The Wide-Ranging Health Benefits of Taurine

Analysis by Dr. Joseph Mercola ✓ Fact Checked

July 28, 2023
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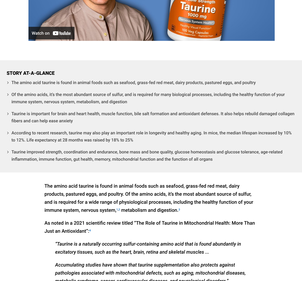

STORY AT-A-GLANCE

- The amino acid taurine is found in animal foods such as seafood, grass-fed red meat, dairy products, pastured eggs, and poultry
- Of the amino acids, it's the most abundant source of sulfur, and is required for many biological processes, including the healthy function of your immune system, nervous system, metabolism, and digestion
- Taurine is important for brain and heart health, muscle function, bile salt formation and antioxidant defenses. It also helps rebuild damaged collagen fibers and can help ease anxiety
- According to recent research, taurine may also play an important role in longevity and healthy aging. In mice, the median lifespan increased by 10% to 12%. Life expectancy at 28 months was raised by 18% to 25%
- Taurine improved strength, coordination and endurance, bone mass and bone quality, glucose homeostasis and glucose tolerance, age-related inflammation, immune function, gut health, memory, mitochondrial function and the function of all organs

The amino acid taurine is found in animal foods such as seafood, grass-fed red meat, dairy products, pastured eggs, and poultry. Of the amino acids, it's the most abundant source of sulfur, and is required for a wide range of physiological processes, including the healthy function of your immune system, nervous system,[1] metabolism and digestion.[2]

As noted in a 2021 scientific review titled "The Role of Taurine in Mitochondrial Health: More Than Just an Antioxidant":[3]

> *"Taurine is a naturally occurring sulfur-containing amino acid that is found abundantly in excitatory tissues, such as the heart, brain, retina and skeletal muscles.*
>
> *Accumulating studies have shown that taurine supplementation also protects against pathologies associated with mitochondrial defects, such as aging, mitochondrial diseases, metabolic syndrome, cancer, cardiovascular diseases, and neurological disorders."*

Mechanisms of Action

More specific mechanisms of action of taurine include but are not limited to:

Stabilizing proteins[4]
Enhancing the function of endogenous antioxidants, thereby supporting your body's ability to defend against oxidative/reductive damage.[5] It protects your antioxidant status in several ways, including by neutralizing hypochlorous acid, diminishing the generation of superoxide by the mitochondria,[6] and by minimizing oxidative stress,[7] including mitochondrial oxidative stress induced by toxins[8]
Reducing insulin resistance, hyperglycemia, and glucose serum concentrations[9,10]
Lowering lipid peroxidation[11,12]
Reducing inflammation and associated organ injury[13,14]
Conjugating cholesterol into bile acids, thereby aiding digestion and absorption of fats[15]
Enhancing electron transport chain activity by regulating mitochondrial protein synthesis, and protects mitochondria against excessive superoxide generation[16]
Neuroprotection, by regulating intracellular calcium,[17] protecting against age-related memory degradation
Protecting against ionizing radiation-induced cell damage[18]
Regulating sodium and calcium homeostasis[19]
Reducing plasma LDL and triglycerides, and lowering cholesterol in the liver, thereby retarding development of atherosclerosis[20]
Regulating gene expression by up-regulating 87 known genes and down-regulating 206 known genes in the liver, many of which are involved in cell growth, division, differentiation and apoptosis[21]
Antiepileptic activity[22]
Easing anxiety by increasing glycine and GABA[23]

Importantly, taurine can also help raise your metabolic rate, thereby serving as a useful aid against obesity and overall health optimization. Being similar in structure to glycine, it may also have anti-estrogenic effects.[24]

Symptoms and Health Effects of Taurine Deficiency

The fact that taurine can only be found in the foods that globalists are now trying to eliminate from our food supply is one of many reasons to push back and refuse their fake lab-made alternatives. Without natural animal foods, taurine deficiency will likely skyrocket and health may suffer across the board. Common symptoms and effects of taurine deficiency include:[25,26,27,28]

Fatigue and low energy, as taurine is involved in energy production
Muscle cramps, muscle weakness, muscle wasting/atrophy and poor exercise performance, as taurine is essential for muscle health and function
Increased oxidative stress and systemic inflammation, which contributes to and is a hallmark of *most chronic diseases*
Impaired immune function, as taurine is involved in immune cell function and the regulation of inflammation
Vision problems associated with retinal degeneration, as taurine is essential for development and maintenance of the cells in your retina
Cardiovascular problems such as high blood pressure, irregular heart rhythm and cardiovascular diseases, as taurine helps regulate blood pressure[29] and heart function.[30]
Taurine deficiency is common among patients with congestive heart failure (CHF),[31] and oral supplementation has been linked to improved cardiac performance,[32] improved contractile function of the heart,[33] reduced pathology in the left main artery wall,[34] and lower CHF mortality[35]
Digestive problems such as bloating, diarrhea and malabsorption, as taurine is involved in bile production (and hence digestion and absorption of fats)
Accelerated aging, as taurine is slowing DNA damage, slows degradation of telomeres, improves mitochondrial function and is involved in cellular senescence; low taurine has been linked to a wide variety of age-related diseases in humans[36]
Obesity, insulin resistance and diabetes[37,38,39]
Liver disease

Of course, since taurine is one of the nutrients missing in plant-based diets, vegans may want to consider a high-quality taurine supplement. While your body can synthesize some taurine, it's not going to be sufficient in the long run, especially as you get older and your body's ability to synthesize it diminishes.

