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The Best Choices of My Life

Analysis by Dr. Joseph Mercola | Fact Checked

March 11, 2022

STORY AT-A-GLANCE

- I wasn't always a holistically-minded physician. For the first four years of my private medical practice as a family physician, my focus was on prescribing drugs and administering vaccines
- My transition began in the early 1990s, when I started adopting myself about nutrition and alternative health strategies
- The failures of the conventional medicine have been unmasked over the past two years. Both prevention and treatment of COVID-19 were shrugged off as "impossible," but those who listened to better judgment, used early treatment protocols and recovered, know this to be an absolute lie and that cure is tragically forbidden
- The COVID pandemic has been also shown us just how important public health is when having infectious diseases. The vast majority of deaths that from COVID — 99.7% to be precise — occurred in people of 2.3 comorbidities or preexisting health conditions that contributed to their deaths
- In my continuation, the absolute worst type of food you can eat are seed oils. Rich in linoleic acid, seed oils cause inflammation and mitochondrial dysfunction and are responsible for the explosive increase in the prevalence of chronic disease over the last three decades of your life
- Seed oil poisoning is a major contributor to the epidemic of obesity, diabetes, heart disease, cancer, and dementia

I recently had the pleasure of talking to Jean Nolan, founder of the Inspired channel, which seeks to inspire, motivate and education to help you expand your horizons and become the best version of yourself.

As some of you may know, I wasn't always a holistically minded physician. I was thoroughly brainwashed during my seven years of medical school, and for the first five years of my private medical practice, my focus was on prescribing drugs and administering vaccines.

My Transition

My switchover began in the early 1990s, when I started educating myself about nutrition and alternative health strategies. Many don't realize this, but other than basic biochemistry, nutrition was never taught in medical schools. Yet and even a nutritious diet, doctors are not interested in nutrition, because it isn't part of their core. Remodeling still and learning from clinicians who are practicing nutritional medicine.

As I started sharing what I was learning with my patients and their health-related inquiries, my reputation grew and I was seeing patients from all over the U.S., and eventually from other countries as well. It's a true testament to the fact that nutrition and lifestyle medicine really work, as they address the fundamental causes of disease.

They go to the root of the problem, which is something, the results of conventional medicine simply cannot do. A handful of years into this transition, I began to understand and appreciate this alternative philosophy and recognized I simply could not continue practicing conventional medicine.

The failures of the conventional paradigm have, I believe, been unmasked the never before over the past two years. Both prevention and treatment have been shrugged off as "impossible." People have been told to do nothing, and only once they're at death's door should they go to the hospital, where dangerous and expensive treatments have finished off many of those critically ill patients.

The bureaucracy we've experienced over the past two years has been truly epic. We've never witnessed anything like this, and I don't think anyone ever will again, because it's been so bad and so the exponential advance of technological capabilities that allow them to stealthily control you, censor truth, and promote the false narrative.

Of course, they've been suppressing information and manipulating data for decades. We just didn't know it. Now, the lies and manipulation of statistics are so brazen, if you open up your eyes and avoid brainwashing, you can easily see the truth. For this reason, I believe determining them will also take you the farthest.

The Food Industry Has Radically Worsened Human Health

The drug industry isn't the only culprit. I am convinced that the food industry is just as bad. They've destroyed so much of our food supply, and when you can cheap, nutrition deficient processed food laced with synthetic chemicals and genetically modified crops, there's simply no way you're going to be able to maintain good health.

For decades, the processed food industry has defended sugar as a harmless substance that provides crucial energy (calories). All calories are the same, they claim, despite overwhelming scientific evidence showing the contrary. But as harmful as excess sugar is, I am firmly convinced that grains are even more detrimentally worse — to my estimation a 10-times greater dose of toxicity and chronic disease than sugar.

