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Blood Clots May Be the Root Cause of All Heart Disease

Analysis by Dr. Joseph Mercola ✔ Fact Checked

February 27, 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 artery wall, it will typically be covered over and broken down. A problem arises, however, when the blood clot is not fully eliminated and becomes a 'vulnerable' point, and another blood clot forms at the same point. Over time this grows and becomes what's conventionally referred to as atherosclerotic plaque
- A clot will form where endothelial cells have been stripped away, or are seriously damaged The blood clot will then be covered over by endothelial progenitor cells, which float around in your blood stream at all times. When progenitor cells find an area of damage, where a blood clot has formed, they attach themselves to that area, creating the new endothelial layer. This repair process can gradually create a thickening inside the artery wall itself
- In almost everyone, the process of endothelial damage and blood clotting is an ongoing process. Which means that problems only occur when the damage/blood clotting process occurs faster than the repair process, at which point you will end up with plaque buildup. This thickens the arterial wall, forcing blood flow through a narrower gap. When a large blood clot forms on top of an existing plaque, in this already narrowed area, you can end up with a heart attack or stroke
- Common causes of endothelial damage include such things as viral infections, high blood sugar levels, smoking, diabetes, heavy metals such as lead and aluminum, and high blood pressure

In this interview, repeat guest Dr. Malcolm Kendrick, a board-certified family physician and author of the book, "The Clot Thickens: The Enduring Mystery of Heart Disease," reviews 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.

Incidentally, once you 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, Scotland had the highest rate of heart disease in the world. Early on the answer for why was, 'Oh, well, it's because we have such terrible diet, and we eat rubbish food like deep fried Mars bars.'*
>
> *So, you eat too much saturated fat, the saturated fat gets turned into cholesterol in your bloodstream, and then it's absorbed into arteries and forms narrowings and thickenings, which all sounds plausible if you don't think about it too hard.*
>
> *But I also happen to go to France quite a lot, and what 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, [this saturated fat] hypothesis certainly didn't work for the French. They have the highest saturated fat intake in Europe and lowest rate of heart disease, and this has been the case for decades.*
>
> *If you took all the risk factors for France and Scotland [such as smoking, high blood pressure and diabetes], then the French had slightly [higher risk], according to conventional thinking. But, in fact, they had one-fifth [the rate among age-matched men].*
>
> *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, a tutor in cardiology said ... LDL cannot cross the endothelium. At the time, I didn't know what LDL was, nor did I know what the endothelium was, but it sounded important.*
>
> *She had been looking at heart disease as a different process for decades ... So, I think that's really where I got started. Once you start questioning what the problem is, you end up questioning more and more and you start thinking, gosh, this is just nonsense, isn't it? This whole hypothesis is just nonsense. So, I started picking it apart."*

The Thrombogenic Hypothesis

"The Clot Thickens" is Kendrick's effort to explain an alternative hypothesis for what actually causes heart disease. If it's not saturated fat and cholesterol, what is it? In 1852, a Viennese researcher, Karl von Rokitansky, developed what he called the encrustation 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 pathology 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, if the blood clot is not fully eliminated and another blood clot forms in the same ‘vulnerable’ area. This then becomes what’s conventionally referred to as atherosclerotic plaque.

> *“The atherosclerotic plaque is basically a buildup of blood clot, repair, blood clot, repair, blood clot, repair,”* Kendrick explains. *“If the blood clotting process is faster than the repair process, you have a plaque that gradually grows and eventually thickens the artery wall until it narrows sufficiently that the final blood clot, on top of the existing plaque, is 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 clot, repair, clot, repair, clot, repair, clock, repair over the years.*
>
> *It’s widely accepted that a blood clot forming on an existing plaque will cause the plaque to grow in size. You can find 10,000 papers saying that this is the case. What the mainstream won't accept is that a blood clot on a healthy artery wall can initiate the whole process.*
>
> *So, to an extent, all I'm saying to people 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 it 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.”*

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, inexplicably, stops initiating plaque, and the plaque continues to grow through the addition of repeated clots.

However, Kendrick says, once you start drilling down into the cholesterol, aka LDL hypothesis, the whole 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 touted as an 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 tiles on a wall. Endothelial cells are also covered themselves in a thing called glycocalyx. If you try to pick up a fish, it'll slip through your fingers; it's very slippery. The reason it's slippery is because it’s covered in glycocalyx and the glycocalyx is incredibly slippery. It's nature's Teflon.*
>
> *So basically, in our case, the glycocalyx [is inside] our blood vessels, to allow the blood to travel through without it sticking, without damage occurring. So, you have this kind of damage-repellent layer on top of your endothelial cells.*
>
> *Now, if that layer is damaged, and then the endothelial cell itself underneath is damaged, then the body will say, ‘Oh, we've got damage to a blood vessel, we must have a blood clot there because we could bleed out.’ So, a blood clot forms on the area of damage, and*

immediately stops [the bleeding]."

The blood clot doesn't just keep on growing and growing. If it did, you'd die anytime you had a blood clot. Instead, when a clot forms, other processes step in to prevent it getting too big, which is why every blood clot doesn't cause a stroke or heart attack. Once the clot has stabilized, and has been shaved down, the area is covered over by endothelial progenitor cells, made in the bone marrow, that float around in your blood stream.

When a progenitor cell finds an area that has been damaged, it attaches itself to that area, along with others, forming a new endothelial layer. The remaining blood clot is now lying 'within' the artery wall itself. So, basically, it's the repair process that can lead to plaque buildup within the artery wall. In time, if damage outstrips repair, this can narrow the artery and reduce blood flow.

What Damages Endothelial Cells?

The question is, what can damage the endothelium in the first place? Here, Kendrick uses the SARS-CoV-2 mechanism as an example:

> *"The COVID virus enters endothelial cells through the ACE2 receptor. It prefers endothelial cells because they've got ACE2 receptors on them. It gets into the endothelial cell and starts replicating, then bursts out, damaging the cell. Bingo, you've got an area of damage.*
>
> *Of course, added to this, when cells have viruses within them, they send out distress signals to the immune system saying, 'I've been infected, come and kill me,' and so the immune system starts to have a go at the endothelial cells. This is why you can get a problem, because the endothelial cells are being damaged and stripped off.*
>
> *Blood clotting occurs at the points of damage and hey, presto, you're having clotting, you're having strokes, you're having heart attacks, which is the thing that people at first couldn't understand [about COVID-19]. Yet it's very clear that what's happening is you've got damage to the endothelial cells.*
>
> *Obviously, you and I both know that if you get a [COVID jab], the cells are triggered to produce the spike protein, and these cells are sending out distress messages saying, 'I'm infected.' You have to be very careful if you want to stick something into cells that then says to the immune system, 'Please come and destroy me,' because that's what the immune system is going to do.*
>
> *But moving on from that, what other thing can cause endothelial damage? The answer is things like smoking. Smoke particles get out of your lungs, they go into your blood vessels and they cause damage ... You smoke one cigarette and a whole bunch of microparticles appear in your bloodstream, which means endothelial cells are dying.*
>
> *Luckily as endothelial cells die, another message is sent to the bone marrow saying, we need more endothelial cells and it stimulates endothelial progenitor cell production. These endothelial progenitor cells rush around covering over the areas of damage.*
>
> *Some smokers have enough repair going on and when you're younger, it's okay. As you get older and your repair systems begin to fail a bit, cigarette smoking becomes more and more of a problem."*

Other things that can cause endothelial damage include:

- High blood sugar levels and diabetes. The protective glycocalyx layer is made of proteins and sugars — High blood sugar damages the glycoprotein layer, thinning it down in a measurable way. High blood sugar can reduce the glycocalyx layer by as much as two-thirds. This, in turn, exposes the endothelial cells to the bloods and anything else damaging that might be there.

  The damage to the glycocalyx is why diabetics are prone to both arterial and capillary (small vessel) disease. You can't get atherosclerosis in the capillaries, as there's no room. Instead, the capillaries become broken down and destroyed. This in turn can cause ulcers, due to poor circulation in the skin of your legs and feet.

Peripheral neuropathy as the ends of nerve cells are deprived of oxygen. Also visual problems (diabetic retinal damage) and kidney damage. Blood pressure may also become elevated as your heart has to work harder to push blood through a network of damaged/missing small blood vessels.

- Heavy metals such as aluminum and lead.
- High blood pressure, as it puts stress on the endothelium — Atherosclerotic plaques (atherosclerosis) doesn't occur unless the pressure is raised, adding biomechanical stress.

Repairing the Glycocalyx

As explained by Kendrick, the glycocalyx layer resembles a lawn, with slippery filaments that stick up. Within this glycocalyx layer you have nitric oxide synthase (NOS), which produces nitric oxide (NO), and you have NO itself, as well as a number of other anticoagulant proteins. The glycocalyx is actually a potent anticoagulant layer, so it stops blood clots forming. If glycocalyx is damaged, your risk of blood clotting increases.

"It's a very complicated layer," Kendrick says. "It's like a jungle full of things that say, 'Don't stick to this, stay away from this.'" Within it, you also have albumin, protein complex produced by the liver. Albumin contains the proteins that help maintain and repair the glycocalyx. A fact that most doctors are unaware of is that, if you have a low albumin level, you're significantly more likely to die of heart disease.

The good news is that while the glycocalyx layer can be rapidly destroyed, it can also be rapidly repaired. (Experiments have shown that in an area where the glycocalyx has been completely stripped off, it can be completely repaired in a single second.) Supplements like chondroitin sulfate and methylsulfonylmethane (MSM) can be helpful in this regard.

> *"If you try and explain that through the LDL mechanism, it just doesn't work,"* Kendrick says. *"They have discovered that if you give chondroitin sulfate as a supplement — which normally is for arthritis and stuff like that — it reduces the risk of heart disease quite considerably. How do you explain that? Well, you can explain that because you're protecting your glycocalyx.*
>
> *These are the sort of things that make no sense if you like looking at the conventional ideas of heart disease, but are immediately and easily explained if you say, 'We have to keep our glycocalyx healthy and we have to keep our endothelial cells underneath them healthy.*
>
> *Otherwise they will be damaged and stripped off, and then we will get a blood clot, and if we keep getting blood clots at that point, we will end up with a plaque and eventually one of the blood clots on that plaque will kill you from a heart attack or a stroke."*

Blood Flow Restriction Training

A lifestyle strategy that can help repair endothelial damage is blood flow restriction (BFR) training. In response to BFR, your body produces vascular endothelial growth factor (VEGF), which acts as "fertilizer" for the endothelium. You can learn the ins and outs of BFR in **my free BFR report**. VEGF also induces the synthesis of nitric oxide (NO), a potent vasodilator, and it stimulates endothelial progenitor cells.

> *"NO protects the endothelium. It is anticoagulant — the most potent anticoagulant we have in the body. It's really the magic molecule for cardiovascular health,"* Kendrick says.
>
> *"At one time NO was known as Endothelial Derived Relaxation Factor (EDRF) NO was*

something no one believed could possibly exist in the human body. NO is actually a free radical. Everyone says free radicals are terribly damaging and unhealthy.

To that I reply, 'Well, you may wish to know that the chemical that is the single most important protective chemical in the body for the cardiovascular system is an incredibly free radical called nitric oxide."

Some anticancer drugs are designed to block VEGF, as the tumor needs angiogenesis — which is the creation of new blood vessels that are required to provide sufficient 'nutrients' Without these new blood vessels, the tumor dies off. Unfortunately, if you block VEGF, you also block NO, which then raises your risk for heart disease.

"These drugs were almost removed from the market," Kendrick says, *"because despite their anticancer activity, they were procardiovascular disease to quite a scary degree.*

[That's why], if you are given bevacizumab or Avastin as an anticancer drug, they now give you angiotensin converting enzyme inhibitors (ACE inhibitors), which are blood pressure lowering tablets, and ACE inhibitors have a specific impact on bradykinin, which increases NO synthesis."

Strategies to Lower Your Thrombotic Risk

In his book, "The Clot Thickens: The Enduring Mystery of Heart Disease," Kendrick reviews many different strategies that can lower your disease risk. Here's a short-list of examples covered in far greater depth in the book, as well as some of my own recommendations that I bring up in the interview:

Avoid unnecessary use of nonsteroidal anti-inflammatories (NSAIDs) such as ibuprofen, aspirin and naproxen — While they effectively inhibit inflammation, they can cause platelet aggregation by blocking COX-2. In other words, they activate your blood clotting system, making blood clots more likely.
Get plenty of sensible sun exposure — Sun exposure triggers NO that helps dilate your blood vessels, lowering your blood pressure. NO also protects your endothelium, and increases mitochondrial melatonin to improve cellular energy production.
Avoid seed oils and processed foods — Seed oils are a primary source of the omega-6 fat called linoleic acid (LA), which I believe may be far more harmful than sugar. Excessive intake is associated with most all chronic diseases, including high blood pressure, obesity, insulin resistance and diabetes. LA gets embedded in your cell membranes, causing oxidative stress, and can remain there for up to seven years. Oxidative linoleic acid metabolites (OXLAMs) are what's causing the primary damage, including endothelial damage.
Lower your insulin and blood sugar levels — Simple strategies to accomplish this include time-restricted eating, eating a diet high in healthy fats and low in refined carbohydrates, significantly

restricting your LA intake and getting regular exercise.
Address chronic stress, which raises both blood sugar and blood pressure, promotes blood clotting and impairs your repair systems. Cortisol, a key stress hormone, reduces endothelial cell production.
Quit smoking.

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

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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.

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Guillermou

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

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The evidence reported by Dr. Mercola determines that under healthy conditions, the endothelium possesses endogenous anti-inflammatory, anticoagulant, and vasodilator mechanisms that balance factors that promote inflammation, coagulation, and vasoconstriction. However, in people of advanced age and with cardiovascular diseases such as diabetes and hypertension, the 2 most prevalent comorbidities in COVID-19, homeostatic endothelial functions are impaired. The glycocalyx is a complex network composed of glycosaminoglycans (GAG), hyaluronan (HA), heparan sulfate (HS), chondroitin sulfate (CS), and other glycoconjugates at the interface between the cell surface and the extracellular environment.

The glycocalyx undergoes constitutive remodeling, and homeostasis is maintained by a balance of synthesis and degradation. However, infection, inflammation, ischemia/reperfusion, and hyperglycemia lead to destruction of the glycocalyx and release of bioactive fragments, which exacerbate the disease. Increasing evidence supports the involvement of inflammation in the pathogenesis of atherosclerosis. C-reactive protein, the prototypical marker of inflammation, has been shown in numerous studies to predict cardiovascular events.

In addition to being a risk marker, C-reactive protein, by increasing inflammation, oxidative stress, and procoagulant activity, appears to mediate atherothrombosis. C-reactive protein causes downregulation of endothelial nitric oxide synthase (eNOS) by decreasing eNOS activity and NO s bioactivity. Glycocalyx thickness is reduced in high-risk compared to low-risk regions of the murine carotid artery. In addition, plasma hyaluronidase and hyaluronan (HA) activity have been shown to correlate with increased carotid intima-media thickness. HA levels correlate with in vivo measurements of glycocalyx.

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Guillermou

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The hsCRP test appears to be a simple test that can be used at the primary care level to identify patients at risk for metabolic disorders, CVD, and hypertension. Vitamin D concentration may be a determining factor in systemic inflammation (it may have a modulating effect). academic.oup.com/cardiovascres/article/84/3/479/456186?login=false (2008) journals.sagepub.com/.../0300060520939746 (2020) www.mdpi.com/.../htm (2021) www.ncbi.nlm.nih.gov/.../PMC8662948 (2022) Hyaluronan (HA) is an important component of the glycocalyx, a protective layer of glycoconjugates that lines the vascular lumen and regulates key functions of endothelial cells.

During critical illness, such as sepsis, enzymes degrade the glycocalyx, releasing fragments with pathological activities into the circulation and thus exacerbating the disease. Plasma HA and hyaluronidase levels in COVID-19 patients are correlated with inflammatory cytokines known to have roles in HA synthesis or degradation, such as IL-6, IL-8, MCP-1, TNF-α, and IP10. Your body can make hyaluronic acid through an enzyme called "hyaluronic acid synthase." To produce the acid, the enzyme combines two sugars, D-glucuronic acid and N-acetyl glucosamine. www.ncbi.nlm.nih.gov/.../PMC8492325 (2021)

Hyaluronic acid (also known as hyaluronan) occurs throughout the body in abundant amounts in many of the places where people with inherited connective tissue disorders have problems, such as joints, heart valves, and you can make your own acid and also get it from food. Grass-fed meat, especially pork, poultry, and beef, are rich in this acid. Another beneficial way to get this acid is by consuming bone broth made from this type of meat.

Mark as Spam | Posted On 2/13/2022 2:25:12 AM

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Guillermou

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Also, there are some foods that could help synthesize and optimize the production of hyaluronic acid in your body. Foods rich in vitamin C, such as spices and citrus fruits, are other options. Other beneficial options are foods rich in magnesium. This is because magnesium deficiency has been linked to hyaluronic acid abnormalities. The importance of inhibiting NLRP3 inflammasome in sepsis. Nitrates, arginine and exercise increase nitric oxide by inhibiting NLRP3 inflammasomes, reducing the cytokine storm.

