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Broken Heart Syndrome Is on the Rise

Analysis by Dr. Joseph Mercola ✓ Fact Checked

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November 24, 2021

STORY AT-A-GLANCE

- Broken heart syndrome is also called Takotsubo syndrome (TTS). Under severe emotional stress the left ventricle of the heart can balloon and trigger chest pain, like a heart attack
- Data show that the incidence of TTS was rising before the pandemic, but increasing especially in middle-aged and older women
- Scientists further speculated that the sensitivity to associated with a brain-heart connection that can be triggered by a significant emotional trauma, such as a car accident, loss of a loved one, domestic violence, and financial loss
- It is important to learn how to manage stress to protect your overall health. Consider Emotional Freedom Techniques, meditation, spending more time in nature, breathing through your nose and a combination of vitamin B6 and magnesium

Smith Heart Institute has published a study in the *Journal of the American Heart Association* in which they found cases of broken heart syndrome are increasing in middle-aged and older women, even before the pandemic. Broken heart syndrome is more than a myth or an old wives' tale. The medical term for the condition is Takotsubo cardiomyopathy (TCM) or Takotsubo syndrome (TTS).

The condition is named after a per- Japanese fishermen use to trap octopus.[1] The diagnosis was first introduced in 1991 by a Japanese scientist.[2] After the 1991 paper was published, doctors found several more cases in the following 10 years, but the condition remained largely unrecognized outside of Eastern Asia. In 2004 after the earthquake in Japan, 16 people were diagnosed with TTS.

This drew attention from scientists in the West who later named the condition broken heart syndrome in reference to those who experience the condition after the death of a loved one. After the spread of COVID-19, the prevalence of depression, anxiety and stress of the general population rose significantly.[3]

A systematic review and meta-analysis of five studies including 5,874 people revealed the rise in the number of psychological disorders that became mental health during COVID-19.[4] During the U.S. Census Bureau survey in December 2020, more 42% of Americans reported they had symptoms of anxiety or depression; on the other side of the world in New Zealand, depression and anxiety have exceeded population norms.[5]

Rising levels of stress during the pandemic also increased opioid and stimulant use precipitously.[6] According to the CDC, deaths from drug overdoses had increased at 70,122 in the period ending in January 2018. After slightly dropping for a few months, the numbers began rising by November 2019, and for the CDC reports the 12 months ending March 2021 there were 96,779 deaths from drug overdoses.

This is approximately a 37% rise in deaths related to drug overdoses that occurred during 2020 and 2021. The hemorrhaging that occurred over 2020 resulted in significant psychological, economic and social stresses on people's lives. Data showed that in addition to the mental health issues and drug overdoses during 2020, there was also a rise in the incidence of TTS, also known as stress cardiomyopathy.[7]

Rising Number of Broken Heart Syndrome Before COVID

The initial number of diagnoses of broken heart syndrome during the COVID-19 pandemic may have been expected. However, recent data show the numbers were on the rise in middle-aged and older women before COVID-19 began spreading across the world.

The researchers examined the trends in diagnosis of TTS and found the incidence has changed across age groups and gender.[8] They analyzed the trends in diagnoses from 2006 to 2017 in patients 18 years and older.

The data were gathered from the National Inpatient Sample database and included 135,463 documented cases. The researchers discovered that the annual incidence increased steadily across both sexes. However, women were diagnosed 88.3% of the time, especially those 50 years and older.

The increase in incidence among middle-aged women was linked by speculation but did not carry over to older men. Interestingly the proportion of men to women in the U.S. population at risk remained stable over the entire study period.

The researchers acknowledged the analysis was limited by dependence on the correct ICD-9 or ICD-10 diagnosis coding in hospital records. However, they believe that the number of cases documented over nearly two decades demonstrates not only an increasing incidence but:[9]

> "... a steep increase among especially middle-aged to older women. This overall trend was disproportionate to that seen in other subgroups and appears not completely explained by improvements in clinical recognition."

Before data from this study scientists know that women were more prone to TTS than men. This was the first time age and gender-based differences were identified. "Dr. Susan Cheng is the director of research at the Smith Heart Institute and senior scientist on study. She commented in a press release:[10]

> "Although the global COVID-19 pandemic has posed many challenges and stressors for women, our research suggests the increase in Takotsubo diagnoses was rising well before the public health outbreak. This study further validates the vital role the heart-brain connection plays in overall health, especially for women."

What Is Broken Heart Syndrome?

People who are experiencing broken heart syndrome describe sudden heart attack-like symptoms that include chest pain and difficulty breathing. However, while a myocardial infarction happens because blocked arteries close off oxygen supply to the heart muscle, TTS is something entirely different.[11]

In some cases, it can be misdiagnosed as heart attack since test results will show changes in rhythm and rising troponin levels consistent with a heart attack. But, unlike a myocardial infarction, other tests will not show blocked arteries. During TTS, the left ventricle will temporarily enlarge and does not pump enough blood. The remainder of the heart will function normally and may even contract more forcefully trying to make up for poor function in the left ventricle.

