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What DNA Methylation Testing Can Tell You About Your Health

Analysis by Dr. Joseph Mercola Fact Checked

February 13, 2022

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STORY AT-A-GLANCE

- TruDiagnostic is a commercial testing system that determines your biological age, as opposed to your chronological age, by measuring your DNA methylation
- Your genes have promoter sites at the beginning of the DNA strand, and methylation is measured at those sites. The level of methylation at the promoter site correlates to the degree of expression of that particular gene
- Biological aging is a primary cause for chronic disease. If everyone in the world were to be seven years younger biologically than their chronological age, the global disease burden would be reduced by 50%
- Patients who contracted COVID-19 were found to have telomere length shortening, but while people over age 50 showed increased biological aging as a result of the infection, people younger than 50 had the converse effect, actually getting biologically younger
- Among the more exciting antiaging therapies now available are very small embryonic-like stem cells (Vsels), which have shown multiyear age reversals even after a single treatment. Other promising therapies are senolytics and plasma exchange apheresis

Ryan Smith is the founder of TruDiagnostic, a commercial testing system that tests your biological age, as opposed to your chronological age. It's can be a profoundly useful tool, because you need an objective barometer to tell you whether or not the things you're doing to improve your health are actually having the desired impact.

TruDiagnostic was founded in March 2020, right as the COVID pandemic hit, and the first commercial testing began in July that year. Since then, the company has launched more than 30 ongoing clinical trials, looking at a variety of interventions. They're also looking at how COVID-19 affects health metrics and longevity.

> *"We've built out new algorithms, new ways to read these DNA methylation markers that we measure for other functional health benefits,"* Smith says. *"DNA methylation is a really robust platform. But it's also very new. We even have ways to look at how much arsenic or heavy metals you've been exposed to over your entire life, how many plastics you've been exposed to.*
>
> *If there's one thing to take away from this talk, I think it's that this epigenetic platform will change every area of medicine as a diagnostic, which is changeable, but also can tell us a lot about different areas of medicine and really fit a need that we don't have in a lot of diagnostics.*
>
> *So, I'm very excited about the field, but particularly aging — how to quantify that process, and then hopefully how to reverse it so that we can have really good results on increasing people's health span and life span, making them not only live longer, but live a high-quality life as well."*

What Is DNA Methylation?

The idea of epigenetic methylation is rooted in the concept that every cell in your body has the exact same DNA, but express that DNA in very different ways. The cells of your skin do not express the same genes as your heart cells, for example.

We now know that the expression of genes is regulated, in part, epigenetically. As your cells differentiate into different types of tissues, they change their epigenetic expression to regulate what genes are turned on and turned off.

> *"I liken it to a light bulb. You can have an engineer look at a light bulb and tell you exactly what it's made for and how to turn it on, but if you don't know if it's on or off, then you're missing a big point of why it was created. It's the same with our cells.*
>
> *This idea of measuring how things were turned on or turned off in our DNA expression has been known for a long time, but only recently scaled to a platform where we can actually investigate this on a large scale. So, what we measure is DNA methylation."*

DNA methylation is the silencing of gene transcription. Your genes have promoter sites at the beginning of the DNA strand, and methylation is measured at those sites. The level of methylation at the promoter site correlates to the degree of expression of that particular gene.

> *"The converse process is a process called acetylation, which is a charged molecule which can open up those proteins to allow your genes to be transcribed [i.e., the turning on of the gene]. We measure specifically just that negative regulatory process, the DNA methylation,"* Smith explains.

What's being measured is not your ability to methylate or not methylate. Rather, it measures the actual expression of your DNA. And, contrary to conventional genetic testing like 23andMe, which is done once, DNA methylation can be measured multiple times as the actual expression of your DNA is alterable and changes over time.

> *"Due to advances with big data analysis and artificial intelligence, what we're able to do is take large scales of that data, so we can look at over 900,000 locations in your genome to see what the percentage of methylation is. Then we can correlate it to several different things."*

DNA Methylation and Aging

Biological aging was one of the first things to be looked at using this platform because there was such a high correlation between DNA methylation and aging. Publications on this go back to 2009. In 2013, Dr. Steven Horvath created a chronological age-trained methylation clock, which, with just a couple nanograms of DNA, could help determine how old, chronologically, an individual was. Ryan states:

> *"It elucidated this idea that aging, the aging process, can actually be quantified very, very accurately, but also might even be responsible for a lot of the health considerations we see with age.*
>
> *It's important to note that aging is the No. 1 risk factor for all chronic disease and death. If there's one thing you could do in a lifestyle capacity to prevent the development of age-related diseases, it is to essentially not age.*
>
> *So that's a goal, but it's also a very difficult one to measure and do, because chronological age has been our only measurement for this for some time. We all know people in their 70s who look like they're in the 50s. We all know people in their 50s who look like they're in their 70s. So, chronological age has never been the best measurement. This molecular measurement can give us a much better idea of how we're aging."*

The field of epigenetics is still in its infancy, and there are many fascinating areas of study underway. For example, there are already products on the market that are able to help diagnose up to 50 types of cancer from a single blood test.

Researchers are also looking senolytic clocks, which can be useful in the treatment of COVID, as they can tell you the overall burden of senescence in your body, and whether you might benefit from senolytic products.

How TruDiagnostic Compares to Other Companies

When asked how TruDiagnostic compares to other companies working with similar platforms, Smith replies:

> *"There are three things I like to draw attention to whenever I get asked that question. The first is the breadth of the measurement. With new clocks and new analyses coming out every day, one of the important things is making sure that you're measuring a lot of data, because as these new clocks or new algorithms come out, you want to be able to update them to make them even more accurate and more insightful.*
>
> *So, one of the core tenets of what we wanted to do was to measure a lot of DNA. We measure over 900,000 locations. That is generally out of 26 million, approximately. So, it's still a very small amount of the total, but it's significantly more than any of our competitors, which might be measuring at most a 100,000.*
>
> *So, we definitely like to scale because this is going to be a forward compatible platform. The human genome was only recently finished in terms of sequencing and the same will happen with epigenetic methylation, where, as we learn how to use this information, we'll be able to interpret it different ways.*
>
> *We release new reports every three to four weeks with additional insights that are published in the literature. That way, we can keep everyone informed and up to date ... We want to provide any of our customers who do our test with the continuing updates.*

Generally, even if someone did a test when we first started, they'll probably be getting updates for the next decade as we continue to see how this information and the ability to interpret it progresses ...

The next part of it is the algorithms piece, particularly the interpretation of that data. We only use published algorithms.

That is one of the things that we are very adamant about because otherwise, if you don't know how these measurements are related to health outcomes or related to different therapies, it's like taking the word of a fortune teller ... Publication is one of the main ways to have that scientifically valid and reliable measurement.

[Lastly], the important thing when you're taking these DNA methylation samples is the tissue that you're taking. We only use blood, the reason being is that most of these algorithms have been created off of blood samples. One of the interesting things about epigenetics is that every cell type is different.

If we were to measure your brain with the same algorithm we [used to] measure your blood, we would get much lower ages than we would on your blood. If we tested your breast tissue, for instance, we get much higher ages than if we tested your blood. So, the tissue type is very important, which is why we only use blood. Although it's not as easy to collect, it is definitely more scientifically reliable.

So, as you're evaluating which epigenetic companies to use, those would be my three criteria. Figure out the algorithms that they're using and reporting, make sure they're published, make sure they're measuring a good number of locations in case you want to know anything about that sample in the future.

Then lastly, make sure that they're using a collection method that has been validated in the literature, which mainly at this point is either blood or skin."

DNA Methylation Versus Telomere Length

One technique used to assess biological aging in the past has been to measure telomere length. Both Smith and I agree that epigenetic clocks are far superior for this purpose.

Telomeres are the sequences at the end of your DNA. Every time your cell undergoes a replication, you lose a little bit of that telomere, making it shorter and shorter over time. Eventually, you can start losing actual DNA. As the telomere shortens, the cell can start experiencing problems.

> *"Telomeres for many years have been thought of as the gold standard for aging because it's a process which highly correlates to how old someone is because they're going to have more replications and more cellular turnover as they get older,"* Smith says.

However, in head-to-head comparisons, DNA methylation is significantly more correlated to the aging process than telomeres. More importantly, it's also more predictive of health outcomes.

> *"So, if we're really trying to predict the results, the disease and health span-related things which are associated with aging, DNA methylation is a much better way of doing that,"* Smith says. *"That said, telomere length is still one of those things that is a biomarker of aging. It is a separate process.*
>
> *If you were to make sure that the telomere length never decreased in a cell, you'd still see methylation-related biological aging. If you made sure that the methylation age was reset, you would still see telomere length aging. So, there's two separate processes.*
>
> *In a recent review, they actually looked at twins and tried to ascribe how much of the difference in their aging process was affected by these different markers. They said right around 2% of the variance in phenotypic aging was due to telomere length, whereas right around 35% of that was based on these epigenetic methylation clocks.*
>
> *So, while they both might be important, we definitely would think that the DNA methylation clocks are significantly better. But with that being said, we also can estimate your telomere length via DNA methylation and that's one of the reports that we do."*

DNA Methylation and COVID Outcomes

During the course of the COVID pandemic, Smith has been collaborating with Cornell University's immunology department, looking at DNA methylation and COVID outcomes. They were in the fortunate situation of being able to compare pre-COVID measurements with post-COVID measurements from patients who were getting routinely tested before the pandemic broke out, and then went on to develop COVID-19.

"We saw some really interesting things as it related to COVID-19 and aging," Smith says. The first thing they noticed was telomere length shortening. Several studies have now demonstrated that telomere length decreases with COVID exposure.

"I can't really speculate on the mechanism for that yet, but we definitely know that several studies with different measurements of telomere length have all concluded the same thing," Smith says. However, they also found a curious difference in biological aging as it related to chronological age. He explains:

> *"In our cohort, which is still relatively small, only 22 people, we saw that people who were over 50 tended to have advanced ageing as a result of COVID-19 exposure, where they were aging even with mild and moderate disease. However, people under 50 had a different response. People under 50 actually showed an anti-aging effect, where they actually got a little bit younger."*

The Promise of Very Small Embryonic-Like Stem Cells

Among the more exciting antiaging therapies now available is very small embryonic-like stem cells (Vsels). Vsels are so small, they're easily transported through the lung capillary, so if you were to get an IV injection of them, they can spread to the rest of your body without being broken down or distorted.

Now, your body has mechanisms to replenish Vsels. It's one of the strategies your body uses to stay healthy. Vsels are extracted from your peripheral blood, unlike regular stem cells, assuming that they're autologous, which means they're from your own body. They're not taken from your bone marrow or your fat tissue, which are the two most common sources for stem cells.

> **“With the Vsels and plasma exchange, we are seeing multiyear age reversals, even with just one or two procedures. We're not sure how long that lasts yet ... but we are seeing — just after the procedure and over a course of a couple weeks — age reduction in a very significant way. ~ Ryan Smith”**

Importantly, Vsels are pluripotential, meaning they can differentiate into almost any tissue in your body, whereas mesenchymal stem cells don't have as much differentiation capacity. This, I believe, make Vsels an ideal antiaging therapy.

Other Antiaging Strategies Showing Great Promise

Senolytics are also showing promise. A senescent cell is an elderly or aging cell that has lost the ability to reproduce. It just hangs around, not reproducing and not being cleared out. As a result, it starts creating inflammatory byproducts.

Senolytics selectively identify these senescent cells and destroy them. That's what senolytic therapy means. "Seno" meaning it's the senescent cell and "lytic" means that lyses, i.e., destroys, it.

Another interesting technique is called plasma exchange apheresis. This arose from studies in which the vascular systems of old and young mice were interconnected so that the mice started sharing blood with each other. Curiously, the older mice experienced a rejuvenating effect, and the younger mice experienced more rapid aging.

This led researchers to theorize that there might be something in our blood that influences aging and phenotypical health process. One evolution of this hypothesis is taking your own plasma out of your body, filtering it, putting in one or more new ingredients and then reinfusing it.

Lifestyle Strategies Help Lower Your Biological Age

In closing, here's a list of low-risk strategies that can go a long way toward lowering your biological age:

- Vitamin D optimization — Ideally, you want to maintain a blood level of 60 ng/mL to 80 ng/mL. Smith cites an interventional trial in which overweight participants reduced their biological age by 1.8 years on average, taking just 4,000 IUs of oral vitamin D a day for 16 weeks
- Optimize your metabolic flexibility — Core strategies include time-restricted eating or intermittent fasting and eating a diet high in healthy fats and low in refined carbs to optimize your insulin sensitivity, and eating your last meal each day at least three hours before bed
- Getting regular exercise
- Stress management — According to Smith, people who meditate or engage in other stress reduction strategies on a regular basis, tend to age at a slower rate than those who don't
- Limiting consumption of unsaturated fats — Omega-6 linoleic acid (LA) is particularly harmful. It's highly susceptible to oxidation, causing oxidative stress, and can remain in your cells for up to a decade. So, you want to eliminate vegetable/seed oils.

  If you're eating a standard American diet, 20% to 25% of your caloric intake can be LA. I believe this is one of the primary culprits for the massive increase in degenerative diseases. Before the advent of processed food, the typical intake was around 2%

More Information

If you're interested in exploring DNA methylation testing for yourself, all of the tests are available for purchase direct to consumer. The TruAge Complete Collection will give you the metrics discussed in this interview — everything from telomere length to immune cell subsets, your intrinsic age, your immune age, and your instantaneous rate of aging.

By popular demand, I am pleased to share with you an exciting update — my entire Censored Library has finally returned! Through Substack, an information sharing platform, I am once again able to share with you all the valuable research I have gathered through the years. Click below to access my Censored Library now.

