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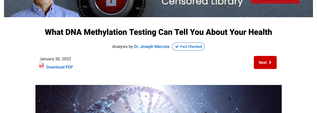

What DNA Methylation Testing Can Tell You About Your Health

Analysis by Dr. Joseph Mercola ✓ Fact Checked

January 30, 2022
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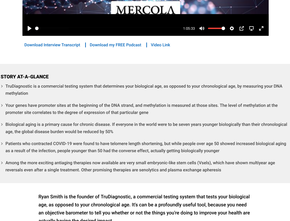

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STORY AT-A-GLANCE

- 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 multipear 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 modification is rooted in the concept that every cell in your body has the exact same DNA, but expresses 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 promoters 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 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.

[Laughs], 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 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 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 aging 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 calorie 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 at Cornerstone direct to consumer. The Trudge 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 heterochronic rate of aging.

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Dr. Mercola's
Censored Library
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As a reminder, my daily newsletter is still free and content will be released on Mercola.com before anywhere else. After 48 hours, the articles will be transferred to my Censored Library on Substack. Enjoy!

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Guillermus
Joined On 4/17/2015 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, researchers have 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 and telomerase activity, which are considered cellular aging markers. In this study, we address the association was found between the length of newborn telomeres and maternal intake of vitamin D (diet + supplement) during the first trimester. www.indiar.com/...htm (2021)

In this review, higher concentrations of circulating maternal folate and vitamin B were associated with increased telomere length. academic.oup.com/nutritionreviews/article/79/3/148/5910370?login=false (2021) Vitamin D modulates the expression of various ion channels in cells of hormone-sensitive tissues, including cancer, 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 Mg transformed dietary magnesium intake was associated with 0.20 bp more than LTL. Participants with the highest tertile (≥296 mg) of dietary magnesium intake had a statistically significant longer LTL compared with the lowest tertile (<198 mg), with significant linear trends between tertiles. assets.researchsquare.com/files/rs-148205/v1/bb35b0c-7bec-43e0-8e16-E...(2021)
academic.oup.com/ajcn/article/113/5/pages/nqa_b16a0c0144.ETA-b0f54487b...(2021)

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Guillermus
Joined On 4/17/2015 8:47:48 AM
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Antagonis increase the production of telomerase, the enzyme that controls telomeres which plays a key role in cell replication, cancer and human aging. UCA 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. Significant 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 gene expression, immune function, and skin tissue.

www.jimmunol.org/.../1777.4.short (2013) www.mdpi.com/.../htm (2013) In this study, the following were tested individually and in mixtures: (1) L-lysin acid, (2) green tea extract, (3) dimethylaminoethanol L-bitartrate (DMAE L-bitartrate), (3) N-acetyl hydroxytrido -L-cysteine (NCL), (4) chlorella powder, (5) L-carnosine, (6) vitamin D3, (7) rhodiola 99.3% (1%, 3% 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%, compared to controls. Results have confirmed that some natural compounds have the potential to activate telomerase and that certain of those compounds have shown synergistic effects to produce more potent levels. www.researchgate.net/profile/Shania_Ali-Obasuka/publication/356470383...(2016)

Guillermus
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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 negative long-term aging processes and , thus, improve the aging process. 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. It herbs to reduce stress.

Ayurvedic medicine has many rejuvenating herbs, traditionally known as rasayas, that improve the health, immunity, vigor, vitality, and longevity, as well as prevent premature aging 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. lifespan.com/healthy-life-stress-telomeres (www.ayush.com/anti-aging-potential-of-ashwagandha

HOW TO LENGTHEN TELOMERES WITH 7 NATURAL INGREDIENTS
www.healthyself.com/blog/how-to-lengthen-telomeres-with-7-natural-ing...(2019) TELOMERASE, TELOMERES & AGING
selfhacked.com/.../telomerase-telomeres-aging DISCOVERY OF POTENT TELOMERASE ACTIVATORS: UNFOLDING NEW THERAPEUTIC AND AGING PERSPECTIVES www.ncbi.nlm.nih.gov/.../PMC5270138 (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 that the spike protein after reviewing a peer-reviewed study and a briefing that once the spike proteins in the vaccine actually enter and start doing what they were designed to do, an important person's telomerase is inactivated. www.infowars.com/posts/covid-spike-proteins-suppress-natural-immune-re...
t.me/s/pogromis.org/...?t=1683m2ZMPq3S7Q79

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Almond
Joined On 2/26/2008 4:23:33 PM
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E = mc2 (no supercyclo!) Material medicines are nothing more than very crude carriers for energetic frequencies and patterns that resonate with our bodies. Form follows function and energy determines form.

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Pete Smith
Joined On 10/11/2013 9:19:55 AM
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Anti-aging expert Daniel Liscio was interviewed by epigenetic clocks, involving 551 tissue samples. The result was epigenetic ages of blood, heart, and liver tissue samples found that it cost so low, and a tissue reduction (still statistically significant) in the epigenetic age the hypothesis. Dr. Mercola's Dr. Mercola has tended to 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 ES.

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Pete Smith
Joined On 10/11/2013 9:19:55 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 colon, liver, and diabetic patients. "The results were very clear," explains senior author Shinsuke. "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 reduced 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. news.osaka.ac.jp/.../2021/1028_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.

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Justsave
Joined On 1/5/2012 11:13:54 AM
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Curious, what about people who are 70 but look 50? Are thinking what patterns were the for those triatheteowers? Just asking, despite multiple sales stores 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 back in the late 90s. Perhaps both treatments, (DNA Methylation & telomere) will eventually be adjusted to be delivered in different ratios of different chronological ages, or most likely better, biological ages? After some reflection that sequel perhaps comes in handy in a footing state, from 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 a good age, which has been about the Jab's seem to be aging very quickly...this research implies her observations are correct.

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ChrisColes
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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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Guillermus
Joined On 4/17/2015 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 clearing 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. frontiersin.org/articles/doi/10.3389/fcvm.2021.700890/full#.....(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 (DJ) 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 repair is significantly impaired, it will contribute to the amplification of viral infection induced pathology, the more rating that immunodeficiency is a potential outcome.