Exercise boosts the immune system and reduces inflammatory responses Consider that NAD+ also plays a role in the redox balance in the cell, the alteration of which may contribute to mitochondrial dysfunction in the heart, which increases the risk of heart failure and endothelial dysfunction in vascular aging. NAD+ levels steadily decline with age, which can lead to altered metabolism and increased susceptibility to disease. NAD is one of the most important and interesting molecules in the body, controlling more than 500 enzymatic reactions and playing a key role in the regulation of almost all major biological processes. Increasing NAD+ levels is vital for health.

Combine blood flow restriction exercise with other exercise modalities, fasting, calorie restriction, ketogenic diet, quercetin, apigenin, malic acid, tryptophan, axtaxanthin, fermented foods, niacin, polyphenols such as resveratrol, epigallocatechin-3-gallate (EGCG), curcumin, and pterostilbene and in general Diet Nrf2, increase NAD. Chronic inflammation, overeating, insulin resistance or excess blood glucose, disrupted circadian rhythm, alcohol are factors that decrease NAD. www.selfhacked.com/blog/about-nrf2-and-natural-ways-to-increase-it/ (2022)

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Guillermou

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Endothelial dysfunction comprises a loss of balance between endothelium-derived vasodilator and vasoconstrictor factors, where the vasoconstrictor state becomes dominant, leading to progressive pathophysiological changes. These endothelial changes exhibit proinflammatory, prooxidant, proliferative, procoagulant, and vascular adhesion characteristics. The main function of the endothelium is the regulation of systemic blood flow and tissue perfusion through changes in vessel diameter and vascular tone. The endothelium controls vascular tone through the production of NO, prostacyclin, and endothelium-derived hyperpolarizing factor, all of which are vasodilator factors.

NO is able to diffuse between cells and tissues, due to its gaseous nature and to react with a variety of molecules and promote endothelial function. NO is synthesized from the amino acid arginine by a family of enzymes known as nitric oxide synthetases. The NOS-catalyzed reaction requires O2 and the cofactors NADPH and tetrahydrobiopterin. 33 NATURAL WAYS TO IMPROVE MITOCHONDRIAL FUNCTION selfhacked.com/blog/natural-ways-to-improve-mitochondrial-function/ (03/11/2021)

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juststeve

Joined On 1/5/2012 11:13:54 AM

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Hey Gui, what a great statement, *"Once you start questioning what the problem is, you end up questioning more and more and you start thinking, gosh, this is just nonsense, isn't it?"* Seems to sum up our current events quite nicely, eh? Of course, one wants to be careful though so as not to be accused of having too much think. Maybe it's possible if enough people can see past their differences, we can build a proper & real Healthcare System.

Perhaps we can focus on what major & important things we have in common to find solutions if we can route out phony's who have little to no business being involved with healthcare, if not many other things. We have been given fair warning; Grand Master Bill, genius to all he surveys has a new book outlining his said genius.
www.msn.com/en-us/money/smallbusiness/bill-gates-says-covid-19-can-be-..

Does anyone else feel there has been a long steady march of snake oil advice & treatment we pay for claiming to deliver one thing, yet we end up with worse than nothing, we end up with long lingering worse results? Family members who lived in areas mostly untouched by the civilized world surrounding them lived to long, full, active lives until the end. Those in between them & us still live much longer than most yet began to suffer all our modern maladies in some degree of another. Ridiculous Dr's statements, with your family's history of heart disease we should start treatments early - well, that's what their cheat sheets tell them.

Really, nearly all never showed problems until their late 70s, or 80s. At this point it's become easy to see, the ancestors ate real foods & probably fasted from time to time whether they wanted to or not. Those who followed got sucked into the Processed Foods & guidelines meant to keep profits healthy, not people or our Planet. Now we & the latest generations have many layers of health offenders to overcome.

Mark as Spam | Posted On 2/13/2022 5:02:35 AM

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juststeve

Joined On 1/5/2012 11:13:54 AM

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This information begs the question, in a nation with so many obese, suffering pre-diabetes, diabetes, high blood pressure, heart disease all putting one in a position ripe for heart attacks or strokes in general, why would we be giving a Jab/s to push them over the edge and into the abyss? Doesn't this suggest with common colds or flu we should find more appropriate ways to encourage health among those suffering from such?

Mark as Spam | Posted On 2/13/2022 5:15:14 AM

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Randyfast

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

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Steve; thank you for the most important link - ever! This is what covid is all about! Why/how, did I know EXACTLY what that article would be about? I've watched the progression of this covid fraud, from the beginning and I could see this coming, as clearly as I've seen anything in my life! How many, will simply dismiss this as nonsense? Do they not understand how much Money and Power this sub-human wields? As many times as I've posted; "Fraud, Lies, Deception and Illusion", it seems that most people STILL don't comprehend what I'm talking about! This is the world we live in. This is the END GAME! This was evident to me, even before the covid psyops began.

If billy boy told the zombie masses that a *** sandwich was ham & cheese - they would gladly eat it! If that visual offends anyone...too bad! Either you're fully awake; or you're still fast asleep. This is no time for niceties. I guarantee you that all mainstream bought and paid for outlets will be covering this; promoting billy boy as our "saviour" to deliver us from this; and all future "pandemics"! We had a pandemic? Sorry I missed it! Surely, someone has seen at least one of my posts, where I stated that the "future" would involve constant and continuous "vaccines", testing and tracking, for the rest of our lives.

This is a future that I want no part of and I seriously hope to be gone, before this EVIL is fully implemented! Do you think that you will have a choice? Keep dreaming. This is what happens, when the world is drowning in apathy, indifference and complacency! This article was published through microshaft. I'm shocked! There is a very special place in hell, reserved for this demon! For those of you who think that I'm overreacting...no; you are under-reacting!

Mark as Spam | Posted On 2/13/2022 6:21:50 AM

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juststeve

Joined On 1/5/2012 11:13:54 AM

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Randy, I don't know how we can possibly have real healthcare, or much of anything when Beelzebub Bill has had continuous free reign with very little but what are very little inconvenient speed bumps for him, while he just continues to race along, expanded and claiming more turf with each passing day. Late post; This just in, interesting, the PR words sound good, time will tell if actions match those words. Maybe the Darkness of Beelzebub Bill helped her see the light?
www.inc.com/jeff-steen/melinda-gates-shifts-her-wealth-away-from-gates..

Mark as Spam | Posted On 2/13/2022 6:39:57 AM

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big47846

Joined On 5/10/2021 8:03:05 AM

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AWESOME as usual Gui! Thank you sooooo much for your incredible knowledge that you always share with the "real" world. I am at early retirement age, and am retiring this December because I am done with the stupidity and of the chronic stress brought on by the ignorant pathetic "socialist fascist communist marxist libtards" that run the "municipal" government department where I work. I actually love my job, but am done with the chronic ignorance and stupidity from the braindead angry low I.Q. people that run it, or are running it into the ground. I would like to work for a few more years so that I can draw full social security, but it just will not be where I am currently at. My health is far more important than a big paycheck.

Mark as Spam | Posted On 2/13/2022 8:25:23 AM

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Guillermou

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

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Thank you Just, Randy and Big, for your interesting and realistic comments. It is estimated that more than 1.7 billion people (approximately 20% of the world's population) are in the highest risk group for severe COVID-19 due to coexisting cardiovascular and metabolic diseases (mainly diabetes). Allopathic Medicine does not address the origin of the disease, the dietary guidelines to eliminate saturated fats is a fraud of the Pharmaceutical complex and government institutions. If inflammation is not present in the body, there is no way that oxidized cholesterol will build up in the blood vessel wall and cause heart disease and stroke. Without inflammation, cholesterol would move freely throughout the body to meet biological needs.

It is inflammation that causes cholesterol to become trapped, especially with very low density lipoproteins (VLDL) and below HDL. A diet rich in healthy fats, antioxidants, polyphenols, vitamins and minerals are essential to prevent oxidation. Mercola has reported causes of inflammation and cholesterol oxidation. Genetically determined activation of the NLRP3 inflammasome is associated with systemic inflammation and cardiovascular mortality, a risk that increases mortality from Covid-19. www.hindawi.com/.../abs (2017) | www.futuremedicine.com/.../fca-2021-0027 (2021) | academic.oup.com/.../6179517 (2021) | journals.sagepub.com/.../00033197211017406 (2022) | heart.bmj.com/.../73 (2022)

Mark as Spam | Posted On 2/13/2022 9:02:52 AM

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Guillermou

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

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The famous cardiologist surgeon Dr. Dwight Lundell, with 25 years of experience, having performed more than 5,000 open heart surgeries, said today we have to right the evil in medical and scientific vision. The only accepted therapy was prescribing cholesterol-lowering drugs and a diet that severely restricted the intake of saturated fat. These recommendations are considered heresy and result in malpractice. The injury and inflammation in our blood vessels are caused by the low-fat diet recommended for years by conventional medicine. Who are the biggest culprits of chronic inflammation?

They are simply the overload of highly processed simple carbohydrates (sugar, flour, and all products made from them) and excessive consumption of omega-6 vegetable oils such as soy, corn, and sunflower that are It is found in many processed foods. www.tallahasseechinesemedicine.com/uploads/1/0/2/7/102775734/dr._dwigh.. Millions of statins are used around the world risking people's lives on a bad bet that taking a chemical magic pill will reduce the risk of dying from a disease that is not caused by a lack of the drug.

The quality and length of your life will be reduced, profoundly, along with billions of dollars of wasted cash that could have been spent on genuine medicinals that prevent metabolic diseases that are the origin of cardiovascular disease and chronic and degenerative diseases. It is clear that statins are not the way to overcome the great pandemic of cardiovascular diseases. The way is to avoid obesity, diabetes and all the metabolic and stressful disorders that are causing deaths from multiple pathologies including COVID-19. We must avoid high levels of sugar and ferritin in the blood, We must guard against dehydration, stress hormones such as cortisol and the curse of anti-inflammatory drugs.

Mark as Spam | Posted On 2/13/2022 9:03:11 AM

Like Dislike

Guillermou

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

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Ischemic heart disease and stroke were the leading causes of death worldwide in 2019, killing an estimated 8.9 and 6.2 million people, respectively. Control C-reactive protein, homocysteine, fasting insulin, ferritin, omega 3 index, magnesium, vitamin D and homocysteine in the blood as parameters of inflammation and essential nutrients. High postprandial glucose in healthy and diabetic individuals is also a risk marker for cardiovascular diseases.
jamanetwork.com/journals/jamainternalmedicine/fullarticle/217549 | academic.oup.com/.../2843304 (2006) | www.sciencedirect.com/science/article/abs/pii/S1389945721003026 (2021) | www.statista.com/topics/3484/cardiovascular-disease-in-the-us/#dossier.. (2021)

In short, a healthy diet, herbs and supplements and healthy lifestyles will lead us on the right path to health. In the negative balance we have junk food, smoking, sedentary life, drugs, antibiotics, vaccines, fluoridated water, etc. Millions of statin users around the world are risking their lives on a bad bet that taking a magic chemical pill will reduce the risk of dying from a disease that is not caused by a lack of the drug.

What will happen is that the quality and length of their lives will be profoundly reduced, along with billions of dollars in wasted cash that could have been spent on truly medicinal organic foods, nutrients, minerals, and vitamins that prevent metabolic disease from causing disease. cardiovascular and chronic and degenerative diseases. Thank you BIG for your comment. I really liked your comment yesterday about Senator Ron Johnson.

Mark as Spam | Posted On 2/13/2022 9:03:29 AM

Like Dislike

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bloodguy

Joined On 5/12/2009 10:10:39 AM

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REALLY surprised the roll of Infection and adhesion molecules, the "welcome mats" to macrophages(major actors in the erosion of the "fibrous cap" and the resultant creation of unstable, vunerable-to-rupture plaques), put out by the endothelium cells weren't discussed. No doubt names like Ancel Benjamin Keys, IVAN Franz, and Martin Katahn belong in the Medico-Pharma-Industrial Psyop Hall of Shame.

Mark as Spam | Posted On 2/13/2022 11:01:50 AM

Like Dislike

Guillermou

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

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Hi bloodguy. Consider that inflammation orchestrates each stage of the life cycle of atherosclerotic plaques. Indeed, inflammatory mediators are likely to link many traditional and emerging risk factors for atherogenesis. The mechanisms by which LDLs cause lesion formation remain unresolved. In the protected environment of the intima, sequestered from plasma antioxidants, LDL can undergo oxidative modifications. Oxidized LDL accumulates in both experimental and human atherosclerotic plaques. Oxidized LDL elicits a myriad of proatherogenic and proinflammatory functions. elevated concentrations of triglyceride-rich lipoproteins or remnant lipoprotein particles are associated with elevations of hsCRP much more strongly than LDL.

Inflammatory diseases such as rheumatoid arthritis, systemic lupus erythematosus, and psoriasis can also release proinflammatory mediators from joints and other sites that can increase arterial inflammation and potentially potentiate the progression of atherosclerosis. Atheroma initiation involves endothelial activation with recruitment of leukocytes to the arterial intima, where they interact with lipoproteins or their derivatives that have accumulated in this layer. Smooth muscle cells and infiltrating leukocytes may proliferate, but may also undergo various forms of cell death that typically lead to the formation of a lipid-rich "necrotic" nucleus within the evolving intimal lesion.

The extracellular matrix synthesized by smooth muscle cells can form a fibrous cap that covers the core of the lesion. Therefore, during the progression of the atheroma, the cells not only procreate but also die. Inflammatory mediators participate in both processes. As plaques progress, they often develop calcification. In experimental atheromas, foci of calcification co-localize with indices of inflammation.

co-localize with indices of inflammation.

Mark as Spam | Posted On 2/13/2022 1:30:28 PM

Like Dislike

Guillermou

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

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Current concepts assign a seeding role to microparticles secreted by smooth muscle cells to nucleate the accumulation of calcium minerals. Initially distributed as microscopic stippled accumulations of calcium mineral, sometimes attributed to macrophage death, this smaller accumulation of calcium mineral can coalesce to form calcified plaques. The last clinical complication of atherosclerotic plaques is rupture that causes thrombosis, either by fracture of the fibrous cap of the plaque or by superficial erosion. Consequent clots can cause acute ischemic syndromes if they interfere with perfusion. Incorporation of thrombi can promote plaque healing and progressive intimal thickening that can aggravate the stenosis and further limit downstream blood flow. Inflammatory mediators regulate many aspects of both plaque rupture and the healing process. This report is interesting and descriptive. academic.oup.com/cardiovascres/article/117/13/2525/6373891?login=false (2021)

Mark as Spam | Posted On 2/13/2022 1:30:48 PM

Like Dislike

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datadragon

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

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Good info today Gui, for everyone heres a condensed version I put together this morning of a few points from the covid notes on clotting and related to this article and your comments V10 drive.internxt.com/c233150fa58dbd009363 It is clear that CD147 which also drives NLRP3 inflammation is overexpressed in a variety of cancers and is also widely expressed and diversely functional during developmental processes, inflammation, atherosclerosis, arthritis. CD147 has been implicated in the pathogenesis of a number of diseases, such as asthma-mediated lung inflammation, rheumatoid arthritis, multiple sclerosis, myocardial infarction (heart attack) and ischemic stroke pubmed.ncbi.nlm.nih.gov/24372217 NLRP3 activation is also linked to heart attacks and strokes.

the multi-center CANTOS trial found that heart attacks and strokes could be reduced by giving a drug (canakinumab) that decreases inflammation by targeting the immune cell interleukin-1 beta (increased with NLRP3 activation). www.sciencedaily.com/.../190514104110.htm Neutrophils (which increase with IL-1b after NLRP3 activation) can play an especially pernicious role in the destabilization of plaques. "They bind to the smooth muscle cells that underlie the vessel wall, and are activated. Activation results in the release of chromosomal DNA and its associated histones, which are highly charged and cytotoxic.

Free histones kill nearby cells -- in the case of atherosclerosis, smooth muscle cells," . Histones cause the death of these cells by inducing the formation of pores in their membranes. This allows extracellular fluids to pour into the cells and causes them to burst. Loss of these cells in turn destabilizes plaques, as the latter are no longer supported by underlying smooth muscle cells. Once this happens, the plaque can induce clotting and obstruct blood flow, and may precipitate a heart attack or a stroke www.sciencedaily.com/.../190501131403.htm

Mark as Spam | Posted On 2/13/2022 2:16:56 PM

Like Dislike

Raythe4th

Joined On 7/16/2012 8:10:52 AM

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@Juststeve - Order out of chaos, my friend. Bill Gates is just prepping everyone for his future 'Quantum dot Tattoo' - that he helped finance along with MIT. I personally believe that it qualifies as the Biblical Mark of the Beast. No doubt, they'll introduce it after the next false flag pandemic, or after they've collapsed the world's economies. This mark will serve as both a vaccine, a vaccine passport, a tracking device, medical information device, and your wallet, holding their new digital currency based on block chain technology. It will look like an invisible QR Code which is visible under ultraviolet light thanks to the Luciferase they've included in it.