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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Recent research suggests that micronutrients, such as vitamin D hormone, folic acid, and vitamin B12, are involved in telomere biology and cellular aging. In particular, vitamin D is important for a variety of vital cellular processes including cell differentiation, proliferation, and apoptosis. As a result of vitamin D's multiple roles, it has been speculated that vitamin D might play a role in telomere biology and genomic stability, with potentially beneficial effects of this hormone on aging. and age-related diseases. Vitamin D can reduce telomere shortening through anti-inflammatory. link.springer.com/.../jfa.2020.33 (2021)

In this study, a positive association was found between the length of newborn telomeres and maternal intake of vitamin D (diet + supplement) during the first trimester. www.mdpi.com/.../htm (2021) In this review, higher concentrations of circulating maternal folate and vitamin D were associated with increased telomere length, academic.oup.com/nutritionreviews/article/79/2/148/5910720?login=false (2021) Vitamin D modulates the expression of various ion channels in cells of hormone-sensitive tissues, including cancers, cardiovascular and neurological diseases. www.frontiersin.org/.../full (2020)

Dietary magnesium intake is associated with leukocyte telomere length (LTL) in middle-aged and elderly US adults. Each 1-mg increase in log-transformed dietary magnesium intake was associated with 0.20 kp more than LTL. Participants with the highest tertile (≥299 mg) of dietary magnesium intake had a statistically significantly longer LTL compared with the lowest tertile (<198 mg), with significant linear trends between tertiles. assets.researchsquare.com/files/rs-140035/v1/3b53561c-76ec-43e0-8e16-f.. (2021) academic.oup.com/eurpub/article/31/Supplement_3/ckab164.074/6405446?lo.. (2021)

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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Astragalus increase the production of telomerase, the enzyme that controls telomeres which plays a key role in cell replication, cancer and human aging. UCLA researchers described how a compound derived from astragalus, called cycloastragenol, prevents the progressive loss of telomeres in key immune cells, inhibits the aging process of cells and improves their response to fight viral infections. Spanish cancer scientists identified another compound in astragalus, called TA-65, that also activates telomerase.

In their study, the researchers observed that TA-65 significantly increased average telomere length, leading to improvements in glucose tolerance, osteoporosis, and skin fitness. www.jimmunol.org/.../177.4.short (2013) www.mdpi.com/.../htm (2013) In this study, the following were tested individually and in mixtures: (1) α-lipoic acid, (1) green tea extract, (2) dimethylaminoethanol L-bitartrate (DMAE L-bitartrate), (3) N-acetyl hydrochloride -L-cysteine (HCL), (4) chlorella powder, (5) L-carnosine, (6) vitamin D3, (7) rhodiola PE 3% / 1%, (8) glycine, (9) red wine extract french, (10) chia seed extract, (11) broccoli seed extract, and (12) astragalus (TA-65).

Some of the compounds increased telomerase activity, and higher-ranking combinations of compounds were able to significantly increase telomerase activity, from 51% to 290%, relative to controls. Results have confirmed that many natural compounds have the potential to activate telomerase and that certain of those compounds have shown synergistic effects to produce more potent blends. www.researchgate.net/profile/Ghania_Ait-Ghezala/publication/305470083_.. (2016)

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Guillermou
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Exercise and/or regular physical activity, as well as other lifestyle factors, such as nutrition or time and/or quality of sleep, are simple ways to implement in daily life to delay the normal aging process and , thus, extend the service life. This study reports the action of exercise on telomeres and the synergistic effects of the aforementioned methods that could help identify mechanisms of age-related damage. www.mdpi.com/.../htm (2021) Chronic stress shortens telomeres. 3 herbs to reduce stress.

Ayurvedic medicine has many rejuvenating herbs, traditionally known as rasayana, that improve health, immunity, vigor, vitality, and longevity, as well as protect against stress. Ashwagandha also helps the body recover from loss of energy and the mood-altering effects of stress. Ashwagandha has shown promise in maintaining telomere structure. lifespa.com/healthy-dna-stress-telomeres

| www.ayush.com/anti-aging-potential-of-ashwagandha

HOW TO LENGTHEN TELOMERES WITH 7 NATURAL INGREDIENTS www.healthycell.com/blog/how-to-lengthen-telomeres-with-7-natural-ingr.. (2019) TELOMERASE, TELOMERES & AGING selfhacked.com/.../telomerase-telomeres-aging DISCOVERY OF POTENT TELOMERASE ACTIVATORS: UNFOLDING NEW THERAPEUTIC AND ANTI-AGING PERSPECTIVES www.ncbi.nlm.nih.gov/.../PMC6755196 (2019)

The Spike protein has deleterious effects on telomerase, impairing its synthesis and slows down the body's ability to replenish its natural immune system function. It was discovered after reviewing a peer-reviewed scientific study and a briefing that once the spike proteins in the vaccine actually settle in and start doing what they were designed to do, an injected person's telomerase is inactivated. www.infowars.com/posts/covid-spike-proteins-suppress-natural-immune-re.. | www.preprints.org/.../v1 | twitter.com/.../14267209943670579

Mark as Spam | Posted On 1/30/2022 2:01:38 AM

Like Dislike

Almond

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

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E = mc2 (no superscript) Material medicines are nothing more than very crude carriers for energetic frequencies and patterns that resonate with our bodies. Form defines function and energy determines form.

Mark as Spam | Posted On 1/30/2022 2:22:36 AM

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Pete.Smith

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

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Hi GUI, thanks for the interesting studies. Understandable there is much focus on telomeres, but Dr Mercola talks about plasma exchange apheresis, the exchange of blood in mice, making old mice younger,. Why they didn't know until Dr Harold Katcher got an idea, and proved last year it was something in the blood plasma, that he called E5 (Elixer5). As he is applying for patents he doesn't want to say yet what E5 is. He said:"It looks like cells age when they become older, but cells don't age. When you put young cells in old bodies, they don't work well. When you put old cells in young bodies, they work like young cells again. So aging doesn't happen at cellular levels." Katcher did last year an experiment in Mumbai, India, giving rats a blood plasma with E5 led to a 54% reduction in their epigenetic age.

The rats effective biological age was measured by epigenetic clocks, involving 593 tissue samples. The result was epigenetic ages of blood, heart, and liver tissue became half it use to be, and a lesser reduction (still statistically significant) in the epigenetic age of the hypothalamus. This has been heralded as the single most dramatic age-reversal experiment in mammals to date. In his book "The Illusion of Knowledge", Harold Katcher explains his theory of aging, and gives details about the experiment of rejuvenation of rats with the plasma fraction called E5.

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Pete.Smith

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

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Researchers from Osaka University discovered that the Covid spike protein can also directly bind to a cell-surface protein GRP78, and that increases the binding with ACE2. But I think this is also interesting in aging, because they investigated how much GRP78 protein is present in tissues from older, obese, and diabetic patients. “The results were very clear,” explains senior author Shimomura. “GRP78 gene expression was highly upregulated in adipose tissue, and was elevated with increasing age, obesity, and diabetes.” Aging, obesity, and diabetes are known to be associated with increased blood insulin levels. Therefore, the group wondered whether insulin was involved in GRP78 expression.

They found that exposing cells to insulin did induce expression of GRP78. Importantly, they discovered that treatment using widely prescribed anti-diabetic drugs that reduce insulin levels successfully reduce expression level of GRP78. They went a step further and showed that exercise and calorie restriction in a mouse-model also worked to reduce GRP78 levels in adipose tissue. resou.osaka-u.ac.jp/.../20211028_2 See the picture in the link. So it seems to be a connection between aging and insulin levels, as calorie restriction is anti-aging (SIRT1) and lowers insulin also.

Anti-aging expert David Sinclair used to take Metformin, which lowers insulin, not because he is diabetic, but for anti-aging, Sinclair takes olive oil as anti-aging agent to influence SIRT1, he said In a short, 3 minute video https://youtu.be/S96wOX9uLIM Datadragon writes: Hesperetin, a flavonoid found in citrus fruits, can be a novel SIRT1 activator, I found research showing that it is even stronger than resveratrol. SIRT1 also regulates cellular energy, blood glucose, insulin sensitivity, and lipid balance. SIRT1 mediates PPARγ co-activator 1α activation, which enhances fatty acid oxidation, thereby improving glucose homeostasis and promoting insulin sensitization, DataDragon said.

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juststeve
Joined On 1/5/2012 11:13:54 AM
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Curious, what about people who are 70 but look 50? Any testing what outcomes may be for those inbetweeners? Just asking, despite multiple body slams through the years & being on the steeper side of 65, people routinely mistake me for being North or South of 45. Usually closer to 40. Was carded for alcohol until about 43, & then clerks weren't sure. Actually, thought I may have used white out to paint a few hairs in the beard to fake the age. Perhaps both treatments, (DNA Methylation & telomere,) will eventually be adjusted to be delivered in different ratios at different chronological ages, or most likely better, biological ages?

After some reflection the Gut suggest perhaps one treatment in a fasting state, then the other in a reload state may have the best results? Pursuit of these treatments may be great for how many birthdays we end up having, that we would be able to have healthy, productive lives for as long as possible. Also, Mirandola has questioned what is going on, she's observed people who have had the Jab/s seem to be aging very quickly...this research implies her observations are correct.

Mark as Spam | Posted On 1/30/2022 4:58:01 AM
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ChrisColes
Joined On 5/3/2009 2:40:01 AM
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Guillermou Now, let me get this straight; what these ongoing reports of the telomerase being inactivated by the spike protein are telling us; is that from that moment onward, the recipients of the mRNA vaccines are now going to age much faster than normal; indeed, by implication, they will have reached, regardless of present age, (relative to the unvaccinated), the end of the lives of their cells of their bodies? That we may be about to observe, what is the classic movie example, where someone ages suddenly? Which in turn, opens the question; has anyone any idea of just how fast this is likely to happen?

Mark as Spam | Posted On 1/30/2022 5:09:22 AM
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stanleybecker
Joined On 11/12/2012 3:21:48 AM
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Chris - we are literally DYING in order to find out !!

Mark as Spam | Posted On 1/30/2022 5:24:25 AM
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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Hi Chris. The best demonstration is the studies of the serious damage of the "vaccines". Vaccine research studies are showing an increase in cancers that is related to aging, damage to the immune system and also decreased blood flow to your heart and organs and tissues with a severe decrease in the flow of nutrients and oxygen in the blood due to coagulation and obstruction of the arteries, veins and capillaries of your entire vascular system. A recent autopsy of a man who was injected with the Chinese flu vaccine revealed that he had spike proteins in all his cleaning organs, in his brain and heart.

All this leads to premature death from heart attacks, strokes, cancer from vaccines. The US military has been in the midst of a mass death event since the Wuhan coronavirus "vaccines" were imposed on all military personnel. The military cancer rate has tripled thelibertydaily.com/bombshell-cover-up-cancer-diagnoses-in-the-militar.. (01/25/2022) Research published in the journal of the Multidisciplinary Institute for Digital Publications reveals that Wuhan coronavirus spike proteins "significantly" inhibit the ability of damaged DNA to repair itself, a process that is "required for effective V Recombination (D)J in adaptive immunity".

The researchers determined that the Chinese virus spike proteins localize within the nucleus of cells, preventing the key DNA repair proteins BRCA1 and 53BP1 from being recruited to the damaged site. Consequently, the damaged DNA remains damaged and adaptive immunity cannot be achieved. "If DNA damage cannot be adequately repaired, it will contribute to the amplification of viral infection-induced pathology," the study warns, noting that immunodeficiency is a potential outcome.

Mark as Spam | Posted On 1/30/2022 6:16:21 AM
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Guillermou
Joined On 4/7/2015 8:47:48 AM
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The latest data from the UK PHE Vaccine Surveillance Report suggests that people who have been "fully vaccinated" against the Wuhan coronavirus are losing around five per cent of their immune systems per week. It gets worse – A comparison of official Government reports suggest the Fully Vaccinated are developing Acquired Immunodeficiency Syndrome much faster than anticipated www.mdpi.com/.../htm (2021) | dailyexpose.uk/2021/10/10/comparison-reports-proves-vaccinated-develop.. (2021) | dailyexpose.uk/2021/10/15/its-worse-than-we-thought-fully-covid-vaccin.. (2021)

Mark as Spam | Posted On 1/30/2022 6:16:39 AM
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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Hi Almond, for this we have the mitochondria, which Dr. Mercola has published relevant reports, are especially abundant in the organs and tissues of the body with higher energy requirements. Mitochondria also have other important functions, including: signaling, differentiation, programmed cell death, and control of cell growth. 33 NATURAL WAYS TO IMPROVE MITOCHONDRIAL FUNCTION selfhacked.com/blog/natural-ways-to-improve-mitochondrial-function/ (03/11/2021)

Mark as Spam | Posted On 1/30/2022 7:29:13 AM

Like Dislike

Guillermou

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

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Thanks Pete Smith. Interesting contributions. Nicotinamide adenine dinucleotide (NAD+) increases mitochondrial energy and its deficiency is an essential factor in chronic diseases and aging. NAD+ produces its beneficial effects in multiple pathological pathways, including mitochondrial dysfunction, DNA damage, and oxidative stress, by modulating enzymes such as sirtuins, glyceraldehyde-3-phosphate dehydrogenase, and AP endonuclease. www.liebertpub.com/.../ars.2017.7445 (2018) | journals.lww.com/hnpjournal/Citation/2021/07000/Nicotinamide_Adenine_D.. (2021)

NAD is highly involved in various metabolic functions, such as glucose and fat regulation, and polymorphisms in these genes have been associated with the development of obesity, type 2 diabetes, cancer, cardiovascular disease. disease and longevity. Nutraceuticals such as resveratrol, quercetin, kaempferol, and curcumin and other therapies such as sirtuin activating compounds, NAD, nicotinamide mononucleotide) are being explored as potential therapies in sirtuin and point to promising treatments to promote metabolic health and reduce obesity and age-related diseases. journals.lww.com/jaanp/Abstract/2021/05000/Genomics_of_aging__The_role.. (2021)

NAD+ is a critical metabolic intermediate that serves as an enzyme cofactor in redox reactions, and is also used as a cosubstrate by many enzymes such as sirtuins, adenosine diphosphate ribose transferases, and synthases. Through these activities, NAD+ metabolism regulates a broad spectrum of cellular functions such as energy metabolism, DNA repair, regulation of the epigenetic landscape, and inflammation. NAD+ may have immunomodulatory properties on inflammation with a special focus on multiple sclerosis, inflammatory bowel diseases, and inflammation. bpspubs.onlinelibrary.wiley.com/.../bph.15477 (2021)

