AM
Like · Dislike

heartthetruth
Joined On 12/30/2007 2:36:33 PM
Add as Friend · Send Message

How do you take it? Is it added to food, or you just take it alone? I've been using EVOO for years in my food. I cook with it also.

Mark as Spam · Posted On: 6/29/2022 6:24:02 PM
Like · Dislike

simonhurter
Joined On 6/26/2008 1:55:17 PM
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I always like to hope that the regular readers of Dr. Mercola's articles already know about excess omega-6 and that avoiding all processed foods, especially any fats and conventional foods, and avoiding use of any fats for cooking except coconut oil, lard, butter, or other near-natural saturates fat is the way to go, and there won't be any thing also to have to measure or consider in order to keep from taking in excess omega-6 fats. But Dr. Mercola mentions a limit of 10 grams of omega-6 per day and that made me think about checking the content of a normal serving of free-range beef.

I found this website www.nutritionvalue.org/Beef%2C_cow%2C_ground%2C_grass-fed_nutritional_ , if the typical serving (about 4 oz.) contains 13 gram total fat and 6 gram saturated fat, that could leave as much as 6 gm for polyunsaturated and monounsaturated fat. If most of that happens to be omega 6, you are possibly up to one half the recommended limit already with just the meat part of one meal. While I'm not sure we really must limit ourselves to 10 grams of omega-6 per day, it for no other reason than it requires a very lot of monitoring of what we eat, I'm thinking it would be better to limit it to 5 grams or less. Also, I'm thinking that, if we eat nuts and seeds, which usually about 15% omega-6, switching to a meal source such as wild game or farm-raised bison may be a smart option. Here's bison's fat content (providing only about a maximum of 1 gram of potential omega-6):
www.nutritionvalue.org/Bison%2C_ground_2202010B_nutritional_value.html

Reply · Mark as Spam · Posted On: 6/29/2022 10:31:25 AM
Like · Dislike

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Reply · Mark as Spam · Posted On: 6/29/2022 3:55:26 AM
Like · Dislike

Horsea
Joined On 5/13/2017 4:05:24 PM
Add as Friend · Send Message

Doctors are supposed to understand that acute respiratory syndromes (flu, corona flu, etc.) are chemicals, detoxes, re-sets. That you "get" these clusters of symptoms means your body is self-smart enough and strong enough to try to clean up the internal mess so that you can keep on living. But they don't know these things and, further, don't want to hear anyone tell them. The whole idea behind all vaccines is beyond stupid.

Mark as Spam · Posted On: 6/29/2022 3:04:54 PM
Like · Dislike

Prideonsun
Joined On 9/10/2009 11:18:04 PM
Add as Friend · Send Message

When one people going to realize the flu/covid are natures way or cleansing. Just think about a good cover of the flu every couple of years and what happens to your body. Just stuff all of both ended. A total cleanse of the digestive and respiratory system. Nature's cleansing mechanism's actions a job well done, no need to miss work and let all that bad junk just sit and make more gunk in the form of symptoms of disease and cancer. Take a few days off work and go with the flow. And stop making pharma richer and richer.

Mark as Spam · Posted On: 6/29/2022 11:27:19 PM
Like · Dislike

johnjohnsonillustration
Joined On 11/26/2021 11:31:23 AM
Add as Friend · Send Message

What about Flaxseed oil?

Reply · Mark as Spam · Posted On: 6/29/2022 9:25:20 AM
Like · Dislike

brianallen1
Joined On 8/7/2021 10:12:34 AM
Add as Friend · Send Message

Geez. First I thought canola oil was the 'healthiest'. Next, it was sunflower oil. Then it was safflower oil. I used to eat organic tortilla chips with sunflower oil by the bag thinking it was the best food for me. I hope I figure it out before I die.

Reply · Mark as Spam · Posted On: 6/29/2022 7:16:12 AM
Like · Dislike

Sandokan612
Joined On 9/18/2008 1:31:31 PM
Add as Friend · Send Message

your worst nightmare Brian living on a beach somewhere eating a chip while reading about how that chip you thought was healthy was actually just found to be unhealthy and you pass suddenly and you are found with the chip still in hand :)

Mark as Spam · Posted On: 6/29/2022 7:56:49 AM
Like · Dislike

tallulah3
Joined On 8/24/2021 9:26:59 AM
Add as Friend · Send Message

I used canola oil for 30 years before I found out how bad it is for us. The last year I was using it, I had terrible rashes on my eyelids. When I stopped the canola oil and started using olive oil, my skin cleared up. Canola oil is poison

Mark as Spam · Posted On: 6/29/2022 8:34:34 AM
Like · Dislike

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend · Send Message

Jesuita, that would be the story of my life. And wouldn't you know, too short to make into a book. Murphy and me go way back.

