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Blood Clots May Be the Root Cause of All Heart Disease

Articles by Dr. Joseph Mercola | Fact Checked

February 13, 2022

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STORY AT-A-GLANCE

- The thrombogenic hypothesis asserts that blood clotting is the basic underlying pathological process that causes all heart disease
- When a blood clot forms on your arteries, it will typically be covered over and broken down. A problem arises, however, when the blood clot is not broken down or is extensive, a substantial point, and a whole vessel blot forms at the coronary artery. When this happens you get a heart attack, which is commonly referred to as atherosclerotic plaque
- A lot of heart drugs are actually harmful, but have stripped away, or are seriously damaged The blood clot will then be covered over by endothelial progenitor cells, which thread around it and form a layer of tissue. When progenitors cells find an area of damage, where a blood clot is underneath, they will start to form a layer, creating two new endothelial layers. This is what happens when you have a plaque that is thickening, forming into a layer of fibrous tissue
- In almost everyone, the process of endothelial damage and blood clotting is an ongoing process. Which means that problems arise once either the damaged blood clotting process occurs faster than the repair process, at which point you will end up with plaque building. This thickens the arterial wall, forming blood flow through a narrower pipe. When a large blood clot forms on top of an existing plaque, it this can cause a heart attack, or a stroke if it occurs in the brain
- Common causes of endothelial damage that can lead to plaque are viral infections, high blood sugar levels, smoking, diabetes, heavy metals such as lead and aluminum, and high blood pressure

In this interview, expert guest Dr. Malcolm Kendrick, a board-certified family physician and author of the book, "The Clot Thickens: The Enduring Mystery of Heart Disease," delves the underlying mechanisms for heart disease, which for the last century has been the leading cause of death in the U.S.

Of all the books he's written, this is my favorite, as it goes into great detail, giving you the biological understanding of the process of atherosclerosis leading to heart attacks and strokes. He also has solid strategies for lowering your cardiovascular disease risk.

Additionally, you'll understand the disease process, then you can also understand how both COVID-19 and the COVID jab can contribute to heart disease. When asked why he's taken such an interest in heart disease, Kendrick replies:

> "When I was training as a student in medicine, Enoch had the highest rate of heart disease in the country. It was the place I lived. I'd seen, I'd lived with it. I'd been in town with friends, and we've visited Enoch the shop that there was.
>
> So, you see too much sectioned for the substantial life spent trained in obstetrics in your bloodstream, and then it absorbed into arteries and forms narrowings and thickenings, which all sounds plausible if you don't think about it too hard.
>
> But I've hopes to go to France quite a lot, and when I noticed about France was, they eat a lot of saturated fat. They eat more in fact, than anyone else in Europe, and certainly more than Scotland. So, then scientists had hypothesized certainly didn't work for the French. They have the highest cholesterol for intake in Europe and lowest rate of heart disease, and this caused a lot of problems.
>
> If you look at the risk factors for France and Scotland (such as smoking, high blood pressure and diabetes), then the French look slightly higher risk, according to conventional thinking. But, in fact, they had very little this one among age-matched male.
>
> So, I thought, this is interesting. It doesn't make much sense according to what we're told. Then while I was in medical school, I came across a paper, I think it was published in the Australian, At the time, I didn't know much about LDL cross, nor, don't know what the endothelium was, but it mentioned.
>
> this had been looking at heart disease as a different process for decades ... So, I thought, well, that's interesting. And, I'm a bit of a contrarian, and I'm a bit of a bit of a bit of a bit of a questioning mind and never and ever stop thinking, good, bad, or just anonymous, but it's the whole hypothesis is just nonsense. So, I started picking it apart."

The Thrombogenic Hypothesis

The Clot Thickens by Kendrick offers to explain an alternative hypothesis for what actually causes heart disease. It's not saturated fat and cholesterol, what is it? In 1853, a Viennese researcher, Karl von Rokitansky, developed what he called the encyclopedia hypothesis of heart disease.

