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The Greatest Asset to Protect Your Freedom and Wealth

Analysis by Dr. Joseph Mercola Fact Checked

April 23, 2022

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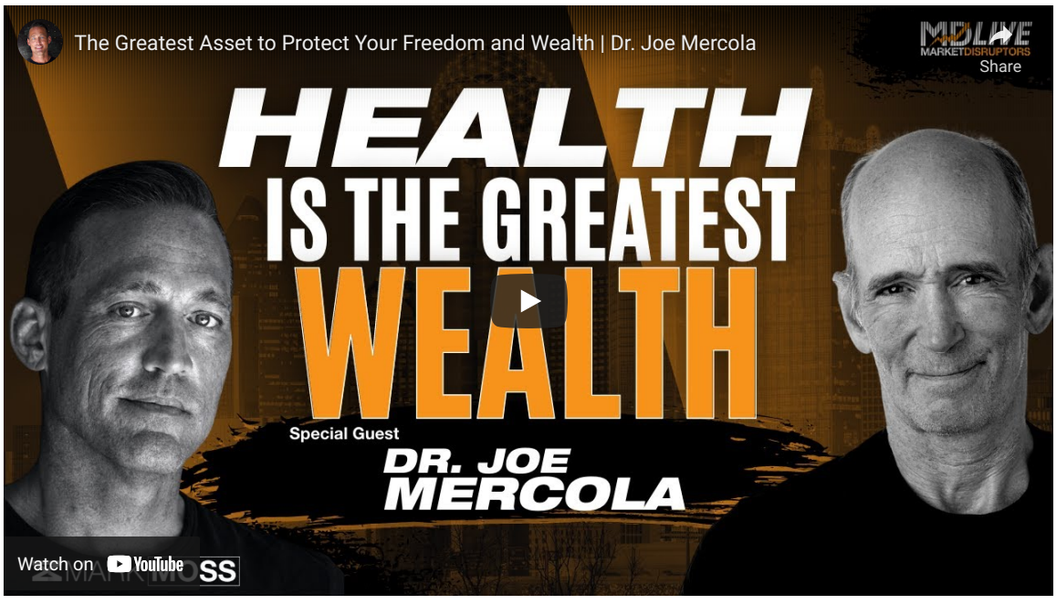

STORY AT-A-GLANCE

- Simple strategies with big health payoffs include avoiding seed oils, implementing time-restricted eating to become metabolically flexible, donating blood to lower your stored iron, strength training to build muscle, exercising in a fasted state, getting regular sun exposure and optimizing your sleep
- Building muscle is by far one of the most important strategies you can implement to improve and safeguard your health. The greater your muscle mass, the higher your survivability against all diseases, including cancer. It really optimizes you for longevity
- Sun exposure will trigger melatonin production in your mitochondria (from the near-infrared light), vitamin D (from ultraviolet B rays) and activate vitamin A, which is just as important as vitamin D for health, especially immune health
- Most men and postmenopausal women have high iron, as there's no pathway of elimination other than blood loss. Stored iron is damaging to all of your internal systems as it promotes oxidative stress. It's also one of the most common causes of fatigue because of how it impairs the mitochondrial production of energy
- The primary problem with seed oils is that they're loaded with linoleic acid (LA), which acts as a metabolic poison when consumed in excess. This is the topic of my next book, "The LA Diet"

In the video above, finance expert Mark Moss, coauthor of "The UNcommunist Manifesto" and founder of Market Disruptors, interviews me about simple strategies with big payoffs, in terms of health, which I believe is the greatest asset of all. Without health, you won't be able to protect your freedom or enjoy your wealth.

I will be speaking at Mark Moss' Market Disruptors Live event in Dallas, Texas, May 6 through May 8, 2022. The conference will cover topics like how to increase your wealth using little-known alternative asset classes, how the central banks' plans will affect you, and how to increase personal freedom by bulletproofing your assets so you won't get caught up in The Great Reset.

So, if you want to connect with me in person, this would be a great opportunity as I will be there for the entire event.

The Oinherited that from my il Industry Vanquished True Medicine a Century Ago

In the beginning of the interview, I touch on how the medical industry was vanquished 112 years ago by John D. Rockefeller, who became the world's first billionaire after founding Standard Oil in 1870.

John's father was William Avery Rockefeller, an authentic "snake oil salesman" who conned people into buying his useless "Rock Oil" tonic for cancer — a mixture of laxative and petroleum. Avery once admitted he would cheat his children every chance he got, in order to "make 'em sharp."[1]

John D. learned the lessons of duplicity and fraud well, and by the time he was 40, he controlled 90% of the global oil refineries. Within another few years (early 1880s), he also controlled 90% of the marketing of oil, and one-third of all oil wells.

Together with General Motors, Rockefeller secretly bought up and dismantled the public transportation system in the U.S., to promote the need for a family car. They also replaced electric streetcars with gas-guzzling busses to expand their petroleum business.

In 1902, Rockefeller funded the establishment of the General Education Board, through which he intended to control public education. Other oil-backed schemes to mold and reshape the American education system followed, including a scheme to alter the teaching of American history to promote a view of collectivism, as well as a program culminating in the transformation of the practice of medicine.

Naturopathic-based herbal medicine was the norm at that time, and Rockefeller set out to shift the medical industry toward using oil-derived pharmaceuticals. To this end, the Rockefeller Institute for Medical Research was established in 1901, headed up by Simon Flexner.

Simon's brother, Abraham, was contracted to write a report on the state of the American medical education system, and his study, The Flexner Report,[2] published in 1910, paved the way for Rockefeller to completely overhaul the American medical system.

Naturopathic and homeopathic medicine — anything that couldn't be patented — was abolished. Natural remedies and known cures were dismissed as quackery. The only medicines deemed reputable were patentable synthetic drugs, invented in the oil cartel's own research centers.

The Rockefeller Legacy of Monopolized Control

Around the same time, the oil cartel also found a way to take over and control the U.S. financial system, through the creation of the Federal Reserve, established in 1913. The Rockefeller's have been powerbrokers in the banking industry ever since. In the 1950s, James Stillman Rockefeller, the grandson of John D.'s brother, became the head of National City Bank, while David Rockefeller, John D.'s grandson, took over Chase Manhattan Bank.

They also sought to consolidate control over the global food supply, using philanthropy as their cover for the takeover. The Rockefeller Foundation funded the Green Revolution that led to the introduction of petroleum-based agricultural chemicals, which quickly transformed agriculture, both in the U.S. and abroad.

President Johnson's "Food for Peace" program actually mandated the use of petroleum-dependent technologies and chemicals by aid recipients, and countries that could not afford it were granted loans from the International Monetary Fund and the World Bank. The Rockefeller Foundation also funded the "gene revolution" that brought us patentable genetically modified seeds.

Today, The Rockefeller Foundation is part of The Great Reset cast, which seeks to gain total control over every person in the world — financially, medically, physically and psychologically.

The Path of Health

I, like many other physicians, were thoroughly brainwashed in medical school. I bought the Rockefeller-invented paradigm hook, line and sinker, and ran a conventional medical practice, prescribing drugs and vaccines, for about five years.

I eventually woke up, realizing these "remedies" did nothing to address the root cause of any disease, and started educating myself about nutrition and foundational health practices, which have been my focus ever since. It's a never-ending journey of learning, and I've experimented a lot through the years. Oftentimes, the devil's in the details when it comes to various strategies.

For example, as I mention in the interview, I focused my exercise almost exclusively on cardio during my youth and became a decent marathon runner. Today, I realize that was a big mistake, as you can get most of your cardio requirement through strength training, if done properly.

Building muscle is by far one of the most important things you can do to improve and safeguard your health. While there's certainly benefit to cardiovascular exercise — mitochondrial biogenesis, for example — resistance training is far more foundational to your long-term health, because skeletal muscle is the organ of longevity.

The greater your muscle mass, the higher your survivability against all diseases, including cancer. It really optimizes you for longevity. Why? Because you need protein reserves to survive serious disease, and most of your protein is stored in muscle. If you have very little muscle, you're going to pass away prematurely because you have no amino acid reserves.

Your muscle is also a primary regulator of your metabolism. It's a primary site for glucose disposal because of the GLUT4 insulin receptors embedded in the muscle cell membranes. These receptors lower your glucose levels after a meal and decrease your risk for diabetes. It also interfaces with your immune system and helps optimize it.

It is never too late to start resistance training. You can build muscle mass after 60, which is about when I started, and last week, as you can see in the video below, I set a new personal record in the leg press for 600 pounds, which I believe is better than the 400-pound deadlift I did last year.

However, as I note in the interview, our ancestors didn't need a gym because they were engaged in heavy manual labor on a near-daily basis. That is certainly not something I do and I suspect few of you engage in, hence the need to substitute in regular exercise/work to stay healthy.

Our ancestors were using and strengthening their muscles well into old age. They worked on farms and in factories, they walked and bicycled distances most won't even consider nowadays. The only reason most people today need to schedule in exercise is because they're not doing manual labor; worse, they're barely moving at all.

How to Optimize Your Exercise Benefits

If you really want to optimize your exercise, implement time-restricted eating (TRE) and exercise while fasting. TRE involves eating all your meals and snacks within a six- to eight-hour window each day, making sure your last meal is at least three hours before bedtime, and then fasting for the remaining 16 to 18 hours. In this scenario, you'd exercise sometime in the morning, and then break your fast afterward.

TRE will also make you metabolically flexible, so that you can burn both fat and carbs. 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 just disappears.

The Benefits of Near-Infrared

Directly post-exercise is also an ideal time to do sauna therapy. I advise caution when using cryotherapy together with exercise, because if you jump into an ice bath after strenuous exercise, you'll actually abort the production of inflammatory reactors of the exercise, and those inflammatory reactors are what trigger the benefits from the exercise.

> **“95% of melatonin is produced in your mitochondria in response to near-infrared light. By mopping up free radicals, melatonin reduces damage to the mitochondria and helps them work optimally.”**

Sauna therapy has many important health benefits. For example, it can ease pain, kill disease-causing viruses, improve cardiovascular health and facilitate detoxification of heavy metals and other toxins.

My preference is near-infrared saunas rather than far-infrared, as it penetrates deeper and therefore can release toxins more efficiently. Even more importantly, 95% of melatonin is produced in your mitochondria in response to near-infrared light. The melatonin released by your pineal gland account for just 5% of the melatonin in your body.

