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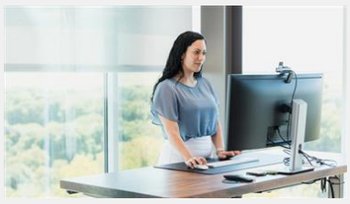
Why Standing May Be as Important as Exercise

Analysis by Dr. Joseph Mercola Fact Checked

August 19, 2022

STORY AT-A-GLANCE



- Sitting and other forms of prolonged, uninterrupted sedentary time promotes cardiometabolic disorders, obesity, depression and all-cause mortality in adults and in children are linked to obesity, anxiety and depressive symptoms
- More than two dozen chronic diseases, from diabetes and high blood pressure to back pain and deep vein thrombosis, have been linked to excessive sitting
- Children at standing desks burn 15% to 25% more calories during the school day than those who remain sitting; students were also less likely to report neck and shoulder discomfort when using standing desks
- In the workplace, standing desks have also been found to trigger increased brain activity and do not hinder cognitive performance as has been suggested
- If you want to take your fitness to the next level, make standing a workout of its own by standing on a wobble board at your standing desk

During the pandemic, the already largely sedentary American population moved even less, with daily steps plunging by an average of 20%.[1] With more people working from home, the tendency to sit at a computer for long hours is taking a toll on both physical and mental health, but the upside is that many are increasingly realizing the important of daily movement.

While regular physical exercise is important, so, too, is doing virtually anything other than sitting — even standing. This is why many fitness trackers have goal settings for not only calories burned and steps taken in a day, but also reaching a standing-time goal.[2]

What Sitting Does to Your Body

Sitting is a behavior with a very low energy expenditure that's associated with poor health outcomes in both adults in children. Sitting and other forms of prolonged, uninterrupted sedentary time promote cardiometabolic disorders, obesity, depression and all-cause mortality in adults and in children is linked to obesity, anxiety and depressive symptoms.[3]

Increased musculoskeletal symptoms are also associated with prolonged sitting,[4] and being sedentary for long periods of time each day even appears to accelerate aging at the cellular level.

Among close to 1,500 older women included in one study, those who sat the longest were, on average, eight years older, biologically speaking, than women who moved around more often, with researchers concluding, "avoidance of a highly inactive lifestyle may provide health benefits at the cellular level."[5]

Another study found that excessive sitting increases lung cancer risk by 54%, uterine cancer risk by 66% and colon cancer risk by 30%, with researchers noting:[6]

> *"Sedentary behavior contributes to an interrelated network of increased body fat, altered production of sex hormones, metabolic dysfunction, leptin, adiponectin and inflammation, encouraging cancer development."*

Separate research, published in the American Journal of Preventive Medicine, further found that sitting for more than three hours a day causes 3.8% of all-cause deaths in the 54 countries surveyed.[7]

Cutting your sitting time to less than three hours a day could increase your life expectancy by 0.2 years (about 2.4 months), the researchers concluded. More than 60% of people globally spend more than three hours a day sitting.[8]

Why You Should Break Free From 'Chair Addiction'

"Chair addiction has become a hallmark of modernity," according to Dr. James Levine, author of the book "Get Up!: Why Your Chair Is Killing You and What You Can Do About It," and the inventor of the treadmill desk.[9] "Sitting kills more people than smoking because more people sit excessively than smoke, and the health sequelae of sitting are more numerous," he added.[10]

More than two dozen chronic diseases, from diabetes and high blood pressure to back pain and deep vein thrombosis, have been linked to excessive sitting, and fitting in an exercise session isn't likely to offset excessive sitting's harmful effects.[11]

It was during the Industrial Revolution, when people moved from agricultural communities to cities, that sedentary behaviors and many of their related health problems became common. Levine wrote in Mayo Clinic Proceedings:[12]

> *"Once the Industrial Revolution took hold, lethal sitting became inevitable. In the 1800s,*

factory production lines were invented to diminish the need for a worker to waste time walking. Soon after that, modern offices were developed with the premise that the fewer minutes workers moved during the workday, the less time was wasted.

The 1930s saw the rise of the archenemy — the office chair. Workplace automation and mechanization followed with the introduction of typewriters, Dictaphones, intercoms, and adding machines — all of which diminished movement. By the 1950s, mass-produced and affordable cars came onto the market and people forewent walking to work and drove.

Last came desk-based computerization and the conversion of active play to electronic play. It took nature 2 million years to design the walking, dynamic human, and it took those humans 200 years to reverse the art of nature and cram people all day long into chairs … The human genome has not substantially changed in 200 years, but over that time the humans' default posture has changed from ambulatory to chair-based."

Standing Benefits Mind and Body

One of the most obvious benefits of standing is that it increases energy expenditure, or calories burned, which can help to ward off obesity. Sitting increases metabolic rate by only 5% compared to lying down, but walking, even at a slow pace, increases energy expenditure 100%.[13]

According to Stand Up Kids, an organization whose mission is to bring a standing desk to every public school child within 10 years, children at standing desks burn 15% to 25% more calories during the school day than those who remain sitting — and the difference was even greater among children with obesity, who burned 25% to 35% more calories at standing desks.[14]

When standing desks were introduced to a fourth grade classroom at one school, standing time increased by 17 to 26 minutes per school day while sitting time decreased by 17 to 40 minutes.[15] The students were also less likely to report neck and shoulder discomfort when using standing desks.