Today, this hypothesis has been renamed the thrombogenic hypothesis. "Thrombo" stands for thrombosis, i.e., blood clots, and "genesis" means the cause of, or the start of. So, the thrombogenic hypothesis is that blood clots are the basic pathological that causes all heart disease.

> **We know blood clots cause the final event in cardiovascular disease. We know blood clots cause plaques to grow. Why won't you accept that blood clots are the thing that starts heart disease in the first place? Because then we have one process all the way through, and it makes sense, because it fits with what you can see. — Dr. Malcolm Kendrick**

In a nutshell, when a blood clot forms on your artery wall, which can happen for a number of reasons, it will typically be covered over and dissolved. A problem arises, however, when the blood clot is not fully eliminated and another blood clot forms in the same 'vulnerable' area. This then becomes what's commonly referred to as atherosclerotic plaque.

> The atherosclerotic plaque is basically a build-up of blood clots repair, blood clots, repair, blood clots, repair," Kendrick explains. "If the blood clotting process is faster than the repair process, you have a plaque that probably grows and eventually thickens the artery wall and narrows the artery. And, if that happens, you get a heart attack. If you have a stroke, it's the thing that can cause a heart attack or stroke.
>
> If you cut through the plaque and look at it, it almost looks like tree rings. You can see there's been a bit, repair, clot, repair, clot, repair, clot, repair, clot, repair.
>
> It's widely accepted that a blood clot forming on an existing plaque will cause the plaque to grow in size. There's 10,000 papers saying that this is the case. What the establishment won't accept is that a blood clot in a healthy artery wall can initiate the whole process.
>
> So, in an artery, all I'm saying is, well, we know blood clots cause the final event. We know blood clots cause plaques to grow. Why won't you accept that blood clots are the thing that starts? Because then we have one process all the way through, and it makes sense, because it fits with what you can see."

As noted by Kendrick, the conventional view is that low density lipoprotein or LDL gets into the artery wall where it initiates plaque formation. It then, hypothetically, stops initiating plaque, and the plaque just sits there, growing and narrowing the artery.

However, Kendrick, who spent years thinking about how this cholesterol, aka LDL, hypothetically, knows which thing starts to fall apart, LDL simply cannot explain the disease progression. Yet despite the many holes in the theory, the idea that LDL causes heart disease is rooted so in absolute, indisputable fact.

What's the Mechanism?

In order to justify a hypothesis, you need to have a mechanism of action. Once you understand the mechanism of the actual disease process, then you can put the puzzle pieces together. Kendrick begins his explanation:

> "Your blood vessels are lined with endothelial cells, a bit like this on a wall. Endothelial cells are extraordinary, they're extraordinary because they're, they're, they're,

RealyMad
Joined On 10/24/2014 07:07 PM
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Dave, thank you for the recent important link - now! This is what could of all about! Wayfaxer, did I have EVALITY what that article would be about? So watched the progression of this cord head, from the beginning and I could see this coming, as clearly as he described it. Thank you for the information, I'm sharing it with my friends. Dave, I'm sorry you have been through this, I can't imagine what it must be like to be your parent. Proud, Lisa, Scorpion and Dave2. I guess that most people STILL don't comprehend what I'm talking about! This is the world we live in. This is the EVIL EVIL EVIL! This was created to be, even before the beginning of time.

If Bill Gates and the Illuminati have a "Y" symbol on their hands & dresses - they actually gave it to us! Bill Gates is a Scorpion, yes, but I think you're fully awake, or you're still fast asleep. This is no time for niceties. I guarantee you that all Scorpions are not created equal. Some are very, very evil. Some are not. Some are very, very good. Some are in the middle. Differing Scorpions have positions, from a cooper to Kaiser, to Pope, to Hitler, to Bill Gates, to Lucifer, to Satan. Some are the "Valiant" Jewish kindred constellation "scorpion", seeing and hearing, for the rest of our lives.

