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Healing from within - Transform Inside and Out – More than 1000 health topics and aging hacks – Know thy bodies to help you heal

Dear Readers,

My goal is to provide a healthy dose of health-related knowledge on each page. Most of these topics I answered at Quora.com with the help of internet sites , my experience and some research. Email me at [motherhealth@gmail.com](mailto:motherhealth@gmail.com) to shed light for more info and helpful stories to share on topics close to your heart. Thank you NIH, neurosciencenews.com , Wiki, Dr Mercola and other health authors and professionals.

Do you want to prevent any chronic health issues in the future? Do you want to know how your body works and send signals to you? Do you want to be medication free when you age? Do you want change how your body is slowly aging? Do you want to not experience the same health issues that was experienced by your love ones? Do you want to be empowered to learn about your bodies from many sources that were hidden from you in the past? Do you want to be in the know about your bodies, healing from within and cancer?

Seek a doctor who listens to your body's cues and your unique health issues that combines the mind, body and spirit. The summary of topics in this book is for information only and to help you find knowledge from the internet and other sources. Get medical advice always and a second opinion. Armed with health knowledge , you can help your doctor find the source of your illness and not a band aid that will make the illness reappear and will add more meds from your long list of meds.



Blessings, Connie Dello Buono

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## Healing Powers

Know that with anxiety, our nervous system is not in optimum health and lowers our immune system making us prone to inflammation.

There are many healing powers: positive images, positive words, positive feelings, positive energies from people and places and positive belief from You.

The start of wellness or good feeling of wellbeing is enabled by the owner of the body and mind, YOU. There are many documented stories of coming back to life during times when our heart stopped beating. My sister experienced this event during her difficult childbirth with her firstborn.

Coaxed by a strong voice and spirit and her determination to live and see her new baby, brought back her spirit to her body. Our body is made up of electrical energies and our brain is comprised of nerve impulses that communicate to every cell in our being. Energy inside our bodies allow us to breath and live each day.

As we instruct our legs to move, we build more neurons in our brain.

Somatic psychology centralizes body awareness as a primary healing agent in psychotherapy. Somatic therapy starts with an understanding of our nervous system.

What does the nervous system do?

The nervous system along with the endocrine (hormonal) system works to control all activities within the human body. It does this by communicating messages between the brain and the body very quickly using nerve impulses (action potentials).

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The four main functions of the nervous system are:



Control of body's internal environment to maintain 'homeostasis'

An example of this is the regulation of body temperature. As we exercise we create heat, in order to maintain a relatively constant core temperature the nervous system sends messages to the blood vessels to dilate (expand), increasing blood flow to the skin, and increasing sweating to help disperse the accumulating heat.

Programming of spinal cord reflexes

An example of this is the stretch reflex. This reflex functions to protect us from injury. If we were out jogging and accidentally ran into a pot-hole and rolled our ankle, the stretch reflex would instantly sense the stretch in the muscles around the ankle and send messages to those muscles telling them to contract and resist the stretch. This reflex serves to protect the ankle from breaking and results in a minor sprain rather than a severe break.

Memory and learning

You didn't learn to read or write overnight did you? A certain amount of repetition was required to learn and memorize these key functions. The same applies with exercise. New movements, especially complex ones, take time for the nervous system to learn. Remember this when teaching new exercises to people – a certain amount of repetition will need to occur before their nervous system gets it right!

Voluntary control of movement

Every voluntary movement that a person performs is under the direct control of the nervous system as the nervous system sends the messages to a particular body part to move. If the movement has been repeated numerous times (walking for most of us...) the movement will be very efficient. If the movement is new and still requires some repetition, then we would expect the movement to be less efficient and in some cases look awkward and ungainly (such as a person learning the squat for the first time).

## Why is the nervous system important?

When anxious or having a panic attack, our immune system goes down and making us prone to diseases.

The nervous system is integral to our ability to function in every way. As we know muscle creates movement by contracting and pulling on our bones. However, it is the nervous system that is responsible for stimulating the muscles and causing them to contract. Without the neural impulses of the nervous system, muscle would simply not work.

When someone experiences a severe trauma to their spinal cord, it will often result in paralysis of their body below the point of trauma. For example, if the spinal cord is damaged above the nerves that stimulate their lower body (legs etc.), then they will not be able to walk again. This is because the messages, which are intended for the legs can no longer reach them. It is like the power cable to your house being cut and the lights going out.

The nervous system is not just responsible for stimulating muscle; it stimulates every tissue and organ within the body. It is therefore important that you understand the nervous system so that you can train clients safely and effectively.

## Why do we grow old if our cells completely regenerate themselves? Does oxygen have something to do with it?

Oxygen, NAD, brain metabolism, exercise, Vit C, Vit D, suicide cells give way to new cells.

Microbiome in our intestinal gut (do take probiotics, whole foods, fermented veggies) and other inflammatory toxins (metal, endocrine disruptors such as plastics, unhealthy food, etc) turn ON and OFF our genes (i.e., alcohol, drugs, prescribed medications, obesity, negative personality, toxic relationships/jobs, etc).

- Part of what makes it so impressive (apart from the concept of consciousness and self awareness) is its ability to regenerate itself.
- Your outer layer of skin, the epidermis (apart from the thicker dermis beneath), replaces itself every 35 days.
- You are given a new liver every six weeks (a human liver can regenerate itself completely even if as little as 25% remains of it).
- Your stomach lining replaces itself every 4 days, and the stomach cells that come into contact with digesting food are replaced every 5 minutes.
- Our entire skeletal structures are regenerated every 3 months.
- Your entire brain replaces itself every two months.
- And the entire human body, right down to the last atom, is replaced every 5-7 years.

## **How Your Body Rebuilds Itself In Under 365 Days**

We can really influence how this renewal process take place, by the thoughts we have, the food we eat, the life style we adopt, the environment we live in, our relationships, the exercise we take. Most of these things are about the decisions we make.

**Your entire body totally rebuilds itself in less than 2 years – and 98% in less than a year.**

Every cell in your body eventually dies and is replaced with new cells. Every day is a new opportunity to build a new body!

- Your DNA renews itself every 2 months.
- Your skin rebuilds itself in 1 month. (especially at night)
- Your liver rebuilds itself in 6 weeks.

- The lining in your stomach rebuilds itself in 5 days.
- Your brain rebuilds itself in 1 year.
- Your blood rebuilds itself in 4 months.

## Your body builds a whole new skeleton in 3 months

There is the saying that you're only as old as you feel, so that's your subjective age.

So if you always feel sick & tired as I hear people say in their frustrating moment, guess what you probably become those thoughts.

There is also the biological age. If you have been a smoker all your life, your lungs will have aged prematurely; or if your life style is very sedentary like most modern cultures, this will have damaging effects on the body resulting in wear and tear.

There is also the belief among many religious/spiritual followers that we are in our truest essence an eternal soul which is ageless, timeless and dimensionless.

We have our chronological age which we cannot change but we can change our perception, and decisions about the other ways we behave and age.