And yes, all barcodes, even QRCODEs have 6's as placeholders separating the number assigned. (One in the front,middle, and end) I never imagined how people would fall for something prophesied in the Bible so easily, but looking around nowadays, it seems everyone has been dumbed down, mind controlled/hypnotized and frightened into believing many lies. When this mark is rolled out, no doubt many people will line up to get it, as they will perceive it as a solution to all of their problems. Take heed non-believers...the information in this comment may very well sound like foolishness to you right now...but it might just be on your mind once they introduce exactly what I just said is coming. You can read the penalty for all of those people who take it in Revelation 14

Mark as Spam | Posted On 2/13/2022 3:02:28 PM

Like Dislike

ICONOCLAST

Joined On 9/26/2009 5:27:11 AM

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Juststeve. Not Beelzebub Bill, he could be just described as one of the useful idiots of Beelzebub. I think of him and his nefarious tax dodging organisation as "The Ill Bill and Mal Mel Damnation of Nations Foundation". Very charitable of me of course. My generosity is nearly boundless. Maybe I could become a philanthropist?

Mark as Spam | Posted On 2/13/2022 4:31:13 PM

Like Dislike

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lovestosing6

Joined On 8/26/2013 8:44:35 AM

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I might add to look into cayenne pepper. I met such a great man who did end up dying, but I was privileged to see him first - D. Quinn. He wrote the book, "Left for Dead." And even though I was a young adult in this giant hall in Vegas filled with seniors, I enjoyed every moment! And I was so happy to see so many senior citizens on board with health. My age group didn't seem to care about health at the time. Funny how my life has had a steady stream of random events that pushed me to thinking hard about the world around me. I actually walked into a bar in Palm Springs and this man next to me gave me these papers about how it spoke of avoiding pharma in the Bible, and then listed all of the reasons to stay away from anything big pharma - I was blown away - I was barely 24 and hadn't ever thought about that stuff.

But the more I read, the more curious I became. From there I stumbled onto Horowitz and learned about AIDS and then autism when I did my practicum with special needs kids and started talking to parents ... right and left, oh, and the kinesiologists - there were two, AK with Diamond and then when I moved to MI, I actually went to the other one - Dr. Goodheart, who had a different take on AK. I'm just amazed at the journey I've been afforded. Even down to the laughing doctors who didn't want to admit my daughter had a vaccine reaction.

It was so obvious - and then to insist I bring her back for her next set of shots, EVEN if she was 'still sick' - those men were SICK! I never went back, and never got her another set of shots - because my doctor identified her seizing during my apt. and felt her lymph - it was bulged out, he said she can't detox the ingredients in the vaccines. If you vaccinated her again, she WILL be autistic. He warned of milk also, that she would probably have a hard time with earaches ... so I took out milk. None of my kids were raised with it - I have a daughter who is 6'1 and a son who is 6'5" and 3 more healthy hoodlums. Blessed!

Reply | Mark as Spam | Posted On 2/13/2022 6:38:45 AM

Like Dislike

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juststeve

Joined On 1/5/2012 11:13:54 AM

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It's horrible how parents are left feeling like incompetent boobs when they are told not to believe what their "lying eyes" have plainly seen. It's one thing when perhaps it's after all its just one unfortunate incident, but when as time goes on, you find you are not the only one. Then you may find there are a frightening number of others in the same boat. And they've all been told the same thing. Right from the start of Kennedy's book the obscene explosion of many diseases over the decades proves we are not incompetent boobs. Most unfortunate, this expands out and beyond what Kennedy talks about, because his focus is on our children, and as this article's information is just one of many to most likely affect us all as adults.

Mark as Spam | Posted On 2/13/2022 6:51:42 AM

Like Dislike

Guillermou

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

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Yes, Tracy and Just, much can be done through Natural Medicine for cardiovascular health. The lymphatic vasculature, which accompanies the blood vasculature in most organs, is essential in maintaining tissue fluid homeostasis, immune cell trafficking, and the uptake and transport of nutrient lipids, as well as in reverse transport. of cholesterol. In this review, we discuss the physiological role of the lymphatic system in the heart in maintaining cardiac health and describe alterations in lymphatic structure and function that occur in cardiovascular pathology, including atherosclerosis and myocardial infarction. www.nature.com/.../s41569-018-0087-8 (2019)

The heart contains a complex network of blood and lymphatic vessels. Coronary blood vessels provide oxygen and nutrients to heart tissue and have been the main focus of research for the last few decades. Cardiac lymphatic vessels, consisting of lymphatic capillaries and collecting lymphatic vessels covering all layers of the heart, transport excess fluid from the interstitium and play an important role in maintaining fluid balance in the tissues. A growing body of evidence indicates that cardiac lymphatic vessels may serve as a therapeutic cardiovascular target. www.ncbi.nlm.nih.gov/.../PMC6820817 (2019)

Mark as Spam | Posted On 2/13/2022 7:38:15 AM

Like Dislike

Guillermou

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

Add as Friend | Send Message

Lymphatic massage helps strengthen your cardiovascular system and improve its functioning. The lymphatic system is responsible for carrying cellular waste to the blood, then directs it to the excretory system for its proper expulsion, when this system cannot filter or clean Edema appears in certain areas of the body, which are particles that accumulate and stagnate in a certain place. Manual lymphatic drainage is a type of massage therapy technique in which the functioning of the circulatory system of the lymph is promoted, it consists of continuously applying massages in specialized areas and in a very tenuous way, the main function of this The practice is to improve the automatic contraction of the lymphatic vessels, eliminating all those residues and compounds that originate from poor lymph circulation and that remain stagnant somewhere in the body.

Mark as Spam | Posted On 2/13/2022 7:38:28 AM

Like Dislike

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davidle

Joined On 5/7/2011 7:38:57 AM

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Four most dangerous words, "You are the doctor."

Mark as Spam | Posted On 2/13/2022 8:32:23 AM

Like Dislike

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lovestosing6

Joined On 8/26/2013 8:44:35 AM

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Yes juststeve - you ain't just whistlin' Dixie! The rate of autism cases up near Port Huron, MI and then down in SE Michigan - I was pretty blown away by what I was seeing with injuries to children off vaccines. As a Cali girl, I never saw what I was seeing in MI. I know it's there - but I was wondering if they were experimenting on Michiganders. Juvenile diabetes was a real up and comer around the early to mid 2000's (in my circle) - and that's when I found out from Mary Toco's organization that the DPT lands in the pancreas. I ended up at a Whole Foods talking to two doctors who were discussing the increase at the table next to me. It was another 'beware of' I had to respect and took all sugar out (I did use small amounts and always made sure the chromium content was high enough) - my poor kids though. I was back to being that fish against the steam. LOL! The holidays were hell on me. All our holidays are wrapped around tanking our children's immune systems. Blah

Mark as Spam | Posted On 2/13/2022 8:38:43 AM

Like Dislike

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lovestosing6

Joined On 8/26/2013 8:44:35 AM

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Thanks Gui! I forgot about lymphatic massage and dry brushing! I know different countries around the world do fasting and parasite cleanses - we're pretty behind the times in the US, along with still fluoridating the water (causes weak bones, right? ugh)... I wonder when we became the US of Guinea Pigs? Let's try this! Ugh! It's almost like everything we know is wrong. Can't anything be easy?

Mark as Spam | Posted On 2/13/2022 8:44:45 AM

Like Dislike

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nothingsound

Joined On 8/12/2018 9:47:47 AM

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There are times I wish I had more medical training....but there's two health events that have occurred since the low cholesterol diet started. One is the rise in dementia. I cannot remember growing up so many older people having dementia. There were very few nursing homes as most of the elderly I knew stayed in their home taking care of themselves with may be some help till they passed. Then suddenly there's this huge spike and now there's a mental care unit for those with dementia almost as plenty as gas stations. When I learned that 30 percent or more of cholesterol resides in the brain....does one truly need a medical degree to see the correlation? People are told to lower their cholesterol, take medication for lowering....I believe with my almost no understanding of the medical that lowering the cholesterol and the medication is the root cause of dementia; the two simply dove tail.

As almost everyone went cholesterol low or free diets; eggs or the egg yolk became a casualty of one's diet. People ate the white but not the yolk. For eons having two eggs for breakfast was the staple for most people. How do you like your eggs this morning? In eggs is the little known nutrient for most; choline. What does choline do? Well, from what I have read it protects the breast from cancer and protects receptors in the brain.....another correlation that so many ignore.

We do not manufacture choline our main source was the eggs we ate. I've been speaking on choline for years, which has landed on deaf ears. But now knowing about the brain and cholesterol.....we are poisoning people into dementia and breast cancer. And there's one other key even that happened as the cholesterol free craze began.....the rise of the fast food restaurant....what a contradiction. Don't eat cholesterol....but now have addicted fast food consumers....bad oils but the refined sugar!!!!! So let's adopt the French diet! Why not? Cook at home....use good oils and eat those eggs!

Reply | Mark as Spam | Posted On 2/13/2022 6:39:12 AM

Like Dislike

Dawnsongjoy

Joined On 8/14/2021 7:29:41 AM

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Love these thoughts. Need a randomized controlled trial feeding people eggs and others a placebo or something. Diet and nutrition is notoriously complex but I agree it can be easy to connect the dots when you zoom out like this.

Mark as Spam | Posted On 2/13/2022 7:37:34 AM

Like Dislike

Guillermou

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

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In a review of all the available literature, a devastating conclusion was reached: LDL cholesterol in the blood is not the cause of cardiovascular diseases. - The hypothesis that high TC or LDL-C causes atherosclerosis and CVD has been shown to be false by numerous observations and experiments. - The fact that high LDL-C is beneficial in terms of overall lifespan has been ignored by researchers who support the lipid hypothesis. - The assertion that statin treatment is beneficial has been kept alive by individuals who have ignored the results from trials with negative outcomes and by using deceptive statistics. - That statin treatment has many serious side effects has been minimized by individuals who have used a misleading trial design and have ignored reports from independent researchers.

- That high LDL-C is the cause of CVD in FH is questionable because LDL-C does not differ between untreated FH individuals with and without CVD. - Millions of people all over the world, including many with no history of heart disease, are taking statins, and PCSK-9 inhibitors to lower LDL-C further are now being promoted, despite unknown benefits and serious side effects. We suggest that clinicians should abandon the use of statins and PCSK-9 inhibitors and instead identify and target the actual causes of CVD. www.tandfonline.com/.../17512433.2018.1519391 (2018)..

Mark as Spam | Posted On 2/13/2022 8:13:48 AM

Like Dislike

Julie Dior

Joined On 1/5/2008 1:00:17 PM

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So why do the French have less heart disease? They smoke and, here in Paris where I live, there is less sunlight than in Toronto (it's much like London). They now eat as much junk food (and therefore bad seed oils) as in the USA and also take as much aspirin, acetaminophens, etc. I missed the explanation.

Reply | Mark as Spam | Posted On 2/13/2022 1:45:12 AM

Like Dislike

Guillermou

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

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A diet rich in polyphenols and antioxidants prevent inflammation and cholesterol oxidation. In a study between the population of Belfast with Toulouse it was reported that although the Northern Irish ate the same amount of fat as the French, they had five times more cardiovascular diseases. The French ate much more cheese and vegetables. The Northern Irish ate much more refined carbohydrates. Fermented dairy products such as yogurt, kefir, and cheese can have a positive effect. Fermented foods are rich in K2 that protect the arterial wall.

Cheese has a high level of consumption, since 96% of French people between 2 and 75 years old consume it in the course of a week and, of these, 47% do so every day. It is the most consumed dairy product, ahead of yogurt, and, in addition to being more pronounced by males, it increases regularly with age. 89% of the acts of consumption take place at the end of the two large meals and, on the other hand, it is linked to the home in 82% of the acts, while only 18%, although increasing, is carried out out of home. See also my reply to Tionic.

Mark as Spam | Posted On 2/13/2022 3:25:20 AM

Like Dislike

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lovestosing6

Joined On 8/26/2013 8:44:35 AM

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You know, my first thought questioned wine. But we drink wine here. Then I thought about GMOs. I remember doing a study of Japan and why, for all the smoking, did they have the lowest rate of lung cancer? (at the time) ... But back to GMOs and France is it possible the banning of GMOs plays a role? Our food and pollution in the US is ridiculous. It's a mine field and there still aren't enough healthy places to buy food. I think I need to get back to understanding how to garden. Everything is so much better when you grow it yourself :) ... as for France - I wonder if there will be a significant change as obesity rates go up? It's never one thing that causes it, but habits that destroy it would be interesting to find.

Also - our dairy products (which Guillermo has pointed out to me) are from the wrong type of cow. I think it was the China Study where he took out white gunk blocking the veins to the heart - what we do with milk and friends is weird here. From using the wrong cows to rBST and Monsanto's thugs insisting farmers say it wasn't causing any problems when CLEARLY it was. It would be interesting to dig deeper :) here. Maybe it begins with children and the fact you don't feed them pure crap in schools like we do here.

Mark as Spam | Posted On 2/13/2022 7:21:35 AM

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Guillermou

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

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Yes, Tracy, it has been suggested that A2 milk provides levels of protection to consumers from autism in children, as well as schizophrenia, diabetes, and heart disease.. Milk contains many types of protein. The ratio of various proteins can be quite different in the milk of different breeds of cows and in the milk of other animals. Of the six main types of protein in cow's milk, four are casein proteins and the other two are whey proteins. Caseins generally make up about 80% of the protein in cow's milk. One of the main caseins is beta-casein. There are different types of beta casein, but the most common are A1 beta casein (milk high in this type is known as A1 milk) and A2 beta casein (milk high in this type is known as A2 milk) . Certain breeds of cows, such as Friesians, produce mostly A1 milk, while other breeds, such as Guernseys, as well as sheep and goats, produce mostly A2 milk. Milk produced in Australia and New Zealand is normally a mixture of A1 and A2 milks.

Mark as Spam | Posted On 2/13/2022 10:37:45 AM

Like Dislike

Den6328

Joined On 6/19/2013 10:19:26 PM

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The French have “fewer” heart attacks because of their reporting system. In order to be registered as having died from a heart attack in France, first you must have a heart attack and survive. Then you must have a second heart attack. If you then die, you are registered as having died from a heart attack. However, 50% of all people die from their first heart attack. So, you see, there it is

Mark as Spam | Posted On 2/13/2022 12:55:53 PM

Like Dislike

axkershaw

Joined On 7/8/2013 3:01:14 PM

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Julie: Well fermented cheese from raw milk, Gruyere. A national health plan that is considered the best by many. Very low level of military spending compared to GDP. Before WWII Japan was 42nd in longevity. Their new constitution written by New Deal lawyers with help prohibited military, mandated a national health plan and limited corporate executive pay to no more than 10 times the average worker. An exec wants more he has to pay his workers more. Creates community reduces stress. This from a talk by an epidemiologist from U. Washington. He could not believe the correlations he was seeing. How can no military be more influential on longevity than diet and life style? Japanese men smoke at twice the rate as USans and live longer.

The country with the largest military spending also has the shortest life span among "developed" countries by far. Related to Dr Kendrick's emphasis on stress, the constant drum beat of fear of Russians, terrorists, Islam, Covid and now Russians again that are determined to kill us, has taken 4 years off our lives. When the idea of a low fat diet was pushed in the 80s, I went to the World Almanac. Right below Japan by a month was Switzerland. Then San Marino and Andorra. All mountain dairy cultures that did not pasteurize their products. So much for the low fat theory.. The same process was used to determine the safety of coconut oil.

Thailand is not the heart attack capital of the world. In the 80s the only place I could find it was in the cosmetics section of health food stores labeled for hair and skin, not the cooking oil section. When Hostess Cupcakes and Twinkies were invented, they were baked using coconut oil or tallow. Much better than today's. Whenever there is something new, I look to find real world examples and go from there. People and animals have been living in the world for millions of years with a wide variety of diets and strategies. Merck will never be able to catchup to honey bees in formulating antibiotics.

Mark as Spam | Posted On 2/13/2022 1:52:26 PM

Like Dislike

Cabochon

Joined On 10/7/2018 12:45:48 PM

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While the French may once have defied the concocted story about high saturated fat diets, cholesterol and cardiovascular disease as a marketing tool for statins, the situation is changing: the increase in ultraprocesssed food consumption in France (and worldwide) points to an association between the proportion of processed food in the diet and higher mortality from metabolic syndrome and cardiovascular disease. Eating real food rather than fake food was the answer to your question, Julie but no longer. pubmed.ncbi.nlm.nih.gov/30742202

Mark as Spam | Posted On 2/27/2022 2:21:37 AM

Like Dislike

meehan2661

Joined On 1/12/2011 10:08:58 AM

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I was just reading about chondroitin sulfate as I am coming full circle after being on statins for 14 years to age 52. That was nine years ago. My first CAC scan revealed plaque was significant. (2015) knowledgeofhealth.com/forgotten-cure-prevents-mortal-heart-attacks/ Starting using IP6 a few years ago--good results with ferritin levels and decreased plaque. Adapted all good habits talked about on this forum. Definitely going to add in the chondroitin. Thank you Dr. Mercola and the community!

Reply | Mark as Spam | Posted On 2/13/2022 7:05:17 AM

Like Dislike

Guillermou

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

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A growing number of research groups support the notion that ferritin may serve as a suitable biomarker for predicting and even diagnosing many chronic diseases, including cardiovascular disease, diabetes, and various forms of cancer. www.atherosclerosis-journal.com/.../S0021-9150 (18)31435-7/pdf (2018) Hyperferritinemia is associated with ox LDL, considered one of the main cardiovascular risk factors, which allows us to suggest that an increase in SF could contribute to the progression of prediabetes, prior to the onset of diabetes.

