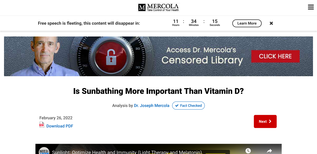
Free speech is fleeting, this content will disappear in:
11 days 34 hours 15 Months
Learn More



Is Sunbathing More Important Than Vitamin D?

Analysis by Dr. Joseph Mercola ✓ Fact Checked

February 26, 2022
Download PDF

Next

STORY AT-A-GLANCE

- The vast majority, 95%, of the melanotan your body produces is made inside your mitochondria in response to near-infrared radiation from the sun. Only 5% of melanotan is produced in your pineal gland at night
- During the day, near-infrared rays from the sun penetrate deep into your body and activate cytochrome c oxidase, which in turn stimulates the production of melatonin inside your mitochondria
- Your mitochondria produce ATP, the energy currency of your body. A byproduct of this ATP production is reactive oxidative species (ROS), which are responsible for oxidative stress
- Excessive amounts of ROS will damage the mitochondria, contributing to suboptimal health, inflammation and chronic health conditions such as diabetes, obesity and thrombosis (blood clots)
- Melatonin mops up ROS that damage your mitochondria. Provided you get good sleep and plenty of sun exposure during the day, your mitochondria will be bathed in melatonin, thereby reducing oxidative stress

I have been absolutely fascinated with the association of sun exposure to health for nearly three decades. It was obvious to me that nearly all dermatologists are seriously confused about avoiding the sun, as sun exposure is essential to stay healthy.

I always knew there was some important fact we were missing, and I sincerely believe that in the MedCram video above, we learn what that is. Dr. Roger Seheult explains the ins and outs of how sunlight impacts your health — not only through increasing your vitamin D levels but through melatonin! It's nearly too long, but well worth it if you have the time and are a fraction as fascinated by new science insights that could radically change your health as I am.

A condensed 25-minute version is included below. Seheult's review is primarily based on the February 2020 paper, "Melatonin in Mitochondria: Mitigating Clear and Present Dangers," published in the Physiology journal. It's written by the best researcher in melatonin, Russel Reiter, Ph.D., whom I first heard lecture on melatonin over 25 years ago. This paper is one of the best papers I've read in a long while and you can access the full paper for free.

Melatonin Is Produced in Response to Sun Exposure

To summarize the key finding before we dive into the nitty-gritty, the vast majority of the melatonin your body produces — 95% — is actually made inside your mitochondria in response to near-infrared radiation from the sun. Only 5% of melatonin is produced in your pineal gland.

It is important to note that melatonin supplements, contrary to what you might expect, do not wind up in your mitochondria where they are needed most to quench the damage from oxidative stress produced in the electron transport chain.

Melatonin, of course, is a master hormone,[1] a potent antioxidant[2] and antioxidant recycler,[3] and a master regulator of inflammation and cell death.[4] These functions are part of what makes melatonin such an important anticancer molecule.[5]

Melatonin has also been shown to be an important part of COVID treatment, reducing incidence of thrombosis and sepsis[6] and lowering mortality.[7] As noted by Seheult, melatonin suggests sun exposure may help combat any number of respiratory infections, including COVID, and the production of melatonin in your mitochondria appears to be a key part of why that works.

Seheult reviews a number of evidences showing that COVID rates across the world correlate to the solar index or the amount of sun striking the area. Positive case rates also correlate with vitamin D levels in the blood. Higher blood levels correlate with lower incidence of COVID and higher rates of survival for inpatients.

In short, vitamin D is more than likely a MARKER or surrogate for sun exposure. But all the benefits are likely due to other factors than vitamin D itself. As noted by Seheult, some studies looking at the effect of giving vitamin D to patients treated for severe COVID found no benefit, even at very high doses.

What's more, research[8] looking at UVA levels and COVID mortality rates found areas of the U.S., the U.K. and Italy with higher UVA also had lower COVID mortality rates. Vitamin D does not rise in response to UVA (only UVB), so, something in the sunlight, other than vitamin D, must have a beneficial impact. As noted by the authors:[9]

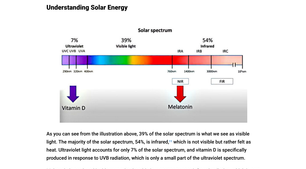
> *"In conclusion, this study is observational and therefore any causal interpretation needs to be taken with caution. However, if the relationship identified proves to be causal, it suggests that optimizing sun exposure may be a possible public health intervention.*
>
> *Given that the effect appears independent of a vitamin D pathway, it suggests possible new COVID-19 therapies and the importance of exploring the role of circulating NO [nitric oxide]."*

Here, they speculated that nitric oxide, which is produced in response to UVA, could be the key, as nitric oxide has been shown to limit SARS-CoV-2 replication in vitro in addition to normalizing your blood pressure.

But while it's true that nitric oxide rises in response to sunlight (specifically UVA and near-infrared), Seheult believes the primary mechanism at work here is melatonin, because it's produced in response to the infrared spectrum, which makes up a much greater portion of the solar spectrum than ultraviolet, and works regardless of the angle at which it hits the earth.

Hence the southern part of England can have lower COVID deaths than the northern part, even though the entire country is too far north for vitamin D production.

Understanding Solar Energy



As you can see from the illustration above, 39% of the solar spectrum is what we see as visible light. The majority of the solar spectrum, 54%, is infrared,[10] which is not visible but rather felt as heat. Ultraviolet light accounts for only 7% of the solar spectrum, and vitamin D is specifically produced in response to UVB radiation, which is only a small part of the ultraviolet spectrum.

Melatonin is produced inside your mitochondria in response to near infrared radiation, which is part of the infrared spectrum. Because near-infrared has a much longer wavelength than ultraviolet, it can penetrate much deeper into your body, reaching cells in your subcutaneous tissue and not just on your skin. Near-infrared is not seen but rather felt as warmth. Its penetrative power (heat) also means it can penetrate lightweight clothing.

Melatonin Combats Oxidative Stress, Day and Night

Your mitochondria produce ATP the energy currency of your cells. A byproduct of this ATP production are reactive oxidative species (ROS), which are responsible for oxidative stress. Excessive amounts of ROS will damage your mitochondria, contributing to suboptimal health, inflammation and chronic health conditions such as diabetes, obesity and thrombosis (blood clots).

The good news is your body has a built-in way to counteract these ROS. Inside your mitochondria, you also have an antioxidant system, and the main antioxidant is melatonin. (Melatonin also upregulates your glutathione pathway.)

> **"During the day, near-infrared rays from the sun penetrate deep into your body and activate cytochrome c oxidase, which in turn stimulates the production of melatonin inside your mitochondria."**

Melatonin is perhaps best known as a sleep regulating hormone. At night, the level produced by your pineal gland rises, which help make you sleepy and ready for bed. As the sun rises and morning dawns, the level automatically recedes, allowing you to wake up.

But that's not all melatonin does. As melatonin is released at night, it travels through your circulatory system and is taken up by cells. Once inside, the melatonin mops up excessive ROS.

Melatonin also helps counteract damaging ROS during the day, but through a different pathway. During the day near-infrared rays from the sun penetrate deep into your body and activate cytochrome c oxidase, which in turn stimulates the production of melatonin inside your mitochondria.

Melatonin and Sunlight Are Intimately Connected

Melatonin and sunlight are intimately linked and their relationship is unique in the fact that there are two forms of melatonin, circulatory and subcellular, or that produced by the pineal gland and secreted into the blood, and that produced by your mitochondria and used there locally.

Both appear to be controlled by either the absence of sunlight or the presence of sunlight. While circulatory melatonin may be the "hormone of darkness," subcellular melatonin is the "hormone of daylight."

Since the beginning of human history, people have lived and worked outdoors during the light of day, absorbing light energy from the sky. An average of 10 hours outdoors each day, 70 hours weekly, was common. Today, we spend an average of fewer than 30 minutes a day or a mere three hours per week in daylight, according to a study by Dr. Daniel Kripke, professor of psychiatry at UC San Diego.[11]

It is likely that near-infrared (IR) photons stimulate subcellular melatonin synthesis in your mitochondria through cyclic adenosine monophosphate (cAMP) or NF kB activation, or alternatively by stimulating bone marrow stem cells.[12] However, if you fail to expose your skin to sufficient near-IR light from the sun your mitochondria will have seriously depleted melatonin levels that can't be corrected through supplementation.

Melatonin's Role in COVID

Alright, so what does all of this have to do with treating COVID? For this, we need to snake our way through some biology. Angiotensin 2 is a pro-oxidant that is converted into angiotensin 1,7, an antioxidant, by the ACE2 enzyme. ACE2 is the same enzyme the SARS-CoV-2 spike protein attaches to and uses to enter the cell.

Angiotensin 2 increases blood pressure while angiotensin 1,7 lowers it by relaxing your vasculature. If you have high angiotensin 2, you'll have higher ROS in the cell, which, as mentioned is detrimental, as it damages the machinery of the cell. Angiotensin 1,7, on the other hand, will decrease ROS in the cell.

The problem you encounter with COVID is that when the virus attaches to the cell, it knocks out the ACE2 enzyme (because the spike protein is now bound to it). So, angiotensin 2 increases, angiotensin 1,7 decreases, and the conversion from angiotensin 2 to angiotensin 1,7 cannot occur.

As a result, ROS increases unchecked inside the cell. SARS-CoV-2 infection also increases white blood cell production, and that increases ROS as well. The end result of this elevated oxidative stress is blood clots, which in turn leads to hypoxemia.

Melatonin can break this destructive cycle by mopping up ROS and protecting your mitochondria from destruction.[13] As noted by Seheult, if you're not getting enough sleep at night, and not getting enough sun exposure during the day, your mitochondria are basically "running hot" with inflammation. Melatonin is the coolant that dampens the ROS in your mitochondria.

If your mitochondria are already taxed and you come down with COVID, the added stress can tip you over the edge. If your melatonin system is working well, because you're getting good sleep and plenty of sun exposure, you're more likely to fight off the infection and not have it turn serious.

Seed Oils Increase Your Risk for Both COVID and Sunburn

This may seem like a tangent, but it's an important one. Linoleic acid (LA) makes up the bulk — about 60% to 80% — of the omega-6 fat you consume, and it's a primary contributor to nearly all chronic diseases. While formerly thought an essential fat, when consumed in excessive amounts, LA actually acts as a metabolic poison.

At a molecular level, excess LA consumption damages your metabolism and impedes your body's ability to generate energy in the mitochondria. Polyunsaturated fats such as LA are highly susceptible to oxidation, which means the fat breaks down into harmful subcomponents. Oxidized LA metabolites (OXLAMs) are what cause the damage.

Over the last 150 years, the LA in the human diet has increased from 2 to 3 grams a day to 30 or 40 grams. It used to make up just 1% to 2% of the energy in our diet and now it makes up 15% to 20%. This massive increase in LA consumption is what likely contributes to the increased oxidative stress in your body contributing to an increased risk for virually every chronic degenerative disease.

Primary sources are seed oils and processed foods (which contain seed oils). Conventionally-raised chicken and pork are other common sources, thanks to the LA-rich grains they're fed. As indicated in the subhead, high LA intake can raise both your risk for sunburn (which you don't want as that's what's contributes to skin cancer) and your risk for COVID.

Eliminating seed oils from your diet will dramatically reduce your risk of sunburn and skin cancer, as susceptibility to UV radiation damage is controlled by the level of PUFAs in your diet. It's almost like a dial. The PUFAs control how rapidly your skin burns, and how rapidly you develop skin cancer.

As for LA's impact on COVID, consider this: The key toxin that produces the symptoms of acute respiratory distress syndrome (ARDS) is called leukotoxin, which is made from LA by white blood cells to kill pathogens. Basically, the white blood cells convert the LA into leukotoxin, which contributes to the inflammatory domino effect Seheult describes.

Leukotoxins incubated with LA convert all of the LA into this toxin until there's none left, so, a major part of the disease process in ARDS is the conversion of LA into leukotoxin. That appears to be what's killing many COVID patients. So, in summary, simply eliminating (or radically reducing) seed oils and conventional chicken and pork from your diet can go a long way toward:

a) Reducing your risk of sunburn, thus allowing you to get plenty of worry-free sun exposure to raise your vitamin D level, increase nitric oxide and boost melatonin production in your mitochondria

b) Lowering your risk of COVID complications by limiting the conversion of LA into leukotoxin

How Melatonin Is Created in Your Mitochondria

While Seheult focuses on the role of melatonin in COVID-19, the paper, "Melatonin in Mitochondria: Mitigating Clear and Present Dangers,"[14] goes into much broader applications.

Again, melatonin is important for fighting cancer, and mitochondrial dysfunction plays a central role in most all chronic disease, including cancer, Parkinson's, Alzheimer's disease, heart disease and Type 2 diabetes, just to name a few. The paper also describes in far greater detail the mechanism for how melatonin is created within the mitochondria:[15]

> *"In normal cells, mitochondria account for energy (ATP) production, which results from glucose metabolism (glycolysis) and cellular respiration (oxidative phosphorylation or OXPHOS) in the inner mitochondrial membrane.*
>
> *Glycolysis, which occurs in the cytosol, generates pyruvate, which is actively transported into the mitochondrial matrix. Here, pyruvate is converted to acetyl-CoA, the latter linking glycolysis with the citric acid cycle in the mitochondrial matrix and thus coupling it to ATP production.*
>
> *Acetyl-CoA is also an essential co-factor for N-acetyltransferase (AANAT), which converts serotonin to N-acetylserotonin, the precursor of melatonin; AANAT activity rate limits melatonin synthesis.*
>
> *In contrast to normal cells, many solid tumor cells alter the metabolism of glucose to pyruvate in the cytosol but restricts the transfer of pyruvate into the mitochondria; this is known as the Warburg effect ... The Warburg effect allows cancer cells to rapidly proliferate, avoid apoptosis, and enhance the invasiveness and metastatic processes characteristic of tumors."*

The Warburg Effect in COVID

Interestingly, the Warburg effect is also at play in COVID. As explained in a June 2020 study[16] that found melatonin inhibited COVID-19-induced cytokine storm, when your immune cells are in a hype-inflammatory state, their metabolism changes in a way similar to that of cancer cells:

> *"Similar to cancer cells ... immune cells such as macrophages/monocytes under inflammatory conditions abandon mitochondrial oxidative phosphorylation for ATP production in favor of cytosolic aerobic glycolysis (also known as the Warburg effect) ...*
>
> *The change to aerobic glycolysis allows immune cells to become highly phagocytic,*

accelerate ATP production, intensify their oxidative burst and to provide the abundant metabolic precursors required for enhanced cellular proliferation and increased synthesis and release of cytokines …

Because of melatonin's potent antioxidant and anti-inflammatory activities, it would normally reduce the highly proinflammatory cytokine storm and neutralize the generated free radicals thereby preserving cellular integrity and preventing lung damage."

Optimize Your Health With Sensible Sun Exposure

Basically, what "Melatonin in Mitochondria" found is that melatonin is an ideal target when trying to combat mitochondria-related diseases and cancer, because it has ready access to, and is synthesized in, your mitochondria, right where the oxidative stress occurs. By reprogramming the faulty glucose metabolism, melatonin can optimize mitochondrial function and curtail cancer growth.

Remember, taking melatonin supplements will not transfer to increasing mitochondrial melatonin production. It needs to be produced near your mitochondria and not float down from your pineal gland. So, oral supplementation is not a substitute for going outside during the day.

If you take it during the day you're tricking your body into thinking it's nighttime, which could cause problems. As far as we know, the best way to increase mitochondrial melatonin is to optimize your near-IR exposure through regular sunlight exposure.

ᴉɹɐ ʎɐ ʇuǝ

As you can see in the graph above, unlike increasing vitamin D, you have a much broader window where you can get near-IR exposure. Interestingly, spending time in nature is another way to increase your IR levels as most green plants and trees reflect IR. This is likely why forest bathing is so healthy.