Mitochondria are tiny organelles found in most of your cells responsible for cellular energy production, and mitochondrial dysfunction is a root cause of most chronic disease. Melatonin, meanwhile, is a very powerful antioxidant that reduces oxidative stress. By mopping up free radicals, melatonin reduces damage to the mitochondria and helps them work optimally.

Melatonin also helps increase glutathione, which is a major detoxification agent. Importantly, NONE of the oral melatonin you take will ever make its way into the mitochondria. Oral melatonin can help regulate sleep, when taken at the appropriate time (in the evening, shortly before bed), but it will not do anything for your mitochondria.

The only thing that will trigger that is near-infrared light. Of course, the best source of near-infrared light is natural sunshine, which brings us to another foundational health habit: sun exposure.

The Importance of Sun Exposure

While melatonin production is triggered by the near-infrared light in sunlight, ultraviolet B (UVB) rays trigger the production of vitamin D in your skin. Ideally, you would not take any oral vitamin D at all, getting you needs fulfilled from sensible sun exposure.

This is entirely possible if you live close enough to the equator. I've lived in Florida for nearly 12 years now and have not needed to supplement with oral vitamin D since I moved here from Chicago.

Sun exposure also activates vitamin A (retinol), forming active metabolites called retinoids. (Beta carotene, which many mistakenly believe is vitamin A, is a precursor to vitamin A.) Vitamin A is just as important as vitamin D for health, especially immune health, but it has to be the active form.

The Danger of High Iron

Another crucially important health strategy is to make sure you don't have high iron. Most men and postmenopausal women have high iron, largely thanks to so many processed foods being “fortified” with dangerous forms of iron like iron fillings, and the fact that there's no pathway of elimination other than blood loss.

Stored iron is incredibly damaging to all of your internal systems as it promotes oxidative stress. It's also one of the most common causes of fatigue because of how it impairs the mitochondrial production of energy.

I first became aware of the danger of excess iron over 30 years ago when I diagnosed my dad with hemochromatosis. His ferritin level was close to 1,000. He had beta thalassemia, which predisposed him to iron accumulation. I inherited that from my father and my ferritin was also in the 100s in the 1980s, while a healthy serum ferritin is closer to 20.

I mentioned that mitochondria produce cellular energy, but they're also crucial recycling centers. Iron has a terminal destination in the mitochondria and must be recycled. However, for that to occur, you must have enough copper, and most people don't. As a result, the iron gets "stuck" and cannot be recycled.

So, a low ferritin level is not necessarily a sign that you need iron. You may already have too much stored, seeing how the average person accumulates about 1 milligram of iron a day, but it's not being recycled due to a copper deficiency. This is why many get into a vicious cycle. They're told they have low iron and need iron supplementation, but the problem is really a copper deficiency. So, they keep loading in iron, and their health suffers as a result.

The good news is that high iron is easy to address. All you need to do is donate blood. If donating a full pint (half a liter) of blood three to four times a year is problematic, you can remove blood in smaller amounts once a month on the schedule listed below. If you have congestive heart failure or severe COPD, you should discuss this with your doctor, but otherwise this is a fairly appropriate recommendation for most.

Men	Postmenopausal Women	Premenopausal Women
150 ml	100 ml	50 ml

A Recipe for Disaster

I now believe high iron may be the No. 1 most harmful health mistake, closely followed by seed oil consumption. Combined, they're a recipe for disaster. The primary problem with seed oils is that they're loaded with linoleic acid (an omega-6 fat), which acts as a metabolic poison when consumed in excess.[3] This is the topic of my next book, "The LA Diet," which should be out later this year.

Seed oils, courtesy of the LA, are incredibly proinflammatory[4] and drive oxidation in your body. This oxidation, in turn, triggers mitochondrial dysfunction that then drives the disease process.[5,6,7,8,9,10,11] Anything over 10 to 15 grams a day is likely to cause problems in the long run, and the average American is eating 80 grams a day.

A main problem is that your body breaks down LA into harmful sub-components called advanced lipid oxidation end products (ALEs) and oxidized LA metabolites (OXLAMs), which can cause significant damage at the cellular level. For example, an ALE called 4HNE is a mutagen known to cause DNA damage, and OXLAMs are cytotoxic, genotoxic, mutagenic, carcinogenic, thrombogenic, atherogenic and obesogenic.[12]

LA breaks down into 4HNE faster when the oil it is contained in is heated,[13] which is why cardiologists recommend avoiding fried foods. In addition to all of that, most seed oils are made from genetically engineered crops, making them a significant source of toxic glyphosate.

As explained in the interview, seed oils can also make sun exposure more dangerous. The LA gets incorporated into your cellular membranes (where they can remain for up to seven years), and if you have high levels of LA in your cells, you're going to be more prone to both sunburn and skin cancer. 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 will cook the food in seed oil, not butter or lard	Conventionally raised chicken and pork (both are high in LA due to being fed omega-6 grains[14])
Most seeds and nuts (most, with the exception of macadamia nuts are loaded with LA)	Bread and other grain products

Take-Home Summary

So, in summary, a handful of strategies that can go a long way toward improving and safeguarding your health, giving you lots of bang for your buck (figuratively speaking, as they're all free!) are, in no particular order:

Avoiding seed oils	TRE
Donating blood to lower your stored iron	Strength training to build muscle, and exercising in a fasted state
Getting regular sun exposure on large portions of your body	Optimizing your sleep

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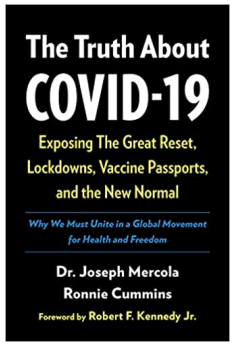

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Guillermou

Joined On 4/7/2015 8:47:48 AM

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Excellent report that every medical professional should advise for health. Fasting, caloric restriction, a healthy diet, exercise, social contact with nature, dedication to a profession chosen by vocation, help happiness. These factors enhance certain molecules such as NAD that are vital for health. NAD levels in our body determine the speed of the aging process. In younger cells and tissues, NAD levels are higher with better physical activity, cognitive function, and potential for cell repair and regeneration. IN THE LINK HOW WE CAN INCREASE NAD selfhacked.com/.../nad-important-increase (2021) The FASEB 2021 scientific research conference on NAD metabolism and signaling presented several excellent quality research papers where it was shown that nicotinamide adenine dinucleotide (NAD+) serves as a signaling molecule or coenzyme in multiple biological reactions.

critics. Enzymes whose activities depend on NAD+, such as PARPs and sirtuins, have a diverse biology in health and disease, and represent potential nutritional and therapeutic targets to prevent or treat aging, cancer, and metabolic dysregulation. www.ncbi.nlm.nih.gov/.../PMC8714140 (2021) Chronic age-related inflammation promotes cellular senescence, chronic disease, cancer, and reduced life expectancy. Interventional exercise, when applied early in the disease, was effective in reducing tissue inflammation, oxidative damage, and cellular senescence, and reversed hepatic steatosis and prevented tumor development.

Behind these benefits were transcriptional changes in the enzymes that drive the conversion of tryptophan to NAD+. Increased SIRT activity correlated with increased deacetylation of the key transcriptional regulators of inflammation and metabolism, NF-κB. Exercise can effectively reprogram inflammatory and metabolic pathologies pre-established in aging with the benefit of disease prevention. www.jimmunol.org/.../904.abstract (2021)

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Guillermou

Joined On 4/7/2015 8:47:48 AM

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Caloric restriction (CR) prolongs life expectancy in a wide variety of species. CR induces an increase in the NAD(+)/NADH ratio in cells and results in the activation of SIRT1, an NAD(+)-dependent protein deacetylase that is believed to be a metabolic master switch related to the modulation of exp of life. CR also affects the expression of peroxisome proliferator-activated receptors (PPARs) that regulate different physiological functions such as energy metabolism, insulin action, and inflammation, and apparently act as important regulators of longevity and aging.

pubmed.ncbi.nlm.nih.gov/20148352 (2010) NAD homeostasis is of paramount importance for health and longevity, and its dysregulation is associated with multiple diseases. NAD metabolism is dynamic and is maintained by synthesis and degradation. The CD38 enzyme, one of the main NAD-consuming enzymes, is a key component of NAD homeostasis. Indeed, in animal models, the development of infectious diseases, autoimmune disorders, fibrosis, metabolic diseases, and age-associated diseases, including cancer, heart disease, and neurodegeneration, are associated with altered CD38 enzyme activity. europepmc.org/.../35138178 (2021) Quercetin and apigenin increase NAD+ levels through inhibition of the multifunctional protein CD38 that is present in mitochondria, with a Sirt3-dependent mechanism. CD38 levels increase in tissues with age and correlate with decreased NAD www.timelesslifemag.com/index.php/2016/06/29/quercetin-apegenin-may-sl.. (2016) www.sciencedirect.com/.../S1550413116302248 (2016)

Mark as Spam | Posted On 4/23/2022 3:43:22 AM

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Guillermou

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NAD is highly involved in various metabolic functions, such as glucose and fat regulation, and polymorphisms in these genes have been associated with the development of obesity, type 2 diabetes, cancer, cardiovascular disease. disease and longevity. Nutraceuticals such as resveratrol, quercetin, kaempferol, and curcumin and other therapies such as sirtuin activating compounds, NAD, nicotinamide mononucleotide) are being explored as potential therapies in sirtuin and point to promising treatments to promote metabolic health and reduce obesity and age-related diseases. journals.lww.com/jaanp/Abstract/2021/05000/Genomics_of_aging__The_role.. (2021) NRPT is a combination of nicotinamide riboside and (NAD+), found in milk, and pterostilbene, a polyphenol found in blueberries, was administered to a population of 120 healthy adults between the ages of 60 and 80 years.

The study consisted of three treatment groups: placebo, a recommended dose, and a double dose group. NAD + concentration increased by approximately 40% in the group and approximately 90% in the double administration group, after 4 weeks. www.nature.com/.../s41514-017-0016-9 (2017) Nrf2 diet, covers the electromagnetic fields and promotes mitochondrial function, activating the transcription factor Nrf2, which induces the expression of particular genes, which promote powerful antioxidants such as NAD, quinone oxidoreductase and glutathione S-transferases, and many others. Nrf2 genes protect the body from oxidative damage that can result from inflammatory responses and fight chronic and degenerative diseases. Sulforaphane is a great enhancer of the Nrf2 pathway. www.selfhacked.com/blog/about-nrf2-and-natural-ways-to-increase-it/ (2021)

Mark as Spam | Posted On 4/23/2022 3:43:41 AM

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juststeve
Joined On 1/5/2012 11:13:54 AM
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So overwhelmed with the Spring crunch & the need to engage as much as possible with the many factors Doc is describing, but always make time to review your excellent posts Gui!