Red blood cells live for about four months, while white blood cells live on average more than a year. Skin cells live about two or three weeks.

Colon cells have it rough: They die off after about four days. Sperm cells have a life span of only about three days, while brain cells typically last an entire lifetime (neurons in the cerebral cortex, for example, are not replaced when they die).

## Muscle regeneration

Muscle regeneration is the process by which damaged skeletal, smooth or cardiac muscle undergoes biological repair and formation of new

muscle in response to death (necrosis) of muscle cells. The success of the regenerative process depends upon the extent of the initial damage and many intrinsic and environmental factors.

Key cellular events required for regeneration include inflammation, revascularisation and innervation, in addition to myogenesis where new muscle is formed. In mammals, new muscle formation is generally excellent for skeletal muscle but poor for cardiac muscle.

However, a greater capacity for regeneration of cardiac muscle is seen in fish and some anurans. These aspects of regeneration are discussed with respect to myogenic stem cells, molecular regulation, ageing and implications for human therapies, with a strong focus on skeletal muscle. Other situations of muscle damage and restoration that do not involve necrosis (e.g. sarcomere disruption and atrophy) are here not considered as regeneration.

#### Key Concepts:

- Necrosis is required for muscle regeneration.
- Inflammation is essential to remove necrotic tissue and initiate myogenesis.
- New blood vessel formation is required after major injury of muscles.
- Skeletal muscle has an excellent capacity for regeneration. The major source of myogenic precursor (stem) cells is still considered to be the satellite cell, although other cells lying outside the myofibre may contribute to myogenesis.
- The source of the myogenic precursor cells (myoblasts) varies between conventional tissue regeneration and epimorphic regeneration (where mature cells dedifferentiate).
- The microenvironment, including the extracellular matrix, affects all aspects of regeneration, for example, the muscle precursors and their capacity for new muscle formation (and fibrosis impairs myogenesis).

- Reinnervation is essential for functional recovery of skeletal muscle.
- Excellent myogenesis can occur in geriatric muscle, although systemic factors essential for regeneration, for example, inflammation and innervation, may be suboptimal.
- Mammalian heart muscle has a very poor capacity for regeneration and severe damage (e.g. heart attack) results in fibrosis and impaired function.
- In contrast, the hearts of vertebrates such as salamanders and zebrafish can regenerate; the new heart muscle is derived from the dedifferentiation and proliferation of mature cardiomyocytes. It is hoped that an understanding of mechanisms involved in these situations will present opportunities to induce regeneration of damaged human cardiac muscle.

Adult skeletal muscle is a postmitotic tissue with an enormous capacity to regenerate upon injury. This is accomplished by resident stem cells, named satellite cells, which were identified more than 50 years ago. Since their discovery, many researchers have been concentrating efforts to answer questions about their origin and role in muscle development, the way they contribute to muscle regeneration, and their potential to cell-based therapies.

Satellite cells are maintained in a quiescent state and upon requirement are activated, proliferating, and fusing with other cells to form or repair myofibers. In addition, they are able to self-renew and replenish the stem pool. Every phase of satellite cell activity is highly regulated and orchestrated by many molecules and signaling pathways; the elucidation of players and mechanisms involved in satellite cell biology is of extreme importance, being the first step to expose the crucial points that could be modulated to extract the optimal response from these cells in therapeutic strategies. Here, we review the basic aspects about satellite cells biology and briefly discuss recent findings about

therapeutic attempts, trying to raise questions about how basic biology could provide a solid scaffold to more successful use of these cells in clinics.

Research is currently ongoing in determining the physiological role of satellite glial cells. Current theories suggest that SGCs have a significant role in controlling the microenvironment of the sympathetic ganglia. This is based on the observation that SGCs almost completely envelop the neuron and can regulate the diffusion of molecules across the cell membrane. It has been previously shown that when fluorescent protein tracers are injected into the cervical ganglion in order to bypass the circulatory system, they are not found on the neuron surface. This suggests that the SGCs can regulate the extracellular space of individual neurons. Some speculate that SGCs in the autonomic ganglia have a similar role to the blood–brain barrier as a functional barrier to large molecules.

SGCs role as a regulator of neuronal microenvironment is further characterized by its electrical properties which are very similar to those of astrocytes. Astrocytes have a well studied and defined role in controlling the microenvironment within the brain, therefore researchers are investigating any homologous role of SGCs within the sympathetic ganglia. An established mode of controlling the microenvironment in sensory ganglia is the uptake of substances by specialized transporters which carry neurotransmitters into cells when coupled with  $\text{Na}^+$  and  $\text{Cl}^-$ . Transporters for glutamate and gamma-Aminobutyric acid (GABA) have been found in SGCs. They appear to be actively engaged in the control of the composition of the extracellular space of the ganglia.

The enzyme glutamine synthetase, which catalyzes the conversion of glutamate into glutamine, is found in large amounts in SGCs. Additionally, SGCs contain the glutamate related enzymes glutamate dehydrogenase and pyruvate carboxylase, and thus can supply the neurons not only with glutamine, but also with malate and lactate.

Glutamine synthetase Mouse TG IHC Catalyzes the condensation of glutamate and ammonia to form glutamine.

GFAP Rat DRG, TG IHC Upregulated by nerve damage.

S100 Rat DRG IHC Upregulated by nerve damage.

Endothelin ETB receptor Rat, rabbit DRG IHC, autoradiography.

Blockers of ETs are shown to alleviate pain in animal models.

Bradykinin B2 receptor Rat DRG Electrophysiology Involved in the inflammatory process.

TNF- $\alpha$  Mouse DRG, TG IHC Inflammatory mediator increased by nerve crush, herpes simplex activation.

IL-6 Mouse TG IHC Cytokine released during inflammation, increased by UV irradiation.

Somatostatin sst1 receptor Rat DRG IHC Somatostatin inhibits the release of many hormones and other secretory proteins.

## Exercise and Lactate

In animals, L-lactate is constantly produced from pyruvate via the enzyme lactate dehydrogenase (LDH) in a process of fermentation during normal metabolism and exercise. It does not increase in concentration until the rate of lactate production exceeds the rate of lactate removal, which is governed by a number of factors, including monocarboxylate transporters, concentration and isoform of LDH, and oxidative capacity of tissues. The concentration of blood lactate is usually 1–2 mmol/L at rest, but can rise to over 20 mmol/L during intense exertion[4] and as high as 25 mmol/L afterward.

During power exercises such as sprinting, when the rate of demand for energy is high, glucose is broken down and oxidized to pyruvate, and lactate is then produced from the pyruvate faster than the body can process it, causing lactate concentrations to rise. The production of lactate is beneficial because it regenerates NAD<sup>+</sup> (pyruvate is reduced



to lactate while NADH is oxidized to NAD<sup>+</sup>), which is used up in oxidation of glyceraldehyde 3-phosphate during production of pyruvate from glucose, and this ensures that energy production is maintained and exercise can continue. (During intense exercise, the respiratory chain cannot keep up with the amount of hydrogen atoms that join to form NADH, and cannot regenerate NAD<sup>+</sup> quickly enough.)