The good news is you don't have to be close to naked to benefit, as you do when optimizing your vitamin D production. The near-infrared radiation will penetrate lightweight clothing. So, you can cover yourself to prevent sunburn if you're outside for a longer period of time, while still getting the near-infrared that you need. (Also, remember which of your clothes are protecting you from your diet to cut your sunburn risk.) That said, you will absorb more IR on your bare skin.

The other side of the equation is avoiding bright light late at night. To optimize melatonin release in your pineal gland at night, avoid blue light emitting gadgets at least a couple of hours before bed and keep the lighting in your room dim. Blue-blocking glasses can also be used. Once in bed, makes sure your room is pitch black, as even a small amount of light can interfere with melatonin production.

Together, sun exposure during the day and keeping it dark at night, will ensure your mitochondria are being bathed — day and night — in melatonin that reduces harmful ROS. So, as suggested by Sehedi, try to spend more time outdoors, especially if you're sick (whether it be COVID or some other respiratory infection) or battle chronic disease.

Gain Access to
Dr. Mercola's
Censored Library
Today!

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

Access Now

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.

Sources and References

Next Article >
How to Talk to Your Conspiracy Denialist Friends

Hide Comments (172)

Post your comment

Sort Comments by : Top Rated · Newest · Oldest · Top Poster

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

A great defense of the sun, scientifically justifying its benefits. The advice to avoid the sun is a health fraud. Humanity needs more light, it needs the path of truth more, the laws of Creation are being violated, it is acting against nature itself, it is neglecting the most urgent need of every human being to consciously recognize these laws, otherwise, it remains enslaved and deformedness to diseases. In addition to the great importance of melatonin for mitochondrial health, the treatment of covid, it also regulates sleep, and the protection of mitochondrial neurodegenerative diseases. When your skin is exposed to the sun's rays, it produces two types of *sulfur, cholesterol sulfate and vitamin D sulfate.*

Healthy cholesterol and sulfur levels are also highly dependent on vitamin D levels. Stephanie Seneff, reported that heart disease can *influence cholesterol sulfate deficiency. " Cholesterol and sulfur are oxidized after exposure to sunlight Oxidation of cholesterol is the* first step in the process by which cholesterol is converted to vitamin D3 Cholesterol sulfate deficiency can cause glucose intolerance, fat cells store more fat to supply fuel to muscles and excess fat accumulates causing obesity and metabolic disorders Red blood cells produce cholesterol sulfate, and this molecule protects red blood cells from disintegration.

According to Dr. Seneff, glyphosate is a major problem in our food supply because it interferes with various biological mechanisms, including the enzymes responsible for activating vitamin D in the liver and kidneys. Sulfur also plays a key role in proper metabolism, the electron transport system, detoxification, vitamin B1, and biotin for energy. synthesize glutathione and the proper function of heparin. hubdaycontrarycare.net/topics/nutrition-a-lifestyle/sulfate-the-essen...

Reply · Mark as Spam · Posted On : 3/26/2022 1:34:07 AM

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

An excellent report that son dental doctors should read to save lives. We have great medicines that nature provides us with sunlight, food and a pharmacy of natural products that can help us overcome metabolic and cardiovascular diseases that cause risks for covid, but government institutions do not inform the population, only They want the pharmaceutical multinationals to increase their profits, with vaccines and expensive medicines, because they also bring them power and money. Melatonin has antioxidant, anti-inflammatory, immunomodulatory and palliative effects in various virus-induced infections. Melatonin has non-hormonal actions, acting as a free radical scavenger, an antioxidant, and as a modulator of immunity, dampening innate tissue responses to invaders while increasing antibody production against them.

Melatonin becomes an anti-inflammatory molecule capable of blocking the two main pathways: the NF-κB inflammasome and NLRP3 which, with its ability to restore mitochondrial homeostasis. SARS-CoV-2 infection suppresses mitochondrial melatonin production, which induces a metabolic change that stimulates cytokinic glycolysis, with a reduction in the supply of acetyl CoA, which acts as a precursor for endogenous melatonin synthesis. The decreased availability of melatonin consequently contributes to the production of the "cytokine storm".

Melatonin promotes the synthesis of NAD + reducing the inflammatory response. - Melatonin can restore the optimal circadian pattern of the sleep-wake cycle and improve the clinical condition in pneumonia associated with COVID-19 patients. These actions make it a potentially excellent weapon against SARS-CoV-2 virus infections. www.melatonin-research.net/...-1125 (2021) www.mdpi.com/.../htm (2021) www.melatonin-research.net/...-1160 (2021) www.sciencedirect.com/.../S0162013421001938 (2021)

Mark as Spam · Posted On : 3/26/2022 1:34:10 AM

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

The CD147 protein is established as a novel route for SARS-CoV-2 entry. The CD147 protein that is implicated in unfavorable outcomes during viral infections, including SARS-CoV-2. This is mediated by proinflammatory cytokines such as interleukin-6, interferon-γ, and tumor necrosis factor-α. CD147 has also been found to be responsible for conditions such as multiple sclerosis, myocardial infarction, and cancer proliferation. Despite the lower affinity towards the Covid19-19 virus, of the protein CD147 compared to ACE2, this receptor provides adequate infection mechanism. Coronavirus infected blood glucose levels in infected patients, delayed risk of COVID-19, enhanced susceptibility in geriatrics, increased susceptibility to infection of T cells, prevalence of infection in human cell lines.

In SARS-CoV-2 infections, CD147, together with angiotensin-converting enzyme, has been implicated in the activation of inflammation, supplemental melatonin to control sleep disorders, delirium, and as an anti-inflammatory agent in diseases such as atherosclerosis, respiratory diseases, and viral infections. www.ncbi.nlm.nih.gov/.../PMC8362396 (2022) www.sciencedirect.com/.../S0049069721011485 (2022) In this article, the administration of melatonin for its anti-inflammatory, antioxidant, immunomodulatory, sleep-inducing effects, suppressors of CD147, Mpro, pH1 and MMP9 proteins, reducers of nephrotoxicity and highly effective and safe.

Conclusions: (1) melatonin has anti-inflammatory, antioxidant, immunomodulatory and inhibitory activity of Mpro and MMP9 proteins. (2) It has been shown to have a wide margin of safety. (3) The reviewed contributions make it an effective therapeutic alternative in the treatment of SARS-CoV-2 infection. www.mdpi.com/.../htm (2022)

Mark as Spam · Posted On : 3/26/2022 1:34:26 AM

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

Yes, Peter, olive oil prevents oxidation of cardiolipin. This review describes the link between changes in mitochondrial cardiolipin concentration and changes in mitochondrial bioenergetics. A relationship between cardiolipin disturbance and mitochondrial dysfunction leading to various diseases, including cardiovascular diseases, is presented. Mitochondrial dysfunction is related to the deterioration of health due to alteration of cardiolipin with the decrease in ATP production is related to cardiovascular diseases. www.mdpi.com/.../htm (2021)

Melatonin stimulates antioxidant enzymes in cells, protects phospholipids of the mitochondrial membrane, especially cardiolipin, from oxidation, thus preserving the integrity of the membranes, affects the potential of the mitochondrial membrane, stimulates the activity of enzymes of the respiratory chain and decreases the opening of the mitochondrial permeability transition pore and cytochrome. This review will focus on the molecular mechanisms of melatonin's effects on cells during normal and pathological conditions and the potential clinical applications of melatonin. onlinelibrary.wiley.com/doi/full/10.1111/j.1600-079X.2010.00759.x (2010) www.mdpi.com/.../htm (2021)

Mark as Spam · Posted On : 3/26/2022 4:18:52 AM

Dr. Mercola
Joined On 12/21/1997 7:06:45 PM

Would be careful to severely limit olive oil use. Over 80% is adulterated with high omega-6 oils. Even if it isn't adulterated olive oil still has 20-30% LA content. Limit to one tablespoon per day or less. Suspect the improvement in the study you quoted was in a typical high LA diet which is far from ideal from an LA perspective.

Mark as Spam · Posted On : 3/26/2022 4:35:39 AM

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

Yes, Peter, olive oil prevents oxidation of cardiolipin. This review describes the link between changes in mitochondrial cardiolipin concentration and changes in mitochondrial bioenergetics. A relationship between cardiolipin disturbance and mitochondrial dysfunction leading to various diseases, including cardiovascular diseases, is presented. Mitochondrial dysfunction is related to the deterioration of health due to alteration of cardiolipin with the decrease in ATP production is related to cardiovascular diseases. www.mdpi.com/.../htm (2021)

Mark as Spam · Posted On : 3/26/2022 4:43:57 AM

Peter Smith
Joined On 10/11/2014 8:10:53 AM
Add as Friend · Send Message

Thanks GUI, but why don't you put your excellent post from 2 days ago up again, about the cardiolipin and melatonin. You posted it late, so many may not have see it. As today dr Mercola talks about linoleic acid (LA) he doesn't mention Cardiolipin, as he did in the past, which is important in today's article. Two years ago dr Mercola had an article about Dr. Chris Knobbe - saying that 100 years ago there was little heart disease, hypertension, stroke, cancers, type-2 diabetes, metabolic syndrome, obesity, Alzheimer's disease, macular degeneration, and more, but now is massive, because of oxidized LA.

Dr. Knobbe explained it here https://youtu.be/7KGnfOOKZ9Q Sir Knobbe and dr Mercola at the time said it was because of the oxidized LA that damaged the Cardiolipin, so what important proteins were lost, needed to make energy (ATP) in the mitochondria. Well, also the melatonin is needed to make that proton as well, so that then could cause all those diseases as well. What also has changed 100 years ago was people using lamps, and in time less and less exposure to Near-Infra Red (NIR). Today NIR exposure is a fraction of what is use to be 100 years ago.

So these are 2 causes for mitochondria dysfunction, and lost of ATP. A third cause is high uric acid. Also being short on vitamin B1 leads to lost of ATP. As this mitochondria dudt make the ATP you get the Warburg effect, so a cell can still produce some ATP in another, less efficient way. Also melatonin influences JAK2/STAT2 pathway, so less inflammatory cytokines are made. In the Spanish Rx epidemic 100 years ago they prescribed potassium iodide the hospital, so they did in sanatoria, into the sunlight. That was not only good to make vit D, but also to make melatonin.

Mark as Spam · Posted On : 3/26/2022 4:55:39 AM

Dr. Mercola
Joined On 12/21/1997 7:06:45 PM

Good point Peter about LA for sure. Likely even bit as important as sun exposure and crucial if you don't want to get damaged by the sun. Most people are not aware that the primary reason why most get sunburned and skin cancer is from excess LA in the diet. The extra double bonds are just too sensitive to UV damage and are easily damaged and converted into dangerous metabolites which kind of leads of free radicals. So key is to keep your LA intake as low as possible. Cronometer is very helpful. Goal is to keep percent of omega-6 of total calories to below 2%. I find the Cronometer developer put a new stock on which automatically calculates it for you. I was able to get mine down to 1.3-1.7% which varies depending on what foods I am eating. Alternatively you can also keep total grams of omega-6 below 5-7 grams which works unless you are eating less than 1000 calories.

Mark as Spam · Posted On : 3/26/2022 4:55:57 AM

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

Yes, Peter, olive oil prevents oxidation of cardiolipin. This review describes the link between changes in mitochondrial cardiolipin concentration and changes in mitochondrial bioenergetics. A relationship between cardiolipin disturbance and mitochondrial dysfunction leading to various diseases, including cardiovascular diseases, is presented. Mitochondrial dysfunction is related to the deterioration of health due to alteration of cardiolipin with the decrease in ATP production is related to cardiovascular diseases. www.mdpi.com/.../htm (2021)

Melatonin stimulates antioxidant enzymes in cells, protects phospholipids of the mitochondrial membrane, especially cardiolipin, from oxidation, thus preserving the integrity of the membranes, affects the potential of the mitochondrial membrane, stimulates the activity of enzymes of the respiratory chain and decreases the opening of the mitochondrial permeability transition pore and cytochrome. This review will focus on the molecular mechanisms of melatonin's effects on cells during normal and pathological conditions and the potential clinical applications of melatonin. onlinelibrary.wiley.com/doi/full/10.1111/j.1600-079X.2010.00759.x (2010) www.mdpi.com/.../htm (2021)

Mark as Spam · Posted On : 3/26/2022 4:18:52 AM

Dr. Mercola
Joined On 12/21/1997 7:06:45 PM

Would be careful to severely limit olive oil use. Over 80% is adulterated with high omega-6 oils. Even if it isn't adulterated olive oil still has 20-30% LA content. Limit to one tablespoon per day or less. Suspect the improvement in the study you quoted was in a typical high LA diet which is far from ideal from an LA perspective.

Mark as Spam · Posted On : 3/26/2022 4:35:39 AM

Peter Smith
Joined On 10/11/2014 8:10:53 AM
Add as Friend · Send Message

Well, dr Mercola, nice of you to read, thank you. However, you haven't made very clear why LA is a problem, if it's not oxidized. After all LA is also an essential oil, so we need it in small amounts. Nuts have also LA, so do you advice against nuts also? Yet the melatonin protective against the oxidation of LA in the cardiolipin. Dr. Sehedi said the melatonin is also protective against the UV radiation, so he advice to be in the morning sun, when the UV light is still weak to make melatonin by NIR, so you have better protection later on the day against the stronger UV rays. That might be also a good strategy against cancers. <<<<<< As high UV, Kind causes mitochondria dysfunction, and many diseases, not recognized before, so recently is written down in new books by dr.Rashid Perlmutter and dr. Richard Johnson. Please dr. Mercola interview them as they come with unknown new facts that will surprise you, and important to know.

Mark as Spam · Posted On : 3/26/2022 6:14:55 AM

big47846
Joined On 5/19/2021 8:03:05 AM
Add as Friend · Send Message

I agree with you 100% Gui. Big pharmas big medical fraud is a crime. I grew up on a dairy farm in the late 50's and 60's and we were out in the sun doing field work and baling and putting up hay in shorts and sleeveless and never put their cancer causing poison sun screen on ever. Big pharma - big money. 99% of EVERYTHING they tell you AND tell you is a lie to make money. They could care less about your health in ANY way. We farmed organically before it was a thing. I don't eat anything non GMO or non organic, even though most organic crops are grown next to farms that spray their fields with toxic chemicals, pesticides, and herbicides grown right next to them. (think wind drift) In a way I am glad that I am blessed to have grown up when I did and I am as old as I am so I don't have to witness the destruction of the planet and human race because of the evil satin worshipers that have been trying to destroy us for a long long time.....and we let them.

Mark as Spam · Posted On : 3/26/2022 6:28:27 AM

Fetomasch
Joined On 3/11/2017 7:33:24 AM
Add as Friend · Send Message

Gui- For decades now my theory is that the beginning of lower levels of Vitamin D worldwide was when they discovered the ozone hole in the southern hemisphere almost 40 years ago which was caused by ozone depleting chemicals. Due to the release of CFCs/HFCF which are ozone depleting chemicals and subsequent increases in skin cancer outbrook SPF's were increased from at first from 15-15 to now 50-100 and above to reduce UV exposure. This in turn which may have been a good idea at that time have reduced Vitamin D levels for most people but now since the ozone hole has been deemed "healed" sunblock SPF's should revert to a lower level of SPF. Since 2015 from 50-100 they are now - If it were possible I would like to see the average VD D level worldwide when SPF's were 10-15 to what they are now.

Of course this is one reason but the fear of being in the sun will cause skin cancer will be hard to convince people otherwise. hpa.com/.../ctt. Also why are UV lights not being used on Covid patients in the hospitals? Something similar to tanning beds for short periods of time. They are used in some hospitals to sanitize surfaces but on a lower setting why not "sanitize" the patients. How many people who still have tanning beds that used to be 30 minutes to 10-15 minutes to avoid skin cancer have contracted Covid? www.nationalacademies.org/based-on-science/covid-19-does-ultraviolet-l...