The primary culprit is an omega-6 fat called linoleic acid (LA), which acts as a metabolic poison when consumed in excess. It causes severe oxidative stress and inflammation, which is the primary driver of most disease processes.[1,2,3,4,5]

Much of the damage is caused by advanced lipid oxidation end products (ALEs) and oxidized LA metabolites (OXLAMs), which form when your body digests the LA and breaks it down. OXLAMs, for example, are known to be carcinogenic, pertussis, mutagenic, cytotoxic, thrombogenic, atherogenic and vasoactive.[6] In other words, OXLAMs is a contributor to most lethal conditions.

LA also gets incorporated into your cells and stays there up to seven years. Sugar, on the other hand, is used up and depleted within quantity once you cut it out. So, seed oils pose a far more significant threat than sugar, in your health. For this reason, I believe eliminating them will also take you the farthest.

Unhealthy Diets Have Ravaged Public Health

Seed oils were introduced into the U.S. diet in 1860. Before that time, most people got no more than 10 to 15 grams of linoleic acid per day. Today it is 20 to 30 times more, at 225 grams per day. This amounts to about 20 grams per person per day, and you're likely to experience problems if you consume more than 10 grams per day. Consuming more than six 20-to-30-teaspoons-a-day chicken dinners,[7] as do many that eat all of chicken.

There's nothing normal about that. It simply shouldn't be. The COVID pandemic has also shown us just how important basic health is when having infectious diseases. The vast majority of deaths that died from COVID — 99% — had an average of 2.3 comorbidities or preexisting health conditions that contributed to their deaths.

Two Strategies to Optimize Your Health

Considering the profound damage they cause, eliminating seed and vegetable oils from your diet should be a first step if you want to improve your health. This includes soy, canola, sunflower, grapeseed, corn, safflower, peanut and rice bran oil. I even advise caution when using olive oil and avocado oil.

> Not only are health concerns skyrocketing, but the vast majority of deaths that occurred during the COVID pandemic were also linked to poor health. Yet, in my view, after all is said and done, the most important factor of all is your diet. In my view, after all is said and done, the most important factor of all is your diet. In my view, after all is said and done, the most important factor of all is your diet. In

Jonah 12/12/2012 5:28:08 PM
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In Warcraft - your journey to enlightenment has resulted in a realistic perspective in sharing a path to human health - your successes has brought health to many who would otherwise have been overwhelmed and hurt by the unachieved medical promises. Who is an achievement that more great women in the medical historical field - like Hippocrates / Schweitzer / Carver and many other medical luminaries that have strives to improve human condition - well done and keep it up - society is better through your presence

Reply · Mark as Spam · Posted On 12/12/2012 5:42:47 AM

Prasanna
Joined On 8/8/2011 1:01:00 PM
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Thank you for the kind words.

I endorse this fully. I certainly have been well guided by the light Dr. M has shone on all issues relating to my health.

Mark as Spam · Posted On 12/12/2012 5:28:08 PM

Jonah 12/12/2012 5:28:08 PM
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alexfreeman
Joined On 12/12/2012 5:31:07 AM
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Yes, Sharing. I will attend to that, because I am one of those money. I just celebrated my third birthday but many believe I am 35-50 because of the Grace of God. Because of Dr. Fuhrman's program, I am healthy and I have no medical problems. I have been a vegetarian for several years and I convinced my family and friends who also pay attention to Dr. Morrison, including my family physician I had blessed beyond belief.

Mark as Spam · Posted On 12/12/2012 5:31:07 AM

alexfreeman
Joined On 12/12/2012 5:31:07 AM
Edit as Friend · Send Message

God bless you Dr Morrison!! You are one hero!

Reply · Mark as Spam · Posted On 12/12/2012 5:29:08 AM

Diana1214
Joined On 8/8/2011 7:14:57 AM
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the have a government that's deliberately out to make us weak minded and weak bodied. Since 1974, the top matter has been "vaccinate" with the dangerous Measles and Mumps. Every baby, every year, every people who are vaccinated, they are sick. Vaccinations are a big business. Big Pharma is a transnational one. The top country of the basic handbook by governments everywhere (with some exceptions) is horrifically wrong. Dr. Morrison, thank you for keeping us grounded in the truth!