The resulting lactate can be used in two ways:

Oxidation back to pyruvate by well-oxygenated muscle cells, heart cells, and brain cells Pyruvate is then directly used to fuel the Krebs cycle

Conversion to glucose via gluconeogenesis in the liver and release back into circulation; see Cori cycle If blood glucose concentrations are high, the glucose can be used to build up the liver's glycogen stores.

However, lactate is continually formed even at rest and during moderate exercise. Some causes of this are metabolism in red blood cells that lack mitochondria, and limitations resulting from the enzyme activity that occurs in muscle fibers having a high glycolytic capacity.

Brain metabolism and exercise

Although glucose is usually assumed to be the main energy source for living tissues, there are some indications that it is lactate, and not glucose, that is preferentially metabolized by neurons in the brain of several mammalian species (the notable ones being mice, rats, and humans). According to the lactate-shuttle hypothesis, glial cells are responsible for transforming glucose into lactate, and for providing lactate to the neurons. Because of this local metabolic activity of glial cells, the extracellular fluid immediately surrounding neurons strongly differs in composition from the blood or cerebro-spinal fluid, being much richer with lactate, as was found in microdialysis studies.

Some evidence suggests that lactate is important at early stages of development for brain metabolism in prenatal and early postnatal

subjects, with lactate at these stages having higher concentrations in body liquids, and being utilized by the brain preferentially over glucose. It was also hypothesized that lactate may exert a strong action over GABAergic networks in the developing brain, making them more inhibitory than it was previously assumed, acting either through better support of metabolites, or alterations in base intracellular pH levels, or both.

Studies of brain slices of mice show that beta-hydroxybutyrate, lactate, and pyruvate act as oxidative energy substrates, causing an increase in the NAD(P)H oxidation phase, that glucose was insufficient as an energy carrier during intense synaptic activity and, finally, that lactate can be an efficient energy substrate capable of sustaining and enhancing brain aerobic energy metabolism in vitro. The study "provides novel data on biphasic NAD(P)H fluorescence transients, an important physiological response to neural activation that has been reproduced in many studies and that is believed to originate predominately from activity-induced concentration changes to the cellular NADH pools.

**What will happen if a person accidentally drinks kerosene/petrol/diesel?**

My five year old sister accidentally ingested kerosene. Now she is 50 yrs old and eating only whole foods. But when she was in her 30s, one of her ovaries was removed. At that time, she is working in a factory with lots of chemicals and in polluted environment.

**Why do I get my period every 3 weeks? Is it normal?**

Excess estrogen. See a doctor. I would avoid estrogen rich food and eat more progesterone rich food. There is cell energy herbal caps at <http://www.getwellinternational.com> that removes excess estrogen.

## If body weight is brought down into control and uric acid levels kept down for some prolonged time, can gout be cured permanently?

My 83 yr old mother has high uric acid, with her meat diet, stress and lack of sleep, it attacked her again last week. I am now starting a strict diet for her, as listed below.

### **Gout**

Gout, a painful form of arthritis, occurs when high levels of uric acid in the blood cause crystals to form and accumulate around a joint.

Uric acid is produced when the body breaks down a chemical called purine. Purine occurs naturally in your body, but it's also found in certain foods. Uric acid is eliminated from the body in urine.

**High-purine vegetables.** Studies have shown that vegetables high in purines do not increase the risk of gout or recurring gout attacks. A healthy diet based on lots of fruits and vegetables can include high-purine vegetables, such as asparagus, ginger spinach, peas, cauliflower or mushrooms.

You can also eat beans or lentils, which are moderately high in purines but are also a good source of protein. Greens rich in sulfur such as asparagus, broccoli, parsley, celery, carrots, cucumbers, red onion, tomatoes, bell peppers, lettuce, zucchini, squash, pumpkin, watermelon, green beans, cinnamon, black currants berries for tea, nettle soup, coffee (black and green), and probiotics such as pickled greens and yogurt.

**Eat high potassium rich foods.** Potassium citrate helps alkalize your urine and improves the excretion of uric acid. Potassium is widely available in fruits and vegetables. The most beneficial sources include broccoli, celery, avocado, spinach and romaine lettuce. If you want to supplement, consider using potassium bicarbonate, which is probably the best potassium source to use as a supplement.

**Avoid sugar.** Uric acid is a byproduct of [fructose metabolism](#). In fact, fructose is the ONLY type of sugar that will raise your uric acid

levels and will typically generate uric acid within minutes of ingestion. The ideal range for uric acid is between 3 to 5.5 mg/dL. The connection between fructose consumption and increased uric acid is so reliable that a uric acid level taken from your blood can actually be used as a marker for fructose toxicity.

**Avoid Organ and glandular meats, high in purines.** Avoid meats such as liver, kidney and sweetbreads, which have high purine levels and contribute to high blood levels of uric acid. Organ meats, brewer's yeast, sardines and tuna packed in oil, chicken livers and beef fillet all have over 100 mg of purine per 100 g of product. **Foods high in purine will breakdown to uric acid.**

**Avoid Selected seafood.** Avoid the following types of seafood, which are higher in purines than others: anchovies, herring, sardines, mussels, scallops, trout, haddock, mackerel and tuna.

**Avoid Alcohol.** The metabolism of alcohol in your body is thought to increase uric acid production, and alcohol contributes to dehydration. Beer is associated with an increased risk of gout and recurring attacks, as are distilled liquors to some extent.

The effect of wine is not as well-understood. If you drink alcohol, talk to your doctor about what is appropriate for you.

**Vitamin C.** Vitamin C may help lower uric acid levels. Talk to your doctor about whether a 500-milligram vitamin C supplement fits into your diet and medication plan. Vit C rich citrus fruits such as lemon, digestive enzymes from pineapple, papaya and mangoes.

Good fats in avocado, coconut and fruits such as apples, kiwi, plums, pomelo, pears, cherries, peaches, blackberries.

**Coffee.** Some research suggests that moderate coffee consumption may be associated with a reduced risk of gout, particularly with regular caffeinated coffee. Drinking coffee may not be appropriate for other medical conditions. Talk to your doctor about how much coffee is right for you.

**Cherries.** There is some evidence that eating cherries is associated with a reduced risk of gout attacks.

**Avoid:** Prescription drugs, such as non-steroidal anti-inflammatory drugs ([NSAIDs](#)), which are the norm when it comes to [treating gout](#), have been proven to do you more harm than good.

Reduce stress, sleep more and **Practice Grounding.** Grounding or earthing is the process of [walking or standing barefoot on bare earth](#), permitting free electrons from the earth to enter your body. These powerful antioxidants combat free radicals in your system.

Grounding may reduce your risk of cardiovascular disease and may thin your blood, both good things when you want to reduce your risk for gout. If you want to try grounding, start by walking in a dewy, grassy area barefoot. If you live near a large body of water, that's a great location for walking barefoot, as seawater is a good conductor.