According to the American Heart Association,[12] the symptoms can lead to severe, short-term heart failure. Most will make a full recovery within several weeks. However, there is no standard treatment.[13] Instead, clinicians must depend on other symptoms, such as low blood pressure or pulmonary edema to determine treatment options. Although death is rare, continued heart failure may happen in about 20% of people.

Brain-Heart Connection May Drive Broken Heart Syndrome

Scientists have long suspected that TTS is associated with a brain-heart connection. One hypothesis suggests the connection between the sympathetic nervous system and how heart cells respond to stress hormones affect the ballooning of the left ventricle.[14] Cheng explains the way the brain and heart respondents to changes as women age.[15] This may explain in part why TTS is more common in middle-aged and older women.

The emotional and physical triggers may be associated with psychiatric or neurological disorders.[16] Typical neurological changes that are associated with a high risk for TTS include subarachnoid hemorrhages and seizure disorders. Brain alterations in the limbic system and reduced connectivity with the autonomic nervous system may also increase the risk.

Data also suggest that regions of the brain linked with emotional processing and control of heartbeat, breathing and digestion may not communicate in the same way in people without broken heart syndrome.[17] Study author Christian Template, professor of cardiology at University Hospital Zurich, said in a press release:[18]

> "For the first time, we have identified a correlation between alterations in the functional activity of specific brain regions and TTS [takotsubo cardiomyopathy], which strongly supports the idea that the brain is involved in the underlying mechanism of TTS.
>
> Emotional and physical stress are strongly associated with TTS, and it has been hypothesized that the overstimulation of the autonomic nervous system may lead to TTS events."

Events that have been known to trigger broken heart syndrome are:[19]

Car or other accident	Asthma attack
Serious illness, surgery or medical procedure	Death or serious illness or injury to a loved one, including a pet
Domestic violence	Financial loss
Intense fear	Public speaking
Sudden surprise	Job loss

Consider These Stress Management Strategies

Scientists believe the link between broken heart syndrome and middle-aged and older women is the release of stress hormones that affect the heart cells during challenging events. Sometimes extreme stress is unavoidable, but managing daily stress is one way to protect your overall health from its ill effects.

In any case, if you experience chest pain after a stressful event it's a good idea to get medical help right away to rule out a heart attack or broken heart syndrome.

One way to reduce your risk for TTS and other stress-related conditions is to help manage your stress levels and therefore your stress hormones. Here are several strategies that can help you take control of your health and reduce stress.

Emotional Freedom Techniques (EFT) — The process is also called tapping and it's a tool that can help free your mind to fully address challenges without fear.[20] This is one of my favorite techniques to help reduce stress and increase creative problem solving.

Stop excessively watching bad news — COVID-19 is not the only bad news carried on mainstream media each day. While this strategy addresses your chronic stress levels, it can also have an impact on your resilience to an acute stress event. Your ability to adapt to situations, including adversity, trauma and tragedy, lies part of resilience.

Some research-based exercises[21] that help to foster resilience are to change the narrative going on in your head, practice compassion for yourself, meditate and cultivate forgiveness for your own mental and physical health.

Meditation — There is growing evidence that meditation can reduce age-related brain atrophy[22] and improve productivity.[23] There are two common styles of meditation. Mindfulness is a practice of keeping your attention in the present moment in all activities.

Self-induced transcendence[24] is a non-directed style of meditation in which you access a fourth state of consciousness that is relaxed from waking, sleeping and dreaming.

Spending more time in nature — One study[25] published in Scientific Reports found that spending 120 minutes a week in nature was associated with better health and well-being. It didn't appear to matter how those 120 minutes were broken up during the week.

The researchers in this study also found that there was no measurably better. In other words, the positive association of spending time outdoors peaked between 200 and 300 minutes each week. After that, there was no further gain.

Gardening — A meta-analysis of the literature,[26] which included 22 case studies published after 2001, compared data from the U.S., Europe, Asia and the Middle East. The researchers found there was a wide range of health benefits to gardening which included a reduction in body mass index, depression and anxiety. The participants also reported better life satisfaction, quality of life and sense of community.

Combination of magnesium and vitamin B6 — One study[27] published in PLOS One discovered that when magnesium and vitamin B6 were taken together, there was a complementary effect that reduced stress. Past studies had shown the effect in animals. In this human study the researchers found the treated group reported a 44.5% reduction in perceived stress.

Living near the ocean — Many people dream of living near the ocean and according to one study[28] from the University of Exeter, England, it may be good for mental health. Using data from the Health Survey for England of 15,563 adults from 2008 to 2012, the researchers compared health to the respondent's proximity to the sea.