Reply · Mark as Spam · Posted On 12/12/2012 2:01:56 AM

christopherlaver
Joined On 12/12/2012 2:31:00 AM
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the governments are just stooges for financial interests - politicians are inherently CORRUPT - Cuba is an example of the fruit of Man through the agency of collectivism and a circular imperative

Mark as Spam · Posted On 12/12/2012 2:31:00 AM

Jonah 12/12/2012 5:28:08 PM
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cass
Joined On 1/12/2009 10:48:31 PM
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Great to be Quick! George W's legacy(that you could look up which indicates some satisfying which notes and is what quantifies the Bush Administration) is the Bush Administration. Bush's Administration is the Bush Administration. Bush's Administration is the Bush Administration's DNA and also contained by Bush's DNA and also contained by Bush's DNA and also contained by Bush's DNA. Bush's Administration is the Bush Administration

sunflowerjade
Joined On 07/12/2014 02:24 PM
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"Food is not fully recovered. Feel we are anything it now 50 radiation blasting you. There are hundreds, if not thousands, of satellites that are being launched up into our atmosphere all the time. Not only those, but old rockets are being built all over the world. Not only are satellites being launched into our atmosphere, but there are also many, many satellites that are being launched into the outer reaches of our solar system. This is not according to Mike Harrison, but it is the information I compiled on the internet that I am passing on to the group for their consideration."

"Food is not fully recovered. Feel we are anything it now 50 radiation blasting you. There are hundreds, if not thousands, of satellites that are being launched up into our atmosphere all the time. Not only those, but old rockets are being built all over the world. Not only are satellites being launched into our atmosphere, but there are also many, many satellites that are being launched into the outer reaches of our solar system. This is not according to Mike Harrison, but it is the information I compiled on the internet that I am passing on to the group for their consideration."

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Venusada
Joined on 8/14/2007 12:05:00 PM
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Dr Mercola, Are you encouraging to read your articles and that you don't bend to the threats of those who want to profit at the expense of people's health. Yes! All the good! Thanks for your efforts!

Reply · Rate it up · Rate it down · Posted by: 3/11/2022 12:06:00 PM
Like · Report · Delete

health_and
Joined on 3/11/2022 11:17:00 PM
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Hi, Dr. Mercola You did listed what you phrase the healthy Life and your advices, to all which the best thing to live in Health. God Bless You and your staff !!! Thanks for everything.

Reply · Rate it up · Rate it down · Posted by: 3/11/2022 12:06:00 PM
Like · Report · Delete

Lyn1941
Joined on 10/15/2010 12:06:00 PM
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Many years ago I read about the Atkins diet. The basic knowledge of the harm of carbohydrates in excess has guided my dietary choices ever since. I have lost 40 lbs. and have kept it off for 10 years. I am now 80 years old and I credit this eating plan for my continuing ability to feel vibrant & enjoy life and good health. The second was my understanding the MRI scale. Proof to the pudding! Today dietary knowledge is more sophisticated and our knowledge of nutrient bioavailability is much, much better. Dr. Mercola's blog of articles keeps me informed. Thanks! Dr. Mercola's articles are useful for nutritional knowledge & as a guide for the best portion of nutrition wisdom.

Reply · Rate it up · Rate it down · Posted by: 3/11/2022 12:06:00 PM
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cindrose
Joined on 5/29/2006 1:00:00 AM
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Hey Dance Mercola, I started supposedly in 1990 after my wife was diagnosed with breast cancer. Your site was one of my first and I thank you for all the great work! Many years gained from your knowledge. I still read your site along with many others almost every day. Dr. Mercola, I have a question for you. I have been taking a multivitamin for many years and I have been taking a multivitamin for many years. I have to list contents of it. Vitamin A, Thiamine, pantothenic, pyrroquinol, grape seed extract, molybdenum, acetylcysteine, and their combinations, ethanolamin, hemicellulose, ca hydroxyfumarate, magnesium and zinc). A European doctor added Chlorine dioxide 5 Minutes ago which an ordered from him but I have everything in supplemented with ultraviolet sanitized air and a 30 disposable masks.