Mark as Spam · Posted On: 6/29/2022 8:40:16 AM
Like · Dislike

Mosaicve
Joined On 10/30/2021 10:19:54 AM
Add as Friend · Send Message

So I should stop eating ALA?

Reply · Mark as Spam · Posted On: 6/29/2022 5:07:13 AM
Like · Dislike

dob2849
Joined On 7/15/2014 1:58:05 AM
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Reply · Mark as Spam · Posted On: 6/29/2022 3:55:26 AM
Like · Dislike

skopa59
Joined On 5/23/2009 7:28:21 AM
Add as Friend · Send Message

Up to 350 for coconut oil.

Mark as Spam · Posted On: 6/29/2022 6:07:11 AM
Like · Dislike

rmulrose
Joined On 7/17/2011 8:39:01 AM
Add as Friend · Send Message

References? Was it paid for by seed oil companies?

Mark as Spam · Posted On: 6/29/2022 9:45:36 AM
Like · Dislike

thinkinmama
Joined On 6/28/2021 12:29:03 PM
Add as Friend · Send Message

Coconut oil has different smoke temps depending on what type (unrefined, refined, extra virgin, etc). It also contains MCT which is known to help gut healing. Like meatless said I'd like to know who backed that research. Sounds like something a traditional MD would sell someone because they lack the knowledge of nutrition and want to continue to push meds for various so called ailments as BS.

Mark as Spam · Posted On: 6/29/2022 10:22:56 PM
Like · Dislike

Neuborner1
Joined On 8/13/2013 7:06:57 PM
Add as Friend · Send Message

So many vitamin capsules contain Sunflower Oil. Even Dr Mercola's Liposomal Vitamin C contains Sunflower Lecithin. Maybe they don't contain enough to do harm.

Reply · Mark as Spam · Posted On: 6/29/2022 2:05:36 AM
Like · Dislike

skopa59
Joined On 5/23/2009 7:28:21 AM
Add as Friend · Send Message

I try to buy as many supplements I can filled with bovine gelatin and/or take the ingredients out of the capsule.

Mark as Spam · Posted On: 6/29/2022 6:05:40 AM
Like · Dislike

Horsea
Joined On 5/13/2017 4:05:24 PM
Add as Friend · Send Message

The amount of sunflower oil in a vitamin capsules is negligible - unless you are taking 20 caps a day of course.

Mark as Spam · Posted On: 6/29/2022 3:13:02 PM
Like · Dislike

heartthetruth
Joined On 12/30/2007 2:36:33 PM
Add as Friend · Send Message

Great advice if you are able to do what he recommends. Many can not! Don't have the funds to do it, or the physical ability to do it. Yes, the food choices can be implemented easier, maybe. May God Almighty give us wisdom and strength.

Reply · Mark as Spam · Posted On: 6/29/2022 6:09:15 PM
Like · Dislike

NuDoc17
Joined On 6/20/2006 1:36:15 AM
Add as Friend · Send Message

Anyone ever on ventmaxt, that little device you put on your finger to measure pulse and oxygen? I bought one during covid. I noticed my reading is low like 94%. I know. Dr Lee diagnosis oxygen in a room or human body hence covid, perhaps for some people. Can a low reading mean a person might have cancer?

Reply · Mark as Spam · Posted On: 6/29/2022 5:34:06 PM
Like · Dislike

thinkinmama
Joined On 6/28/2021 12:29:03 PM
Add as Friend · Send Message

I know your baseline can vary based on where you live and elevation. My husband is typically around 95 as well. When he had covid he would go outside and wear the pulse oximeter. Within a minute his level would drop to low 80s. I wasn't heard anything about it being an indicator of cancer.

Mark as Spam · Posted On: 6/29/2022 10:28:20 PM
Like · Dislike

Prideonsun
Joined On 9/10/2009 11:18:04 PM
Add as Friend · Send Message

I check mine often. My range is anywhere between 95 and 98. When I had Covid it was 74 but no way did I seek medical help. Used homeopathic remedies and herbs to bring it back up. Not scare but I don't think a 94 should point to cancer. Lots of other things to consider. Pollution or smog in your area? Cigarette smoke? Even allergens like outdoor or pets?

Mark as Spam · Posted On: 6/29/2022 10:32:09 PM
Like · Dislike

iwantthetruth
Joined On 1/5/2017 2:56:33 PM
Add as Friend Send Message

Sometimes I wonder if too much "knowledge" is counterproductive to good health. It's good to know basics, and I thank Dr. Mercola for all his time, effort, and knowledge that he shares, but I think it can cause distrust in everything after a while. Eating becomes stressful, which in turn is not healthy.