Mark as Spam | Posted On 1/30/2022 8:11:59 AM

Like Dislike

Guillermou

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

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NAD + improves learning and memory. Secondary endpoints also showed neuroprotective effects of NAD+ in different models of Alzheimer's disease. Proposed neuroprotective mechanisms included, among others, attenuation of oxidative stress, inflammation, and apoptosis, while enhancing mitochondrial function. link.springer.com/.../s12031-021-01842-6 (2021) This study reviews recent advances in the mechanistic understanding of biological aging, focusing on adenosine monophosphate-activated kinase (AMPK), sirtuin 1 (SIRT1), and mammalian target of rapamycin (mTOR) pathways, which are currently considered critical for ageing. We also discuss how these proteins and pathways can potentially interact with each other to regulate aging. www.mdpi.com/.../htm (2021)

NF-kappa B is one of the main mediators of aging and is activated by toxic, oxidative, and inflammatory stresses. Calorie restriction and fasting increase insulin sensitivity, Sirt1, and reduce inflammation. Insulin stimulates NF-kB impairing mitochondrial function. SIRT1 increases mitochondriogenesis, enhancing the response to oxidative stress, p53-altered apoptosis, and decreasing the inflammatory response through NF-KB suppression. www.nature.com/.../srep44708 (2017) | www.ncbi.nlm.nih.gov/.../PMC3295063 (2011) In addition to the association with "cytokine storm", the NF-κB pathway is known to be associated with the pathogenesis of metabolic syndrome. Diabetes and obesity are attributed to a chronic inflammatory state, with high levels of glucose and free fatty acids in the body. link.springer.com/.../s10787-020-00773-9 (2021)

Mark as Spam | Posted On 1/30/2022 8:12:22 AM

Like Dislike

Guillermou

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

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After the 5-day fast, the diversity of the intestinal microbiota increased and a statistically significant correlation was detected between the expression of the SIRT1 gene and the abundance of Prevotella and Lactobacillus, which were inversely correlated with age, as well as with the mass index. bodily. Thus, this represents the first study to show that fasting not only changes the composition of the gut microbiota, making it more diverse, but also affects SIRT expression in humans. www.mdpi.com/.../htm (2021) Nrf2 diet, covers the electromagnetic fields and promotes mitochondrial function, activating the transcription factor Nrf2, which induces the expression of particular genes, which promote powerful antioxidants such as NAD, quinone oxidoreductase and glutathione S-transferases, and many others.

Nrf2 genes protect the body from oxidative damage that can result from inflammatory responses and fight chronic and degenerative diseases. Sulforaphane is a great enhancer of the Nrf2 pathway. www.selfhacked.com/blog/about-nrf2-and-natural-ways-to-increase-it/ (2021) NRPT is a combination of nicotinamide riboside and (NAD+), found in milk, and pterostilbene, a polyphenol found in blueberries, was administered to a population of 120 healthy adults between the ages of 60 and 80 years. The study consisted of three treatment groups: placebo, a recommended dose, and a double dose group. NAD + concentration increased by approximately 40% in the group and approximately 90% in the double administration group, after 4 weeks. www.nature.com/.../s41514-017-0016-9 (2019)

Mark as Spam | Posted On 1/30/2022 8:12:44 AM

Like Dislike

Guillermou

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

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Thank you Just, of course diet and healthy lifestyles have an important role in aging, The incidence of human cancers increases exponentially with age and therefore cancer stands out as a disease that is closely related to the aging process. Highlight the importance of inflammation, the activation of NF-κB and several cytokines and chemokines in the aging processes and in the development of chronic diseases, especially cancer.

www.ingentaconnect.com/content/ben/cas/2009/00000002/00000003/art00002 (2009)

In recent years, the potential anti-aging benefits of polyphenols have gained increasing scientific interest due to their ability to modulate oxidative damage, inflammation, autophagy, and the gut microbiota. This review highlights the influence of polyphenols in preventing aging disorders and increasing life expectancy based on the influence of oxidative stress, inflammation, autophagy, www.tandfonline.com/.../10408398.2020.1773390 Accumulating evidence has suggested a causal link between mitochondrial dysfunction and major aging-associated phenotypes with possible mechanisms including insulin/IGF-1 signaling (IIS) and targeting of rapamycin pathways

Mitochondria in the regulation of the innate immune system, the mechanisms linking mitochondrial quality control with age-dependent pathology www.jci.org/.../64125 (2013) | www.jci.org/.../120842 (2018) | jme.bioscientifica.com/.../JME-20-0196.xml (2021) | www.nature.com/.../s42003-021-02840-5 (2021) Caring for the energy centers of the mitochondria is caring for health and slowing down aging. Mitochondria also have other important functions, including: signaling, differentiation, programmed cell death, and control of cell growth. 33 NATURAL WAYS TO IMPROVE MITOCHONDRIAL FUNCTION selfhacked.com/blog/natural-ways-to-improve-mitochondrial-function/ (03/11/2021)

Mark as Spam | Posted On 1/30/2022 8:39:01 AM

Like Dislike

Pete.Smith

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

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Gratitude GUI, for adding more info. Very interesting the link between fasting, SIRT1 and more abundance of good bacteria Prevotella and Lactobacillus. Researchers found that people who became 110 years old have more gut bacteria diversity than peope who died at a much younger age. In this article they say it could be beneficial bacteria that keep the bad ones out, so less inflammation and chronic disease. www.livescience.com/centenarians-gut-bacteria-aging-bile-acids.html .

I have noticed in different studies, in different countries, the researchers claimed that the secret to aging of centrenarians in their country was to have some extra benificial bacteria, which means more diversity. However I noticed that those types of thoses extra bacteria were different in each country. So it could be that having some extra good bacteria, keeps the harmful bacteria out, but the SIRT1 connection could be another explanation. But the question is: What came first after the fasting? Did the SIRT1 promote the good bacteria, or do the good bacteria promote SIRT1 ... ?

Mark as Spam | Posted On 1/30/2022 9:19:44 AM

Like Dislike

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datadragon

Joined On 6/14/2015 6:50:55 PM

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Good information Gui and Pete, How epigenetics reversed autism: Gene mutations that cause Autism stem from a high level of gene suppression caused by dysregulation in epigenetic mechanisms that modify chromatin structure, known as chromatin remodeling factors. Focusing on histone modifications and how they effect and alter gene expression in the autism model, Autism is affiliated with extremely high levels of histone deacetylase 2 (HDAC2) which severely tightens the chromatin, resulting in gene suppression. Once HDAC2 is upregulated, it diminishes genes that should not be suppressed, and leads to behavioral changes, such as the autism-like social deficits.

The team turned to epigenetic anti-cancer drug called romidepsin, which is highly potent HDAC inhibitor. They treated mice deficient in the Shank 3 gene with a low dose of the drug for three days and found that gene function and expression were restored, and the social deficits were completely reversed. The drug successfully diminished the effects of HDAC2, which loosened the chromatin, allowing transcriptional mechanisms to restore gene expression. Upon further genome-wide screening, the team found that treatment with romidepsin was extensively effective at restoring the function to more than 200 genes that were previously silenced by autism.

β-catenin, a Shank3-binding protein that regulates cell adhesion and transcription, was increased in Shank3-deficient mice, a main gene able to cause autism on its own, which induced HDAC2 upregulation and social deficits. www.nature.com/.../s41593-018-0110-8 Nutrient deficiencies as well as inflammation both can cause shank 3 deficiency as I've discussed before, subsequent gut dysbiosis www.biorxiv.org/.../2020.04.29.065821v1.full which leads to the reduction of natural HDAC inhibitors. the gene Shank3 is an important modulator of sleep and clock gene expression also by the way elifesciences.org/.../42819

Mark as Spam | Posted On 1/30/2022 9:45:05 AM

Like Dislike

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datadragon

Joined On 6/14/2015 6:50:55 PM

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Yes Pete, Hesperetin can be a novel SIRT1 activator, I found research showing that it is even stronger than resveratrol (RSV) and hesperetin (HST) interestingly could also reverse a SIRT1 inhibitor (EX-527) but the inhibition effect of EX-527 was not changed by Resveratrol suggesting that HST has more impact on SIRT1 compared to RSV. Data showed that both HST and RSV are able to effectively stimulate SIRT1 deacetylase activity, although HST at the concentration of 25 μM activated SIRT1 more potently compared to RSV ($p < 0.01$). link.springer.com/.../10.1007%2Fs13105-019-00678-4 Hesperidin is a flavonoid found in citrus fruits.

Its active metabolite is hesperetin, and you will see both mentioned almost interchangeably in studies. According to a recent review, the content of hesperidin in 100 mL of juice is: orange 20–60 mg, tangerines 8–46 mg, lemon 4–41 mg, grapefruit 2–17 mg (mandarin, clementine sweet orange and others also see Table 1 www.ncbi.nlm.nih.gov/.../PMC7465267). This means that we can take about 100 mg of hesperidin, just in a large glass of orange juice. SIRT1 has a pivotal role in inflammatory processes, oxidaive stress, apoptosis, and in general, increases mammalian cell survival and lifespan.

SIRT1 also regulates cellular energy, blood glucose, insulin sensitivity, and lipid balance. SIRT1 mediates PGC-1α (PPARγ co-activator 1α) activation, which enhances fatty acid oxidation, thereby improving glucose homeostasis and promoting insulin sensitization. Activation of SIRT1 inhibited NLRP3 inflammasome activation and subsequent caspase-1 cleavage as well as interleukin (IL)-1β secretion, whereas SIRT1 knockdown obviously enhanced the activation of NLRP3 inflammasome in HUVECs. pubmed.ncbi.nlm.nih.gov/27908642

Mark as Spam | Posted On 1/30/2022 9:46:15 AM

Like Dislike

datadragon
Joined On 6/14/2015 6:50:55 PM
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GUI yes NAD+ is involved with SIRT1 see the pathways here www.frontiersin.org/files/Articles/551744/fphar-11-01225-HTML/image_m/.. Mechanistically, they found that telomere dysfunction caused macrophage mitochondrial abnormality, oxidative stress, and hyperactivation of the NLRP3 inflammasome. Our data demonstrate that telomere defects in mice resulted in extensive lung inflammation and injury and hence increased lethality upon infection. Strikingly, G3Terc−/− mice exhibited more severe inflammation and injury upon staphylococcal infection, which was primarily due to the hyperactivation of the NLRP3 inflammasome and mitochondrial oxidative stress.

The ubiquitin-editing enzyme TNFAIP3, together with PGC-1α, was critically involved in the regulation of mitochondrial and inflammatory gene expression and essential for the homeostatic role of telomeres. Together, the study reveals a regulatory paradigm that connects telomeres to mitochondrial metabolism, innate immunity, and inflammation, shedding light on age-related pathologies. pubmed.ncbi.nlm.nih.gov/29590618 The vitamin D receptor (VDR) is also a negative regulator of NLRP3 inflammasome activation (inhibits NLRP3 activation) www.frontiersin.org/.../full

1,25(OH)2D is able to regulate the mammalian/mechanistic target of rapamycin (mTOR) signaling pathway by stimulating expression of DNA damage-inducible transcript 4 (DDIT4), also known as regulated in development and DNA damage response 1 (REDD1), a potent suppressor of mTOR activity www.tandfonline.com/.../cc.10.12.15620 Calcitriol the active metabolite of vitamin D3 inhibits ROS-NLRP3-IL-1β signaling axis via activation of Nrf2 pubmed.ncbi.nlm.nih.gov/30611121

Mark as Spam | Posted On 1/30/2022 10:28:47 AM
Like Dislike

epi-cure
Joined On 5/12/2012 7:02:04 PM
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Guillermou ola ! and referring back to your note left yesterday, that makes at least twice that we see eye to eye: 1) "humankind will prevail over the forces of darkness" and 2) things that belong on the dinner table. Sylvain Timsit a heretofore unknown name is now on my get-acquainted list, merci. Remember when French life was fun in between those revolutions, then and now? I'm thinking of the classic epicurean movie La Grande Bouffe. A votre sante.

Mark as Spam | Posted On 1/30/2022 1:04:53 PM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Of course we agree, EPI. In my land, good food accompanied by good friends always makes the soul happy and telomeres are rejuvenated. Txokos abound, exclusive clubs to meet to eat and drink with friends, very popular. The term translates as "corner or corner" into Spanish and represents a "secret society" in which friends met to cook, sing and have a good time. Also in Italy, Carlo Petrini promoted the movement called "slow food", which incorporates the enjoyment and pleasure associated with the ingredients of good dishes, accompanied by good laughter and memories that make the soul smile.

And it is that before the speed of current life, the world is waking up and the answer is a slower life, where the guideline is set by local, fresh products, which add richness to our diet and tranquility to our mind. The idea behind the organization is to actively combat the globalization of fast food. According to the movement, a person can achieve this by understanding the relationship between the food that reaches their plate and the planet, which forces them to recover local culinary traditions.

In Europe, slow food has led to the formation of pressure groups to include ecological practices in national agricultural policies. To be a slow dining room it is necessary to shorten the distance that the food travels to reach the table. In our country, participating in the slow food movement, even sporadically, is easier than in other regions. Here are some tips to be a "slow eater": Say no to fast food. Eat local foods. Choose organic products. Avoid genetically modified products. Give yourself time to savor each bite.

Mark as Spam | Posted On 1/30/2022 1:24:28 PM
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epi-cure
Joined On 5/12/2012 7:02:04 PM
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Guillermou, based on your near instant reply, if slow meals eaten make for a rapid response, I may finally have found a cure for my procrastination. I've been actively seeking to relocate to land that will accommodate the building of a sizeable 4-season passive solar greenhouse. I figure it's a better slow food strategy than eating turtle soup every day.

Mark as Spam | Posted On 1/30/2022 1:54:11 PM
Like Dislike

otis101
Joined On 7/10/2010 6:30:32 PM
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Gui, Pete, & Data thanks for the detail. I feel like I can now get in the cockpit of an F35 and fly coast to coast.

Mark as Spam | Posted On 1/30/2022 1:54:54 PM
Like Dislike

Guillermou

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

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Thank you Otis for your ingenuity and empathy, you tell the stewardesses that you are immunized against covid.