I have been going to Santa Cruz beach every Sunday to spend 30min or more jogging or walking on the beach bare foot.

## Why does urine smell burnt?

Did you eat asparagus (healthy sulfur rich veggie)?

Acetaldehyde: Smell of roasted nuts or dried out straw.

Amyl-acetate: Sweet or Smell of "fake" candy banana flavoring

Brettanomyces: Smell of barnyards, fecal and gamey horse aromas

Diacetyl : Smell of rancid butter

Ethyl acetate : Smell of vinegar, paint thinner and nail polish remover

Hydrogen sulfide: Smell of rotten eggs or garlic that has gone bad

Iodine: Smell of moldy grapes

Lactic acid bacteria: Smell of sauerkraut

Mercaptans: Smell of burnt rubber and/or cooked cabbage

Sorbic acid plus lactic acid bacteria: Smell of crushed geranium leaves

Sulfur dioxide: Smell of burnt matches.

## How long does it take for damaged nerves to repair themselves?

Once the insulating cover of the nerve is repaired, the nerve generally begins to heal three or four weeks after the injury. Nerves usually grow one inch every month, depending on the patient's age and other factors.

With an injury to a nerve in the arm above the fingertips, it may take up to a year before feeling returns to the fingertips. Vitamin D, light energy, massage, nutrition, rest/sleep, and other healing modalities can facilitate healing in various ways like stimulating your immune system to help in cell growth and cleansing of your body.

The feeling of pins and needles in the fingertips is common during the recovery process. While this can be uncomfortable, it usually passes and is a sign of recovery.

I hurt the tip of my little finger (by bumping it to a cemented wall) yesterday with a small redness by the nail bed. It healed in 12hrs as I massaged it right away (w saliva).

What are the differences between smoking cigars and cigarettes?

This question previously had details. They are now in a comment.

Based on price, those who use an expensive cigar are regarded of higher social status. Smoking is an addiction issue over a longer period of time. My father died of lung cancer, the most painful of all cancer.

From wiki:

Cigars are tightly rolled bundles of dried and fermented tobacco, which are ignited so their smoke may be drawn into the smokers' mouths.

Cigarettes are a product consumed through inhalation of smoke and manufactured from cured and finely cut tobacco leaves and reconstituted tobacco, often combined with other additives, then rolled into a paper cylinder.

Tobacco smoking poses a risk to health due to the inhalation of poisonous chemicals in tobacco smoke such as Carbon Monoxide, Cyanide, and Carcinogens which have been proven to cause heart and lung diseases and Cancer. "Much of the disease burden and premature mortality attributable to tobacco use disproportionately affect the poor", and of the 1.22 billion smokers, 1 billion of them live in developing or transitional economies.

**Does eating eggs impede healing? Chinese medicine describes eggs as "fa wu," that can cause wounds to heal slowly. Surgeons tell patients to not eat eggs, seafood, beef or lamb after surgery. What are the differences between the sources of protein?**

Eggs are important for healing because they contain 9 essential amino acids, most athletes need it for muscle building and my dad used to drink raw eggs to heal his TB (lungs). Histidine () and Leucine are two of the 9 essential amino acids in eggs. Eggs plus Vitamin B rich foods are happy foods, helping happy hormones in the brain.

Eggs contain Histidine which is an amino acid that is used to develop and maintain healthy tissues in all parts of the body, particularly the myelin sheaths that coat nerve cells and ensure the transmission of messages from the brain to various parts of the body. It may be useful for treatment of mental disorders as well as certain types of sexual dysfunction.

Histidine levels in the body must be balanced to ensure good mental and physical health. High levels of this amino acid have been linked to the presence of psychological disorders such as anxiety and

schizophrenia, while low levels of histidine are thought contribute to the development of rheumatoid arthritis and the type of deafness that results from nerve damage. Taking histidine supplements may help relieve symptoms of rheumatoid arthritis.

Histidine in eggs is important to normal sexual functioning, because it gets converted into histamine, a chemical needed to stimulate sexual arousal. When taken together with vitamin B3 (niacin) and vitamin B6 (pyridoxine), histidine can increase sexual pleasure by boosting histamine levels in the body.

Histamine is also needed to help the immune system know when the body is experiencing an allergic reaction, and for the production of gastric juices needed for normal digestion.

Research suggests that histidine also acts as a natural detoxifier, protecting against radiation damage, and removing heavy metals from the system. It may even help prevent the onset of AIDS—histidine is crucial to the production of both red and white blood cells. Like other amino acids, histidine is found in many high-protein foods such as raw eggs.

Leucine in eggs helps regulate blood sugar.

Leucine works with the amino acids isoleucine and Valine to repair muscles, regulate blood sugar, and provide the body with energy. It also increases production of growth hormones, and helps burn visceral fat, which is located in the deepest layers of the body and the least responsive to dieting and exercise.

Leucine, Isoleucine, and Valine are branched-chain amino acids (BCAAs), and all three of them help promote muscle recovery after exercise.

Leucine is the most effective BCAA for preventing muscle loss because it breaks down and is converted to glucose more quickly than isoleucine and valine.



Increased glucose supplies prevent the body's cannibalization of muscle for energy during intense workouts, so it is no surprise that this amino acid supplement is popular among professional body builders.

Leucine also promotes the healing of bones, skin, and muscle tissue after traumatic injury, and is often recommended for those recovering from surgery.

Because it is so easily converted to glucose, leucine helps to regulate blood sugar; a deficiency of leucine produces symptoms similar to those of hypoglycemia, which may include headaches, dizziness, fatigue, depression, confusion, and irritability.

Histamine is also essential in defending the body against invasion by potentially disease-causing agents such as bacteria, viruses and other foreign invaders. Histamine is made and stored within white blood cells (leukocytes) such as mast cells in tissues and basophils that circulate in blood. When the immune system is activated in response to foreign material entering the body, histamine is the first "defence chemical", or more correctly, inflammatory mediator, released in the process called inflammation.

Foods with High Histamine levels: Long cooked or leftover meat, Most Alcohol (Wine, Beer, Cider, Fermented Drinks), Yeast, Fish that is not immediately gutted after catching, Aged Fish (Canned, Smoked), Tomatos (Fresh or Processed), Pickled, Fermented & Cultured Foods Sauerkraut Pickles, Kimchee, Soy Sauce, Tamari, Miso), Smoked & Cured Meats (Ham, Sausage, Salami), Shell Fish, Red Beans, Nuts, Chocolate, Citrus Fruit, Wheat Based Foods, Vinegar (Salad Dressings, Mustard, Ketchup, Mayonnaise), Spices & Seasonings (Cinnamon, Nutmeg, Hot Peppers, Cloves, Anise, Curry, Chili Powder, Overripe Fruits, Yogurt & Kefir (depends upon the cultures used), Canned Food ( additives & preservatives), Soy

Products, Mushrooms, Dried Fruits, Cola, Raw & Undercooked Egg (Whites in particular).