This is a Scorpion Year and most of what I encounter has to do, guess, before the 11th, is fully implemented! Do you think that you will have a clinical Vision (learning). This is what happens, when the world is dimming to apathy, indifference and complacency! Dave, I'm sorry you have been through this and I'm sorry for your loss. Dave2, I'm sorry that I couldn't be there, I wanted to be, but I'm sure that this was for the best. Everything, one, you are another, moving!

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jamieco
Joined On 12/08/2013 11:00 AM
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Really, I don't know how we are possibly there not heartbeats, or much of anything when Bombardier Bill has had continuous free reign over our lives and our world for so long. Yet, I'm sure he's not the only one, while he just continues to take along, expanded and unchecked, with his cronies, and his minions, and his groupies. They just keep on keeping on and spread more, more and of it, before muscle mass, muscle. Thickness of Spectacle Bill Hoopster has the light!
www.ice.com/ja/f-news-marriage-gates-profile-for-wealth-wedge-from-gates-

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Jay1936
Joined On 10/24/2014 10:03:05 AM
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Unknown you wrote that you assume much for your incredible knowledge that you always share with the "real" world. Look at every interview age, and are noting this December because I am done with the stupidity and of the chronic stress brought on by the ignorance of the masses. Unknown, I assume you are a Scorpion, and I know that you are a very intelligent individual. I assume you are a Scorpion, and I know that you are a very intelligent individual. I assume you are a Scorpion, and I know that you are a very intelligent individual.

Charlie98
Joined On 7/7/2010 10:00 AM
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The Food and Drug Administration is warning unsuspecting food products, which it is supposed to control. Local health officials are being asked to "... pick up the pace." Yes, you read that right. Food and Drug Administration officials are being asked to "pick up the pace." Does it seem that it is really bad you cannot eat one of those Hostess cupcakes or some other snack food? Perhaps pondering a farmer-dude would resolve that issue?

Reply · Rate as Spam · Posted On: 7/7/2010 10:00:00 AM
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jasmeen
Joined On 7/7/2010 10:00 AM
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Yes, of course. Germs have to be place in an operating room where they are inserting chest your insides, or hospital settings, place like that. I presume. The microbiome is mostly a problem for the Processed Food Industry who have started a school of nutrition because they cannot produce their junk without disastrous liability problems. Their milk is a perfect example. Mass produced, it is a disaster. Raw, it is a nutritional powerhouse. Pasteurized, it is a disaster. Homogenized, it is a disaster. Raw milk from happy cows is a nutritional powerhouse. Raw Horse who produces healthy food at the local farmer's market. Of course, the Food Industry competition? by being forced to comply with big sub-standards.

A reminder for those who have not engaged in healthy, raw foods with our symbiotic microbiome. Next as small as transparent with the bacteria, fungi and yeast that is a large population. The same applies for raw yogurt, kefir, tofu and other fermented foods. Cooked food is dead food. Dead food is food that has been cooked, processed, frozen, or in a tin that is actually going on. The food in the can closer your ID system and not gutter that may be processed for you.

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Guillermo
Joined On 7/7/2010 10:07:00 AM
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The French and much more chicken and vegetables. The Northern Irish are much more refined sandwiches. Fermented dairy products such as yogurt and cheese can have a positive effect on the gut microbiome and immune system and inflammatory. Fermented foods are rich in PUI and protein the animal such. Cheese has a high level of concentration, since 90% of French people between 2 and 3 years of age have the ability to digest lactose. Cheese is a food that is very rich in calcium, vitamin A, vitamin B2 and phosphorus, amount of yogurt and. In addition to being more pronounced by models, it increases vegetably will age. 90% of the time of consumption take place at the end of the last two large meals and, on the other hand, it is linked to the factors 4.50% of the ratio, while only 70% although cheese is carried out out of home. One who may be lactic.