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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) dailysceptic.org/2021/10/10/comparison-reports-prove-vaccinated-develop...(2021) dailysceptic.org/2021/10/15/no-wonder-we-thought-fully-vaxed-vaccin...(2021)

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bpsjournals.onlinelibrary.wiley.com/.../fsb.1547 (2021)

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Nrf2 genes protect the body combat 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) NMRF is a combination of nicotinamide riboside and (NAD+) found in milk, and phenylalanine, a precursor of phenylalanine 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+ concentrations increased by approximately 45% in the group and approximately 90% in the double administration group, after 8 weeks. www.nature.com/.../s41514-017-0016-1 (2019)

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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, glycosylatedepsi-D phosphate dehydrogenase, and AP endonuclease. www.liebertpub.com/.../arx.2017.7445 (2018) journals.lww.com/hepgastro/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 obesity, insulin resistance, and 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/jaxa/Abstract/2021/10000/Genomics_of_aging__The_role_...(2021)

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Guillermus
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Thank you Joel, 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 internation, 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/cac/2009/00000001/00000003/art00002 (2009)

In recent years, the potential anti-aging benefits of polyphenols have received increasing scientific interest due to their ability to modulate oxidative damage, inflammation, apoptosis, and the gut microbiota. This review highlights the influence of polyphenols in preventing aging phenotypes and increasing life expectancy based on the influence of oxidative stress, inflammation, adipokines. www.sciedirect.com/science/article/pii/S1568328 (2020) 1773[illegible] 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/.../.../64173 (2018) | www.jci.org/.../125842 (2018) | jnm.biosciencefrontiers.com/.../JNM-20-0196.xml (2021) | www.nature.com/.../s42255-021-00565-5 (2021) Cutting the energy centers of the mitochondria is caring for health and slowing down aging. Mitochondrial quality control (MQC) is a multifaceted process including: signalling, differentiation, programmed cell death, and control of cell growth. 33 NATURAL WAYS TO IMPROVE MITOCHONDRIAL FUNCTION www.healthline.com/nutrition/natural-ways-to-improve-mitochondrial-function (05/11/2021)

Mark as Spam · Post On: 1/30/2022 8:39:01 AM

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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 peops 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-life-acids.html . I have noticed in different studies, in different countries, the researchers claimed that the secret to aging of centenarians in their country was to have some extra beneficial bacteria, which means more diversity.

However I noticed that those types of bacteria seem to have 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 kind of bacteria, that feed off the SIRT1 promote the good bacteria, or do the good bacteria promote SIRT1 ...?

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datadragon
Joined On 6/14/2014 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 disregulation of homeostatic rules of healthy chromatin structure, known as chromatin remodeling factors. Focusing on histone modifications and how they affect 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 Shank3 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 functions to more than 200 genes that were previously silenced by autism.

2-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/.../nature13-018-0110-8 Nutrient deficiencies as well as inflammation both can cause shank 3 deficiency as the discussed before, subsequent gut dysbiosis www.liverdr.org/.../2020-24-3-00261-Yu.K which leads to the reduction of natural HDAC inhibitors: the gene Shank3 is an important modulator of sleep and circadi gene expression also by the way efficiencies.org/.../4281

Mark as Spam · Post On: 1/30/2022 9:45:05 AM

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datadragon
Joined On 6/14/2014 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 (REV) 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 REV. Data showed that both HST and REV are able to effectively stimulate SIRT1 deacetylase activity although HST at the concentration of 25 μM activated SIRT1 more potently compared to REV (p < 0.01). link.springer.com/.../10.1007%2F11103-019-00674-4 Hesperetin 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 hesperetin is 150 mg, 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/.../PMC7453257/). This means that we can take about 100 mg of hesperetin, just in a large glass of orange juice. SIRT1 has a pivotal role in inflammatory processes, oxidative stress, apoptosis, and in general, increases mammalian cell survival and lifespan.

SIRT1 also regulates cellular energy flow, blood glucose, insulin sensitivity, and lipid balance. SIRT1 mediates PGC-1α (PPARγ co-activator 1-α) activation, which enhances fatty acid oxidation, thereby improving glucose homeostasis and promoting insulin sensitization. Activation of SIRT1 inhibits 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/27988666/

Mark as Spam · Post On: 1/30/2022 9:46:15 AM

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datadragon
Joined On 6/14/2014 6:50:55 PM
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GUI yes NAD+ is involved with SIRT1 see the pathways here
www.frontiersin.org/files/Articles/531745/fphar-11-01235-HTML/image_m/... Mechanistically, they found that telomere dysfunction caused neutrophilic 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 (STar) ↑ ↑ ↑ 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 rule 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/29996018/ The vitamin D receptor (VDR) is also a negative regulator of NLRP3 inflammasome activation. Inhibiting NLRP3 activation2 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 regulation in development and DNA damage response 1 (REDD1), a potent suppressor of mTOR activity www.tandfonline.com/.../oc.10.12.1920- 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 · Post On: 1/30/2022 10:26:47 AM

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epi-cure
Joined On 5/13/2012 7:02:04 PM
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Guillermus: «So I and referring back to your note left yesterday, that makes at least twice that we see eye to eye. 1) humanimal will prevail over the forces of darkness" and 2) things that belong on the dinner table. Sylvain Timal a heretofore unknown name is now on my get acquainted list, mens: Remember French life was for in between those revolutions, then and now! I'm thinking of the classic epicurean movie La Grande Bouffe. A wote sante.

Mark as Spam · Post On: 1/30/2022 1:04:03 PM

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Guillermus
Joined On 6/17/2015 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. Tastes advanced, exclusive clubs to meet and eat 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 · Post On: 1/30/2022 1:24:28 PM

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epi-cure
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Guillermus, 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 · Post On: 1/30/2022 1:54:11 PM

Like · Dislike

otis101
Joined On 11/10/2010 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 · Post On: 1/30/2022 1:54:54 PM

Like · Dislike

Guillermus
Joined On 6/17/2015 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 · Post On: 1/30/2022 2:05:27 PM

Like · Dislike

Guillermus
Joined On 6/17/2015 8:47:48 AM
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Yes, Epi, meals 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 pollution. 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 · Post 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 omeboyan mentioned the effects of HDAC2 and reversed social deficits. This gave me an idea. We should force feed omeboyan to Bill Gates, Fauci and Klaus Schwaab, until their social deficits are completely reversed.

Mark as Spam · Post On: 1/30/2022 3:03:35 PM

Like · Dislike

rmelrose
Joined On 11/10/2011 8:59:01 AM
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ASHWAGANDA, and Just started messing around with it in formulas and in coffee...

Mark as Spam · Post On: 1/30/2022 3:42:54 PM

Like · Dislike

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 to take the shot to survive. But also observing that those with natural infections 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 · Post On: 1/30/2022 4:34:16 PM

Like · Dislike

wannabeakoreiwtall
Joined On 4/4/2008 10:41:51 AM
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JustGiveu, Mirandola is right. The job sadly destroys your mitochondria. Exactly what was intended to kill the masses.