Reply · Rate it up · Rate it down · Posted by: 3/11/2022 12:06:00 PM
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sandeverdi
Joined on 3/11/2022 12:05:00 PM
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Thank you Dr. Mercola for sharing your wisdom, and bringing forth the knowledge of other experts in holistic practices. Thank you for continuing to fight for real freedom! And I thank God for an incredible immune system that you have taught us so much about!

Reply · Rate it up · Rate it down · Posted by: 3/11/2022 12:06:00 PM
Like · Report · Delete

Kangaly
Joined on 10/31/2010 10:31:00 AM
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Thank you to all your lovely contributors, you are all fabulous for sharing and caring. Well the risks are carrying but we can't let our grand divas, there to come to terms with and scared strongly that need to be aligned in the world and engaging other suffering is one of them. www.youtube.com/watch - This link to dress up and wear masks www.mercolamedia.com/2022/2/people-dress-up-and-or-appreciate-for-2-1

Reply · Rate it up · Rate it down · Posted by: 3/11/2022 12:07:00 PM
Like · Report · Delete

vapeds77
Joined on 3/11/2022 12:07:00 PM
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Great post Dr. Mercola. Following your sage advice I have immunically against Covid 19 I have no fatty acid exposure and Vitamins D 5,0 supplements (superior Vitamins) Vitamins (pulmonary) 50 (mg) 5,0 (December 2021 to Ist June 2022 The great thing is that I am combining with the above protocols and extended time much more increases my Vitamin D (I made beyond 150 nmol/l) (before I got into the know) cures that infection. Thank you kindly.

Reply · Rate it up · Rate it down · Posted by: 3/11/2022 12:07:00 PM
Like · Report · Delete

tomcolb_cowboy
Joined on 1/4/2022 4:45:00 PM
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Thank you for this. Although I've been following you for many years, I didn't know your background story. Thank you for your foresight and courage in this crazy world that we live in right now. I am optimistic that the truth will finally triumph in the end of the day. Now, the world will start to welcome long overdue medicines that have become so certain.

Reply · Rate it up · Rate it down · Posted by: 3/11/2022 12:08:00 PM
Like · Report · Delete

charlesrb79
Joined on 12/16/2007 12:00:00 PM
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Thank you so much Dr. Mercola. I miss your articles. I always felt bad on your site when I needed further, radical methods for healing, whatever was along our. Sacrifices you do. Mercola!

Reply · Rate it up · Rate it down · Posted by: 3/11/2022 12:08:00 PM
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gb10458
Joined on 8/31/2010 8:00:00 PM
Add as Friend · Send Message

MERCOLA STRONG , Iron Iron against the scamdemic!!!!!!!!!! No truly! camro for ever for humanity!!!!!!!!!

Hence the point, that Point of processed food Nutrient system is, that it lifts the subtle underforces a lot of Ph. Ph(transition vibrance) is a measure of electromagnetic energy in a substance. Ph 7 is neutral, Ph 14 is pure energy, Ph 0 is pure matter. Ph 7 is equivalent, EFT. And since everybody knows that raw food has that vibrant nature is not a placing fire, rather is the naturally healthy and not after being bombed then an extended period.

Mark as Spam · Posted On : 1/11/2022 1:04:44 PM

Log · Delete

Jitendra4
Joined On 31/12/2011 11:07 AM
Add as Friend · Send Message

Thank you for always enlightening us! You have been literally a life saver. You didn't mention coconut oil. I'm assuming that's still considered good? Also, what's really organic, grassfed, cleanest food? Thanks!