A study published in the Journal of Medicine and Sport also revealed that in first grade boys, lower levels of physical activity and higher levels of sitting time were linked to poorer reading skills.[16]

In the workplace, standing desks trigger increased brain activity and do not hinder cognitive performance as has been suggested.[17] Other benefits of standing, reported by Stand Up Kids, include:[18]

- Prevention of the body's tissue adaptation to static positions, such as short hip flexors and hamstrings, rounded upper back and poor shoulder position
- Prevention of orthopedic degradation and dysfunction, including back and neck pain, repetitive stress injuries, pelvic floor dysfunction and knee and hip disorders
- Increased creativity and educational test scores
- Increased engagement and active learning in the classroom

How to Gradually Break Free From Your Chair

Kelly and Juliet Starrett are the husband-and-wife team who founded Stand Up Kids. Kelly has a Ph.D. in physical therapy and is the author of "Deskbound: Standing Up to a Sitting World." He is one of the leaders in the CrossFit movement and stresses the importance of proper body mechanics, both in and outside the gym.

His first book, "Becoming a Supple Leopard," addresses biomechanical inadequacies that might increase your risk of injury. Juliet is a former competitive athlete, CrossFit authority and co-founder of the healthy movement website Mobility WOD. In 2016, I interviewed Kelly about his book, "Deskbound," which helped me address some of my own movement challenges and is an eye-opening read about why standing is a simple way to radically improve your health.

If you're not convinced, Kelly mentioned a study that found office workers who smoked to be healthier than nonsmokers simply because they got up every 30 minutes or so and walked outside to have a cigarette.[19] "That activity was enough to be a considerable change in the function and health of the human being," he said.

However, if you're used to sitting for hours a day, be prepared for a gradual transition and avoid trying to switch to a standing desk "cold turkey." The Starretts recommend first transitioning to a standing desk with a perching stool and sitting on that for 20 or 30 minutes, then gradually increasing your time.[20]

In addition, be sure your desk is adjusted to the proper height. Also, many people feel more comfortable having somewhere to put a foot on and off, such as a stepstool.

If you don't have a standing desk, it's possible to fashion one out of a regular desk by propping up your computer on a box or an overturned wastebasket. Or, if you have an island or breakfast bar in your kitchen, use that. If standing isn't an option, you can reap many similar benefits by getting up from your chair every 20 minutes and taking a two-minute walk. For times when you do sit, "sit with skill," the Starretts said.

They advise sitting on your sit bones, engaging your legs and trying to look over the chair. When you're first starting out, divide your day into optional sitting and nonoptional sitting. Don't worry about the times when you have to sit, but take stock of what they call "junk sitting" and try to whittle that down.

Try a Wobble Board While Standing

Standing is classified as a light-intensity activity when it's "active" rather than "passive."[21] Active standing might include standing while doing dishes whereas passive standing is waiting in a line. If you want to take your fitness to the next level, make standing a workout of its own by standing on a wobble board at your standing desk.

This has added benefits for improving balance and posture while working your core muscles and boosting coordination. Beyond this, a transition to more active schools and offices, which promote not only standing but also more daily movement, could have far-reaching public health benefits, according to Levine.

> *"Offices can incentivize protocols for walking meetings, incentivize leg-based interactions (eg, walk across the office versus e-mail), and install walking tracks or treadmill desks. Active offices not only report improved health but less perceived stress and improved productivity.*
>
> *Schools can be designed to promote active learning, and research demonstrates improvement to health, attentiveness, and educational outcomes. Bright, clean, attractive stairwells with visible prompts promote walking up steps better than do poorly lighted, dirty, dank ones."*[22]

The more you try to incorporate standing and movement into your day, gradually you'll get used to the idea of standing and will find that you don't automatically look for a chair the way you used to. You'll be surprised by how many opportunities you have to move in a day if you start opening your eyes to them.

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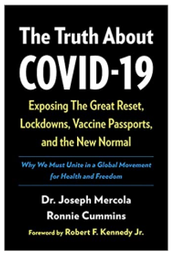

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by Doctor Joseph Mercola

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Guillermou

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

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Higher levels of occupational energy expenditure and fewer hours of sitting work were associated with decreased hazard ratios for colon cancer, particularly distal colon cancer (HR) = 0.71. Nonoccupational physical activity was inconsistently associated with colorectal cancer endpoints in men, and inversely associated with colon cancer in women, particularly distal colon cancer (>90 vs. 30 minutes /day, HR = 0.69 and rectal cancer (>90 vs. 30 minutes/day, HR = 0.59). academic.oup.com/.../160761 Exercise and physical activity have been shown to be strongly associated with a lower incidence rate of various chronic diseases, especially numerous human malignancies.

A large number of clinical trials and meta-analyses have shown exercise to be significantly effective in reducing colorectal cancer risk with mechanisms underlying the positive effects of exercise and physical activity on colorectal cancer, including regulation of inflammation, apoptosis, the growth factor axis, immunity, epigenetics, etc. Exercise improves muscle strength, cardiorespiratory fitness, emotional distress, physical activity, fatigue, and sleep quality in colorectal patients receiving chemotherapy.