To reduce ferritin, it is necessary to reduce iron intake or avoid its absorption or use chelators. Green tea, fiber, exercise, calcium, zinc, manganese, curcumin, anthocyanins, and other substances reported in these links reduce iron absorption. Donating blood is an excellent procedure. An ideal ferritin level for non-menstruating women and adult men would be between 30 and 60 ng/mL www.sciencedirect.com/.../S2405844021008239 (2021)

Mark as Spam | Posted On 2/13/2022 10:22:41 AM

Like Dislike

Guillermou

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

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MAGNESIUM AND POLYPHENOLS. It is important to take vitamin D with K2, and magnesium to achieve true vitamin D activation. Meta-analysis has reported that high Mg intake is associated with a lower risk of major cardiovascular risk factors: metabolic syndrome, diabetes and hypertension. pdfs.semanticscholar.org/ac00/0b92ce628e5649554cbc175d2d3540304e5b.pdf (2018) Low serum magnesium (Mg) is a predictor of cardiovascular and all-cause mortality, and treatment of Mg deficiency may help prevent cardiovascular disease.

In this review, we report possible mechanisms by which Mg deficiency plays a deleterious role in cardiovascular disease and review the results of clinical trials of Mg supplementation for heart failure, arrhythmias, and other cardiovascular diseases. www.mdpi.com/.../htm (2021) Higher intakes of potassium and magnesium, but not less sodium, reduce cardiovascular risk in the Framingham Offspring Study www.mdpi.com/.../htm (2021) This meta-analysis indicated that co-supplementation with magnesium and vitamin E resulted in a significant decrease in CVD, Insulin, HOMA-IR, TG, LDL-C. No significant effects were seen on body weight, BMI, and HDL.

www.sciencedirect.com/.../S2405457720310755 (2021) This research shows that the combination of Mg with selected polyphenols quercetin, curcumin, resveratrol is more effective than when used separately. The findings also suggest that the combination has a synergistic effect in inhibiting CV, which is a risk factor for cardiovascular disease. Therefore, regular consumption of these natural bioactives could have a beneficial effect in reducing the development of heart disease. www.hindawi.com/.../6686597 (2021)

Mark as Spam | Posted On 2/13/2022 10:23:20 AM

Like Dislike

Guillermou

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

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VITAMIN D. Vitamin D has several cardiovascular effects by activating its nuclear receptor in cardiomyocytes and vascular endothelial cells and by regulating the renin-angiotensin-aldosterone system, adiposity, energy expenditure, and pancreatic cell activity. . Vitamin D deficiency is associated with the formation of atheromas. 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 may also be involved. Vitamin D receptors are expressed in a variety of tissues, including cardiomyocytes, vascular smooth muscle cells, and endothelial cells.

Additionally, vitamin D has been shown to affect cell inflammation, proliferation, and differentiation. www.sciencedirect.com/.../S0167527316345417 (2017) | www.onlinejacc.org/.../89 (2017) | www.hjatherosclerosis.com/.../190 (2018) | www.sciencedirect.com/science/article/abs/pii/S0960076016303636 (2018) | www.ingentaconnect.com/content/ben/cvp/2021/00000019/00000003/art00004 (2021)

Mark as Spam | Posted On 2/13/2022 10:41:11 AM

Like Dislike

Raythe4th

Joined On 7/16/2012 8:10:52 AM

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The French are probably also eating unpasteurized dairy products, which is not to be overlooked. I cured myself of Crohn's disease many years ago by drinking raw 🐄🥛...when you cook the milk, you kill the good bacteria and enzymes in the milk. As far as heart disease is concerned, I've heard that it is really just scurvy and we all know Vitamin C takes care of that. Perhaps juicing a lemon daily would resolve that issue?

Reply | Mark as Spam | Posted On 2/13/2022 4:28:26 AM

Like Dislike

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juststeve

Joined On 1/5/2012 11:13:54 AM

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Yes, on all counts. Germ theory has its place in an operating room where they are mucking about your insides, or hospital settings, places like that in general. The microbiome is mostly a problem for the Processed Food Industry who hides behind a shield of sanitation because they cannot produce their junk without disastrous liability problems. Raw milk is a perfect example. Mass produced milk cannot be consumed without milder toxic remedies & those ill affects show up down the road. A generally healthy food becomes an empty food. Yet those who produce healthy food at the local level are punished, pushed out of the "free market competition" by being forced to comply with big ag sub standards.

A reminder for those who have not engaged in healthy raw foods with our symbiotic microbes. Start as small as teaspoon until the body builds up enough of the same to digest properly. The same applies for real yogurt, kefir, kim chi and other fermented foods. You can find yourself in a restroom 'crisis' & get the wrong impression as to what is actually going on. Too much to fast can clean your GI system out a lot quicker than may be convenient for you.

Mark as Spam | Posted On 2/13/2022 5:39:59 AM

Like Dislike

Guillermou

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

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The French eat much more cheese and vegetables. The Northern Irish ate much more refined carbohydrates. Fermented dairy products such as yogurt, kefir and cheese can have a positive effect on the gut microbiome and anti-inflammatory. Fermented foods are rich in K2 that protect the arterial wall. Cheese has a high level of consumption, since 96% of French people between 2 and 75 years old consume it in the course of a week and, of these, 47% do so every day. It is the most consumed dairy product, ahead of yogurt, and, in addition to being more pronounced by males, it increases regularly with age. 89% of the acts of consumption take place at the end of the two large meals and, on the other hand, it is linked to the home in 82% of the acts, while only 18%, although increasing, is carried out out of home. See also my reply to Tionic.

Mark as Spam | Posted On 2/13/2022 6:23:33 AM

Like Dislike

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nothingsound

Joined On 8/12/2018 9:47:47 AM

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Been drinking raw milk for two years now. When I drink regular milk, yuck can I taste the difference.

Mark as Spam | Posted On 2/13/2022 6:47:11 AM

Like Dislike

Julie Dior

Joined On 1/5/2008 1:00:17 PM

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The French passed a law many years back now that all dairy products MUST be pasteurized. For centuries people ate unpasteurized without any negative health effects and yet one bacterial outbreak caused by pasteurized Camembert cheese, quite illogically, led to the law that all dairy must be pasteurized. Crazy. You can only buy unpasteurized in health food stores - which most people don't go to.

Mark as Spam | Posted On 2/13/2022 2:34:54 PM

Like Dislike

Ringer2

Joined On 8/30/2011 7:33:48 AM

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Lemons, especially Meyer lemons, are presently my only plant-based food. A few lemons don't have enough ascorbic acid for optimum health. To prevent capillary fragility, with symptoms including, for example, nosebleeds and easy bruising, I need supplemental ascorbic acid, like a couple of heaping teaspoonfuls dissolved in RO water with contents of 3 of Dr. mercola's magnesium threonate capsules, with one or two or sometimes 3 of his H2 (hydrogen) tablets. Breathing in the hydrogen escaping from the water's surface while the H2 tablet(s) dissolve is helpful to prevent congestion. After consumption, immediate neutralization of all that acid is necessary.

Immediate flossing and brushing is also necessary. Tooth enamel is not inert. Regarding the French, please consider the following info. Commenter DEN6328, earlier in this thread, Posted On 2/13/2022 12:55:53 PM, posted a comment as follows: "The French have “fewer” heart attacks because of their reporting system. In order to be registered as having died from a heart attack in France, first you must have a heart attack and survive. Then you must have a second heart attack. If you then die, you are registered as having died from a heart attack. However, 50% of all people die from their first heart attack.

So, you see, there it is." It's true that some French cheeses are traditionally made from raw milk. Some American cheeses are also made from raw milk. However, most cheeses these days are made from pasteurized milk, and most cows these days are fed junk such as GMO soy and grain and GMO sugar beet pulp, in feed lot and barn conditions, in spite of the idyllic pictures of cows grazing in sunny green pastures. If you ever find truly certified organic and certified Real Organic Project (doubly certified) milk on 100% pasture, then you may have found milk or cheese worth buying!

Mark as Spam | Posted On 2/13/2022 4:31:16 PM

Like Dislike

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fundamentalassumptions

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

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My dad was a truckdriver who grew up on a farm. We lived next to my maternal grandparents who had 30-some acres, part of an older farmstead w/ a bank-barn& all. Grampa had grown up on a farm, too. We always gardened, ran the woods, the meadows, dammed up the creeks as children. There was an orchard, good-sized vineyard, rose-hip hedge, quince. I remember the convenience of a ready-snack to eat off tree& vine after autumn walks or chores. It was the life,& we were too dumb to appreciate it! Took it all for granted. It was before the uptown druggies started coming into our rural areas to party so that our liberty to roam was abruptly curtailed. B4 locals got involved.

He used to raise hogs once in awhile, smoke hams& such,but I never really participated in any of that,being pretty young at the time. Dad took up raising beef,& always kept a milk-er during my formative years. Holstein was what fulltime farmers were raising, but Dad would also look for a Guernsey, or at least a Guernsey-Holstein mix, because the milk was richer, w/ lots of cream. We didn't know about A-1& A-2 or any of that. But Dad knew how to butcher, too,& we learned our anatomy hand's on: the way a lot of kids in hunting families do. He'd shoot &hoist it up right there on the main-beam of the bank-barn in early spring while it was still cool,& we'd butcher, then a local farmer w/ a meat cooler would age it,& we paid a minimal cutting fee, providing most of the labor& wrap etc.

They used to have freezer lockers you could rent,& then later we had our own big freezers. Dad believed in ferments& 'eating nose to tail' before it was cool or called that! We just thought it was a lot of work& not 'cool': while secretly pitying those town kids who were so boring, uppity, & didn't know anything about anything real. From the brains to pickled tongue, stuffed heart& of course, liver, to the oxtail for soup, tho to my memory he didn't utilize the spleen& kidneys. Might have set that aside for the meat pudding.

Mark as Spam | Posted On 2/13/2022 6:06:39 PM

Like Dislike

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chiamiller

Joined On 6/19/2006 2:56:06 PM

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I now put one WHOLE lemon in my morning smoothie. ALL of it.. no waste. ;-) The blueberries and other additions mask the bitterness.

Mark as Spam | Posted On 2/27/2022 3:22:46 PM

Like Dislike

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mrrobb

Joined On 6/15/2011 2:41:18 PM

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RF/EMF has had a negative effect on the heart .known for years....but 'put on the back burner.....until other 'More Important Issues' ,like 'Jimmie Hot lunch program' moved the RF/EMF killing people was 'forgotten' More of the government thru the aid of the 'News Medias" gaslighting * ' the populations... Yeah the old Gaslighting scam.....again..and It's very well-used, but it works...and has worked for hundreds of years...along with BIG LIES...Gaslighting >>>

visionlaunch.com/what-is-gaslighting-and-how-does-the-media-use-it-to-.. << Gaslighting is >>>

www.verywellmind.com/is-someone-gaslighting-you-4147470 << Gaslighting is a form of manipulation that often occurs in abusive relationships.

It is a covert type of emotional abuse where the bully or abuser misleads the target, creating a false narrative and making them question their judgments and reality.1 Ultimately, the victim of gaslighting starts to feel unsure about their perceptions of the world and even wonder if they are losing their sanity. Gaslighting is a technique that undermines a person's perception of reality. When someone is gaslighting you, you may second-guess yourself, your memories, recent events, and your perceptions.

After communicating with the person gaslighting you, you may be left feeling dazed and wondering if there is something wrong with you. You may be encouraged to think you are actually to blame for something or that you're just being too sensitive.1 Gaslighting can confuse you and cause you to question your judgment, memory, self-worth, and overall mental health. It may help to know more about the tactics a person who is gaslighting you might use.People who engage in gaslighting are often habitual and pathological liars and frequently exhibit narcissistic tendencies. It is typical for them to blatantly lie and never back down or change their

Reply | Mark as Spam | Posted On 2/13/2022 3:24:57 AM

Like Dislike

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mrrobb

Joined On 6/15/2011 2:41:18 PM

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change their stories, even when you call them out or provide proof of their deception. They may say something like: "You're making things up," "That never happened," or "You're crazy."2 Lying and distortion are the cornerstones of gaslighting behavior. Even when you know they are not telling the truth, they can be very convincing. In the end, you start to second-guess yourself..... www.verywellmind.com/is-someone-gaslighting-you-4147470

people have been 'raking each other over the coals' since time...LOL...ya just gotta learn which one is the worst..ROFLMAO..... Now Trudour is such a clown...screwing a HS Student while teacher at a private k-12 school in Vancouver.... and before that his roomate was doing child porn .....and busted.....Hummm...lots of 'unusual occurrences' when Justin (Ruz) Trudour was around.....I wonder how many times he was a guest at Epstein's Island? ...

Mark as Spam | Posted On 2/13/2022 3:41:30 AM

Like Dislike

Guillermou

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

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Yes mrrobb. The serious dangers of EMF, and that the worst with the 5G network of T-Mobile. The preponderance of peer-reviewed research, more than 500 studies, has found harmful biological or health effects from exposure to magnetic fields. http://www.bioinitiative.org/ | bioinitiative.org/table-of-contents | bioinitiative.org/media | bioinitiative.org/research-summaries (2019) More than 240 scientists experts in the effects of non-ionizing radiation have published more than 2,000 articles and letters on EMF in professional journals, on the biological and health effects of non-ionizing electromagnetic fields (EMF) signed the International Appeal, that demands stronger exposure limits.

The appeal makes the following statements: As of February 14, 2020, 273 scientists and medical doctors have signed the appeal. The 5G Appeal is still open for endorsement for scientists (PhD, professor) or medical doctors (MD. Please contact

professor em. Rainer Nyberg or ass. professor Lennart Hardell. http://www.5gappeal.eu/about/ "Numerous recent scientific publications have shown that EMF affects living organisms at levels well below most international and national guidelines. The effects include an increased risk of cancer, cellular stress, increased harmful free radicals, cardiovascular genetic damage, structural and functional changes of the reproductive system, learning and memory deficits, neurological disorders and negative impacts on general well-being in humans.

The damage goes far beyond the human race, as there is growing evidence of harmful effects on plant and animal life. " Faced with this serious danger, let's implement the advice of Dr. Mercola, among which is the nrf2 Diet. DIET NRF2, offers an opportunity to improve the Nrf2 gene, naturally www.mygenefood.com/activating-nrf2-pathway-nutrition-need-know | www.vital-reaction.com/blogs/news/nrf2-explained-in-human-terms | transcendingsquare.com/.../nrf2-promoting-foods

Mark as Spam | Posted On 2/13/2022 5:57:39 AM

Like Dislike

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nothingsound

Joined On 8/12/2018 9:47:47 AM

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I just read an article published by CHD regarding a school district has brought suit to tear down a 5G tower close to one of their schools for as soon as the tower went up children began to get seriously ill. Apologies couldn't find the article for a link.

Mark as Spam | Posted On 2/13/2022 6:44:01 AM

Like Dislike

MaxDuncan

Joined On 8/15/2021 9:23:21 AM

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You may find this very interesting: Something strange is happening in America! https://youtu.be/lyGsMDtevi0 It may be related to this: www.cio.gov/assets/files/Framework-to-Conduct-5G-Testing-508.pdf

Mark as Spam | Posted On 2/13/2022 8:13:17 AM

Like Dislike

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mrrobb

Joined On 6/15/2011 2:41:18 PM

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Accomplishments The scientific basis, technical feasibility, and ec onomic potential of directed energy millimeter- wave (MMW) rock drilling at frequencies of 30 to 300 GHz has been investigated as a new approach to access Earth's internal energy resources. Directed energy drilling would overcome the limitations of rotary drilling at great depths or high temperatures. Thermodynamic energy requirements for rock vaporization have been upda ted from first principles and compared to past experiments with lasers. library.psfc.mit.edu/catalog/reports/2000/09rr/09rr011/09rr011_full.pd..

MMW Gyrotrons Gyrotron technology has been developed as part of an international research effort to develop fusion energy [10]. These MMW sources are a subc lass of free electron lasers sometimes also referred to as electron cyclotron masers [11]. A high voltage electron beam inside a magnet field causes electrons to gyrate around magnetic field lines to efficiently convert the electron beam energy thorough electron MMW Drilling Concept A MMW deep drilling system has no mechanical moving parts except for the advance of the waveguide. All the drilling, extraction, and vitr ified liner formation is accomplished by the directional energy and concurre nt purge gas flow. Figure 1 shows an elevation cross-section view of the bottom of a borehole with a cylindri cal metallic waveguide as a conduit for the beam energy and purge gas flow. The metallic MMW wa veguidcyclotron resonance into powerful radiation.

Mark as Spam | Posted On 2/13/2022 11:02:29 AM

Like Dislike

mrrobb

Joined On 6/15/2011 2:41:18 PM

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OK.....Now many are aware of the dangers of 5G and 6G is 100% nastier but you might also be knowledgeable if "Directed Energy" which includes Directed Energy Weapons .....and I feel these mysterious booms and ground shaking is from a form of 'Directed Energy' in one form or another,,,,,Now understand the exteam power of Directed Energy.....as it can vapourize rock....concrete building..square blocks of building and houses....I mean not just destroy.I mean VAPOURIZE them....and I seriously believe that Directed Energy was used to vapourize concrete and structural supports at 911.... Research more >>> www.rumormillnews.com/.../archive2.cgi Video : Directed Microwave Energy Weapons Destroy Liverpool Parking Garage - Concrete Vaporized - Autos Exploding Like Popcorn> somehow this was "removed"

themillenniumreport.com/2018/12/confirmed-directed-energy-weapons-have.. <<< CONFIRMED – DIRECTED ENERGY WEAPONS HAVE THE ABILITY TO START WILDFIRES AND IGNITE/VAPORIZE CITIES! Interesting how 5G frequencies are the nearly same as Directed energy weapons and directed energy vapourizing of rock in nw drilling machines.....Hum....how long before we are just vapourized???