Reply Mark as Spam Posted On 6/25/2022 6:39:43 PM
Like Dislike

Ambassador777
Joined On 12/22/2011 6:34:55 AM
Add as Friend Send Message

Understood, but the information about oils is vital. It's not complicated. The good-tasting foods in French cuisine, based on butter and saturated fats are good for you. Avoid the fast-food deep-fried stuff like fries and chicken. Make your own fries on low heat in saturated fat like coconut or ghee at home. It's essential for weight, wellness, and health.

Mark as Spam Posted On 6/25/2022 9:08:06 PM
Like Dislike

reb3272
Joined On 12/3/2016 9:48:40 AM
Add as Friend Send Message

How will the poor apply your advice Dr Mercola?

Reply Mark as Spam Posted On 6/25/2022 1:13:46 PM
Like Dislike

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend Send Message

As well as they are able. All the good doctor can do is educate, inform and point people in the right direction at no charge. It is up to each individual to act from there. I have been 'broke' 3 times in my life, but I have NEVER consumed ramen noodles. I strongly feel that our bodies are comparable to automobiles. What you put in the gas tank/stomach dictates specifically how well each operates and performs. Would people put substandard fuel or water in their tank? Then why do people put substandard nutrition in their bodies? It is rarely a question of affordability. It is almost always a matter of prudent choices. Can't afford real food? Get rid of the expensive cell phone, cell service, tv service, etc. I piece, real, healthy, unprocessed, organic food above all else. I will sell my car and walk before I put anything less in my body's gas tank.

Mark as Spam Posted On 6/25/2022 5:37:30 PM
Like Dislike

ckat184
Joined On 10/23/2013 5:55:35 AM
Add as Friend Send Message

How safe is palmtree oil? I would like to also read the document about concept of relation to leaky gut

Reply Mark as Spam Posted On 6/26/2022 5:17:07 AM
Like Dislike

Trullain
Joined On 3/24/2011 4:54:34 PM
Add as Friend Send Message

Where I would agree with a large part of this article, I was disappointed to read the following here; "Most seeds and nuts (most, with the exception of macadamia nuts are loaded with LAL" I thought nuts and seeds were alleged to be good for one's health. Off-topic, I hope someone here can help me with some information, since I don't have or want a doctor. Is there some way to obtain Sporanox to take, without a prescription, in case, a cancer diagnosis is actually fungus mimicking cancer?

Reply Mark as Spam Posted On 6/25/2022 9:55:40 AM
Like Dislike

catgal
Joined On 1/6/2010 9:40:46 AM
Add as Friend Send Message

Trullain: I thought the same as you did when reading that most seeds and nuts, except macadamia nuts, should be avoided for their high LA content. Most holistic sites promote eating seeds and nuts for good health.

Mark as Spam Posted On 6/25/2022 4:13:34 PM
Like Dislike

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend Send Message

Try finding healthy macadamia nuts. No organic and macadamias and pineapples are almost exclusively GMO.

Mark as Spam Posted On 6/25/2022 6:02:03 PM
Like Dislike

ker8118
Joined On 11/17/2021 4:17:00 AM
Add as Friend Send Message

The bird flu will be the next bioweapon.

Reply Mark as Spam Posted On 6/25/2022 6:24:51 AM
Like Dislike

Randyfast
Joined On 5/6/2010 8:42:42 PM
Add as Friend Send Message

Or monkeypox - or both! The "vaccines" for both, are already being rolled out.

Mark as Spam Posted On 6/25/2022 7:13:30 AM
Like Dislike

davidle
Joined On 5/7/2011 7:38:57 AM
Add as Friend Send Message

They tried that once and it didn't fly.

Mark as Spam Posted On 6/25/2022 7:55:09 AM
Like Dislike

brodiebrock12
Joined On 9/18/2008 1:31:51 PM
Add as Friend Send Message

With weakened immune system due to the injections it will not matter. All sorts of dormant issues like shingles, herpes, neurodegenerative, immunological, cancers etc. will arise-activate and are since injection rollout. There is no coincidence with all the increases in Pharma ads which began rolling out as injections did for AIDS (VAIDS), and various cancers, Alzheimer's, Parkinson's etc. Those who are responsible for the injections put forth knew this was an outcome and assures a lifetime of man-many more sickly people to treat with expensive patented meds existing as well as those in development. A health society is not a good business model. The Pharma-Medical industrial complex is interested in $$$ and control

Mark as Spam Posted On 6/25/2022 8:08:32 AM
Like Dislike

mammywitch
Joined On 11/19/2010 8:00:17 AM
Add as Friend Send Message

Randyfast- It's not just about rolling out another bioweapon- it's about causing panic and fear in John Q. Public. They throw out things like monkey pox, Bird Flu and fine poliovirus now found in UK's sewage system (apparently from a lab made virus)...And now, the Supreme Court has overturned Roe vs. Wade! And this is going to divide our county even further! Evidently "they" were not eliminating us fast enough—we needed a little "push" toward eliminating our fellow man (and woman) from the earth—so in comes the Supreme Court overturning a law that was very controversial even BEFORE it became law...