Taurine levels decrease by an estimated 80% over the course of the average lifetime,[40] and this decline is in part related to a loss of endogenous synthesis capacity over time. Still, the amount of taurine you get from your diet also plays a role, and even young healthy vegans have approximately 20% lower taurine levels than their meat-eating counterparts.[41]

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Taurine Supplementation Improves Exercise Performance

If you're a fitness buff like me, you'll be pleased to know that taurine can also help improve your athletic performance and reduce muscle damage. As reported in a systematic review published in 2021:[42]

> *"From the selected literature, we observed that taurine supplementation (2 g three times daily) with exercise can decrease DNA damage. Furthermore, 1 g of acute taurine administration before or after exercise can decrease lactate levels.*
>
> *However, acute administration of taurine (6 g) at a high dose before the start of exercise had no effect on reducing lactate level, but increased glycerol levels, suggesting that taurine could be an effective agent for prolonged activities, particularly at higher intensities …*
>
> *Finally, we observed that a low dose of taurine (5.05 g) before performing strength enhancing exercises can decrease muscular fatigue and increase enzymatic antioxidants …*
>
> *This review systematically reported the dose response of taurine in improving exercise performance. We found from the selected literature that endurance training requires a higher dose of taurine, ~1 g five times daily, to prevent muscle-related damage whereas strength exercises require a lower dose of taurine (5.05 g) to increase enzymatic antioxidants and decrease muscular fatigue."*

It also helps rebuild damaged collagen fibers, which can help you recover and recuperate from sports injuries faster.[43]

Taurine Increases Longevity

More recent research, published in the June 2023 issue of the journal Science,[44,45] also found that oral taurine supplementation significantly increased the healthy lifespan of a variety of animals. In mice, the median lifespan increased by 10% to 12%. Life expectancy at 28 months was raised by 18% to 25%. In the video at the top of the article, biohacker and author Slim Lani reviews these findings.

> **"This study suggests that taurine could be an elixir of life within us that helps us live longer and healthier lives. – Vijay Yadav"**

As reported by Science Alert:[46]

> *"Scientists have discovered not only that animals age more quickly when they don't have enough of the amino acid taurine in the body but that oral taurine supplements can delay aging and increase a healthy lifespan …*
>
> *'For the last 25 years, scientists have been trying to find factors that not only let us live longer, but also increase health spans, the time we remain healthy in our old age,' says biologist Vijay Yadav from Columbia University, senior author on the study. 'This study suggests that taurine could be an elixir of life within us that helps us live longer and healthier lives.'"*

Taurine Protects Against Hallmarks of Aging

Animals given supplemental taurine didn't just live longer, they were also healthier overall. In mice, taurine improved:

Strength, coordination, and endurance
Bone mass and bone quality
Glucose homeostasis and glucose tolerance
Age-related inflammation
Immune function
Gut health
Memory
Function of all organs
Mitochondrial function and health

Interestingly, according to the authors, taurine "cured" osteoporosis. It's not often you see the word "cure" being used in medical literature. Taurine also "suppressed ovariectomy-induced body-weight gain in a rodent model of menopause."

Treated mice also had less body fat (approximately 10% less at 1,000 milligrams of taurine per day) and higher energy levels. According to the authors, "Fat-pad weight divided by body weight percentage was dose-dependently reduced in taurine-treated mice."

As shown in previous studies, taurine supplementation also improved several markers of aging, including:

Senescence
Intercellular communication
Telomere length
Epigenetic changes
Genomic stability
Mitochondrial function
Stem cell populations
Nutrient sensing

Taurine Effects in Monkeys

Similar effects were observed when feeding taurine to rhesus monkeys. Fifteen-year-old monkeys (equivalent to 45 to 50 years old in humans) were given 250 mg per kg of bodyweight (equivalent to the 1,000 mg/kg given to mice) once a day for six months.

Compared to controls, taurine-fed monkeys gained less weight and had lower rates of body fat. After six months, they also had higher bone density, confirmed by higher serum markers for bone formation (osteocalcin) and decreased resorption. They also had 19% lower fasting blood glucose, a 20% to 36% reduction in liver damage markers, and a significant reduction in indirect markers of ROS-induced molecular damage.

"Thus, taurine has beneficial effects on most tested health parameters (body weight, bone, glucose, liver, and immunophenotype) in nonhuman primates," the authors concluded.[47]

Previous animal research[48] on mice lacking the taurine transporter also suggests taurine is involved in a wide variety of biologically protective processes, as these mice ended up developing multiorgan dysfunction. This too supports the notion that taurine is a key player in longevity and healthy lifespan.

Taurine in the Treatment of Stroke

Stroke victims may also benefit from taurine. As explained in a 2013 paper titled "Neuroprotective Mechanisms of Taurine Against Ischemic Stroke":[49]

> *"Ischemic stroke (cerebral ischemia) is due to a partial or complete reduction in blood flow to the brain … Insufficient oxygen and glucose supply in cerebral ischemia leads to unsustainable cellular homeostasis which initiates cell injury.*
>
> *Cellular injury progresses as a result of excitotoxicity, ionic imbalance, oxidative and nitrosative stresses, endoplasmic reticulum (ER) stress and mitochondrial disturbances, ultimately resulting in programmed cell death …*
>
> *Taurine is able to cross the blood-brain barrier and displays a plethora of functions in the central nervous system (CNS) … Although taurine is not definitively classified as a neurotransmitter it fulfills most of the necessary criteria …*
>
> *It modulates neurotransmission by eliciting inhibitory neuronal transmission through GABAA receptors, glycine receptors and putative taurine receptors … The fundamental pathophysiological mechanisms involved in ischemic stroke are glutamate excitotoxicity, calcium imbalance and oxidative stress which individually or collectively results in cell death.*
>
> *Therefore, taurine's role as an inducer of inhibitory neurotransmission, an antioxidant, neuromodulator, regulator of calcium homeostasis and neuroprotector, potentially makes it an ideal therapeutic agent for ischemic stroke."*

Taurine for Neurodegenerative Diseases and Post-Jab Injuries

Taurine may also be an important aid in the treatment of neurodegenerative diseases such as Alzheimer's and Parkinson's. The reason for this is because taurine deficiency is associated with endoplasmic reticulum stress,[50] a major contributor to prion diseases. Taurine is also thought to be important for proper protein folding.[51]

Disturbingly, the SARS-CoV-2 spike protein — introduced by natural infection or the mRNA COVID jabs — can pass through the blood-brain-barrier and cause damage resulting in everything from brain fog and dementia to Creutzfeldt-Jakob disease (human mad-cow disease),[52,53,54] so taurine may also be valuable in the treatment of COVID, long-COVID and/or post-jab injuries.