Mark as Spam | Posted On 1/30/2022 2:05:27 PM

Like Dislike

Guillermou

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

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Yes, Epi, moods must be faced and managed with the objectives that satisfy them at the same time. Empowered Communities are a good front for achieving immunity and soul health while avoiding destructive globalism. An initiative to seek the participation of community-based organizations, the support of true health science, biodynamic agriculture and the conservation of the environment with renewable energies, so that together concrete, inclusive and sustainable solutions can be achieved to fight against the great threat of tyrants who want to dominate bodies and minds. A great objective is to achieve empowered communities with a design of sustainable environments in all its dimensions: social, economic and environmental. With the energy crisis, in Spain, the country of the sun, solar energy is being encouraged and distributed among all members of the community, benefiting from the consumption of renewable energy generated.

Mark as Spam | Posted On 1/30/2022 2:27:24 PM

Like Dislike

Pete.Smith

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

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Gratitude DATA for your extensive contribution. Interesting how omidepsin diminished the effects of HDAC2 and reversed social deficits. This gave me an idea. We should force fed omidepsin to Bill Gates, Fauci and Klaus Schwaab, until their social deficits are completely reversed.

Mark as Spam | Posted On 1/30/2022 3:02:35 PM

Like Dislike

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rrealrose

Joined On 11/10/2011 8:59:01 AM

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ASHWAGANDA, yes! Just started messing around with it in formulas and in coffee...

Mark as Spam | Posted On 1/30/2022 3:42:54 PM

Like Dislike

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mpk3149

Joined On 8/19/2014 2:48:43 AM

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Agree, Gui, spike protein from vaccines does damage. Seeing a lot of that here. Unfortunately because of mandates from governments and universities many had no choice but to vax. But also observing that those with natural infection are suffering the same. Seeing neurological issues such as brain fog particularly, even in 20 somethings. Gut damage in many, and vascular problems in most. So will everyone who gets the vax, and all who get covid have the same long term damage?

Mark as Spam | Posted On 1/30/2022 4:24:16 PM

Like Dislike

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wannabeaknowitall

Joined On 4/4/2008 10:41:51 AM

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JustSteve, Mirandola is right. The jab sadly destroys your mitochondria. Exactly what was intended to kill the masses.

Mark as Spam | Posted On 1/30/2022 4:50:21 PM

Like Dislike

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epi-cure

Joined On 5/12/2012 7:02:04 PM

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Guillermou, you are always so generous with your resources and above all time, that most precious resource in life other than sound health and maybe a good partner/spouse. My lingering memory of a recent Elon Musk interview is that after power transfer loss, a combined solar farm area of around 20K square miles (SM) would be sufficient to harness the suns energy for the total needs of the entire U.S. We are fortunate to have sufficient large open area desert places in the southwest to make this feasible.

Spain has approximately 10 fewer humanoids per (SM) than the contiguous US and my impression is that those high-speed rails in your backyard see quite a bit of open country, i.e. lots of space for solar until some of the clandestine technology long overdue gets to see the light of day. I became an armed-chair enthusiast of agriculture back around 35 years ago. Charles Walters, the founder of a periodical named ACRES USA reverberated the wisdom of our predecessors that as goes their soil so goes the health of civilizations. He was, like us, a proponent of local economies

Mark as Spam | Posted On 1/30/2022 5:32:26 PM

Like Dislike

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fundamentalassumptions

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

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Pete.Smith, that's some scary stuff there! "When you put young cells in old bodies, they don't work well. When you put old cells in young bodies, they work like young cells again." Those desperate & unredeemed, living in these bodies of death...without hope & obsessed with the fear of dying... taken into consideration, & especially those with power. What will they do with that information? Try to take over...possess....young bodies already in existence? or to Frankenstein grow designer genetic 'masterpieces'? What could go wrong!?

Mark as Spam | Posted On 2/13/2022 12:14:11 PM

Like Dislike

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fundamentalassumptions

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

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Definitely open to all dietary & legitimate lifestyle interventions given they are freely offered, freely to be received on an individual basis...but such power as these things potentially hold & the temptation to powerful people is beyond unsettling! Admittedly the forcefeeding of Fauci, Gates etc is tempting, but I'm thinking that real justice & capital punishment for crimes against humanity is more lawful. Maybe they could be given a choice between hanging, injection to a rapidly aging bleak prison existence, with an option to forcefeeding so they could experience remorse & repentance? But I'm thinking such are likely beyond any such hope & reprobate.

Elon Musk's ideas haven't panned out so well thus far, and people actually working with solar haven't found it nearly that efficient, though a useful adjunct. The Amish/Mennonite locally use it freely in their businesses around here, & many are learning& improvising from their growing knowledge. Judging by the size of arrays for even a modest industrial application, Musk's estimate is grossly exaggerated or misjudged.

He can dream & chip himself if he wants to, but forcing the rest of us to go along is an entirely different matter! ---As for oil, the ongoing research at Spirit Lake after the eruption of Mt. St. Helen's has shown us two things: 1) a forest of petrified, floating trees which gradually sink to embed their heavier root system ends in the bottom sediments of the lake within a couple decades, and 2) new oil produced.

That's not good for a supposedly limited commodity to which the Vatican & certain colluding elements in the US & Saudi decided to attach the 'world' currency. The limited metals used in battery production & carbon, financializing every conceivable aspect of the creation might just prove their next new thing. Didn't work out so well for the former president of Tanzania when he tried renegotiating those contracts. So much for the 'charitable' corporate foundations & globalist cures.

Mark as Spam | Posted On 2/13/2022 12:32:57 PM

Like Dislike

RichJedi

Joined On 8/17/2006 1:23:38 PM

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The Chinese in their search for the "elixir of immortality" researched everything from minerals, herbs, various drug and mineral combinations, some of which would be considered complex even by todays standards. Much of this was done by a group known as the Taoists monks. Taoism is one of the three major religions of China along with Confucianism and Buddhism. The Taoists were often some of the most practical, realistic and scientific. It was after many thousand of deaths through mineral and drug experiments that they discovered that the true "Elixir of Immortality" was not in any external potion, mineral, drug or even herbs, but it was already inside the body in the form of one's own life force or chi.

The reason that Chi is the most important single factor in your health is because your entire body is essentially a large bio-electric magnet. It's known that without these magnetic fields, life could not occur. Cells have an electromagnetic field (EM) and it`s this field of energy that keeps each cell alive. The stronger the EM field, the stronger each cell is and the more resistant it is to decay and death. The human body has and needs this life force to survive. When cultivated, this life force can enable one to perform great feats of strength, power, and healing and significantly increase one's health and longevity.

For health purposes it enables one to heal from serious illness and most importantly, prevent such illnesses from occurring in the first place. Of course keeping the body clean through regular fasting and ingestion of high nutrient density foods especially fruits and vegetables, herbs go a long way towards achieving longevity. Chi is especially cultivated through breathing, Qigong training & sitting abdominal meditation which greatly fill the energy meridians with Chi. This especially energizes the brain & pituitary gland which significantly boosts Health and Longevity over time. www.naturalnews.com/024678_Chi_energy_body.html

Reply | Mark as Spam | Posted On 1/30/2022 5:58:59 AM

Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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We are told to practice social distancing when the average person's energy field extends at least 6'. This prevents our own energies from being recharged by interacting with others. It prevents emotional bonding and hugs. It prevents the intimate "knowing" when in the presence of another. It also makes us easier to surveil when we are a distance away from others.

Mark as Spam | Posted On 1/30/2022 7:14:23 AM

Like Dislike

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rrealrose
Joined On 11/10/2011 8:59:01 AM
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Hi Almond, you do not necessarily need others to recharge. Forest bathing, made famous by the Japanese, will do as well if not better. Energy from tress and plants can be far superior to energy coming from the vaxxed, and there are others who tend to suck energy (yup, energy vampires of sorts) this is why it is so important to chose your friends wisely.....running water and especially waterfalls are places of high energy, well-known by native Americans. Oxytocin is a hormone, another topic where Dr. Fauci seems either ignorant, or declared distancing on purpose.

Mark as Spam | Posted On 1/30/2022 10:37:35 AM

Like Dislike

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stanleybecker
Joined On 11/12/2012 3:21:48 AM
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the problem with mortality is that Life is finite but the context of our existence is infinite - since Methuisalah in the Bible the idea that our life span could become augmented has appealed - to die of old age is the goal - the Okinawans are working in the fields at 117 years old - there death has no chronic symptoms merely an exhaustion of the Life Force - and the Okinawans {world champions in longevity} have the highest percentage of centarians {amount of people who reach 100 years old} - so this is an ethnic situation - how do they do it ?? - "Hara Hachi Bu" meaning "eat only until nearly full" - this is their mantra - other measures they take is to eat a variety of foods in small amounts - small amounts of fish and colorful veggies - and then the Okinawan magic ingredient GOYA which is their name for the bitter african cucumber {which is not that bitter} - this keeps them REGULAR -

the Okinawans abhor CONSTIPATION which they see as the root of much threatening inflammation - so GOYA keeps them regular - a NO BRAINER - they exercise by walking to their island fields miles away every day - they retain flexibility with their movements in the field - when the USA put its base on this island / paradise they changed the ethos of the young Okinawans by introducing Coke and hamburgers as "get with it" life style modifications - the young Okinawans now have the same disease profile as their American colonialsts - c'est la vie. - also of interest is the Bram Stoker novel Dracula, where the transfusion of blood somehow gave eternal life to the protagonist - blood is the articles proposition for establishing biological age - so once again fiction predicts science

Reply | Mark as Spam | Posted On 1/30/2022 4:42:18 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Yes, Stan the blue zones know a lot about healthy aging. Studies report that fermentation metabolites present in many fermented foods (eg, SCFAs), as well as phytochemicals, enhance the expression of immune agents such as cytokines (interleukin-IL-6, IL-10, IL -12 and IL-1 β) and immunoglobulins (IgA and IgG), thus aiding in health and longevity (Das et al.2020). The production of antihypertensive peptides through proteolytic action during fermentation is reported to delay aging by modulating the microflora in the gut, thus enhancing the immune response.

This report looks at the various fermented foods and their impact on health and longevity.
link.springer.com/.../978-3-030-83017-5_9 (2021) In this paper, the effects of these phytochemicals (either pure forms or polyphenolic foods) are reviewed and summarized according to the cell signaling pathways affected. Finally, the efficacy of the preventive anti-aging action of nutritional interventions based on diets rich in polyphenolic foods, such as the Blue Zone (BZ) diets, is discussed. For example in Okinawa Island (Japan). Home to the oldest women in the world, these South Pacific islands offer many secrets to longevity.

The Okinawan tradition of forming a moai brings confidence to social networks. They meet every day to drink sake and gossip. Okinawans also attribute their longevity to the ancient Confucian mantra said before meals "Hara Hachi Bu", which reminds them to stop eating when they are 80% full, so they don't overeat. They have a strong sense of purpose in their family. A centenarian described the feeling of holding her great-grandson as "jumping into the sky"

Mark as Spam | Posted On 1/30/2022 5:35:10 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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A mixture of things makes these places so unique. Genetics can explain up to a 30% change in life expectancy among humans, but that doesn't explain the vast disparity between residents of these five areas compared to the rest of the world. Modifiable factors, such as physical activity, diet, smoking cessation, and midday naps, may represent the "secrets" of long life; These findings propose that the interaction of environmental, behavioral, and clinical characteristics may regulate longevity.

Its longevity is considered to be largely due to lifestyle, mainly its traditional diet, which is low in calories but rich in nutrients, mainly phytonutrients (polyphenols). Most people in the BZs practice some form of fasting, either for religious reasons or intermittent fasting while working during the day. Caloric restriction (CR), not associated with malnutrition, is definitely the best characterized non-genetic intervention that increases maximum lifespan and improves lifespan. www.mdpi.com/.../htm (2021)

Mark as Spam | Posted On 1/30/2022 5:35:28 AM

Like Dislike

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sunflowerjanis

Joined On 5/17/2014 4:50:34 PM

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Thank you for mentioning Okinawans. My mother was an Okinawan; i was born there but raised in the US. Having embraced holistic health and nutrition for the past 25 years, i hope to live a long and healthy life. My mother dropped most of her island ways when she was brought to the US; but did live to the age of 83. Thanks again!

Mark as Spam | Posted On 1/30/2022 8:52:57 AM

Like Dislike

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stanleybecker

Joined On 11/12/2012 3:21:48 AM

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thank you Gui - that link from 2001 that you cited at the end of your post - is a GREAT summary of the neutraceutical longevity food substances - very complete and to the point summary - thank you - longevity has been my main interest in the science of life extension - the one thing that struck me about the description of life in the blue zones is the high sociolization that these groupings exhibit - longevity is a love of life and an embrace of fellow humans - this must be measured against the anti social life style that the oligarchs are pushing as their agenda - the Okinwans are pro life and Snake Gates is against life - this is the problem in a nutshell .....

sunflower - you still have the genetic potential as your mother passed it on to you - best of luck and pay attention to the neutriceuticals - also the melody of sweet/ sour/ bitter/ salty as your fdorefather's liked to include all four in their modest diet - small amounts with plenty variety - also another characteristic is the GRACE and even temperament of the Okinawans that avoid the high stress of the Western World - serene in a Buddhistic contemplative sense

Mark as Spam | Posted On 1/30/2022 8:55:50 AM

Like Dislike

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rrealrose

Joined On 11/10/2011 8:59:01 AM

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Hi Stan, Thanks for pointing out that polyphenols article! Captn Redox-Detox has been harping on high polyphenols for as long as I can remember, this article reviews this topic in detail. (Speed reading to get out the door, would have missed it.)

Mark as Spam | Posted On 1/30/2022 10:28:40 AM

Like Dislike

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datadragon

Joined On 6/14/2015 6:50:55 PM

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Hi Stan, Looking at okinawan diet, Mozuku contains very high levels of fucoidan, a sulfated polysaccharide that is present mainly in brown seaweed. Although it is found in other brown edible seaweed such as the better-known wakame, mozuku contains many times as much of it as other seaweeds, about one-fourth of its weight is made of fucoidan! An increasing number of scientific research is indicating that this could be an element of why Okinawan, and Japanese people in general, have the highest life expectancy on the planet. Fucoidan aside, mozuku also contains lots of minerals and vitamins
web.archive.org/web/20190407133508/https://favy-jp.com/topics/1506

all three complement pathways can be blocked by highly sulfated polysaccharides such as fucoidan... www.frontiersin.org/.../full Complement subsequently elicits secretion of both IL-1β and IL-18 in vitro and in vivo via further activation of the NLRP3 inflammasome. pubmed.ncbi.nlm.nih.gov/23817414 so again inhibiting excessive inflammation. In a study done in a Japanese population that included Okinawans, There is a protective version of the Fox03 gene. If you were heterozygote for the protective version of the Fox03 (1 copy of the gene) you have double the chance to reach the age of 100.