Targeting and modulating the insulin-like growth factor (IGF) system, inflammation, apoptosis, immunity, epigenetics, leptin and ghrelin, and signaling pathways are the main underlying mechanisms for the preventive effects of exercise in colorectal cancer. The effect of excessive sitting on adiposity, metabolic dysfunction, inflammation, and vitamin D have been proposed to be the pathways through which sedentary behavior may influence colon cancer risk.

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Guillermou
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A growing body of evidence demonstrates that inflammation has a broader range of effects in CRC pathogenesis, from supporting primary tumor growth by promoting tumor cell proliferation, to aiding angiogenesis by increasing the availability of proangiogenic molecules, to suppress antitumor immunity by recruiting anti-inflammatory cell types, and to shape pre-metastatic niches to promote subsequent metastasis. In addition to the critical role of inflammation and inflammatory mediators in the initiation/progression of CRC, it is suggested that this process has also been involved in the preventive effects of exercise on CRC.

Physical activity has been shown to have an inhibitory effect on systemic inflammation by decreasing several proinflammatory cytokines, including interleukins, C-reactive protein, and tumor necrosis factor (TNF)-. The interaction between physical activity and epigenetics is based on the evaluation of variation in DNA methylation patterns at CpG sites within specific genes with particular biological functions. Molecular epidemiology has identified several target genes including adenomatous polyposis coli (APC), MutL homolog 1 (MLH1), tumor growth factor beta (TGF-), p16 cyclin-dependent kinase inhibitor, K -Ras (KRAS) and B-Raf (BRAF), which are differentially methylated in normal versus neoplastic colonic epithelium.

In other words, increased methylation at the aforementioned genes is frequently observed in CRC tissues, Leptin and ghrelin are two regulators of energy balance and weight control. Physical activity also contributes to the regulation of the expression levels of these two hormones. Exercise increases ghrelin levels and decreases leptin levels. exercising 3 times per week for 1 year resulted in significant increases in adiponectin and leptin levels in 30 CRC patients.

Mark as Spam | Posted On 8/19/2022 7:02:20 AM
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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Studies have introduced different underlying mechanisms for the beneficial effects of exercise and physical activity on CRC, some important ones discussed in this review include suppression of inflammation, modulation of signaling pathways such as the axis IGF and -catenin, and regulation of apoptosis and immunity. link.springer.com/.../s12935-022-02670-3 A meta-analysis was conducted to investigate the association between sedentary work and colorectal cancer. Of the 5381 studies initially identified, 23 studies with 64 reports were eligible for inclusion.

Sedentary work significantly increased the risk of colon cancer (pooled OR = 1.21). Adjusting for leisure-time physical activity attenuated the association, but the association was independent of gender, body mass index control, and sedentary behavior assessment. In short, evidence of an association between sedentary work and the risk of colon or rectal cancer. Limiting excessive sedentary work could be an important means of preventing colon and rectal cancer. europepmc.org/.../33910983 (2022)

Mark as Spam | Posted On 8/19/2022 7:02:42 AM
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Guillermou
Joined On 4/7/2015 8:47:48 AM
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It is estimated that between 30% and 40% of cancers can be prevented through modifiable lifestyle changes and environmental risk factors known to be associated with cancer incidence. Despite this knowledge, there remains limited awareness that these associations exist. The purpose of this review article was to summarize the epidemiological evidence on the contribution of physical activity, sedentary behavior and obesity to the etiology of cancer and to provide an overview of the biological mechanisms that may operate between these factors and the incidence of cancer. cancer. There is strong and consistent evidence that higher levels of physical activity reduce the risk of six different cancer sites (bladder, breast, colon, endometrium, esophageal adenocarcinoma, gastric cardia), while moderate evidence inversely associates physical activity with breast cancer. lung, ovarian, pancreatic and kidney cancer, and limited evidence inversely correlates physical activity with prostate cancer. Sedentary behavior, regardless of physical activity, has been shown to increase the risk of colon, endometrial, and lung cancer.

Obesity is an established risk factor for 13 different cancer sites (endometrial, postmenopausal breast, colorectal, esophageal, renal/kidney, meningioma, pancreatic, gastric cardia, liver, multiple myeloma, ovary, gallbladder, and thyroid). The main biological mechanisms by which physical activity, sedentary lifestyle and obesity are related to cancer incidence include an effect on endogenous sex steroids and metabolic hormones, insulin sensitivity and chronic inflammation, oxidative stress, DNA methylation, telomere length, immune function, and the gut microbiome febs.onlinelibrary.wiley.com/.../1878-0261.12772 (2020) .

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chiamiller
Joined On 6/19/2006 2:56:06 PM
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I have a mini trampoline, a rebounder'.Living in an apartment.I alternate using this for a few minutes every hour or doing some squats with TRX rows or alternate push-ups. sprinkle these throughout day with some stretches. The rebounder has some crazy amazing health benefits beyond walking or running too and joints love it!..:-)

Reply | Mark as Spam | Posted On 8/19/2022 8:58:41 AM
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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Great selection of exercises, chiamiller. I have also used the rebounder and it has many benefits. HOW TRAMPOLINE EXERCISE BENEFITS THE LYMPHATIC SYSTEM cellercise.com/immune-system/trampoline-exercise-benefits-lymphatic-sy.. 51 OF THE BEST BENEFITS OF REBOUNDING EXERCISE liveboldandbloom.com/.../rebounding-benefits www.healthline.com/.../rebounding

Mark as Spam | Posted On 8/19/2022 12:12:07 PM

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chiamiller

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

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Thanks Gui! Having MS, although mostly sensory, I do get foot drop if I walk more than 10 or 15 minutes. No excuses for me though!squatting and rebounding is not a problem..lol;-) sometimes mixing the two together as in squatting on rebounder for a minute then a minute of rebounding twists or jacks is a wonderful combo. The rebounding is mostly moderate cardio level but it is so great for the entire body and lymphatic system as you well know and doing 5-10 minutes 2-4 times a day is actually fun. You feel like a kid when jumping around..;-).. Glad to hear you rebound too!.might be good to fight off stray spike' proteins in the environment along with proteolytic enzymes.. Do our best, right?