Taurine Is Important From Cradle to Grave

As noted by the authors of the 2023 Science study, taurine's effects on established hallmarks of aging makes it a veritable fountain of youth:[55]

> *"Although we do not yet know the initial events that taurine elicits, we provide evidence for the suppressed taurinylation of mitochondrial tRNAs during aging in mitochondrial dysfunction, a prominent feature of aging …*
>
> *We propose that a combination of taurine and taurine-derived biomolecules may delay aging by affecting various aging hallmarks in distinct cells and tissues …*
>
> *[D]uring early life, taurine appears to be essential for homeostasis in several organ systems, and its deficiency during development may compromise these functions postnatally.*
>
> *Consistent with this hypothesis, organisms have a three- to fourfold higher taurine concentration in embryonic tissues than in adult tissues; moreover, taurine deficiency*

during development leads to growth retardation, blindness, and osteoporosis, and its supplementation during development increased bone mass postnatally. ...

It is possible that developmental or postnatal changes in taurine metabolism might affect the rate of aging during late life, and adjusting this endogenous machinery might extend healthy life span."

> Sources and References

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redplanet1
Joined On 6/24/2013 1:36:08 AM
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I've been on taurine for about 10 years, maybe more. I told my eye doctor about taurine and the research and she called me at home to thank me and said she was eternally grateful. She was quite impressed. I find it also helps tinnitus. I also take it every night before bed. I recommended taurine to someone years ago, age 75, and she wrote this to me: "Have you to thank for getting rid of the depression that plagued me for over 30 years! I take Taurine every hour from 8 to 10 depression and my PMA...IT is awesome...I just can't believe anything as pure as NON ESSENTIAL AMINO ACID could ever make such a dramatic difference in ALL of my health issues."

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cmartin12
Joined On 11/18/2021 9:31:31 AM
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Thanks for posting this, been suffering with tinnitus for 10+ years, going to give taurine a try!

Mark as Spam | Posted On : 7/26/2022 5:44:17 AM
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Guillermo
Joined On 4/17/2015 8:47:48 AM
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The taurine in the retina most abundant amino acid in the retina. In the 1970s, it was thought to be involved in retinal diseases with photoreceptor degeneration. Retinal vascular perfusion disturbances in these retinal diseases may therefore affect retinal taurine uptake, resulting in local depletion. The low plasma taurine concentrations observed in diabetic patients may further increase such local decreases in taurine concentration. In this study we review the evidence for the role of taurine in the survival of retinal ganglion cells and the studies that suggest that this compound may be involved in the pathophysiology of glaucoma or diabetic retinopathy. Therefore, along with other antioxidant molecules, taurine should be seriously recommended as a potential treatment for such retinal diseases.

www.sciencedirect.com/science/article/abs/pii/S1350946214000147 (2014) The mechanism by which taurine supplementation acts to maybe reduced the reduction of oxidative stress. In particular, it has been shown to enhance retinal reduced glutathione, malondialdehyde, superoxide dismutase, and catalase activities. Antiapoptotic effects are also involved; however, the protective mechanisms exerted by taurine against retinal damage still need to be further investigated. onlinelibrary.wiley.com/...ccns.12631 SYSTEMIC TAURINE TREATMENT AFFORDS FUNCTIONAL AND MORPHOLOGICAL NEUROPROTECTION OF PHOTORECEPTOR CELLS FOLLOWING RETINAL PIGMENT EPITHELIUM FUNCTION www.sciencedirect.com/...S2213231720302196 (2022)

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Guillermo
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Along with taken and zeaxantin and astaxantin, there is another well-known and powerful natural nutraceutical ally for eye health. Lutein. This significant contains numerous precious antioxidants, including the presence of anthocyanins, natural pigments belonging to the class of "flavonoids" that give blueberries their purplish-blue color. These pigments can improve night vision and restore visual acuity. Anthocyanins are powerful antioxidants. They can neutralize free radicals, inhibit lipid dehydrogenase, increasing the regeneration rate of retinal pigments that accelerate the regeneration of rhodopsin, the photosensitive pigment that splits under the effect of light.

Thanks to this process on the photoreceptor reflex of the pupil, the adaptation time of the eye to the dark is reduced. In addition to this curious and interesting power, it is known that the blueberry effectively combats the fragility and excessive permeability of blood vessels, thus also demonstrating capillary protection not only at the level of peripheral blood vessels but also against the retina.

In addition, tests of cognitive abilities after blueberry consumption showed that processing speed not only improved in the blueberry intervention group relative to the placebo group over the course of the 6-month intervention. Blueberries also restored processing speed to the level of the reference group. This improvement was most prominent in those 70-80 years of age. www.tandfonline.com/.../full/10.1080/08958378.2021.2117475 (2022)

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web60fe
Joined On 6/11/2016 6:29:25 PM
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@ redplanet1 That's interesting that it helps your tinnitus. Do you use capsules or the powder? Also how much do you find you need for this benefit? Also is it only while you use it and you need to continue taking it for the tinnitus relief? Thanks for sharing I've been using a little taurine but mainly use glycine.

Mark as Spam | Posted On : 7/28/2022 6:18:51 AM
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Guillermo
Joined On 4/17/2015 8:47:48 AM
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Taurine is a type of amino acid that helps calm anxiety levels by supporting the function of the GABA neurotransmitter, which allows the brain to slow down and encourage rest. Supplements containing 1-3 grams of taurine should be taken at bedtime to see the full benefits. Treatment with 0.1-1.5% taurine reduces locomotor activity between 20-86% and changes it from daytime to nighttime. At 0.75%, taurine also increases total sleep by 50%. The results show that taurine increases sleep, while caffeine, as previously reported, eliminates sleep. This substance can actually have an anxiolytic (anti-anxiety) effect.