Mark as Spam | Posted On 2/13/2022 11:10:16 AM

Like Dislike

versatile

Joined On 10/16/2007 4:23:09 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 well defined - and includes many conditions that might not be related to blood clots, like heart valve problems, including infections, problems with the nervous system that drives the heart and muscle problems which might be a result of nutrition or poisons including drugs. When we focus on blood clots as a key cause of heart disease we need to recognize that every cause has a cause, and that cause to has a cause. In addition, every cause has consequences.

It seems likely that many heart disease and hypertension illnesses revolve around blood clots, but the concept of blood clots being a root cause is simplistic to incorrect. Every root cause has a cause. I think the information in this post - and in Dr. Malcolm Kendrick's book is excellent, but the terminology needs to be updated. What's missing? The basic concepts of cause and cure. When we focus on cure - we notice that "blood clots" are a past cause. We cannot access them to cure. When we focus on cure, we might also notice, as the Dr. comments in his book, that "with hypertension, we have a 'disease' with no known cause, or cure." This is medical chauvinism.

If hypertension were cured - how would we know? Hypertension cured is not defined medically. It is likely that if a diagnosed case of hypertension was actually cured - the medical profession would claim that the diagnosis was wrong, because cures are impossible. Without a theory of cure, we can't begin to understand complex diseases like heart disease, and we can't know if a case has been cured. to your health, tracy

Reply | Mark as Spam | Posted On 2/13/2022 7:03:02 PM

Like Dislike

otis101

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

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Tracy, it would seem to be the infamous "jab" as the cause for some blood clots which are mentioned by some commenters today. The cause for the jab would be many, such as depopulation agenda, greed, elite morons, etc. I will not go into the cause for the depopulation agenda except to say it is a rabbit hole with many directions. btw are you still in Peru? They have some great blueberries.

Mark as Spam | Posted On 2/13/2022 10:41:52 PM

Like Dislike

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grulla

Joined On 1/17/2012 8:03:55 AM

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If blood clotting is a potential problem, then perhaps preventatively donating blood may be helpful, something the blood banks encourage, if eligible. www.redcrossblood.org/donate-blood/dlp/coronavirus--covid-19--and-bloo.. I'm in my mid 70s and I have already been donating WHOLE blood to Red Cross in nearby AZ, or Vitalant (formerly UBS/UBD) in NM, for more than 5 years now, at least 6 times a year, observing the 56 day (8 weeks) rule, and am a registered card holder for both organizations. The blood bank always checks my hemoglobin level, and I keep an eye on my ferritin level (among many other parameters) every 6 months at my bloodwork clinic via my integrative doctors prescriptions that insurance pays for.

www.ihealthtube.com/video/one-thing-can-cut-heart-attack-risk-75 ~~ jeffreydachmd.com/2013/04/donating-blood-prevents-heart-disease/ ~~ www.vitalant.org/.../Donor-Eligibility.aspx ~~ www.redcrossblood.org/donate-blood/how-to-donate/eligibility-requireme.. ~~ www.quora.com/Why-doesnt-a-bag-of-donated-blood-clot

Mark as Spam | Posted On 2/27/2022 10:08:35 AM

Like Dislike

Rod Hays

Joined On 4/12/2007 11:31:06 AM

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Now that I'm 73 years old and haven't been to a doctor for a health checkup 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 | Posted On 2/13/2022 9:22:55 AM

Like Dislike

Julie Dior

Joined On 1/5/2008 1:00:17 PM

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GUILLERMOU, The French USED TO eat a lot of cheese, butter, goose fat, other animal fat, etc., especially in the south of France. I lived in Toulouse for a year and in Nice for 3 months in the 1980s. France has completely changed since that blessed time. I can assure you that the French today do NOT eat lots of healthy fats and vegetables. Their diet is basically American. There still are many cheese shops, even in Paris, but the cheese is made from unhealthy animals. Fortunately there are also many health food stores that sell cheese and unpasteurized butter from healthy animals, goose liver, etc. But the majority of the French do not shop in these stores.

Of course if you are vacationing in France and eat in good restaurants, you may get the impression that this is how the French eat every day. But it is not. If you are vacationing in New York and eat in good restaurants you might also conclude that the American diet is wonderful also. The information on the French in this article is based on old statistics. It should be explained that the TRADITIONAL way of eating in France was very heart-healthy. But then again, if you read Weston Price and Sally Fallon, Americans also used to eat a heart-healthy diet. Best regards.

Reply | Mark as Spam | Posted On 2/13/2022 5:36:37 AM

Like Dislike

Guillermou

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

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Thank you Julie Dior, there are many factors to consider. A healthy Mediterranean diet rich in polyphenols, fiber and fish has good effects on cardiovascular health According to a report published by the International Dairy Federation, France consumed the most cheese per capita with 57 pounds of cheese per person in 2013, compared to China, which is one of the five lowest consumers. Ideally, of course, unpasteurized fermented and grass-fed foods should be the majority, but unfortunately, as you say, it happens in few settings. www.adpi.org/News/News/TabId/74/ArtMID/1672/ArticleID/2821/Top-10-Chee.. .

Blue zones know a lot about healthy aging. Studies report that fermentation metabolites present in many fermented foods (eg, SCFAs), as well as phytochemicals, enhance the expression of immune agents such as cytokines (interleukin-IL-6, IL-10, IL -12 and IL-1 β) and immunoglobulins (IgA and IgG), therefore aid in health and longevity. The production of antihypertensive peptides through proteolytic action during fermentation is reported to delay aging by modulating the microflora in the gut, thus enhancing the immune response.

This report looks at the various fermented foods and their impact on health and longevity. link.springer.com/.../978-3-030-83017-5_9 (2021) In this paper, the effects of these phytochemicals (either pure forms or polyphenolic foods) are reviewed and summarized according to the cell signaling pathways affected. Finally, the efficacy of the preventive antiaging action of nutritional interventions based on diets rich in polyphenolic foods, such as the Blue Zone (BZ) diets, is discussed.

Mark as Spam | Posted On 2/13/2022 6:39:11 AM

Like Dislike

Guillermou

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

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For example in Okinawa Island (Japan). Home to the oldest women in the world, these South Pacific islands offer many secrets to longevity. The Okinawan tradition of forming a moai brings confidence to social networks. They meet every day to drink sake and gossip. Okinawans also attribute their longevity to the ancient Confucian mantra said before meals “Hara Hachi Bu”, which reminds them to stop eating when they are 80% full, so they don't overeat. They have a strong sense of purpose in their family. A centenarian described the feeling of holding her great-grandson as “jumping into the sky A mixture of things makes these places so unique.

Genetics can explain up to a 30% change in life expectancy among humans, but that doesn't explain the vast disparity between residents of these five areas compared to the rest of the world. Modifiable factors, such as physical activity, diet, smoking cessation, and midday naps, may represent the "secrets" of long life; These findings propose that the interaction of environmental, behavioral, and clinical characteristics may regulate longevity.

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

Mark as Spam | Posted On 2/13/2022 6:39:40 AM

Like Dislike

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fundamentalassumptions

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

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Who knew coffee clutches, hen and quilting parties were longevity promoting.... lol! That's delight, not sarcasm. Next thing you'll be quoting Proverbs 31!

Mark as Spam | Posted On 2/13/2022 4:32:12 PM

Like Dislike

RichardNoakes

Joined On 5/22/2021 3:40:27 AM

Add as Friend | Send Message

AND vaccines cause blood clots - how convenient

Reply | Mark as Spam | Posted On 2/13/2022 3:52:55 AM

Like Dislike

juststeve

Joined On 1/5/2012 11:13:54 AM

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It's amazing, who would have thought?

Mark as Spam | Posted On 2/13/2022 5:17:32 AM

Like Dislike

Guillermou

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

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In this report, Dr. Mercola exposes the risks of "vaccines" THE MANY WAYS IN WHICH COVID VACCINES MAY HARM YOUR HEALTH www.lewrockwell.com/2021/05/joseph-mercola/the-many-ways-in-which-covi..

Mark as Spam | Posted On 2/13/2022 5:47:33 AM

Like Dislike

Pete.Smith

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

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The clotting factor is also important in aging and many diseases. If our cells cannot renew, we age quicker. Our bodies are constantly remodeling and repairing themselves and replacing the tissues, like our eyeballs only take two days to replace themselves. The gums in our mouth take two weeks. Our throat takes two months. Our lining of our lungs only eight days. That is only possible if the cells get blood to bring nutrients and oxygen and the removal of waste products. To reach all the cells we have tiny blood vessels, called the capillaries, they are a hundred times thinner than a piece of hair.

So for red blood cells to get through the tiny vessels is difficult. The glycocalyx is a hairlike slippery surface, act like teflon, so more red blood cells (oxygen) can squeeze through. Also the movement of the glycocalyx hairs releases Nitric Oxide that opens the capillaries a bit more to get better microcirculation of blood. You can imaging what happen if the capillaries are clogged up with clotting. The tissue cannot renew, cells may die, all kind of diseases. And you feel very tired. You can see that in Covid. People lose all energy. Microclots in the whole body are overlooked in acute and long Covid symptoms.

Prof Resia Pretorius explains it in this interesting article in The Guardian Jan 5, 2022 titled: Could microclots help explain the mystery of long Covid? www.theguardian.com/commentisfree/2022/jan/05/long-covid-research-micr.. . She writes: symptoms noted in long Covid patients show many similarities to those seen in chronic and viral-related illnesses including myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) – another disease that has been dismissed as “psychological” for decades.

Reply | Mark as Spam | Posted On 2/13/2022 3:33:50 AM

Like Dislike

Guillermou

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

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interesting references Pete.Smith. Blood platelets also show greater activity in people with obesity, diabetes and insulin resistance, with higher plasma levels of Von Willebrand factor (VWF), with increased platelet aggregation, which increases cardiovascular risk that also may influence the fact that blood clots often form in lungs with respiratory failure in severe manifestations of COVID-19. onlinelibrary.wiley.com/.../dmrr.3193 (2020) journals.sagepub.com/.../1591019919896940 (2020) Very small clots called microthrombi can also occur in the blood vessels of the lungs. These small clots prevent blood from reaching the air spaces in the lungs, where blood normally gets oxygen.

proteolytic enzymes such as lumbrokinase, nattokinase, and serrapeptase, which act as natural anticoagulants by breaking down the fibrin that forms the blood clot. It is convenient to have a fluid blood with a good diet that will be the best way to avoid blood coagulation. Some foods and other substances that can act as natural blood thinners and help reduce the risk of blood clots include the following link: www.medicalnewstoday.com/.../322384 .

The polyphenol-rich extracts from black chokeberry and grape seeds impair changes in the platelet adhesion and aggregation induced by a model of hyperhomocysteinemia. www.ncbi.nlm.nih.gov/.../22810463 (2013) The grape seed extract, supplied, has antiplatelet and antioxidant properties. www.ncbi.nlm.nih.gov/.../18231940 (2008) The richest known natural source of delphinidins is the maqui berry. they decrease platelet activity and may contribute to the prevention of thrombosis. Delphinidins contribute to improved endothelial function with increased endothelial NO generation, decreased platelet aggregation, and vascular anti-inflammatory effects www.ncbi.nlm.nih.gov/.../25892567 . (2015)

Mark as Spam | Posted On 2/13/2022 5:00:12 AM

Like Dislike

Guillermou

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

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Of the main plants discussed in this review, which have antiplatelet activity, some include saffron, garlic, green tea, St. John's wort, ginger, ginkgo biloba, ginseng, and guavirova. These medicinal herbs have phytochemical components, which are directly related to the antiplatelet activity of the plant, such as flavonoids, curcumins, catechins, terpenoids, polyphenols, and saponins. www.researchgate.net/profile/Brenda_Silva4/publication/310824770_Natur.. (2017) europepmc.org/.../6333939 (2018) This review evaluates the current literature on the relationship between the consumption of onion, garlic, tomato and beetroot, and the activation of platelets in the blood academic.oup.com/.../5316731 (2019) Aged garlic extract suppresses platelet aggregation by changing the functional property of platelets link.springer.com/.../s11418-016-1055-4 (2017) A blend of black elderberry, tricolor violet and calendula relieves atherogenic activities.

EPA and DHA, acts on risk factors for cardiovascular disorders, for example, the oxidative modification of LDL, high concentrations of lipids in plasma and aggregation of platelets in the blood. www.ncbi.nlm.nih.gov/.../25832443 (2015) Natural products most commonly used in the functions of blood platelets and coagulation include garlic, echinacea, ginger, green tea and ginkgo, as well as fish oil, coenzyme Q10, glucosamine. and chondroitin sulfate, gingko and green tea. Table 1 lists dietary supplements with antiplatelet properties. Figure 2 presents the effects of various dietary components, i, and dietary supplements in the treatment of cardiovascular disease. www.ncbi.nlm.nih.gov/.../27388464 (2017)

Mark as Spam | Posted On 2/13/2022 5:00:30 AM

Like Dislike

Guillermou

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

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It is estimated that more than 1.7 billion people (approximately 20% of the world's population) are in the highest risk group for severe COVID-19 due to coexisting cardiovascular and metabolic diseases (mainly diabetes). Many scientific reports highlight the importance of increased recruitment and activity of neutrophils, which can form neutrophil extracellular traps (NETs), which play an important role in the pathogen-fighting mechanism, in the pathogenesis of COVID-19. Excessive NET generation during prolonged periods of inflammation predisposes to undesirable reactions, including thromboembolic complications and damage to surrounding tissues and organs.

Although NETs play a beneficial role in host defense against pathogens, the prolonged inflammation associated with their presence can trigger a cascade of unfavorable reactions. Examples of such reactions are the production of antibodies against host DNA (autoimmunization), damage to surrounding tissue, or the occurrence of atherothrombotic events. Excessive NET generation results in procoagulant properties, and SARS-CoV-2 infection is associated with hypercoagulability, which predisposes to venous thromboembolism. In addition, NETs initiate the extrinsic and contact pathways of blood coagulation, as well as entrap and activate platelets.

The hyperglycemia and hypoxia observed during problematic ventilation in patients with diabetes and SARS-CoV-2 infection promote ROS production, which can cause NLRP3-mediated pyroptosis. Hyperglycemia stimulates neutrophils to release NETs, which can intensify the "cytokine storm" that often leads to systemic inflammatory response syndrome. The determination of NET markers may be useful not only to predict the severity of the course of COVID-19 but also as a prognostic indicator of the "Post-COVID-19 Syndrome". www.mdpi.com/.../htm (2021)

Mark as Spam | Posted On 2/13/2022 5:00:47 AM

Like Dislike

lovestosing6

Joined On 8/26/2013 8:44:35 AM

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www.researchgate.net/publication/325597241_A_Scientific_review_on_clot.. I've always thought about the human body not being that complicated. Which is what I believe Hippocrates wanted for us, but of course, back during Roman times, to retain one's value (and not be killed) they had to create mysticism around the body. I listened to the most fascinating evolution of medicine and the formation of the 'white coats' - the AMA, which had to fight against the absolute success of the Thompsonian medthod of healing - and then eclectic botanical colleges that 'they' let die out. So funny, but also so empowering. I don't want to be a part of a doctor's "practice" - there's already tried and true out there, the human body knows what to do with herbs and nutrition - not pills. And I do believe cayenne pepper is one of those power houses. Hopefully 'they' won't try and remove capsicum from the market too!

Mark as Spam | Posted On 2/13/2022 7:01:14 AM

Like Dislike

MaxDuncan

Joined On 8/15/2021 9:23:21 AM

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I suggest the graphene hydroxide in the jab is the contributing factor here - if you consider that it's like micro razor blades in the blood then the endothelial damage would directly relate to this explanation of clotting.
tapnewswire.com/2021/12/graphene-hydroxide-like-razor-blades-in-the-bl..

Mark as Spam | Posted On 2/13/2022 8:18:47 AM

Like Dislike

fundamentalassumptions
Joined On 4/1/2009 12:17:58 PM
Add as Friend | Send Message

Pete & Gui, thank you for these observations, explanations & information. I was struck by the epithelial repair time of one second Kendrick made. Amazing. I admit that I was thinking reading Pete, though, that if the lining of our lungs replaces every 8 days....how come pneumonia recuperation is so much longer!? Much more involved with the alveoli, I suppose. Long covid exhaustion is no joke. I thought our diet was pretty clean, but with glyphosate, aging & the increased assaults...ramping up these nutrients strengthening the affected area, removing inflammatory processed foods (we just had a discussion over a favorite spaghetti sauce locally produced going 'big', become cloyingly sweet & maybe not such a good choice anymore....

it's not that tough to add the bit of time to make our own & we may have 'undone' the benefit of adding grass-fed meat, additional veggies & herbs), adding bone broths, the anticoagulant nutrients... is not a bad idea, especially coping with pneumonia recovery as my husband is. We're only three-four weeks in but seems so painfully slow, beginning tasks taking kazillion breaks....and compared to my husband, I'm the patient one! Gleaned some useful info & tips in both article & the comments.