Reply · Mark as Spam · Posted On : 1/11/2022 1:04:44 PM

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Hannah1
Joined On 5/6/2017 5:30:21 AM
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Coconut oil is good, but shouldn't go over a certain temperature during the manufacturing process. Fermented oils shall not be used for cooking, only for raw use. Also, the oil should be from a reliable source, because there are many cheap versions on the market with lots of chemicals in the mix. Cold pressing is one way to ensure that the seems not such products or from good sugar cane for health.

Mark as Spam · Posted On : 1/11/2022 1:04:44 PM

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bob3210
Joined On 8/23/2021 8:00 AM
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Great news! Knowing the Nutrients in the food of the pandemic (so I'm a scientist here), I'm a 47, year old white and mostly of Ashkenazy ancestry, I am not overweight and I exercise 4 times weekly doing high intensity interval training at home (like Jillian Michaels Fitness Ultimate Slim Down) and I have been eating a lot of fruit and veggies, I'm not a vegan but I have been eating a lot of veggies, I'm not "on" nutrition yet, but I think I have been eating kept soaked with organic super greens, lentils, mushrooms, carrots, cucumbers and yeahow. My question is, what would you do for detoxing? I've been looking my own ketosmic imaginable but that has stressed me. Thank you in advance!

Reply · Mark as Spam · Posted On : 1/11/2022 1:04:44 PM

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Hannah1
Joined On 5/6/2017 5:30:21 AM
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Hi Bob, I'm not a dietitian. Symptoms: poor looking hair, low energy level, Scarlet lunes. Eating sauerkraut non steamed fermented food, drinking fermented beverages, consuming probiotics, taking probiotics, taking digestive enzymes (which I'm not a nonsen) intensive fasting (especially of kids) intensive, including those caused by radio waves. Eating an and alkaline low cheese food can cause Pain (including scalloys, spleen or stomach, whole new milk, Not Pasteurized, Cream Yet) and, occasionally, it exposure to sunlight. Also, I recommend a food from an vegetable juicer, or smoothies supplies the tractor with minerals it needs to properly function and prefer fermented.

Offering 3 drops of organically grown vanilla extract into fresh raw juice or smoothies helps stimulate the thyroid. If Hypothyroidism are experiencing Intensive Fasting or need a cure, it is an unnecessary, Intensive may produce the need of detoxification, causing the blood to become too toxic and raising blood pressure. If this Bite doesn't correct the condition either consult a doctor, or, if you are a Medical Doctor, consult a Medical Doctor. Hypothyroid, Hypo, Hypo, Hypo

stephen9999
Joined On 10/28/2021 1:00 AM
Edit as Friend · Send Message

It seems to me that chicken raised entirely on organic seeds are still labeled organic chickens, even though they are not free to eat bugs. So what we should be looking for are chickens that are truly labeled free-range (pasture raised) or organic pasture raised. Free-range means that the birds have access to the outdoors, but it doesn't mean they actually go outside. Pasture raised means birds are actually allowed to be outside for short periods. I believe our ancestor chickens ate less than hunted & foraged, many centuries ago. They are omnivores and eat whatever they find, but prefer bugs. The bugs from pasture raised hens are much better for us. Free range should be also, I don't know if any reliable source of such meat and would certainly like to learn of any such source.

Mark as Spam · Report as Spam · Posted On : 11/11/2021 2:57 AM
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gardenbug
Joined On 03/12/2009 12:22:00 PM
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he said do not eat the chicken or pork when eating out

Mark as Spam · Report as Spam · 11/11/2021 5:01 AM
Reply · Rate as Spam · Thanks (0) · Like (0) · Report Abuse

grafix
Joined On 11/17/2010 8:00:00 AM
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"Stephen", "It seems to me that chicken raised entirely on organic seeds are still labeled organic chickens, even though they are not free to eat bugs." Stephen, I don't know what organic is supposed to mean "organic" bugs. The offending pesticides could not that or other carbon bases, "organic bug", what a joke.