Taurine is known to directly affect GABA, an inhibitory neurotransmitter in the central nervous system, which is capable of increasing calm and serenity. Perfect for producing a good night's sleep, sleep and ensure that you wake up in tip-top shape. However, a lack of taurine is closely associated with stress and therefore a lack of sleep. Therefore, taurine supplementation may help alleviate these symptoms. www.ncbi.nlm.nih.gov/.../PMC6536060/ (2019) ---- wikipedia.com/wp-content/uploads/Effects-of-taurine-on-behaviors-in- (2006) ---- www.tandfonline.com/.../full/10.1080/15622975.2019.1593827 (2019)---

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Researchers at Columbia University in New York also found that while taurine levels drop by 80 percent with age, increasing them to more youthful levels helped improve the monkeys' health. Martin Seeley, chief executive and sleep expert at MattressWeekly, told The Mirror that taurine can also help regulate a person's sleep-wake cycle, as it helps reduce levels of cortisol, also known as the hormone of stress in the body. Taurine can promote restful sleep more quickly, as it can prevent you from feeling stressed before bed. He said: "Taurine is used by the body for many functions, including the metabolism of fats, carbohydrates and proteins, as well as playing a role in muscle contractions, heart function and more.

However, it is also known to help to regulate a person's sleep and wake cycle. "Although there is still a lot of research to be done to better understand the positive impact of taurine on sleep, it is believed that taurine helps lower a person's cortisol levels. As many studies show that stress can have a significant impact on the time it takes for a person to fall asleep, taurine may therefore promote restful sleep more quickly." Martin added that taurine is also thought to help regulate the body's production and release of melatonin, which is the chemical that tells the brain when it should be sleepy and when it should feel more awake. Martin would recommend adding more magnesium to your diet to help with sleep. www.mirror.co.uk/news/health/taurine-sleep-regulation-benefits-health- ... (2022) ---- cdn.mdpiap.com/bins/ltpb/public/issues/articles/Camo_TaurineAndSleep... (2016)

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Guillermo2
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1. - TAURINE AND HEALTH. METABOLIC DISEASES Several studies using different experimental models have shown the importance of taurine during development, its scarcity during various phases of development has been linked to various pathological problems such as retardation, cardiomyopathy, and retinal degeneration. Taurine is involved in a number of metabolic processes, including osmoregulation, membrane stabilization, and detoxification. Additionally, taurine has been used to treat cystic fibrosis, Alzheimer's disease, cardiovascular disease, epilepsy, muscular disorders, and liver disorders.

In this article, the ability of taurine to protect against dyslipidemia, obesity, hypertension, and diabetes mellitus is reviewed, as shown in Figure 2. www.ncbi.nlm.nih.gov/.../PMC9264572/ (2022) ---- In various disease models, taurine attenuates inflammatory-mediated lesions and oxidative stress. Taurine regulates different cellular processes such as energy metabolism, gene expression, osmosis and protein quality control. Furthermore, taurine shows possible ameliorative effects against different neurological disorders, such as neurodegenerative diseases, stroke, epilepsy, and diabetic neuropathy, and protects against nervous system injuries and toxicities.

www.sciencedirect.com/.../S2213231719303911 (2019) ---------- 2. - NEURODEGENERATIVE AND CARDIOVASCULAR DISEASES. Models of neurodegenerative disorders show reduced concentrations of taurine in the brain. Models of diabetes, insulin resistance, and diet-induced obesity show taurine accumulation in the hippocampus. Given the possible cytoprotective actions of taurine, such cerebral accumulation of taurine could constitute a compensatory mechanism that attempts to prevent neurodegeneration. www.mdpi.com/.../1292 (2022) ----

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Guillermo
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Taurine shows a protective function against anxiety, epilepsy, depression, stroke, neurodegenerative diseases, and diabetic neuropathy. Also presented neural injury induced by toxic chemicals www.tandfonline.com/toc/ytxn20/current#.Y.....1154 (2023) ---- Taurine is a perfect candidate for cellular osmoregulation. Taurine also regulates sodium and calcium transmembrane, and normal function of mitochondria. Given its extensive safety profile, taurine supplementation may be beneficial in patients with congestive heart failure. web.archive.org/web/20220302224914/.../https:/citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.1.....0 (2022) ---------- 3. - FEARING DISEASES Three main effects were observed in this study: (1) High dose taurine significantly attenuated tinnitus, which returned to pre-treatment levels after washout.

(2) Auditory discrimination was significantly improved. (3) Taurine had a significant stimulant effect. www.sciencedirect.com/science/article/abs/pii/S0006252220301417 (2022) ---- pubmed.ncbi.nlm.nih.gov/38092104 (2019) ---------- 4. - EYE DISEASES. Taurine is the most abundant amino acid in the retina.

Retinal vascular perfusion disturbances in these retinal diseases may therefore affect retinal taurine uptake, resulting in local depletion. www.sciencedirect.com/science/article/abs/pii/S1350946214000147 (2014) ---- The mechanism by which taurine supplementation acts to maybe reduced the reduction of oxidative stress. In particular, it has been shown to enhance retinal reduced glutathione, malondialdehyde, superoxide dismutase, and catalase activities. www.sciencedirect.com/.../S2213231720302196 (2022) ----

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------5. - IMMUNE SYSTEM This article will determine the effects of functional amino acids on cell-mediated and humoral immunities. Arginine, cysteine, glutamate, glutamine, glycine, taurine, and tryptophan) and glutathione, are crucial for optimal immunity and health in humans and animals. www.cambridge.org/core/journals/british-journal-of-nutrition/article/... (2021) ---- 6. - CANCER In this review, we summarize the main effects of taurine that have shown suppressive actions on the initiation and progression of cancers, including inhibition of cancer cell proliferation and induction of apoptosis in certain types of cancer

pubmed.ncbi.nlm.nih.gov/35882787/ (2022) ---- pubmed.ncbi.nlm.nih.gov/35882787/ (2022) ---- Curcumin and taurine showed potent antitumor activities in preclinical and clinical studies by targeting multiple pathways. gac.amegroups.com/.../html (2019) ---- In the present study, we investigated the effect of taurine against prostate cancer metastasis and proved that taurine suppressed FSK and several metastasis-related genes in LNCaP and PC-3 human prostate cancer cells. link.springer.com/.../PR-3-319-10126-7_18 (2015) ---- Taurine promoted apoptosis and inhibited the proliferation of prostate cancer cells.

www.ncbi.nlm.nih.gov/.../PMC9276655/ (2022) ---------- 7. - AGING The amount of the semi-essential amino acid taurine in circulation decreased with age. Taurine supplementation showed down key markers of aging, such as increased DNA damage, telomerase deficiency, impaired mitochondrial function, and cellular senescence. Taurine and its metabolites concentrations increased in response to exercise. www.science.org/.../science.abn9757 (2022) ----