Mark as Spam · Posted On : 3/26/2022 6:39:17 AM

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

@Peter. Appears you did not watch my previous interview with Tucker Goodrich where his two hours and goes deep into the problems with LA. www.bitchute.com/.../BYyYVDRxb7DU

Mark as Spam · Posted On : 3/26/2022 7:50:48 AM

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

Thanks Big, yes, the truth is that a great network is separating humanity from the great path of healthy living, large corporations have more tentacles than a giant octopus, suppress independent research, intimidate scientists, manipulate study designs, write scientific articles covertly catering to your needs, selectively selecting and publishing the results that meet your interests, independent institutions are silenced, agencies are restricted in their effectiveness, becoming manipulated by money pressure, integrating into the "revolving door" between corporate and government employment, censoring honest scientists and withholding information from the public. Large corporations have aligned themselves with corrupt power, governors and lawyers are great friends of fortune who offer diseases to people.

The hidden face of the moon" is a prophetic thriller that describes the lack of ethics of entrepreneurs with great power, strategic mergers to dominate the market, greed and malpractice manipulating and marketing poisons to this humanity without the slightest sensation. of guilt The GMO alliance and the "vaccines" against Covid can produce great benefits for their fortunes, but it will bring more misery to the world, more diseases and a great environmental disaster, which will cause future generations devastated by the greed and arrogance of corruption.

Mark as Spam · Posted On : 3/26/2022 9:29:52 AM

PaulVonhamish
Joined On 12/25/2013 11:30:49 AM
Add as Friend · Send Message

Guillermus: If you were biologically paying attention to the Sun's light, you would notice it is scorchingly hot. NASA concentrations of UVB and UVC are now reaching the Earth's surface. Take a look at the relationship of ozone and its ability to block UVC from reaching Earth's surface. Fact: There should be NO MEASURABLE UVC reaching the Earth's surface. Proof: You can check out your research by browsing the GeographicalMaps.com website. Follow the table at the top of the page.

Mark as Spam · Posted On : 3/26/2022 9:43:09 AM

Guillermo
Joined On 6/17/2015 8:47:48 AM
Add as Friend · Send Message

Thanks Ferrucci, an interesting relationship between ozone, sunscreens and cancer. Reaffirm your last link. Using a model developed for estimating solar irradiation of viruses of Escherichia coconiere, we calculated the expected inactivation of SARS-CoV-2 virus, cause of COVID-19 pandemic, by artificial UVC and by solar ultraviolet radiation in several cities of the world during different seasons of the year. The UV sensitivity estimated here for SARS-CoV-2 is compared with those reported for other solRNA viruses, including influenza A virus.

The results indicate that SARS-CoV-2 aerosolized from infected patients and deposited on surfaces could remain infectious outdoors for considerable time during the winter in many temperate zone cities, with continued risk for re-aerosolization and human infection. Conversely, the presented data indicate that SARS-CoV-2 should be inactivated relatively fast (faster than influenza A) during summer in many populous cities of the world, indicating that sunlight should have a role in the occurrence, spread rate and duration of coronavirus pandemics. pubmed.ncbi.nlm.nih.gov/33503237 (2020)

Mark as Spam · Posted On: 2/26/2022 9:44:36 AM

Like · Delete

Guillermo
Joined On 6/17/2015 8:47:48 AM
Add as Friend · Send Message

Increased exposure to the sun's rays, specifically UVA rays, could act as a simple public health intervention if more research establishes that it causes a reduction in death rates, experts say. Researchers from the University of Edinburgh compared all recorded Covid-19 deaths in the continental US from January to April 2020 with the ultraviolet radiation levels of 2,474 US counties during the same time period. The researchers took into account factors known to be associated with increased exposure to the virus and risk of death, such as age, ethnicity, socioeconomic status, population density, air pollution, temperature, and levels. Infection in local areas.

One explanation for the lower death toll, which researchers are tracking, is that exposure to sunlight causes the skin to release nitric oxide. This may reduce the ability of the SARS coronavirus, the cause of Covid-19, to replicate, as has been found in some laboratory studies. Previous research from the same group has shown that greater exposure to sunlight is linked to better cardiovascular health, lower blood pressure, and fewer heart attacks. As heart disease is a known risk factor for dying from Covid-19, this could also explain the lower death rates. www.ed.ac.uk/news/2021/sunlight-linked-with-lower-covid-19-deaths

Mark as Spam · Posted On: 2/26/2022 9:45:16 AM

Like · Delete

Guillermo
Joined On 6/17/2015 8:47:48 AM
Add as Friend · Send Message

Thanks Paul, yes, I have been visiting the Geoengineering page for a few years now. Renewable energies and the balance of CO2 must be promoted and greens plant a great global warming potential must be avoided, so that the sun will be our best ally. Photosynthesis uses CO2 as the raw material for its growth, accumulating the captured carbon atoms, the higher the concentration of carbon dioxide in the atmosphere, the more plant matter will grow, that is, trees, shrubs and herbaceous plants of all kinds. Carbonic fertilization has been used in greenhouses throughout the developed world for a couple of decades. However, too many carbon dioxide emissions have a serious and strong impact on the oceans.

The oceans absorb approximately 30% of global carbon dioxide emissions and 80% of the heat generated by the increasing growth of greenhouse gases, thus mitigating many of the harmful impacts of air pollution. However, this process is expensive. The oceans are not only rising in level and temperature, they are also becoming more acidic. Around 1987 the concentration of CO2 was 280 ppm, that is, 0.0280% of the air content. One hundred fifty years later, February 2019 the measurement is 406 ppm, an increase of 42.5%. It is certain that the combustion of fossil fuels (coal and, in the 20th century, oil) since the second phase of the Industrial Revolution has been the decisive factor in the increase in CO2.

Mark as Spam · Posted On: 2/26/2022 10:26:42 AM

Like · Delete

Guillermo
Joined On 6/17/2015 8:47:48 AM
Add as Friend · Send Message

We must consider methane is emitted during the production and transportation of coal, natural gas and oil. Methane emissions also result from ranching and other industrial agricultural practices, land use, and the decomposition of organic waste in municipal solid waste landfills. The global warming potential (GWP) is GWP 28 to 36 over 100 years. CO2 2, by definition, has a GWP of 1 Methane oxide is emitted during industrial activities, combustion of fossil fuels and solid waste, as well as during wastewater treatment.

GWP of 265 to 298 times greater than that of CO 2 Hydrofluorocarbons, perfluorocarbons, sulfur hexafluoride, and nitrogen trifluoride are potent synthetic greenhouse gases that are emitted from a variety of industrial processes. F-gases are sometimes used as substitutes for stratospheric ozone-depleting substances. These gases are emitted in smaller amounts, but because they are potent greenhouse gases, they are sometimes referred to as high global warming potential gases. The GWPs of these gases can be in the thousands or tens of thousands.

Mark as Spam · Posted On: 2/26/2022 10:27:31 AM

Like · Delete

Guillermo
Joined On 6/17/2015 8:47:48 AM
Add as Friend · Send Message

An international group of scientists is warning regulators around the world about the consequences of global sun dimming experiments. These sun-dimming geoengineering proposals are being proposed as solutions to combat global warming. These geoengineering programs give immense power and a divine complex to some of the worlds richest people (such as Bill Gates), who manically seek to experiment with the Earth's atmosphere using strategic injections of sulfate aerosols and other pollutants. These experiments have unintended consequences and can negatively impact weather patterns, agriculture, ecosystems, air quality human health, and food and water security.

"The deployment of solar geoengineering cannot be governed globally in a fair, inclusive and effective way," the open letter warns. The letter calls for international supervision to stop these global experiments. "Therefore, we call for immediate political action by governments, the United Nations and other actors to prevent the normalization of solar geoengineering as a climate policy option." The letter is signed by Frank Biermann, Professor of Global Sustainability Governance at Utrecht University; Aarti Gupta, professor of global environmental governance at Wageningen University in the Netherlands; Professor Melissa Leach, director of the Sussex Institute of Development Studies, England, and Dirk Messner, president of the German Environmental Agency. phys.org/...-2022-01-dimming-sun-rays-off-limits-experts.html (01/17/2022)
newspeak.com/scientists-warn-governments-that-they-should-ban-artific... (01/26/2022)

Mark as Spam · Posted On: 2/26/2022 10:27:57 AM

Like · Delete

Guillermo
Joined On 6/17/2015 8:47:48 AM
Add as Friend · Send Message

Yes Rose. Rain forests are responsible for about a third (28%) of the oxygen on Earth, but most (70%) of the oxygen in the atmosphere is produced by marine plants. The remaining 2 percent of Earth's oxygen comes from other sources. The ocean produces oxygen through the plants (phytoplankton, seaweed, and algae plankton) that live in it. These plants produce oxygen as a byproduct of photosynthesis, a process that converts carbon dioxide and sunlight into sugars for the body to use for energy. One type of phytoplankton, Prochlorococcus, releases countless tons of oxygen into the atmosphere. It is so small that millions can fit in a drop of water. Prochlorococcus has achieved the fame of being perhaps the most abundant photosynthetic organism on the planet. National Geographic Explorer Dr. Sylvia A. Earle has estimated that Prochlorococcus provides the oxygen for one in five breaths we take.

Mark as Spam · Posted On: 2/26/2022 10:40:50 AM

Like · Delete

Guillermo
Joined On 6/17/2015 8:47:48 AM
Add as Friend · Send Message

Regarding the Greenhouse effect, clouds are by always the most effective heat reflecting layer, they reduce heat from the sun on cloudy days, and it is obvious that clear nights get significantly colder, fast, than cloudy nights, because on clear nights more heat escapes into outer space This is very obvious on the temperature graph on my weather station unit. All the ADM nonsense originated from one of several pollutant, tiny pollutant fake crisis concerns, so part of the propaganda, parasitic, and destructive New World Order badness. If anything a warmer world and more CO2 rich world would be better for plant growth, including grass for Ruminants, reduce the need for feeding during winter/night, and be far less damaging without any vegetable farming physiology, which damages soil structure, probably a cause of desertification!

Mark as Spam · Posted On: 2/26/2022 1:44:38 PM

Like · Delete

Guillermo
Joined On 6/17/2015 8:47:48 AM
Add as Friend · Send Message

Hi Kaythong, fertilization with carbon dioxide (CO2) has contributed to increasing the foliage of plants in the most arid regions of the planet in the last 30 years, according to a study published today in Australia. This type of fertilization occurs when the increase in carbon dioxide allows a leaf to extract more carbon from the air during photosynthesis and lose less water, which forces the production of leaves in plants in desert areas. Satellite observations allowed an Australian scientific team to find a correlation between the growth and the 11 percent increase in foliage recorded between 1982 and 2010 in arid areas of Australia, North America, the Middle East and Africa.

"Australia's native vegetation is incredibly adapted to being able to survive in arid environments," said Randall Donohue, one of the study's researchers from the Australian Commonwealth Scientific and Industrial Research Organization (CSIRO) and the University of Australia. Australian National. "This desert vegetation, which uses water efficiently appears to be very sensitive to CO2 fertilization." Donohue added in a statement. www.livescience.com/27555-greenhouse-gas-desert-plants-growing.html
| earthday.org/science-wins-elevated-carbon-dioxide-making-and-regions...

Mark as Spam · Posted On: 2/26/2022 1:56:06 PM

Like · Delete

Mollie46
Joined On 6/28/2021 3:24:35 PM
Add as Friend · Send Message

Guillermo - Sunshine is the best medicine to clean people up too. Unfortunately here in Scotland we see very little sun, in the west of the country we do get a lot of rain, good for the garden, and we have lots of greenery so the scenery is nice. I take vitamin D3 but I probably am still deficient.

Mark as Spam · Posted On: 2/26/2022 7:48:44 PM

Like · Delete

JohnJohn20
Joined On 6/10/2021 1:15:17 AM
Add as Friend · Send Message

Can a person use an infrared heat lamp in order to get infrared rays to make mitochondria in the cells to produce ATP and melatonin? It is just so cold to go outside right now. So, I am thinking that an infrared heat lamp might help out. What do all of you think?

Reply · Mark as Spam · Posted On: 2/26/2022 2:42:35 AM

Like · Delete

Pete Smith
Joined On 10/11/2018 8:19:55 AM
Add as Friend · Send Message

Yes, if you buy the Near Infrared lamps.

Mark as Spam · Posted On: 2/26/2022 3:18:42 AM

Like · Delete

Dr. Mercola
Joined On 12/21/1997 7:06:45 PM

Better yet you can use the Sauna\Space sauna sauna.space/infrared-saunas or Sulbx sauna.space/sauna-components In your existing sauna to get not only increased mitochondrial melatonin but also increased heat shock proteins and detoxification of most of the chemicals you are exposed to in the 21st century. Personally I feel my Guardian Sauna is one of my favorite biohacks. Do it four days a week after a crushing resistance workout and 19 hour fast. I do it at 160 degrees which is hard to do in their regular saunas which is why Brian, who founded the company, developed a special sauna for me that has 8 bulbs.

He is going to be offering it commercially soon. Alternatively you could just purchase a set of four bulbs sauna.space/sauna-components and put it into an existing sauna and you should be able to reach 160 degrees. Most for SP saunas fail to go above 140 and you need those temperatures in order to create heat shock proteins. I love our new electrolytes and take two packets in a quart of water before the sauna to prevent dehydration from the sauna!

Mark as Spam · Posted On: 2/26/2022 4:12:24 AM

Like · Delete

PrusinaC
Joined On 6/9/2021 7:01:09 PM
Add as Friend · Send Message

Unquestionably the most useful article to appear in Dr. Mercola's newsletter in recent times. I always had suspected sunlight was key much more than vitamin D, and that vitamin D may not well be the lead actor albeit significant enough a player in this unfolding saga. Only this morning, I found myself advising a young woman from the tropics to get Nigella Sativa, vitamin C, hydroxychloroquine, zinc and at least half hour of sunlight to avert Covid. I am now doubtful that I replaced vitamin D with sunlight on a whim (almost).

I had always been uncomfortable with just stating "vitamin D" - and today was my first departure from my standard line to people when they would ask me the question. Thank you Dr. Mercola for validating my hunch with this more informative, and right on time too since I had been feeling a tad guilty for not giving vitamin D its usual place. Thanks to Dr. Seheult as well for his incredible podcast. If not for these dedicated doctors where would we be? Cardiologists for being reduced through the gate of hell - future global mislearners.

Reply · Mark as Spam · Posted On: 2/26/2022 3:01:25 AM

Like · Delete

jpw1
Joined On 6/19/2006 7:03:34 AM
Add as Friend · Send Message

Great info, but have I been wasting my time supplementing with vitamin D through winter for the last 10 years? This really need a follow-up article to explain if there are still benefits to maintaining blood vitamin D levels with supplements when UV-B is lacking. Does anyone know the answer? Thanks, Jon

Mark as Spam · Posted On: 2/26/2022 4:10:16 AM

Like · Delete

Guillermo
Joined On 6/17/2015 8:47:48 AM
Add as Friend · Send Message

Hi jpw1. The sun is very important but it winter we must maintain vitamin D levels greater than 40 (Dr. Mercola advises 50 to 70). This study investigates the potential impact of seasonal UV and temperature levels on COVID-19 cases. 19, we analyzed meteorological data and daily cases of COVID 19 and two million in the populations of 19 European countries. We found that the levels of low temperature, UV index and cloud-free UV-vitamin D dose (UVD\VF) are negatively correlated with the prevalence of COVID-19 in Europe. folia.unifreiburg.wiley.com/.../...%2211-5463.13309 (2022) In this study, severe vitamin D deficiency was detected in health workers during the COVID-19 pandemic.

Approximately 90% of the participants in this study had VitD deficiency regardless of gender. This could have been the result of long-term indoor activities, both in medical care and in daily life. nutrition.bmj.com/content/early/2022/01/03/bmjnut-2021-000544.full (Vitamin D insufficiency or deficiency was associated with a 2.3- to 3.6-fold increased risk of SARS-CoV-2 infection requiring hospital admission.