Mark as Spam | Posted On 4/23/2022 4:23:34 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Thank you Just, yes, with Dr. Mercola's excellent articles we are all in a position to contribute our desire to learn and help those who need it. Also excellent are your realistic comments, in which corruption is always denounced and "our Garden" as you call Mother Earth is defended..

Mark as Spam | Posted On 4/23/2022 2:01:31 PM

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Sue12Cross
Joined On 10/31/2009 3:22:30 AM
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I believe the key to longevity is being outside in Nature, this not only for physical but also spiritual well-being. The beauty you can find in a woodland or on a moor or beach, the song of the birds, the touch of moss or bark or grasses as you walk through them, the smell of bluebells or thyme, the taste of home-grown or wild foods directly consumed in the sunlight, all this is something magical and above all grounded in reality. To witness adults and worse children, sitting inside, enclosed in what is often a 'sick' environment full of chemicals and radiation, stuck in front of any sort of screen and worse, wearing a device which blocks them completely from the real world is to me anathema.

Added to that is this false philosophy embedded in recent generations that manual labour is somehow demeaning, to me that is just another part of being enslaved. How ironical that instead we have fostered the belief that sitting at a desk all day, even when in your own home is somehow not captivity Hard physical work, when done for your own benefit, whether for producing something tangible and useful and/or for health is actually setting you free from a system of reliance.

Here's an idea to avoid gym fees, keep fit, lower energy bills, build muscle, improve the cardiovascular system and save/reuse water. It was our next stage in removing ourselves ever further from a system that keeps one captive to ill-health: www.youtube.com/watch ...and you get dryer washing in the Winter.

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Guillermou
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Yes, SUE is a good recipe with very good ingredients, to feel the nature that saw us born, to be busy with what we like and is necessary for our well-being, and to stay away from artificial sources as much as possible. This is part of the happiness that can prolong the good quality of life in older adults, according to scientists, including one of Indian origin. The study, published in the journal Age and Aging, used data from 4,478 survey participants to look at the association between happiness, assessed in 2009, and the subsequent likelihood of dying from any cause, through December 31, 2015.

"The findings indicate that even small increases in happiness can be beneficial for longevity in older people," said Rahul Malhotra, assistant professor. economictimes.indiatimes.com/magazines/panache/the-secret-to-live-long.. A study of 300,000 people found that living a longer, happier life isn't just about diet, exercise, or genetics. People with strong social ties will have a 50% greater chance of survival, according to a clinical review of 150 studies and 300,000 people www.businessinsider.com/a-study-of-300000-people-reveals-the-keys-to-a..

Mark as Spam | Posted On 4/23/2022 2:23:41 AM

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juststeve

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Yes, if one can find wilderness to engage in the sun, fresh air, the scents & smells & even the sounds are so recharging, restorative health building way beyond any pill we have for that keeping one limping along. Being engaged in Nature is joyous.

Mark as Spam | Posted On 4/23/2022 4:21:25 AM

Like Dislike

Sue12Cross

Joined On 10/31/2009 3:22:30 AM

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Very true Gui! My father said of his mother: 'she will die with a plate of cakes in her hand' almost true but not quite, she had just finished making lunch, was reading the newspaper out on her veranda overlooking the garden, said to my grandfather: 'I've finished with the paper, Joe', handed it to him and died. She worked hard all her life, firstly by being born in a country inn with farm attached, so hard physical work, then as a TB nurse and afterwards a governess and then she bought her own farm. As she married a Londoner with a penchant and passion for experimental gardening she farmed 45 acres on her own until my father and his brother were old enough to help out. Her main outlet though, apart from a whole myriad of hobbies, was making people feel welcome, happy and having house guests, including friends and relatives' children, refugees and overseas cousins on long stays. I hardly ever saw her sit down.

Mark as Spam | Posted On 4/23/2022 4:25:51 AM

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Sue12Cross

Joined On 10/31/2009 3:22:30 AM

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Hi Steve and thus the new adage 'smart cities are for dumb people' or maybe dumbed-down or rendered numb by the artificiality of 'modern' living, a world of synthetic everything from emotions to food and an endless need for more, just to assuage the boredom.

Mark as Spam | Posted On 4/23/2022 4:35:02 AM

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juststeve

Joined On 1/5/2012 11:13:54 AM

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Smart cities are for dumb people. It very much seems people are herded into cities to make them dumb. An excellent book Civilized to Death, the price of progress, makes many good points. In one chapter it's reported how Darwin in doing his research pushed civilized ways onto a group of natives. Years later came back and found it all abandoned by the natives. When asked why, they replied we have all we need. Darwin couldn't grasp why they wouldn't want to embrace his understanding of civilization. Their ways lived off the fat of the land, living with it, only taking what they actually needed. Darwin's life was indoctrinated in ways detached, disconnected from Nature and he could not see how it Steals from the Foundations of Life to live off the muscle, bone & sinew as the ways he was familiar with leave no fat.

Mark as Spam | Posted On 4/23/2022 5:21:11 AM

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Guillermou

Joined On 4/7/2015 8:47:48 AM

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Yes, SUE, what a great impact working and being happy with your dedication has. Work stress can cause a number of unpleasant consequences, from letting off steam with our co-workers to increasing our chances of contracting a pathology. . Research from Harvard and Stanford shows that a stressful job can also shorten lifespan by up to three years. The study suggests that a stressful job can rob you of up to three years of your life, depending on your race, educational level and gender. The study found that stressful workplaces made workers more likely to die earlier, although the effect size differed by race and educational level. The effect was smaller for people with good education: 5 to 10 percent of their mortality was associated with exposure to these stressors in the workplace, while for people with less education the effect was between 12 and 19 percent.

People with high-stress jobs have a 22 percent higher risk of stroke than those with low-stress jobs. For women, the statistics are even worse: those of us with high-stress jobs have a 33% increased risk of stroke. When the researchers broke down the data into specific types of stroke, one type known as ischemic stroke was particularly common: People with super-stressful jobs were 58 percent more likely to have an ischemic stroke than those with less strenuous jobs. .

Mark as Spam | Posted On 4/23/2022 5:31:36 AM

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Guillermou

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In the United States, in population categories defined by race and county of residence, the largest gap in life expectancy was thirty-three years. Some authors have argued that health inequalities are inextricably linked to inequalities in people's basic freedom to function fully in society. People of different income levels have differential access to health care; they exhibit different health-related behaviors, particularly with regard to smoking, exercise, and diet. they differ in their exposure to toxic environments such as air and water pollution; they face different conditions in their first years of life, including access to nutrition and prenatal care that can affect the length of life. www.glamour.com/.../high-stressful-job-stroke-risk www.healthaffairs.org/.../hlthaff.2015.0022 www.mcgill.ca/epi-biostat-occh/files/epi-biostat-occh/goh_2015_harmful.. 10 PRACTICAL WAYS TO IMPROVE HAPPINESS www.theatlantic.com/family/archive/2022/04/happiness-research-how-to-b..

Mark as Spam | Posted On 4/23/2022 5:32:08 AM

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Guillermou

Joined On 4/7/2015 8:47:48 AM

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Yes, Just, cities need the contribution of nature. Almost 25% of our state of health is conditioned by the environment in which we live. People living and children growing up in urban settings are increasingly exposed to high levels of air and noise pollution, reduced physical activity and restricted contact with nature. Urbanization continues, with up to 70% of the population expected to live in urban areas within the next 15 to 20 years. The design and management of public space can have significant impacts not only on health and well-being but also on learning, and can influence social cohesion and equity issues in communities.

Public spaces can be designed as natural and pacified spaces to provide restoration and stress reduction, promote physical activity, play, and foster experimentation, creativity, and critical skills in a sustainable way. In cities air pollutants are given in the lungs. Polluted air particles pass through the barrier of the lungs and travel through the bloodstream to other organs such as the kidneys, heart, brain and bones, where they are stopped by other filters or attacked and stored by our immune system.

This accumulation of foreign particles generates a small chronic inflammation that is harmful to our body. Recently, it has been observed that these polluted air particles can also reach the placenta and fetus, and even our brain. Various studies have shown that noise exposure is related to stress/annoyance, sleep disorders, cardiovascular problems, diabetes and obesity, premature death and impaired cognitive function.

Mark as Spam | Posted On 4/23/2022 5:50:26 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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In urban or metropolitan areas, buildings, roads and parking areas built with materials that absorb and store heat have replaced green areas or open natural spaces, making them significantly warmer than rural ones. This effect is known as “urban heat island”. Exposure to high temperatures is associated with increased morbidity and premature mortality, especially in children, and in the elderly. Cities need natural spaces. Our nervous system needs contact with vegetation and water, important elements for survival. Contact with nature is essential for the psychological development of the human being.

The close relationship of millions of years of the human species with its environment has generated a deep emotional need to be close to other living beings, whether they are plants or animals. Scientific evidence related to the benefits for health and well-being of natural spaces, green and blue spaces, has grown in recent years, driven by an emerging interest in the impact that biodiversity and the function of ecosystems have on life. in urban areas. Natural areas in cities are essential for the quality of life in urban areas.

Wooded areas in and around our communities offer recreation, health benefits, a haven for wildlife, and a wide range of environmental services. Whether it's small parcels on patches of non-building land or large forested areas like the Bellevue Urban Forest near Seattle, their importance is immense and too often underestimated. The following are five examples of cities that are getting it right. arbordayblog.org/urban-and-community-forestry/saving-natural-areas-in-..

Mark as Spam | Posted On 4/23/2022 5:50:44 AM

Like Dislike

juststeve

Joined On 1/5/2012 11:13:54 AM

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Yes, Gui, investing in architecture incorporating nature into the designs might possibly a part of cleaning up our messes and making cities & suburban areas healthier places to live. Perhaps there is a ratio a percentage of buildings to have green spaces to not only clean air, hold water, grow food but to also filter grey water to send off to be finished off in filtration plants. Perhaps skyscraper parks, one on top of the other could be used for much of the same and to process or start the process of sanitizing sewage waters. There are roof tops spaces for bees, bird raising, growing plants along with the vertical spaces. Each Floor could possibly mimic the villages or small towns with designs in mind to produce as much as possible green products & some livestock, and less of the never-ending consumption.