Mark as Spam | Posted On 2/13/2022 5:04:17 PM

Like Dislike

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madjackghengis
Joined On 6/28/2021 8:04:46 AM
Add as Friend | Send Message

I've had "multiple sclerosis" since 90, courtesy of an "experimental classified anthrax vaccine" going to the Gulf, and have had 15 years of three different interferons, and 157 monoclonal antibody infusions, monthly, 14 years, and quit those because my neurologist was lying to me about the mask, the jab, and most important, the infusions, refusing to state what would be cause to end them, when 24 infusions is the "median" for the Corporation which produced my "Tysabri" monoclonals. With 157 infusions, I've apparently reached the outer limits, my doctor wouldn't discuss it, refused to state what would be cause to stop, so I walked out last June, and simultaneously ended my "prescription drugs", two opposing anti-depressants, off label for "neuropathic pain", and three others for side effects of the main.

All my major symptoms have regressed, I have a life I've not had since I began "treatment" with interferons, and while I don't know where this goes from here, I'm starting now, where I was thirty years ago, having recovered from paralysis, blindness, all the debilitating symptoms of multiple sclerosis, by pushing my physical body harder, from the start of the disease. All my personal research has shown natural fats are healthy, in reasonable quantities, the "linoleic oils" appear to be the key to problems in sclerosis, and it appears most critical, we maintain a constant strain on our healing, to keep it on target, and most active.

I was given five years to live, in 90-91, but have lived active, mechanic, machinist, tool maker, Marine, and went from running three to five miles a day, to 15 to 20, with full cross training, and have fought off the relapses since. I've considered modern life to reduce our healing ability, and focused on keeping it operational, constantly working as the key to survival.

Reply | Mark as Spam | Posted On 2/27/2022 4:58:29 AM

Like Dislike

CindyLou1
Joined On 3/16/2010 8:30:27 PM
Add as Friend | Send Message

Sunflower seeds should be avoided too, or not? I must say, I do not understand about the linoleic oil. Or is it just an excess of it? Or is it because once pressed it immediately goes rancid. I take a supplement that has GLA with a modest amount of linoleic oil that is supposed to be good for women's menstrual health. Does anyone know about this conundrum?

Reply | Mark as Spam | Posted On 2/13/2022 9:46:20 PM

Like Dislike

stanny1
Joined On 3/14/2009 10:16:37 AM
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Nicotine is a vasoconstrictor, making blood vessels smaller. Smokers usually go impotent earlier than non-smokers. Vitamin E is anti-clotting and makes blood cells "slippier". High-Gamma Vitamin E is the most powerful.

Reply | Mark as Spam | Posted On 2/13/2022 8:01:04 PM

Like Dislike

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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
Add as Friend | Send Message

Try inflammation / oxidative stress as the root cause of heart-artery and all disease. Try scurvy and the lack of bone broths (lysine/proline/glucosamine/chondroitin), other antioxidants.... adding to mis-mal nutrition, inefficient metabolism, toxic burdens and emotional stress. Oxidative stress erodes all cell/tissue structures when system terrain becomes acidic, hypoxic and low-voltage.... RBCs clump and fluids become viscous...Opportunistic pathogens release endotoxins...biochemistry slows or grinds to a halt..... The article is remiss in not promoting appropriate megadosing of Vit C and all other efforts to reduce inflammation..or even defining oxidative stress/inflammation as a low voltage condition while exploring downstream events.

Reply | Mark as Spam | Posted On 2/13/2022 7:43:39 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Good advice Randall. Ischemic heart disease and stroke were the leading causes of death worldwide, killing an estimated 8.9 and 6.2 million people, respectively. Control C-reactive protein, homocysteine, fasting insulin, ferritin, omega 3 index, magnesium, vitamin D and homocysteine in the blood as parameters of inflammation and essential nutrients. High postprandial glucose in healthy and diabetic individuals is also a risk marker for cardiovascular diseases.
jamanetwork.com/journals/jamainternalmedicine/fullarticle/217549 academic.oup.com/.../2843304 (2006)
www.sciencedirect.com/science/article/abs/pii/S1389945721003026 (2021)
www.statista.com/topics/3484/cardiovascular-disease-in-the-us/#dossier.. (2021)

VITAMIN C. 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 arterial walls as a biological form of mortar, which causes atherosclerotic plaque, with a large, sticky substance known as lipoprotein(a) [Lp(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)

Mark as Spam | Posted On 2/13/2022 10:31:41 AM

Like Dislike

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

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 10:32:12 AM

Like Dislike

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forbiddenhealing

Joined On 2/21/2011 9:51:43 AM

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Thanks Gui....Too many complicated studies involving discreet downstream biochemistry muddy the soup and confuse even doctors...I must rely on bedrock redox medicine to cut to the truth..There are so many people locked into pharmaceutical thinking..so many drug and supplement salesmen...and seemingly indelible "official" disinformation on every cheap effective remedy that the average person is distracted from focused actions...Want the truth, try things yourself and when they work you have found truth and can stop digging...and be able to weed-out all the liars and bullshit artists who dominate the American landscape... with certainty.

Mark as Spam | Posted On 2/13/2022 11:32:01 AM

Like Dislike

Tionico

Joined On 7/14/2017 6:05:53 PM

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I would lay some pretty high stkes atsome pretty long odds that the real reeason the current "model" for heart disease and stroke, blamong cholestrol, is because when cholestrol is no longer the monstaer in the shed they can't sell as many of those litle blue pills to "control" your cholestrol. ANy takers? This "model" makes perfest sense. My blood panels are disgustingly (to the docs) normal, and I eat wrll. No blue pillls for me, thanks all the same. Heart always checks out near perfect, too. UNless a drunk drive runs a stoplight, or I'm foolish enough to hang out in some inner city war zone, I fgure I'll stil be here for a while yet.

Reply | Mark as Spam | Posted On 2/13/2022 2:19:20 AM

Like Dislike

Guillermou

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

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Yes, It is the omega 6 fats that oxidize and cause damage to the arterial wall. Unoxidized cholesterol has many health benefits. Saturated fats from grass-fed animal foods, coconut oil are healthy. Chronic inflammation is behind cardiovascular diseases. Known risk factors for cardiovascular disease are in fact highly inflammatory: smoking, sedentary lifestyle, obesity, diabetes and stress, low fiber in the diet, excess refined carbohydrates. Reducing any of them reduces the risk of getting sick.

Mark as Spam | Posted On 2/13/2022 2:44:03 AM

Like Dislike

Guillermou

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

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In a review of all the available literature, a devastating conclusion was reached: LDL cholesterol in the blood is not the cause of cardiovascular diseases. - The hypothesis that high TC or LDL-C causes atherosclerosis and CVD has been shown to be false by numerous observations and experiments. - The fact that high LDL-C is beneficial in terms of overall lifespan has been ignored by researchers who support the lipid hypothesis. - The assertion that statin treatment is beneficial has been kept alive by individuals who have ignored the results from trials with negative outcomes and by using deceptive statistics. - That statin treatment has many serious side effects has been minimized by individuals who have used a misleading trial design and have ignored reports from independent researchers.

- That high LDL-C is the cause of CVD in FH is questionable because LDL-C does not differ between untreated FH individuals with and without CVD. - Millions of people all over the world, including many with no history of heart disease, are taking statins, and PCSK-9 inhibitors to lower LDL-C further are now being promoted, despite unknown benefits and serious side effects. We suggest that clinicians should abandon the use of statins and PCSK-9 inhibitors and instead identify and target the actual causes of CVD. www.tandfonline.com/.../17512433.2018.1519391 (2018)

Mark as Spam | Posted On 2/13/2022 3:09:54 AM

Like Dislike

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lovestosing6

Joined On 8/26/2013 8:44:35 AM

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I really appreciated Dr. Mercola's warnings on O-6 in these fast-food oils. I looked at FF as the enemy now - even though we know it's not great food, for many years I've wondered if the health of the nation would deteriorate as all these FF places were popping up. I still think about what they feed the kids at schools, isn't anyone paying attention? Especially to how children are fed via cafeteria in the rest of the world? It's like we don't care about the kids coming up right now. I blame MEGA schools, turning these kids into numbers. What brilliant mind thought of this? Bring back neighborhood schools, you know? I'm glad to be done homeschooling, but I'm also glad I had the chance to watch my kids grow and to let them think for themselves. Now if I can smack that Wendy's burger out of their hands! Arrg!

Mark as Spam | Posted On 2/13/2022 6:47:16 AM

Like Dislike

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grulla

Joined On 1/17/2012 8:03:55 AM

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Yeah "Gui", ever since we had this ferritin discussion a couple years ago, I had my integrative doctor add the ferritin test to my periodic 6 month bloodwork prescritions, and the results normally show between 30-40 ng/ml. I make a point of eating plenty organ meat such as beef liver or chicken gizzards and hearts.

Mark as Spam | Posted On 2/13/2022 2:16:53 PM

Like Dislike

20thCenturyFox

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

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Simplicity is appealing, and sometimes it turns out to be true. But sometimes it is too simple. Just because he says it, doesn't mean it's so: "If you cut through the plaque and look at it, it almost looks like tree rings. You can see there's been a clot, repair, clot, repair, clot, repair, clock, repair over the years." Sure, if you cut through uncomplicated plaque you will find "tree rings" indicating repeated cycles of injury and repair. But while uncomplicated plaque may be a feature of atherosclerosis, it is not the origin of the the most serious consequences of heart disease: myocardial infarcts and embolisms.

These events generally originate in "atherosclerotic lesions," irregularities in the plaque which have a distinct evolution and architecture which is not characterized simply by cycles of mere "clotting" and repair, or tree rings. On the contrary what develops is a sort of "abscess" in the plaque, containing foam cells, dendritic cells, apolipoproteins, etc--presumably brought there to repair damage--but then covered over by smooth muscle cells and a thick fibrous cap which protrudes into the arterial blood stream. Below the cap, the lesion may remain stable for years. But the isolated cells below the cap die forming a necrotic core.

The fibrous cap may eventually erode from the passage of blood above it until the lesion ruptures spilling large and small particles and unhealthy materials into the arterial flow. Both the cholesterol thesis (which I personally never believed) and the thrombogenic thesis propose that atherosclerosis derives from a repair process gone wrong. But neither is sufficient to explain or propose a solution to what principally goes wrong...the evidently inflammatory process behind the evolution and rupture of atherogenic lesions.

Reply | Mark as Spam | Posted On 2/27/2022 1:14:53 PM

Like Dislike

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my_RNA_DNA

Joined On 4/26/2021 9:21:23 AM

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I really liked the book "The Clot Thickens"...offers ideas well apart from the mainstream medical BS.

Reply | Mark as Spam | Posted On 2/14/2022 2:53:48 PM

Like Dislike

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catsanddogslady

Joined On 2/19/2012 6:00:11 PM

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Thank you Dr Mercola I needed this...if you could have an article on what to do after a heart attack and stents...millions of thanks Irene

Reply | Mark as Spam | Posted On 2/14/2022 11:49:12 AM

Like Dislike

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monjoe1999

Joined On 1/3/2013 3:35:22 AM

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I would like to add Bartonellosis which is a stealth bacteria known to infect endothelial cells.

Reply | Mark as Spam | Posted On 2/14/2022 12:52:30 AM

Like Dislike

MaxDuncan

Joined On 8/15/2021 9:23:21 AM

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6-Year-Old With Vaccine-Induced Myocarditis 'Unable to Walk,
childrenshealthdefense.org/defender/vaers-cdc-child-vaccine-induced-my..

Reply | Mark as Spam | Posted On 2/13/2022 10:15:07 AM

Like Dislike

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grulla

Joined On 1/17/2012 8:03:55 AM

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Y'all may be interested in this 7 min. video by Dr. Jonathan Wright about cholesterol and blood viscosity, as well as donating blood. www.ihealthtube.com/video/one-thing-can-cut-heart-attack-risk-75bn And also corroboration from Dr. Jeffrey Dach, jeffreydachmd.com/2013/04/donating-blood-prevents-heart-disease/

Reply | Mark as Spam | Posted On 2/13/2022 9:47:32 AM

Like Dislike

Guillermou

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

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Thank you Grulla, you are a great blood donor, in addition to reducing viscosity, ferritin is reduced, which is a risk in many diseases. A growing number of research groups support the notion that ferritin may serve as a suitable biomarker for predicting and even diagnosing many chronic diseases, including cardiovascular disease, diabetes, and various forms of cancer. www.atherosclerosis-journal.com/article/S0021-9150%2818%2931435-7/pdf (2018) Hyperferritinemia is associated with ox LDL, considered one of the main cardiovascular risk factors, which allows us to suggest that an increase in SF could contribute to the progression of prediabetes, prior to the onset of diabetes.

To reduce ferritin, it is necessary to reduce iron intake or avoid its absorption or use chelators. Green tea, fiber, exercise, calcium, zinc, manganese, curcumin, anthocyanins, and other substances reported in these links reduce iron absorption. Donating blood is an excellent procedure. An ideal ferritin level for non-menstruating women and adult men would be between 30 and 60 ng/mL www.sciencedirect.com/.../S2405844021008239 (2021) The largest study of blood viscosity ever conducted was part of the Edinburgh Artery Study in the 1990s.

This study looked at 1,592 men and women between the ages of 55 and 74. It showed that the 20% of subjects with the highest blood viscosity readings experienced 55% of major cardiovascular events. In contrast, the 20% of subjects with the lowest blood viscosity experienced only 4% of cardiovascular events. Blood viscosity also seems to explain why heart attacks and strokes are so rare in menstruating women. Younger women generally have lower blood viscosity levels because they lose blood monthly. However, just a few years after menstruation stops, the risk of heart attack and stroke for women is just as high as for men.

Mark as Spam | Posted On 2/13/2022 12:32:08 PM

Like Dislike

Guillermou

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

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It has also been shown to be a major risk factor for diabetes, mental decline, gout, cirrhosis, Raynaud's syndrome, and autoimmune diseases such as rheumatoid arthritis and degenerative eye problems, including macular degeneration and glaucoma, can be attributed to high blood viscosity. The link advises donating blood, taking a supplement of fish oil, hawthorn extract, nattokinase, and vitamin E containing "mixed tocopherols and tocotrienols."healinggourmet.com/reduce-blood-viscosity-reduce-heart-attack-risk/

Hemoglobin and ferritin concentrations are positively associated with blood pressure and risk of hypertension in older adults.

search.informit.org/.../ielapa.616142165411486 (2019) According to this report, increased blood viscosity is detected in COVID-19 patients and could be associated with a thrombohemostatic problem. www.ncbi.nlm.nih.gov/.../PMC8010604 (2021) There is a link between iron and hypercoagulation. The disseminated intravascular coagulation seen in these patients is the presence of a cytokine storm, which occurs due to the release of proinflammatory signaling molecules as a result of increased inflammation due to the depletion of iron stores.

The viral attack can destroy hemoglobin; release the iron content by separating it from heme which produces free radicals that can convert fibrinogen to fibrin and clots. In addition, iron could cause oxidative stress that can subsequently lead to increased erythrocyte viscosity and thrombosis. This review discussed the mechanism involved in iron release and cytokine storm along with the diagnostic importance of ferritin in COVID-19 infection.
www.researchgate.net/profile/Sreekanth-Sivaraman-2/publication/3543738.. (2021)

Mark as Spam | Posted On 2/13/2022 12:32:24 PM

Like Dislike

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fundamentalassumptions
Joined On 4/1/2009 12:17:58 PM
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Gui, I'm not saying your theory doesn't have merit, but I believe the increase to a level equal to men's risk of heart attack & stroke in older non-menstruating women was actually the change in lifestyle & families....and probably related to the Pill & such hormonal suppression & manipulation, as much as to other pharma, vaccine & pollutant impact, & workplace stress & masculine types of fulfillment which women used to be shielded from, and are less constitutionally & physically constructed for. Unpopular but as undeniable as the facts Dr. Kendrick found bewraying the status quo & preferred MYSTERY with its much bigger potential for lucrative mining & social engineering: playing with peoples' lives & being less than forthcoming with all of the facts involved.

That statistic is fairly recent & was a surprise to many because the statistical risk had been so much lower historically & traditionally, & it was thought liberation from the old order & ways would bring greater health & fulfillment to women...not less with much more bitterness, b-ing & moaning! One of those unintended, unforeseen consequences and something we shouldn't even want to be 'equal' in!

Mark as Spam | Posted On 2/13/2022 4:19:43 PM

Like Dislike

Leecheng
Joined On 2/13/2022 8:06:00 AM
Add as Friend | Send Message

I never hear mention of the great Linus Pauling phd (many times over! winner of 2 unshared Nobel prizes and original censored scientist) His final gift to mankind was the Unified Theory of Heart Disease created with Dr Mathias Rath MD PhD. It is worth reflecting on to get focus as to the real cause still applicable during covid. Scurvy of the epithelium is only found in those animals not able to make their own vitamin c. Plaque is created to prevent bleeding out from disrepair of the collagen fibers. Vitamin C repairs collagen bonds and thus the vascular integrity. Supplementing Vitamin C along with Lysine and proline was suggested to remove the plaque. I think this holds true today.