Mark as Spam · Post On: 1/30/2022 4:38:21 PM

Like · Dislike

epi-cure
Joined On 5/13/2012 7:02:04 PM
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Guillermus; 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 (200 miles) would be sufficient to harness the sunny 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 times humanoids per (SM) than the contiguous U.S.

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 geodesics back around 35 years ago. Charles Walters, the founder of a publication called Harrowsmith ACRES USA mententored the wisdom of our predecessors that as goes their soil so goes the health of civilizations. the was, like us, a proponent of local economies.

Mark as Spam · Post On: 1/30/2022 5:32:26 PM

Like · Dislike

RichJedi
Joined On 6/17/2006 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 complete even by todays standards. Much of this was done by a group known as the Taoists. 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. Its known that without these magnetic fields, life could not occur. Cells have an electromagnetic field (EM) and it is 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 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. Chinese medicine is particularly breathtaking. Qigong training & sitting abdominal meditation which greatly feeds energy meridians etc. 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 · Post 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 8' This prevents our own energies from being recharged by interacting with others. It prevents emotional bonding and hugs. It prevents the intimate "kooshing" when in the presence of another. It also makes so easier to survival when we are a distance away from others.

Mark as Spam · Post On: 1/30/2022 7:14:23 AM

Like · Dislike

rmelrose
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 well if not better. Energy from trees and plants are far superior to energy coming from the vessel, and there are others who tend to suck energy (yup, energy vampires of sorts) this 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 · Post On: 1/30/2022 10:37:35 AM

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stanleybecker

Joined On 11/12/2012 3:21:48 AM
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Reply · Mark as Spam · Posted On: 1/26/2022 4:42:18 AM

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Guillermo
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 polyphenols, enhance the expression of immune agents such as cytokines (interleukin-6, IL-6, TL-10, IL-12 and IL-1 [2]) and immunoglobulins (IgA and IgG), thus aiding in health and longevity (Dao et al 2020). The production of antiinflammatory peptides through proteolysis 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/.../10.1007%2F10123-020-00317-5, [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.

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Mark as Spam · Posted On: 1/26/2022 5:35:28 AM

Like · Dislike

sunflowerjanis
Joined On 1/11/2014 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 take to the age of 83. Thanks again!

Mark as Spam · Posted On: 1/26/2022 8:52:27 AM

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Mark as Spam · Posted On: 1/26/2022 8:55:50 AM

Like · Dislike

rnwilrose
Joined On 11/10/2011 8:59:01 AM
Add as Friend · Send Message

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

Mark as Spam · Posted On: 1/26/2022 10:28:40 AM

Like · Dislike

datadragon
Joined On 6/14/2015 6:50:55 PM
Add as Friend · Send Message

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 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 Okinawa, 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/20110207020906/https://fitness-gy.com/mozuku/1306

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-12 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 Fcγ03 gene. If you were heterozygote for the protective version of the Fcγ03 (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 Fcγ03 gene (2 copies of the gene) you had 3 times the chance to reach 100. If you have the protective version of the Fcγ03 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 Fcγ03 gene you lived the longest. There was half the good diet but didn't have the protective Fcγ03 gene lived longer than those who had the protective gene but who had the poor diet (diet was found to be more important than genes).

Mark as Spam · Posted On: 1/26/2022 11:16:50 AM

Like · Dislike

datadragon
Joined On 6/14/2015 6:50:55 PM
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A good diet can activate the protective version of the Fcγ03 gene and help keep exercise inflammation in check. So while it is beneficial in some people to have the protective version of the Fcγ03 gene because it reduces your risk to coronary artery disease, it is more important to have a good diet which can activate the protective Fcγ03 gene.
krbcommunity.com/.../stanleybecker-forum-fcgamma-gene - One posted that for you behind. FcγRIIa stimulates NLRP1 and IL-1β and IL-18 and FcγRIIb inhibits inflOMC1 as this is another pathway that inhibits inflammation.
www.ncbi.nlm.nih.gov/.../PMC4774172/ Scientists discover why young blood helps reverse aging.

If you increase TetQ expression, 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.sbu.se/media/spike/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: 1/26/2022 11:16:43 AM

Like · Dislike

stanleybecker
Joined On 11/12/2012 3:21:48 AM
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rose - came across this article in my archive - krbcommunity.com/uncategorized/okinawan-foods-heart-protective-gene... this gave article a boost for Okinawans ---------- - fa 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" empire - but not to touch - this is an educational problem - if the Masses can believe in viruses they can believe in social obligations

Mark as Spam · Posted On: 1/26/2022 11:18:14 AM

Like · Dislike

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/.../PMC3901128/ and interestingly 14-3-3 protects AMPK phosphorylated TET2 from dephosphorylation by PP2A. AMPK activatours AICAR and metformin potentiated TET2 phosphorylation europepmc.org/.../31951070 TET2 is also an epigenetic regulator of CD8+ T cell fate decisions www.jimunozl.org/.../83.full.pdf PS - I plan to live forever and ... So Far, So Good :)

Mark as Spam · Posted On: 1/26/2022 12:09:52 PM

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epi-cure
Joined On 6/13/2012 7:02:04 PM
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rose - hello and thank you for the link to the marathon 3.5 hour those-he's not your brother, is he?) tribe interview i wouldn't want Rosie'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 stopped for from his warnings to the world. My narcolepsy be damned, what a storyteller that Ike, say i feel a fine instance of where of it's better to give than receive.

Mark as Spam · Posted On: 1/26/2022 12:09:52 PM

Like · Dislike

rnwilrose
Joined On 11/10/2011 8:59:01 AM
Add as Friend · Send Message

Thanks Stan! Here saved it and plan to watch later, after I am glue myself from watching Parliamentary Hill in Ottawa! ---------- - Epi-cure, posted that link especially for your Brian Rose is a trooper, for sure. Everyone who can see the end in sight may be wondering what comes next? Am half way through watching the movie "Don't Look Up" about an earth-ending asteroid....ruf said!