Suburbs might be redesigned to produce greener & reopen what once were food plains. Some settled areas it may be a good investment to move in order to remove levees to also reclaim food plains and slow down the rush of water so it can be processed through blue areas, swamps or hemp farms to filter out pollutants while building soil with soul, to time release captured water or divert in drought conditions. Wilder areas, if possible, could support tactics to also slow down the rush of water to give time for microbes and carbon building to clean out toxins.

Mark as Spam | Posted On 4/23/2022 6:43:26 AM

Like Dislike

forbiddenhealing

Joined On 2/21/2011 9:51:43 AM

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The military/pharmaceutical monopoly is a death-cult, bent on preventing peace and the prevention of disease. Zombie disinformation never dies; Use PUFAs/not saturated fats, avoid meat/sunshine/eggs/dairy, environmental toxins/metals are at EPA "safe" levels and above all "vitamins and minerals" make expensive urine!" Even today as our treasonous media continues to push endless war, doctors avoid the third rails of nutrition, detoxification and Vitamin C. The public is not stupid, they are kept stupid through incessant propaganda to protect the grand larcenies of empire. They promote weak minds, unhealthy bodies and a rapid turnover in the work force. They prey on adolescent egoes and demand childlike dependence. I'm not only apolitical but antipolitical, so now Obama has outted himself as the slickest huckster ever...aligned with the Clinton/Bush/Biden crime families...."We have to control "disinformation" as a danger to democracy." WTF?... WTF!

Reply | Mark as Spam | Posted On 4/23/2022 8:02:54 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Yes, RANDALL, we can say that science is the great antidote to the poison of the tyranny of corruption. Science is best developed with wisdom, humility and a desire to serve humanity. This sentence is revealing: “Science is proud of how much it has learned; wisdom is humble because it knows no better.” — William Cowper. Unfortunately, many scientists practice science from arrogance. Single-theory people who once got something important right and have since maintained their pet hypothesis as the only acceptable one; scientists who only relate to disciples of their sect, and also scientists who submit to the yoke of money and scientific manipulation. The paradigm of scientific information that is always consolidated and monopolized by governments and "health" agencies, pharmaceutical multinationals and billionaires, now has Google, Facebook and Twitter as allies who have joined in silencing dissent, censoring to people who disagree with the wisdom of true science.

The gagged of independent journalists and countless millions who do not comply with the edicts of the government-media-corporate complex has taken hold since this false pandemic began and hypnotized minds into the abyss of fear and uncertainty, achieving the Orwellian level of censorship that we are witnessing, that unfortunately catches anyone who dares to question the authority of the elites subjected to the domination and tyranny of the money empire.

Love for nature, for life, for all the creatures in the world is the only thing that gives meaning to life. We cannot support terrorist laboratories, we cannot manipulate plants and animals for commercial gain and greed. Multinational corporations want to own and lord over the world's food supply with their patented GM seeds, patented farmed meats and seafood. A contempt for mother nature and the human soul. A course towards illness and death. Genocide disguised as good intentions. the Great Reset that will enhance the slavery of humanity

Mark as Spam | Posted On 4/23/2022 9:12:05 AM

Like Dislike

nothingsound

Joined On 8/12/2018 9:47:47 AM

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What i find very interesting on the list to avoid is the absence of stress (fear, anxiety, state of worry). In the last few years (meaning more than three), I have seen what continued stress can do to one. Even people who eat healthy, exercise, are susceptible to the negative effects of stress if they choose to pick stress up and many do. People today may not do hard labor but neither do they take time to “smell the roses” or as mentioned in other posts to enjoy nature. I reside in a blue collar neighborhood with street lights and sidewalks and the sound of children playing especially in spring through fall. My yard is a simple one with a few trees, but lots of birds in the spring and summer and a simple beauty in the winter.

I enjoy it so much and take time to wonder about sunrises and sunsets. I dance five times a week in my spare room, walk my dogs at least three times or more weekly even winter. The closest gym is about 20 minutes away and has a hefty membership fee which would stifle my monthly ability to other things. Recently, I have started TRE which has been easier than I thought. But my appetite has waned and find myself eating a lot less and hard to eat everything I need to eat. Oh well, I do take supplements. But it is the choice not to let stress of any kind take hold of me that I believe keeps me in the health i am in.

Even when I fought Covid (wasn’t tested so it’s my guess this was what I fought), I did not get stressed. I had my protocol of what to take (thank you very much Dr. Mercola), I moved around each hour, I aired out my house, and within two days I was out walking (slowly yes, and did get back into bed), and within less than seven days feeling 90 percent of self. I live alone and had little elves (friends) who brought to my porch what I needed. I did not lament over being ill and for 36 hours I was quite ill. I also have to say I am in my late 60’s. Believe the Son and the Father; your heart will not be troubled

Reply | Mark as Spam | Posted On 4/23/2022 6:30:56 AM

Like Dislike

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imaginal110

Joined On 6/28/2010 9:16:52 AM

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Yes, nothingsound, I'm taking the reminder to "smell the roses" away with me. Although you only mentioned it in the last sentence, the recommendation to trust in God also summarizes it for me. I spent much of my life trying to quell my anxieties on my own, not realizing that willing to be a child of God is the master key. I'm currently reading St. Augustine's Confessions off and on. A wonderful clear explanation of the difference between trying to figure it out and receiving it all as a gift from God.

Mark as Spam | Posted On 4/23/2022 9:45:04 AM

Like Dislike

RampagingManatee

Joined On 5/15/2021 1:16:19 AM

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Well, we don't want to "avoid the absence of stress." heh heh. The way it was explained to me is "stress management." Stress can be ubiquitous, germs too, and even pain and cancer - how we manage it determines the outcome. Thank you for highlighting this extremely important aspect of health, and best of health to you!

Mark as Spam | Posted On 4/24/2022 1:30:35 AM

Like Dislike

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drchuck48

Joined On 6/19/2006 3:21:08 PM

Add as Friend | Send Message

"I eventually woke up." This is one case where "woke" is a good thing !!!

Reply | Mark as Spam | Posted On 4/23/2022 8:36:18 AM

Like Dislike

navisos34
Joined On 10/9/2017 12:07:57 AM
Add as Friend | Send Message

I no longer can afford to go top gym and few of them offer the traditional sauna, because it is expensive to operate. In my younger days (I am now 88) I was an avid kayaker and rower on rivers. Based on this experience I have purchased a rowing machine. There is also a plethora of exercises available on the Internet. According to authorities on the subject, rowing is a good combination of aerobic and anaerobic exercise. I have been using now during my fasting periods and noticed an increase not so much in my muscle volume but in a better ability to walk longer distances, lift weight around my home,and have better endurance.

Reply | Mark as Spam | Posted On 4/23/2022 1:19:57 AM
Like Dislike

BernadetteGately
Joined On 9/18/2006 7:41:19 PM
Add as Friend | Send Message

I would like to add three more, Doctor Mercola: 8. Growing and nurturing; creating things - art, music, literature, speaking, developing philosophy, science and maths. 9. Dancing, singing, laughing, playing, celebrating, 10. Love, kindness, courage, calmness,and gratitude. (most important, you would think,.

Reply | Mark as Spam | Posted On 4/23/2022 7:41:43 PM
Like Dislike

forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
Add as Friend | Send Message

Sloth...unmitigated laziness, like the other 6 deadly sins is a spiritual defect, a disease of the ego that is played to by every marketeer of the shortcut. Like pride, lust and greed, the ancients recognized these immature traits as threats to personal and tribal survival. If you didn't hunt, plant or gather firewood; you were in trouble. And yet these traits are the hallmark of covetous modern western government, society and celebrity. Most today never wish to lift a finger other than to doodle a screen. As social creatures we are more isolated than ever, locked-down without face to face interaction.

A mouse-click summons our wants, machines supply labor and even do our thinking. Adult personal responsibility is scarce and even forbidden. We don't create/we follow! Call a cop, take a pill, let George do it, but never think for yourself. And so we defer to the perverse egoes that define/confine reality and our lives...The clever 1% that enslaves the 99. Is our goal to become brains in boxes wired to the cloud? I'd rather split firewood, walk in the forest, swim in the ocean, play in sun and enjoy the sensation of being alive..outside my head.

Reply | Mark as Spam | Posted On 4/23/2022 7:07:14 AM
Like Dislike

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

@ForbiddenHealing: Right you are! If we don't voluntarily wise up with our day to day ways of living, it'll happen of its own accord, as in "Hard times produce strong men; Strong men create good times; Good times create weak men; Weak men create hard times." However, I wonder if the weakness is so abundant, that we are all so wasted and spent, that there is nothing left to strengthen. Meh.

Mark as Spam | Posted On 4/23/2022 9:36:27 AM
Like Dislike

Martix
Joined On 10/19/2007 4:48:18 AM
Add as Friend | Send Message

Right on the money, as usual, Capt !!!!

Mark as Spam | Posted On 4/23/2022 1:16:35 PM

Like Dislike

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vassil

Joined On 2/6/2016 4:10:21 PM

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The BASIC, simple strategy with big health payoffs is avoiding the mistakes that made humans the only sick species on Earth. Three deviations from natural nutrition make proper / complete digestion impossible, leading to putrefaction in the gut, intoxication and nutritient deficiencies: 1. Cooking IS PROCESSING - In the 30s dr. Pottenger did a ten-year study with 900 cats divided in groups - some fed raw food, others cooked - the cats on the cooked food diet developed the entire gamut of diseases that plague humanity. Again in the 30's Dr. P. Kouchakoff found that with every cooked meal the number of white blood cells increases - as it happens with infection and poisoning (nutritional leukocytosis).

Cooking destroys enzymes, vitamins, alters the structure of food making it foreign to digestion, creates harmful compounds (AGEs, acrylamides....), etc. Processed/dry/cooked food also lacks the naturally occuring and absorbable water in raw foods - extremely important for protein function, immune function, elimination, toxins disposal, etc. Several books by Dr. Batmanghelidj show the impact of hydration on all diseases with dozens of cases described. 2. Mixing incompatible foods in one meal.

A century ago dr. I. Pavlov did experiments with dogs - starch by itself stayed in the stomach for 60-90 min; meat chips - about 3 hours, starch and meat chips together - 9 hours. As digestion slows down, putrefaction builds up, giving off toxic products. Carbs, proteins and fat digestion is performed by different enzymes which are active under different conditions and pH - mixing them makes proper/complete digestion and assimilation of nutrients simply impossible; Herbert Shelton wrote about proper food combining and the consequences of cooking back in the 40s.