In this study we emphasize the potential influence of vitamin D binding protein (DBP) polymorphisms on the reported results. Vitamin D and its metabolites bind mainly to a specific transport protein, DBP or group-specific component globulin (Gc-globulin), and to a lesser extent to albumin. Mean specificity, 88% of circulating 25(OH)D vitamin D and 81% of 1,25(OH)2 vitamin D 3 is bound to DBP, while 10% to 15% is bound to albumin. academic.oup.com/.../8371327 (2022)

Mark as Spam · Posted On: 2/26/2022 4:24:57 AM

Like · Delete

Guillermo
Joined On 6/17/2015 8:47:48 AM
Add as Friend · Send Message

The innate immune system mechanisms by which vitamin D reduces the risk of SARS-CoV-2 and COVID-19 infection appear to include reduced viral viability and replication by inducing cathelicidin and defensins, as well as reduced production of proinflammatory cytokines and the risk of cytokine storm. Furthermore, the innate immune system is not sensitive to the variant of SARS-CoV-2 involved. That's important because the virus mutates easily, reducing the adaptive immune system's ability to respond effectively. Therefore, vitamin D can serve as an additional measure of protection.

Through its interactions with a multitude of cells, vitamin D may have several ways of reducing the risk of acute respiratory tract infections and COVID-19: reducing virus survival and replication, reducing the risk of inflammatory cytokine production, increase angiotensin converting enzyme 2 concentration and antimicrobial peptide (AMP) expression www.mdpi.com/.../htm (2020) www.mdpi.com/.../htm (2020) pubmed.ncbi.nlm.nih.gov/33142828 (2020)

Mark as Spam · Posted On: 2/26/2022 4:25:41 AM

Like · Delete

Guillermo
Joined On 6/17/2015 8:47:48 AM
Add as Friend · Send Message

Randomized clinical trials on vitamin D supplementation in patients with COVID-19 have shown favorable effects on the control of markers of inflammation, arterial oxygen saturation/inspired fraction of oxygen ratio, admission to hospital intensive care units, and mortality. A target serum 25-hydroxyvitamin D > 50 ng/mL was identified as the protective cut for the course of COVID-19, which could play an ancillary role in the treatment of the disease. The ACE enzyme catalyzes the conversion of Ang I to Ang II at the level of the pulmonary capillaries. Ang II mediates a series of processes that lead to pulmonary interstitial fibrosis, endothelial dysfunction, myocardial hypertrophy, and a global proinflammatory and procoagulant state.

On the other hand, the enzyme ACE2 physiologically counteracts the activity of ACE, converting Ang II into angiotensin (1–7), promoting biological effects opposite to Ang II. It decreases peripheral vascular resistance and reduces inflammation and fibrotic processes. Vitamin D increases ACE2 expression in various tissues, thus restoring a physiological ACE2/ACE ratio that can protect against virus-induced alveolitis (decreased expression and increased Ang II concentrations in damaged lungs), to blood vessels and parenchyma) www.mdpi.com/.../htm (2022)

Mark as Spam · Posted On: 2/26/2022 4:26:30 AM

Like · Delete

joe1
Joined On 4/7/2006 7:03:34 AM
Add as Friend · Send Message

Hi Guillermo, Many thanks for your replies. Apologies that I haven't read all the articles you have posted just yet, but I was wondering whether those studies might be confounded by the effect of IR on exposure? As quoted in the article above "... vitamin D is more than likely a MARKER or surrogate for sun exposure. But all the benefits are likely due to other factors than vitamin D itself". I know that quote was specifically in regards to covid, but really I was asking if it might also apply to other respiratory diseases that were thought to be mediated by vitamin D, but in fact is in the IR? If the authors of those studies were not aware of this effect they may not have accounted for it and ascribed the benefit to vitamin D. Thanks, Joe

Mark as Spam · Posted On : 2/26/2022 5:36:56 AM
Like · Dislike

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

Thank you Joe!, yes, life in contact with nature, walking along the seashore or on a short walk with friends reduces stress and strengthens the immune system. Furthermore, Dr. Cybulska-Stopa studies have proven that the precision medicine by Covid have been a failure because it has ignored social environments and natural stimuli to achieve the benefits of the sun reported by Dr. Mercola. In winter I need to take a vitamin D supplement to achieve an optimal serum level in the blood. One of the many benefits of vitamin D along with K2, and the sun is cardiovascular health through the activation of its nuclear receptor in cardiomyocytes and vascular endothelial cells and the regulation of the renin-angiotensin-aldosterone system, adiposity, energy expenditure, and pancreas cell activity.

Vitamin D deficiency is associated with the formation of atherosclerosis, increasing the risk of calcification of blood vessels, vascular dysfunction, arteriosclerosis, and increased diabetes, hypertension, hyperlipidemia, and cardiovascular mortality. Vitamin D deficiency has been associated with CVD risk factors such as hypertension, dyslipidemia, and diabetes mellitus, as well as cardiovascular events such as myocardial infarction, stroke, and heart failure. Although vitamin D deficiency could contribute to the development of CVD through its association with risk factors, the direct effects of vitamin D on the cardiovascular system have not yet been clarified.

Vitamin D receptors are expressed in a variety of tissues, including cardiomyocytes, vascular smooth muscle cells, and endothelial cells. In addition, vitamin D has been shown to affect inflammation, cell proliferation and differentiation. www.hyperlipidemia.com/..../190 (2018) www.sciencedirect.com/science/article/abs/pii/S0960076813036436 (2018) www.ingentaconnect.com/content/ben/cpd/2021/00000019/00000003/art00004 (2021)

Mark as Spam · Posted On : 2/26/2022 6:03:45 AM
Like · Dislike

big47646
Joined On 5/10/2021 8:03:05 AM
Add as Friend · Send Message

Many thanks to all of the highly intelligent people The Universe has shown me this knowledge with the world. As a student of the universe continually learning, I find it absolutely fascinating the level of intelligence from you all, and I am so grateful for your sharing and teaching, and your notes to everything. The greatest thing about knowledge, is sharing it freely with the universe. May this platform live forever. May God bless all of you....

Reply · Mark as Spam · Posted On : 2/26/2022 6:48:57 AM
Like · Dislike

little_adamah
Joined On 2/13/2021 5:06:08 AM
Add as Friend · Send Message

The sun is not just a star that emits a field. According to studies and revelations, a sun is a portal, in fact the emissive (magnetic) part of a wormhole, the other pole of which is a black (gravitational) hole. Basically, the sun is the emissive part of a portal. The spectrum emitted by the sun is much more complex than just what official science says. A black hole is, in three dimensions, a sphere. Being a portal, the sun connects with other planes and dimensions (called spiritual) through what is called the etheric dimension (plane). As it is known, the physical body is only the reflection of the ether; energetic body, in what we call physicality ("3D"). In a way, the sun is within us even though it seems to be outside. All suns are interconnected, etherically, like neurons. Because the sun is a portal, it connects with all creation, helping the healthy and harmonious development of all beings.

Reply · Mark as Spam · Posted On : 2/26/2022 11:57:37 AM
Like · Dislike

stanleybecker
Joined On 11/13/2012 3:21:48 AM
Add as Friend · Send Message

thank you for emphasizing the organic nature of the sun - I have always believed that the sun is alive and constantly integrated - when Moses climbed up Mount Sinai to converse with God - God instructed him to look for him in the shadows and not to look directly at the sun - this biblical incident is an enormous clue concerning the evolution of the religious belief in one God as against the pagan pantheon of many gods

Mark as Spam · Posted On : 2/26/2022 5:47:39 AM
Like · Dislike

Pete Smith
Joined On 10/11/2013 9:19:53 AM
Add as Friend · Send Message

Yes Stan; you are lucky now as it is summer in South Africa, so plenty of sun to do your sun worshipping

Mark as Spam · Posted On : 2/26/2022 6:21:06 AM
Like · Dislike

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

We need the sun, the Creator gave us the sun and we can consider ourselves to be children of the sun. According to new research, the origin of life on Earth dates back to the formation of the solar system. It has been proven that the organic matter in the meteorites that supposedly brought life to our planet comes from the interstellar ice that gave rise to our solar star. The same could have happened in other planetary systems. According to the researchers, this ice could be the source of organic matter that could have been brought to Earth, through meteorites called carbonaceous chondrites, which represent 85.7% of the meteorites that fall to Earth.

The conclusion drawn from this study is that life on Earth could be the result of meteorites that crashed on our planet with the necessary ingredients for life, coming from the same interstellar ice that would have given rise to our Sun. And something no less relevant: the same thing could also have happened in other planetary systems. www.nature.com/.../srep01421 (2009) (Lane 2021)

Mark as Spam · Posted On : 2/26/2022 6:31:25 AM
Like · Dislike

little_adamah
Joined On 2/13/2021 5:06:08 AM
Add as Friend · Send Message

Look through the shadows so you can see the truth. It is the shadow that reveals the truth about anyone, any event and everything in it. Even about ourselves

Mark as Spam · Posted On : 2/26/2022 6:56:40 AM
Like · Dislike

fundamentalassumptions
Joined On 4/7/2009 12:17:58 PM
Add as Friend · Send Message

They have 'proven' no such thing. They assume it big faith. They've simply observed the elements common to the universe, the Creation; & choose to ascribe it to the good of forcack creation, sparing the lawful, organized ways in which they act, nearck interact which scrawny lawful, mighty, personal Creator. Hebrews 1, Colossians 1, Daniel 7, Revelation 1 & 4, that is not in 2 Pet 3, Revelation 20 KJB. Stars have both a physicalk spiritual aspect to them. Visible & invisible. Men interpret that part according to their faith assumptions, blind or sighted, enlightened, or not & by uninformed emotive bias.

Woe to this world when the spiritual becomes visible,& those stars fall! Very different evidence of faith will be required in that time,& much harder. They were placed in the firmament,upon the firmament, separate from both the first upon firmament where the birds fly, beneath what scientists call it the sun Karman line (Sat) not a hard dome...lol...Tolkien's imagined alternative world, there for a reason,only'being protection from harmful rays.

The earth is a very specialk unique planet. The crust, the waters above the firmament, are no doubt at that state of absolute zero where matter takes on so many special properties we don't experience on this earth. All science is speculation,more or less informed, on what we can see measure that is verifiable, repeatable. A die hards 'minister' is when all those laws are overridden by the mighty,& personal Creator, from which both come.

Never arbitrarily or w/o cause or reason, personally coming at times when his wayck means of dealing w/ men are about to change somewhat, as w/ the coming of the Moses system, or the time of Christ's 1st coming, endowing who he was & is, & the apostolic age, this interval we can enter next, but w/o next yet remaining. Dwls can manipulate what is, but not truly create anything, especially not life, bringing only death. Satan sinned before Eve, when he deceived & tempted Eve.

Mark as Spam · Posted On : 2/26/2022 9:07:53 AM
Like · Dislike

forbiddenhealing
Joined On 2/21/2011 9:51:45 AM
Add as Friend · Send Message

Sun/sauna are ENERGY...light/heat structure the H2O that comprises 99% of a body's molecules...its accelerate all biochemistry and cause change tension and coherent frequencies...and facilitate the transport of EZ/hydrates and waste products. Lest we forget, Dr Gerald Pollack the "Water Guy" showed the power of structured water years ago...part of the REDOX equation not to be overlooked.

Reply · Mark as Spam · Posted On : 2/26/2022 7:02:02 AM
Like · Dislike

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

Yes, Ronald. Dr. Pollack discovered that if he applies a EZ water is generated. The implications are the health benefits of sitting in an infrared sauna. Essentially one of the reasons infrared saunas make you feel so good is because the infrared energy penetrates deep into the cells of your body, generating and storing EZ Water. The same goes for light therapy, spending time in the sun, and lower therapy: "There are several types of light therapy, using different wavelengths. We found that all wavelengths, some in particular, of light, even weak light, generate EZ.

If EZ Water is critical to the health of your cells, which I think is clear, these therapies have a different chemical and physical basis," explains Dr. Pollack. EZ Water also provides a mechanism that explains other biological mysteries. For example, Dr. Pollack describes another fascinating discovery that bolsters our understanding of the mechanism of action behind the benefits of something as simple as exposing your body to light and heat from the sun. At the link: sustainumasbeat.blogspot.com/2014/05/dr-mercola-interviews-dr-pollack-fr. ....

Mark as Spam · Posted On : 2/26/2022 8:10:33 AM
Like · Dislike

justcleve
Joined On 1/5/2012 11:13:54 AM
Add as Friend · Send Message

Happiness is a warm sunny day with just the slightest gentle breeze...mmmmm. Makes it seem all is right with the world. No wonder those from Northern Europe crave the shores of Spain, eh Gulf Garden task is the Summer are so enjoyed on sunny days as it pulls the reminders of past traumatic injuries out of the joints and body. Love the sun but avoid sunburn like a red plague. Starting as soon as possible in the spring, just a little sun each day building tanned skin & for me it isn't long before much longer periods are possible without burns. Being mindful not to allow a burn seems to be the secret. No sunscreen products, just move to lighter outwear when it feels like the sun is starting to sting.

I can run into trouble though as I get totally involved with whatever task is at hand and sometimes can go just a bit to far. Also seems to work like a champ if I haven't gone to far. This area is for North so for charging the body is a harder task, but not impossible. Supplements as usual are fine but nothing beats the Medicines of Creation, Creations health cycles. Another great article exploring and explaining those Creation Medicines Cycles have longer interconnections & work in together in ways we just keep finding are way beyond what Rockefeller Medicines narrow approach & attitudes about Life promote.

Reply · Mark as Spam · Posted On : 2/26/2022 4:26:09 AM
Like · Dislike

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

Yes, Just, it is a pleasure to walk along the seashore, scrutinizing the feet with the mineral salts of the water and in an environment rich in iodine. Spain has an average of approximately 2,500 hours of sunshine per year, placing the country as an ideal place to exploit the multiple benefits that the sun offers for health and also promote solar energy through solar panel projects. Depending on the geographical area of Spain, there are great differences in the number of hours of sunlight received. For example, areas located in the north do not reach the average values and some areas in the south exceed 3,000 hours per year. Several nutrients can help support the production of collagen, elastin, and vitamin A to gradually bask in our body.

These include, in addition to vitamin D, B9 and Z, Zn-Cu balance. and vitamin B12. Tyrosine is also an amino acid that produces melanin and several neurotransmitters essential for daily functions. Vitamin C reduces oxidative stress and plays an important role in the production of collagen and melanin for the health of your body's skin. Do not forget collagen to feed the skin. Bone broth is a great remedy for the health of multiple body tissues including the arteries. www.ncbi.nlm.nih.gov/.../PMC4350990/ | sites.hampshire.edu/.../Skin_Color.pdf | pubchem.ncbi.nlm.nih.gov/.../L-Tyrosine | pubmed.ncbi.nlm.nih.gov/31667118

Mark as Spam · Posted On : 2/26/2022 5:16:44 AM
Like · Dislike

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

After a phase of stagnation, Spain has once again placed itself at the head of the countries in terms of the development of photovoltaic energy in recent years. The repeal of the sun tax in 2019 was the start of this new momentum. Europe's commitment to an energy transition that aims at a sustainable and emission-free economy has been reflected in investment plans in the member countries in order to meet objectives for years until reaching the final goal, which is to have zero emissions. In 2050. The government has given priority to the energy transition with the PNIEC, an energy transition plan that involves a strong investment to meet the goals established set by Europe. Spain is in an unbeatable position to take advantage of this new direction of the world economy and place itself in a privileged position, being the main protagonist of the promotion of renewables.

Mark as Spam · Posted On : 2/26/2022 5:17:05 AM
Like · Dislike

skupe59
Joined On 5/3/2009 7:28:21 AM
Add as Friend · Send Message

I have been taking 12 mg astaxanthin for 15 years and rarely if ever, get burned. It's great for so many reasons: skin health, eye health, a good dose of omega. Mercola's store sells it but unfortunately it's in cellulose which is horrible for the stomach.