Reply | Mark as Spam | Posted On 2/13/2022 8:29:13 AM

Like Dislike

Julie Dior
Joined On 1/5/2008 1:00:17 PM
Add as Friend | Send Message

GUILLERMOU: Yes, I am aware that there are many factors to consider. My only point was that, contrary to what is said in the article, the French no longer eat a heart-healthy diet. A healthy Mediterranean diet is excellent of course--if you can find unpolluted fish! But thank you anyway for your comments that seem to be more destined to non-readers of Dr Mercola's newsletters.

Reply | Mark as Spam | Posted On 2/13/2022 6:49:47 AM

Like Dislike

Buddhii

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

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"To that I reply, 'Well, you may wish to know that the chemical that is the single most important protective chemical in the body for the cardiovascular system is an incredibly free radical called nitric oxide.'"" Wrong. The most important chemical is CO2 - that is the real most important protective chemical in the body. Not NO which is a pollutant and a pro-oxidant. NO temporarily vasodilates which is good but when it becomes chronic it kills you. You adapt to it and find a workaround when it becomes chronic which is angiogenesis and cancer. This is an example of MD's thinking that more of a good thing is better. It is not. It is deadly. In fact, you might want to read about the nitric oxide theory of aging. pubmed.ncbi.nlm.nih.gov/16399888 While NO temporarily increases oxygen delivery by widening blood vessels it also blocks the ability to use the oxygen.

It does this by binding to cytochrome C oxidase as do both cyanide and carbon monoxide. It inhibits the oxidative enzymes necessary to complete complex 4, the final step in the oxidative phosphorylation chain in the mitochondria. I think we all know by now that there are not the 32,000 diseases the MDs go on about, but just one disease, which is mitochondrial dysfunction. You would be making a very big mistake if you boosted nitric oxide and destroyed your mitochondrial function. What everyone needs is more cellular energy, and when a cell has more energy it will heal itself.

Reply | Mark as Spam | Posted On 2/13/2022 4:23:14 AM

Like Dislike

Pete.Smith

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

Add as Friend | Send Message

Thank you Buddhii for your interesting contribution. I agree with you on the NO, it's a double edge sword, too much can be harmful. But NO is used in treatments, also against Covid, explained in this link: news.abplive.com/science/inhaled-nitric-oxide-is-virucidal-kills-sars-.. Also we need NO also to open blood vessels, as to prevent higher blood pressure. And also as you say: when a cell has more energy it will heal itself. Then how this energy gets to the cell? It comes with the blood, through tiny vessels that need NO to open up, so that red blood cells, nutrients, CO2 get to the cells. You write: The most important chemical is CO2 - that is the real most important protective chemical in the body. Can you tell us more about that, please. It is interesting to know more about that how that works.

Mark as Spam | Posted On 2/13/2022 5:09:10 AM

Like Dislike

Buddhii

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

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It is CO2 that shuttles oxygen into cells, via the Bohr effect. NO is very dangerous and only useful as a temporary vasodilation mechanism. Note the Abstract from the Nitric Oxide Theory of Aging linked above. Bacterial and viral products, such as bacterial lipopolysaccharide (LPS), cause inducible (i) NO synthase (NOS) synthesis, which in turn produces massive amounts of nitric oxide (NO). NO, by inactivating enzymes and leading to cell death, is toxic not only to invading viruses and bacteria, but also to host cells.

Injection of LPS induces interleukin (IL)-1beta, IL-1alpha, and iNOS synthesis in the anterior pituitary and pineal glands, meninges, and choroid plexus, regions outside the blood-brain barrier. Thereafter, this induction occurs in the hypothalamic regions (such as the temperature-regulating centers), paraventricular nucleus (releasing and inhibiting hormone neurons), and the arcuate nucleus (a region containing these neurons and axons bound for the median eminence). Aging of the anterior pituitary and pineal with resultant decreased secretion of pituitary hormones and the pineal hormone melatonin, respectively, may be caused by NO.

The induction of iNOS in the temperature-regulating centers by infections may cause the decreased febrile response in the aged by loss of thermosensitive neurons. NO may play a role in the progression of Alzheimer's disease and parkinsonism. LPS similarly activates cytokine and iNOS production in the cardiovascular system leading to coronary heart disease.

Fat is a major source of NO stimulated by leptin. As fat stores increase, leptin and NO release increases in parallel in a circadian rhythm with maxima at night. NO could be responsible for increased coronary heart disease as obesity supervenes. Antioxidants, such as melatonin, vitamin C, and vitamin E, probably play important roles in reducing or eliminating the oxidant damage produced by NO. And here is the Bohr effect. https://youtu.be/D_fmHT82mK0

Mark as Spam | Posted On 2/13/2022 10:26:05 AM

Like Dislike

Pete.Smith

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

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Thanks Buddhii. You are right about the Bohr effect . See this short video: The FASTEST Way to Stop a Panic Attack - Dr. Berg https://youtu.be/os_mbYhqG8Y He explains the Bohr effect For oxygen to bind and become released in to the bloodstream, you'll need Co2. When there's an excessive amount of oxygen or otherwise enough Co2, the body will start to ..... (see video)

Mark as Spam | Posted On 2/13/2022 6:19:35 PM

Like Dislike

Violinplayer

Joined On 12/1/2020 1:44:04 PM

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So how does one increase cellular energy?

Mark as Spam | Posted On 2/13/2022 11:23:41 PM

Like Dislike

TotalMayhem

Joined On 11/19/2019 8:42:58 AM

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An excellent tome by Kendrick. Highly recommended.

Reply | Mark as Spam | Posted On 2/12/2022 7:42:07 AM

Like Dislike

---

andiroadrunner

Joined On 1/24/2012 6:19:21 PM

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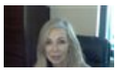
Just came from American Red Cross Donor Center- Know that you must now answer if you are jabbed or not to give blood, and more q's about which jabs . I do not wish to be tracked, so I did not answer and was not allowed to give blood.

Reply | Mark as Spam | Posted On 2/28/2022 2:55:17 PM

Like Dislike



kfa6931
Joined On 8/20/2021 8:12:57 AM
Add as Friend | Send Message

Yikes.

Reply | Mark as Spam | Posted On 2/28/2022 11:13:53 AM

Like Dislike

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billstri
Joined On 6/8/2008 9:16:45 PM
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I don't think the powers that control will ever come clean on admitting problems or any wrong doing with the jab. Doing so could result in tens of Trillions of dollars in lawsuits collapsing the monetary system. I think they will cover it up resulting in more corruption in our medical system which will contribute greatly to a very corrupt socialistic society.

Reply | Mark as Spam | Posted On 2/27/2022 5:15:30 PM

Like Dislike

Keythong
Joined On 3/2/2021 12:07:23 PM
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Also eat enough salt, see http://thesaltfix.com/ Salt has been smeared in similar ways to saturated fat, Cholesterol, red meat, etc. The low salt/sodium dogma is BS, as proven by sound science and thousands of years of dietary history. Ironically, low salt can cause hypertension which can cause and/or aggravate endothelial damage. It would be worth looking at is what effect plant toxins have on the endothelial, including via the various ways they compromise the gut wall, causing leaky gut. Many drugs may directly or indirectly cause endothelial damage 'side effect' too, because most/all drugs are poisons!

Reply | Mark as Spam | Posted On 2/27/2022 2:57:29 PM

Like Dislike

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andiroadrunner
Joined On 1/24/2012 6:19:21 PM
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Yes, Keythong; And All: Note that salt vilification seems to be on the uptick now.....Shall we explore the science of the role of salt and electrolytes in light of the molecular reactions with all those Pharmakopeia advertisements, esp. jabs, that are all over MSM? Curious new effort; however: aimed at the 70% average who eat processed food; those of us who do not eat processed, with low blood pressure, who sweat a lot, need electrolytes.... hyponatremia can occur with extra hydration (from experience at my first Boston Marathon; now I choose electrolytes carefully-not the sweet/processed stuff offered to most athletes).
www.cdc.gov/.../index.htm www.fda.gov/regulatory-information/search-fda-guidance-documents/guida..

Mark as Spam | Posted On 2/28/2022 6:41:56 AM

Like Dislike

HoffKen
Joined On 7/18/2021 12:36:11 AM
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Recommend reading WHY WE GET SICK, by Benjamin Bikman, PhD. (Also watch his videos). It is a detailed in depth look at Insulin Resistance (IR), the common factor that connects that long list of seemingly unrelated conditions that all fall under the group of chronic illness. Whatever the issue is, obesity, diabetes, heart disease, hypertension, neurological disorders, gastrointestinal problems, reproductive health, cancer, muscle loss, specific organ problems, ED, acid reflux, tinnitus, rheumatoid arthritis, they all have in common the reduction of sensitivity to insulin and proper cell function, all due to an excess of insulin in the blood over a long period of time.

Currently all are a challenge for doctors to diagnose and treat the symptoms. But the amazing ability of the body to heal if given the chance and the fact that these conditions have that common thread, IR, the solution is not complicated to put into practice. The illness that one gets is the product of how insulin works with everyone's unique genetics, lifestyle, diet, and environment.

However, the common path of reversal to wellness and the elimination of medications is similar for all. It is the adoption of a diet primarily of healthy fats and proteins, the elimination of refined carbs and sugars, a large reduction of all carbs, sugars and so called 'vegetable oils", being active, and adopting a longer daily time window for no food consumption. Follow your body's direction. I am a witness of the bodies natural ability to heal if given that path.

Reply | Mark as Spam | Posted On 2/27/2022 2:20:18 PM

Like Dislike

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lazereye

Joined On 12/15/2010 3:48:30 PM

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Dr. Kendrick 's thesis is wrong. Explaining how blood clots form and their effect on the body does not tell us their cause. Blood clots take time to form; years in most cases. Their cause is poor eating habits:: 1) excessive and constant intake of highly acidic foods like sugar 2) excessive and constant intake of linoleic acid over a substantial period of time. 3) excessive intake of carbohydrates 4) Excessive intake of vegetable oils 5) excessive intake of processed foods 6) excessive protein intake and 7) excessive use of tobacco and pharmaceutical drugs, which cause hemoglobin molecules to stick together.

All these factors lead to 8) a highly acidic blood environment which not only impairs various chemical reactions in the body but also blocks the kidney's ability to alkalize the blood by filtering out amino acids. The point is that blood clots are at the end of a long chain caused by years of dietary abuse. It is a mistake to single them out as the cause of damage to the heart. The cause of damage to the heart is the whole chain.

Reply | Mark as Spam | Posted On 2/27/2022 1:09:58 PM

Like Dislike

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jpi108

Joined On 6/12/2009 11:41:06 AM

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Why was my comment about Earthing deleted? Earthing is the best and most natural blood thinner. So, once again I will quote this study: pubmed.ncbi.nlm.nih.gov/22757749/#:~:text=Results%3A%20Earthing%20or%2.. . "Grounding increases the surface charge on RBCs and thereby reduces blood viscosity and clumping. Grounding appears to be one of the simplest and yet most profound interventions for helping reduce cardiovascular risk and cardiovascular events."

Reply | Mark as Spam | Posted On 2/27/2022 7:56:27 AM

Like Dislike

MGSterling

Joined On 5/27/2021 5:35:07 AM

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"clot, repair, clot, repair, clock, repair" edit needed. Otherwise very informative. Thanks for the update.

Reply | Mark as Spam | Posted On 2/27/2022 7:48:04 AM

Like Dislike

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meldairene

Joined On 5/27/2021 4:42:28 AM

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Thank you as always so many interesting things in your emails

Reply | Mark as Spam | Posted On 2/27/2022 2:56:23 AM

Like Dislike

PathNotes

Joined On 12/25/2012 3:44:06 PM

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What Dr. Jason Fung did for Intermittent Fasting and it's powerful effect on Diabetic dysfunction, Dr. Malcolm Kendrick is doing for Cardiovascular Disease with his Thrombogenic Hypothesis. Hopefully it will be the final stake driven into the disproven Lipid Hypothesis.

Reply | Mark as Spam | Posted On 2/14/2022 11:56:20 AM

Like Dislike

Violinplayer

Joined On 12/1/2020 1:44:04 PM

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I don't use much oil other than olive oil on salads plus plain flaxseed oil (not to cook but directly interesting) ...Wondering if that 1 daily tablespoon of flaxseed oil is harmful and if it's considered a seed oil referred in the above article. Re: " Avoid seed oils and processed foods — Seed oils are a primary source of the omega-6 fat called linoleic acid (LA), which I believe may be far more harmful than sugar. Excessive intake is associated with most all chronic diseases, including high blood pressure, obesity, insulin resistance and diabetes. LA gets embedded in your cell membranes, causing oxidative stress, and can remain there for up to seven years. Oxidative linoleic acid metabolites (OXLAMs) are what's causing the primary damage, including endothelial damage."

Reply | Mark as Spam | Posted On 2/13/2022 10:56:47 PM

Like Dislike

BillieBob

Joined On 11/15/2008 7:42:37 PM

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Violinplayer, My guess is that if the oil is obtained by pressing only it's probably OK. In other words it was available to ancient societies - successful societies. The "seed oils" can only be obtained by extreme processing. My guess is that your flaxseed oil, if it is obtained by pressing only, contains other beneficial nutrients which are not obtained by consuming corn, soybean, and canola oils - and others. Do some research, perhaps.

Mark as Spam | Posted On 2/14/2022 10:44:39 AM

Like Dislike

Ringer2

Joined On 8/30/2011 7:33:48 AM

Add as Friend | Send Message

peckford42.wordpress.com is an excellent site, centered on Canada, but generally useful world-wide.

Reply | Mark as Spam | Posted On 2/13/2022 9:06:34 PM

Like Dislike

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fundamentalassumptions

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

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'something you can see that actually makes sense'.....and with practical, doable action points....awwww, how I needed that glycocalyx, epithelial and Ace-2 sense after the seemingly impossible glyphosate nightmare mess & the Frankenstein young blood sharing joined rat genetic experimentation & diagnostics, live forever transhumanist thing! (I know it's temporary, and I know I still have to deal with the food sourcing and detoxing issues related, even here.....but the world of sense & rationality, away from considering the dark realm of evil genius & those who can exploit & buy it....sunshine, fresh air & good, clean food is like stepping out of the proverbial cave for a moment : -). A glimpse of how it will be in the millennium, & here & there briefly even in the fallen temporal if men will it & back that will with righteous, chosen action God can bless with a reprieve.

Reply | Mark as Spam | Posted On 2/13/2022 4:13:46 PM

Like Dislike

Fullby

Joined On 1/21/2022 10:40:43 AM

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From Pete.Smith's comment: "They may only use flour, salt, yeast and water to make bread. So no oils." Thank you! Mystery solved. After mostly being gluten free for several years, added some bread back in. I noticed this one particular fresh pita type flat loaf never seemed to bother me - as in no itching and red spots on my skin. Now I see the difference - no oil! Yes, they put in a little sugar, but oh well... Meanwhile, my homemade gluten free pizza crusts and loaves still very bothersome to me - and I was adding olive oil, which averages around 10% of the bad stuff, per my reading. I assumed it was the processing.

Reply | Mark as Spam | Posted On 2/13/2022 2:33:36 PM

Like Dislike

DebbyW

Joined On 5/27/2010 9:07:35 AM

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Fullby, find some sour dough starter. You keep the batch going by feeding it everyday and take some out to make your dough for bread. My daughter makes bread every other day for her gluten sensitive children, and they eat a lot of bread. Once you've added the flour to the starter, I think you have to let it sit for something like sixteen hours. In that time, the bacteria digests the gluten. My daughter had a several hour class at her church to talk about it and show them how to make the bread. She brought starter packets for all the participants that she'd made from her own dough. The class was so popular that she had to do a second one.

Mark as Spam | Posted On 2/27/2022 9:49:53 AM

Like Dislike

HoffKen

Joined On 7/18/2021 12:36:11 AM

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Blood clots in heart disease maybe one result, but not the root cause. Like the many other chronic illnesses arising in people, numerous studies have shown they all have in common the same problem condition of Insulin Resistance (IR). Insulin works with EVERY cell in the body in numerous ways, from head to toe and an EXCESS of insulin over a long period of time, promotes IR reducing the cell's optimum functionality leading eventually to some chronic condition decided by everyone's unique impact from their lifestyle, genetics, sex, age, and environment. A seeming endless unconnected list of chronic diseases and inflammations that are all related via IR, but which can be treated and reversed with diet when the smoking gun of IR is recognized. And now the shot for covid can possibly trigger from that long list of side effects the particular bad reaction for an individual based on their cell health.