Reply | Mark as Spam | Posted On 4/23/2022 6:11:58 AM

Like Dislike

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vassil

Joined On 2/6/2016 4:10:21 PM

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3. Foods unsuitable for human digestion - meat, grains, dairy. One reason is they are almost always heated. Dr. W. Davis has written on the profound health impacts of modern grains, especially wheat (glutens, lectins - leaky gut, amylopectin - blood sugar, acrylamides...) Meat starts to decompose the moment the animal is killed. Who is eating it right away? Digestion of meat even raw requires very low stomach pH (lack of acidity is a common issue) - that means no soups, drinks, nothing along with it, and still digestion is not optimal because of structural alteration from heat.

Undigested food is decomposed by pathogenic bacteria, fungi, parasites and gives them good ground to proliferate. They start to prevail, displacing good bacteria, thus further increasing specific nutrient deficiencies - dysbiosis. Parasites settle in and throughout the body and produce toxic waste. Gluten, lectins, chemicals like glyphosate further cause leaky gut. A constant flow of undigested proteins and other particles, microbes, toxins overburdens the immune and the elimination/detox systems -> autoimmunity; waste (constipation...) and toxins accumulate (in fat), pathways are disrupted, immunity goes down and chronic organ damage called disease begins.

Today's contributors to disease come ON TOP OF THIS and are relatively known - chemicals (incl. medication), food additives, oxidized vegetable oils, processed foods, GMOs, EMFs, but many of them are hard to avoid, while the primordial mistakes can be immediately addressed - the three major harmful nutritional habits adopted by humankind thousands of years ago.

Mark as Spam | Posted On 4/23/2022 6:14:18 AM

Like Dislike

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irreverent

Joined On 1/21/2016 11:14:34 AM

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Its not "cooking" but WHAT you cook. Our ancestors cooked...to destroy health-damaging pathogens and make some edible item diegestable. Granted, their FOOD acquisition was limited to what they "gathered" and "hunted" ... all natural stuff. Only in our modern-day era has FOOD become so plentiful and SO de-natured via man-made pesticides, GMOs, cast-off antibiotics, etc... most peoples digestive apparatus is hopelessly damaged. Today, we need to think about "what we eat" and "what we can digest" ... much less so "what we combine."

Mark as Spam | Posted On 4/23/2022 9:28:05 AM

Like Dislike

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os00
Joined On 8/18/2010 3:11:24 PM
Add as Friend | Send Message

Bitcoin can easily be made illegal by governments so many recommending it... simply want to pump and dump once regulations arrive they can sell it Not a safe investment if it can be taken down by governments

Reply | Mark as Spam | Posted On 4/24/2022 12:03:33 PM
Like Dislike

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os00
Joined On 8/18/2010 3:11:24 PM
Add as Friend | Send Message

Hope can get more details on the investment strategy highlights if we can't attend the event... Also would like some articles on minerals like zinc and lectins and how we can assess which lectins are an issue and which to avoid... thank you!

Reply | Mark as Spam | Posted On 4/24/2022 11:08:32 AM
Like Dislike

Carl New
Joined On 11/25/2010 8:01:20 AM
Add as Friend | Send Message

Self- love is critical to longevity. And dare I say may trump much of what I see mentioned. Not to be confused with narcissism.

Reply | Mark as Spam | Posted On 4/23/2022 8:40:36 PM
Like Dislike

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kayasred
Joined On 1/15/2008 10:39:37 PM
Add as Friend | Send Message

Excellent report Thank You

Reply | Mark as Spam | Posted On 4/23/2022 5:45:23 PM
Like Dislike

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deb3848
Joined On 2/15/2014 1:58:05 AM
Add as Friend | Send Message

Because I once had hepatitis C I was told I could not donate blood. I went on an interferon combo protocol for about 6 months over 20 years ago one time only and went into total remission. Turned out I had an easily curable genotype. Blood work has consistently come back undetectable with normal liver markers ever since. Now in my 60s I'm thinking I should be donating blood as the good doctor is recommending. Everything else he recommends for healthy aging I already strive to do (not always consistently but I do my best) and am more active and fit than most people I know in my age range. Wish there were other ways for reducing iron load beside donating blood. If anyone has any suggestions please let me know. Thanks!!

Reply | Mark as Spam | Posted On 4/23/2022 3:05:54 PM
Like Dislike

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liharlu
Joined On 9/22/2010 1:50:58 PM
Add as Friend | Send Message

standforhealthfreedom.com/federal/this-is-your-warning/?utm_campaign=S..

Reply | Mark as Spam | Posted On 4/23/2022 1:46:21 PM

Like Dislike

brianallen1

Joined On 8/7/2021 10:12:38 AM

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Do not comply. Period. They will continue to throw endless fecal material against the wall to see if it sticks. It is up to everyone to fully resist.

Mark as Spam | Posted On 4/23/2022 7:41:55 PM

Like Dislike

badboy2

Joined On 11/15/2010 5:08:52 AM

Add as Friend | Send Message

Dr. Mercola, maybe you can answer a question for me. In this article you talk of the dangers of iron. I supplement with iron, and if I do not, my fingernails start to have striate marks on them, which I know is mostly due to a protein deficiency. When I do not take iron, by the way I eat lots of meat, my fingernails start to flatten as opposed to a normal curve looking fingernail. I start getting a dip in my thumbnail, then on towards my index finger, which is known as spooning. When I supplement with iron these nail problems go away in just a few days.

The question is, why does It seem that I have such a need for iron as opposed to your article? Secondly, I have read that a problem such as siderosis is due to a lack of vitamin B6 that helps process iron and protein. Is this true? Another thing, sometimes when I feel cold, even on a warm day, supplementing with iron makes me feel a lot better shortly after taking the iron? Sometimes eating cold food can do this to a person, but this is not the case. By the way, a great article.

Reply | Mark as Spam | Posted On 4/23/2022 1:23:36 PM

Like Dislike

Dr. Mercola

Joined On 12/21/1997 7:06:45 PM

Interestingly, Chris Knobe, the co-author of my new book on linoleic acid, has the same issue. He believes he has iron deficiency because his symptoms improve with iron supplementation. However, I believe it is an iron recycling problem and his, and likely your body, are just unable to regenerate bioavailable iron and it gets dumped into tissue storage ready to sabotage you in the future. The paradox is likely that you both have too much iron and it will ultimately lead to premature aging/death. Your issue likely revolves around putting iron into its usable form which is probably related to insufficient copper, retinol and possibly magnesium. Doesn't mean you need a copper supplement but you need to get a handle on it. Retinol supplementation might make sense. Would strongly suggest diving deep into Morley Robin's work on this as he is the expert. You need a load of lab tests that Morley describes. takecontrol.substack.com/.../iron-copper

Mark as Spam | Posted On 4/23/2022 2:42:06 PM

Like Dislike

badboy2

Joined On 11/15/2010 5:08:52 AM

Add as Friend | Send Message

Dr. Mercola. Thank you for getting back to me. I take zinc and copper Jarrows' brand, very old company, twice a day at 15:1 mgs. Once in the morning and once in the evening. In the evening I take iron along with the zinc and copper. I like copper because of its ability to keep arteries and skin flexible, for plosis, and for iron storage disease (abnormal iron accumulation in the liver. I find the iron works best for me at bedtime while I rest and repair. I have read that iron should not be taken within 10 to 12 hours of vitamin E, since they are an antagonist to each other, so I take vitamin E during the morning.

I also take retinol as cod liver oil in the morning and beta carotene in the afternoon and love to eat carrots. I also take magnesium every day, along with B, C, Multi, etc. As far as premature aging, I am 81 1/2 years young and when people find out my age they are surprised and I get compliments all the time. No brag just fact. Most people think I am around 65 years old and compliment on what good shape I am in and how well I move for my age. I just say thank you and let it go at that. It is most likely do to my nutritional intake and weight bearing exercise.

I do 440 lbs. on the leg press machine; 9 sets with 20 reps per set. At 20 reps, I know I can do more weight at lower reps, but the machine only maxes out to 440 lbs. I also do a number of other weight bearing exercises, as well as jumping rope a few times a week, and walking fast while walking with my dog on my property. I will look into Morley Robin's work, or as you suggest diving deep, and check out the site you have kindly given me. I look forward to your new book. Thank you very much.PS; Dr. Mercola, are you saying that supplementing with flax seed oil (aka food grade linseed oil), black current seed oil, black cumin seed oil, is not a good idea?

Mark as Spam | Posted On 4/24/2022 12:37:08 AM

Like Dislike

Dr. Mercola

Joined On 12/21/1997 7:06:45 PM

I personally never supplement with the oils you question. However, if you carefully analyzed your LA intake and were confident the total was below 5-6 grams per day with the supplementation then it should be fine. So moderation is the key.

Mark as Spam | Posted On 4/24/2022 4:24:41 AM

Like Dislike

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jack23orourke

Joined On 1/6/2019 9:20:38 AM

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I feel the greatest asset besides your health is Bitcoin. I personally believe that Bitcoin will be about 10x more valuable about every 5 years. So my personal recommendation is you should spend your extra energy doing whatever is more conceivable adding 5 years to your life or trying to 10x your Bitcoin supply. For example if you have .1 Bitcoin right now it might take you less energy to acquire an extra 40,000 to buy 1 Bitcoin than focusing solely on your health. However if you have 10 bitcoin your time would be much better spent implementing strategies to live 5 more years than acquiring 4,000,000 dollars your end of life wealth will be the same.

Reply | Mark as Spam | Posted On 4/23/2022 1:17:12 PM

Like Dislike

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badboy2

Joined On 11/15/2010 5:08:52 AM

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You may be interested to know that the politicians you elect in office and work for you, have Government Run Health Care. The arm forces of the USA are all on Government Run Health Care. But the salaries of the arm forces are low, whereas the politicians' salaries are not. Basically, GRHC is where all your medical, optical, and dental health care are all free. That includes free burial services, and if you have a family their health care is also paid for. I do not have a problem with free health care for the military and their families, but I do have a problem with politicians deciding on our health care and giving us things like Obama Care/Medicare and acting like they really work hard to give us something worthwhile and suffered so hard in Washington before Christmas, instead of being home with their families. Watching them on TV a few years back just irk me. This is all just a FYI.