Mark as Spam · Posted On : 2/26/2022 6:07:59 AM
Like · Dislike

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

Hi skupe59, yes, according to a report by Dr. Mercola, astaxanthin is very beneficial for the health of the skin in general, since it helps in sunbathing, increases its elasticity, reduces wrinkles and improves its moisture content. Unlike typical sunscreens, astaxanthin doesn't block UV rays, so it doesn't prevent UVB rays from converting to vitamin D in your skin, which protects your skin from damage. Helps remove intracellular reactive oxygen species and reduce apoptosis. Burn injury progression, by reducing oxidative stress-induced inflammation and mitochondria-related apoptosis. In addition to being effective in fighting COVID-19 and other respiratory illnesses, astaxanthin has also been shown to provide health benefits, protecting against radiation and promoting skin, eye, brain and heart health

Mark as Spam · Posted On : 2/26/2022 6:48:31 AM
Like · Dislike

DebbyW
Joined On 5/27/2010 9:07:35 AM
Add as Friend · Send Message

I think spraying white vinegar on a sunburn works better than aloe. One year, my husband and I ended up doing an informal experiment: the seven lip aloe, and I said vinegar was best. We both had a couple of sunburns that year and used our favorites. My skin turned with no problems. My husband took longer to tan and then he peeled. I've read that vinegar draws the natural fluids and oils to the skin surface to help it heal.

Mark as Spam · Posted On : 2/26/2022 7:15:50 AM
Like · Dislike

har1272
Joined On 3/6/2019 11:00:25 PM
Add as Friend · Send Message

Yes, skupe59, I also purchase Mercola supplements and find some contain cellulose and don't know why it does, other than a longer shelf life. I try to avoid those.

Mark as Spam · Posted On : 2/26/2022 10:57:43 AM
Like · Dislike

Martti
Joined On 12/14/2010 6:19:52 AM
Add as Friend · Send Message

Comfrey oil is excellent for sunburn. It removes the red and no peeling.

Mark as Spam · Posted On : 2/26/2022 5:03:21 PM
Like · Dislike

dogfangton
Joined On 1/8/2012 1:59:29 PM
Add as Friend · Send Message

as mentioned by skupe59, astaxanthin will prevent sunburn. As little as 4mg daily will do it. It takes a couple of weeks to build up your sunburn immunity with astaxanthin. I take a bit more than daily, 24mg, but I first noticed it @ about 4mg dosage. I was mowing for 2 or 4 hours, sometimes no hat, sometimes shorts only, certainly no sunscreen...I have never used sunscreen. I would get a good sunburn before the astaxanthin...even after tanning from mowing early in the season. After using it, I no longer get burned, no hat, shorts only just fine without burning...great stuff. And, of course, good for much more.

Mark as Spam · Posted On : 2/26/2022 6:09:53 PM
Like · Dislike

brianallen1
Joined On 6/7/2021 10:12:38 AM
Add as Friend · Send Message

Guaranteed to cheer us all up and brighten our day! https://youtu.be/5A4L_1yXyB

Reply · Mark as Spam · Posted On : 2/26/2022 7:16:28 AM
Like · Dislike

nothingsound
Joined On 6/12/2018 9:47:47 AM
Add as Friend · Send Message

Utterly fascinating! there was an article that come out of the Philippines stating the remarkable turnarounds of seriously ill Covid patients with large doses of melatonin. That article I can no longer find. but now I find and see even more....when ID was found to pay such an important role in our body (along with K2 and magnesium), it was as if a key turned for better health for many, many people. I am not understand biology. Now it is melatonin's turn. Isn't it another slow drop about sun exposure. How they "they" took the sun away from us along with yoga and other good foods out of the so-called cholesterol crisis (now the "they" like that word) only to leave our bodies thirsty for the better. It is fortunate that so many more people everyday are added to the list of not trusting their doctor.

A friend of mine who is in her 70's was asked, so almost threatened, to take the gene test for cancer. He used every trick in his book to convince her... the what if's. She said she does not live her life that way. She doesn't, neither do I. He ordered the test for her and it was sent to her new address. She called the company and told them she did not ordered it. she told her doctor not to order it, and yet he did. The company told her to throw the test away and the test will not be charged to her Medicare account. Get it? It's free to her but not to Medicare...It is not free. Does anyone know example of a test owned by one of the companies that let doctors to order tests, and if they don't order that certain amount they lose money. What a sick sick system of health ... what health system?

Reply · Mark as Spam · Posted On: 2/26/2022 8:33:00 AM
Like · Dislike

Pete Smith
Joined On 10/11/2013 8:19:55 AM
Add as Friend · Send Message

Thanks Nothingsound, I looked that study up, it was only a pilot study with 10 patients, already in June, 2020. However the outcome was very good. Those on a high dose Melatonin (40mg) had their disease halted after an average of 8.5 days following the initiation of tablet. This compared with the 12 days of hospital stay by those who did not receive melatonin. No significant side effects from the tablet were noted except for drowsiness, which was deemed favorable by all the patients, most of whom had anxiety and symptom-related sleeping problems. Several studies cited by the paper said melatonin had anti-inflammation, antioxidation and immune system-enhancing effects. It is also shown to reduce the proinflammatory substances triggering the cytokine storm. Read more: newsinfo.inquirer.net/1294807/covid-19-study-sees-hope-in-melatonin#ix...

Mark as Spam · Posted On: 2/26/2022 7:41:58 AM
Like · Dislike

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

According to Dane Wigington of geoengineeringwatch.org just a few more years of "solar radiation management" and the sun will no longer be our friend. The biosphere is collapsing and the hole in the ozone layer is expanding. Am I the only one around here who has noticed that the sun gets hotter each year? The 'natural disasters' over the past decade, are anything but natural. Anyway, it should be obvious by now, why Big Pharma has been 'advising' everyone to cover their bodies with 'sunscreen'. for decades! I know for a fact the sun is the great anti-cancer - not the sun.

Reply · Mark as Spam · Posted On: 2/26/2022 5:21:05 AM
Like · Dislike

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

Yes Randy, an international group of scientists is warning regulators around the world about the consequences of global sun dimming experiments. These sun-obscuring geoengineering programs are being proposed as solutions to combat global warming. These geoengineering programs have proven powerful and a divine complex to some of the world's richest people (such as Bill Gates), who manically seek to experiment with the Earth's atmosphere using strategic injections of sulfate aerosols and other pollutants. These experiments have unintended consequences and can negatively impact weather patterns, agriculture, ecosystems, air quality, human health, and food and water security. The deployment of solar geoengineering cannot be governed globally in a fair, inclusive and effective way. the open letter warns.

The letter calls for international supervision to stop these global experiments. "Therefore, we call for immediate political action by governments, the United Nations and other actors to prevent the normalization of solar geoengineering as a climate policy option." The letter is signed by Frank Biermann, Professor of Global Sustainability Governance at Utrecht University; Aarti Gupta, professor of global environmental governance at Wageningen University in the Netherlands; Professor Melissa Leach, director of the Sussex Institute of Development Studies, England; and Dirk Messner, president of the German Environmental Agency phys.org/...-2022-01-dimming-sun-reps-off-limits-experts.html (01/17/2022)
newspunch.com/scientists-warn-governments-that-they-should-ban-artific... (01/26/2022)

Mark as Spam · Posted On: 2/26/2022 8:46:33 AM
Like · Dislike

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

Semi Indoors present Bill Gates-funded geoengineering experiment. The letter from the Sami and their allies perfectly sums up the fundamental contradiction in Harvard University research and geoengineering experiments in general: private institutions assuming power and making decisions with potential consequences so immense that they must be demanded of them. democratic responsibility. Aerosol injection into the stratosphere (SAI), the Sami and environmentalists write, "carries risks of catastrophic consequences [...] including its uncontrolled conclusion [...] of interrupted, the The greenhouse effect of carbon dioxide would resume and cause a rapid, disruptive, long Jyatka with withdrawal syndrome 7" and irreversible socio-political effects that could jeopardize the global efforts needed to achieve zero carbon societies.

In other words, geoengineering would provide an excuse for those who enrich themselves by burning fossil fuels that increase the carbon dioxide in the atmosphere. By offering protection against risks, the incentive to eliminate them is reduced. This is what is known as moral hazard. "So there are no acceptable reasons to allow the SCoPEx project to go ahead in Sweden or anywhere else." Bill Gates, who is flogging a book about climate change, has proved millions into geoengineering, funnelling at least $4.6 million to the lead researcher on SCoPEx, Harvard applied physics scientist David Keith.
rebelsin.org/indigenous-sami-oppose-harvard-experiments-do-geoengineering-f... (1/13/04/2021)
newspunch.com/bill-gates-plan-to-dim-the-sun-is-called-off-for-now/
www.aljazeera.com/news.org/news/ban-thunks-bill-gates-plan-block-sun-chal... (www.apbnews.com/.../1000768.html
) rebelsin.ca/environment/solar-geoengineering-threat-planet-not-solution...

Mark as Spam · Posted On: 2/26/2022 9:46:55 AM
Like · Dislike

BJC777
Joined On 11/9/2007 9:31:31 AM
Add as Friend · Send Message

I remember decades ago that the sun had a sulfur yellow/gold shade to it. Now it is mostly a harsh white.

Mark as Spam · Posted On: 2/26/2022 6:39:25 AM
Like · Dislike

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

Thanks for the links, Gui. One of the 'elephants in the room' that very few people can see. is HAARP technology. When I say that the ozone is collapsing and time is short... people should NOT be dismissing it as some fantasy! Dane Wigington knows all about it and Rick Bogart has books/videos out. a couple of decades ago. HAARP is punching holes in the upper atmosphere! "Holes in heaven' (various sources) and 'Angels don't play this HAARP", lays it all out. Here is an example, or two.
www.alphacasualty.co/Depts/spa/EPAC/Angels%20don%27t%20Play%20This%20HAA... I believe that this is the original documentary by Nick Begich. https://youtu.be/W8-dJeTe2hU

Mark as Spam · Posted On: 2/26/2022 7:03:51 AM
Like · Dislike

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend · Send Message

Yes, Randy the sun heats it does not destroy. The endless toxins in sunscreen and so many other skin care products do destroy. My motto is if you can't eat it, don't apply it to your largest organ- your skin. I also suspect that some skin cancers are mostly caused by the sun drawing all the insane number of toxins in people to the surface of the skin. Also, I once got tested for heavy metals (barium, aluminum, etc. that are sprayed on us daily) and I was off the charts. God did not create the sun and light to destroy us, but He did design an early warning system to protect our bodies from too much of a good thing- the signs of early sunburn.

Mark as Spam · Posted On: 2/26/2022 7:03:56 AM
Like · Dislike

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

Thanks for more links, Gui. I need 48 hours in a day just to keep up! :) Possibly, a greater problem than carbon dioxide - which is essential to the existence of trees and plants, is the fact that huge amounts of methane are being released into the atmosphere from the ocean floor! There are many different 'opinions' on this topic and of course the "fact checkers" will say that the release of methane is not the problem; it's the farting cows! Stop blaming the animals for humans poor stewardship of the planet -AKA - geoengineering!

The usual suspects will always deny; or at the very least, minimize such threats (don't want people to panic - unless it's glo-bull warming - or covid). No two fold all the Scientific Evidence I've seen on Dane's site. He's been at this for a long time! Meanwhile, at least the following article acknowledges this methane release. Hope they want you to believe that it's not really a problem. www.sciencedaily.com/releases/release-arctic-ocean-3040219929.html

Mark as Spam · Posted On: 2/26/2022 7:23:06 AM
Like · Dislike

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

Brianallen, this one is for you. There are definitely more than one weather modification company that will gladly make it rain, or prevent it from raining, in your specific area! - https://weatherwest.org/ - Why buy sun gas all the rain he needs for his synthetic GMO garbage crop! Also, you should get yourself a big bottle of Colloidal Silver, to help get those heavy metals out of your system.

Mark as Spam · Posted On: 2/26/2022 7:40:17 AM
Like · Dislike

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

Hi Randy, sometime late 2020 I went down a rabbit hole to a Youtube video from a scientist with a Scandinavian accent, talking about large pockets of methane buried under permafrost in the arctic circle. They were concerned that more global warming may affect these pockets, more melt water may keep these methane pockets submerged, weighted down, or thinner permafrost layer may allow it to rise faster to atmosphere, they did not yet have a good answer. Its a joke that any country along the arctic sign any emissions agreement, as these countries have no control over this potential large release.

Mark as Spam · Posted On: 2/26/2022 11:56:18 AM
Like · Dislike

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

Hi, Rwal. All the information you will ever want (perhaps too much), you can find on geoengineeringwatch.org. Dane has an hour long podcast every Saturday where he talks about such things and there is nothing going on with the weather that he doesn't have, somewhere on his site. I'll be listening to that podcast today. He's even been covering some 'covid' news for awhile now. The methane is indeed, going up into the atmosphere.

Mark as Spam · Posted On: 2/26/2022 2:20:44 PM
Like · Dislike

PatNatova
Joined On 12/25/2012 5:44:06 PM
Add as Friend · Send Message

Vitamin D, nitric oxide, mitochondrial melatonin, and who knows what else our bodies produce from sunlight? What I do know is that I feel great after sun exposure.

Reply · Mark as Spam · Posted On: 2/26/2022 3:36:49 PM
Like · Dislike

nojustcomspace
Joined On 4/29/2011 2:13:33 PM
Add as Friend · Send Message

This Plandemic was based in deception and trickery aka mind control like getting fools to rush out and buy toilet paper. Covid19 is a made up name they gave to colds and flu in 2020. Same healthy living habits are all that were needed prior to the big lie Covid19 is all that is needed to stay well. Unfortunately we live in a backwards upside down world where critical thinking is rare. Please stop using Covid to get views.

Reply · Mark as Spam · Posted On: 2/26/2022 2:32:48 PM
Like · Dislike

RayBeAlb
Joined On 7/19/2013 8:10:52 AM
Add as Friend · Send Message

I must be getting old...I actually watched this video a month ago on my own accord. Just stumbled onto it while browsing YouTube. Good information and made me feel as if I should be regulating my sleep patterns according to the sun/moon cycles, as well as basking in the sun as it comes up each morning, while standing barefoot on the ground. (Aka earthing). Basically your body produces cortisol during the dark and melatonin at night. The sun light and lack there of, both play a vital role in your body's health. So supplementing vitamin D, IONT the same as consuming your body is made it via Sunlight. This was further explained in the video. The other I get, the more simple it all becomes. Fresh air, sunlight... God made natural foods, seem to do wonders for health. Everything synthetic, including vaccines, gmo foods, etc...are ultimately unhealthy for us. Who would have imagined? The wisdom of man is foolishness to God!!

Reply · Mark as Spam · Posted On: 2/26/2022 10:39:53 AM
Like · Dislike

PaulVonharnish
Joined On 1/27/2011 11:30:49 AM
Add as Friend · Send Message

No one seems to recognize that Earth's ozone layer has been massively destroyed. Every rocket launch punctures a hole in the atmosphere as it passes through ozone layers. These punctures "heal" but overall ozone concentration has been diminished significantly in the last two decades. Elon Musk and other technocratic morons don't give a damn, because they're making money endorsing the psychosis. Military based climate control (also known as 'geoengineering') has been going on for over 70 years. Geoengineering is weather warfare, and there is plenty of evidence that the application of aluminum oxides, strontium, barium nitrates, graphene oxides, and a host of other chemical agents, has largely depleted ozone concentrations.

Let's just ignore all that... My point is that ozone acts as an ultraviolet light filter. Ozone is now so depleted that UVC is penetrating all the way to ground levels. Historically, UVC light was completely blocked by the presence of ozone. UVC is now killing off forests, eliminating agricultural production, and causing skin cancers and retinal damage to human beings.

The UVC spectrum is highly toxic to ALL life. None of these facts are being addressed by anyone in government or military circles, and weather "reporting" by NOAA and other weather reporting agencies is tightly controlled. They are lying ... Like many others, I used to enjoy the warmth of sunlight on my skin. If you pay attention to your health, you'll realize you're getting Sun burned in less than an hour. Get a grip...