If you were homozygote for the protective version of the Fox03 gene (2 copies of the gene) you had 3 times the chance to reach 100. If you have the protective version of the Fox03 gene you had a higher chance of living longer because of not dying from cardiovascular disease through reducing your risk to coronary artery disease. However genes were only part of the findings. If you had a good diet and the protective Fox03 gene you lived the longest. Those who had the good diet but didn't have the protective Fox03 gene lived longer than those who had the protective gene but who had the poorer diet (diet was found to be more important than genes!).

Mark as Spam | Posted On 1/30/2022 11:16:00 AM

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datadragon

Joined On 6/14/2015 6:50:55 PM

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A good diet can activate the protective version of the Fox03 gene and help keep excessive inflammation in check. So while it is beneficial in some people to have the protective version of the Fox03 gene because it reduces your risk to coronary artery disease, it is more important to have a good diet which can activate the protective Fox03 gene.
kirkspoweraging.com/uncategorized/okinawan-foods-heart-protective-gene.. (Ive posted that for you before) FoxO3a stimulates MuRF1 and MAFbx and PRAS40 which inhibits mTORC1 so this is another pathway that inhibits inflammation.
www.ncbi.nlm.nih.gov/.../PMC4774173 Scientists discover why young blood helps reverse aging..

If you increase Tet2 protein, you can actually stimulate stem cell activity in an older animal and you can actually even improve and enhance cognitive function, those same types of learning and memory processes that young blood can enhance. When you give young blood to an old animal, it stimulates the production of new neurons and stem cells. What we identified is that young blood can actually stimulate large changes at the level of the DNA," says Dr. Villeda. "Now what was interesting is this particular protein, an enzyme called Tet2, and it regulates these modifications.

And these modifications are known as epigenetic modifications." "I was really excited because it suggests that we can sort of manipulate the DNA to make an organism younger again www.cbc.ca/radio/quirks/march-3-2018-detecting-the-first-stars-young-b.. Ten-eleven translocation-2 (TET2) is a member of the methylcytosine dioxygenase family of enzymes implicated in cancer and in aging due to its role as a global epigenetic modifier.

Mark as Spam | Posted On 1/30/2022 11:16:43 AM

Like Dislike

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stanleybecker

Joined On 11/12/2012 3:21:48 AM

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rose - came across this article in my archive - kirkspoweraging.com/uncategorized/okinawan-foods-heart-protective-gene.. this guy wrote a book on the Okinawans

hi data - I never dream of immortality - life as lived is always finite but some oligarchs are prepared to risk a fortune for eternal life - these rapacious personalities are high on the SCROOGE FACTOR - "the world is my oyster" cmplex - but not to trash - this is an educational problem - if the Masses can believe in viruses they can believe in social obligations

Mark as Spam | Posted On 1/30/2022 11:18:14 AM

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datadragon

Joined On 6/14/2015 6:50:55 PM

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14-3-3 proteins are regulators of autophagy through regulating key components of the autophagic machinery, MAPK, PI3K and mTOR, are tightly regulated by 14-3-3 proteins. www.ncbi.nlm.nih.gov/.../PMC3901138 and interestingly 14-3-3 protects AMPK phosphorylated TET2 from dephosphorylation by PP2A. AMPK activators AICAR and metformin promoted TET2 phosphorylation europepmc.org/.../31901078 TET2 is also an important regulator of CD8+ T cell fate decisions www.jimmunol.org/.../82.full.pdf
PS - I plan to live forever and... So Far, So Good :)

Mark as Spam | Posted On 1/30/2022 11:24:04 AM

Like Dislike

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epi-cure

Joined On 5/12/2012 7:02:04 PM

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rose hello and thank you for the link to the marathon 3.5 hour Rose (he's not your brother, is he?)-Icke interview. I wouldn't want Rose's job. Over the years he's challenged himself in a number of different ways but I consider the ability to sit in that chair that long his best endurance test yet. I read The Biggest Secret when it first came out and never strayed far from his warnings to the world. My narcolepsy be damned, what a storyteller that Icke, ey ! And a fine instance of where of it's better to give than receive.

Mark as Spam | Posted On 1/30/2022 12:09:52 PM

Like Dislike

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rrealrose

Joined On 11/10/2011 8:59:01 AM

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Thanks Stan!! Have saved it and plan to watch later...after I un-glue myself from watching Parliamentary Hill in Ottawa!

Epi-cure, posted that link especially for you! Brian Rose is a trooper, for sure. Everyone who can see the end in sight may be wondering what comes next? Am half way though watching the movie "Don't Look Up" about an earth-ending asteroid....nuf said!

Mark as Spam | Posted On 1/30/2022 12:12:48 PM

Like Dislike

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otis101

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

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Stan, thanks for the link to "What Okinawa foods are heart protective, an interview by Kirk Hamilton with Craig Willcox". Their diet was high fat and eating to just 80% full. Total fat in diet <10% in 60s to 26% today (lots of soy). Kirk Hamilton also has a site for reversal of heart disease. He is promoting Dr Dean Ornish. I have read Dr Ornish and have not been successful in reversing heart disease. That was ten years ago. The only food I am allergic to is Soy. Get eczema flares. What I find remarkable about the Okinawan's is their survival and then a long blue zone life after WWII. The invasion of Okinawa, April 1 to June 22, 1945 ended with 150,000 civilians killed, 12,500 Americans killed, and 110,000 Japanese military killed.

"The greatest air-land-sea battle in history." I spent 27 months stationed on Okinawa in the Marine Corps, 1960-1962, and was amazed at the Okinawan's quiet patience putting up with the obnoxious American military. Not always the case as more than one slightly intoxicated said "Yankee, go home". Plus one area totally off limits to U.S. military because of the anti-American feelings. There are many bases on the 70 mile long island, Marines, Army, Navy, and Air Force. The U.S. controlled Okinawa for 25 years, 1945-1972 then turned it over to Japan. I digress, just some history.

Mark as Spam | Posted On 1/30/2022 3:21:11 PM

Like Dislike

fundamentalassumptions
Joined On 4/1/2009 12:17:58 PM
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With regard to Okinawa and fucoidan. Recently found & began using up some brown seaweed/fucoidan supplements ....admittedly old, pre-Fukoshima.....recuperation good time for organizing, cleaning out, re-organizing...lol. I'm wondering now how the harvest has been affected by Fukoshima. Anyone know?

Mark as Spam | Posted On 2/13/2022 12:38:54 PM
Like Dislike

wallaceascham
Joined On 1/9/2016 10:47:27 AM
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It would be interesting to see if there was a change in methylation / telomere length with the Covid jab.

Reply | Mark as Spam | Posted On 1/30/2022 2:31:24 AM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Citing an article in the Journal of Bacteriology & Parasitology, Chestnut noted that "the Spike protein has deleterious effects on telomerase, disrupting its synthesis. With this activity being inhibited, it takes time for the inevitable depletion of immune cells to appear." In other words, the presence of the COVID spike proteins slows down the body's ability to replenish its natural immune system function. "This may be the characteristic 'gift' of the beak Trojan horse," Chestnut wrote. "Any short-lived immune response is fool's gold that supersedes the immune system's ability to replenish itself. This explains what we are currently observing in Israel."

Chesnut found after reviewing a peer-reviewed scientific study and a briefing that once the spike proteins in the vaccine actually settle in and start doing what they were designed to do, an injected person's telomerase is inactivated. Telomerase, in case you're not aware of it, is an enzyme in human DNA that regulates aging. As the telomeres that encapsulate DNA shorten over time, aging really starts to increase. This would suggest that the injections are accelerating the aging process.
www.infowars.com/posts/covid-spike-proteins-suppress-natural-immune-re.. | www.preprints.org/.../v1

The reason so many vaccinated people in Israel are becoming reinfected with COVID-19 may be explained by protein buildup in the body and its effect on the immune system, according to an analysis by an independent researcher. "The 'robust immune response' generated by spike protein can come at a lethal cost," began Walter Chestnut, who drew his conclusions from a peer-reviewed scientific study and informative conference. The "robust immune response" generated by the spike protein can come at a lethal cost. A recent article posted pic.twitter.com/F4JlPvQbSA twitter.com/.../1426720994367057920

Mark as Spam | Posted On 1/30/2022 3:03:38 AM
Like Dislike

sunflowerjanis
Joined On 5/17/2014 4:50:34 PM
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If i were to make a bet; i would say that yes the Covid jabs DO affect these bodily processes. Most definitely the lethal batches of them. Check out on Rumble Greg Reese @ Info Wars; Evidence that US Government Targeted Red States with Deadly Batches of Vaccine. howbad.info and howbadismybatch.com

Mark as Spam | Posted On 1/30/2022 8:45:37 AM
Like Dislike

rrealrose
Joined On 11/10/2011 8:59:01 AM
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No way to know about telomere length, working with older people, vaxxed, one had viral re-activation, needed new glasses and developed a heart condition, the other had a broken blood vessel in her eye, and is losing hearing faster than ever. Its odd how it appears aging process is ramped up to 2x or 3x what would be normally expected...scary to watch, that's for sure.

Mark as Spam | Posted On 1/30/2022 12:09:51 PM
Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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First of all, my apologies to everyone for not being up-to-speed- on technology. To help you better understand what I have written, I have placed an asterisk at the beginning of each paragraph. I am having difficulty with the formatting, so if someone can reformat this, I would greatly appreciate it. I have been thinking of writing this for quite a while. I hope you enjoy it. "Maybe I am just a dreamer, but I am not the only one..."

Reply | Mark as Spam | Posted On 1/30/2022 12:23:41 AM

Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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THE HISTORY LESSON… *Hello everyone, *It is my pleasure to be here in the year 2102 to celebrate my 100th birthday with my great, great grandson's class. I have been asked to tell you what life was like when I was a little older than you are now… *World events started changing very rapidly. There were many wars—that is, people would fight and kill each other over resources, religion or politics. There were shortages of just about everything, especially food. Children were no longer going to school or being educated. I had started college but was told I could not return to campus without submitting to "the gene-altering therapy" injection you now know so much about.

There were even parts of the world where people were assaulted by police or imprisoned in camps for sitting alone on beaches, walking down the street without a mask on or trying to buy food to feed their families if they were unvaxinated. It was a crazy time. Many of us started to give up hope. Many people were 'gaslighted' as it was called back then. They believed silly stuff because they had been encouraged to accept what they were told and not think for themselves. Mandates caused people to lose their businesses and employment. People became very anxious. With nothing better to do and no opportunities, some turned to crime. We began seeing anti-social behaviors.

People turned to drugs. In spite of many shortages, it seemed the govt always made sure there was plenty of alcohol available to distract the people. *Social systems started to collapse. People lost their homes and started living in tents on the street, so as to be close to services like free food. Children no longer attended school. It was difficult to get needed medical care, as, those wanting the injection automatically got moved to the front of the line. Some people died because the unvaxinated were even denied life-saving medical care. We saw inflation rage out of control. Many other things got worse, too. -con.-

Mark as Spam | Posted On 1/30/2022 12:24:18 AM
Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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*We still had the internet at that time—and cell phones for communication—so, at least some people were able to communicate with each other and share ideas. Videos kept getting posted faster than censors could "disappear" them. We started reading information about the adverse effects of the vaxine on websites such as Mercola and The Children's Defense Fund. A group called Frontline Doctors were very active, too. They kept us informed and united us in our resistance. I started seeing articles about the need for govt to be responsive to the people. Our leaders were not guiding people here they wanted to go, but leading then down a different path.

Some of the articles were about strategies to return "power to the people". That was an old slogan from earlier times. *Certain writers—I forget all their names, but they were very important—started suggesting that truckers could control the economy and the leaders thru their resistance to vaxination mandates. I am not sure which trucker or group of truckers first decided to protest, but one day, some of them just decided to quit talking and start doing. They drove their trucks to Ottawa to demand all mandates be lifted and freedom would be restored. Many people did not expect them to be successful, but there is nothing like the time when a moment for truth arrives.

Even the American truckers crossed the border to join the convoy with 600 crossing into the Yukon Territory from Alaska. Eventually 50,000 trucks joined the Freedom Convoy and many of the 77% of Canadians who supported them lined the roads and highways as they drove past with lights flashing and horns blaring. The convoy was quite a sight to see—not at all the same as watching an old news videos of it. The truckers were initially condescendingly referred to as a "fringe element" with "unacceptable views" by Prime Minster Trudeau. -continued-

Mark as Spam | Posted On 1/30/2022 12:24:47 AM
Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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*When the convoy showed up in Ottawa, Trudeau was nowhere to be found, long letting his underlings do the messaging for him. -But, no one was convinced by the lies. After weeks of bringing the city to a standstill, it was even clear to the govt that they could not impose their will on the people. The truckers and supporters outnumbered the police and army. They had parliament surrounded. Crowds remained peaceful in spite of undercover attempts to incite violence. *After the truckers had held out for a few weeks, things began to change. Eventually, Trudeau was found hiding far from Ottawa in a secure location and brought back to the capitol.

It was clear people had lost confidence in their government. Many politicians were forced to resign. Good people, including many truckers, were found to replace them. That was when things started to change. First, the economy improved as trucks started rolling again. The remaining factories and farms could slowly restored operations. Truckers moved lumber for construction, starter calves, grain and natural resources, and more, across the US/Canadian border. Goods were shipped out to nations around the world. Truckers also improved the transportation and distribution system, correcting many inefficiencies.

Even the mail system became more efficient. (Back then, we learned to write on paper and send "letters" to people.) *In the meantime, many of these collaborators were brought to justice. Trials revealed they had perpetrated the vaxine hoax on the public and profited horrendously from their power over the lives of others. Many were tied and convicted of crimes against humanity that had caused so much misery. Many of the experimental groups of subjects died within a short period of time due to vaxines. This was about 5% of the population. -continued-

Mark as Spam | Posted On 1/30/2022 12:25:47 AM
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Almond
Joined On 2/26/2008 4:23:33 PM
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*Change came. Although it was slow at first, people understood. They were just happy to have their freedom back. It was a time of new beginning. Faith in the justice system began to be restored. People felt more secure about owning property and investing.