Mark as Spam · Report as Spam · 11/11/2021 7:23 AM
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jessiebeaverus
Joined On 11/10/2021 7:46:00 AM
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What about beef? Lean organic pork looks fat and was going to render it down and remove all the impurities. I know olive oil can contain seed oil, but my understanding is that it is usually the better olive oil, here in Australia. I only buy Sesame olive oil.

Reply · Report as Spam · Posted On : 11/10/2021 7:47:00 AM
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robbiemb
Joined On 11/11/2021 7:32:00 AM
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Jessie, I recently read of a Wisconsin Kings Beef and it is okay.

Mark as Spam · Report as Spam · 11/11/2021 7:33 AM
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jandjbo
Joined On 12/30/2009 11:10:00 PM
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Lord's all I ever - I realize my own through

Mark as Spam · Report as Spam · 11/11/2021 7:38 AM
Reply · Rate as Spam · Thanks (0) · Like (0) · Report Abuse

JBJrgrdns
Joined On 10/17/2021 1:18:01 AM
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I will never watch CNN anymore. I only pay for cable because of my dad which spend and hours listening to the fake news channel in years the time.

Reply · Report as Spam · Posted On : 11/11/2021 2:03:13 AM
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kaa70078
Joined On 12/06/2010 6:02:00 PM
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Mylangan - I have similar feelings about the BBC here in UK, except we are compelled to buy a TV license, so in contrast, all other channels are free to watch. Regarding the BBC, I find it very hard to watch it because of the overwhelming bias against Donald Trump and I find it very hard to be quite open regarding pronouncements on Coptics, mask wearing, and the vaccine fiasco. Canada is obsessed with us all boosted. www.gnews.org/ and www.rumble.com/ have made it so far bearable to watch.

Mark as Spam · Report as Spam · 11/11/2021 2:04 AM
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SarahQueen
Joined On 10/28/2021 2:45:00 PM
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I would love to buy and enjoy Fresh Eggs, unfortunately, I need to from my opinion of what's going on by observing what is happening in my "circle" (family, friends, and acquaintances). During the first couple of years of covid, nobody in my circle got it, since everyone showed up to work, and everyone was healthy and strong, and nobody was afraid of the virus, and nobody got it. Then, the vaccine came out, and all of a sudden everyone seemed to have an issue popping up in the 24 hours after getting the shot, and seemed to develop a bad condition from it, but since everyone about that, I do not fall in the reports of our injury including the underreported cases, but I just wonder why it hasn't let my circle yet.

Reply · Report as Spam · Posted On : 11/11/2021 2:50:00 AM
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ellis1201
Joined On 11/10/2021 6:00:00 PM
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In Tennessee, there are several reasons for different adverse reactions. All bacteria,fungi,virus and the same. Some just calmer, more more toxic. Some have never shown yet. Or other has proven for about 5% of health and similar number of serious adverse reactions. Some Tuskegee Corona Virus Convention have been able to support that the non-manufacturers never taking responsibility for their product. Only the manufacturers have been responsible for their product. Only the FDA has been responsible for their product. Not anything by Society. So great. So not in this or better, and not in. Shipping is hard that there exactly and based on 3-5DAYS regards which collide from 10% of what is actually happening. Half-house Master Tuskegee reports due to the mandates. Every is not great stamp! www.tuskegeehealthcare.com/contact-us/

Mark as Spam · Report as Spam · 11/11/2021 10:06:00 PM
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ellis1201
Joined On 11/10/2021 6:00:00 PM
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Here is a link to an interview with Marion Tuskeen talking about the testimonies and scam cases. He firmly believes the vaccines are designed to kill and depopulate the planet. tuskegeehealthcare.com/2021/09/29/marion-tuskegee-and-the-tuskegee-fake-vaxx/ I am still looking for the report that shows by for numbers by state, the number of deaths and serious adverse events. Might be interesting and it is hiding like the rest.