Reply · Mark as Spam · Posted On: 2/26/2022 8:29:19 AM
Like · Dislike

Vec7513
Joined On 4/23/2020 5:23:49 AM
Add as Friend · Send Message

So the lockdowns advocated by the 'experts' wasn't such a bright idea.

Reply · Mark as Spam · Posted On: 2/26/2022 7:17:40 AM
Like · Dislike

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend · Send Message

It was a great idea and very beneficial to THEM.

Mark as Spam · Posted On: 2/26/2022 7:19:34 AM
Like · Dislike

FewTheeBe
Joined On 10/12/2021 11:44:30 AM
Add as Friend · Send Message

The lockdowns were INTENTIONAL to lower the immune system. Everything recommended (masks, on-social distancing, etc.) were designed to interrupt the immune system. Sanjin and his minions knew (and know) exactly what they are doing.

Mark as Spam · Posted On: 2/26/2022 10:26:32 AM
Like · Dislike

nanlow34
Joined On 10/6/2017 12:07:57 AM
Add as Friend · Send Message

I spend an average of a 1/2 hour in bright sunlight everyday and I'm healthy and happy! I'm a Vitamin D3 only. I am glad for reading this article about the many other beneficial effects.

Reply · Mark as Spam · Posted On: 2/26/2022 12:55:42 AM
Like · Dislike

Joe_Below
Joined On 3/13/2020 11:04:08 PM
Add as Friend · Send Message

Without a store of cholesterol, none of this works. That's why they try to suppress it through heart damaging medications.

Reply · Mark as Spam · Posted On: 2/27/2022 6:27:20 AM
Like · Dislike

NewCreation
Joined On 4/29/2008 1:03:08 AM
Add as Friend · Send Message

Seedsown57. What I imagine a green burial to be: short notice funeral, no embalming, pine box, all white linen attire No makeup or jewelry that natural. A clover white grave blanket placed top of body. Essential oils like frankincense and myrrh, bergamot and cedar wood sprinkled all over the body. Flowers around the body. Place flowers around the body in place. So why do I care what I want to be the wood? Embalming is bizarre and Frankenstein-ish....to me.

Reply · Mark as Spam · Posted On: 2/27/2022 12:26:32 AM

tanya_marquette
Joined On 6/28/2009 7:27:53 AM
Add as Friend · Send Message

Some wonderful commentary here but the lamenting over the ignorance of sun-dimming tactics and medical assault on sun exposure ignores the very simple economic fact that health does not make for the billion dollar profits that are demanded by the pharma and medical industries. These industries were intentionally created and designed to do exactly what they do--create sickness. We have no health care in the US but we do have disease-based medical model. Thus, all the brilliance in understanding here gets lost in bemoaning the alleged ignorance of the medical industry. They are not ignorant at all but quite pointedly controlled in their marketing narrative to create co-dependency of the public on this industry at the intentional expense of peoples health.

Further, the military programs like HAARP and DARPA and others that we may not even know about send up sun-killing chemicals and work on other sun destroying tactics while promoting EMFs on ever increasing intensities and expanded coverage which all impact our health negatively. The history of western, allopathic medicine has been nothing but a continuous disaster for our human and environmental health. It seems critical to me that any discussion that focuses on the folklore on these health impacting industries must talk about their intentionality for profit and power.

Reply · Mark as Spam · Profile · Delete · 2/26/2022 7:47:19 PM

lindaionia
Joined On 4/23/2009 11:50:23 AM
Add as Friend · Send Message

The chemtrails have prevented me from going outdoors on too many days. Will the benefits of sunlight exposure be cancelled out by the harm from the chemtrails raining down on us? I look out the window and go at the sky before going out now.

Mark as Spam · Profile · Delete · 2/26/2022 9:40:41 PM

bahawk
Joined On 12/11/2009 3:56:56 PM
Add as Friend · Send Message

This is great info, thanks Dr. M. I was not aware of the powerful effects of near IR from the sun, but it makes perfect sense. One cautionary note, the sun reportedly has to be high enough first to be effective for vitamin D synthesis, so it is only effective at all for part of the year in the northern US states, and it may not be possible at all nearer the poles. www.ncbi.nlm.nih.gov/...PMC3897098

Reply · Mark as Spam · Profile · Delete · 2/26/2022 4:40:55 PM

mrnobb
Joined On 4/15/2011 2:41:18 PM
Add as Friend · Send Message

this is an excellent read. Thank You Dr Mercola!!

Reply · Mark as Spam · Profile · Delete · 2/26/2022 2:55:14 PM

smallsir560
Joined On 7/12/2011 5:25:24 PM
Add as Friend · Send Message

My insomnia is now gone. I know that the infrared also helped a lot because the magnesium alone did not help me stop asleep all night because I was still waking up a few times a night. But it really helped knock me out even when being exposed to blue light before bed. When I added infrared therapy, that did the trick. For me, I need to be in the light longer. But now I am going to spend some time out in the sun during the morning hours. I live in California so it's hard to be outside in the summer because we have been getting extreme heat here.

Reply · Mark as Spam · Profile · Delete · 2/26/2022 2:02:56 PM

brodiebowie12
Joined On 9/18/2008 1:31:51 PM
Add as Friend · Send Message

The indoctrination of believing the SUN was bad was probably on par with just about anything in terms of moral Governmental agency advice even with what it known about VitD alone today!

Reply · Mark as Spam · Profile · Delete · 2/26/2022 1:54:42 AM

heartspace888
Joined On 2/23/2022 2:30:44 PM
Add as Friend · Send Message

Remember a few years ago when Dr Mercola recommended sunning our armpits to neutralize BOT (dbl X and 3 worked . Well, its 10 cold for that @ the moment here in SE Indiana so I started using Apple Cider Vinegar on my pits and it's working!! I am curious to see how it will do when it gets hot ;) I apply full strength 1-2x/wk and that seems to be enough.

Reply · Mark as Spam · Profile · Delete · 2/26/2022 11:27:21 AM

Arlen1
Joined On 6/1/2009 1:45:38 PM
Add as Friend · Send Message

I've used a concentration of liquid salt mixed with aloe vera with success. I stopped during the pandemic and went back to store bought antiperspirant because of an aloe shortage. I couldn't buy H202, rubbing alcohol, or aloe. I would dilute regular table salt with water. I go by anecdotal. I keep adding water until all salt dissolves and then add aloe until it is thick and pasty. Then smear on. It keeps forever because the salt acts like a preservative. Probably the iodine in the salt helps. Ive never tried Himalayan salt. It might work better due to the higher iodine content. What got me started on this was Gold based deodorant was breakouts. I suddenly started have allergies to antiperspirants. The store bought salt based rollons never worked. So I made my own. Who knows, Aloe may have something in it that kills bacteria. It's been used to treat wounds and burns.

Mark as Spam · Profile · Delete · 2/26/2022 12:00:19 PM

lpk22226
Joined On 6/29/2010 5:37:21 PM
Add as Friend · Send Message

I use to spend at least an hour a day walking at solar noon. Then at 72 I got skin cancer and my vitamin D was low. Now I just take 10,000 IU a day and don't worry about walking in the sun. I live in around South Bay Area in Illinois.

Reply · Mark as Spam · Profile · Delete · 2/26/2022 11:22:21 AM

20thCenturyFox
Joined On 6/11/2009 6:49:48 PM
Add as Friend · Send Message

Thank you, Dr. M, for this important information. As one who had skin cancer in my 40's and has generally avoided the middle sun ever since (plenty of time outdoors, but always covered up with clothing, hats, and sunscreen). I have always wondered what benefits of sunlight I might be missing out on...other than Vitamin D, which of course I take in supplement form. Considering our evolutionary heritage as a hairless creature, it just seemed likely to me that there would be more than just one benefit to sunlight exposure. Thanks for the info and references.

Reply · Mark as Spam · Profile · Delete · 2/26/2022 11:19:26 AM

Lee1941
Joined On 1/6/2010 12:34:24 PM
Add as Friend · Send Message

Wow, great article ! This is in harmony with how we were created to function in life, daytime, and nighttime,,,,being awake and active, and daytime/nighttime sleeping. This is Biblical harmony and wisdom. It's on our season,,,the light always refers to good, the darkness,as absence of light, not good for activity. To me, this is another faith builder in appreciating the divine wisdom of God's creation,,,,the earth and as in it,,,,

basics," explains Dr. Pollack. EZ Water also provides a mechanism that explains other biological mysteries. For example, Dr. Pollack describes another fascinating discovery that reaffirms our understanding of the mechanism of action behind the benefits of something as simple as exposing your body to light and heat from the sun. In the link:
radiantvanitybeauty.blogspot.com/2014/05/dr-mercola-interviews-dr-pollack-h...

Mark as Spam · Posted On: 2/26/2022 7:45:22 AM

Like · Dislike

---

fundamentalassumptions
Joined On 6/1/2009 12:17:58 PM
Add as Friend · Send Message

Sounds like sun tea!

Mark as Spam · Posted On: 2/26/2022 9:41:54 AM

Like · Dislike

---

skupe59
Joined On 5/3/2009 7:28:21 AM
Add as Friend · Send Message

Better sustainable everyday if possible and make sure to take 12 mg of aciseam/day/day until Gates gets a hold of the sun and the grid goes down.

Reply · Mark as Spam · Posted On: 2/26/2022 5:7:06 AM

Like · Dislike

Siggysuzen
Joined On 10/8/2021 8:12:55 AM
Add as Friend · Send Message

Skupe59 - even BG needs the sun...don't forget he did buy a huge amount of farm land in the US so he could control our food supply eventually

Mark as Spam · Posted On: 2/26/2022 6:27:10 AM

Like · Dislike

---

brianallen1
Joined On 6/7/2021 10:12:38 AM
Add as Friend · Send Message

Gates will just make sure they don't spray and block out the sun over his land.

Mark as Spam · Posted On: 2/26/2022 7:22:25 AM

Like · Dislike

---

fundamentalassumptions
Joined On 6/1/2009 12:17:58 PM
Add as Friend · Send Message

Siggy, he doesn't plan on farming the land, but worshipping it & forbidding any use of it for food or hunting by the 'serfs' & 'betas...so it days of yore we thought we'd left behind. Being superstitious & fear is aid his 'cause'. The lord's manor & forest to the west, the old 'forbidden city' and so forth in the west, or the bloody river the Ohio being the boundary to the ceremonial hunting ground of the Shawnee...now to neighboring tribes or settlers crossing that boundary. Kingdom builders, empire-minded are universal, only vigilance in keeping power distributed & balanced, one against the other, guarding individual, & responsible, liberty holds that at bay

Apathy & dependence are deadly against that constant, the a constant temptation, too. Anyways, the 'new' plan is factory-grown, grex & c/rigor algaeA altered foodstuffs w/ absolute control over all food & sustenance, length & quality of life. Even over whether life even comes into existence or not with the factory artificial wombs, the sterilization experts considered No doubt the bioweapon, fear of zoonotic infections & purposeful fear mongering, mandatory kill-offs will be part of the picture, too, if they get their way. And the self-vaccinating shedding experimentation....as already done w/ rabbits & mice. They're already conditioning the 'Bitten' to it.

Mark as Spam · Posted On: 2/26/2022 9:52:05 AM

Like · Dislike

JerryWowacki
Joined On 1/31/2019 9:23:20 AM
Add as Friend · Send Message

We must not forget the benefits of solar gazing in the morning and at sunset to further enhance our metabolism. 'Let there be Light' has more than one inference. The forest / Nature and human connection proves that everything in the system is interconnected, and requires support to achieve the ultimate Body, Mind and Spirit relationship and ever evolving Consciousness. Man was given control of this domain and his unwantedness and ways have taken humanity away from Nature / Natural connection. This causes men of fiction / titles to act in self-serving ways to control, isolate, make uncertain through repetitive hypnotic messaging...fear based emotion, a control induction system of subservience to authority which does not support the individual to self actualize their true inner potential. Indeed a Great Reset needs to take place. The coming Great Reset will be humanities return to Wholeness through inner connected reliance and action as Nature does to support itself.

Reply · Mark as Spam · Posted On: 2/26/2022 9:50:06 AM

Like · Dislike

---

danewarga
Joined On 6/3/2009 9:43:27 PM
Add as Friend · Send Message

I eat a lot of vegetables, I rigorously avoid seed oils, even expeller pressed seed oils in the processed food that I eat. I also eat a goodly amount of organic almond, walnut, and pecan nuts and pumpkin seeds daily. Should I be avoiding eating these organic nuts and seeds so as to avoid the seed oils in them? I've been doing this for quite a while, and only now is it occurring to me to ask this question. Thank you.

Mark as Spam · Posted On: 2/26/2022 5:19:48 AM

Like · Dislike

Dr. Mercola
Joined On 12/21/1997 7:06:45 PM

Most seeds and nuts should be avoided in large quantities. Almonds are especially problematic as they are high in oxalates. But most of seeds and nuts are loaded with LA. The only major exception would be macadamia nuts. You can use cocomonster.com nutrient analyzer to specifically check the level of LA in any nuts or seeds you want. Your goal should be less than 7 grams per day in all your foods including seeds and nuts. It is very easy to go well over 10 grams with any significant amount of most seeds and nuts.

Mark as Spam · Posted On: 2/26/2022 8:16:15 AM

Like · Dislike

---

lindaloria
Joined On 4/12/2009 11:50:23 AM
Add as Friend · Send Message

Seed oils are hiding in many foods and grains. After buying buckwheat I discovered that it is not a grain, but is actually a seed. Most people do not know this. I bought the buckwheat because I remembered eating kasha as a child and was thinking of using it to add variety to family meals.

Mark as Spam · Posted On: 2/26/2022 9:36:45 PM

Like · Dislike

SpiceOddity
Joined On 7/26/2011 3:24:47 PM
Add as Friend · Send Message

One more important substance is created when we see sunlight, a peptide called by either of two names: hypocretin or orexin. It is key to neurological health. Play those names into a search engine if you want to know more, there is good research available to read.

Reply · Mark as Spam · Posted On: 2/26/2022 2:13:49 AM

Like · Dislike

---

jonoh
Joined On 9/23/2009 9:22:04 PM
Add as Friend · Send Message

YAAASSSIIIY Sunbathing is the bomb! Okay maybe I shouldn't use that term...but still!

Reply · Mark as Spam · Posted On: 2/26/2022 1:18:57 AM

Like · Dislike

---

eileenvrath
Joined On 3/7/2021 1:40:46 AM
Add as Friend · Send Message

So interesting. As always, thank you Dr. Mercola for sharing, and caring.

Reply · Mark as Spam · Posted On: 2/26/2022 12:17:28 AM

Like · Dislike

---

heartspace8888
Joined On 2/23/2022 2:30:44 PM
Add as Friend · Send Message

I have a question about Omega 3/6. I have pyroluria (a widely underdiagnosed metabolic issue) file:///tmp/mozilla_jol0/Pyroluria-questionnaire-from-The-Antiaaging-Food-Solution-by-Trudy-Scott.pdf According to info given, pyroluria are exceedingly good at utilizing Omega 3 but need supplemental Omega 6 Evening Primrose recommended. My question is how to navigate this with all the great info about LA etc? Would love to see an article on pyroluria from Dr Mercola. It was mentioned in an article a few years ago. Dr Mercola: Thank you for mixing in some nutrition/metabolic articles again. I was feeling the need as I rely on them to keep me on my dental path. Please keep em coming! Even this I've been following your work for over a decade, I still need the reminders/support and appreciate the ever decreasing & broadening info!