Once people were able to “trust the (real) science”, children returned to schools. Those were hard years and many people hadsuffered psychological trauma. However, most emerged stronger and more committed to justice. There was a newfound sense of unity and hope among the people that pulled them through. They now had a clear and shared vision for the future. *Many oppressive taxes and laws were repealed. Real currency, backed by physical commodities, became the law of the land, not digital dots and dashes that could be cancelled or surveilled.

Breaching another person’s private records became a major felony. *Individual responsibility was emphasized and people woke up to prefer it over dependency. People prospered because they were allowed to pursue their dreams and reach their full potential. Private property ownership was respected once again. The basic law of environmentalism was exercised in a practical manner, thinking more about not doing things that might harm your neighbor, rather than all the senseless laws that had once been used to control people and resources. People were incentivized to be both productive and responsible. -continued-

Mark as Spam | Posted On 1/30/2022 12:26:34 AM

Like Dislike

Almond

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

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*Many other things began to change as well. For example, you students now have your own gardens where grow the food for your school lunches and you learn to prepare and preserve basic wholesome foods. Some of you learn about poultry. Others train to become orchardists. It came to be, that, more houses had rooftop gardens in cities where space was limited. Right-of-way spaces were set aside for community gardens. Perhaps one of the greatest achievements was that the water system everywhere was cleaned up and no more fluoride added. The savings in health spending resulting from universal access to clean water and wholesome food was diverted to building society in many positive ways, since there was little need for social programs and govt assistance for the poor or military build up.

There was no longer any reason to steal or for people to attempt to escape reality thru drug abuse. Crime rates fell until you now only learn of words like theft and burglary in your history books. Hard to imagine that it took so long to bring out the best in people and motivate them for their own benefit. That savings is where the funding for many of our lovely city and national parks and modern highways came from.

Technology made it possible for people to spread out and work in what had previously been considered impractical locations. Many of you and your families now work from home. With the newfound self-reliance and priorities, people also realized less need to be engaged in jobs that reflected keeping up with the Jonses’. Manufactured items were made to last and fashion was of less concern. You can now print out much of what you need at home. People devoted more time and income to art and music and opportunities for the arts flourished. It became a happier and saner world. -continued-

Mark as Spam | Posted On 1/30/2022 12:27:11 AM

Like Dislike

Almond

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

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*We also saw the dissolution of the corrupt World Health Organization, the World Economic Forum and the United Nations. Once all was revealed, public outrage refused to allow them to continue to exist. We have not had a war, now for almost a century. Instead of military buildup, we spend a comparative pittance on helping less well-off nations. It seems to be working. *So. I hope we have learned what is possible. We do not need to repeat the mistakes of history. We can do better. *I hope you have enjoyed my talk and learned a bit from it. I will be here to answer your questions over lunch before I meet my family for my centennial birthday celebration. THE END

Mark as Spam | Posted On 1/30/2022 12:27:55 AM

Like Dislike

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bfr27915

Joined On 9/26/2021 5:38:22 PM

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Thank you Almond. Enjoyed your story, it made me pause to reflect. "What have we become when we no longer dream?"

Mark as Spam | Posted On 1/30/2022 3:03:20 AM

Like Dislike

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nikkicavingrace

Joined On 9/17/2010 6:08:22 PM

Add as Friend | Send Message

Your lips to God's Ear....

Mark as Spam | Posted On 1/30/2022 10:43:23 AM

Like Dislike

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rrealrose

Joined On 11/10/2011 8:59:01 AM

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Finally, daily news coverage from CTV, the NYTimes, yahoonews and BBC world news also have articles. This one may have the best links: www.ctvnews.ca/politics/live-updates-day-2-of-trucker-protest-in-ottaw.. and here's the live coverage: www.ctvnews.ca/video

Mark as Spam | Posted On 1/30/2022 10:56:52 AM

Like Dislike

Divenire

Joined On 5/8/2017 3:00:48 PM

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That was beautiful, Almond! Thank you. I'm saving it because it's so beautiful. I can read it to my little granddaughter some day. ❤️

Mark as Spam | Posted On 1/30/2022 11:35:49 AM

Like Dislike

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datadragon

Joined On 6/14/2015 6:50:55 PM

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Excellent post Almond, just wondering what they did to make it to 2202 which is 180 years from now! Also apparently in the year 2199 we are going to have radiation bombs sent from an alien race which makes life unlivable on the surface on Earth and people have to go underground, unless they can get the Cosmo DNA which removes the radiation, which is 148,000 light years away, and must do so in just one year time as the radiation seeps underground.
www.youtube.com/watch?v=1xILUFJPF9g&list=PLI1i3YZmH6CfqlaWyK6O9hcY.. (fans of star wars would enjoy)

Mark as Spam | Posted On 1/30/2022 11:51:44 AM

Like Dislike

Almond

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

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datadragon.... You are very observant. Correction made. I never claimed to be a very good typist. ; -) It was my error--or maybe a karmic prediction? Who can say what life expectancy will be like in the future?

Mark as Spam | Posted On 1/30/2022 11:55:36 AM

Like Dislike

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rrealrose

Joined On 11/10/2011 8:59:01 AM

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Hi Almond, I gave up formatting comments a while back, whatever I had was smashed together. - - - - - - (this alternate line or alternate stars or whatever you chose has worked best). As far as your beautiful dream, my guess is the only doctors truly able to help the vaxxed will not wear white coats and stethoscopes. We may be on a precipice of flipping off Rockefeller medicine (except for crisis care) and flipping over to more integrative and functional detox and autoimmune techniques. At the same time, we have precious few years to get off our dependence on burning fossil fuels, and stop spraying chemicals all over creation. So your time-frame may be much shorter than any of us expect! Hope so, anyway.

Mark as Spam | Posted On 1/30/2022 12:18:43 PM

Like Dislike

Almond

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

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rrealrose and all... There is nothing new under the sun. Old stories may record events, but often lack details that have been lost over the centuries when they had no vocabulary to describe them. The ancient legends tell us of a time when people became less than human (transhumanism?). Whatever happened to these people brought on severe consequences. (health?) We also know they became a pariah element in society which also made their lives very difficult. There were some brilliant and compassionate healers who tried hard to reverse some kind of physiological problem(s).

-But cases were very complex and they were not always successful. More and more of the old stories transmitted thru oral tradition are starting to make sense. I believe we are more "recently", at least, descended from a higher civilization--some pretty smart people would claim various "star people". Civilization may be a fluid process of building and collapsing. Perhaps the tales of flying carpets referred to some kind of air travel during an earlier time.

I have seen the leyes crossing parts of Northern Africa... also said to exist in England. It is speculated that these were once part of an energy and transportation grid. The electric jars providing lighting for the Mayans. Brain surgery in South America. Pyramids laid with a precision that is impossible today. And so much more... All I can do is keep an open mind. I am aware that much more has existed than I will ever be able to comprehend.

Mark as Spam | Posted On 1/30/2022 12:40:26 PM

Like Dislike

Almond

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

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rrealrose and all... I believe we could be approaching energetic and frequency modulation medicine. That would make material medicines, as crude energy carriers unnecessary and specific types of energies could be directed towards certain tissue types. (Such therapies may require extreme precision and education though, since many conditions of poor health require detox. It would be harmful to move too fast in some cases and overload the organs of elimination with toxins being excreted via the bloodstream.

An exact diagnosis would be crucial, just as it is today, to choose the correct protocol. However, with greater use of mechanization, technicians could provide follow up treatments recommended by a physician. People with similar protocols could even meet at the same location and be scheduled and treated at the with the same healing energies at the same time for a few minutes, with tremendous cost savings. Unlike radiation therapy for cancer, the staff providing treatment would not be at risk of harm.)

There are a few people who already understand how to do these things--they can also make energetic imprints generating most drug facsimiles in the pharmacopia. Do you understand the implications of this? If only compounding pharmacies were needed and maybe a hundred or so pharmaceutical products having unique formulations? (Same chemical formula, but different structures.) Chemistry and physics would become important required subjects to study in schools.

Once mastering the basics and reading a user's instruction manual, most people would be able to diagnose and cure any health conditions other than trauma if caught early with home monitory (no surveillance or invasion of privacy!). Computers could easily accomplish the math that would otherwise take days (of calculations without error). The collapse of the standard medicine system, as we are presently observing, could even speed innovation. Meanwhile, pharmaceutical companies have a vested interest in selling drug

Mark as Spam | Posted On 1/30/2022 1:37:25 PM

Like Dislike

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rrealrose

Joined On 11/10/2011 8:59:01 AM

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Yes, the Chinese have known the energy routes in the human body for centuries; whereas the west has stalled, been delayed and diverted by Rockefeller medicine.

Mark as Spam | Posted On 1/30/2022 3:28:06 PM

Like Dislike

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epi-cure

Joined On 5/12/2012 7:02:04 PM

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Almond that was good, thank you, but being that I'm stuck in 2022, a great time to be alive according to some, your retrospective is still all in front of me, a vision of what will be because yes, it's true I am a Dreamer (too) but I'm not the only one. I'm certain that somewhere in either si-fi novels written or aboriginal cultures, maybe both, there exits mythology of Dreamers (not unlike Australia's indigenous who dream the world into existence), those who are tasked with keeping alive our species reach for the stars, figuratively and literally. It's not an idle job because it incorporates to some extend T.A. Edison's credo, "the harder I work, the luckier I get".

However, the tables have inverted regarding the "10% inspiration and 90% perspiration" he cited. Dreamers now exist in ample numbers to invigorate the dream against those who would hold it back. They Dream/meditate/hold the vision and then go to work in the garden of their choosing. And should an uninvited moody meteor, cantankerous comet or solar event made for a bad day then cave dwellers of the future will again wonder what were those artifacts of another "civilization" doing under that pile of rubble.

Mark as Spam | Posted On 1/30/2022 7:53:49 PM

Like Dislike

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otis101

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

Add as Friend | Send Message

Almond, very well said. To the truckers I say: No Retreat, No Surrender, on your No Mandate journey.

Mark as Spam | Posted On 1/30/2022 9:12:16 PM

Like Dislike

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fundamentalassumptions

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

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Love you, Almond, despite all of our differences, we have much in common. But God's already diagnosed& foretold the solution,& we don't have to dream it up, just receive it as written& preserved: a sure hope. The yearning for righteousness& justice is from God, we just don't always rightly apply it. I'm sure you can figure out which 'version' of the word of God is that most hated & crucified, hence that most threatening & powerful, exposing the powers that shouldn't be & the spirit they serve, light which they hate.

I hate how my paragraphs get mangled & squished together, too, grateful, & trying to be longsuffering w/ one of the last remaining forums to actually champion free speech& the free exchange of ideas where men can reason & choose as mature adults. I do try to accommodate shortening attention spans, which the editorial oversight apparently reads as inappropriate paragraph form, complex scriptural Pauline reasoning conditioning also complicating that. This is also written about a coming pretender&

counterfeit the whole world will be gaga over,& people should make their choices fully informed both w/ regard to what they embrace,& to what they reject, prepared to fully shoulder the responsibility individually because they will, 1 by 1 b4 God.

Daniel 11:32-45 is the full context, but this especially pertinent today: Daniel 11:37-39 KJB "Neither shall he regard the God of his fathers, nor the desire of women, nor regard any god: for he shall magnify himself above all. 38 But in his estate shall he honour the God of forces: & a god whom his fathers knew not shall he honour w/ gold, & silver, & w/ precious stones,& pleasant things. :39 Thus shall he do in the most strong holds w/ a strange god, whom he shall acknowledge & increase with glory: & he shall cause them to rule over many, and shall divide the land for gain." Some say Antiochus Epiphanes fulfilled this, but Christ himself revealed that but foreshadowing a later fulfillment. Mat 24:15; Mk 13:14 KJB

Mark as Spam | Posted On 2/13/2022 12:59:46 PM

Like Dislike

Almond

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

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fundamental and all... We are living during times of a lack of righteous thinking and a shortage of good action. We are being manipulated by Godless megalomaniacs.

Mark as Spam | Posted On 2/13/2022 1:55:55 PM

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ColdTurkey

Joined On 12/16/2019 8:14:58 AM

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Well, I have to wonder just how much longer is the average lifespan of a Dr. Mercola follower, that is, someone who actually makes the Mercola articles and advice a part of his/her life. I have done that for the past ten or so years and will be 85 in two weeks. Knock on wood, but I have no known ailments and take no medication and walk at the same pace and distance I did 40 years ago. The only disagreement I would have with this truly great doctor is that his saying that 500 milligrams of vitamin C should be enough for an otherwise healthy individual to take daily. I have been taking mega doses of vitamin C since I was age 25, averaging about 12,000 mg a day. Humans are one of the very few creatures that cannot produce their only vitamin C. The average animal produces about 12,000 mg a day. A goat produces 13,000 mg a day but will produce as much as 100,000mg when under stress. So my advice is to always take Dr. Mercola's advice but add a few more grams of vitamin C.

Reply | Mark as Spam | Posted On 1/30/2022 11:45:11 AM

Like Dislike

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kaaren_203

Joined On 12/12/2007 12:33:46 AM

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Doctor Mercola always amazes me with his ideas for staying healthy.... He's an asset to humanity... I like that he wants to help advance with all he does, unlike people like Fausi who interest themselves with money and greed and destruction

Reply | Mark as Spam | Posted On 1/30/2022 1:26:38 AM

Like Dislike

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jrh6690

Joined On 5/14/2017 8:42:59 PM

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I am almost 68 years old. ZERO chronic conditions and no aches or pains. I only eat what God gives us in Nature. Man's poisonous garbage kills you slowly. Refined flour and sugar are the cause of all chronic disease. Weston A. Price found that aboriginal peoples around the world had no chronic conditions until they were introduced to refined flour and sugar.

Reply | Mark as Spam | Posted On 1/30/2022 1:14:39 PM

Like Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

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Instead of worrying about how healthy I am or am not; or how fast I'm aging, etc. - I think that I will just focus on living. I take good care of my health and beyond that, I'm not going to worry about it. I'm healthy enough; so, why would I want to pay some entity to tell me the state of my health? After I finish my coffee; then eat something, I'll be going for my bike ride. I don't need anyone to tell me that cycling is beneficial to my health - and I don't need a test to tell me 'how' beneficial it is.