Mark as Spam · Posted On: 1/26/2022 12:12:48 PM

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otis101
Joined On 7/15/2016 6:30:32 PM
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Stan, thanks for the link to "What Okinawa foods are heart protective, an interview Ike Ryuk Hishikawa with Craig Willcox". Their diet was high fat and eating to just 80% full. Total fat in diet <31% in Ids to 25% 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. I'm still allergic to soy. Soy ate eczema flares. What I find remarkable about the Okinawans 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 assured at the Okinawan's post patterns pulling up with the obnoxious American military. Not always the case as more than one slightly intoxicated sailor "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: 1/26/2022 3:21:11 PM

Like · Dislike

wolfacesachan
Joined On 1/19/2016 10:47:27 AM
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It would be interesting to see if there was a change in mytholytion / telomere length with the Covid jab.

Reply · Mark as Spam · Posted On: 1/26/2022 2:31:24 AM

Like · Dislike

Guillermo
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 telomeres, disrupting its synthesis. With this antibody being induced, it takes time for the synthesis disruption 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 mechanism (pff of the beak Trojan horse) Chestnut wrote. "Any short-lived immune response is fools gold that supersedes the immune system's ability to replenish itself. This explains what we are currently observing in Israel"

Chestnut 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-protein-suppress-natural-immune-re... , www.projects.org/.../eh

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," Sander Herbert Chestnut, who does his conclusions from a peer-reviewed scientific study and briefings on the "robust immune response" generated by the spike protein can come at a lethal cost. A recent article posted pic.twitter.com/FLAfPvQGAA twitter.com/.../1426270994367057920

Mark as Spam · Posted On: 1/26/2022 3:03:38 AM

Like · Dislike

sunflowerjanis
Joined On 1/11/2014 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. hoedad.info and hoedadsmyhatch.com

Mark as Spam · Posted On: 1/26/2022 8:45:37 AM

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rnwilrose
Joined On 11/10/2011 8:59:01 AM
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No way to know about telomere length, working with older people, ceased, one had viral re-activation, needed new glasses and developed a heart condition, the other had a broken bone second in her eye, and is recovering from a hip fracture. They blamed all on old age 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 great always made sure there was plenty of alcohol available to distract the people. Tyrannical systems started to collapse. People began to hoard 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, so, those entering the injection automatically get moved to the front of the line. Some people died because the unvaccinated were even denied life saving medical care. We saw inflation rage out of control. Many other things got worse, too. <on-

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web.archive.org/web/20110207020906/https://fitness-gy.com/mozuku/1306

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-12 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 Fcγ03 gene. If you were heterozygote for the protective version of the Fcγ03 (1 copy of the gene) you have double the chance to reach the age of 100.

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A good diet can activate the protective version of the Fcγ03 gene and help keep exercise inflammation in check. So while it is beneficial in some people to have the protective version of the Fcγ03 gene because it reduces your risk to coronary artery disease, it is more important to have a good diet which can activate the protective Fcγ03 gene.
krbcommunity.com/.../stanleybecker-forum-fcgamma-gene - One posted that for you behind. FcγRIIa stimulates NLRP1 and IL-1β and IL-18 and FcγRIIb inhibits inflOMC1 as this is another pathway that inhibits inflammation.
www.ncbi.nlm.nih.gov/.../PMC4774172/ Scientists discover why young blood helps reverse aging.

If you increase TetQ expression, 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.sbu.se/media/spike/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: 1/26/2022 11:16:43 AM

Like · Dislike

stanleybecker
Joined On 11/12/2012 3:21:48 AM
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rose - came across this article in my archive - krbcommunity.com/uncategorized/okinawan-foods-heart-protective-gene... this gave article a boost for Okinawans ---------- - fa 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" empire - but not to touch - this is an educational problem - if the Masses can believe in viruses they can believe in social obligations

Mark as Spam · Posted On: 1/26/2022 11:18:14 AM

Like · Dislike

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/.../PMC3901128/ and interestingly 14-3-3 protects AMPK phosphorylated TET2 from dephosphorylation by PP2A. AMPK activatours AICAR and metformin potentiated TET2 phosphorylation europepmc.org/.../31951070 TET2 is also an epigenetic regulator of CD8+ T cell fate decisions www.jimunozl.org/.../83.full.pdf PS - I plan to live forever and ... So Far, So Good :)

Mark as Spam · Posted On: 1/26/2022 12:09:52 PM

Like · Dislike

epi-cure
Joined On 6/13/2012 7:02:04 PM
Add as Friend · Send Message

rose - hello and thank you for the link to the marathon 3.5 hour those-he's not your brother, is he?) tribe interview i wouldn't want Rosie'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 stopped for from his warnings to the world. My narcolepsy be damned, what a storyteller that Ike, say i feel a fine instance of where of it's better to give than receive.

Mark as Spam · Posted On: 1/26/2022 12:09:52 PM

Like · Dislike

rnwilrose
Joined On 11/10/2011 8:59:01 AM
Add as Friend · Send Message

Thanks Stan! Here saved it and plan to watch later, after I am glue myself from watching Parliamentary Hill in Ottawa! ---------- - Epi-cure, posted that link especially for your Brian Rose is a trooper, for sure. Everyone who can see the end in sight may be wondering what comes next? Am half way through watching the movie "Don't Look Up" about an earth-ending asteroid....ruf said!

Mark as Spam · Posted On: 1/26/2022 12:12:48 PM

Like · Dislike

otis101
Joined On 7/15/2016 6:30:32 PM
Add as Friend · Send Message

Stan, thanks for the link to "What Okinawa foods are heart protective, an interview Ike Ryuk Hishikawa with Craig Willcox". Their diet was high fat and eating to just 80% full. Total fat in diet <31% in Ids to 25% 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. I'm still allergic to soy. Soy ate eczema flares. What I find remarkable about the Okinawans 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 assured at the Okinawan's post patterns pulling up with the obnoxious American military. Not always the case as more than one slightly intoxicated sailor "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: 1/26/2022 3:21:11 PM

Like · Dislike

wolfacesachan
Joined On 1/19/2016 10:47:27 AM
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It would be interesting to see if there was a change in mytholytion / telomere length with the Covid jab.