My 83 yr old mother itches a lot. She loves her red wine and soft boiled eggs every day. I up her zinc intake lately. But, as we age our tissues become weaker and increasing intake of omega 3 ,Vitamin C and B and CQ10 can help in our cell healing and growth.

## Is there a good natural alternative to Ranitidine?

Natural ways to combat heartburn from Dr Mercola:

Your First Line of Treatment – Unprocessed Foods and Probiotics

Ultimately, the answer to heartburn and acid indigestion is to restore your natural gastric balance and function. Eating large amounts of processed foods and sugars is a surefire way to exacerbate acid reflux as it will upset the bacterial balance in your stomach and intestine. Instead, you'll want to eat a lot of vegetables and other high-quality, ideally organic, unprocessed foods. Also, eliminate food triggers from your diet. Common culprits here include caffeine, alcohol, and nicotine products.

Next, you need to make sure you're getting enough beneficial bacteria from your diet. This will help balance your bowel flora, which can help eliminate *H. pylori* bacteria naturally without resorting to antibiotics. It will also aid in proper digestion and assimilation of your food. Ideally, you'll want to get your probiotics from fermented foods. If you aren't eating fermented foods, you most likely need to supplement with a probiotic on a regular basis.

Ideally, you'll want to include a variety of cultured foods and beverages in your diet, as each food will inoculate your gut with a variety of different microorganisms. Fermented foods you can easily make at home include:

- Fermented vegetables
- Chutneys

- Cultured dairy, such as yoghurt, kefir, and sour cream
- Fish, such as mackerel and Swedish gravlax

## **Addressing Low Acid Production**

### **Heartburn is typically a sign of having too little stomach acid.**

To encourage your body to make sufficient amounts of hydrochloric acid (stomach acid), you'll also want to make sure you're consuming enough of the raw material on a regular basis.

High-quality sea salt (unprocessed salt), such as Himalayan salt, will not only provide you with the chloride your body needs to make hydrochloric acid.

It also contains over 80 trace minerals your body needs to perform optimally, biochemically. Sauerkraut or cabbage juice is also a strong—if not the strongest—stimulant for your body to produce stomach acid.

Having a few teaspoons of cabbage juice before eating, or better yet, fermented cabbage juice from sauerkraut, will do wonders to improve your digestion.

### **Other Safe and Effective Strategies to Eliminate Heartburn and Acid Reflux**

Besides addressing your day-to-day diet and optimizing your gut flora, a number of other strategies can also help you get your heartburn under control, sans medications. The following suggestions are drawn from a variety of sources, including [Everydayroots.com](http://Everydayroots.com), which lists 15 different natural remedies for heartburn;<sup>6</sup> as well as research from the University of Maryland School of Medicine,<sup>7</sup> the Beth Israel Deaconess Medical Center,<sup>8</sup> and others.

1. Raw, unfiltered apple cider vinegar

As mentioned earlier, acid reflux typically results from having too little acid in your stomach. You can easily improve the

acid content of your stomach by taking one tablespoon of raw unfiltered apple cider vinegar in a large glass of water.

## 2. Betaine

Another option is to take a betaine hydrochloric supplement, which is available in health food stores without prescription. You'll want to take as many as you need to get the slightest burning sensation and then decrease by one capsule. This will help your body to better digest your food, and will also help kill the *H. pylori* bacteria.

## 3. Baking soda

One-half to one full teaspoon of baking soda (sodium bicarbonate) in an eight-ounce glass of water may ease the burn of acid reflux as it helps neutralize stomach acid.

I would not recommend this as a regular solution but it can sure help in an emergency when you are in excruciating pain.

## 4. Aloe juice

The juice of the aloe plant naturally helps reduce inflammation, which may ease symptoms of acid reflux. Drink about 1/2 cup of aloe vera juice before meals. If you want to avoid its laxative effect, look for a brand that has removed the laxative component.

## 5. Ginger root or chamomile tea

Ginger has been found to have a gastroprotective effect by blocking acid and suppressing helicobacter pylori.<sup>9</sup> According to a 2007 study,<sup>10</sup> it's also far superior to lansoprazole for

preventing the formation of ulcers, exhibiting six- to eight-fold greater potency over the drug! This is perhaps not all that surprising, considering the fact that ginger root has been traditionally used against gastric disturbances since ancient times.

Add two or three slices of fresh ginger root to two cups of hot water. Let steep for about half an hour. Drink about 20 minutes or so before your meal.

Before bed, try a cup of chamomile tea, which can help soothe stomach inflammation and help you sleep.

## 6. Vitamin D

Vitamin D is important for addressing any infectious component. Once your vitamin D levels are optimized, you're also going to optimize your production of about 200 antimicrobial peptides that will help your body eradicate any infection that shouldn't be there.

As I've discussed in many previous articles, you can increase your vitamin D levels through appropriate amounts of sun exposure, or through the use of a safe tanning bed. If neither of those are available, you can take an oral vitamin D3 supplement; just remember to also increase your vitamin K2 intake.

## 7. Astaxanthin

This exceptionally potent antioxidant was found to reduce symptoms of acid reflux in patients when compared to a placebo, particularly in those with pronounced helicobacter pylori infection.<sup>11</sup> Best results were obtained at a daily dose of 40 mg.

## 8. Slippery elm

Slippery elm coats and soothes the mouth, throat, stomach, and intestines, and contains antioxidants that can help address inflammatory bowel conditions.

It also stimulates nerve endings in your gastrointestinal tract. This helps increase mucus secretion, which protects your gastrointestinal tract against ulcers and excess acidity. The University of Maryland Medical Center<sup>12</sup> makes the following adult dosing recommendations:

- Tea: Pour 2 cups boiling water over 4 g (roughly 2 tablespoons) of powdered bark, then steep for 3 - 5 minutes. Drink 3 times per day.
- Tincture: 5 mL 3 times per day.
- Capsules: 400 - 500 mg 3 - 4 times daily for 4 - 8 weeks. Take with a full glass of water.
- Lozenges: follow dosing instructions on label.

## 9. Chinese herbs for the treatment of "Gu" symptoms caused by chronic inflammatory diseases

So-called "Gu" symptoms include digestive issues associated with inflammation and pathogenic infestation. For more information about classical herbs used in Chinese Medicine for the treatment of such symptoms, please see the article, "Treating Chronic Inflammatory Diseases with Chinese Herbs: 'Gu Syndrome' in Modern Clinical Practice," published by the Pacific College of Oriental Medicine

## 10. Glutamine

Research<sup>14</sup> published in 2009 found that gastrointestinal damage caused by *H. pylori* can be addressed with the amino acid glutamine, found in many foods, including beef, chicken, fish, eggs, dairy products, and some fruits and vegetables. L-

glutamine, the biologically active isomer of glutamine, is also widely available as a supplement.