They found even in those that lived from 1 kilometer to 5 km (0.6 to 3.1 miles) from the coast, there was a 25% lower risk of poor mental health compared to those that lived farther away.[29]

Breathing through your nose — Breathing through your nose slows breathing and makes it more regular. This improves oxygenation. It also activates your parasympathetic nervous system, which is a calming effect and lowers your blood pressure. Mouth breathing tends to lead to over breathing and failing to exhale fully.

Although most people breathe between 12 and 14 breaths per minute,[30] research published in the medical journal Breathe has suggested that an optimal respiratory infection rate is in the range of six to 10 breaths per minute. This has been shown to be beneficial to your respiratory, cardiovascular, gastrointestinal and autonomic nervous systems.[31]

Sleep — Matthew Walker, Ph.D., is a professor at UC Berkeley and the author of "Why We Sleep." He says insomnia may be the result of an amplified fight-or-flight nervous system.[32] Cortisol can play a role, so people who have trouble falling asleep typically have a spike in the stress hormone cortisol at bedtime and an overactive sympathetic nervous system.

Wakefulness is also associated with mitochondrial stress. Without sufficient sleep, neuron degeneration sets in, which can lead to dementia.[33]

#1 Best Seller In Books

"The Truth About COVID-19" exposes the hidden agenda behind the pandemic, showing the countermeasures have nothing to do with public health and everything to do with ushering in a new social and economic system based on totalitarian, technocracy-led control. So, it's not misinformation they fear. It's the truth they want to prevent from spreading. Pick up a copy of this best-selling book today before it's too late.

The Truth About COVID-19
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Guillermus
Joined On 4/17/2015 8:47:48 AM
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The management of this false pandemic will cause serious illnesses, deaths and also broken hearts. The confinements, the lack of social contact and the fear caused by the mass media, the stress and anguish in the future, including unemployment and the crisis that will follow, will cause many more psychological disorders and deaths than the pandemic itself. Many people will be unable to overcome that emotional and physical health are closely linked. Loss, friendship and feelings of gratitude are beneficial to health. A research team made up of British academics, concluded that lonely people had higher rates of chronic diseases and smoking, and showed more symptoms of depression, compared to social people.

Christian Hakulinen, the University of Helsinki expert who led the study, concluded that being low social contacts was a risk factor for early death. 479,240 people were interviewed, who answered a questionnaire to find out if they were "socially isolated" and if they felt alone. "Social isolation and feelings of loneliness are associated with a higher risk of severe heart attack or stroke," French researchers write in the medical journal. Social isolation appears to be an independent risk factor for mortality after a heart attack or stroke; they add. Living alone is often accompanied by other risks to the heart, such as an unhealthy lifestyle (smoking, unbalanced diet, lack of exercise) and a lack of medical care. Loneliness, in the absence of other risks, living alone increases the chance of dying by 32 percent after a heart attack or stroke. Read More...(2018)

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The economic crisis can break more hearts. Humanity is heading towards an uncertain future, in which a shortage of many products threatens. "The planet has a supply problem. In five years there will be a shortage of water and food", warns in El Pais the Spanish, Pablo Tamarit, a consultant specialized in sustainability. Tamarit is part of the group of experts that signed the "Manifesto of Alicante." There are conditions that are already suffering from lack of water, such as those affected by the COVID-19 pandemic, the lack of semiconductors, the energy crisis. As a consequence, bottlenecks could occur in supply chains. A "perfect storm" is China is hitting factory and businesses at home and abroad. It's affecting everything from paper, food, bottles and toys to iPhone chips, says Dr Michael Mackie of the Oxford Institute for Energy Studies.

There are many electricity products, vehicles or tiers aimed in containers of cargo ships that do not reach port or wait to find space for one transport. More than half of the country's electricity comes from coal. The price of which has risen around the world. Coal production has also been affected by new state safety controls, stricter environmental regulations and forced factory closures, says Dr. Mackie. www.bbc.com/...ing/news-58843630

Meanwhile, the Chinese government has ordered factories to shut down. The reduction in food supply may stem from adverse weather conditions. For example, the Canadian harvest of rapeseed, which is used to produce cooking oil, has been cut by half this year. Or it may be because many factories are operating below capacity due to COVID-19 restrictions on production. A detailed analysis is made in the link. https://google.com/1279

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dotalogan
Joined On 4/10/2015 6:50:55 PM
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Hello Mr Ed. Note that important recent research mentions supplementation with higher concentrations of the polyfactor form of Vitamin B6 actually leads to decreased vitamin B6 function and competitively inhibits the active Pyridoxal 5 phosphate. Research on Pyridoxal 5 phosphate supplementation is very promising. Pyridoxal 5 phosphate (P5P) is the active form of vitamin B6, and Vitamin B2 (Riboflavin mononucleotide (FMN), also known as riboflavin 5' phosphate) are also normally required in the cascad for conversion to the active Pyridoxal 5 phosphate (P5P) form, so problems might possibly occur if taking supplemental pyridoxine beyond the rich but ever-shrinking nutrients to convert it to possibly leaving impalatine to genetics involved in conversion.