Mark as Spam | Posted On 8/19/2022 12:35:20 PM

Like Dislike

Guillermou

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

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Yes, I knew about your illness, Chiamiller. Considering that rebounder has a great benefit for the lymphatic system, it sure is effective against spike protein. This article discusses the major lymphoid organs and their role in the development and provision of immunity to the body. Lymphoid organs include the red bone marrow, thymus, spleen, and lymph node groups (Fig. 1). They have many functional roles in the body, most notably: - Production of blood cells, including red blood cells (erythrocytes), white blood cells (leukocytes), and platelets (thrombocytes); - Elimination of damaged red blood cells; - maturation of immune cells; - Trap foreign material.

- The red bone marrow and the thymus are considered primary lymphoid organs, because most immune cells originate from them. Lymphoid organs include the red bone marrow, thymus, spleen, and lymph node groups. Blood and immune cells are produced within the red bone marrow, during a process called hematopoiesis. The thymus secretes hormones that are essential for normal immune function and develops T lymphocytes. The spleen mounts the immune response and removes microorganisms and damaged red blood cells from the circulation. Lymph nodes are grouped throughout the body and filter pathogens from the lymph, swelling when an immune response is mounted.

Mark as Spam | Posted On 8/19/2022 2:05:31 PM

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Guillermou

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We also know that cardiovascular diseases are a risk for more serious covid and as we know, endothelial cells cover the interior of all blood vessels and are the main producers of nitric oxide, which, in turn, is released into the blood and the rest of the cells. cells. When you exercise, the heart pumps more blood to the body, the formation of nitric oxide in the arteries is stimulated, and blood flow is faster. This increased blood flow occurs because nitric oxide is a vasodilator. To more dilated vessels, more blood can flow. Nitric oxide also protects the arteries from the formation of atherosclerotic plaques.

The lymphatic vascular system plays an important role in the regulation of tissue pressure, immune surveillance, and the absorption of dietary fats in the intestine. There is increasing evidence that the lymphatic system also contributes to a number of diseases, including lymphedema, cancer metastasis, and various inflammatory disorders. The discovery of several molecular markers that distinguish between blood and lymphatic vessels, together with the availability of an increasing number of in vitro and in vivo models to study various aspects of lymphatic biology, has enabled tremendous progress in research.

on the development and function of the lymphatic system. This review reviews recent advances in our understanding of the embryonic development of the lymphatic vasculature, the molecular mechanisms involved in lymphangiogenesis in the adult, the role of lymphangiogenesis in chronic inflammation and lymphatic cancer metastasis, and the emerging importance of lymphangiogenesis. the lymphatic vasculature as a therapeutic target. www.liebertpub.com/.../lrb.2008.1008 (2008)

Mark as Spam | Posted On 8/19/2022 2:06:16 PM

Like Dislike

Guillermou

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

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The lymphatic vessels play a distinctive role in draining fluids, molecules, and even cells from the interstitial and serous spaces back into the bloodstream. The lymphatic vessels of the intestine, and especially those located in the villi (called lacteal vessels), not only fulfill this main function, but are also responsible for the transport of lipid remnants absorbed by the intestinal mucosa and serve as a second line of defense against possible bacterial infections. Here, we briefly review the current understanding of the general mechanisms that enable lymph drainage and propulsion and focus on the most recent findings on the mutual relationship between dairy and the gut microbiota. www.mdpi.com/.../htm (2021)

Mark as Spam | Posted On 8/19/2022 2:08:16 PM

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chiamiller

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

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Gui, You truly are the most incredible person!Your empathy and knowledge is truly incredible. Your presence here is a gift from God for all of us. I saw my naturopath a few months ago, first time seeing Doc in years as they've lost my respect and trust..but, my neutrophils were low with higher ferritinalways High LDL lol. I live alone, of course a pure bloodbut I wonder if environmental spikes are impacting me so upped the rebounding. So, going to read all the info you posted to edify myself. I can't eat any better than I do but with MS, it's always a bit of detective work on my own as I don't do any MS poisons nor do I go to Doctors.

Like so many of us here, we do our best as we know how corrupt and careless much of the healthcare system is. I have a big speech outside the police station tomorrow drawing more attention to the fact they are not enforcing the law because no one is getting informed consentagainst the Nuremberg Code. We also served many RCMP stations across Canada with the Pfizer documents. They said show us the proof'well they can't say that any longer. Wish me luck!..I'm used to speaking at rallies now, but writing the speech is always a little daunting. ;-)

Mark as Spam | Posted On 8/19/2022 2:37:04 PM

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Guillermou

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

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I am the one who has to have admiration for you for what you are doing to expose people to the danger of "vaccines" in their state of health. How you will know Dr. Mercola to avoid autoimmune diseases such as multiple sclerosis advises. 1) Take care of the intestinal microbiome, avoiding intestinal permeability. One of the fathers of the Paleo Diet, Dr. Seignalet deals in autoimmune diseases in his magnificent book on food as medicine (2001). Increased intestinal permeability has its origin in food and other environmental factors such as pollution, pesticides, alcohol, snuff, antibiotics, stress, etc., causing intestinal dysbiosis, associated inflammatory diseases (celiac, Crohn, etc) and chronic and degenerative diseases.