Reply · Mark as Spam · Posted On: 1/26/2022 2:31:24 AM

Like · Dislike

Guillermo
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 telomeres, disrupting its synthesis. With this antibody being induced, it takes time for the synthesis disruption 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 mechanism (pff of the beak Trojan horse) Chestnut wrote. "Any short-lived immune response is fools gold that supersedes the immune system's ability to replenish itself. This explains what we are currently observing in Israel"

Chestnut 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-protein-suppress-natural-immune-re... , www.projects.org/.../eh

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," Sander Herbert Chestnut, who does his conclusions from a peer-reviewed scientific study and briefings on the "robust immune response" generated by the spike protein can come at a lethal cost. A recent article posted pic.twitter.com/FLAfPvQGAA twitter.com/.../1426270994367057920

Mark as Spam · Posted On: 1/26/2022 3:03:38 AM

Like · Dislike

sunflowerjanis
Joined On 1/11/2014 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. hoedad.info and hoedadsmyhatch.com

Mark as Spam · Posted On: 1/26/2022 8:45:37 AM

Like · Dislike

rnwilrose
Joined On 11/10/2011 8:59:01 AM
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No way to know about telomere length, working with older people, ceased, one had viral re-activation, needed new glasses and developed a heart condition, the other had a broken bond second in her eye, and is recovering from a hip fracture. They blamed all on old age 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 great always made sure there was plenty of alcohol available to distract the people. Tyrannical systems started to collapse. People began to hoard 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, so, those entering the injection automatically get moved to the front of the line. Some people died because the unvaccinated were even denied life saving medical care. We saw inflation rage out of control. Many other things got worse, too. <on-

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend · Send Message

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—War 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 school and 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 benches, walking down the street without a mask on or trying to buy food to feed their families if they were unvaccinated. It was a crazy time. Many of us started to realize that the government was not looking out for us as it was supposed to have. They started to realize that 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.

Almond

Joined On 2/26/2008 4:23:33 PM
Add as Friend · Send Message

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—War 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 school and 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 benches, walking down the street without a mask on or trying to buy food to feed their families if they were unvaccinated. It was a crazy time. Many of us started to realize that the government was not looking out for us as it was supposed to have. They started to realize that because they had been encouraged to accept what they were told and not think for themselves. Mandates caused people to lose

Mark as Spam Posted On : 1/30/2022 12:34:18 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 gov't to be responsive to the people. Our leaders were not guiding people how they wanted to go, but leading people in 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 they their resistance to vaxination mandates. I am not sure which leader 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 massive force of truth arrives.

Soon 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 video of it. The truckers were initially condescendingly referred to as a "fringe element" with "unacceptable views" by Prime Minister Trudeau. -continued

Mark as Spam Posted On : 1/30/2022 12:34:47 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 convicted by the law. When the weeks of bringing the city to a standstill, it was even clear to the gov that they could not impose their will on the people. Their attempt to use supporters outnumbered the police and 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 capital.

It was clear people had lost confidence in their government. Many politicians were forced to resign. Good people, including many truckers, were forced to replace them. That was when the Canadian Supreme Court ruled the vaxination mandates were illegally and unconstitutionally. The remaining factories and farms could slowly restored operations. Truckers moved lumber for construction, starter cabins, grains and natural resources, and more, across the US/Canadian border. Goods were shipped out to nations around the world. Trucks also improved the transportation and distribution system, connecting 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 hormendously from their crime against humanity. Many were tried 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 12:35:47 AM

Like Dislike

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 lost/suffered psychological trauma. However, most emerged stronger and more committed to justice. There was a moratorium of unity and hope among the people that prevailed. Perhaps one of the greatest achievements was that the vaxine 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 invested in building society in many positive ways, since there was little need for social programs and government 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 seems 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 overhead self reliance and priorities, people also realized less need to be engaged in jobs that reflected keeping up with the Jones'. 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 12:37:11 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 healthy 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 invested in building society in many positive ways, since there was little need for social programs and government 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 seems is where the funding for many of our lovely city and national parks and modern highways came from.

Mark as Spam Posted On : 1/30/2022 12:37:55 AM

Like Dislike

Mr27915
Joined On 6/26/2021 5:38:22 PM
Add as Friend Send Message

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

nikkicarvingace
Joined On 9/17/2018 6:08:22 PM
Add as Friend Send Message

Your tips to God's Ear....

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

Like Dislike

rmalrose
Joined On 11/15/2011 8:59:01 AM
Add as Friend Send Message

Finally, daily news coverage from CTV, the NYTimes, yahooxnews and BBC world news also have articles. This one may have the best data: www.cbsnews.com/politics/how-updates-day-2-of-trucker-protest-in-ottawa... and here's the live coverage: www.cbsnews.ca/video

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

Like Dislike

Divesire
Joined On 6/8/2017 3:00:48 PM
Add as Friend Send Message

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

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

Like Dislike

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 2319 we are going to have robots born 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 reverses 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=1xLUFJPFNgA&list=PLTG2PZnHNC9qWKbDRVy7_ (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

rmalrose
Joined On 11/15/2011 8:59:01 AM
Add as Friend Send Message

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 caused 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 addiction to burning fossil fuels, and stop spraying chemicals all over creation. So your time-frame may be much shorter than any of us expect hope vs. anyone.

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

Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend Send Message

rmalrose 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 partial 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 "lost" civilizations. Technology has 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 bays 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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rmalrose 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 contain of pure health regime 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 monitors (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 drugs.

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

Like Dislike

rmalrose
Joined On 11/15/2011 8:59:01 AM
Add as Friend Send Message

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

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epi-cure
Joined On 6/13/2012 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 you, it's Year 1 are a Dreamer (lol) but I'm not the only one. I'm certain that somewhere in either my ancestors or ancestors of my wife, both there, there exts mythology of Dreamers (not unlike Australian 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" be 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 unexpected (nasty) nemesis/cantankerous comet or solar event rush for a bad day then cere 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

rmalrose
Joined On 11/15/2011 8:59:01 AM
Add as Friend Send Message

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

otis101
Joined On 7/13/2010 6:30:30 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

ColdTurkey
Joined On 12/16/2019 8:14:38 AM
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Well, I have to wonder just how much longer is the average lifespan of a Dr. Mercola following; 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 is low 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 1:45:11 AM

Like Dislike

kaaren_203
Joined On 12/12/2007 12:20:46 AM
Add as Friend Send Message

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 mdr all he does, unlike people like Fauci who interest themselves with money and greed and destruction

Reply Mark as Spam Posted On : 1/30/2022 3:26:38 AM

Like Dislike

Almond

Reminder... I do not do friending. Thank you for understanding. If you ask me a question, look for an answer in one of the current columns the same day or the next day. I reply to as many as I can, but may be short of time and unable to reply to all.

Reply · Mark as Spam · Posted On: 1/26/2022 10:41:10 AM
Like · Dislike

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jack69
Joined On 5/14/2017 8:42:39 PM
Add as Friend · Send Message

I am almost 68 years old. ZERO chronic conditions and no aches or pains. I only eat what God gives us in Nature. Mark'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: 1/26/2022 1:14:39 PM
Like · Dislike

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johnpage
Joined On 9/24/2021 2:40:16 AM
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Dear Ahmad 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 apologize 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://mewflight.com/ Much love to all.