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------8. - EXERCISE This study aimed to clarify the combined positive effect of taurine and omega-3 supplementation on DOMS late-onset muscle soreness and muscle damage after high-intensity eccentric exercise. www.jisn.org/.../7.7253_Jad5x1x4Wd4Tbu2ln3ln1Hk4cfh3c.pdf (2023) ---- Human endurance performance can be enhanced by oral ingestion of a single dose of taurine in varying amounts (1 to 6 g). A low dose of taurine (0.05 g) prior to strength building exercise may decrease muscle fatigue and increase enzymatic antioxidants. link.springer.com/.../s40279-018-0896-2 ---- www.frontiersin.org/.../full (2021) The present investigation sought to explore the effects of taurine supplementation associated with physical exercise as an excellent strategy for the treatment and prevention of obesity link.springer.com/.../978-3-030-93051-7_27 (2022)

The availability of its precursor cysteine affects taurine biosynthesis. Exercise, which catabolizes the precursor cysteine, is a critical component that can affect taurine production. In this meta-analysis taurine potentially improves performance and time to exhaustion. journals.lww.com/nsca-scj/Fulltext/2015/04000/Effect_of_Taurine_Supple... (2023) ---- Taurine supplementation significantly increased SOD and GPx. The results of the present study indicate that taurine has antioxidant effects against oxidative stress induced by endurance exercise and lipid peroxidation. www.science.org/.../science.adi0025 (2023) ---- www.magzuan.com/.../25979/4 (2022) ----

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drn2326
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Dr Mercola is my favorite go to for my health.

Reply | Mark as Spam | Report | Posted On : 7/28/2022 5:54:18 AM
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epi-cure
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Don't despair. www.youtube.com/watch This musical encouragement came out around the same time that maligned research pioneers Pons & Fleischman demonstrated LENR. May they be vindicated at last. www.brighteon.com/8f7e1195-7a2b-41c7-9d2b-7e5ed9a4f27e

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FreedomStrong
Joined On 1/31/2021 5:59:51 AM
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I was taking Taurine on the advice it would help my tinnitus. I didn't notice any change and stopped when I ran out. Rethinking that now and will be ordering more today,considering it does so much more.

Reply | Mark as Spam | Report | Posted On : 7/28/2022 6:46:24 AM
Like | Dislike

spk3743
Joined On 10/21/2017 2:18:18 PM
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How much were you taking?

Mark as Spam | Posted On : 7/28/2022 9:30:39 AM
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wonderguest11
Joined On 3/3/2023 9:49:37 AM
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Man I can't believe we are animals to test our mainly garbage medicine, and billions of other things, on. There is no excuse. Nothing good will ever come from torture and subjugation. Nothing. We are above no creature. We're so stupid and abused in the false "modern" condition that we have to constantly seek the lies of our pasty, weak comforts. And most wasn't even do that, they just jump in lockstep with whatever the tyrants say or do. And these same "people" will say we're above the animals. Bullshit! I know too many animals and they're deep thoughtful souls, even. Less than this viewpoint of glorified slavery running around that we mis-title culture. We are the remnants of things that were impressive but we aren't. Not right now. Don't get me wrong, there are good people, but even the animal stuff really brought home how absurd and gross we are. No, I'm no vegan. I hunt and fish. I wish I took the world works, meat is obviously on the menu.

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Jeremiah.8
Joined On 5/11/2023 10:27:50 AM
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Agree. Typical of human behavior! now that we have so discovered ourselves from the Creation), we need to to Ray living breathing intelligent beings to find out stuff! - just because we can. I also am not a vegan, but if you can't sacrifice a defenseless creature so that YOU can live - without causing pain, suffering or fear, then you are not fully human.

Mark as Spam | Posted On : 7/28/2022 9:14:40 AM
Like | Dislike

ash3743
Joined On 10/31/2017 2:18:18 PM
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Humans dismember their own babies ALIVE! What do you expect

Mark as Spam · Post Comment · Posted On: 7/28/2020 9:30:58 AM
Like · Dislike

mmmbacksthinsdstream.me
Joined On 4/17/2021 1:52:42 PM
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Yes, well stated! You are correct about using animals and the horrors we put them through daily. I am not a vegan either, however, there are more humane ways to raise and handle animals in the food chain. Some on the newsless feeling that is done with animals makes me ask the question, "what kind of creation is the human race?" Animals are entitled to live their lives without humans "saving" them in any manner they want. Every little life is big to the one living it.

Mark as Spam · Post Comment · Posted On: 7/28/2020 10:21:16 AM
Like · Dislike

drlinda22
Joined On 9/14/2020 5:20:31 PM
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I don't see the reference for ST. Anyone have it?

Reply · Mark as Spam · Post Comment · Posted On: 7/28/2020 2:35:42 AM
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Cabochon
Joined On 10/7/2018 12:45:49 PM
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www.science.org/.../science.abn9257

Mark as Spam · Post Comment · Posted On: 7/28/2020 7:42:24 AM
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kev8395
Joined On 7/4/2013 5:30:39 AM
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When you mention sulphur are you referring to MSM (Methylsulfonylmethane)? Thanks

Mark as Spam · Post Comment · Posted On: 7/28/2020 8:45:19 AM
Like · Dislike

forbiddenhealing
Joined On 3/21/2011 9:51:43 AM
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Kev, No, elemental sulfur, but thanks, MSM is another widely beneficial supplement, Methylsulfonylmethane.

Mark as Spam · Post Comment · Posted On: 7/28/2020 9:39:20 AM
Like · Dislike

Guillermo
Joined On 4/17/2015 8:47:48 AM
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Good medicine, Randall. The availability of its precursor cysteine affects taurine biosynthesis. Exercise, which oxidizes the precursor cysteine, is a critical component that can affect taurine production. Taurine may help reduce oxidative damage and restore muscle function in people with muscular dystrophy. In addition, taurine affects regulated calcium homeostasis and can help to restore a calcium balance in cardiac muscle cells during muscle contraction, resulting in increased muscle strength and endurance. journals.lww.com/acsm-msse/Fulltext/2021/04000/Effect_of_Taurine_Supple__(2023). — 27 BENEFITS OF GLUTATHIONE + SUPPLEMENTS & FOODS TO BOOST IT — www.selfhacked.com/blog/glutathione-30-scientifically-proven-health-ben... ---- Glutathione (GSH), the most abundant intracellular antioxidant, protects cells from oxidative damage (Cell) and is necessary to maintain mitochondrial health, but GSH levels decline with aging.