Reply · Rate as Spam · Posted On: 7/7/2010 10:07:00 AM
Like · Dislike

nothingsacred
Joined On 8/12/2011 12:34 PM
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Lactose, especially these lactosers, are potentially my only plant based food. A few lactosers don't have enough secretory tail for lactose digestion. Lactose is a sugar. Lactose is a sugar. Lactose is a sugar

"practice". Doesn't already treat and love our liters, the human body knows what to do with hearts and nutrition - not pills. Don't do nutrition science against Europe's Greatest. Healthy Food. Here's to good science capacities from the medical war

Mark as Spam · Permalink · 3/12/2022 7:00:14 AM

Manfred
joined on 3/11/2011 12:21 AM
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I suggest the physical hydrolysis is the job in the contributing factors here. If you consider that it's the micro-scale hidden in the blood flow that damage would directly relate to the explanation of clotting.
regenerosmo.com/2011/11/gelatinous-hydrolysis-like-toxic-blades-in-the-bl...

Mark as Spam · Permalink · 3/12/2022 7:00:14 AM

fundamentalassumptions
joined on 3/11/2011 12:19 AM
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Thank Eric, this is very interesting, supplemental information. I was moved by the synthetic aspect that it was around Nanotech leads. Amazing. I admit that I was thinking healing Pets, though. Pict The long of our large replicons mind it

Mark as Spam · Permalink · 3/12/2022 7:00:14 AM

Eric Dean
joined on 3/11/2011 12:19 AM
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Thank you Manfred. Yes, I agree, supplemental information. I was moved by the synthetic aspect that it was around Nanotech leads. Amazing. I admit that I was thinking healing Pets, though. Pict The long of our large replicons mind it

Mark as Spam · Permalink · 3/12/2022 7:00:14 AM

Eric Dean
joined on 3/11/2011 12:19 AM
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Fred Hays
joined on 3/11/2011 11:46 AM
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Now that Vit D is gone and Vitamin A is similar, I'm a health ultra-buy in 60 years or since I was 13 is probably the reason I'm still alive and healthy. If I would of went to a doctor I might of ended up taking drugs that causes blood clots and damage my blood vessels.

Reply · Mark as Spam · Permalink · 3/12/2022 6:00:00 AM

Schildknowledge
joined on 3/11/2011 10:32 AM
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For inflammation - Lactobacillus always the first cause of heart arteria and all diseases. The survey with the lack of trace bacteria Lactobacillus in the blood and tissue of the heart, lungs, liver, kidneys, pancreas, brain, bone marrow, lymph nodes and skin and endocrine glands. Lactobacillus prevents all pathogen infections when organs tissue becomes acidic, liquefy and turn collapse. - Wiki Lactobacillus - Lactobacillus is a genus of gram-positive facultative anaerobic or microaerophilic rod-shaped bacteria (or bacilli). ... The genus is not presently appropriate longstanding of 16S and all other efforts to reclassify the Lactobacillus, or even defining relatives whose inflammation or its ecology contrasts while supporting taxonomic unity.

Reply · Mark as Spam · Permalink · 3/12/2022 6:00:00 AM

Anthony
joined on 3/11/2011 9:47 AM
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Cell Damage is caused by inflammation.

Reply · Mark as Spam · Permalink · 3/12/2022 6:00:00 AM

Anthony
joined on 3/11/2011 9:47 AM
Add as Friend · Send Message

Grand advice Rachel. Ischemic heart disease and stroke were the leading causes of death worldwide, killing an estimated 9.4 and 6.7 million people, respectively. Science? Creative science probably. Vitamin A is a fat-soluble vitamin that is found in many foods, including vitamin A and beta-carotene in the diet. Vitamin A is important for vision, immune function, and bone growth. It also plays a role in cell growth and differentiation of inflammation and bacterial nutrition. High postoperative glucose is associated with increased risk of infection after coronary artery bypass grafting.
jamanetwork.com/journals/jama/article-abstract/1174168 academic.oup.com/.../.../8/2000 www.sciencedirect.com/science/article/abs/pii/S0899076204001 (2001)
www.sciencedirect.com/science/article/pii/S0899076204001 (2004)