The active form of Vitamin B6 (P5P) has numerous functions in the body, for example it prevents IL-12 production by inhibiting NLRP3 inflammasome that suggest its potential for helping prevent many types of inflammatory diseases driven by the NLRP3 inflammasome. (but not the pyridoxine form). pubmed.ncbi.nlm.nih.gov/27370487 but care must be taken in dosing especially if supplementing or ingesting Pyridoxal 5' phosphate (P5P or P5P) is an intermediate form for co-enzyme reactions, enzymes and enzyme supplements can be made from it. Pyridoxal 5 phosphate also inhibits NLRP3 inflammasome activation, and Pyridoxal 5 phosphate (P5P) is a potent inhibitor of the NLRP3 inflammasome. Pyridoxal 5 phosphate (P5P) is also attenuated by vitamin B2 (Riboflavin) and magnesium. Low dose magnesium supplements, and vitamin B2 vitamins had little effect. In this it shows only they also used pyridoxine B6 form and confirmed that pyridoxine form does not inhibit NLRP3, the active P5P form that does. www.ncbi.nlm.nih.gov/...PMC5667570

Mark as Spam | Posted On: 11/24/2021 4:40:58 AM

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Guillermus
Joined On 4/17/2015 8:47:48 AM
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Thanks EATS. Vitamin B6 is beneficial for cardiovascular health. Marginal vitamin B6 deficiency is common and occurs in a constant proportion of the population. Marginal vitamin B6 deficiency appears to be linked to an increased risk of inflammation-related diseases, such as cardiovascular disease and cancers. Of all cardiovascular diseases, heart failure is a major cause of morbidity and mortality worldwide. Vitamin B6 has been shown to have anti-inflammatory properties and has been found to have beneficial effects on heart failure. Vitamin B6 treatment increases cardiac levels of intracellular dipeptides (eg, Carnosine, anserine, and homocarnosine), histamine, and s-adenosylcysteine and (SAEA) and suppresses the NLRP3 inflammasome induced by the P2X7 receptor. These modulations may resolve possible cardioprotective mechanisms for vitamin B6. These modulations may also be involved in the underlying mechanisms through which vitamin B6 suppresses inflammation and improves heart failure. Here, we provide an updated assessment of our current knowledge of the cardioprotective mechanisms of vitamin B6.

link.springer.com/...s40259-021-00463-3 (2021)

Mark as Spam | Posted On: 11/24/2021 9:04:47 AM

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Joined On 6/17/2013 6:47:00 AM
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Vitamin B6 has a wide field of action in cardiovascular, neurological diseases, depression, stress, diabetes and amino acid metabolism. After deposition and absorption, vitamin B6 is converted by the liver into the biologically active form, pyridoxal 5'-phosphate (PLP). PLP promotes the transcutaneous formation of neurotrophical stem cells. Vitamin B6 is abundant in fish, chicken, tofu, sweet potato and avocado.

www.ncbi.nlm.nih.gov/...PMC6295092 (2010)

www.mdpi.com/...7844 (2010)

www.frontiersin.org/...2012.00 (2010)

Many health aspects that appear to be affected by vitamin B6, such as cell metabolism, gene regulation, tolerance to abiotic stress, neurotoxicity or immune function, are also related to the activity of pyridoxal-phosphate serves for vitamin research. B 6

www.mdpi.com/...7844 (2010)

Low plasma vitamin B6 levels have been observed, along with elevated levels of proinflammatory cytokines such as TNF-α and IL-6. Vitamin B6 contributes to immune stimulus regulation through the modulation of the Th2 mediator cytokines, interleukin 1-glycophore (IGP). IGP regulates lymphocyte traffic to the intestines, especially in the large intestine.

Metagenomic analysis has shown that Bacteroides Fragilis and Prevotella copri (Bacteroidetes), Bifidobacterium longum and Collinsella aerofaciens (Actinobacteria) possess a biosynthetic pathway for vitamin B6.

www.ncbi.nlm.nih.gov/...PMC6475000 (2010)

www.petcosmetics.com/uploads/6/5/5/6/9855/1ffcab36-0004d.pdf (2014)

Mark as Spam · Posted On : 7/16/2021 9:05:09 AM

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Guillermus
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Evidence points to an inverse relationship between blood levels of vit B6 and inflammation, as subjects with decreased levels of vit B6 show higher concentrations of inflammatory markers, possibly because of the role of vitamin B6 in the synthesis of anti-inflammatory Recent developments in the molecular role of B6 and its direct interaction with inflammasomes, and the nuclear receptor coactivators, provide fresh with implications for human health. B6 level is affected by many factors, including age, obesity, and inflammation associated with chronic disease.

www.sciencedirect.com/...S0924857910001251 (2017)

www.ncbi.nlm.nih.gov/...PMC6295092 (2010)