Reply | Mark as Spam | Posted On 4/23/2022 12:21:01 PM

Like Dislike

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badboy2

Joined On 11/15/2010 5:08:52 AM

Add as Friend | Send Message

Very interesting article. You may also want to know that the Federal Reserve who takes all the old torn money and burns it. OK so far, so it would seem, then they print new money and give it to the government and tax the government for that money, which comes out of your tax paying pockets. So, all of us are paying for them to print us our money, which seems to make them separate from the rest of us. Ross Perot said, when he became president, was going to do away with the Federal Reserve, which I believe is why he and his family was threatened, (though I cannot prove it) and he started to back out of the presidential race. There are a lot of things that need to be corrected, and so much for a checks and balances system of government. The Federal Reserve it seems is too powerful to be investigated.

Reply | Mark as Spam | Posted On 4/23/2022 11:44:20 AM

Like Dislike

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lco2589

Joined On 2/25/2019 4:39:13 AM

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For those of us who don't trust the Big Medical enough to even enter their lair, let alone stick a needle into us, we are just going to have to blood let ourselves. They have little needles for diabetics to inject and needles can be gotten elsewhere. Stick it in a vein and drain away! I am not sure how God would feel about this. The life is in the blood and to just put that down the drain? That's my only concern about actually doing this. The last time I tested my ferritin it was at the very top of the "normal" range. I eat a lot of dark chocolate and eat grass fed organic beef liver at least once per week....

Reply | Mark as Spam | Posted On 4/23/2022 11:39:34 AM

Like Dislike

Horsea

Joined On 5/7/2007 4:05:34 PM

Add as Friend | Send Message

Eating all your foods in that little time frame is not appropriate for those with a tendency toward hypoglycemia. It is a good idea, though, probably, for everyone else.

Reply | Mark as Spam | Posted On 4/23/2022 9:30:04 AM

Like Dislike

CynK

Joined On 7/22/2008 8:54:08 PM

Add as Friend | Send Message

What about Black Cumin Seed oil? Is that bad too???

Reply | Mark as Spam | Posted On 4/23/2022 8:38:27 AM

Like Dislike

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brodiebrock12

Joined On 9/18/2008 1:31:51 PM

Add as Friend | Send Message

Staying healthy is not rocket science as this article shows. It's humans who sabotage the simplicity. Choose what you DO each day...

Reply | Mark as Spam | Posted On 4/23/2022 7:59:20 AM

Like Dislike

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prune unit

Joined On 6/20/2006 7:37:37 AM

Add as Friend | Send Message

Reassuring to see a back-to-the-roots health and fitness overview article. Good stuff

Reply | Mark as Spam | Posted On 4/23/2022 5:11:22 AM

Like Dislike

JerryNowacki

Joined On 1/31/2010 9:22:28 AM

Joined On 1/31/2010 9:23:28 AM

Add as Friend | Send Message

The Best health summary that I've read in years. Bravo Doc ! ! The Key Health strategies to break away from dis-ease and and gain 'regain health and a concise outline of how and what the mainstream medical system does to keep a patient on the cycle or state of learned helplessness. Hence, for one reason or another (laziness and lack of personal responsibility) people prefer the path of least resistance and the Insanity of doing the same thing over and over expecting different results which circles back to learned helplessness. When the Rockefellers created their system they used the basic psychological discoveries of (Freud and Yung to create the framework.

Getting into peoples heads through Social networks, people who need to be accepted, fear and repeated messaging, hypnotic word tracks, etc Welcome to the new and improved world of Sheepleville where only a select few can actually think for themselves. BTW, the same psychological strategies have been and are being used in this exact moment. Turn on any network and trance messaging is at work 24/7. Have a great day!

Reply | Mark as Spam | Posted On 4/23/2022 4:40:20 AM

Like Dislike

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mnlott

Joined On 6/19/2006 6:54:53 PM

Add as Friend | Send Message

What about the black seed oil in the hemp extract product?

Reply | Mark as Spam | Posted On 4/23/2022 12:42:06 PM

Like Dislike

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brianallen1

Joined On 8/7/2021 10:12:38 AM

Add as Friend | Send Message

Dear Doctor Mercola, you say to avoid bread and grain products. We grind our own organic wheat berries and make bread with a sourdough starter. Is that permissible?

Reply | Mark as Spam | Posted On 4/23/2022 11:06:54 AM

Like Dislike

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kyrismom

Joined On 10/19/2016 10:44:59 AM

Add as Friend | Send Message

sorry to be so uninformed, but what oil should I use for cooking? olive oil? butter? and he says nuts are bad. I thought walnuts were good for snacks? thank you for clarification.

Reply | Mark as Spam | Posted On 4/23/2022 9:49:42 AM

Like Dislike

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kmschrack

Joined On 10/12/2014 10:04:07 AM

Add as Friend | Send Message

I am starting to research looking to purchase an infrared sauna. I am confused about near vs. far infrared. Dr. Mercola recommends near-infrared but what I am reading is that far-infrared penetrates deeper to release toxins while near-infrared is more topical. I am hoping for advice and experience with this issue.

Reply | Mark as Spam | Posted On 4/23/2022 10:16:59 AM

Like Dislike

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lindalonia

Joined On 4/22/2009 11:50:23 AM

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Can you get near-infrared light outdoors on cloudy days? Chemtrails are blocking the sun. Is it safe to be outdoors during chemtrail spraying? Does buckwheat contain seed oils and should it be avoided for that reason? Buckwheat is not a grain; it is a fruit seed and despite having the word “wheat” in its name, has nothing at all to do with wheat.

Reply | Mark as Spam | Posted On 4/23/2022 12:36:53 PM

Like Dislike

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chiamiller

Joined On 6/19/2006 2:56:06 PM

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I understand the damages of heated oils and meat raised on grains but would sprouted seeds not be ok for consumption?.. Trying to follow a more PH type dietary plan with modest amounts of meat and fish (canned salmon) ..... sprouted seeds as in pumpkin and sunflower are a delicious part of my breakfast... or nut butter on a piece of spelt/rye toast.... Sesame seeds are also a great addition to salads. With food prices being as they are it is nearly impossible to afford grass finished meats and free range chicken. My food bill here in BC for one person has now nearly doubled so seeds and lentils, beans etc have to be more routine. Just my pondering....

Reply | Mark as Spam | Posted On 4/23/2022 10:52:31 AM

Like Dislike

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brianallen1

Joined On 8/7/2021 10:12:38 AM

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I can no longer find grass finished in Arizona. All grass fed is now grain finished. No better than no grass feeding at all.

Mark as Spam | Posted On 4/23/2022 11:10:28 AM

Like Dislike

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skyblue62

Joined On 8/24/2021 6:00:33 PM

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Isn't there any other way to reduce stored iron? I faint at blood tests- donating blood would be worse.

Reply | Mark as Spam | Posted On 4/23/2022 10:42:40 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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The most important promoters of iron absorption in food are ascorbic acid, lactic acid (produced by fermentation), meat factors in animal meat, the presence of heme iron that stimulate iron absorption by inhibiting the hepcidin expression. The most important inhibitors of iron absorption are phytic acid/phytates, polyphenols/tannins, soy proteins, milk, eggs and calcium. Polyphenols are widely present in the human diet as components of fruits, berries, vegetables, spices, legumes, and whole grains, and are especially rich in tea, coffee, cocoa, red wine, and some herbal teas. Phenolic compounds (phenolic monomers, polyphenols, eg, tannic acid and tannins) inhibit iron absorption by complex chelating with iron in the gastrointestinal lumen, making iron less available for absorption.

The inhibitory effect of polyphenols on iron absorption [ ] is dose dependent. Population studies of healthy Danish subjects (not blood donors) showed significant negative correlations between body iron level (serum ferritin) and coffee and tea consumption in men but not in women. A cup of tea reduced iron absorption from a test meal by 64% and a cup of coffee by 39%. In patients with hemochromatosis undergoing maintenance phlebotomy treatment, the polyphenol content in a cup of black tea consumed with each meal has been shown to inhibit iron absorption and prolong phlebotomy intervals.

Another study reported that beverages containing 20 to 50 mg of total polyphenols per serving reduced iron absorption from a meal of bread by 50 to 70 percent, while beverages containing 100 to 400 mg of total polyphenols per serving reduced absorption by 60 to 90%. Black tea inhibition ranged from 79 to 94%. Probably due to its polyphenol content, the widely used spice chili significantly inhibits iron absorption from a test meal.

Mark as Spam | Posted On 4/23/2022 12:59:56 PM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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The inhibitory effect of polyphenols on iron absorption can be counteracted and abolished by adding adequate doses of ascorbic acid to food, suggesting that ascorbic acid has a higher affinity for ferric iron than polyphenols. Tannins are polyphenolic compounds found in many fruits, berries, and legumes. The main dietary sources of tannins are pomegranate juice, tea, coffee, dark chocolate, red wine grapes, and red wine, especially red wine, which has been aged in oak barrels. Tannic acid and tannins are potent inhibitors of iron absorption.

Adding tannic acid to a plant meal inhibited iron absorption in a dose-dependent manner; 5 mg of tannic acid in a meal inhibited absorption by 20% and 100 mg by 88% www.cambridge.org/core/journals/british-journal-of-nutrition/article/e.. (1995) academic.oup.com/.../4695107 (1987) academic.oup.com/.../4686594 (2000) pubs.acs.org/.../jf063507n (2007) .ift.onlinelibrary.wiley.com/doi/abs/10.1111/j.1365-2621.1991.tb07992.x (1991) biblio.ugent.be/.../314495 (2006) journals.lww.com/nutritiontodayonline/Abstract/2016/11000/Polyphenols_.. (2016) journals.lww.com/nutritiontodayonline/Abstract/2016/11000/Polyphenols_.. (2007) www.hindawi.com/.../7373498 (2020).

Mark as Spam | Posted On 4/23/2022 1:00:44 PM

Like Dislike

Martix

Joined On 10/19/2007 4:48:18 AM

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Habanero extract is a good one, check Dr Christopher !!!!