This increase in intestinal permeability causes local and systemic inflammation, through the passage of chemical substances (proteins), germs, into the bloodstream, which activate the immune system, through the generation of specific antibodies, which cause inflammatory reactions to proteins in our body. body, due to its similarity, causing certain autoimmune diseases, such as arthritis, which can be favored by genetic predispositions. The restoration of the intestinal barrier, through epigenetic control: stress, diet, pollution, exercise and other lifestyle habits are essential.

Seignalet advised organic foods, 70% of raw food, probiotics, avoiding processed dairy products, gluten and few grains such as quinoa and rice, etc., treating more than 3000 patients with remarkable success. - Inflammation and autoimmunity reside in the intestinal mucosa, years before the onset of detectable inflammation of the joints, which causes rheumatoid arthritis. - Autoimmune diseases and celiac disease share clinical, epidemiological, serological, environmental, genetic, and dysbiotic manifestations associated with intestinal permeability. www.sciencedirect.com/.../S1568997215001561 (2017)

Mark as Spam | Posted On 8/19/2022 3:22:28 PM

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Guillermou

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

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2) Exposure to healthy full-spectrum light is doing it the natural way: going outdoors In addition to vitamin D production, sun exposure due to the near, mid and far infrared wavelengths in sunlight has many biological effects, including but not limited to the following: Trigger (via your hypothalamus or pituitary) the secretion of hormones, including those that influence your mood - Regulate your circadian rhythm, which in turn affects your health - Alter its genetic expression, including the one that regulates inflammatory responses. During the winter months, the genes of the inflammatory immune system are activated, which helps fight infectious microbes, and during the summer the activity of the anti-inflammatory gene increases7 - Increase nanostructured water in your cells, which supports mitochondrial function and increases your cells' energy (ATP) production

Mark as Spam | Posted On 8/19/2022 3:24:16 PM

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Guillermou

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3) Regarding food: - Consume healthy low-toxin seafood such as sardines and anchovies, as they contain DHA, which is the most important fat in the treatment of MS. - Plant-based omega-3 fats do not convert well to DHA and I do not recommend marine-based DHA supplements because they are isolated sources of DHA that do not contain other supporting fatty acids - Dramatically reduce your intake of grains: A study involving 72 MS patients and their first-degree relatives revealed an increased prevalence of celiac disease (CD), suggesting a need for early detection and grain-based treatment. EC foods with respect to antibody-positive MS patients.8 - Reduce sugar intake (especially processed fructose): Healthy people are advised to keep their total daily fructose intake below 25 grams from all sources, but if you have a chronic disease, it is best to consider reducing your limit to 15 grams a day until your problem is under control.

- - Reduce oils and foods rich in omega 6. 4) Repeated use of a sweat-inducing sauna may enhance your skin's ability to remove toxins from your body and, over time, significantly reduce your toxic load Ms informacin sobre este texto de origenPara obtener ms informacin sobre la traduccin, se necesita el texto de origen Enviar comentarios Paneles laterales

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6 MULTIPLE SCLEROSIS NATURAL TREATMENTS TO MANAGE SYMPTOMS draxe.com/.../multiple-sclerosis-natural-treatments
MULTIPLE SCLEROSIS www.lifeextension.com/protocols/neurological/multiple-sclerosis

Mark as Spam | Posted On 8/19/2022 3:34:36 PM
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chiamiller
Joined On 6/19/2006 2:56:06 PM
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GUI, Although I do eat well the minutia' of it has to be addressedsome say no eggs, others say have soft boiled for choline.and on it goes. Copying all of your posts to save and although I have been dealing with this for a couple of decades, I can always do more. My omega 6 was high in testprobably due to chicken I eat routinely that is not organic..(can't afford everything..) and the sprouted sunflower seeds I love. Will have to limit those and do better(this is what I mean about the minutial have to worry of what the chicken ate..lol..) Omega 3 was perfect though as I eat canned salmon almost daily and take fish oil as well. Sadly, living in Communist Canada, sunny months are scarce..(easy for you to say being from Spain..lol..) but I keep vitamin d dosing fairly high but will follow as much of your wise words as possible.:-) Thank you so very much!. I will kick butt tomorrowwould love to send to you for your opinion..but no worries.

Mark as Spam | Posted On 8/19/2022 3:35:26 PM
Like Dislike

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chiamiller
Joined On 6/19/2006 2:56:06 PM
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GUI, Odd that BC and Scotland have the highest rates of MS in the world..

Mark as Spam | Posted On 8/19/2022 3:39:08 PM
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COUNTRIES WITH HIGHER RATES OF MULTIPLE SCLEROSIS
www.worldlifeexpectancy.com/cause-of-death/multiple-sclerosis/by-count.. .---- Multiple sclerosis (MS) rates appear to rise with measures of prosperity, and occur more frequently in developed countries, according to a new study. Reasons for such disparities may be related to better access to diagnostic facilities in developed countries, as well as increased exposure to factors, such as obesity or smoking, that increase MS risk. This needs to be investigated in more detail, the researchers advise. The HDI provides a way to compare socioeconomic differences between countries, while the PI is used to assess social well-being at the community level, based on the state of health services, environmental conditions, and government power.