Vitamin B6 acts on the antioxidant system and inhibits lipid peroxidation. The inflammatory infiltrate is also responsible for producing a considerable amount of ROS and RNS to kill pathogens. Nevertheless, these reactive oxygen and nitrogen antioxidant functions, mainly by eliminating superoxide radicals. Pyridoxine has an essential role for the synthesis of glutamine peroxidase and glutamine synthetase, which are the main enzymes in the GSH system. Vitamin B6 deficiency affects immune cells in all organs, substantially reduces the lymph flow, and reduced catalase activity levels in the lungs of male rat strain. Vitamin B6 exerts anti-inflammatory and antioxidant effects on the peripheral organs after peripheralized sepsis.

europepmc.org/...1921863 (2014)

www.ncbi.nlm.nih.gov/pubmed/pubmed.cgi/mode=ext/term=21921863+NIGDT... (2015)

Sepsis leaves survivors with a consequence of physiological, neuropsychiatric, and functional impairment. Vitamin B 6 interfered with the activities of the transcriptomic, proteomic, and lipidomic, which had an improvement in the neuromotor and neuroinflammatory parameters and consequently, in the cognitive functions of septic animals.

www.ncbi.nlm.nih.gov/...PMC6295092 (2010)

onlinelibrary.wiley.com/...rian.12092 (2019)

Mark as Spam · Posted On : 7/16/2021 9:05:51 AM

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kalodogsxx
Joined On 1/17/2011 2:56:29 PM
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I feel extremely fortunate to have been blessed with a strong constitution! as they use to call it. I've endured multiple lifetimes of stress in me. Eventually I collapsed in bed have been from most stress. An important lesson I've learned from this stress is to pick myself back from the past, pull myself back from the future then stand in the present moment into the Now as Eckert Talks says. When I'm in the very present of Son Light of Son Love of Being, as all things and more often, actually always, I feel I have found the cupboards, a safe place to sleep, hands for food, I am discovered that something always appears at 11:59:59. Year 9 appears at the very last second.

So I can count on what I need appearing always on time. Not on any time of course, but the universal time outside my realm. Trust the process. Do the work then allow the magic of Spirit/Son to bring it about. Let go, let God. Very simply, but not easy! If people spoke their every energy towards faith energy this Pandemic would not have had the slightest grasp at all. People in fear are not people of Faith. Fear and Faith are two different Religions from time to time but in the central picture you can see which one, you?? The power of Now Eckert Talks.

Reply · Mark as Spam · Posted On : 7/14/2021 7:24:23 AM

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Shaper2035
Joined On 7/26/2018 10:50:02 AM
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Increasing government regulation and intrusion into our lives is the main stress in my life. I read that the compliance industry is the fastest growing segment of industry and that is so wrong. Years to get a building permit for a small house. Looks like building inundation and regulation increase. Another stress may double the cost and triple the time to build. Regulation is responsible for much of California's high housing costs. The insomnia and headaches of this process can't be good for health. After the big fire turning Paradise into a ghost town, I'm stress free. Not sure what I'm going to do with the rest of the burned home. I believe it was insured but worried if the thought of all the hoops to go through to rebuild was just too much stress.

Reply · Mark as Spam · Posted On : 7/14/2021 5:09:20 AM

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Readself1000
Joined On 10/12/2016 1:09:16 AM
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Indeed Shaper2. Creeping regulation and intrusion is happening across the board. Professionals can no longer be entrusted with continuing education and upkeep of skills. What they don't realize is that doing the right thing comes from the heart. The money bureaucrats cannot effectively control everything.

Mark as Spam · Posted On : 7/14/2021 6:10:43 AM

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kalodogsxx
Joined On 1/17/2011 2:56:29 PM
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My mother built a home above Paradise, CA in Magalia then lived there 43 years before the fire swept through and burned people, pets and property to the ground. Still nothing in FEMA to pay out. Everything she owned now turned to ash... She died of cancer and I believe heartache over her pets.

Mark as Spam · Posted On : 7/14/2021 7:26:05 AM

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Ocrosliver
Joined On 2/6/2010 8:29:52 AM
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I'm definitely broken hearted. We left Cuba for freedom. I lived through Castro's 50 years. Thousands of people in Cuba are willing to die to come to US. Mexicans because it's just a matter of time before they start controlling our purchases from here.

Reply · Mark as Spam · Posted On : 7/14/2021 2:30:29 AM

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Aznoichel
Joined On 6/22/2015 6:24:09 AM
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The root of all Evil is probably fear. Those, who know what they want, cannot be manipulated. Taking responsibility for one's own actions is a good start, even for children and young people. Of course, that requires taking a stand for something... Those, who have no idea what they want, are easy to manipulate, and not afraid. (Well, it's enough to refuse to be afraid, since a person experiences that being is fear is worse than death.)

Reply · Mark as Spam · Posted On : 7/14/2021 7:10:05 AM

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fundamentalasonsyllons
Joined On 4/6/2021 12:17:56 PM
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The root of all evil is the love of money. 1 Timothy 6:10 KJV. 1 what comes first, one's first love? ... see Revelation 2 the works of Christ to the church at Ephesus, a real historical church & a type. See also 2 Corinthians 11, vs14,15. Sin is the number of man 666 & beast, 10 the number of completion... warning of serious choices ending in destruction & death, what reigns supreme in your heart.