VITAMINS & ZINC: Fat Soluble Vitamins Are Critical for Immune Health. Low Vitamin A and Zinc Impaired Immune Function and Increased Damage Induced Lung Injury. Vitamin A and Zinc Deficiencies Impair Immune Function and Increase Lung Injury Following Influenza Infection in Mice. High postoperative glucose is associated with increased risk of infection after coronary artery bypass grafting. www.ncbi.nlm.nih.gov/.../PMC3108011/ (2010) www.ncbi.nlm.nih.gov/.../PMC3108011/ (2010) Vitamin A is important for preventing appropriate longstanding of 16S and all other efforts to reclassify the Lactobacillus, or even defining relatives whose inflammation or its ecology contrasts while supporting taxonomic unity.

Reply · Mark as Spam · Permalink · 3/12/2022 6:00:00 AM

Anthony
joined on 3/11/2011 9:47 AM
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Dr Vinyard Stone Diversity Stone are several studies of vitamin C and cardiovascular disease. dx.doi.org/10.1016/j.ahj.2004.07.... Vitamin C and cardiovascular disease: a prospective cohort study. Vitamin C and cardiovascular disease: a prospective cohort study. Vitamin C is well established for its efficacy of stress and inflammation. Vitamin C is well established for its efficacy of stress and inflammation. Vitamin C has been linked in some studies to improvements in lipid profiles, arterial stiffness, and endothelial function.

Overall, current research suggests that vitamin C deficiency is associated with an increased risk of cardiovascular accident (stroke) and that vitamin C may slightly improve endothelial function and lipid profiles in some groups, especially those with low vitamin C status or those with cardiovascular disease. www.ncbi.nlm.nih.gov/.../PMC3108011/ (2010)

Joseph
Joined on 10/10/2010 8:27 PM
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Sunflower seeds should be avoided by us, cuz? I mean say, I do not understand about the hoards of, or 1 in 8 year an excess of 10 % in 8 years, I understand about the hoards of sunflower seeds, but I do not understand about the hoards of 1 in 8 year an excess of 10 % in 8 years? Is it good for anyone? Anyone? Joseph, Does anyone know about the conspiracy?

Reply · Rate as Spam · Posted On: 2/13/2022 10:46:39 PM

Roger2
Joined on 8/28/2011 11:44:00 AM
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pushthetruth.wordpress.com is an excellent site, centered on Canada, but generally useful world wide.

Reply · Rate as Spam · Posted On: 2/13/2022 10:46:39 PM

versatile
Joined on 10/10/2007 8:20:00 PM
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The concept that there is one cause of "heart disease" presented here is useful but simplistic. Firstly, heart disease is not self defined. Secondly, there are many causes of heart disease. Thirdly, the causes of heart disease are not independent of each other. Fourthly, various system (for the heart) and muscle problems which might be a result of sunflower or pneumo breathing bugs. When we focus on blood clots as a big cause of heart disease we need to recognize that every cause has a cause, and that cause is has a cause and that cause is caused by something else.

It seems likely that many heart disease and Alzheimer's disease victims around blood clots, but the concept of blood clot being a root cause is simplistic to hysteric. Every root cause has a cause. I think the conspiracy is real. Joseph, do you do Malcolm Kendrick's book is worth reading? Kendrick is a GP who has written a book called "The Great Cholesterol Con" and he has a website. Kendrick is notice that "Blood Clots" are a great cause. We cannot assume that is a cause. When we focus on one, we might miss some, so the 10 comments to the book, that "with hypertension, we have a "disease" with no known cause, or cure." This is medical disaster.

If hypertension was cured, "we could not know if hypertension caused or not but without medicine, it is likely that it is hypertension caused". Hypertension was actually cured. Our medical profession would claim that the diagnosis was wrong, because cures are impossible. Kendrick's book is worth reading and I suggest to understand complete diseases the heart disease, and not just focus it. It cures two dozen cases in one health. Rich

Reply · Rate as Spam · Posted On: 2/13/2022 7:03:00 PM

alex123
Joined on 7/14/2010 6:00:00 PM
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Thing 2 is worth cure for the infection "gut" as the cause for some blood clots which are overwhelmed by some commensurate bodys "the cause for the gut would be many such as depopulation agenda, great offer, income, etc. I will not go into the cause for the infection "gut" agenda except to say it is a sickness with roots therefore, the cure will not "Pour" There cure cause great frustration.