Reply | Mark as Spam | Posted On 2/13/2022 2:33:33 PM

Like Dislike

BillieBob

Joined On 11/15/2008 7:42:37 PM

Add as Friend | Send Message

HoffKen, My comment elsewhere on this page is reinforced by your very clear comment. Great minds work together. :-)

Mark as Spam | Posted On 2/14/2022 10:50:35 AM

Like Dislike

Perfessor

Joined On 1/24/2008 5:47:00 AM

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I would add Zeta Aid to the preventative measures. It strengthens the colloidal system of the blood, thereby preventing the formation of blood clots. Read up on the discoveries by Thomas M. Riddick in his book on the Zeta Potential and colloidal stability with a chapter on cardiovascular disease. customers.hbci.com/.../index.html

Reply | Mark as Spam | Posted On 2/13/2022 12:11:21 PM

Like Dislike

NinjaPleiades

Joined On 2/13/2022 11:59:58 AM

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Great article! I'm an herbalist with a family history of heart disease, and I've fallen in love with the native "weed" called Prunella vulgaris. Here's a list of search results on "Prunella vulgaris" "atherosclerosis" www.qwant.com/?client=brz-brave&q=%22Prunella+vulgaris%22+%22ather.. It grows wild all over the planet, including my yard, and it's been used for millennia for many applications. My interest in using it for heart health is growing each year (and so is my garden of "rescued" Prunella vulgaris!) Blessings 🙏

Reply | Mark as Spam | Posted On 2/13/2022 12:06:21 PM

Like Dislike

Keythong

Joined On 3/2/2021 12:07:23 PM

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The root causes were typically mostly plant foods, with the rest from "vaccines", drugs, other self-pollution, external pollution, water/food contamination, and some genetic/epigenetic "defects", some of which can be caused in the womb by the mother's diet and/or mental state. The "covid-19" "vaccines" are probably a significant cause now, for the jabbed! Carbohydrates, plant oils, plant carried pesticides, and the numerous natural plant toxins can cause malnutrition, and/or metabolic, endocrine, and tissue damage, which can include Red blood cell damage.

Anything which causes a sticky/damaged endothelial and sticky LDL cholesterol (becomes stuck, then oxidised, thus toxic, so damages endothelial), can cause larger clot formation, which is potentially more dangerous; the main causes are high blood sugar, high blood insulin, and oxidised, or otherwise toxic, plant seed oils. Carnivores can have a better quality of life with little or no "modern" diseases, like this, because they avoid most of the causal toxins. This has been stated in depth in the "The Carnivore Code" book.

Reply | Mark as Spam | Posted On 2/13/2022 11:44:26 AM

Like Dislike

Ringer2

Joined On 8/30/2011 7:33:48 AM

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The Carnivore Code's author has just recently released a cookbook.

Mark as Spam | Posted On 2/13/2022 7:09:58 PM

Like Dislike

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lis2575

Joined On 4/25/2014 9:45:07 AM

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This was a fascinating article! thanks for reviewing alternative and new scientific studies for us!

Reply | Mark as Spam | Posted On 2/13/2022 10:30:23 AM

Like Dislike

Krofter

Joined On 6/2/2015 9:47:59 AM

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The idea that LDL and cholesterol are the causative factors in heart attacks and strokes is a very fine example of Mass Formation Psychosis. secularheretic.substack.com/.../mass-formation-psychosis

Reply | Mark as Spam | Posted On 2/13/2022 10:14:59 AM

Like Dislike

Guillermou

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

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Good link Krofter, yes, mass formation psychosis In a review of all the available literature, a devastating conclusion was reached: LDL cholesterol in the blood is not the cause of cardiovascular diseases. The fact that high LDL-C is beneficial in terms of overall lifespan has been ignored by researchers who support the lipid hypothesis. The assertion that statin treatment is beneficial has been kept alive by individuals who have ignored the results from trials with negative outcomes and by using deceptive statistics. www.tandfonline.com/.../17512433.2018.1519391 (2018) The famous cardiologist surgeon Dr. Dwight Lundell, with 25 years of experience, having performed more than 5,000 open heart surgeries, said today we have to right the evil in medical and scientific vision.

The only accepted therapy was prescribing cholesterol-lowering drugs and a diet that severely restricted the intake of saturated fat. These recommendations are considered heresy and result in malpractice. The injury and inflammation in our blood vessels are caused by the low-fat diet recommended for years by conventional medicine. Who are the biggest culprits of chronic inflammation? They are simply the overload of highly processed simple carbohydrates (sugar, flour, and all products made from them) and excessive consumption of omega-6 vegetable oils such as soy, corn, and sunflower that are It is found in many processed foods. www.tallahasseechinesemedicine.com/uploads/1/0/2/7/102775734/dr._dwigh.. -

Mark as Spam | Posted On 2/13/2022 10:57:33 AM

Like Dislike

Marago

Joined On 12/28/2020 9:29:38 AM

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Many $'s made on statins! I stopped them a few years ago because of such adverse "direct effects". Good nutrition, optimal supplements, and stress-free life are the way to good healthy living.

Mark as Spam | Posted On 2/13/2022 12:16:36 PM

Like Dislike

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juststeve

Joined On 1/5/2012 11:13:54 AM

Add as Friend | Send Message

agree!

Mark as Spam | Posted On 2/13/2022 1:42:46 PM

Like Dislike

MaxDuncan

Joined On 8/15/2021 9:23:21 AM

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The Vaccine Death Report: Evidence of Millions of Deaths and Serious Adverse Events Resulting from the Experimental COVID-19 Injections www.globalresearch.ca/evidence-millions-deaths-serious-adverse-events-..

Reply | Mark as Spam | Posted On 2/13/2022 10:13:43 AM

Like Dislike

Ringer2

Joined On 8/30/2011 7:33:48 AM

Add as Friend | Send Message

Read it. Thanks. It's worth the time to read and think about it. There are many references.

Mark as Spam | Posted On 2/13/2022 6:51:36 PM

Like Dislike

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bhaddox

Joined On 2/13/2022 10:02:49 AM

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I am a carnivore. I eat meat only. The reason why is I was having horrible heart burn when mixing sugar with protein. So I went full protein for the last 2 years. I do cheat once in a while and have unhealthy cake and ice cream. I eat mostly beef and can't believe the myths that people believe about beef. Once I stayed with meat, I lost 30 lbs with no exercise. I do lift weights as I think that is what keeps my bones strong. I am 65, feel 45, will probably live to at least 100. The only reason I would go see a doctor now is if I broke something. All of the diseases that older people get are mostly avoidable, I feel. Our bodies are wonderful things and it will keep us healthy if we feed it well.

Reply | Mark as Spam | Posted On 2/13/2022 10:07:23 AM

Like Dislike

BillieBob

Joined On 11/15/2008 7:42:37 PM

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bhaddox, Great post. I'm glad you've found the route to good health. One thing I would never do - I would never predict how long I'm going to live. That action might be the beginning of the end. :-)

Mark as Spam | Posted On 2/14/2022 10:57:12 AM

Like Dislike

MaxDuncan

Joined On 8/15/2021 9:23:21 AM

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Video from May 2013 Kitty Werthmann of Austria about WW2, the Holocaust and life in Austria - listen carefully - www.facebook.com/watch/?v=733636967530156&extid=CL-UNK-UNK-UNK-IOS..

Reply | Mark as Spam | Posted On 2/13/2022 9:42:21 AM

Like Dislike

Ceyarreckz
Joined On 7/15/2011 11:26:20 PM
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ok. wow,... in further researching the supplement Chondroitin Sulfate, it is primarily touted for "joint health." which, now correlates the above article and the Gulf War flood of vaccinations we Soldiers received "in case they MIGHT use Nerve Agent chemical attacks,... oh no! the sky might fall!" and thus relates to the Gulf War Syndrome® symptom of "JOINT PAINS" or more specifically, from my own experience, the DEGRADATION OF CONNECTIVE TISSUE. The result, in my case, the deterioration of my spinal disks, that even just months after the GW, seemingly were damaged such to become RUPTURED, putting pressure on my spinal cord, giving near-continuous pain.

Surgical FUSION of C6-7 at the time reduced the pain and peripheral numbness, however, that, being >20years ago, my GWS has only become WORSE. (my c3-4 was at the time stated as being too dangerous to fuse, so left ruptured) So. All this said to reaffirm that the Gulf War was Big Pharma's opportunity to do wide scale experimentation on the deployed Soldiers, to wit, they then discovered "oh, crap,.. too strong! To close a connection with our vacc! back to drawing board to make it "less obvious." As a reminder, the GWS was just a few months after the GW found to be discovered. Scroll forward to 2021+ and note how those whom are getting vacc'd have the GWS all over again,... note also, i only mentioned one of the symptoms I have of the Gulf War Syndrome, there are more, and anyone will be rewarded with interesting revelations with even a cursory amount of research on the GWS.

Reply | Mark as Spam | Posted On 2/13/2022 8:45:39 AM

Like Dislike

Usher12
Joined On 5/1/2013 7:11:28 PM
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From what I see, chronic dehydration (or acute severe dehydration), which can cause cellular damage, increased strain on the cardiovascular system, increased blood pressure, arrhythmia and increased clotting risk coupled with magnesium (and potassium) deficiency are likely the most important factors in the development of cardiovascular disease. One cannot be properly hydrated without adequate levels of magnesium and potassium. Pharma drugs, vaccines, heavy metals, drinking pop, exposure to any type of toxic chemicals (which in addition to being damaging/ inflammatory to cells also result in the loss of essential minerals and fluid from the body), lack of anitoxidants and poor nutrition in general are also certainly damaging to cardiovascular health (and the nervous system) over time and sometimes very quickly.

Reply | Mark as Spam | Posted On 2/13/2022 8:26:45 AM

Like Dislike

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rbu1467
Joined On 10/27/2021 7:23:24 AM
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Thanks Guillermou and Juststeve for your insight and comments! The msn blurb on gates new book lists three bullet points, and none have to do with better health in general, only with "health systems". So now he's a doctor?? No humility in this criminal.

Reply | Mark as Spam | Posted On 2/13/2022 7:57:41 AM

Like Dislike

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

Gates simply wants to own all the money. Eugenics and vaccines and control, including patents, are strategies toward that goal.

Mark as Spam | Posted On 2/13/2022 5:07:17 PM

Like Dislike

Dawnsongjoy

Joined On 8/14/2021 7:29:41 AM

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I didn't understand the link between arthritis supplement chondroitin sulfate as a supplement and how it reduces the risk of heart disease. He didn't explain the mechanism for why that may happen. Anyone know?

Reply | Mark as Spam | Posted On 2/13/2022 7:34:52 AM

Like Dislike

Pete.Smith

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

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Hi, Dawnsongjoy. Look under the subhead in the article: Repairing the Glycocalyx. The clotting is after damage of the Glycocalyx, so chondroitin sulfate or methylsulfonylmethane (MSM) help to restore the Glycocalyx.

Mark as Spam | Posted On 2/13/2022 11:09:46 AM

Like Dislike

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wildone1

Joined On 1/16/2022 8:59:34 AM

Add as Friend | Send Message

Common causes of endothelial damage include such things as viral infections, high blood sugar levels, smoking, diabetes, heavy metals such as lead and aluminum, and high blood pressure. Half of these causes are symptoms of other issues

Reply | Mark as Spam | Posted On 2/13/2022 6:37:42 AM

Like Dislike

BrianFraser

Joined On 6/17/2020 3:32:33 AM

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You might want to review this book: "Heart Attack Rareness in Thyroid-Treated Patients" Author: Broda Otto Barnes, Charlotte W. Barnes Publish Year: 1972

Reply | Mark as Spam | Posted On 2/13/2022 3:59:29 AM

Like Dislike

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bee70578

Joined On 1/24/2014 4:03:10 PM

Add as Friend | Send Message

Thanks. Amazon UK/US says, 'out of print' - worth searching for a used copy I'm sure.

Mark as Spam | Posted On 2/13/2022 4:22:00 AM

Like Dislike

Guillermou

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

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Both hyper and hypothyroidism are detrimental to cardiovascular health. Many patients with significant degrees of hypothyroidism may have a reduced heart rate and sometimes reduced cardiac function due to the lack of beneficial action of thyroid hormone on heart muscle. In patients with hypothyroidism, plasma homocysteine levels appear to be an independent risk factor for coronary artery disease. Patients with hypothyroidism have elevated plasma homocysteine levels, and these levels decrease significantly once hypothyroidism is corrected. In addition, there is evidence that treatment of subclinical hypothyroidism produces small but significant improvements in plasma lipids, waist-to-body ratio -hip and endothelial function, as described in the study of the beneficial effect of L-thyroxine on cardiovascular risk factors, endothelial function and quality of life in subclinical hypothyroidism.

Similarly, levels of C-reactive protein (CRP), a circulating protein that also indirectly correlates with heart disease risk, are elevated in patients with overt or subclinical hypothyroidism. a growing body of evidence indicates that higher TSH levels are associated with worsening blood pressure (BP) and altered lipid levels. Heart failure is one of the most frequent causes of hospitalization in the geriatric age group, above 65 years. It is associated with high morbidity, mortality and poor prognosis. Subclinical hypothyroidism (SCH) is a common condition present in this age group that significantly affects the cardiovascular system. www.mythyroid.com/heartdisease.html synapse.koreamed.org/.../1086170 (2015) www.cureus.com/articles/53737-subclinical-hypothyroidism-in-geriatric-.. (2021)

Mark as Spam | Posted On 2/13/2022 4:29:10 AM

Like Dislike

Jaxxson

Joined On 2/13/2022 2:23:45 AM

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Isn't LA converted to CLA in animal protein sources? Can you give specific sources of LA foods to avoid because it seems like there are many considered health foods that it is in and journals claim it's one of those fatty acids that are necessary for some beneficial functions when not in excess.

Reply | Mark as Spam | Posted On 2/13/2022 2:26:03 AM

Like Dislike

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degwar

Joined On 12/6/2007 9:35:06 AM

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As explained by Kendrick, the glycocalyx layer resembles a lawn, with slippery filaments that stick up. The two things that stuck for me were: Within this glycocalyx layer you have nitric oxide synthase (NOS), which produces nitric oxide (NO), and you have NO itself, as well as a number of other anticoagulant proteins. The glycocalyx is actually a potent anticoagulant layer, so it stops blood clots forming. If glycocalyx is damaged, your risk of blood clotting increases. And this: “NO protects the endothelium. It is anticoagulant — the most potent anticoagulant we have in the body. It’s really the magic molecule for cardiovascular health,” Kendrick says. But I still after reading the article three times cannot figure out why the French are at less risk, unless its that the French eat a lot of saturated fat. Does this cause an increased production of NO?

Reply | Mark as Spam | Posted On 2/13/2022 1:57:03 AM

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Tionico

Joined On 7/14/2017 6:05:53 PM

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The typical Mediterranean and south European diet incluses a WHOLE lot more in way of fresh and/or lightly cooked frits and vegetables, far less processed junk (american) food, and tyically more time outside in good air and sunshine. It would be interesting to broaden the study to include Italy and Greece and Spain as well. I mostly eat in the style of Northern Italy, and Mexico. Start with FRESH produce, good olive oil, balance the three macronutrient groups, almost no processed starches or oils, almost nothing with sugar added.

Mark as Spam | Posted On 2/13/2022 2:26:07 AM

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techmans

Joined On 3/5/2009 2:55:40 AM

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Wine? I never see it mentioned whenever the Mediterranean diet comes up and yet it would seem to be a ubiquitous part of it. And , of course, a French table would be unthinkable without it.

Mark as Spam | Posted On 2/13/2022 3:40:16 AM

Like Dislike

Pete.Smith

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

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Why the French have less risk is indeed about the saturated fat, according to Kendrick. On top of the article on the left side, you can open the transcript of the whole interview. Search for the word - French -, it bring you to the part of the interview where Kendrick explains a little bit more about it than in the article, and then it becomes clear it's about the saturated fat. However French are eating more and more junk food these days, and consuming more of the wicked oils. ~~*~~ Another factor is that the French have very strict rules about making bread the same way as they did 100 years, without harmful additives. This is checked often and the baker get high fines if he bent the rules.

They may only use flour, salt, yeast and water to make bread. So no oils. Croissant (crescent) are made with butter, so they taste much better. ~~*~~ A very large study called the Lion Heart Study in 2001 compared US and Mediterranean-type diets. It shows that in the US more omega 6 oils were consumed and that the ratio of omega 6 to omega 3 was very different between the diets. The US diet had many times more omega 6 than omega 3 as the French did. So then it was advised to eat more omega 3. Which is good of course, but they should have advised to eat less omega 6 to improve the ratio. ~~*~~ Another factor is that French eat more organ meats. like brains got more omega 3.

Mark as Spam | Posted On 2/13/2022 3:41:39 AM

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Ringer2

Joined On 8/30/2011 7:33:48 AM

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Commenter DEN6328, earlier in this thread, on 2/13/2022 12:55:53 PM, posted a comment as follows: "The French have “fewer” heart attacks because of their reporting system. In order to be registered as having died from a heart attack in France, first you must have a heart attack and survive. Then you must have a second heart attack. If you then die, you are registered as having died from a heart attack. However, 50% of all people die from their first heart attack. So, you see, there it is."

Mark as Spam | Posted On 2/13/2022 2:29:04 PM

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eileenruth

Joined On 3/7/2021 1:40:46 AM

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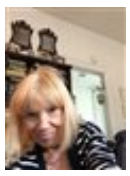
Thank you as always for the factual and essential information, and helpful advice on how to take charge of our own health. :-)

Reply | Mark as Spam | Posted On 2/13/2022 12:49:10 AM

Like Dislike



ConventCassie

Joined On 4/25/2021 4:35:39 PM

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So if I'm taking baby aspirin for TIA's, it is causing platelet aggregation? So I shouldn't take baby aspirin?

Reply | Mark as Spam | Posted On 2/27/2022 5:53:53 PM

Like Dislike

Lollieme

Joined On 10/11/2008 10:39:41 AM

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Would L-Arginine be helpful?

Reply | Mark as Spam | Posted On 2/27/2022 5:08:48 PM

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