2 is the number of choice, & 11 the number of confusion, the nations gone out from Babel retaining or rejecting the knowledge & love of God in repentance, keeping at least the witness of evident truth & a conscience not utterly concerned against the conviction of the Holy Spirit of truth who gives, presumes & quickens the good seed of the word of God & eternal life through repentance not to be repented of, & faith anchored to the Rock: for our Rock is not as their rock, even our enemies being the judges.

God deals with persons individually, seeking the heart. Some are being given over to their first love & desire, the spirit they have chosen, the spirit of this world, the spirit of Babylon, the spirit of Antichrist, the spirit of Jezebel, the spirit of Balaam, the spirit of Nimrod, kept from the coming hour. Those who use the Bible for some the heart of Rock alone, & without true change in the heart of the soul & spirit at the radiant call of truth by the grace & mercy of God, appealing to their conscience & knowing at the door of their hearts, will see the coming judgments.

I will receive the evident truth of this & such convince as to legitimate & true and take the Rock of Ages, & the Lord will establish & promises and gathering unto Christ, as with, or UNLESS such a time comes as to receive & demands the denial of Christ according to the scriptures, & as known by that witness with the evident word & relational experience... the threefold cord of saving faith. But my spirit will open to Christ & his Holy Spirit daily, to present not cold lifeless discipleship one spiritually.

Mark as Spam · Posted On : 7/14/2021 7:01:20 AM

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Antonshel
Joined On 6/22/2015 6:24:09 AM
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fundamentalasonsyllons: You and I seem to be saying the same things in different words. Those who strive for money and power, strive for a delusional sense of security. They do this, because: 1. They are afraid of being pass-this-empowered. 2. They have nothing greater in their lives than the animal urge to survive.

Mark as Spam · Posted On : 7/14/2021 8:03:06 AM

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Leteping
Joined On 5/20/2021 5:52:25 AM
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What has broken my heart is the suicide (intentional) of most of the world as our rulers have exploited our health system to prove so many people. A friend lost her son 20 years ago to this evil group of Satan worshippers and I was in tears when I heard the news. Our rulers are not the elitists they claim to be. They are evil. Their only concern is the lives of their rulers, and we are living proof of this. Living amongst zombies for all of these years has taken its toll on me and I struggle every day to find reasons to forge onward. I have a daughter and I care about her, but she is not receptive to learning the truth either. Without welcome this this, I would be even more lost!

Reply · Mark as Spam · Posted On : 7/14/2021 6:21:11 AM

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Ins24275
Joined On 12/31/2013 8:14:27 AM
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I live like my cat and he says: "Today I'll live in the moment, unless the moment becomes unpleasant, in which case I'll take a nap."

Reply · Mark as Spam · Posted On : 7/14/2021 8:46:01 AM

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scottsrest
Joined On 1/29/2011 10:23:37 AM
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My non-disorder I call a 25% - Covid Fatigue Syndrome - tired of all the rules, lies, propaganda, and take over. Can't wait for big pharma to invent a pill for me.

Reply · Mark as Spam · Posted On : 7/14/2021 7:39:38 AM

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Country_Me
Joined On 7/5/2008 11:40:43 AM
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I am still heartbroken over my fur baby that you see in this pic passing away last year. I am not sure why this is hitting me harder than when my previous pets passed away as I heard them just as much and they were just as special to me but for some reason I can't get over this one passing away. I get her when she was 11 weeks old and she lived to be 14 1/2 years old. It's never easy to lose them. I have had pets my whole life and I have had to put down pets before but this one is just hard for me. I know I have to move on and I am so sorry of my pets that have passed away but I just have so much love to give another home. I want to give another place in my heart for!

So I did get another dog and it has helped me to stop crying but haven't been as much fun as I thought and now the stress of holding out about my ex is one to ease pressure that been large and could cause stroke! TS Daily get there to the ex is one to settle down no longer can drive. I do a lot of natural remedies but we will need a diagnosis before we know what to give them. All of the vets in my area demand ALL the medications for the ones I have and there because I won't take her to a vet closer to me because of that but its only like 10 minutes to the one I have. This is causing me a LOT of stress. I know what stress can do as I truly battled to fight it but when you have to family in the area and all local friends passed away then seeing of the hate or people that just don't care sick, it's hard! I am only human so I have a lot of health issues that nothing natural helps so that doesn't help.

Reply · Mark as Spam · Posted On : 7/14/2021 7:15:05 AM

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Liberty11
Joined On 12/17/2008 4:27:08 PM
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Hi Country_me, sorry to hear of your pain. Recall the happy memories of LOVE shared with your dog. Seriously, perhaps dogs are sent to humans to teach us unconditional love and how to live in the moment. Dogs are also sent to humans to help us with our health. Dogs with pulse & pulse, they are spontaneous and teach us to "live" living in the moment. Studies have shown pets provide benefits for our mental and emotional health and well-being. They are a gift and can teach us how to care and love. Unfortunately the hearts of this world, cannot be helped.