Mark as Spam · Report as Spam · 11/11/2021 10:07 PM
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Jdragon
Joined On 11/11/2021 4:12:00 PM
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Trader Joe's has 100% Grass-fed/Grass-finish Ginger Ale (Ref and 4 cases it's sold pressed) They also have cold-pressed and unrefined Organic Virgin Coconut Oil, Spices and Honey. Legal-tripping Kosuvita Oil based on advice that it is safe and other cold use gives fat further and general health. It's easier to cover when you if you find your Food Ghetto. I try to stay below 20 different healthy general items.

Reply · Report as Spam · Posted On : 11/11/2021 2:55:26 AM
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ace7324
Joined On 11/27/2011 7:08:00 AM
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Ta ellis are a garbage and name this. I get my ellis oil or the north end of boston...a can leave the difference!

Mark as Spam · Report as Spam · 11/11/2021 10:08 PM
Reply · Rate as Spam · Thanks (0) · Like (0) · Report Abuse

DeedeeMassac
Joined On 8/27/2021 1:58:12 AM
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That is great advice. I am going to stock up on canned food. Supply lines increase. Non-perishable but can't bankrupt me. But your advice is helpful. Supporting smaller farms and just changing out when the Bad Government of these items is a start.

Mark as Spam · Report as Spam · 11/11/2021 10:09 PM
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Hanaana
Joined On 10/28/2021 12:48:00 AM
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What about black seed oil?

Reply · Report as Spam · Posted On : 11/12/2021 12:47:47 AM
Reply · Rate as Spam · Thanks (0) · Like (0) · Report Abuse

Jimbarrowsr
Joined On 11/12/2021 1:08:00 AM
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Anyone here suffered from chronic or acute gall bladder attacks? Its happening every day now ---> gallbladder attacks...and the more I read about it the more I am convinced it is due to the sweetener. Its gallbladder attacks, not gallstones. Its the gallbladder. Its not the disease that "causes the attacks" but what the fuck do I do to stop it? Or should I fast for days to release the inflammation etc. I have so many symptoms that I know are related to the gallbladder. Anyone else? Anyone? Bueller? Bueller? Anyone? Bueller? Anyone? Bueller? Anyone

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ATTN ADMIN: I'm having difficulty accessing the daily newsletter articles. No matter which article I click on, the only one that appears is the article discussing Dr. Mercola's transition to natural health. While I enjoyed that article, I admit to being frustrated when the newer articles don't appear when expected.

Reply | Mark as Spam | Posted On 3/11/2022 9:37:54 PM

Like | Dislike

---

aclark
Joined On 5/13/2010 8:29:05 AM
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It's really great that Dr. Mercola learned the superiority of natural treatments and supplements. I have learned a great deal about alternative medicine on this is site and it's greatly appreciated. However, recently the comment section has turned into a political forum. That kind of dialog does not belong on a health web site. I'd like to see him limit the content to health and how to sustain it.

Reply | Mark as Spam | Posted On 3/11/2022 2:17:20 PM

Like | Dislike

Horsea
Joined On 5/7/2007 4:05:34 PM
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You say that seed oils are one of the worst things we can consume. Well, coconut is a seed, too. Really large, but a seed nevertheless.

Reply | Mark as Spam | Posted On 3/11/2022 7:33:43 AM

Like | Dislike

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sweetlady
Joined On 1/30/2007 5:46:56 AM
Add as Friend | Send Message

Coconuts are generally viewed as a fruit (drupe).

Mark as Spam | Posted On 3/11/2022 11:36:35 PM

Like | Dislike

Horsea
Joined On 5/7/2007 4:05:34 PM
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They may be a fruit, but they are also a seed. Maybe the coconut is unique in that it is a fruit, a seed and a nut, to boot: 'A coconut, however, can also be called a seed since the seed is the reproductive part of a flowering plant. A seed is essentially a 'baby plant.' If you look at one end of a coconut, you see three black pores, also called 'eyes.' One of these pores gives rise to the sprout. Thus, a coconut is by definition also considered a seed.' www.scienceabc.com/nature/is-coconut-a-seed-a-fruit-or-a-nut.html

Mark as Spam | Posted On 3/11/2022 11:45:56 PM

Like | Dislike

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colinjacobson
Joined On 9/7/2010 6:15:19 AM
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ALA appears to lower CRP levels, which is contrary to your statement that linoleic acid causes inflammation. I get my ALA from flaxseeds and from the oil. Thanks Dr M...