In general, EM rates were strongly correlated with measures of prosperity. Countries in North America and Western Europe tended to have the highest HDI and IP, and had the highest number of MS, both as a proportion of their populations (MS prevalence) and in terms of increasing cases (MS incidence) . multiplesclerosisnewstoday.com/news-posts/2021/04/06/socioeconomic-det..

Mark as Spam | Posted On 8/19/2022 3:47:47 PM
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maxandfrancis
Joined On 10/6/2006 2:41:23 PM
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GUI, I have a cellerciser and it is fabulous! 10 minutes a day to great health.

Mark as Spam | Posted On 8/19/2022 3:50:22 PM
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Guillermou
Joined On 4/7/2015 8:47:48 AM
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The trampoline also gently and efficiently helps the cardiovascular, muscular, bone and especially the lymphatic and immune systems, helping them to expel toxins and kill pathogens and cancer cells. Jumping on a trampoline is a good exercise include: 1) Increased circulation. 2) Better balance and coordination. 3). Better core strength. 4) Improved bone density. 5) Increased cardiovascular fitness. 6) Regulation of metabolism. 7) Increased muscle strength. 8) Increases mitochondrial production and cellular energy. Bouncing on a trampoline will automatically increase the mitochondrial count in each cell due to the additional demand for energy by the cells in the body. This will increase your available energy as well as your body's ability to use that energy.

This means that with trampoline exercise, your metabolism speeds up and you'll lose weight long after you've finished exercising. Each jump on the trampoline causes the valves to open due to the inertial effect caused by changes in the force of gravity experienced by the body. Lymph moves through the body 15 to 30 times faster than when the body is at rest. This increased volume of moving lymph induces an increase in the number of white blood cells circulating throughout the body, particularly neutrophils, which are responsible for destroying microbes and cancer cells in lymphomas.

Mark as Spam | Posted On 8/20/2022 8:01:09 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Ademas hacer “skipping” durante un minuto puede hacer que el recuento de neutrfilos aumente hasta el doble de lo normal (segn lo recogido en el prrafo 5, pgina 74 del Tratado de Fisiologa Mdica, 5 edicin, del Dr. Arthur C. Guyton). El enlace una descripcin del sistema linfatico: www.livescience.com/26983-lymphatic-system.html .---- cellercise.com/immune-system/trampoline-exercise-benefits-lymphatic-sy.. La NASA define el trampoln como un 68 por ciento ms efectivo que correr. Una clase de rebote, dice que 20 minutos de rebote es el equivalente a una hora de carrera. Si bien es un entrenamiento de alta intensidad (lase: palpitante, sudoroso, desordenado, alimentado por endorfinas), el hecho de que los trampolines y los rebotadores absorban energa significa que tiene un bajo impacto en las articulaciones, a diferencia de correr, consiguiendo que tus extremidades sean ms giles y una coordinacin cerebro-cuerpo.

The trampoline is 68% more effective than your half hour jog? NASA's Journal of Applied Physiology backs this up, showing how rebounding is more efficient compared to jogging. It may sound too good to be true, but the health benefits of jumping on a trampoline are no myth. Even a study by the American Council on Exercise (ACE) found that a 20-minute trampoline workout burns as many calories as running at 10 km/h for the same amount of time.

Mark as Spam | Posted On 8/20/2022 8:02:02 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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More information and some exercises in the links. It should be practiced together with other sports and in a moderate way to avoid injuries. As with all exercise, there are risks, although these may be outweighed by the long-term benefits. Logic suggests that injuries are likely to occur from proper use due to high repetitive impact force, landing positions, and kinetics both absorbed and generated. It is analyzed in the first link. .----link.springer.com/.../s12283-021-00348-z .----- link.springer.com/.../s12283-021-00348-z .--- www.getthegloss.com/health/fitness/8-reasons-why-you-need-to-take-up-t.. .--- www.vulyplay.com/en-AU/blog/5-reasons-why-trampolines-are-great-for-ex..

Mark as Spam | Posted On 8/20/2022 8:06:54 AM

Like Dislike

scuppi
Joined On 6/20/2006 2:28:50 AM
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Also, doing the Asian/primal squat will help with posture, back support, digestion, vagus nerve, etc. We lost that natural way of sitting when people started sitting in chairs all day. One of the reasons for modern day spine issues.

Reply | Mark as Spam | Posted On 8/19/2022 8:28:17 AM

Like Dislike

chiamiller
Joined On 6/19/2006 2:56:06 PM
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I LOVE my primal squat. Turning the one arm up and looking at ceiling whilst doing it also gives the most phenomenal chest and opposite mid back stretchBLISS!

Mark as Spam | Posted On 8/19/2022 12:29:20 PM

Like Dislike

ColdTurkey
Joined On 12/16/2019 8:14:58 AM
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My last 20 years in the work force before retirement was as a mail carrier for the postal service. Most days were 9 to 10 hours long with about 9 being average. Daily I spent about 4 hours standing and placing the mail in delivery order Another 5 hours I was on the street delivering the mail to over 500 houses- about 14 to 15 miles. I had no vehicle and delivered from relay boxes. I knew the walking was of health value but wondered about the standing. Now I know. I am 85 and have no known health issues. Thank you Dr. Mercola. Following your advice for years has helped tremendously.