Based on published human studies where we found that supplementation with glycine and N-acetylcysteine (SIGNAC) ameliorated/corrected GSH deficiency. www.mdpi.com/.../1114 (2022) Glutathione is our body's great antioxidant, protector of all chronic and degenerative diseases, including cancer. The intestinal microbiome is favored by glutathione, avoiding intestinal permeability, the cause of allergic and autoimmune diseases.

Glutathione, which is made up of three amino acids: glutamic acid, cysteine and glycine, is the king of antioxidants, as it helps to recycle and take full advantage of the function of other antioxidants, such as vitamins C, D and E, coenzyme Q10 and alpha-lipoic acid. In turn, alpha-lipoic acid regenerates these vitamins and promotes glutathione. Mitochondrial dysfunction impairs glutathione production. Glutathione synthesis depends on adenosine triphosphate (ATP), which is the molecule that provides cellular energy. glutathionesystems.com/glutathione

Mark as Spam · Post Comment · Posted On: 7/28/2020 7:28:11 AM
Like · Dislike

Guillermo
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

Foods and Supplements to boost glutathione. 1. Milk Thistle. 2. Whey Protein. 3. Sulfur foods: cabbages and allium (garlic, leeks and onions). 4. NAC (acetyl cysteine). 5. Spice acid. 6. Nutrient methylation (vitamins B6, B9, B12 and biotin). 7. Selenium. 8. Vitamin C and E. 9. Organic grass-fed beef liver www.ncbi.nlm.nih.gov/.../PMC6797951/ (2019). drxe.com/.../glutathione (2018) Exercise and the effects of vitamin D supplementation may be mediated by improvement in cellular GSH levels and a decrease in ROS and pro-inflammatory cytokines. www.ncbi.nlm.nih.gov/.../27275563/ NAC supplementation increased GSH and mRNA and vitamin D 25-hydroxyvitamin (CYP2R1) expression in the liver, and at the same time resulted in elevated blood levels of cysteine and GSH, as well as increases in vitamin D levels and the decreased inflammatory biomarkers.

www.ncbi.nlm.nih.gov/.../PMC4874732/ (2017). — Calcitriol, the active metabolite of vitamin D 3, synthesized in the kidney, increases glutathione levels in the brain, thus acting as a cofactor for glutathione production. www.ncbi.nlm.nih.gov/.../11895522/ ---- SSAMs, involved in the transfer of a methyl group, increases cellular glutathione content, especially in people suffering from glutathione deficiency.

www.ncbi.nlm.nih.gov/.../7291232/ ---- Serum 25(OH)D levels were independently associated with major plasma thiol/disulfide redox systems, suggesting that vitamin D status may be involved in redox-mediated pathophysiology. www.liveeg.org/.../liveeg-28-1_supplement-245-4 ---- Glutathione Stimulates Vitamin D Regulatory and Glucose-Metabolism Genes, Lowers Oxidative Stress and Inflammation, and Increases 25-Hydroxy-Vitamin D Levels in Blood www.ncbi.nlm.nih.gov/.../35748745/ ----

Mark as Spam · Post Comment · Posted On: 7/28/2020 7:29:52 AM
Like · Dislike

forbiddenhealing
Joined On 3/21/2011 9:51:43 AM
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BTW, Speaking of sulfur, it is mainly derived from oil refining, so getting off fossil fuels would exponentially raise the price of a widely used industrial chemical and key to phosphate fertilizer production and chemical agriculture. A coincidental record hot summer and the silent drive for green energy and the Ukraine crisis ... esp given the media hype and use of "heat index" ratings that reflect anti-water/humidity? Is this a geoengineered climate hoax? But it ain't just CO2...

Mark as Spam · Post Comment · Posted On: 7/28/2020 8:19:53 AM
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forbiddenhealing
Joined On 3/21/2011 9:51:43 AM
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Ignore the language in the URL, it's but one of the featured stories. Here's another log on the climate hoax fire. The rally centered around the topic of eminent domain but the case being promulgated to advance this bullSHit was climate change. Starting at around 28:15, here is Trent Loos explaining the upside down world of the greenhouse gases narrative pushed by the globalists. thereasonamerican.com/judge-rejects-hunters-deal-move-get-cold-feet-abou...

Mark as Spam · Post Comment · Posted On: 7/28/2020 9:19:14 AM
Like · Dislike

Tipsiprop
Joined On 12/25/2020 6:53:55 AM
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A few years ago NOW BRAND Used to say they were sourced in China now says sourced from around the world

Reply · Mark as Spam · Post Comment · Posted On: 7/28/2020 7:10:16 AM
Like · Dislike

Pete.Smith
Joined On 10/11/2013 8:19:55 AM
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Inflammation Discovery Could Slow Aging, Prevent Age-Related Diseases. — School of Medicine researchers have discovered a key driver of chronic inflammation that accelerates aging. The researchers found that the mitochondria in the immune cells called macrophages lose their ability to take up and use calcium with age. When these immune cells are confronted by an invader or tissue damage, they can become hyperactive. This drives what is known as "inflammaging" chronic inflammation that drives aging.This, the researchers show, leads to chronic inflammation and immune suppression for many of the ailments that afflict our later years. Fixing "inflammaging" won't be as simple as taking a calcium supplement. The problem is not a shortage of calcium as much as the macrophages' inability to use it properly. newsroom.unsw.edu.au/news/2023/07/Inflammation-discovery-could-slow-ag... (July 24, 2023)

Mark as Spam · Post Comment · Posted On: 7/28/2020 1:06:14 AM
Like · Dislike

Guillermo
Joined On 4/17/2015 8:47:48 AM
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Thanks PETE. Furman directs the Stanford 1000 Immunomes Project and is a visiting investigator at Stanford's Institute for Immunity, Transplantation, and Infection. Additionally, he is an Associate Professor at the Buck Institute for Research on Aging based in Novato, California, and Director of the Artificial Intelligence Platform at the same institute. D. Furman has several publications on the immune system, chronic inflammation, and disease. Although intermittent increases in inflammation are essential for survival during physical injury and infection, recent research has revealed that certain social, environmental, and lifestyle factors can promote chronic systemic inflammation (SCI) which, in turn, it can lead to several diseases that collectively represent the leading causes of disease and mortality worldwide.