Mark as Spam Posted On 6/25/2022 8:22:45 AM
Like Dislike

Lee1959
Joined On 9/13/2021 8:36:46 AM
Add as Friend Send Message

They are not getting my chickens! I will let them go before I let the "protectors" march in and gas them!

Mark as Spam Posted On 6/25/2022 11:39:49 AM
Like Dislike

billybri
Joined On 6/8/2008 9:16:45 PM
Add as Friend Send Message

What about Sardines packed "in 100% olive oil? Ingredients are "Sardines, Olive Oil, Salt". Is there a good chance that 100% olive oil is mixed with other oils? Does seem a waste when after I eat the Sardines, the can is still at least 1/4 full of oil that I discard, especially if the oil being discarded could be real expensive olive oil. But if it does contain other oils, it might be good to waste several paper towels getting some of that oil off of the sardines before consuming them.

Reply Mark as Spam Posted On 6/25/2022 9:07:35 PM
Like Dislike

Ambassador777
Joined On 12/22/2011 6:34:55 AM
Add as Friend Send Message

It's highly unlikely that cold-pressed quality olive oil is used in canning sardines. True, it seems like a waste. If you garden, sprinkle the oil around the garden. Avocado trees, for one, will prosper.

Mark as Spam Posted On 6/25/2022 9:11:10 PM
Like Dislike

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend Send Message

Guaranteed they use the cheapest oil possible. No way is it first cold pressed organic.

Mark as Spam Posted On 6/25/2022 10:02:43 PM
Like Dislike

deberesalvellogmail.com
Joined On 7/27/2021 10:39:37 AM
Add as Friend Send Message

I wouldn't be telling people to eat beef, baby sheep (lamb) or duck fat, it's not only cruelty, it's just as unhealthy as chicken and pork, try telling people to eat plant based foods which are the healthiest today. dairyoucary and meatsucks... the industry is not only greedy but doesn't care about animals and their suffering for your tastebuds, it's pure insanity.
prime.peta.org/news/animal-agriculture-water-footprint-world-water-day... prime.peta.org/.../vegans-live-longer
headlines.peta.org/help-cows-meat-dairy-leather prime.peta.org/.../peta-the-truth-about-humane-meat

Reply Mark as Spam Posted On 6/25/2022 8:05:01 AM
Like Dislike

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend Send Message

I am a member of PETA. People Eating Tasty Animals. Just had a side of locally raised and butchered grass fed and grass finished beef dropped off yesterday. The cows are treated better than the sheeple from start to finish. Only thing I have left to do is give the cow a name. Maybe Mr. Randy Robb?

Mark as Spam Posted On 6/25/2022 8:23:20 AM
Like Dislike

Lee1959
Joined On 9/13/2021 8:36:46 AM
Add as Friend Send Message

Well, our two pigs we raised had the best of lives. We named them, wrestled with them, gave them all sorts of treats and slop, and we named them! But after 6 months if you do not butcher them, they the from mainly putting on too much fat. No industry or cruelty here. And yes, we did take them to a butcher. Sold 3 halves to other neighbors and friends and they were absolutely over the top thrilled with the meat. We kept 1/2 of our sow (named Lady) and we were reluctant to eat Lady, but one taste of that succulent, savory, mouth-watering pork, we decided to do it again! The farm bit meat industry is not good, I will give you that. How about this? I raise farm fresh, free range hens and I get all the fantastic eggs! I want every day with a lot to give away to others?

Why do I have to give them away? I used to be able to sell them, but now that PETA is on the board of Facebook, they have influenced other board members to not allow the selling of farm fresh free range eggs because they are considered animal parts!!! Ideas like that are not conducive to tending your organization credibility. BTW, my hens live out their country club lives till they die. I feel I owe them that much for all they have done for me providing me the best, most delicious, incredibly nutritious eggs imaginable. Furthermore, no one is demanding people to eat meat. What you really want is for everyone to believe that veganism is healthy. It is not.

Mark as Spam Posted On 6/25/2022 11:58:29 AM
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Joined On 5/7/2007 4:05:34 PM
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You are correct about the cruelty involved in meat production. This is true of both small farm slaughtering and huge killing plants. And hunting as well. You can't get around it. However, I am not sure that vegans live longer. Vegans in any considerable number have not been around long enough to be able to test that theory. However, your heart is in the right place. Mine is, too, but I don't avoid dairy or egg completely. When you have a family to cook for, it's too difficult.

Mark as Spam Posted On 6/25/2022 3:21:07 PM
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