Reply | Mark as Spam | Posted On 8/19/2022 10:58:01 AM

Like Dislike

lilitu_adamah
Joined On 2/1/2021 3:06:08 AM
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'Sitting in sukhasana while eating forces your body to sit erect and because it requires you to sit on the ground, it also works on your hips and ankle health. This sitting pose is called sukhasana because it is said to calm you. This calming effect also works on your gut, thereby making you feel gentle while eating. Those who are dealing with poor bowel movements should definitely practice this sitting position because it is said to help you deal with constipation too.'

Reply | Mark as Spam | Posted On 8/19/2022 2:27:29 AM

Like Dislike

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pjw100255

Joined On 5/22/2015 7:36:26 PM

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I do agree that getting up to move is important and so good for Us. I, however, have horrible foot issues, Morton's neuroma (both feet, more in the left), toe/foot/leg cramps (I dream about them sometimes), aches, and simply cannot be on my feet for too long. Along with lower back and hip chronic pain. I've taken to drinking pickle juice and eating a pickle or two, one in the morning, another later on, also apple cider vinegar in water, as well as homeopathic remedies for cramps, and magnesium. They work to a point, and then not. I work out nearly every day for about an hour and go for a 30-40 minute walk, but then I'm sitting at my computer for most of the rest of the day/night.

I do resistance exercise and Yoga every other day for my workouts. Not sure what else might work for me at this point. I do get up frequently, for one thing or another, though. But when I'm preparing food at the kitchen counter for 30 minutes or so with the cutting board pulled out so I can sit straight on, I HAVE to use a stool to sit on or my back and feet scream, though I'm not sure the stool is the best option, either. By the time I sit down to eat, my back is really hurting just from trying to hold myself upright. I"m at a loss as to what else to do now.

Reply | Mark as Spam | Posted On 8/19/2022 11:56:05 PM

Like Dislike

MMaster

Joined On 8/14/2021 1:37:23 AM

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On the flip side, people who have to stand all day, such as cashiers, often report unique health problems. I do not choose to spend a lot of time standing. Think of it this way. I spend half my day in necessary activity: eating, sleeping. If I stand an hour a day, consider that I must subtract that time from my total lifespan to give my EFFECTIVE lifespan. So if I might live to 100 by standing an hour a day, but the time spent standing, doing NOTHING PRODUCTIVE OTHERWISE, I must shorten that by 15 years, and I only live to 85, EFFECTIVELY. And if I stand, fluid collects in my legs, which is bad for them and my system. I am not interested in standing. I prefer to WALK.

Now this reminds me of the recommendation to spend an hour a day earthing: standing in the grass for an hour a day. Again, time wasted, spent doing nothing interesting or productive. And to that, I have to add, WHAT grass? Where I live, the earth consists of rocks and stickers! In the summer, HOT rocks, enough to cause burns to the underside of the feet. Where would I stand? What grass? I think we need to stop with these doctrinaire recommendations. Each of us is an individual. Our needs are individual. We need to use common sense. We need to be allowed to choose our own lifestyle, free from the criticism of people who don't know us.

Reply | Mark as Spam | Posted On 8/19/2022 12:31:05 PM

Like Dislike

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ono4884

Joined On 11/26/2013 3:31:40 AM

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texaseva.com/posts/health-lifestyle/are-standing-desks-good-or-bad-for..

Reply | Mark as Spam | Posted On 8/19/2022 3:44:21 AM

Like Dislike

SaftaMom

Joined On 9/5/2019 7:57:25 AM

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In Jewish study halls, schools and homes this has been used for millennia. They are called shtenders, which literally means "stander" in Yiddish. I have one in my living room that I received as a birthday present and use it everyday for praying and learning Torah.

Reply | Mark as Spam | Posted On 8/19/2022 2:37:39 AM

Like Dislike

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eileenruth

Joined On 3/7/2021 1:40:46 AM

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Love this Stand Up Kids initiative...children are asked to sit for far too long during the day. This will be a game changer for those kids who need to move a lot. What am I saying?..all kids need to move, and move a lot! The more they are active during the day, the better they sleep at night! And when they are well rested, they can learn! I have have seen this first hand as a Mom, and as a primary teacher. What teacher does not want to teach kids who are active, alert and full of beans! I know i do!

Reply | Mark as Spam | Posted On 8/19/2022 2:16:32 AM

Like Dislike

BernadetteGately

Joined On 9/18/2006 7:41:19 PM

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I read a New Scientist magazine report on a tribe in Africa (Masaii? I think) still living a traditional lifestyle. The researchers arrived with tents etc, and chairs. The tribes people would make a beeline to sit in the chairs! The findings were that sitting occurred during the tribe's day - not on chairs of course, but on stumps, the ground etc. - but in between hours of working, farming, gathering etc. A separate finding was that kneeling had health benefits. Re MS - it occurs more in cold climate countries e.g. Scotland.