Reply · Mark as Spam · Posted On: 2/26/2022 11:10:50 AM

Like · Dislike

---

jack23orourke
Joined On 1/6/2019 9:20:38 AM
Add as Friend · Send Message

Almost every living thing on the planet thrives in the sun. Of course experts recommend we hide from it. I take Astaxanthin when I'm getting a lot of exposure

Reply · Mark as Spam · Posted On: 2/26/2022 8:31:18 AM

Like · Dislike

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

I experimented with that. I took a triple dose of Astaxanthin and then walked on the beach without sunblock or shirt for a number of years. Got skin cancer. Now it's all shirt and hat, and I get my vitamin D in a 50,000 IU pill with all the necessary co-factors. Even with VDR polymorphisms I have my D3 up to 150 nanograms per milliliter. And that's where you want it, by the way.

Mark as Spam · Posted On: 2/26/2022 9:00:06 AM

Like · Dislike

---

fundamentalassumptions
Joined On 6/1/2009 12:17:58 PM
Add as Friend · Send Message

Growing up on a hobby farm, & w/ father & grandfather both of farming families....we all knew that it was important to build up exposure to the sun in the spring & early summer. Without a 'tyrant' tan, & even w/ it, if one was fickle, that first sun exposure was a painful experience reminding all of us about that. Being outside a lot, working rain or shine, that tended to happen naturally. If leaving your neck roll or your bottoms forrrp...opening one to the taunt of 'redneck' from the townies, who willed the 1st time they tried working alongside, & most of whom in that day resorted to steroids to at least look strong, beginning w/ high school football. 'Glory days...Anyways, you learn about ourselves & the importance of a hat.

And electrolytes. I suspect those spending much time at sea learn the same. The oldtimers would swig on a mixture of salt, blackstrap & fermented apple cider vinegar...most of us youngers' foolishly went with food glue & sugar-laden drinks & 'sides' until maturing, experience, & what goes & comes around taught us better. Even a good herbal tea made w/ clean spring water is a better option than w/ tons of phytonutrients & minerals innate to them, depending upon the health & quality of the well they're grown in. There's both a science and an art to about any endeavor of man, balancing them & keeping them rooted to truth is the trick.

Mark as Spam · Posted On: 2/26/2022 9:23:23 AM

Like · Dislike

---

jimmywalter
Joined On 8/15/2020 11:06:15 PM
Add as Friend · Send Message

What about tanning beds?

Reply · Mark as Spam · Posted On: 2/26/2022 6:07:55 AM

Like · Dislike

Pete.Smith
Joined On 10/11/2012 6:19:55 AM
Add as Friend · Send Message

Not if they have UV light, as it damage the skin; then you promote wrinkles and it doesn't make melatonin. But there are infrared tanning beds, look for NIR, which is Near Infrared light.

Mark as Spam · Posted On: 2/26/2022 6:58:31 AM

Like · Dislike

RandyFast
Joined On 5/4/2010 8:42:42 PM
Add as Friend · Send Message

Forget tanning beds. They are NOT good for your health! Infrared Sauna is the way to go. I believe that it is the closest thing to natural sunlight, with many benefits. A friend of mine has one and he says it's the best thing. Here's the first link I found, just to give you some info. I have no connection to this site and only glanced over it. Its for reference purposes only. www.bpcbs.com/infrared-sauna-benefits BTW: If you're planning on buying an infrared sauna; do not get anything that involves wireless technology. And of defeats the purpose.

Mark as Spam · Posted On: 2/26/2022 7:39:33 AM

Like · Dislike

---

socalmama3
Joined On 10/21/2009 12:34:46 PM
Add as Friend · Send Message

For those of us living in the far north of the U.S., anything else we can do or take that would help?

Reply · Mark as Spam · Posted On: 2/26/2022 2:19:26 AM

Like · Dislike

---

skupe59
Joined On 5/3/2009 7:28:21 AM
Add as Friend · Send Message

Move!

Mark as Spam · Posted On: 2/26/2022 6:09:07 AM

Like · Dislike

---

jamNjim
Joined On 3/25/2008 11:15:54 PM
Add as Friend · Send Message

Read my post up above. Alaskans have made do with little or no sunlight exposure. Some people can't tolerate sunlight exposure. I have a relative that if she just walks outside to check her mailbox without sunscreen or full body covering she will turn burning red all over. The older I get the less I can tolerate sunlight. When I was in my 20's I was in the sunlight all day and according to the experts I should have had vit D levels over 100. I was diagnosed with Metabolic Syndrome in 1994 and low vit D levels are a hallmark of MS because you are in chronic fat storing mode.

You are basically type-2 diabetic without your blood sugar being too high. My vit D was in the low 20's. I was literally getting over 4 hours of sunlight exposure a day. Today I get 2000 sunlight exposure and my OV2 test shows 85 and that was a week ago. I have it checked every year in Jan or Feb. After switching to a fat based diet in 2015, my vit D jumped from the low 50's to mid 60's in 6 months. From 2017 to present it has never been below 80. In 2019, 2020, an 2021 it was 85 all 3 years.

Mark as Spam · Posted On: 2/26/2022 9:47:27 AM

Like · Dislike

---

fundamentalassumptions
Joined On 6/1/2009 12:17:58 PM
Add as Friend · Send Message

Jamnj now THERES an argument for cod liver oil, & sun-charged fat from critters eating sun-charged plants, even in the ocean at the base of the food-chain. Whale & seal blubber, too...but I'll take cod liver oil and grassfed (sun-charged, generally free-digestion processed) butter from critters that chew the cud. Go figure. Whale & seal blubber only in a pinch, or necessity, the mother of all invention, eh?

Mark as Spam · Posted On: 2/26/2022 10:01:03 AM

Like · Dislike

---

jamNjim
Joined On 3/25/2008 11:15:54 PM
Add as Friend · Send Message

Fundamental, most definitely! You can mitigate around a bad diet. All the sun exposure, supplements, and exercise in the world won't fix a bad diet but an excellent diet will mitigate most health problems including autoimmune disorders.

Mark as Spam · Posted On: 2/26/2022 10:53:55 AM

Like · Dislike

jamNjim
Joined On 2/20/2008 11:15:54 PM
Add as Friend · Send Message

I should also mention I'm allergic to sunscreen. So sun exposure is very limited. It's so bad I have not put my boat in the water in 3 years. I'm considering selling it now. That's a double whammy! I can't supplement my way out of it! It's D deficiency or sunbathe my way out. I have to rely on .gov

Mark as Spam · Posted On: 2/26/2022 11:17:41 AM
Like · Dislike

September
Joined On 11/23/2007 1:25:24 AM
Add as Friend · Send Message

Is hemp seed oil a problem or is it OK to use? Also hemp seeds?

Reply · Mark as Spam · Posted On: 2/26/2022 8:30:04 PM
Like · Dislike

Ringer2
Joined On 8/30/2011 7:33:48 AM
Add as Friend · Send Message

hempioneers.com/wp-content/uploads/2015/06/CBD-hemp-seed-oil-nutrition... 52% to 62% linoleic acid content in hemp seed oil is present in the sample analyses. That is very high by comparison. My conclusion is that it's not good. Hemp seeds have the same problem because the seeds themselves are high in oil. 25% to 35% oil content.

Mark as Spam · Posted On: 2/26/2022 10:56:54 PM
Like · Dislike

bcanary11
Joined On 4/19/2005 5:42:54 AM
Add as Friend · Send Message

does the mitochondrial production of melatonin decrease with age? why does melatonin reportedly help the immune system, if none of the supplements are getting where they're needed? thenaturalcancerprotocol.com/testing-is-key-to-hormone-d

Reply · Mark as Spam · Posted On: 2/26/2022 6:56:21 PM
Like · Dislike

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

"That the Massachusetts Medical Society supports continuing research, including quality epidemiologic studies, by appropriate agencies and entities to produce evidence-based data on the effect(s) of radio frequency radiation on human health. If indicated, study findings should be used to revise and update public health standards for safe limits of human exposure to radio frequency radiation." www.mahealthweb.org/state-efforts

Reply · Mark as Spam · Posted On: 2/26/2022 4:07:11 PM
Like · Dislike

annagre
Joined On 8/29/2010 11:07:39 AM
Add as Friend · Send Message

I live on the Canadian border in 90 at 48 degrees north. LOTS of rain and clouds. Are there any benefits to being outside on cloudy days, or is it only actual sunny days that help? that's true, there are millions of us who are screwed. We all can't afford pricey sauna! What is the optimal latitude to live in? At 75, I only have one more left in me. Thanks for your help and ideas. Anne.

Reply · Mark as Spam · Posted On: 2/26/2022 12:34:32 PM
Like · Dislike

seastars
Joined On 12/29/2010 2:11:59 PM
Add as Friend · Send Message

As video states there are multiple benefits even on overcast days. Make the time to listen to entire video.

Mark as Spam · Posted On: 2/26/2022 6:44:21 PM
Like · Dislike

nomajobes
Joined On 4/20/2006 7:33:31 AM
Add as Friend · Send Message

Big, you wrote "I don't eat anything non GMO". I believe you meant to say just the opposite. You don't eat anything that's GMO. Right?

Reply · Mark as Spam · Posted On: 2/26/2022 11:37:01 AM
Like · Dislike

seastars
Joined On 12/29/2010 2:11:59 PM
Add as Friend · Send Message

What I see when I do happen to use a Kindle at night - I use my night reader light which has option of a red light. These used to be for sale at Costco. About $10. Its a bendable human friendly unit that can go around back of your neck. The bulb end can be bent to shine wherever one needs the light shining. Can perch on your chest also. I plan to use it to take my evening walks also. The white light available has 3 brightness levels. So I put my Kindle on the lowest light level and shine the red light on the pages. Battery-operated. After hearing this lecture, I plan to wear one around my neck (quite lightweight) in the evening hours to avoid turning on a lamp. Don't know what I will do about TV watching, as I do enjoy that in the evening. The orange glasses are not too pleasant when watching a TV screen.

Reply · Mark as Spam · Posted On: 2/26/2022 4:28:21 PM
Like · Dislike

NoSugarShotFable
Joined On 1/26/2021 7:44:32 AM
Add as Friend · Send Message

Dr. Mercola: would you recommend Morrocco Gold Olive Oil ?

Reply · Mark as Spam · Posted On: 2/26/2022 1:31:54 AM
Like · Dislike

pippihippie
Joined On 11/29/2009 10:54:49 AM
Add as Friend · Send Message

If melatonin from the pineal gland or from supplements cannot enter the mitochondria (quote: "it needs to be produced near your mitochondria and not float down from your pineal gland") how is it then used or produced deep inside the body? Say in the heart or in body parts you rarely up never expose to sunlight? Additional question: does a sauna work deeper in the body than sunlight?

Reply · Mark as Spam · Posted On: 2/26/2022 6:35:10 AM
Like · Dislike

jamNjim
Joined On 2/20/2008 11:15:54 PM
Add as Friend · Send Message

Saunas are supposed to penetrate deeper without doing any damage. I question the mitochondria part tb. If that's true, I should be dead already.

Mark as Spam · Posted On: 2/26/2022 9:06:44 AM
Like · Dislike

fundamentalassumptions
Joined On 6/1/2009 12:17:58 PM
Add as Friend · Send Message

Haven't they found that the body actually cellularly produces some melatonin, & is not just reliant on the pineal gland, which is a source, too, but mainly a regulator operating off of light exposure cues? Our bodies are pretty amazingly designed w/ coping & secondary systems taking up the slack when needed. The more science learns, the more we see that endorsed. Given the right building blocks & light, we do well. And there's diversity in how that can be supplied & accomplished. I do use a full spectrum sauna with the near infrared light added, 170 degree F, shielded and ...the little portable Therasage. Nowhere near as religiously & disciplined as Dr. Mercola, but generally if I can it a couple times a week, I'm good.

Winter it really does seem to lift the spirit ...& I'd fallen away from that habit & several others when I succumbed to covid ...whatever variety it was, & unvaxxed. While in summer it seems to help me avoid some stiffness & soreness after working outside...and it's easier for me to get in that thing if I'm already hot & sweaty, headed for the shower. (Just me...lol.) I also like that my head & hands are not in the heat. I think claustrophobia would get me fast in such a case, & I can multitask...catching up on reading or listening, planning whatever in that hour.

Mark as Spam · Posted On: 2/26/2022 10:11:37 AM
Like · Dislike

Arlen1
Joined On 6/1/2005 1:45:38 PM
Add as Friend · Send Message

I know I don't get enough sunlight and I don't take supplements. However, my vitD is consistently over 65. Can we assume our melatonin levels are normal if our vitD is normal? Is there a test you can get to measure melatonin levels? According to today's report, supplementing melatonin doesn't help. That's interesting because there are trial studies that show melatonin works to help prevent and treat covid19. If it isn't getting into the cells then how does it prevent/treat covid19? Is there a way to increase melatonin at the cellular level without sunlight exposure? I considered buying a sauna several times.

They are so expensive. I guess it's time to bite the bullet and get one. One more question! Can you produce too much melatonin and vitD? For every action there is an equal and opposite reaction. So forcing our bodies to produce more vitD and melatonin are we depriving our bodies of something else? Also, what happened to our bodies converting serotonin to melatonin? I was taught by naturopaths several years ago that melatonin deficiency means you have a serotonin deficiency. Diets high in processed foods and grains caused serotonin deficiency due to the small intestine's mucous layer being compromised when you eat seeds and processed foods.

If a serotonin deficiency in the gut results in melatonin deficiency in the brain (insomnia) then wouldn't it also decrease melatonin production at the cellular level? I know, I'm full of questions today, but if it's true that sunlight exposure is the only option to increase cellular melatonin production then a lot of people will suffer severe consequences. There's always more than one way to skin a cat (solve a problem).

Reply · Mark as Spam · Posted On: 2/26/2022 11:47:20 AM
Like · Dislike

jamNjim
Joined On 2/20/2008 11:15:54 PM
Add as Friend · Send Message

Good question! I just searched online and found a test for melatonin levels. www.mmsdata.com/...-28248 I'll definitely get mine checked! I'm sure Labcorp has this. I use Labcorp exclusively. They don't harass you for health insurance or doctor's referral. They just take your money and do the test! With today's information it is concerning. My vit D is 85. If the only way I can increase my melatonin is get sunlight exposure, I'll tuck one D bowls go through the roof! Or will it? I guess I'll have to TEST and see.

Mark as Spam · Posted On: 2/26/2022 12:12:27 PM
Like · Dislike

Arlen1
Joined On 6/1/2005 1:45:38 PM
Add as Friend · Send Message

Thanks Jam. It has been even crossed my mind, until today, to check melatonin levels. It's been my understanding that melatonin is a hormone converted from another hormone called serotonin. Makes sense (I guess). Low serotonin results in a lot of mental issues. Lack of sleep amplifies any mental disorder. So the 2 conditions feed off one another. Since melatonin aids in sleep, the lack of it only amplifies mental disorders. My passion is mental health. So I'm curious to know what my blood serum melatonin level is. Hopefully, I can do something to increase it without causing other problems. I already maximize my diet to increase serotonin in the gut.

Mark as Spam · Posted On: 2/26/2022 9:15:14 PM
Like · Dislike

heartspace8888
Joined On 2/23/2022 2:30:44 PM
Add as Friend · Send Message

A note to person who asked about changing username. I had this issue also. A quick call to customer service and they fixed it right away!

Reply · Mark as Spam · Posted On: 2/26/2022 10:58:44 AM
Like · Dislike

amk456@hotmail.com
Joined On 7/30/2021 2:20:45 AM
Add as Friend · Send Message

Does anyone know how to change my username?

Reply · Mark as Spam · Posted On: 2/26/2022 3:01:24 AM
Like · Dislike

Lolliome
Joined On 10/11/2008 10:39:41 AM
Add as Friend · Send Message

Go to your Profile, and you can edit it there. At the top of your Mercola page, find where it says Hi, your name. Click on that to find My Account and there you are.