Reply · Mark as Spam · Posted On: 1/26/2022 2:01:57 AM
Like · Dislike

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nikkicarvingrace
Joined On 9/17/2018 6:08:22 PM
Add as Friend · Send Message

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

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

Buddhi
Joined On 10/27/2020 2:36:40 PM
Add as Friend · Send Message

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?? He all seem 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) Sensitivity are a good idea. Research looked at 10 of the top 6000 Rainwoods for their sensitivity activity and Fisetin tested as the most potent, although they all look good to me including quercetin. www.ncbi.nlm.nih.gov/...PMC6197602 4) Gym pass 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 load load of stem cells from the gut that burn 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 other 30% or 70%. Does this increase aging? MTHFR does increase all cause mortality in men3 it also increases infection fatality rate from Covid, "Statistical analysis showed a relatively strong correlation between DC77 and death from coronavirus." MTHFR/homocysteine can be manipulated with methylated B-complex.

6) Astragulus and rhodiola and maybe ganoderma should have been mentioned as anti-aging - or at least telomere conserving - supplements, but more than any of these, why no mention of just about the best protector of mitochondrial function ever, methylene blue, which also wipes out cores2 (also the best treatment for malaria)? 7) Is methylation truly the best marker for an aging clock - or would that metabolic function which underlies 90% of the supposed 35,000 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: 1/26/2022 3:41:40 PM
Like · Dislike

Randyfast
Joined On 5/6/2018 8:42:42 PM
Add as Friend · Send Message

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: 1/26/2022 8:25:14 AM
Like · Dislike

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versatile
Joined On 10/16/2007 4:23:39 PM
Add as Friend · Send Message

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: 1/26/2022 7:48:07 AM
Like · Dislike

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patrickmckenna1
Joined On 1/31/2022 7:16:48 AM
Add as Friend · Send Message

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 ASE. 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 13 various bullet points.

Here is a sample of 5 of those 13 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 Ritch drugs. Unfortunately, Ritch 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 exposure 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
Like · Dislike

TrueIsKay
Joined On 3/27/2021 1:29:11 PM
Add as Friend · Send Message

The alone article: Patients who contracted COVID-19 were found to have telomere length shortening, but white 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 – being 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-19 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 Experiences 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 UK American is dropping, and USA ranks 43 in medical/healthcare system, and 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 changed ASAP!!!

Reply · Mark as Spam · Posted On: 1/26/2022 10:11:04 PM
Like · Dislike

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nmbb
Joined On 6/15/2011 2:41:18 PM
Add as Friend · Send Message

yeah.... living on MyMountain does have advantages. but if ya take the wrong step ..... well.... its a long way down to the next step. LOL. i took one my geese and tossed him over the second step... and he took off.. what a beautiful bird... and he did circle around and came home.... and they can all just fly away.... but they don't.. even if the going gets tuff and the ponds are frozen and food is under snow.. they still stay home... and they are free to just fly away anytime..

Reply · Mark as Spam · Posted On: 1/26/2022 6:50:10 PM
Like · Dislike

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mer19113
Joined On 7/11/2019 11:33:20 AM
Add as Friend · Send Message

I'm fascinated by how much the field of epigenetics is proving what God was trying to teach his people in the Torah. Click 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 His people into the land of the goyim, 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: 1/26/2022 3:38:49 PM
Like · Dislike

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lmeccagmail.com
Joined On 1/23/2022 1:48:52 PM
Add as Friend · Send Message

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: 1/26/2022 3:12:43 PM
Like · Dislike

Sapponstan
Joined On 1/30/2022 2:50:41 PM
Add as Friend · Send Message

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 as 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 it is all about everyone because i enjoy each day. reference dr albert schweitzer

Reply · Mark as Spam · Posted On: 1/30/2022 2:54:39 PM
Like · Dislike

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soffeds
Joined On 2/19/2010 3:22:54 PM
Add as Friend · Send Message

Ryan Smith please have your thyroid checked. You are missing the outer third of your eyebrows & I'm possibly seeing a goiter issue. Loved your info & plan to get tested! Thank you Dr. Mercola.

Reply · Mark as Spam · Posted On: 1/26/2022 2:56:00 PM
Like · Dislike

Hedgehgrins
Joined On 1/30/2022 1:32:38 PM
Add as Friend · Send Message

Can someone at Mercola explain why the author of these articles doesn't spellcheck and grammarcheck their articles before publishing them? Call me a grammar nazi if you want but it makes the writer look like a dummy if they don't turn on their spell and grammar checkers and proofread their articles before publishing. I'm fond of forwarding Mercola articles to many folks but I always have to correct the grammar before doing so because I don't want the next recipients/readers to perceive the writers as dummies when it's such a simple act to turn on the computers spell and grammar checkers that will then give the authors and website more grantas. I corrected over 20 errors in the above article before forwarding it on so it would have more credibility. I sincerely hope that the Mercola website will act on this matter for their own benefit and their readers benefit. Thanks for considering this...

Reply · Mark as Spam · Posted On: 1/26/2022 1:50:51 PM
Like · Dislike

Ceyarecky
Joined On 7/15/2011 11:26:20 PM
Add as Friend · Send Message

well, duh. 'younger than 50' considering 'Fruitfulness 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: 1/26/2022 11:02:46 AM
Like · Dislike

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epi-cure
Joined On 9/13/2013 7:02:04 PM
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My most enduring takeaway from this text is that I'll continue to refuse to act my age.

Reply · Mark as Spam · Posted On: 1/26/2022 11:51:14 AM
Like · Dislike

Guillermoo
Joined On 4/7/2015 8:47:48 AM
Add as Friend · Send Message

"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 1:45:03 PM
Like · Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend · Send Message

dalotron... You may find this info on light/frequency useful. The diagrams here dropped out of this online summary, so you may want to obtain a copy of the original article. www.thehealthyapproach.com/lighting-energy/physiology.-a0230855866...

Reply · Mark as Spam · Posted On: 1/26/2022 11:44:10 AM
Like · Dislike

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dialys21
Joined On 6/17/2020 3:28:24 PM
Add as Friend · Send Message

Hello GUI, How to make Tumeric more Bioavailable? Growing it and freshly consuming it or is a Fermented Capsule form? Thanks

Reply · Mark as Spam · Posted On: 1/26/2022 11:10:24 AM
Like · Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend · Send Message

The Bolivian trucker's convoy showing support for Canadian truckers. :-)
www.reddit.com/r/conspiracy/comments/sher77/bolivia_joins_the_canadian... The world is watching!