Mark as Spam | Posted On 4/23/2022 1:22:33 PM

Like Dislike

Luvvvy

Joined On 8/31/2015 7:41:46 AM

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Hi sky blue, and Gui! and Martix, I just read this about turmeric, it's so versatile and powerful.. " As we know, excess iron builds up in hemochromatosis, causing damage and leading to the symptoms and problems of iron overload. So I think you'll be excited to know that turmeric literally grabs hold of the iron that's inside your cells to bring it out! Once turmeric grabs hold of and binds to an iron molecule, the turmeric then helps the body excrete the iron from your body...".
hemochromatosishelp.com/turmeric-benefit-for-hemochromatosis

Mark as Spam | Posted On 4/23/2022 1:57:44 PM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

Add as Friend | Send Message

Thank you Martix and Luvvvy for your interesting contributions. Dear Luvvvy in this link there is also another article about the effect of curcumin on iron POTENTIAL DANGERS OF HIGH FERRITIN LEVELS + HOW TO REDUCE IT labs.selfdecode.com/.../high-ferritin-reduce 10) Curcumin Curcumin, a polyphenol found in turmeric, binds to iron and can cause iron deficiency in rats .It can also help rats with iron overload .In a model of borderline iron deficiency, rats fed curcumin had an induced full-blown deficiency . 11, 12, & 13) Peppermint, Cocoa, and Chamomile Compared with humans who just drank water : Beverages containing 20 to 50 mg total polyphenols/serving reduced iron absorption from the bread meal by 50 to 70% Beverages containing 100 to 400 mg total polyphenols/serving reduced iron absorption by 60 to 90% Inhibition of iron by teas (same concentration of polyphenols) : Black tea = 79 to 94% Peppermint tea = 84% Pennyroyal = 73% Cocoa = 71% Vervain = 59% Lime flower = 52% Chamomile = 47%

Mark as Spam | Posted On 4/23/2022 2:44:11 PM

Like Dislike

lco2589
Joined On 2/25/2019 4:39:13 AM
Add as Friend | Send Message

I'm afraid to donate blood because I don't trust any medical people. How do I know they won't expose me to something like the covid injections while sticking a needle in my arm? They're hell bent on exposing every last human to the spike proteins they developed...

Reply | Mark as Spam | Posted On 4/23/2022 7:53:08 AM
Like Dislike

mbrookh
Joined On 5/18/2021 8:59:47 AM
Add as Friend | Send Message

I agree! Not fear, just common sense. Besides donating to 'an unholy alliance' like the red cross, one is taking unnecessary risks, imo.

Mark as Spam | Posted On 4/23/2022 8:47:56 AM
Like Dislike

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

You may have a point there. I donated blood a long time ago, but would not do it today. I would not let anyone stick a needle into me.

Mark as Spam | Posted On 4/23/2022 9:37:29 AM
Like Dislike

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

I've always hated needles and I wouldn't trust anyone with one

Mark as Spam | Posted On 4/23/2022 9:54:01 AM
Like Dislike

Rod Hays
Joined On 4/12/2007 11:31:06 AM
Add as Friend | Send Message

Hi Doctor Mercola,long time subscriber. I saw you doing leg presses. Thought you might want to see me doing deadlifts at age 73. Here is my video https://youtu.be/teNxNTPa4uE

Reply | Mark as Spam | Posted On 4/23/2022 10:04:59 PM
Like Dislike

VitaminD10
Joined On 3/9/2019 8:37:48 AM
Add as Friend | Send Message

Thanks for the information Doc. Question on sunlight - does it matter where we get sunlight? I ask as getting sunlight on my balls gives me a lot of energy, even more so than wearing a bathing suit. I also understand that sunlight on bare breasts prevents breast cancer in females. Obviously this should be done in a private area. Thanks

Reply | Mark as Spam | Posted On 4/23/2022 6:37:02 PM

Like Dislike

Forest6
Joined On 12/13/2021 3:33:24 AM
Add as Friend | Send Message

I know he often mentions not having seed oils but is it ok to eat seeds? I dont eat any red meat and only occasionally eat fish or chicken. I also dont have dairy but occasionally have an egg. So im likely to be lacking in lots of things.

Reply | Mark as Spam | Posted On 4/23/2022 11:39:31 AM

Like Dislike

kurlikew
Joined On 5/14/2008 8:33:38 PM
Add as Friend | Send Message

"If donating a full pint (half a liter) of blood three to four times a year is problematic, you can remove blood in smaller amounts once a month on the schedule listed below.." Besides giving blood, HOW exactly would one remove blood?! :o/

Reply | Mark as Spam | Posted On 4/23/2022 4:42:08 AM

Like Dislike

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

Yes, will SOMEONE please reply with how to remove blood for those who cannot donate it. Thank you.

Mark as Spam | Posted On 4/23/2022 8:39:41 AM

Like Dislike

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

With a phlebotomist at a private clinic with a doctor's prescription. Not sure if any insurance would cover that, or have to pay out-of-pocket??? If you decide to donate a pint at Vitalant or Red Cross, insist on WHOLE BLOOD, and avoid recirculating plasma donations like apherisis. jeffreydachmd.com/2013/04/donating-blood-prevents-heart-disease/ ~~ Subtitle paragraph: "Cautions at the Blood Bank- Avoid Automated Blood Collection, Apheresis, ABC"

Mark as Spam | Posted On 4/23/2022 9:20:22 AM

Like Dislike

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

Thanks grulla. Doctor and prescription rules me out. Last doctor I saw was a D.O. in 2002 and have stayed very healthy by avoiding sick care ever since (just 2 trips to urgent care for injuries.

Mark as Spam | Posted On 4/23/2022 11:29:35 AM

Like Dislike

dia4348
Joined On 11/30/2018 7:11:34 AM
Add as Friend | Send Message

Melatonin causes weight gain for me. Anyone else? Helped me sleep, but hurt my waistline.

Reply | Mark as Spam | Posted On 4/23/2022 10:23:33 AM

Like Dislike

Darzoum

Joined On 12/15/2010 1:27:52 PM

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"The greater your muscle mass, the higher your survivability against all diseases, including cancer. It really optimizes you for longevity. ....you're going to pass away prematurely because you have no amino acid reserves." I don't doubt this, in principle, but I question the emphasis on "muscle mass" rather than simply muscle strength. The longest-lived people I have known have not had exceptional muscle mass, but rather what might be characterized as "wiry strength." These people have exhibited functional endurance, strength and flexibility well into their 90s. If anything, with some individuals--including my own grandfather--I have questioned where this strength and endurance could possibly be coming from... certainly not from sheer muscle mass. There must be more to this....

Reply | Mark as Spam | Posted On 4/23/2022 12:27:42 AM

Like Dislike

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ttwdem

Joined On 3/27/2012 5:30:50 PM

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Yes, thinking the same. My maternal grandparents were very lean and strong for the majority of their lives. They lived to ages 97 and 99, and both died in their sleep at home. They were farmers in a small European village, and never used synthetic fertilizer, much less pesticides. So a lifestyle of sun, nutrient rich whole food, and physical activity. I would add that they also lived very peaceful lives. The last time I saw them in 1992, they were in their 80s, and there was still no television service available in their village!! They did listen to the radio though, loved music.

That late summer of '92, I didn't wanted to leave. Never felt that kind of peace. No words to describe the feeling of walking through the fields with them, picking fruit off the tree and eating it. Sorry for the rambling trip down memory lane. But yes, Darzoum, the people of their generation were all very slim and yet incredibly strong. So grateful I got to live it for a moment. So sad for the children today that never will.

Mark as Spam | Posted On 4/23/2022 1:14:14 AM

Like Dislike

Pete.Smith

Joined On 10/11/2013 8:19:55 AM

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Hi Darzoum and Ttwdem, dr Mercola mentions other factors like sunshine. A study from 4 months ago showed that older people have more Glutathione Deficiency (GSH), more Oxidative stress (excess ROS) and have more Oxidant Damage. These levels become worse with age, making older people more vunerable. www.mdpi.com/.../50 With a Covid infection the levels get even more worse. The study shows all these levels in interesting pictures comparing elderly with younger age groups, with and without Covid infection. GlyNAC (glycine and N-acetylcysteine) supplementation can improve GSH deficiency, Oxidative stress and oxidant damage, But intercellular melatonin (from sunshine or infrared light) can even do a better job.

Dr. Seheult explains this study in a easy way with pictures and why the Melatonin is so important, not only against virus infection but also about aging, see: www.youtube.com/watch For those with little time start the video at 17:45, it will be explained in 5 minutes. The whole video is interesting as he examines the vitamin D paradox and why we get so much less NIR than our grandparents. NIR is Near-Infra-Red, you can get it in the morning and evening sun when there is less UV light, even in the winter time in countries in the North.

Mark as Spam | Posted On 4/23/2022 2:07:55 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Said "fibrous strength" is achieved with exercise and a good diet, good social relations....and a little genetic makeup. Studies have shown that approximately 25% of the variation in human longevity is due to genetic factors. Genes associated with nutrient sensing signaling have shown that hypocaloric diet and/or genetically efficient metabolism of nutrients can modulate life expectancy by promoting efficient cell and organism maintenance. Epigenetic studies have shown that epigenetic modifications, Candidate genes analyzed by this approach were genes involved in age-related diseases (such as APOE) or genes implicated in longevity-related pathways in model organism studies (IGF-1, FOXO, Sirtuins).

Mutations in genes correlated with maintenance of the cell and its basic metabolism are essential to modulate lifespan. Genes involved in DNA repair, telomere preservation, heat shock response, and managing free radical levels all contribute to longevity. immunityageing.biomedcentral.com/articles/10.1186/s12979-016-0066-z

Mark as Spam | Posted On 4/23/2022 2:27:26 AM

Like Dislike

juststeve

Joined On 1/5/2012 11:13:54 AM

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Could Doc be describing the percentage of muscle in relationship to other tissue? I know a bird who looks lean, strong & push incredible weight, but in no way appears to be the muscle-bound body builder who can't pick up a pencil because of massive size of muscles. The guy appears to be in very healthy fifties yet is pushing eighty.

Mark as Spam | Posted On 4/23/2022 4:29:07 AM

Like Dislike

Horsea

Joined On 5/7/2007 4:05:34 PM

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I recall reading an article by a health writer who'd visited some country in the Himalayas. He said that the people there looked thin, had no visible muscle to speak of - but, boy, they were incredibly energetic and strong. Could lift and heave heavy objects, etc. He said that muscle mass is not the issue, but the quality of whatever muscle is there. Plus OVERALL HEALTH.

Mark as Spam | Posted On 4/23/2022 2:25:30 PM

Like Dislike

jud547

Joined On 7/1/2011 10:29:31 AM

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I thought nuts and seeds were good. I eat pumpkin, sunflower, chia and flax, also most nuts apart from peanuts

Reply | Mark as Spam | Posted On 4/23/2022 5:19:58 AM

Like Dislike

Libertygirl1

Joined On 5/25/2017 7:46:14 AM

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I have the same question!