## 11. Folate or folic acid (vitamin B9) and other B vitamins

As reported by clinical nutritionist Byron Richards,<sup>15</sup> research suggests B vitamins can reduce your risk for acid reflux. Higher folic acid intake was found to reduce acid reflux by approximately 40 percent. Low vitamin B2 and B6 levels were also linked to an increased risk for acid reflux. The best way to raise your folate levels is by eating folate-rich whole foods, such as liver, asparagus, spinach, okra, and beans.

**Know that:** Folic is lacking in new moms so up your intake before getting pregnant. To have healthy fetus, feed your body with whole foods and avoid meds before, during pregnancy and labor and after when you are breastfeeding your baby. Folic is good for our nervous system development which impacts our brain growth and determines our behavior problem as a child and then to adulthood.

### How do I treat coarse hair to make it smooth like baby hair?

Massage with coconut oil (night before) before bathing and washing it. Use coconut base shampoo and conditioner. Use cold or lukewarm water. Eat raw eggs (biotin), probiotics (yogurt/acidophilus), prebiotic, coconut and omega 3/Vit C/selenium rich whole foods.

See a doctor for your thyroid health and to balance your sex hormones (avoid plastics, hormone rich foods like regular eggs/milk). Avoid sugar and bad fats, focus on avocado, nuts and fish oil. Sleep and exercise more. De-stress with massage. Do not wash hair everyday and do not use hot water (and harsh chemicals).

## **These chemicals can facilitate aging or Alzheimer's disease.**

I'm 36 years old, and my SGPT level is 131. Is this serious? How can I reduce my SGPT level in a week?

Possible causes for high ALT (SGPT) levels are liver inflammation (hepatitis A, B, C, infectious mononucleosis, acute viral fever, alcohol, pancreatic disorder), injury to muscles (trauma, myocardial infarction, congestive heart failure, acute kidney failure), and many toxins and drugs.

Massage body with essential oil of peppermint/eucalyptus/lemon grass oil in base of grapeseed/coconut/apricot oil. Drink warm water in the morn with lemon and maple syrup. Drink in the afternoon water with 1 tsp of apple cider vinegar.

Eat at noon 30 min after your protein and high-fat meal (whole foods) papaya and pineapple.

Rest and supplement with foods: omega 3, Vit C and Vitamin B complex, tea of dandelion.

## **Is it bad to take an antacid everyday?**

I do not encourage use of Tums or other antacids. Seek a naturopathic doctor or internal medicine.

Tums: "They do have significant side effects, especially in older patients," Dr. Logan said. Studies have linked antacids to an increased risk of pneumonia, gastrointestinal infections, antibiotic resistance, severe diarrhea, and possibly osteoporosis. And Tums can also cause B12 deficiency and other health issues.

I will take calcium with magnesium and Vit C/D from whole food sources and supplements with better absorption results. Take your



calcium and magnesium in the evening since it will cancel the absorption of iron in the morning.

The Endocrine System combines neural and glandular mechanisms which control physiological functions/behavior via the secretion of hormones. Hormones are chemical signaling molecules which play an integral role during development (organizational effects) and day-to-day functioning (activational effects) of target tissues at critical times. Secretory cells of a particular type are often clumped together into a well defined gland (e.g. pituitary, thyroid, adrenal, testes, ovaries). Secreted at that site they distribute throughout the body via the blood stream, and cause physiological changes at any other sites.

- Steroids: derived from cholesterol
- Amines: derived from amino acids
- Peptides: short chains of amino acids via protein synthesis

Sex hormones, largely steroids, are secreted from gonads and adrenal cortex. Androgens (e.g., testosterone) are usually higher in male mammals while levels of estrogens (e.g., estradiol) in female mammals exceed those in males. Circulating levels of sex hormones then provide the basic organization for gender phenotypes.

Neurohormone refers to a compound that is released into the bloodstream at specialized neurohemal release sites. It binds to receptors anywhere in the body and thereby coordinates disparate biochemical responses. They are released from glands, transported via the circulatory system and influence the activity of target organs.

Functionally hormones are categorized as Effector hormones (e.g. Vasopressin, Oxytocin) or Tropic hormones, releasing factors (e.g. Gonadotropin Releasing Hormone - GnRH, Growth Hormone Releasing Hormone - GHRH). Target Organs receive hormones via blood stream, respond directly or release their own hormones in response (steroid hormones), and these hormones circulate back to turn off hormonal secretion: endocrine feed back loops.

## [Animal Behavior/Hormones in Behavior](#)

### What are the possible causes of back pain with white discharge?

Yeast infection is white vaginal discharge. Wash with diluted vinegar, avoid cheese and sugar and add acidophilus, raw and fermented veggies in the diet. Back pain has many causes (bacteria, virus and others) that your doctor can find out after some blood, urine and stool tests.

### Why are alcoholics skinny?

Alcohol facilitates aging of cells. Connie

From wiki: Alcohol is a potent neurotoxin. The National Institute on Alcohol Abuse and Alcoholism has found, "Alcoholism may accelerate normal aging or cause premature aging of the brain."

Another report by the same agency found, "Chronic alcohol consumption, as well as chronic glucocorticoid exposure, can result in premature and/or exaggerated aging." Specifically, alcohol activates the HPA axis, causing glucocorticoid secretion and thus elevating levels of stress hormones in the body. Chronic exposure to these hormones results in an acceleration of the aging process, which is associated with "gradual, but often dramatic, changes over time in almost every physiological system in the human body. Combined, these changes result in decreased efficiency and resiliency of physiological function." Chronic stress and chronic heavy alcohol use cause a similar premature aging effect, including nerve cell degeneration in the hippocampus.

## What could cause an low basophil count?

Basophil count can be too low in if you are suffering from a severe allergy or hyperthyroidism. A low basophil count can also occur if you are pregnant, ovulating, stressed or taking corticosteroids

## How long does it take for uti go away?

Health is restored easily with a strong immune system. Bad bacteria can linger more than 5days so that the doctor prescribes antibiotic to be taken for 7 to 10days.

My 80 yr old mom who works in a care home is prone to UTI. So, I always buy the following for her: acidophilus capsules, Vitamin C, cranberry (juice,capsule,powder,whole foods) and hydration.

## Why do people always ask for boiling water when helping a woman give birth?

The hot compress from boiled water as supported by the hands of midwives support the perineum of the mother to not tear so much.

I feel more pain in the hot compress on my perineum than the birth, although I felt a sharp knife pain when the baby comes out. And so I have a second degree tear at 36 yrs old (second birth). Younger mom delivers her baby with less tear (skin is richer in Vit C, A and E).

Boiling water is used by midwives for many purpose in home birth. A compress of sage, salt and comfrey (or guava leaves) is used from the boiled water to add to the sanitary napkin which is frozen or refrigerated to be used after birth to aid in skin healing.