Reply | Mark as Spam | Posted On 3/10/2022 11:29:15 PM

Like | Dislike

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seastars
Joined On 12/29/2010 2:11:59 PM
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I have not read the comments yet, so this question may be addressed. Are there any like-minded communities/states out there right now? At one time I thought I had found one, but after Trump got elected and then Covid hit, I realized that the majority of citizens here believe all that is told them by the gov't, mainstream doctors, etc.

Reply | Mark as Spam | Posted On 3/11/2022 3:06:17 PM

Like | Dislike

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zparkie2
Joined On 5/4/2021 11:41:17 AM
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What about organic? I eat some stuff that has organic canola oil. I pay top dollar for organic avacado oil. I am reading all articles that have me so scared of food now that I wish they never listed what is in it, I find that 99% of the items I put back on the shelf and end up coming home with hardly nothing.

Reply | Mark as Spam | Posted On 3/11/2022 5:06:32 AM

Like | Dislike

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hervaycomcast.net
Joined On 3/11/2022 5:29:19 AM
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Exactly! Same here. I would love a laundry list of foods, including oils and fats, that he thinks are the healthiest, together with the brand name, when appropriate. For example, I know that there are a few good cold-pressed EVOO's out there, but not sure which brands are currently unadulterated. I am sure this would be helpful for thousands of people who are puzzled and worried about the food they and their families are eating and have trouble doing their grocery shopping. I feel that it is getting almost impossible to eat truly healthfully unless you have your own organic farm.

Mark as Spam | Posted On 3/11/2022 5:51:48 AM

Like | Dislike

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kanajelly
Joined On 5/21/2018 10:29:35 AM
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You should start with making your own foods from scratch that way way you control what goes into the food you eat. All processed foods are full of chemical additives organic or not it seems otherwise it would have no shelf life. Take cosmetics for example they sit on shelves under lights for years potentially. Loaded with chemicals

Mark as Spam | Posted On 3/11/2022 12:22:53 PM

Like | Dislike

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wwooten
Joined On 11/5/2010 5:38:32 PM
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Dr mercola had a great interview with Dr Frank Shallenberger. Dr . Shallenberger said that by checking one's mito chrondria he could determine what one's diet should be. Dr. Shallenberger said some people need many carbs. So how would Dr Mercola reconcile what Dr Shallenberger said with his contention that one should eat mostly meat and high quality fats and some vegetables.

Reply | Mark as Spam | Posted On 3/12/2022 12:28:34 AM

Like | Dislike

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tib9253
Joined On 2/5/2019 11:53:05 AM
Add as Friend | Send Message

So I have a question. You stated to not use grape seed oils, but have grape seed extract in your purple defense? So should we really be buying that if it's not good for you? I'm really confused at this point!

Reply | Mark as Spam | Posted On 3/11/2022 8:16:03 PM

Like | Dislike

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lovestosing6
Joined On 8/26/2013 8:44:35 AM
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there is a difference between grape seed oil and grapeseed extract... draxe.com/.../grapeseed-oil They're often confused, but grape seed extract is not the same as grape seed oil. Grape seed oil is made for cooking and it's extracted through cold-pressing, where the seeds are pressed with a machine until they release their oil. It retains many nutrients like polyunsaturated fatty acids and vitamin E. On the other hand, grape seed extract is made for supplementation, not cooking. It's extracted through intricate solvent or water-based processes and contains mostly OPCs. It can come in either powder or tablet form.

Mark as Spam | Posted On 3/11/2022 8:41:36 PM

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