Reply · Mark as Spam · Posted On: 1/30/2022 11:08:21 AM
Like · Dislike

G169124
Joined On 6/26/2013 7:30:53 PM
Add as Friend · Send Message

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

Reply · Mark as Spam · Posted On: 1/30/2022 7:41:12 AM
Like · Dislike

StarPowerVID
Joined On 4/19/2021 7:44:27 AM
Add as Friend · Send Message

DNA methylation, telomere length...maybe. I like the reliable intercolar 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: 1/26/2022 7:39:32 AM
Like · Dislike

TonyRyan
Joined On 2/1/2010 10:51:00 PM
Add as Friend · Send Message

Just eat good kaiser. 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: 1/26/2022 4:46:57 AM

galwayrover
Joined On 1/30/2022 4:28:23 AM
Add as Friend · Send Message

This article is incomplete. What's the cost of the TruDiagnostic test?

Reply · Mark as Spam · Posted On: 1/26/2022 4:29:53 AM

Astroconical
Joined On 1/6/2021 5:20:05 PM
Add as Friend · Send Message

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: 1/26/2022 3:12:47 AM

Alouard
Joined On 3/26/2008 4:23:33 PM
Add as Friend · Send Message

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

Reply · Mark as Spam · Posted On: 1/26/2022 3:16:41 AM

Islander
Joined On 3/26/2007 12:55:12 AM
Add as Friend · Send Message

Holy mackerel! Is your proofreader out sick, or did she quit? Whatever the reason, someone is MIA!

Reply · Mark as Spam · Posted On: 1/26/2022 4:14:24 PM

atis101
Joined On 7/15/2010 6:30:32 PM
Add as Friend · Send Message

Hi Islander!

Mark as Spam · Posted On: 1/30/2022 9:26:52 PM

Islander
Joined On 3/26/2007 12:55:12 AM
Add as Friend · Send Message

Why hello and best wishes, Otis! Thanks to my early introduction to this site, I'll be 81 next month and on no prescription drugs. Life is good!

Mark as Spam · Posted On: 1/30/2022 9:58:45 PM

MHaster
Joined On 8/14/2021 1:37:23 AM
Add as Friend · Send Message

I didn't get it. What is methylation, and does increase or decrease with age?

Reply · Mark as Spam · Posted On: 1/30/2022 4:41:16 PM

jerryanon
Joined On 6/23/2020 8:44:53 AM
Add as Friend · Send Message

Embryonic like stem cells?????????? And just where do these come from?????

Reply · Mark as Spam · Posted On: 1/30/2022 11:50:23 AM

Longplay
Joined On 3/9/2021 6:50:21 AM
Add as Friend · Send Message

An important question is whether or not the DNA collected is sold to the Chinese, something I've read that many DNA sampling companies do.

Reply · Mark as Spam · Posted On: 1/26/2022 7:10:15 AM

Karenbracken
Joined On 5/21/2021 9:01:19 AM
Add as Friend · Send Message

If a person had COVID are they as affected by the spike protein from the virus as the spike protein in the shot. I had COVID but refuse the shot. Is my aging mechanism affected just on the basis of having COVID??

Reply · Mark as Spam · Posted On: 1/26/2022 7:46:40 AM

fiekall
Joined On 12/11/2008 8:04:42 PM
Add as Friend · Send Message

$500 for the complete profile/test... No thanks. I'm very on top of my health and diet for over 2-decades. Have not been to a doctor in about the same time. Other great comments about how young I appear for my age. It was not by chance. Of course, genetics may play a part. It takes effort and time to maintain a healthy lifestyle. It really is a "way-of-life" for those that are serious. This test may be better suited for one who is on the fence and/or beginning their health conscious journey or one who has a fat wallet.

Reply · Mark as Spam · Posted On: 1/26/2022 2:57:10 AM

Hanner
Joined On 1/30/2018 4:25:45 AM
Add as Friend · Send Message

Can anyone tell me where under and over Methylation fits into this???

Reply · Mark as Spam · Posted On: 1/26/2022 12:25:54 AM

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

METHYLATION, HEALTH & DISEASE www.vbwellness.com/.../methylation-health-disease HOW DO YOU KNOW IF YOU HAVE A METHYLATION PROBLEM? mthfrsupport.com.au/2020/02/how-do-you-know-if-you-have-a-methylation-... Epigenetic changes involve small reversible chemical changes, for example in the form of methyl groups that bind to certain strings of DNA in the genome, which can therefore function to modify DNA. Epigenetic mechanisms are of great importance in mental illness. DNA methylation levels in white blood cells (WBCs) of people with schizophrenia. Epidemiological studies have reported the association between global WBC methylation and several different types of cancer, including colon, bladder, stomach, breast, and head and neck cancers, as well as schizophrenia and myelodysplastic syndrome. europepmc.org/.../pmc2154432 >> ... DNA methylation in cancer: too much, but also too little pubmed.ncbi.nlm.nih.gov/12154403

Mark as Spam · Posted On: 1/30/2022 2:59:44 AM

yiphlanc
Joined On 3/11/2012 2:20:27 AM
Add as Friend · Send Message

How well you digest and metabolise this utopian vision. The better understood, the more likely to benefit and act, perhaps.

Mark as Spam · Posted On: 1/30/2022 3:04:17 AM

datadragon
Joined On 4/14/2015 6:50:55 PM
Add as Friend · Send Message

Methylation is simply the adding or removal of the methyl group to a compound or other element. In general, when some compounds receive a methyl group, this "starts" a reaction (such as turning a gene on or activating an enzyme). When the methyl group is "lost" or removed, the reaction stops (or a gene is turned off or the enzyme is deactivated). A "methyl" group is simply one carbon connected to three hydrogen atoms. (It may be written as CH3 with the 3 being a subscript.) Like many nutrients, methylation follows U-shaped curve, where both a deficiency and excess both cause issues.

While hypomethylation is associated with many different problems, hypermethylation can be equally problematic. What we really need is methylation balance in the body. Many on their own or at the recommendation of their healthcare practitioner, have sought genetic testing for MTHFR and other genes related to methylation and begun supplements to correct their supposed "methylation deficiency" based solely on their genetic results. However, because someone has an SNP that might predispose them to impaired methylation does not mean they actually have impaired methylation.