Changes in the inflammatory response from short to long duration can lead to a breakdown of immune tolerance and lead to major alterations in all tissues and organs, as well as in normal cellular physiology which can increase the risk of various non-communicable diseases, diseases in both young and old people. SCIs can also alter normal immune function, leading to increased susceptibility to infections and tumors and a poor response to vaccines.

In addition, SCIs during pregnancy and childhood can have serious developmental consequences, including increased risk of noncommunicable diseases throughout life. The clinical consequences of the damage caused by SCI can be serious and include an increased risk of metabolic syndrome, which includes the triad of hypertension, hyperglycemia and dyslipidemia ; type 2 diabetes; NAFLD ; hypertension ; cardiovascular disease (CVD); chronic kidney disease; various types of cancer; depression ; neurodegenerative and autoimmune diseases, osteoporosis and sarcopenia.

Mark as Spam · Post Comment · Posted On: 7/28/2020 2:46:54 AM
Like · Dislike

Guillermo
Joined On 4/17/2015 8:47:48 AM
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A multiomics approach has been applied to examine the links between SCIs and disease risk. The researchers followed 135 adults longitudinally and carried out deep molecular profiles of the participants' whole blood gene expression. This allowed the researchers to construct a high-dimensional immune aging trajectory (MIM-AGE) that described the individuals' immune functioning better than their chronological age. This new metric, in turn, accurately predicted all-cause mortality, establishing its potential future use to identify patients at risk in clinical settings.
www.nature.com/articles/s41591-019-0673-0?fbclid=IwAR3EdcfkfMEdGqHrDKDU_ (2019) In this ongoing investigation, this study scientists identified a blood biomarker whose abundance may accelerate cardiovascular aging.

The scientists observed that blood levels of one substance, CXCL9, contributed more powerfully than any other component of the clock to the inflammaging age score. They found that levels of CXCL9, a cytokine secreted by certain immune cells to attract other immune cells to the site of an infection, begin to rise precipitously after age 60, on average. This divergence, Furman said, is due in large part to the different rates at which peoples immune systems decline.

A carefully coordinated collection of cells, substances, and strategies that evolution has equipped us with to deal with threats such as injury or invasions by microbial pathogens, the immune system excels at mounting rapid, intense, localized, short-term resistance; a repair response called acute inflammation. This "good swelling" usually lasts its job. Furman: Your bodies is a fire alarm. (An example is that red, swollen finger you see when you have a splinter and the rapid healing that follows.)
sciencedaily.com/releases/system-clock-developed-that-accurately-predict... (2021)

Mark as Spam · Post Comment · Posted On: 7/28/2020 2:47:24 AM
Like · Dislike

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

I recall reading much about the dangers of calcium supplementation here on Mercola over the years. Consuming leafy greens such as cabbage should help in maintaining good calcium balance, along with VitK2, MK7 with VitD.
www.drweil.com/vitamins-supplements-herbs/supplements-remedies/calcium, ---
www.lifeextension.com/magazine/2012/3/potential-danger-of-calcium-supp...

Mark as Spam · Post Comment · Posted On: 7/28/2020 7:57:22 AM
Like · Dislike

bystamon
Joined On 10/19/2016 10:46:59 AM
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can you get enough taurine by eating chicken, eggs etc, or do you have to take a supplement? what about my dog? would it benefit him to give him a raw or cooked egg every day? due to allergies, his diet is based on venison, he is 10 and seems very healthy and active. thank you.

Reply · Mark as Spam · Post Comment · Posted On: 7/28/2020 4:13:51 AM
Like · Dislike

FreedomStrong
Joined On 1/31/2021 5:59:51 AM
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HI! I give our dog a hard boiled (actually, I steam them) egg every day. She's still young, I didn't know if it helps, but it's a healthy treat for her. Now I have more information and I think it's an excellent idea.

Mark as Spam · Post Comment · Posted On: 7/28/2020 8:44:00 AM
Like · Dislike

Segstar
Joined On 7/3/2013 2:30:42 PM
Add as Friend · Send Message

For any fans of the Eagles, just saw one of their cofounder and sky bass player Randy Meisner passed at 77..R.I.P Randy..
https://youtu.be/_LwBKJLCT7E https://youtu.be/gKoRqQQPEy

Reply · Mark as Spam · Post Comment · Posted On: 7/28/2020 12:09:27 PM
Like · Dislike

SeeStraight
Joined On 12/14/2014 1:49:52 PM
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If you want more taurine, go for seafoods and freshwater fish: (per 3.5-ounce serving) Scallops 827 mg Mussels 655 mg Clams 520 mg Yellowfin tuna dark meat 764 mg Tilapia dark meat 972 mg per 3.5-ounce serving Carp 868 mg Catfish 700 mg
www.measuringlife.net/figure/Taurine-Content-of-Most-Seafood-and-variety...

Reply · Mark as Spam · Post Comment · Posted On: 7/28/2020 12:00:41 PM
Like · Dislike

drlinda22
Joined On 9/14/2020 5:20:31 PM
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Thank you I was looking for your posts I might have been too early.

Reply · Mark as Spam · Post Comment · Posted On: 7/28/2020 11:25:58 AM
Like · Dislike

SanDiegoGirl
Joined On 6/25/2011 11:52:15 PM
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I have been taking taurine for a little less than a month and it has been a godsend. I started taking it when I saw it mentioned in another article and since it sounded like it did lots of good stuff I thought it was worth trying. Well . . . It has been the only thing that finally cured my insomnia. I had no trouble falling asleep, it was staying that way that was hard. I would wake up in the middle of the night and could not get back to sleep so I had been getting along (not great) on four hours or less of sleep a night for WAY too long.