Reply | Mark as Spam | Posted On 1/30/2022 8:35:14 AM

Like Dislike

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johnpage

Joined On 9/24/2021 2:40:16 AM

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Dear Almond what a wonderful presentation of the present truth people are waking up from this nightmare things are changing but we still have a ways to go, but i would like to applaude you for having the courage to present the future now in the face of (probable)

skepticism by the naysayers and woke community. May i add that if anyone would like to be more enlightened to these facts please check out https://eraoflight.com/ Much love to all.

Reply | Mark as Spam | Posted On 1/30/2022 2:01:57 AM

Like Dislike

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nikkicavingrace

Joined On 9/17/2010 6:08:22 PM

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Well that website is .... interesting....

Mark as Spam | Posted On 1/30/2022 11:06:52 AM

Like Dislike

TreelsKey

Joined On 3/12/2021 1:29:11 PM

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"In our cohort...we saw people who were over 50 tended to have advanced aging as a result of COVID-19 exposure, where they were aging even with mild and moderate disease...People under 50 actually showed an anti-aging effect, where they actually got a little bit younger." 'They're also looking at how COVID-19 affects health metrics and longevity.' Sorry, I am confused by point of this article -- So should we all be happy that we catch Covid-15 virus, a lab-synthesized bioweaponized virus by the same insane, greedy, and evil global-elites who push THEIR mRNA and nano-razor jabs on us because it extends lives of people under 50? Is this why we shouldn't be wearing masks so we catch it more easily but not to go to hospitals where THEY finish us off? This longevity thing to me is exactly what this global grand Covid-Mengele experiment is all about -- so elites would live forever on Earth but at humanity's expense.

That's the whole purpose of Bill Gates' 2007-buillt dept on UW campus -- longevity! Others suggest this mRNA technology is to mutate man's double-helix into a triple-helix -- so he would live forever -- though this triple-helix adds up to 666 and you stop being human. Seee transhumanism videos by late Chuck Missler. This longevity obsession seems like the carrot stick down a slippery slope offered to us by Regina Dugan and Klaus Schwab.

This longevity-immortality is what the Serpent offered to Adam and Eve -- though he lied. Shouldn't we first do the basics and improve Environment and food, combat Species Ex and urban sprawl and so we don't drive as much and get more exercise, and turn to Nature's medicine more than city medicine? Isn't it ironic that with all the fancy RAT technologies, lifespan in USA is dropping, and USA's medical system ranks 43rd in the world? Shouldn't our goal be not longevity but high quality of Life for ALL kiim nfs "Living Souls" -- animals and humans? A cherry without the cake is sort of empty, isn't it? Good People of Earth Unite!

Reply | Mark as Spam | Posted On 2/13/2022 2:09:38 AM

Like Dislike

TreelsKey

Joined On 3/12/2021 1:29:11 PM

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The above article: Patients who contracted COVID-19 were found to have telomere length shortening, but while people over age 50 showed increased biological aging as a result of the infection, people younger than 50 had the converse effect, actually getting biologically younger'. The question is -- living longer sounded good 100 or 50 years ago, but today is this what we want, to live longer? Should that really be our goal? Even while Earth is dying? Or should our purpose be other than to just think about ourselves?

Because to me a dead Earth doesn't raise promising prospects for anyone in the humanity department or any Plant or Animal dept. Isn't this what the global elite are doing -- just thinking about themselves? Isn't the gene therapy of Covid-15 injections and boosters what this is all about -- experimenting on whole of humanity by these excessively rich and bored individuals, who like Dr. Mengele used death camp victims to perfect anesthesia and other things to benefit Hitler and his elite Nazi collaborators?

Isn't this why Bill Gates built his 'longevity department' at University of Washington? "Don't worry, Bill, you will live till 100" -- said the head of that department at the building's dedication in 2007. I think we need to rethink this whole thing of obsessions with aging and living forever here on Earth when something better exists in afterlife as a growing number of Near Death Experiencers tell us. Number one priority for man is to take care of Earth.

Number two priority is to take care of fellow man and live a quality life regardless of how much time is granted to you. Ironically, the longevity of the average US American is dropping, and USA ranks 43 in medical/healthcare system in the world. USA also ranks number 1 in the number of Extinct Species of Animals and Plants in the world behind China, Brazil, India, and all the rest. USA also ranks in having most expensive army in world, and number 1 in carbon emissions. That needs to be our priority!

Reply | Mark as Spam | Posted On 1/30/2022 10:11:04 PM

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fundamentalassumptions

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

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Only because the US still actually lists& admits it to a certain extent, as far as the laws in existence are not ignored & ingenuously broken by offshoring production to the above mentioned where there are NOT such controls or labeling laws (or which are ignored w/ impunity in relativist or selectivist hypocritical fashion depending upon cultural mores relative to evident & conscientious truth, & law). That's often done by exploiting that Constitution-busting loophole: international treaty by internationalist corporatist traitors & cronies.

Priority 1 is to please God PERIOD: on these 2 hang all the Law& the prophets: Love the Lord thy God w/ all thy heart, soul& mind; & the other like unto it: Love your brother as yourself. Matthew 22:37; Mark 12:30; Luke 10:27-28 KJB. It is only in man's power to individually obey& do that, while reasoning w/ others to freely receive& obey it themselves or not. Law must stop w/ visible, actual violations& assaults& not play 'gods' supposedly foretelling intent& potential to sin which is soothsaying& craft, divination: not legitimate law.

Note 'thou'& 'thy' singular, not 'ye' & 'you' plural. Jesus, of the Godhead,& the only God-man, the only able& qualified, transcendent, eternal, holy, holy, holy already paid the price. We don't ask anyone to sacrifice themselves to tyrants' whims, but the scriptures in Romans 12 say living our whole lives individually in transforming conformity to the quickening, powerful word of God is our just& right sacrifice: living freely to God& in gratitude.

No hair shirts. No self-elimination. No self-flagellation. No self-neutering. And no euthanasia. The God who made it all calls when it's 'done',& pulls the plug, moving into judgment& stepping in to finish that judgment, coming to reign & rule w/ perfection for a 1,000 years on the restored earth, giving another generation saved from a worldwide judgment a choice& chance at salvation, before its dissolved& the new heavens & earth be come.

Mark as Spam | Posted On 2/13/2022 1:47:16 PM

Like Dislike

Buddhii

Joined On 10/27/2020 2:36:40 PM

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Another interesting, useful, and important article from Dr. Mercola. But I note it is missing the few extra paragraphs that would have elevated it. 1) Since Dr. Mercola does more than anyone in the world, past and present, to live almost forever, what is his methylation score?? We all want to know! 2) Telomeres were big in anti-aging ten years ago but are not the be all and end all they once were. 3) Senolytics are a good idea. Research looked at 10 of the top 6000 flavonoids for their senolytic activity and fisetin tested as the most potent, although they all look good to me including quercetin. www.ncbi.nlm.nih.gov/.../PMC6197652 4) Sure you can pay $25,000 for stem cell therapy but you can do better for cheaper; just fast for five or more days - and while you're at it take Fisetin.

Fasting releases a boat load of stem cells from the gut that hunt around and fix everything that needs fixing for free 5) Should have included a paragraph on the MTHFR methylation pathway. 40% of everyone has either one or two mutations that decrease methylation functioning by either 30% or 70%. Does this increase aging? (MTHFR does increase all-cause mortality in men) It also increases infection fatality rate from Covid, "Statistical analysis showed a relatively strong correlation between C677 T and death from coronavirus." MTHFR/homocysteine can be managed with methylated B-complex.

6) Astragalus and rhodiola and maybe carnosine should have been mentioned as anti-aging - or at least telomere conserving - supplements, but more than any of those, why no mention of just about the best protector of mitochondrial function ever, methylene blue, which also wipes out covid (also the best treatment for malaria)? 7) Is methylation truly the best marker for an aging clock - or would that be metabolic function which underlies 90% of the supposed 32,000 diseases modern so-called medicine treats (or covers up)? 8) And what about Nitric Oxide as THE aging factor?

Reply | Mark as Spam | Posted On 1/30/2022 3:41:40 PM

Like Dislike

Ceyarreckz

Joined On 7/15/2011 11:26:20 PM

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well, duh. "younger than 50" considering "Foolishness is bound in the heart of a child;" and with the generations-long attack on /any/ "training a child in the way they SHOULD go;" while killing off those whom may have wisdom due their age, what better way to screw up the already-groaning planet at an even faster rate,...

Reply | Mark as Spam | Posted On 1/30/2022 11:53:46 AM

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Almond

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

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The Bolivian trucker's convoy showing support for Canadian truckers. ; -)
www.reddit.com/r/conspiracy/comments/sfwn77/bolivia_joins_the_canadian.. The world is watching!

Reply | Mark as Spam | Posted On 1/30/2022 11:08:21 AM

Like Dislike

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versatile

Joined On 10/16/2007 4:23:09 PM

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This is a powerful tool to measure healthiness - but we must remember that it measures physical healthiness and makes no attempt to measure mental, spirit, or community healthiness. The Pandemic is not a physical problem, it is a community illness - not an illness of individuals in our communities, it is an illness "of the community".

Reply | Mark as Spam | Posted On 1/30/2022 7:48:07 AM

Like Dislike

BeatriceW

Joined On 6/20/2006 7:25:32 AM

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Could somebody tell me where the stem cells come from please? Thanks.

Reply | Mark as Spam | Posted On 1/30/2022 3:07:02 AM

Like Dislike

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rrealrose

Joined On 11/10/2011 8:59:01 AM

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Not that I trust the govt, here's a basic outline to get you started: stemcells.nih.gov/.../stc-basics

Mark as Spam | Posted On 1/30/2022 12:27:05 PM

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fundamentalassumptions

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

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This is one where I draw the line& for application look to clean food of God's design to be medicine& sustenance for my body of his design during my pilgrimage here in this fallen. Upkeep of the corruptible, perishing tabernacle is a given, but not our first priority, since we also know we shall lay it aside, dust to dust, until the earnest of the inheritance is fulfilled w/resurrection to incorruption& eternal life. Eternal death, dying in corruption is the curse, not blessing. We know that keeping the soul unspotted honors God, being washed in the water of the word, confessing to God as 1 John 4,& for those born of both water& of the Spirit thru repentance& faith in the word of God bolstered by evident& conscientious truth, keeping our spirit separated unto Christ, not fornicating w/ the god& spirit of this perishable as we wait for the consummation of all things.

I love life, seeking truth& wise application of it,& we know that we are not to grow weary of well-doing,& are to fight sin, the flesh& the devil in our commission to keep& take out God's word, the Gospel of the Lord Jesus Christ according to the scriptures until the Lord calls us out of the war,& to that final rest yet to come, warning those who hold the truth in unrighteousness & handle it hypocritically, being w/o excuse even as we w/o the Lord, in denial of whole truth.

Rom 1-8 KJB The thought of living forever in this corruptible by any means short of the regeneration& transformation at the resurrection is unappealing to say the least. Are we not looking at the outcomes of men's 'better ideas',& many devices& inventions?? This makes me think of the tempting surrender of free will in the Beast system w/ reception of the mark spoken of in Rev 13,& the judgment of those who hated& rejected the truth that they might be saved in Rev 9: when men will see the open spiritual warfare they thought they were equipped to deal w/ & find it not to be so, longing to die in their suffering, unable to do so.

Mark as Spam | Posted On 2/13/2022 10:07:49 AM

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Charly ali

Joined On 12/13/2007 12:12:33 AM

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Thank-you, Gui. I'm going to try the DNA repair supplement, to see if it helps. The one for Telomere length has Ginseng, which I haven't taken in years, since it caused it caused me headaches. You are a constant fountain of information, dear Gui.

Reply | Mark as Spam | Posted On 2/13/2022 2:08:20 PM

Like Dislike

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fundamentalassumptions

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

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The more I read this, the more creeped out I become, thinking some of the applications of this a 'bridge too far'. 1) 'Two mice connected so that they shared blood'? Young blood rejuvenating & reversing aging? Is this what ungodly fossils rightfully afraid to die, like Pelosi, Queen Elizabeth, Hillary & Biden are doing to prop themselves up? Such things have been whispered & leaked, & the thought of this merchandising made mainstream is appalling. The powerful w/o lawful restraint diligently maintained(which covid, the glyphosate debacle etc proves is not occurring), will not limit themselves to their own blood/stem cells. 2) Algorithms interpreting genetic data.

Blindly receiving other people/s' incorrectly interpreted actual raw data, which is then baptized as 'certified' educational knowledge & taught as 'Gospel', knowingly or unknowingly, has been a real problem w/ tyranny. It's also very dehumanizing: healthcare by algorithm, building systems by those soul-less, impersonal algorithms, removes knowing choice& mercy both. 3) Collecting (&monitoring?) genetic information, using it diagnostically. I'm thinking of millions of PCR tests off-shored,data collected& maintained by WHOM? &the potential nano-connectivity components in this massive, global injection experiment.

What will they assign value to? Seek to eliminate when it turns up 'diagnostically'? Have they been wrong before? Ever abused power? Lord Acton, the Catholic, was no god & fallible, but he DID understand the beast system of this world &sin when he said, "Power corrupts. Absolute power corrupts absolutely." Any entity that has power like this in their hands, rather than reserving it solely to the property of the individual,& decides that such-and-such is 'detrimental' to the whole, the community, will justify sinning against his brother by that means. We're talking gulags/death camps made easy& w/o need of much infrastructure or collaboration. Dr. Frankenstein stuff. Antichrist stuff.

Reply | Mark as Spam | Posted On 2/13/2022 11:52:28 AM

Like Dislike

Keythong

Joined On 3/2/2021 12:07:23 PM
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I'm not interested, because it is cloud based which is not OK. Cloud often makes even tighter monopoly lock-in via the toxic excuse of Intellectual Property, which mises.org reveals as BS justification, a government (force backed) monopoly privilege; this ironically leads to stagnation, and unjustifiable costs to end users. The software model and calibrated hire-able or buy-able testing hardware could be provided for local (genuinely secure) use, not the flawed security of all Cloud based systems. It is only a matter of time before Cloud based system security is compromised by provider compromise/abuse, remote compromise, or "law" en-force-ment demands, which are often not reasonable.