## What is the life expectancy of stage 4 lung cancer that has spread to the bones and liver?

Stage 4 lung cancer based on the experience of my father that travelled to his bones (most painful form of cancer), made him live for 9 months but if it travelled to the brain, it will be shorter. We gave him daily massage and juice of green papaya and apples. He prayed a lot with my sister and refused to die. His doctor said he will live for only 3 months from diagnosis. This ebook is written for his memory. Yes he smoked cigarettes at an early age but was also exposed to many metals such as copper, nickel and asbestor working in mines and a car mechanic in the air polluted city of Manila and mining companies. He also had Tuberculosis and worked non stop, 24 hours at one time as limo driver for tourists. He felt the chronic back pain for more than 5 years before he died and 15 years after he stopped smoking. He loves burned BBQ meat.

## What happens if you starve yourself during pregnancy?

Are you trying to abort? I eat every 3hrs and drink healthy drink every 2hrs during pregnancy. What is your goal for the growing baby? To have smart babies, eat whole foods before and during pregnancy. More protein and fat during the first 3 months and more healthy carbs and iron rich food during the last 3 months.

If the baby boy is hungry, he will be born two weeks early. The baby takes mosts of the nutrients in your body. Some new moms lost a tooth after pregnancy and each baby will minus 5 yrs from our life in terms of the nutrition and pregnancy demands.

To have smart babies, a happy and well-nourished mom is the norm.

## Can high SGPT and SGOT lead to heart disease?

Yes. The blood SGPT levels are elevated with liver damage (for example, from viral hepatitis) or with damage to the heart (for example, from a heart attack).

## What's a good analogy to explain the immune system?

- System Analogy: Someone who's trying to rob a bank. Like pathogen.
- Organs Analogy: tonsils interacts with lymphocytes. Like pathogen. , adenoid = interact with pathogens ; the door of the bank building.
- Thymus Analogy: interact with Pathogens, lymph fluids, lymphocytes. : security camera.
- Cells and Cells parts: Antigen and Pathogen ; Analogy: The robber.
- Phagocytes interact with White blood cells, capillary walls ; Analogy: the vault on the bank.
- Lymphocytes interact with Lymph vessels, lymph fluids , pathogens and antigens .
- B cells interact with Antibodies, proteins.
- Cytotoxic cells interact with Pathogens, body cells ; Analogy: security guard.
- Suppressor T cells Memory cells interact with Pathogens, T and B cells ; Analogy: Shut down of Fire in the bank and electricity.
- Memory cells Analogy: Increasing security at the bank after a robbery.
- Antibodies Pathogens: phagocytes Same as adenoid, interact with pathogens.
- Interact with lymphocytes. interact with Pathogens, immune system ; Analogy: police officers
- Analogy Lymph vessels interact with Pathogens, lymph fluids, lymphocytes: air conditioner or ventilation system.
- Antibodies; Analogy: reinforcement of police officers.
- Acidophilus and digestive enzymes ; Weeds out destructive bugs in the intestines, preventing entry into the brain

## Is it true that hair is a natural extension of the nervous system?

Yes. Unrolling and stretching-out the cochlea would give a thin tube of about 3.4 centimetres length, with three cavities (scala vestibuli, and scala timpani, filled with perilymph fluid, and scala media, filled with endolymph fluid), separated by two membranes: the Reissner's membrane and the basilar membrane. The basilar membrane has a crucial function: it is thin and stiff at the beginning, and wide and sloppy at the end - populated with approximately 3,500 sections of 4 hair cells.

## Why can't I sleep with an empty stomach?

Sleep, food cravings, sex hormones and stress are controlled by the pituitary gland in the brain. So eat brain food rich in tryptophan.

Over the past 20 year, 40 controlled studies have been described concerning the effects of L-tryptophan on human sleepiness and/or sleep. The weight of evidence indicates that L-tryptophan in doses of 1 g or more produces an increase in rated subjective sleepiness and a decrease in sleep latency (time to sleep). There are less firm data suggesting that L-tryptophan may have additional effects such as decrease in total wakefulness and/or increase in sleep time. Best results (in terms of positive effects on sleep or sleepiness) have been found in subjects with mild insomnia, or in normal subjects reporting a longer-than-average sleep latency. Mixed or negative results occur in entirely normal subjects--who are not appropriate subjects since there is "no room for improvement". Mixed results are also reported in severe insomniacs and in patients with serious medical or psychiatric illness.

## What chemicals in your brain make you attracted to a person?

Pheromones, oxytocin - love hormone, ovulation (days), frontal lobes (judgment, as women are turned on by men in power), dopamine (happy hormone), and many other areas.

Wiki:

Human sexuality has many aspects. In biology, sexuality describes the reproductive mechanism as well as the basic biological drive that exists in all sexually reproducing species and can encompass sexual intercourse and sexual contact in all its forms. There are also emotional and physical aspects of sexuality. These relate to the bond that exists between individuals, which may be expressed through profound feelings or emotions. Sociologically, it can cover the cultural, political, and legal aspects; philosophically, it can span the moral, ethical, theological, spiritual, and religious aspects.

Which aspects of a person's sexuality attract another is influenced by cultural factors, and has varied over time, as well as personal factors. Influencing factors may be determined more locally among sub-cultures, across sexual fields, or simply by the preferences of the individual. These preferences come about as a result of a complex variety of genetic, psychological, and cultural factors.

A person's physical appearance has a critical impact on their sexual attractiveness. This involves the impact one's appearance has on the senses, especially in the beginning of a relationship:

Visual perception (The symmetry of the face, physical attractiveness, health and how well they act or move, for example while dancing);

Audition (how the other's voice and movements sound);

Olfaction (how the other smells, naturally or artificially; the wrong smell may be repellent).

As with other animals, pheromones may also have an impact, though less significantly in the case of humans. Theoretically, the "wrong" pheromone may cause someone to be disliked, even when they would otherwise appear attractive. Frequently, a pleasant-smelling perfume is used to encourage the member of the opposite sex to more deeply inhale the air surrounding its wearer, increasing the probability that the individual's pheromones will also be inhaled. The importance of pheromones in human relationships is probably limited and is widely disputed although it appears to have some scientific basis.

Many people exhibit high levels of sexual fetishism, and are sexually stimulated by other stimuli not normally associated with sexual arousal. The degree to which such fetishism exists or has existed in different cultures is controversial.

Pheromones have been determined to play a role in sexual attraction between people. They influence gonadal hormone secretion, for example follicle maturation in the ovaries in females and testosterone and sperm production in males.

## Is there a link between ecstasy/MDMA and Parkinson's Disease?

Yes, like most narcotics (addicting drugs/meds). 3,4-Methylenedioxymethamphetamine (MDMA), commonly known as ecstasy (E), is a psychoactive drug used primarily as a recreational drug. Desired effects of MDMA include increased empathy, euphoria, and heightened sensations. When taken by mouth, effects begin after 30–45 minutes and last 3–6 hours. It is also sometimes snorted or smoked. As of 2016, MDMA has no accepted medical uses.



Adverse effects of MDMA use include addiction, memory problems, paranoia, difficulty sleeping, teeth grinding, blurred vision, sweating, and a rapid heartbeat. Use may also lead to depression and fatigue. Deaths have been reported due to increased body temperature and dehydration. MDMA increases the release and slows the reuptake of the neurotransmitters serotonin, dopamine, and norepinephrine in parts of the brain. It has stimulant and psychedelic effects. The initial increase is followed by a short-term decrease in the neurotransmitters. MDMA belongs to the substituted methylenedioxyphenethylamine and substituted amphetamine classes of drugs.