I tried every natural remedy I ever heard of so don't bother suggesting something. I'm sure I tried it. I even take 1500 mg of taurine a day in 500 mg capsules spread throughout the day with the last dose shortly before bed. I sleep soundly with vivid dreams and if I wake up to use the bathroom I have no trouble going back to sleep. I wake up in the morning feeling rested and optimistic about the day. If I can feel this good in just a few weeks I can't wait to see what other benefits accrue.

Reply · Mark as Spam · Post Comment · Posted On: 7/28/2020 9:20:00 AM

ash3743
Joined On 10/21/2017 2:18:18 PM
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So I can dose properly are you small or medium build? (I'm about 120lbs and a little over 5')

Mark as Spam | Posted On 7/28/2023 9:29:57 AM
Like | Dislike

SanDiegoGirl
Joined On 6/23/2011 11:52:19 PM
Add as Friend | Send Message

I'm about 5'2" and 130 pounds.

Mark as Spam | Posted On 7/28/2023 9:37:29 AM
Like | Dislike

lorac321
Joined On 10/16/2016 7:24:29 AM
Add as Friend | Send Message

The photo shows 1,000 of Taurine, but How Much for a 70 lb. dog daily? What is the proper ratio for giving this ? Is it by body weight?

Reply | Mark as Spam | Posted On 7/28/2023 9:38:42 AM
Like | Dislike

DebbyW
Joined On 5/27/2010 9:07:35 AM
Add as Friend | Send Message

2-3 weeks after I started to take Taurine, I had flashes in my eye, then some bleeding. Eye doctor didn't find any real problems. But, it scared be away from taking Taurine. Maybe it was a coincidence, but how could I know?

Reply | Mark as Spam | Posted On 7/28/2023 7:06:30 AM
Like | Dislike

ash3743
Joined On 10/21/2017 2:18:18 PM
Add as Friend | Send Message

I really pray that one of these "phd dr speak" experts here in the comment section will do some research and answer your comment. I would really like to know too! (Before beginning taurine supplementation)

Mark as Spam | Posted On 7/28/2023 8:20:10 AM
Like | Dislike

ste1295
Joined On 1/10/2017 12:42:51 PM
Add as Friend | Send Message

Hi Debby. How much taurine were you supplementing with?

Mark as Spam | Posted On 7/28/2023 10:29:21 AM
Like | Dislike

DebbyW
Joined On 5/27/2010 9:07:35 AM
Add as Friend | Send Message

I was taking 850 mg a day.

Mark as Spam | Posted On 7/28/2023 12:26:51 PM
Like | Dislike

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

Is there any caution with taurine? Should we start slowly and ramp up? Any side effects? What does taurine taste like? How much of it is in one medium chicken egg?

Reply | Mark as Spam | Posted On 7/28/2023 6:41:47 AM
Like | Dislike

fundamentalassumptions
Joined On 4/1/2009 12:17:58 PM
Add as Friend | Send Message

Bull. All things in proper measure & balance. These men & women playing God & sorcerer with other peoples' lives deep into 1 Timothy 6 KJB deception. It's a very effeminate behavior to manipulate people as these ungodly pretenders do, going along with the effeminacy of the sod mob philosophers' form of 'scholarship'. The best thought God ever gave Thomas Aquinas was that all his idolatrous humanistic extra-biblical works not mixed with faith, but worshipping & following men, were but straw that would burn. 1 Corinthians 3 KJB. Playing Pygmalion with the Popes & other assorted antichrists according to which is in power by hook & by crook rather than the up & up in the light.

Too bad he didn't heed the Lord's warning, but the Jew seeks after a sign & the Greek seeks after wisdom, naught the Word of God, the Lord Jesus Christ, Messiah, he who is the way, the truth & life, faith coming of hearing, hearing of the word of God, through the word & power of God, the spiritual seed quickened to life. Life is hard, & Hell is hot & the proper order is NOT that of dueling consort 'gods', tho lies & covert deceit make it so, & Christ has no patience w/nicolaitans, pharisees & sadducees become lawless, lording over the Lord's heritage. Judgment is coming but it won't be thru men.

Reply | Mark as Spam | Posted On 7/28/2023 7:32:12 AM
Like | Dislike

fundamentalassumptions
Joined On 4/1/2009 12:17:58 PM
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2) And men are of a type a little lower than the angels, above the beasts. Men are building the Beast system & Beast to come, & they can blame & divide & do & say whatever they want to: but truth is truth, and all who aren't in Christ in truth have no spiritual protection & remain subject to the second eternal death which the first curse & death needs be but a warning of for anyone willing to admit need & seek the powerful, true & lawful God evidenced by the Creation & his own conscience. They don't need 'help' to slide down to behaving as beasts, & such 'help' has been fed surreptitiously to the masses for a long time now. God is not mocked & vengeance is his. Our task is to warn & point men to the true answer in the Lord Jesus Christ according to the true & preserved, powerful, living & quickening, sorting word of God.

Mark as Spam | Posted On 7/28/2023 7:39:35 AM
Like | Dislike

ash3743
Joined On 10/21/2017 2:18:18 PM
Add as Friend | Send Message

Yes and amen, but what does this have to do with taurine supplements? Not being disrespectful but just wondering if you believe herbs, vitamins and supplements are wrong. Also , have you read riplingers book "new age bible versions"? I was always taught KJB and to not stray from it ever! Riplingers book shows why. (Make sure to get her 2022 updated edition) All other bible versions after the KJB(and I mean ALL) are derived from the corrupt and false texts.(guess by who) A really good 3-part documentary about this is A Lamp in the Dark, Tares Among the Wheat and Bridge to Babylon. Every Bible version since king james is corrupt.(on purpose and by evil men) Another documentary I'm watching at the moment is Megiddo: March to Armageddon It is about the history of the globalists(elite, illuminati, one world order) and what God's Word prophesies about it alland ALL of the new age bible versions have paved the way.

Mark as Spam | Posted On 7/28/2023 8:52:49 AM
Like | Dislike

ash3743
Joined On 10/21/2017 2:18:18 PM
Add as Friend | Send Message

What dose???

Reply | Mark as Spam | Posted On 7/28/2023 9:36:35 AM
Like | Dislike

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