Reply | Mark as Spam | Posted On 2/13/2022 11:08:53 AM

Like Dislike

20thCenturyFox
Joined On 8/11/2020 4:49:48 PM
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Like genomic testing--and maybe even more so from the standpoint of monitoring health interventions--this DNA methylation testing is going to be very valuable technology for human health in the future. And no one can argue with the low risk measures to improve healthy aging and metabolism. But I must ask what is the evidence that aging "causes" chronic disease? Considering that most (if not all) chronic diseases have contributing factors other than aging, and considering that--by definition-- they don't resolve and so accumulate over time in an aging population, wouldn't it seem that the strong association between aging and chronic disease is best explained by the fact that time and aging both move in only one direction...but the causes are in our lifestyle choices, our genes and sometimes in our bad luck.

Reply | Mark as Spam | Posted On 2/13/2022 10:38:04 AM

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Lisace
Joined On 4/7/2017 5:26:43 AM
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Hi everybody, I take a great interest in your comments and very professional information. Thank you. When reading Dr Mercolas copy about ageing and getting the COVID infection I agree! I am not vaccinated but got the Delta or Omichron variant in January (from a vaccinated person!!!) . Had some fever, but the headache was terrible. Was stranded for 5-6 days. But not more. Then I worked as usual. BUT - I have discovered that being in my 72s and taken for a 55-60ish person earlier, I now look older! I blamed on the illness and hoped that I should recover. Then I read some of your comments where you mention that the vaccination could age people. But in Dr Mercolas copy I read that the COVID infection in itself could age people over 60 noticeably! What is your opinion? Could it be reversable if your are not vaccinated?

Reply | Mark as Spam | Posted On 2/13/2022 8:15:28 AM

Like Dislike

20thCenturyFox
Joined On 8/11/2020 4:49:48 PM
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I don't know the answer to your question, and I, too, was shocked to read this information about the differential effect of COVID infection on younger and older people. I am hoping it was an anomaly due to the very small numbers of people tested, and also to the relatively short time people have had to fully recover from COVID. But as someone who is otherwise healthy and active, but has been susceptible to severe respiratory infections for more than 50 years (I'm also 72), I can say that when I have recovered from being hospitalized with pneumonia, it has taken up to 6 months of "feeling relatively fine" for me to fully recover and get my former energy, strength and aerobic capacity back.

This was as true when I was 19 as it is today. So you may yet "bounce back," just by getting back into your healthy habits and activities. I hope this will be the case for you. But I would also say that since headache was your most severe symptom, don't dismiss the possibility that you could also be suffering some lingering neurological symptoms of COVID. There have been reported cases of "long haul COVID" following even mild illness. And there are many reports that a short course of the SSRI antidepressant fluvoxamine has been very helpful for these types of symptoms. Good luck.

Mark as Spam | Posted On 2/13/2022 11:30:52 AM

Like Dislike

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don3724
Joined On 11/26/2020 7:10:16 AM
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What the fork? " Patients who contracted COVID-19 were found to have telomere length shortening, but while people over age 50 showed increased biological aging as a result of the infection, people younger than 50 had the converse effect, actually getting biologically younger" If anyone still doesn't believe this was engineered in a lab this statement makes it sound like it ages/kills old people faster but makes younger people younger????? Huh??

Reply | Mark as Spam | Posted On 2/13/2022 7:46:01 AM

Like Dislike

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fundamentalassumptions
Joined On 4/1/2009 12:17:58 PM
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Sounds to me like both bioengineering and propaganda both. Bankrupt economies due to purposeful mishandling, killing off the less cost-effective & more experienced, questioning elders.....transferring all real wealth into the hands of the few, stringing the weakened, damaged, infertile youth along with their 'salvations', their total destruction & re-man of not only nations, politics & economies....but of food, institutionalizing and turning even procreation into some sort of factory set-up, messing with the consciousness/soulish interface of 'the survivors' by pharma& digital 'metaverse': whatever 'works', crass pragmatism;

financializing/merchandising all of creation & w/o excluding mankind.

The whole thing run by cronies & deceived wouldbe 'gods', those highest up & deepest in, thinking they can overcome & stay one step ahead of all the consequential judgments of their own impositional & tyrannical actions worked in stealth & deceit, live forever even in this corruption, and willfully forgetting & denying the big judgment yet to come that none escape.

Mark as Spam | Posted On 2/13/2022 10:16:44 AM

Like Dislike

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lmeccagmail.com

Joined On 1/23/2022 1:40:52 PM

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Excellent interview with lots of new things about aging to consider. I was surprised with the age specific dichotomy with under and over 50 year olds in terms of Covid exposure aging outcomes. Is data available for before and after Pfizer serum inoculation? I'm in New Zealand, and Pfizer is being pushed here.

Reply | Mark as Spam | Posted On 1/30/2022 3:12:43 PM

Like Dislike

Sapporostan

Joined On 1/30/2022 2:50:41 PM

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there are people who never exercise, who were always overweight, and lived into their 90's- we know so many of them. so it is great to follow the good path which i do, but there are no guarantees. you must be realistic and accept what your fate is. my emphasis is quality of life, mentally and physically so that each day will be a very good one. at age 77, i have had 4 bad or down days in my life. if i live to be 100, 90, or 80, i accept that i am ahead of almost everyone because i enjoy each day. reference dr albert schweitzer

Reply | Mark as Spam | Posted On 1/30/2022 2:54:59 PM

Like Dislike

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epi-cure

Joined On 5/12/2012 7:02:04 PM

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My most enduring takeaway from this test is that I'll continue to refuse to act my age.

Reply | Mark as Spam | Posted On 1/30/2022 11:51:14 AM

Like Dislike

Guillermou

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

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"Life is only bearable when body and soul live in perfect harmony, there is a natural balance between them and they respect each other." DAVID HERBERT LAWRENCE

Mark as Spam | Posted On 1/30/2022 1:45:53 PM

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Almond

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

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dahinton... You may find this info on light/frequency useful. The diagrams have dropoed out of this online summary, so you may want to obtain a copy of the original article. www.thefreelibrary.com/Fluorescent+lighting+and+physiology.-a023883886..

Reply | Mark as Spam | Posted On 1/30/2022 11:44:10 AM

Like Dislike

G1b9124

Joined On 6/26/2013 7:30:53 PM

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Thank for standing strong!! and all the good work you do to inform the latest and the truth.God bless you!!

Reply | Mark as Spam | Posted On 1/30/2022 7:41:12 AM

Like Dislike

StarPowerVitD

Joined On 4/19/2021 7:44:27 AM

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DNA methylation, telomere length...maybe. I like the reliable interocular trauma test. Some people look young for their age while others are a mess for their age. Usually those who are vibrant and healthy are vitamin D optimized.

Reply | Mark as Spam | Posted On 1/30/2022 7:39:52 AM

Like Dislike

TonyRyan

Joined On 2/7/2010 10:51:00 PM

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Just eat good tucker. Grow your own food. Lift weights. Solve problems... ergo: use your brain. Ride your bike uphill for two minutes per day. Do exercises that keep your joints loose. Then you won't need tests.

Reply | Mark as Spam | Posted On 1/30/2022 6:48:57 AM

Like Dislike

Astrocomical

Joined On 1/6/2021 5:20:05 PM

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Wow, now it's vegetable oils. There might be something to this. As I said before I know of two guys that ran restaurants. One was a Chinese guy that eventually got real sick and left back to China. The other guy ran an Asian restaurant where he DEEP fried just about everything. He got really. really, sick with diverticulitis (I think) and died. Both men were middle-aged. The bakers doing fine, however. LOL!

Reply | Mark as Spam | Posted On 1/30/2022 3:13:47 AM

Like Dislike

Almond

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

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Gal... Thanks for the tip. I'll check it out.

Reply | Mark as Spam | Posted On 1/30/2022 2:16:41 AM

Like Dislike

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os00

Joined On 8/18/2010 3:11:24 PM

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Future article detailing more on VSELs would be great...

Reply | Mark as Spam | Posted On 2/13/2022 11:47:42 AM

Like Dislike

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stephenf999

Joined On 6/20/2006 2:26:32 AM

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Dr. Mercola: It looks like you haven't included references for this and your previous article today.

Reply | Mark as Spam | Posted On 2/13/2022 9:27:42 PM

Like Dislike

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mer19113

Joined On 7/11/2019 11:33:20 AM

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I'm fascinated by how much the field of epigenetics is proving what God was trying to teach his people in the Torah. (Stick with me for a minute here.) God is very specific in his instructions to the Israelites about diet and behavior. In fact, the definition of "sin" in the Bible IS "transgression of the Torah." And note what God tells his people in Exodus 20:5 — "... for I, YHWH your God, am a jealous God, punishing the children for the sins of the parents to the third and fourth generation of those who hate me..." Dr. Randy Jirtle, who is a pioneer in epigenetic research says, "Before, genes predetermined outcomes. Now everything we do — everything we eat or smoke — can affect our gene expression and that of future generations.

Epigenetics introduces the concept of free will into our idea of genetics." In fact, some of his research shows that epigenetic changes may endure in at least FOUR subsequent generations. As a Bible believer, I have to wonder if God chose Abram to be the progenitor of His people because he had the purest, most "divine" genome and DNA of any human being on Earth at that time. Then, when God sent the Israelites into the land of giants, known as Canaan, and instructed them to destroy every tribe descended from giants they encountered, could it be because God was trying to protect the Divine Genome from satanic corruption?

Reply | Mark as Spam | Posted On 1/30/2022 3:58:49 PM

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fundamentalassumptions

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

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Not discounting the evident truth testimony to the scriptures, 4 generation out etc; but God chose Abram because Abram believed God & it was accounted him for righteousness. He was renamed Abraham of God, & in spite of himself, as he was fully man, & fallen, with no divinity as the scriptures make plain: man being made in the image of Go, & the image not the same as the reality & substance it pictures. The distinction between Christ who was both the son of man AND the only begotten Son of God is highlighted in where he is distinguished as the 'express image' of God's person.

Heb 1:1 ¶ God, who at sundry times & in divers manners spake in time past unto the fathers by the prophets, 2 Hath in these last days spoken unto us by his Son, whom he hath appointed heir of all things, by whom also he made the worlds; :3 Who being the brightness of his glory, & the express image of his person, & upholding all things by the word of his power, when he had by himself purged our sins, sat down on the right hand of the Majesty on high; Hebrews 1:4 ¶ Being made so much better than the angels, as he hath by inheritance obtained a more excellent name than they.

:5 For unto which of the angels said he at any time, Thou art my Son, this day have I begotten thee? And again, I will be to him a Father, and he shall be to me a Son? :6 And again, when he bringeth in the firstbegotten into the world, he saith, And let all the angels of God worship him. And of the angels he saith, Who maketh his angels spirits,& his ministers a flame of fire.

:8 But unto the Son he saith, Thy throne, O God, is for ever& ever: a sceptre of righteousness is the sceptre of thy kingdom. See the history of Abram in Genesis 12-15:6 KJB. Romans 4, 9-11; Galatians 3&4; Hebrews 2-11. The only one in scripture said to be 'perfect in his generations' was Noah, in Genesis 6, living in that age when all flesh had corrupted itself, bringing worldwide judgment, associated with the sons of God, daughters of men corruption

Mark as Spam | Posted On 2/13/2022 2:25:42 PM

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patrickmckenna1

Joined On 1/31/2022 7:16:48 AM

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I seriously believe I was among the first to try TruDiagnostic and upon receiving my results told them: "I'm seriously betting that TruDiagnostic will eventually be joining Theranos in being remembered for their now-defunct blood testing initiative." I became suspicious after I paid my monies and received the kit. When you register online they want all kinds of personal information about you, your parents; your past and current medical conditions; your prescriptions; your supplement usage; and of course YOUR AGE. And why am I disclosing my age when isn't that what TruDiagnostics is supposed to be telling me??? The only relevant page in a 78-page report was my TRUAGE Treatment Framework (one page) containing 15 various bullet points.

Here is a sample of 5 of those 15 which evidences the incredible (and embarrassing) generalities provided: • You mentioned that you participate in Flexibility exercise. It is important to get a diverse type of exercise in order to change methylation epigenetic markers in association with aging. Consider alternating the types of exercise you do • You mentioned that you have not taken illicit drugs. Unfortunately, illicit drugs have not been studied in relation to epigenetic aging. • You stated that you take Metformin, Dehydroepiandrosterone (DHEA), Nicotinamide ribose (NR), Nicotinamide adenine dinucleotide (NAD), etc., Resveratrol, Sulforaphane and broccoli extract.

Consult with your doctor about taking additional supplements and medications of these types • You mentioned that you sleep More than 8 hours a night. Insomnia and low amounts of sleep have been associated with age acceleration. Consider what you need to do to get at least 7 hours of sleep each night. • Avoid exposures to pesticides and pesticide treated foods without washing them ARE YOU KIDDING ME??? I could go on at great length but for now, you should be Very Concerned that you are not endorsing the next Theranos.

Reply | Mark as Spam | Posted On 1/31/2022 7:21:46 AM

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fundamentalassumptions

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

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Thank you for sharing that! You alleviated some worry about apparent godlike power in the hands of the powers that shouldn't be.....or maybe compounded them, lol, given the embarrassing & yet amateurish algorithmically-sounding AI response you received! (speakenzee anglaise?)....and it sounds like the gobbledy gook in my husband's recent hospital release paperwork which even his doctor says to ignore for the nonsense that it is, going on to give the practical truth version & interpretation. I do hope you didn't lose too much money gaining that wisdom & knowledge by experience. We have all been THERE & feel your pain to greater & lesser extents....usually relating to advancing age, maturity & experience tempering that youthful idealism & blind positivity.

Mark as Spam | Posted On 2/13/2022 1:18:48 PM

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20thCenturyFox

Joined On 8/11/2020 4:49:48 PM

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Ha ha! I had wondered what sort of report and analysis one would get from TruDiagnostics. This was the most enlightening post of a very enlightening bunch!

Mark as Spam | Posted On 2/13/2022 4:17:06 PM

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