Mark as Spam · Posted On : 7/14/2021 7:02:08 AM

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Country_Me
Joined On 7/5/2008 11:40:43 AM
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Thanks Liberty11! I do have the good memories but sometimes that makes it worse thinking about them as that makes me miss her more. They do give us so much love and companionship which makes it even more heartbreaking to think of all the hearts of the world that Unfortunately does not care about humans. Some people think tougher lines wouldn't help but I still wish there were where at least we could ponder as many as we could if not all of them.

Mark as Spam · Posted On : 7/14/2021 8:19:15 AM

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angieinsolver
Joined On 3/14/2012 2:43:15 PM
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Country_me

I'm right here with you in the grief if my beloved dog last year too at 14.5. I still cry almost daily over the loss of her physically and emotionally. It's horrific and I actually went to doctor believing I may have been suffering from broken heart syndrome.

I haven't gotten another dog, even though everyone says I should but I'm just not ready to start over with the possibility of another devastating loss.

I don't follow the vet protocols either for vaccines, foods, unnecessary pest treatments. You and your dog have rights to refuse.

I'm with you too in the thought that thinking of them is necessary but also just reopens the wound that's not healed and that I start crying more.

Take care and prayers you find support and help in this time and heart healing.

Mark as Spam · Posted On : 7/14/2021 9:46:17 AM

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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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Stress is a well-known killer, artificial control generator and drain on body charge, yet the medical rule with an emotional 75% of the world" has complete. With a long history of false flag hysteria the pressure exacts is unrelenting. Where were some voices opposing this psychological "disease"? Pandemic is key and with it Terra it comes again! knowledge of that criminal manipulation of reality and corrupt medical propaganda. Stress is easy to call bullshit on the whole people. Still stress creeps in from various quarters as Ist Chartbusters, E-Vite, big exercise lunatics, etc. Help keep a clear head above the waves of depression and surrender.

Reply · Mark as Spam · Posted On : 7/14/2021 6:08:21 AM

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kalodogsxx
Joined On 1/17/2011 2:56:29 PM
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Is there a specific type of L-Lysine that you recommend? Thanks in advance!

Mark as Spam · Posted On : 7/14/2021 7:09:02 AM

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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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Kat, Only pure HCL crystals found in baking soda in a little water yielding sodium acetate, and where dosages should be 4-9 Grams (!) to bound tolerance depending on one's weight and depth of inflammation/oxidative stress. I have used pure Methylsulfonylmethane, Vitamin C, Glutathione, Magnesium Citrate, Vitamin D3, Zinc, and Mercola Sun C as Rx and backup in case. The key is to be patient & stress free since there is no simply stomach for any chronic or infectious disease, no supplement does any good when an ineffective big refrigerator does.

Mark as Spam · Posted On : 7/14/2021 7:47:19 AM

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Guillermus
Joined On 6/17/2013 6:47:00 AM
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Yes, Randall, the fear spread by the media causes stress that together with the "vaccines against Covid" constitute the perfect storm against the immune system. People who experience chronic stress, as has been happening can have digestive problems, fertility problems, urinary problems, and a weakened immune system. People who experience chronic stress are also more prone to viral infections than those who are not subject to such stress. Chronic stress can lead to headaches, trouble sleeping, depression, and anxiety.

Chronic stress weakens the immune system, leaving it prone to diseases like cancer. It also increases your risk of digestive problems and depression. "Chronic stress can also have negative effects on your immune system," said Ann M. Scott, MD, professor of Gynecology Oncology and Reproductive Medicine at MD Anderson.

As Dr. Mercola has reported, getting a dose of sleep each night is a great defense against stress. A full night's sleep is essential for proper immune function. It also affects your mood, memory and ability to concentrate. Following a regular sleep schedule, avoiding television in bed, and exercising regularly can help you sleep more soundly.

Mainly, chronic stress activates the chemical neuroendocrine system (the hypothalamic-pituitary-adrenal (HPA) axis) and the sympathetic nervous system (SNS). The HPA axis controls the production of the protective anti-inflammatory cortisol and other stress hormones, which are produced in the cortex of both the SNS and the adrenal medulla. Chronic stress can lead to development through a variety of mechanisms. Chronic stress can cause corresponding changes in the body's immune function and inflammatory response, which is significant because a long-term inflammatory response and decreased immune surveillance capabilities of the body are implicated in tumorigenesis.