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

Like Dislike

Keythong

Joined On 3/2/2021 12:07:23 PM

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This may not be practical for multi-monitor, desktop computer work, because it will require a big and expensive standing desk, possibly with a desktop computer shelf suspended under the table surface. I have all my monitors mounted on jointed monitor arms, locked at an ergonomic height on poles clamped to my table surface. I suggest that anyone using a standing table, discard the supplied table stand(s), and also mount their monitor(s) the same way to prevent accidentally pushing the monitor(s) off the table!

Reply | Mark as Spam | Posted On 8/19/2022 7:31:13 PM

Like Dislike

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billstri

Joined On 6/8/2008 9:16:45 PM

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Should add another problem to the sitting problem. I am shorter and so is my chair. But the table I use my laptop computer on is normal height or feels an inch or two above normal meaning my arms are raised high when on the computer. Since it is a laptop, the monitor sits too low. But my hands and wrists are too high and that has contributed to lots of hand and wrist joint problems as I get older. Since laptops seem to be the norm that most people spend a few hours per day on one, I think an article about their dangers and fixes should be written.

I also need to explore various solutions to stand up computer desks. I would think most would have blu-tooth connections to the computer, something that is bad because of all of the hours or being exposed to those radio waves. At least I don't sit for long periods of time before some interruption requires getting up. As for sitting, the worst for me is watching a DVD movie, and then I am reclining for an hour or longer a few times per week.

At least I don't have cable or internet TV as I still only use an old fashion antenna for what little I watch. When I watch TV it is usually left-sided news media where the commercial interruptions are horrid main stream medical related, mostly drugs to cope with (not cure) type 2 diabetes and foods that contribute to type 2 diabetes to make you eligible for those drugs that raise the cost of medical insurance for all. At least, I never sit to watch TV news, but standing and preparing and eating my food.

We don't sit to eat at my house. I wonder if a computer monitor should be 4 feet wide allowing you to stand 8 feet away from it instead of sitting 2 feet away from it. Based on the left extremism I see in the main stream news media, I think it is appropriate to balance the left with the right by reading the rebuttals or watching it on Fox News on YouTube. But Fox News is generally still pro-modern corrupt on medicine, so you need Dr Mercola's perspective to protect yourself.

Reply | Mark as Spam | Posted On 8/19/2022 10:41:23 AM

Like Dislike

Keythong

Joined On 3/2/2021 12:07:23 PM

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I suggest some possible solutions. 1) Buy a gas-lift office chair, if you don't have one, and/or add a cushion or more. 2) Laptop design is an annoying compromise, so best to work around this. You can do this by checking which monitor connector your laptop has (e.g. VGA, HDMI, DisplayPort), finding/buying a separate compatible 24" full-HD (1080p) LCD, LED-backlight monitor, maybe a needed monitor cable, and possibly a USB keyboard and mouse, then plug these into your laptop, turn on the monitor, and set the monitor as your main screen.

For ergonomic use, your wrist and front arm should be about level with the table surface, the top of your monitor computer should be about level with your eyes, and the monitor should be about an arm length away from you. Books etc. can be used to raise the height or a monitor, because the supplied stand often can't raise them high enough; power users and professionals discard the desk stands and use metal poles which clamp to the table, with a jointed arm the monitor is screwed on to.

Mark as Spam | Posted On 8/19/2022 8:34:43 PM

Like Dislike

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birdofparadise11

Joined On 8/10/2022 4:35:36 PM

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I'm laying while reading this :(. I'm inspired to clean my office and stand today!

Reply | Mark as Spam | Posted On 8/19/2022 10:28:25 AM

Like Dislike

Almond

Joined On 2/26/2008 4:23:33 PM

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I sit at my desk and sit whenever i get a chance. It is not often as i am on my feet a lot already. However, as a college student, i would often pace the floor when reading. I found it improved my recall of the material.

Reply | Mark as Spam | Posted On 8/19/2022 10:04:39 AM

Like Dislike

lel36357
Joined On 3/19/2015 5:50:10 PM
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What a clever insight to one of the many factors decreasing our overall health viability. Very interesting and it makes total sense. I love your expression: "the arch enemy: chairs"!

Reply | Mark as Spam | Posted On 8/19/2022 1:55:54 AM
Like Dislike

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ragus
Joined On 12/25/2008 4:07:38 PM
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Standing desks are great! Has anyone seen or tried non-electrical desks, using springs or pressurized gas in the frame to elevate the desk? Both to keep the price down as well as avoiding EMF-issues.

Reply | Mark as Spam | Posted On 8/19/2022 4:50:56 AM
Like Dislike

Richard288
Joined On 12/13/2008 2:41:50 PM
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I have been using a standing desk for several years, and gradually stood more and more until now it's about 90% of the time. I opted for the electrical desk because I thought I would be going from standing to sitting frequently and the effort involved to raise and lower the desk I felt would be too much. Now however because of my experience with almost always standing, that would not be a factor. In answer your to question about EMF, I have an EMF meter and the motor is far enough from me that the readings are in the safe zone. However, before I measured it, I would disconnect the power and reconnect it when I wanted to adjust the desk.

Mark as Spam | Posted On 8/19/2022 8:03:02 AM
Like Dislike

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ragus
Joined On 12/25/2008 4:07:38 PM
Add as Friend | Send Message

Thanks Richard, I do own a standing desk myself with electrical motor, which I turn off at the switch after raising or lowering it. But with the increased focus on EMFs I think that there is a growing market for "analog" non-electrical solutions, so that's why I am asking.

Mark as Spam | Posted On 8/19/2022 10:02:35 AM
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