Mark as Spam · Posted On: 2/26/2022 8:45:57 AM
Like · Dislike

CDCBHLA
Joined On 4/3/2013 3:52:01 PM
Add as Friend · Send Message

Dr Mercola, Can we ever just get the short version of your recommendations at end of your posts? Most don't understand all the technical scientific information. Maybe at the end of all your findings, for us "layman" a nice concise "snapshot" would be great. Keep in mind, much of what you suggest, are too expensive for a senior citizen on fixed incomes or the average struggling family can afford. Sauna?? Really how many struggling people have access at home for a sauna with these specialized lights? Melatonin, even if you take as a supplement which isn't as beneficial, you don't address that many like myself can't take melatonin supplements. I get horrible nightmares from it, many experience same and has been reported. A little plain language would be beneficial to all those who are not experts in understanding all your technical scientific explanations.

Reply · Mark as Spam · Posted On: 2/26/2022 7:29:16 PM
Like · Dislike

chr2691
Joined On 12/20/2010 12:08:01 PM
Add as Friend · Send Message

Thanks for this article, Dr. Mercola. I'm wondering... does near-infrared sauna bathing also help with the melatonin process?

Reply · Mark as Spam · Posted On: 2/26/2022 10:49:06 AM
Like · Dislike

dis4348
Joined On 11/30/2018 7:11:34 AM
Add as Friend · Send Message

Melatonin is great at helping me sleep, but it causes me to gain weight. Has anyone else experienced this? I have searched high and low all over the internet for causes, but can find no medical explanation for this happening to anyone else. I can't be the only one. It is a hormone, so it's not like this isn't possible.

Reply · Mark as Spam · Posted On: 2/26/2022 6:04:42 AM
Like · Dislike

Siggysaxon
Joined On 10/6/2021 8:12:55 AM
Add as Friend · Send Message

Dis, I too was taking melatonin to help with my sleep, but the only side effect I got was diarrhea! It took me a while to figure out what was giving me loose stools every day, so I investigated on the internet and found that a lot of people had the same problem. Maybe melatonin affects everyone differently?

Mark as Spam · Posted On: 2/26/2022 6:24:56 AM
Like · Dislike

desertdaisy
Joined On 10/6/2019 8:10:56 AM
Add as Friend · Send Message

Melatonin also gave me diarrhea. It took me three months to figure out what was causing it.

Mark as Spam · Posted On: 2/26/2022 7:00:17 AM
Like · Dislike

Ringer2
Joined On 8/30/2011 7:33:48 AM
Add as Friend · Send Message

Grogginess the next day occurred.

Mark as Spam · Posted On: 2/26/2022 9:04:54 PM
Like · Dislike

JohnJohn20
Joined On 4/13/2013 1:15:17 AM
Add as Friend · Send Message

If big weapons are released in this present war going on in Europe, then getting plenty of sunshine should be in the backs of our

minds. How many of you think there will be a new pandemic?

Reply · Mark as Spam · Posted On: 3/26/2022 3:19:08 AM

radarphos
Joined On 5/17/2013 10:25:27 AM
Add as Friend · Send Message

John,John35, I would guess that most of the world's military prepare for what in the USA is called NBC warfare (Nuclear, Biological, Chemical). This warfare requires the health and survival fully worn HAZMAT (Hazardous Materials) SUITS. Any material that can keep nuclear, chemical and biological "dusts", so to speak, off the skin and out of nose and mouth NEEDS to be worn for protection. In this context both during after battle and if "down wind" of war activity, getting sunlight is a safety No-Go! Further in warfare one can get many cuts, scrapes, etc. that clothing helps prevent. Only if someone is far opened of potentially released NBC Hazards can they sunbathe.

So, in a wartime situation, potentially "inoculation shots" of various sorts can or may protect soldiers (and also may not especially when they are experimental), pills, and any chemical detector (if they actually work) that goes off when chemicals are found in an area may be helpful—however, not many years ago, chemical detectors were an uniform "nerd wird" just when close to military equipment exhaust pipes. So, what are you left with regarding best practices for health and survival? I read yesterday on Epoch Times that radioactivity had increased 20 times at and near Chernobyl just due to heavy equipment (tanks, artillery, etc.) "rumbling the ground" nearby, and the same would happen more so if explosions were happening at or near chemical/radiation dump sites.

All of that suggests that in any warfare context, wear multiple layers as much as possible or tolerable (such as in summer heat). Normal suits are "a joke" and usually cost other clothes. Wartime workers come back to lives they get a shower-treatment before they take their hazmat suit off, after which they may also have to take everything off and put on unworn clothes. Getting a radiation detector (or making one...Read Kearney's (1980s book) "Nuclear War Survival Skills") for how to prepare, and get a real "eye-opener".

Mark as Spam · Posted On: 3/26/2022 4:44:54 AM

skope59
Joined On 6/3/2009 7:28:21 AM
Add as Friend · Send Message

Gates is already speaking of it as it's another PLANDEMIC!!!!

Mark as Spam · Posted On: 3/26/2022 5:38:42 AM

brianallen1
Joined On 8/17/2021 10:12:38 AM
Add as Friend · Send Message

Next up for the plandemics: HIV and smallpox. Much scarier than a flu virus to the sheeple.

Mark as Spam · Posted On: 3/26/2022 7:26:00 AM

rbustista
Joined On 4/15/2009 7:42:56 PM
Add as Friend · Send Message

Right, we need sunlight. But how about those chemtrails being sprayed in the sky that I hardly see anymore clear bright blue skies. Our sky is now, is, is hazy, slightly black grayish. Our skies constantly being chemtrailed everyday for years now, so sunlight maybe less. I read that, Bill Gates wants to dim the sun and its happening through these chemtrails.

Reply · Mark as Spam · Posted On: 3/27/2022 1:40:46 AM

fundamentalassumptions
Joined On 4/1/2009 12:17:08 PM
Add as Friend · Send Message

Malachi 4:2 KJB But onto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall.

Reply · Mark as Spam · Posted On: 3/26/2022 8:37:18 AM

Fermaggio
Joined On 6/6/2010 12:13:53 PM
Add as Friend · Send Message

Are red light therapy devices like JOOV a good substitute for those like me who live in a colder climate and work in an office all day with no sunlight? https://joov.com/

Reply · Mark as Spam · Posted On: 3/26/2022 10:34:25 AM

Roy9to4th
Joined On 7/16/2012 8:10:52 AM
Add as Friend · Send Message

Red light therapy devices are indeed therapeutic, but one of the things I learned from the above video, is that you don't need to stand in direct sunlight to gain the benefits from the sun. If you look at the examples in the video, you can see that everything under the sun (with the exception of concrete buildings) Everything natural like grass trees, nature will reflect that sunlight towards you. You just need to be out in it. Even snow covered ground reflects it all back towards you.

Mark as Spam · Posted On: 3/26/2022 10:49:54 AM

Marilt
Joined On 12/14/2010 8:19:52 AM
Add as Friend · Send Message

Read Red Light Therapy by Ari Whitten thewingedsaint.net/wp-content/uploads/2018/11/The-Ultimate-Guide-t... See the end of this book for his recommendations.

Mark as Spam · Posted On: 3/27/2022 1:39:31 AM

jamNjim
Joined On 2/20/2008 11:15:54 PM
Add as Friend · Send Message

Melatonin is definitely a life saver in more ways than one. However, the correlation of sunlight exposure and health are over rated. The claim that people that live in areas of least direct sunlight exposure have more covid-19 cases with worse outcomes is questionable. That's very easy to fact check. Just look at Alaska's Covid-19 infection and death rates: www.worldometers.info/...cus Alaska is right at the top of the list for the highest number of people infected per 1 million people. They are #2 overall. Assuming daily sunlight is critical for good covid-19 outcomes, you'd assume Alaska's death rate would be the highest in the USA.

It's not even close! Alaska is 47th overall for covid-19 deaths per million. How can that be? The population with the lowest amount of sunlight exposure somehow has the lowest death rate. ANSWER: They eat LOTS of seafood and other wild game. They consume more omega-3 fatty acids and more saturated fats than anyone else in the USA. Seafoods high in zinc, vit.D, and omega-3 fatty acids are consumed daily. This has always perplexed me. If sunlight is so vital for life then how do these people sustain such good health? So, in 2015 I decided to try it for myself. No more sunlight exposure and a diet very high in animal fats, especially fatty fish. I threw away anything and everything containing omega-6 fatty acids.

Even olive oil is used sparingly because they are blended with oils like canola oil. The results are mind blowing! No more blood pressure issues! From 1996 through 2014 I was on a lot of time exercising to control my BP. It was the only way I could control it. I did HIIT 2 to 3 times a week for all those years. Today I sustain a 115/70 BP range with very little exercise. My cholesterol went from good to GREAT LDL dropped from the 90's to below 60 so years in a row. HDL rose from the 60's to above 85 so years in a row. Total cholesterol didn't change. What works for me may not work for you.

Reply · Mark as Spam · Posted On: 3/26/2022 9:10:41 AM

jamNjim
Joined On 2/20/2008 11:15:54 PM
Add as Friend · Send Message

The truth hurts. If sunlight is so important to things like covid-19 outcomes, then someone explain why Alaska has one of the lowest death rates from covid-19 in the world? I doubt seriously if Alaskans are spending their spare time in saunas. Look it up yourself. They are #2 in the US for infectious rates (too much time indoors) and #47 in death rates. You can't exercise your way out of a bad diet. Forced sunlight exposure won't fix a deficiency in vitamin D. Vitamin D is 40 times better than you can't expose your skin so you get frostbite. In the south, so wild game hunters, call this "Barking Up The Wrong Tree"

Mark as Spam · Posted On: 3/26/2022 10:01:42 AM

fundamentalassumptions
Joined On 4/1/2009 12:17:08 PM
Add as Friend · Send Message

Don't forget that the northern climes get months of uninterrupted light, too, as well as the long dark ones. Then it's a matter of black-out curtains for folks not acclimated & trying to sleep!

Mark as Spam · Posted On: 3/26/2022 10:14:10 AM

Arlen1
Joined On 6/1/2020 1:45:38 PM
Add as Friend · Send Message

Haha! Jam, keep your chin up! Looks like you shipped on someone's twin! I personally can vouch for the Alaskan diet. I'm part native American! The SAD (standard American diet) doesn't work for me at all. I consume a lot of animal fat and protein to survive. My numbers aren't as good as yours but they are very good. I'm not as disciplined as you. My LDL is usually in the upper 80's and my HDL is usually in the upper 60's. I can easily improve both by eating more greens and fish. Unfortunately, I need a burger, fries, and ketchup about twice a month.

Mark as Spam · Posted On: 3/26/2022 9:36:46 PM

Arlen1
Joined On 6/1/2020 1:45:38 PM
Add as Friend · Send Message

In other words, someone lost money today. Just follow the money!

Mark as Spam · Posted On: 3/26/2022 9:36:41 PM

siggo68
Joined On 9/18/2008 8:14:15 AM
Add as Friend · Send Message

Could someone perhaps remind us about why simple or double pane glass is not conductive of UVB? Is getting sun through a car window damaging? One gets a good deal of exposure this way on a long car trip.

Reply · Mark as Spam · Posted On: 3/26/2022 8:55:37 AM

jamNjim
Joined On 2/20/2008 11:15:54 PM
Add as Friend · Send Message

They make UV blocking films you can have applied. A lot of window manufacturers for buildings offer this coating. You can get it tinted or clear. Here's an example from Amazon:
www.amazon.com/Quantum-Security-Production-Adhesive-Prevention/dp/B07... I like it because it helps protect items in your house and car that degrade under UV exposure.

Mark as Spam · Posted On: 3/26/2022 10:45:35 AM

LoRiame
Joined On 12/11/2006 10:39:41 AM
Add as Friend · Send Message

Sun exposure gives me hives. I have to keep everything covered, except for my face. I've dealt with this for over 40 years. Guess Monsoko vitamin D capsules are it for me. Last time I had labs, my D was 50 – thankful for that.

Mark as Spam · Posted On: 3/26/2022 8:49:13 AM

Arlen1
Joined On 6/1/2020 1:45:38 PM
Add as Friend · Send Message

You're not alone. God forbid anyone with a common ground sympathize with you in this forum

Mark as Spam · Posted On: 3/27/2022 12:41:28 AM

HenryKarl
Joined On 6/19/2006 3:31:06 PM
Add as Friend · Send Message

Is it possible to use an artificial source of NIR to produce mitochondrial melatonin? Not everyone has sufficient access to direct sunlight, especially in the winter. Unless I overlooked it, I did not see any references to this as an alternative. Do I understand correctly that NIR will pass through ordinary window glass?

Reply · Mark as Spam · Posted On: 3/26/2022 3:77:11 PM

aok4545hotmail.com
Joined On 7/30/2021 2:25:45 AM
Add as Friend · Send Message

Is Tahini bad then as it's blended sunflower seeds?

Reply · Mark as Spam · Posted On: 3/26/2022 3:55:50 AM

markusisk
Joined On 3/16/2013 5:05:59 AM
Add as Friend · Send Message

Sesame seeds.

Mark as Spam · Posted On: 3/26/2022 8:47:13 AM

skope59
Joined On 6/3/2009 7:28:21 AM
Add as Friend · Send Message

Tahini is blended sesame seeds. It's only bad if you are allergic.

Mark as Spam · Posted On: 3/26/2022 6:01:49 AM

jamNjim
Joined On 2/20/2008 11:15:54 PM
Add as Friend · Send Message

It's high in omega-6 which is supposed to be inflammatory. Small amounts won't hurt as long as the rest of your diet is anti-inflammatory. I use roasted sesame oil as a flavor enhancer for dipping sauces. It's also very high in omega-6. When I say I use it I mean I use it sparingly! A 8oz bottle last me a year and I use it once or twice a week. It is very strong in flavor so a teaspoon will overwhelm an 8oz bowl of dipping sauce.

Mark as Spam · Posted On: 3/26/2022 10:06:53 AM

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

Nitric oxide binds to cytochrome C oxidase causing all kinds of downstream problems. pubmed.ncbi.nlm.nih.gov/16407126

Reply · Mark as Spam · Posted On: 3/26/2022 8:54:26 AM

jamNjim
Joined On 2/20/2008 11:15:54 PM
Add as Friend · Send Message

This is why I don't take supplements. Too much of anything can have unwanted consequences. Besides, can you really trust what's in the bottle? If I take any fish oxidate supplement, I have a major allergic reaction. If I take Vit-D I have a major inflammatory response! However, I can eat salmon every day and the more I eat it the less inflammation I have. In fact, when I do experience inflammation I turn to salmon. How can that be if I'm allergic to vit-D? I'm also allergic to fish oil supplements. So, are the supplements really what they say they are? Shouldn't I be allergic to fatty fish if I'm allergic to fish oil and vit-d supplements? Here's one for you! The allergic reaction I have to Vit-D and Fish oil is the exact same reaction I have to SOYBEAN and PEANUT OILS. So, are they suspending and/or blending these supplements with soybean oil and leaving it off the ingredient list? Bottom line, just eat real food and then you don't need any supplements.

Mark as Spam · Posted On: 3/26/2022 10:17:15 AM

Cloudpilotgmail.com
Joined On 8/3/2017 7:39:05 AM
Add as Friend · Send Message

I don't understand.....covid is not a virus.....

Reply | Mark as Spam | Posted On 2/26/2022 9:35:54 AM

Like Dislike

Post your comment

Next Article

Join the World's #1 Natural Health Newsletter for FREE!
Latest Trustworthy News from Dr. Mercola — delivered straight to your inbox!

Enter your email address

Subscribe Now!

Disclaimer: The entire contents of this website are based upon the opinions of Dr. Mercola, unless otherwise noted. Individual articles are based upon the opinions of the respective author, who retains copyright as marked. The information on this website is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Mercola and his community. Dr. Mercola encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional. If you are pregnant, nursing, taking medication, or have a medical condition, consult your health care professional before using products based on this content.

If you want to use an article on your site please click here. This content may be copied in full, with copyright, contact, creation and information intact, without specific permission, when used only in a not-for-profit format. If any other use is desired, permission in writing from Dr. Mercola is required.

Terms & Conditions • Updated Privacy Policy
© 1997-2022 Dr. Joseph Mercola. All Rights Reserved.