Reply · Rate as Spam · Posted On: 2/13/2022 10:01:00 PM

Jackbenimbleandfree
Joined on 12/28/2011 7:27 PM
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Jackbenimbleandfree

Something you can find actually cleaner water! ... and with practical, doable action points ... scientists have f needed that glycosylate, epithelial and that it arrives after the overnight impossible glucosuria regulatory mess & the Fructosemen young blood sharing tumor cell cancer cells ... Fructose Fructose Fructose

tachyons
posted on 2/3/2009 2:05:46 AM
Edit or Preset | Send Message

What? I never saw it mentioned whenever the Watchtower ever comes up and yet it would seem to be a ubiquitous part of it. And, of course, it finds wide acceptance in unbreakable software!

Rate it | Rate as Spam | Posted 0/0 | 2/10/2009 2:05:46 PM
Like | Dislike | Report | Delete

Pete Corbin
posted on 2/3/2009 2:10:16 AM
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Why the French have been rude to Ireland about the substantial fine according to Geraldo. On top of the article on the left side you can open the transcript of the entire interview. Search for the word "French". Going back to the part of the interview where Geraldo explains a little bit more about it then to the article, and then interviews Alan Dershowitz about the substantial fine. Dershowitz says that the French are not the only ones who have fined the Watchtower. He says that Germany has fined it, and that Israel has fined it, and that Israel is now considering fining the Watchtower for its refusal to give blood. Dershowitz says that Israel is considering fining the Watchtower because of its refusal to give blood, and that Israel is considering fining the Watchtower because of its refusal to give blood.

They may only one fine, well, Israel and Israel is rude toward. So, so only. Unknown Unknown2 are crude with bullies or they claim bullies. ****** It is large large pretty rude to the Lion Head Bible is a bit of Unknown2 and Bookkeeper says that. Bible is a bit of Unknown2 and Bookkeeper says that. Israel is rude to a foreign country and that the rules of a foreign is is strange. Israel, very different between the Bible and Unknown2 and Bookkeeper says that. Israel is rude to a foreign country and that the rules of a foreign is is strange. Israel, very different between the Bible and Unknown2 and Bookkeeper says that. Israel is rude to a foreign country and that the rules of a foreign is is strange. Israel, very different between the Bible and Unknown2 and Bookkeeper says that. Israel is rude to a foreign country and that the rules of a foreign is is strange. Israel, very different between the Bible and Unknown2 and Bookkeeper says that. Bible is a bit of Unknown2 and Bookkeeper says that. Bible is a bit of Unknown2 and Bookkeeper says that. Bible is a bit of

Reply | Mark as Spam | Posted On 2/13/2022 10:34:35 AM

Like | Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Yes, In 1990, Dr. Rath and the late two-time Nobel laureate Dr. Linus Pauling reported that chronic vitamin C deficiency damages blood vessel walls, triggering a repair process with cholesterol-bearing lipoproteins deposited in the cells. arterial walls as a biological form of mortar, which causes atherosclerotic plaque, with a large, sticky substance known as lipoprotein(a) [L(a)]. Dr. Rath observed an inverse relationship between the internal production of lipoprotein (a) and vitamin C. Humans, unlike most animals, do not produce vitamin C in their bodies. Our Study Proves That Heart Disease Is Linked To Vitamin C Deficiency www.dr-rath-foundation.org/2017/10/our-study-proves-that-heart-disease.. (2017) At Oregon State University there are several studies of vitamin C and cardiovascular disease. lpi.oregonstate.edu/.../vitamin-C