In fact, they could have completely normal methylation! On the other hand, a person who has no SNPs in their methylation genes could have severe methylation imbalance and require treatment. This is similar to what I've posted about inflammation, its important to test what your body state actually is rather than follow advice to take high dosing of anti inflammatory nutrients which also would be problematic if not actually currently in an inflammatory state.

Mark as Spam · Posted On: 1/30/2022 8:49:24 AM

petemalon
Joined On 1/14/2019 10:54:42 PM
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umm, please explain how this makes any sense. "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 is like comparing nothing to something at all. because Nature doesn't use nothing. it uses observation. no First Nation in the entire world ever this extent to analyze to the 99 degree Health.. it was basically complete functionality and ability to function at a high level through observation. the statement above clearly states that this person is completely lost in academia not science. observation

Reply · Mark as Spam · Posted On: 1/26/2022 3:10:47 AM

MarkPitt
Joined On 4/1/2009 6:17:42 AM
Add as Friend · Send Message

While I find the prospect of this kind of testing (Top measuring your DNA methylation?) fascinating and love using my annual blood tests to measure my success, I have one BIG flaw... I know that DNA data buying, selling, harvesting IS a real and big thing and that I'm NOT availing myself of this technology without some very serious guarantees that I'm not going into some "data pool" I've already been heavily about DNA harvesting from the covid "tests" and I'm not taking any chances! I wish I didn't have to be so paranoid about this stuff, but we have some VERY weird control freaks at work here (i.e. Gates). I guess I'll have to use the fact that while I'm 73, even young people gave me to be in my 80s and that I haven't had a cold or the flu for well over 40 years, so my gauge :)

Reply · Mark as Spam · Posted On: 1/26/2022 6:27:08 PM

Beatricelf
Joined On 6/23/2006 7:25:33 AM
Add as Friend · Send Message

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

Reply · Mark as Spam · Posted On: 1/26/2022 3:07:02 AM

rnelrose
Joined On 11/15/2011 8:39:01 AM
Add as Friend · Send Message

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

Mark as Spam · Posted On: 1/26/2022 12:27:05 PM

Ronald_H
Joined On 7/15/2010 1:38:54 AM
Add as Friend · Send Message

I have great advantages to enable me to participate in the future in big ways. The special one for me, when I find her or she finds me, will be of child-bearing age and have advantages to pass on future generations and we will raise our future children to survive the harsh times to come and thrive and live with freedom in the world to come which belongs to the survivors and the population will be greatly reduced by endless designs for which we are seeing just the start. To not be a victim of that, I'm prepared to give my future family extraordinary advantages.

To our subject of measuring apparent biological aging versus chronological aging, I have personal observations of my amazing health and fitness far beyond anything I've seen in anyone including the world's best professional bicycle racers who typically lose their abilities fast with age. That hasn't happened with me. I wonder what the new DNA testing would show for me considering this extreme advantage of almost not aging. Bottom line, I went to the movies and a guy who knew me from years ago easily recognized me with surprise based upon his film work. This took exactly the same." Though I live healthily most of the knowledge I have of healthy living has been in the last two decades with recent years being by far the most, so my health is not just from all aspects of healthy living and I suspect it is mostly genetic advantages based upon a long heritage of survival of the fittest from ancestors living through multiple violent times and escaping into harsh environments that were pushing the limits of being habitable.

Reply · Mark as Spam · Posted On: 1/26/2022 3:19:42 AM

dshinton
Joined On 11/1/2008 3:18:56 PM
Add as Friend · Send Message

"For the life of the flesh is in the blood" - Leviticus 17:11

Reply · Mark as Spam · Posted On: 1/26/2022 8:10:06 AM

smikos
Joined On 6/5/2020 10:47:13 AM
Add as Friend · Send Message

I am not sure why we would be endorsing MORE DNA gathering!

Reply · Mark as Spam · Posted On: 1/30/2022 8:19:29 AM

navicos34
Joined On 10/9/2011 12:07:57 AM
Add as Friend · Send Message

A very optimistic view, quiet unique. Yet history has proven that humanity is not really capable of such noble acts on a long term. I will not be there anymore to see the future, but I say that I support this effort. One thing to think about: how will humanity, several times exceeding the Earth's capacity to support life, will manage such great efforts?

Reply · Mark as Spam · Posted On: 1/26/2022 1:31:09 AM

stanleybecker
Joined On 11/12/2012 3:21:48 AM
Add as Friend · Send Message

Mankind survives through ADAPTATION - this is how it is done

Mark as Spam · Posted On: 1/26/2022 4:24:26 AM

arthurielouiblack.com
Joined On 1/5/2021 7:58:06 AM
Add as Friend · Send Message

"...how will humanity, several times exceeding the Earth's capacity to support life, will manage such great efforts?" Please

provide the evidence that irrefutably proves that the Earth's capacity to support life has been exceeded. The human population of the world is currently 7.9 billion. Given that the Earth is a huge, solid ball of natural resources all the way to its core, and human beings have barely scratched its surface over the past four thousand years (the world's deepest mine, Mponeng Gold Mine in South Africa, is a mere 4.0km deep; the Earth's continental crust is 30-40km thick), the Earth is capable of sustaining a much, much larger human population than currently exists. The fundamental problem that undermines the ability of a growing human population to be sustained and prosper is government operators and their civilian supporters' denial of individual freedom, including private property rights.

Mark as Spam | Posted On 1/30/2022 7:54:30 AM

Like Dislike

ColdTurkey
Joined On 12/16/2019 8:14:58 AM
Add as Friend | Send Message

January 30, 2022: After Vaxxx, diseases in military jumped from 1.7 million to 22 million: www.bitchute.com/.../pKilBrER67OW

Reply | Mark as Spam | Posted On 1/30/2022 12:10:32 PM

Like Dislike

Islander
Joined On 3/26/2007 12:55:12 AM
Add as Friend | Send Message

You picked a poor source, Turkey. Reliability is in negative numbers.

Mark as Spam | Posted On 1/30/2022 4:17:00 PM

Like Dislike

ColdTurkey
Joined On 12/16/2019 8:14:58 AM
Add as Friend | Send Message

Sorry, but I don't know what you are talking about. Wonder if you actually watched the video.

Mark as Spam | Posted On 1/30/2022 5:48:32 PM

Like Dislike

Buddhii
Joined On 10/27/2020 2:36:40 PM
Add as Friend | Send Message

Looks perfectly good to me.

Mark as Spam | Posted On 1/30/2022 7:54:24 PM

Like Dislike

Post your comment

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