Mark as Spam | Posted On 4/23/2022 8:13:12 AM

Like Dislike

irreverent

Joined On 1/21/2016 11:14:34 AM

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Yes, jud547, I do too, but always make sure they're organic. I recall that somewhere way back Dr. Mercola said that NUTS have Vit. E and that counters the Omega 6 contained in them.

Mark as Spam | Posted On 4/23/2022 8:34:54 AM

Like Dislike

ChrisColes

Joined On 5/3/2009 2:40:01 AM

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Has anyone else noticed that the top of page note regarding this web page will not be available in 48 hours . . . has vanished! If it is true that Dr. Mercola has had the courage to return to allowing all of us to be able to pass on these web pages to our local community and close friends . . . then my reaction is; Howrah!! Three Cheers for Dr. Mercola. Wonderful news!

Reply | Mark as Spam | Posted On 4/23/2022 2:59:54 AM

Like Dislike

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otis101

Joined On 7/10/2010 6:30:32 PM

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Chris, I still have the note at the top. Free speech is fleeting, this content will disappear in .....

Mark as Spam | Posted On 4/23/2022 3:10:24 AM

Like Dislike

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grulla

Joined On 1/17/2012 8:03:55 AM

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Otis, groan!

Mark as Spam | Posted On 4/23/2022 9:24:29 AM

Like Dislike

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kev8395

Joined On 7/4/2013 5:50:39 AM

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Chris, I also have the time limit at the top of my page.

Mark as Spam | Posted On 4/23/2022 9:45:44 AM

Like Dislike

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kev8395

Joined On 7/4/2013 5:50:39 AM

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I think Dr M needs to clarify his condemnation of seed oils or it will confuse some people. Most people will know that he refers to mass produced veg seed oils for cooking but there are also superb seed oils that are important for restoring health. Black seed oil (which Dr M sells himself). Flax seed oil, Styrian Pumpkin seed oil. Coriander seed oil (used for over 5000 years as a curative). Milk Thistle seed oil. When these oils are organic and slow cold pressed and stored in the dark miron glass bottles they are a huge benefit to health. Of course they are consumed in small quantities, usually a teaspoon or two each day but someone on this comment section has already asked "what about black seed oil?". You need to be more specific please Dr M. Great article though, thanks.

Reply | Mark as Spam | Posted On 4/23/2022 9:40:52 AM

Like Dislike

kev8395

Joined On 7/4/2013 5:50:39 AM

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BENEFITS OF PUMPKIN SEED OIL Prostate Health Heart Health Kidney and Bladder Health - aids in lowering risk of stones Soothes Overactive Bladder Fights Hair Loss in Men Boosts the Immune System and Metabolism Regulates Cholesterol -reduces LDL Fights Intestinal Parasites Anti-Diabetic effects -proven to be a anti-hyperglycemic High magnesium content Helps relieve symptoms of Menopause High in Zinc Powerful Antioxidant Protection Reduces Inflammation Encourages Mental Well-Being

Mark as Spam | Posted On 4/23/2022 9:56:15 AM

Like Dislike

kev8395

Joined On 7/4/2013 5:50:39 AM

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BENEFITS OF FLAX SEED OIL Reduces Inflammation Cardiovascular health Reduces cholesterol Supports Brain Health, cognition and concentration Improves digestion and elimination Helps with weight loss Relieves constipation Can help protect the lining of the gastrointestinal tract Helps repair cell membranes Improves Joint and Muscle mobility Improves Sleep -increasing levels of sleep-regulating serotonin Helps decrease Menopausal symptoms and regulate Menstrual Cycles May ease arthritis, especially in rheumatoid arthritis, Lupus Immune system function Balances blood sugar Allergies Improves Hair, Skin, & Nails

Mark as Spam | Posted On 4/23/2022 9:56:49 AM

Like Dislike

kev8395

Joined On 7/4/2013 5:50:39 AM

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BENEFITS OF FENNEL SEED OIL Relieves indigestion and digestive troubles, speeds digestion Helps with IBS symptoms Eases monthly menstrual cycles Supports a Healthy Lymphatic System May improve Eye Health and Eyesight Reduces Asthma Symptoms Natural mild expectorant- helps loosen congestion in the lungs and sooth a persistent cough Helps suppress sweet cravings Anemia: pairing high-vitamin-C foods, such as fennel, with iron-rich foods can improve the ability of the body to absorb iron. Reduces water retention - helps flush out excess fluids as it works as a diuretic. Antibacterial, Antimicrobial, Anti-fungal properties May increase breast milk secretion in nursing mothers

Mark as Spam | Posted On 4/23/2022 9:57:14 AM

Like Dislike

kev8395

Joined On 7/4/2013 5:50:39 AM

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BENEFITS OF CORIANDER SEED OIL Supports organ health to help flush out toxins Fights fungal and candida infection Improves Gut Health-contributes to a balanced microbiome Contains powerful free radical fighting antioxidants Lowers blood sugar Helps decrease blood pressure Helps to remove heavy metals Helps ease digestive issues such as indigestion, and flatulence Antispasmodic -helps reduce muscle spasm and cramps Natural bacteria-balancing properties Natural aphrodisiac

Mark as Spam | Posted On 4/23/2022 10:04:52 AM

Like Dislike

kev8395

Joined On 7/4/2013 5:50:39 AM

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BENEFITS OF HEMP SEED OIL Deeply moisturizes and nourishes Skin and Hair Provides Chlorophyll Rich in Vitamin D High in Amino Acids -contains all 9 of the essential amino acids that our bodies cannot produce on their own Supports heart and brain health Strengthens the immune system Optimum ratio of Omega-6 and Omega-3 fatty acids Rich in GLA (gamma-linolenic acid) May help alleviate arthritis and joint pain Good for psoriasis and eczema Reduces inflammation Supports Bone Health

Mark as Spam | Posted On 4/23/2022 10:05:15 AM

Like Dislike

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kev8395

Joined On 7/4/2013 5:50:39 AM

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BENEFITS OF BLACK CUMIN Defends against harmful cells Discourages the growth of abnormal cells -anti-tumor activity Anti-inflammatory Boosts the immune system Supports the cardiovascular system -Balances cholesterol & regulates blood pressure Supports digestive health Contains strong antibacterial, antiviral, anti-fungal properties Strengthens the liver and helps it filter toxins from the body Supports Healthy Lung Function -helps to clear the lungs & alleviate symptoms of Asthma and bronchitis Antioxidant rich Promotes weight management, boosts metabolism Fights Fungal and Candida infections Helps stabilize blood sugar levels Support for Diabetics -improved insulin utilization and sensitivity Supports reduction of antibodies in auto-immune challenges Promotes joint health -ability to ease joint pain and may reduce symptoms of Rheumatoid Arthritis

Mark as Spam | Posted On 4/23/2022 10:05:41 AM

Like Dislike

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kev8395

Joined On 7/4/2013 5:50:39 AM

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BENEFITS OF MILK THISTLE Promote cell growth and regeneration Help calm seasonal allergies Promote gallbladder health Encourage healthier skin Aids blood sugar balance Excellent Liver support Support natural detox Support your kidneys Hormone support Aids digestion Ease heartburn

Mark as Spam | Posted On 4/23/2022 10:07:38 AM

Like Dislike

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kev8395

Joined On 7/4/2013 5:50:39 AM

Add as Friend | Send Message

BENEFITS OF BLACK SESAME Anti-aging Full of powerful antioxidants Defends against harmful free radicals Rich in essential nutrients Keeps Bones Healthy - magnesium, phosphorus, calcium, copper, iron and zinc all play a role in maintaining bone density Kidney Health Anti-parasitic -removes intestinal worms Can promote lactation in nursing mothers Helps balance hormones Decreases symptoms of menopause Nourishes hair Stimulates blood circulation Supports the nervous system Helps protect against DNA damage from radiation due to sesamol

Mark as Spam | Posted On 4/23/2022 10:08:25 AM

Like Dislike

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lim4293

Joined On 5/30/2021 9:17:29 PM

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Okay, so iron fortified foods are not the best health solution and they "can" certainly lead to iron excess. However, what seems missing from many of these articles about various health problems is the effect of humans regularly consuming animal flesh and blood which amazingly, contains iron!. Heme iron is known to add excess iron (called "more absorbable") to the human body. This is a logical conclusion if you believe that humans were always supposed to get our nutrition from plants, therefore including whole plant sources of iron which are difficult to overdose on. Cheers to all. nutritionfacts.org/.../plant-versus-animal-iron
nutritionfacts.org/.../the-safety-of-heme-vs-non-heme-iron
nutritionfacts.org/video/heme-induced-n-nitroso-compounds-and-fat-oxid..

Reply | Mark as Spam | Posted On 4/23/2022 6:49:08 PM

Like Dislike

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moony77

Joined On 3/10/2021 4:20:02 PM

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Great information but can't help to be skeptical about the plugs for continuing in the Rockefeller model of the Medical Industrial Complex, as well as, the use of the Aura ring for measuring sleep effectiveness. Less EMF/Big Tech will IMPROVE your sleep and less Rockefeller medicine will also improve your health and vitality ✨

Reply | Mark as Spam | Posted On 4/23/2022 9:22:16 AM

Like Dislike

Penelopel

Joined On 5/4/2020 12:28:48 AM

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Moony77, There was no plug to continue in the "Rockefeller model of the Medical Industrial Complex." Quite the opposite. The aura ring is apparently a way to measure how effective your sleep is. Dr. Mercola has for years warned of the effect of EMF on sleep, but there can be no objection to monitoring it.

Mark as Spam | Posted On 4/23/2022 8:12:05 PM

Like Dislike

Penelopel

Joined On 5/4/2020 12:28:48 AM

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Excuse me, but I think it wd be a good idea to confirm that one's low ferritin is as a consequence of low copper before assuming one needs to give blood. Due to the copper piping in the US many people have a high copper to zinc level, which predisposes to Alzheimers. The ideal copper to zinc ratio is .8 copper to 1.2 zinc. (Dr. Dale Bredesen in his books on Alzheimers) There are also PubMed articles about studies linking a higher copper to zinc ratio as increasing Alzheimers symptoms. Also in another of Dr. Mercola's articles I believe I saw a recommendation to take zinc apart from meals to increase absorption. This should NOT be done unless one desires to lower one's copper level. (Taking zinc apart from meals is a specific technique for lowering the body's copper levels, and is very powerful.)

Reply | Mark as Spam | Posted On 4/23/2022 7:59:53 PM

Like Dislike

Post your comment

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