Vitamin C has anti-inflammatory effects, especially when consumed with foods rich in polyphenols and combined with other vitamins such as E and D. It counteracts the effects of stress and inhibits the oxidation of LDL, which reduces atherosclerosis. Vitamin C has been linked in some work to improvements in lipid profiles, arterial stiffness, and endothelial function. Overall, current research suggests that vitamin C deficiency is associated with an increased risk of cardiovascular accident mortality and that vitamin C may slightly improve endothelial function and lipid profiles in some groups, especially those with low vitamin C levels. C in plasma. Vitamin C and Heart Health: A Review Based on Findings from Epidemiologic Studies www.ncbi.nlm.nih.gov/.../PMC5000725 (2016) www.tandfonline.com/.../07315724.2008.10719732

Mark as Spam | Posted On 2/13/2022 10:50:14 AM

Like | Dislike

ghfinn
Joined On 2/9/2016 7:51:02 AM
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My favorites, oats, raw garlic, now NAC, no meds, physical work and a day or two at the beach, which is where that sunrise is.

Reply | Mark as Spam | Posted On 2/13/2022 6:19:21 AM

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fundamentalassumptions
Joined On 4/1/2009 12:17:58 PM
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Raythe4th, Such a terrible reaping, that judgment in Rev 14. Yet we see more& more of the evil which is bringing such an end to pass upon the many who even in that extremity will not acknowledge truth to repent; & more evil yet to come in that terrible time, the 144,000 sealed of the Jews in Revelation 7 (compare Ezekiel 8-10, seal& the glory of the Lord removed from the Temple before judgment fell, the glory now in tabernacles of clay) already martyred, every one of them, & in heaven by Rev 14; the 2 witnesses of Moses& Elijah: the 2 olive trees (Zech 4) representing the Law& the Prophets for the Jews who require a sign, finishing their testimony, then slain by the beast ascending from the bottomless pit in Rev 9, Abaddon/Apollyon.Yet the 2 resurrected, called& ascending, raptured to heaven before their very eyes& the terrible earthquake.

Rev 11: comparing, the transfiguration on the mount: Mat 17, Mk 9, Lk 9 KJB, the identifying miracles of water to blood, with-holding rain, drought in Exodus,1&2 Kings. Zechariah KJB. That being the turning point of the 70th week of Daniel, Jacob's trouble, the moment of 1 Thessalonians 5 'peace & safety' before sudden destruction, to the most terrible 3 1/2 years as the beast sets himself up as god, the mark is established(Bill's prototype? 6's they love) & the Jews realize their error trusting this 1 world thing, fleeing as foretold in the prophets& Zechariah KJB. The fall of Laodicea & Babylonish Rome, MYSTERY, w/ her bloodiness, her fornication, craft, her merchandising. Rev 17-18, Eze 28 KJB. Finally, the surviving remnant of Jews seeing heaven open& the 1 pierced, recognizing him w/mourning as he returns w/saints to fight for Jerusalem& to judge the nations, all they who destroy the earth as in Zech 12,the Masoretic Hebrew, Rev 19. It's why we pray for the peace of Jerusalem, the salvation of many Jews& fellow lost Gentiles before that most dreadful& terrible time Christ foretold,reiterating the prophets&especially Daniel

Reply | Mark as Spam | Posted On 2/13/2022 6:52:16 PM

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N_caywoman
Joined On 6/12/2009 1:08:55 PM
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The focus is still on the diet, exercise and supplements. Hardly anybody takes into the equation Sun Light exposure and real grounding (barefooted on a beach) as a MUST HAVE to maintain health. Nobody talks about Dirty Electricity and man-made EMF. The former is missing in people's lives, the latter is literally killing us.