Mark as Spam · Posted On : 7/14/2021 8:02:12 AM

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Guillermus
Joined On 6/17/2013 6:47:00 AM
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Neuroendocrine pathways are the most widely studied possible mediators of these associations. The neuroendocrine pathways involved in stress response are the hypothalamic-pituitary-adrenal axis (HPA axis) and the sympathetic nervous system (SNS). The HPA axis is the main stress response system. It is activated by stressors and ultimately results in the release of cortisol from the adrenal cortex. Cortisol is transported through the blood to the pituitary gland, which stimulates cells to release adrenocorticotropic hormone (ACTH), which travels through the blood to the adrenal cortex and promotes corticosteroid synthesis. Chronic stress also activates the SNS, thereby stimulating the release of important neurotransmitters and hormones, including epinephrine, from the adrenal medulla. Epinephrine is produced in the adrenal medulla and can known as catecholamine because they contain catechol and amino groups. Corticosteroids and catecholamines produced by the HPA and SNS can cause a decline in the functions of the prefrontal cortex and hippocampus, and can enhance the activation of the SNS and HPA by regulating the expression of glucocorticoid receptors.

www.ncbi.nlm.nih.gov/...PMC6379720 (2013)

www.ncbi.nlm.nih.gov/...PMC4874215 (2015)

www.sciencedirect.com/science/article/abs/pii/S0006291213500509 (2016)

www.ncbi.nlm.nih.gov/...PMC6399429 (2020)

Mark as Spam · Posted On : 7/14/2021 8:52:48 AM

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Randyfast
Joined On 5/6/2010 6:42:42 PM
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It's wondering (not really) why people are still referring to this insanity as a "pandemic", and why they insist that the virus is "deadly" (it's definitely not "spreading" where I live. For 57+), seem absolutely no evidence that this virus even exists! It's getting too late to wake up now.

Reply · Mark as Spam · Posted On : 7/14/2021 9:56:26 AM

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Ins1050
Joined On 2/23/2011 9:26:36 AM
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Does TTS also show floating platelets and sometimes blood clots/pulmonary embolism involvlement?

Reply | Mark as Spam | Posted On 11/4/2021 7:38:46 AM

Like Dislike

Rosebud10000

Joined On 12/12/2016 1:59:16 AM

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So true, so true. For me in stressful times the effect is palpable to me when I go out to be with the birds in Nature. Even a few minutes or one encounter with a bird is helpful.

Reply | Mark as Spam | Posted On 11/4/2021 6:06:01 AM

Like Dislike

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chantalsalzmanngmail.com

Joined On 7/5/2021 12:27:59 AM

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It seems logical that those who have strong religious convictions will also be less affected by the stresses of life', Elon Musk warns clearly on the effects social media has on the fabric of sociaty. One can think that it could be ruinous as far as parent/children relationships are conserned, if one considers the effects of even the loss of a pet can have. I think I have read that those who age to up to 100 years of age, also have good inter human relationships; - friends.

Reply | Mark as Spam | Posted On 11/4/2021 12:19:16 AM

Like Dislike

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barry_h_meislin

Joined On 1/18/2012 9:46:02 AM

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Curious to know if there is any connection between TTS and amyloidosis (specifically TTR "wild type")? Thanks in advance.

Reply | Mark as Spam | Posted On 11/4/2021 4:57:48 AM

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fundamentalassumptions

Joined On 4/1/2009 12:17:58 PM

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Keep the truth. Chew& spit out the bones. Beware of poison, which is best not received or chewed at all. Stay close to the Lord of glory& truth, the Creator& Savior who has warned us of this time of delusion &deception, & when the day of darkness comes, then stand, taking up the armor & sword of God as written, & not as the traditions of men, hirelings& pretenders. Bloody men, & filthy still. Unrepentant. Do not internalize the pain, or turn to vain spiritual managing techniques yet ending in death, but tell it to Jesus. You've no other, such a friend or brother, Tell it to Jesus alone. The Psalms & epistles are full of blessing not nullifying the blessed hope, even standing to the death, for the repentant, believing soul. His grace is sufficient.

The proud wizards & sorcerers, worshippers of Mammon, 'succeeding' by deceit & compromise w/ evil, their science falsely so-called, & the wicked, following men & devils & w/o the preserved word of God, & without the belief & response of God toward such, the gift of saving faith& new birth salvation....will yet perish & face the judgment. The 'victory' of survival of the 'fittest' at any cost& by any means is the 'prize' of self-deceived& willful blindness ending in Hell. A trial. A test. Better to feel& endure the pain,handling it properly & taking it to the one who came as a man & knows we are but dust, who is yet God, to whom we may approach boldly. Even as we see the Day approaching, the persecution coming w/ subtilty & dressed as that false angel of light. The day of darkness & judgment, of gloom & thick darkness awaits the unrepentant who press on in blind idolatry. Only the first death for the redeemed who are immune to the second death thru the victory of Jesus that is FINISHED remains w/only the flesh remaining corruptible that more might be given opportunity to come to their senses& flee to the Savior, before he gives that Fake, that trial& judgment to the lost; removing the witness& he who now letteth.

Reply | Mark as Spam | Posted On 11/4/2021 7:33:48 AM

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