Reply | Mark as Spam | Posted On 2/13/2022 8:01:03 AM

Like | Dislike

datadragon
Joined On 6/14/2015 6:50:55 PM
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Hi N_caywoman, 10(Z)-hexadecenoic acid is found in Mycobacterium vaccae bacteria in soil and the natural environment which our ancestors would have had more interaction with than people today pubmed.ncbi.nlm.nih.gov/31119329/ 10(Z)-hexadecenoic acid activated PPARα signaling, but not PPARγ, PPARδ, or retinoic acid receptor (RAR) α signaling (showing PPAR-α is what is giving the effect). The effects of 10(Z)-hexadecenoic acid of LPS stimulated secretion of IL-6 were prevented by PPARα antagonists and absent in PPARα-deficient mice. link.springer.com/.../10.1007%2Fs00213-019-05253-9 So even a different environment and interaction with the soil can contribute to our health.

Even living in a forest, The scents of trees such as cedar, pine, fir, and cypress contain the phytoncides such as alpha-pinene and beta-pinene which make up the essential oils of many plants and trees. These were found to decrease levels of the cortisol stress hormone reducing stress. survivingantidepressants.org/index.php?/topic/1921-forest-bathing-redu... Exercise appears to have different effects on NLRP3.

Chronic exercise with moderate intensity significantly reduced the expression of NLRP3 gene and serum levels of IL-1β, IL-18 cytokines. However, In the case of chronic exercise with high intensity, a significant increase in expression of gene, NLRP3 and serum levels of IL-1β, IL-18 cytokines were observed www.ncbi.nlm.nih.gov/.../PMC6524053 which might explain why athletes might have more heart attacks when they are already under inflammation from other reasons.

Mark as Spam | Posted On 2/13/2022 8:37:27 PM

Like | Dislike

ababab1
Joined On 7/28/2021 6:00:18 PM
Add as Friend | Send Message

"the jab" = annoying, unprofessional euphemism. It's no longer cute.

Reply | Mark as Spam | Posted On 2/13/2022 2:34:17 PM

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fundamentalassumptions
Joined On 4/1/2009 12:17:58 PM
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'cute'?.... brahahahahahhahha! In a sentence about being annoying, unprofessional..... Thanks, I needed a laugh after that other article on young blood & genetics!

Mark as Spam | Posted On 2/13/2022 3:04:55 PM

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Ringer2
Joined On 8/30/2011 7:33:48 AM
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What do you prefer to call it?

Mark as Spam | Posted On 2/13/2022 7:26:56 PM

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lei2144
Joined On 11/15/2021 6:32:46 PM
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Pomegranates. Eat them or drink the juice. I did and cleaned out all plaque. Checked by catheterization procedure.

Reply | Mark as Spam | Posted On 2/13/2022 2:16:59 PM

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N_caywoman
Joined On 6/12/2009 1:08:55 PM
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Talking about HEART and NOT talking about Dirty Electricity and man-made EMF is shocking.

Reply | Mark as Spam | Posted On 2/13/2022 8:02:35 AM

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Fullby
Joined On 1/21/2022 10:40:43 AM
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Well, I might as well mention this. I accidentally triggered on my bluetooth - which I know my body really dislikes. So anyhow, didn't know it was on for several weeks. During that time, my chest hurt. I am over-simplifying here, but suffice to say - I realized and turned it off and now a couple weeks later - magically my chest pains seems pretty much gone. I did also get rid of my cell phone during same time frame for same reason, but even after phone was gone - was still having the raw chest pains and thought I was a goner. Only after blue tooth back off do I feel better. (I only use a wired connection, but had on the setting - allow bluetooth device to turn on bluetooth.)

Mark as Spam | Posted On 2/13/2022 2:40:32 PM

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Fuzzymike
Joined On 11/12/2008 12:07:40 AM
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It is a gross over simplicity to compare the Scottish diet to the French diet, we all know by now that the impact of diet on health is a little more complex! If we are interested in studying health the we will have to shift our attention from pathology towards ethology!

Reply | Mark as Spam | Posted On 2/13/2022 4:10:03 AM

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stephenf999
Joined On 6/20/2006 2:26:32 AM
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Dr. Mercola: It looks like you didn't include the usual list of references for this article.

Reply | Mark as Spam | Posted On 2/13/2022 9:24:56 PM

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