## Do antidepressants like Mirtazapine have long-term negative effects on the brain?

I believe that all neuro meds have long term effects in the brain in a negative way, like shrinking the brain. That is why they have to follow a gradual and slow reduction in dose to minimize discontinuation symptoms. With seniors, a med is prescribed to counter the side effects of each med. So most seniors in the USA are taking more than 10 types of pills a day.

Very common ( $\geq 10\%$  incidence) adverse effects

Constipation – 13%

Dry mouth – 25%

Increased appetite – 17%

Somnolence, sedation, sleepiness – 54%

Weight gain ( $\geq 7\%$  weight gain in pediatrics; 8% of adult trial participants)

Common ( $1\% \leq$  incidence  $< 10\%$ ) adverse effects

Alanine transaminase (ALAT) level raised – 2%

Weakness (asthenia) – 8%

Disturbance in thinking – 3%

Dizziness – 7%

Peripheral edema

Serum triglycerides raised (increases to 500 mg/dL (5.65 mmol/L) or greater) – 6%

Mirtazapine is not considered to have a risk of many of the side effects often associated with other antidepressants like the SSRIs, and may actually improve certain ones when taken in conjunction with them.

(Those adverse effects include decreased appetite, weight loss, insomnia, nausea and vomiting, diarrhoea, urinary retention, increased body temperature, excessive sweating, pupil dilation and sexual dysfunction.

In general, some antidepressants, especially SSRIs, can paradoxically exacerbate some peoples' depression or anxiety or cause suicidal ideation.

Despite its sedating action, mirtazapine is also believed to be capable of this, so in the United States and certain other countries, it carries a black box label warning of these potential effects.

## Does drinking warm water reduce cholesterol?

Yes. Add 1 tsp of apple cider vinegar in warm water. Better yet, add lemon and 1 tsp of maple syrup. Or the best, is clear soup liquid of veggies (cucumber, cooked cabbage/kale and parsley).

## Should I worry about lung cancer at 21 years old?

Worry or anxiety lowers our immune system. Use the power of your mind to stop smoking. Carcinogens from cigarettes smoking in due time will accumulate to lead to lung cancer, the most painful cancer of all. Increase your intake of Vitamin C and amino acid lycine. Always ensure that your immune system is strong with exercise, eating whole foods (cilantro and other greens/bitters/colored veggies) and getting good sleep. Take probiotics and eat citrus/pineapples.

CAT scan and MRI scan can detect lung cancer. But at your age, concentrate on stopping smoking.

## Why are protein bars giving me terrible stomach aches, when I had no problems with them before?

Protein bars include many ingredients and some of them are hard to digest proteins. Our stomach acid needs to be sufficient to digest them. As we age, we need more digestive enzymes. During eating, we do not want to consume more water as it dilutes the stomach acid. Proteins can be acidic or alkaline. We need good bacteria in our gut to digest these proteins. We can up intake of probiotics and prebiotics (garlic). In moderation, we can digest proteins but our stomach and intestinal lining changes over time. We need whole foods to balance and detox our body. See [www.clubalthea.com](http://www.clubalthea.com)

## What could cause an low basophil count?

Basophil count can be too low in if you are suffering from a severe allergy or hyperthyroidism. A low basophil count can also occur if you are pregnant, ovulating, stressed or taking corticosteroid.

## Why can't I sleep with an empty stomach?

Over the past 20 yr, 40 controlled studies have been described concerning the effects of L-tryptophan on human sleepiness and/or sleep. The weight of evidence indicates that L-tryptophan in doses of 1 g or more produces an increase in rated subjective sleepiness and a decrease in sleep latency (time to sleep). There are less firm data suggesting that L-tryptophan may have additional effects such as decrease in total wakefulness and/or increase in sleep time. Best results (in terms of positive effects on sleep or sleepiness) have been found in subjects with mild insomnia, or in normal subjects reporting a longer-than-average sleep latency. Mixed or negative results occur in entirely normal subjects--who are not appropriate subjects since there is "no room for improvement". Mixed results are also reported in severe insomniacs and in patients with serious medical or psychiatric illness.

## How can I stop eggs from causing me diarrhea?

Add fiber rich whole foods (greens such as cilantro, mushrooms, onions, garlic, yellow veggies) and lemon when eating it (eggs that are hormone free, boiled). I would take activated charcoal tablets for 4 days.

## Why does taking a CoQ10 supplement make me so tired?

Sometimes your body tells you to sleep or relax. But low energy means lack of potassium and folate.

## After being sick how long will you be immune to a cold until you get it again?

It depends on each person and many factors such as speed of immune reconstitution, viral load, co-infections, patient age and body mass, and active viral infection.

Younger people have better recovery. As we age our thymus gland is smaller.

Under weight and obese people have longer recovery and easy to get sick again.

The thymus is an organ in the chest where T-cells mature after they are produced in the bone marrow. The thymus shrinks and its function declines as people age, but it still seems to play a role in producing new naive CD4 T-cells.

So to be free from cold, do eat whole foods rich in Vitamin C and zinc, add lemon in your drinking water and sleep well. For those over 40 yrs old, our melatonin is less and we need more calcium and magnesium so eat whole foods and take supplements (at night).

One way to recover faster is to calm your nerves (Vit B complex or yellow colored whole foods have anti-stress nutrients), exercise and sunshine (Vitamin D aids in the repair of cells).

Vitamin D rescues deficiencies in DNA repair factors.

## Why do Alzheimer's patients love sweets so much?

Sugar craving is an addiction that is controlled by our brain (Pituitary gland) and very close to the Serotonin pathway - the direct pathway linked to Alzheimer. Most Alzheimer's have diabetes, metabolic disorder (lack of good bacteria such as acidophilus in gut) and depression. Happy foods include sugary foods. Healthy happy foods are yams, eggs, strawberries, bananas and dark chocolate. The Serotonin and Dopamine pathways are links to Alzheimer's path.

## What are the causes of swelling legs with pain in the waist down? What are the remedies available in alternate medicine?

Immediate correction: Rest, stop smoking, drink a smoothie of parsley, carrots, apples, ginger and coconut water

Corrective healthy lifestyle for long term: avoid toxins/carcinogens/tobacco use, alcohol, consume whole foods

Edema, often referred to as water retention, bloating or swelling, is the excessive accumulation of fluids between the cells caused by defects or dysfunction in the circulatory or the lymphatic systems.

### Symptoms of Edema

- Swelling
- Stretched and/or shiny skin
- Skin which when poked or pressed will remain "dented"
- Pain in area of swelling, most especially in the fingers and feet

The possible causes of edema are quite various and range from things as simple as not getting enough water to more serious conditions such as hypertension and diabetes.

Causes of edema may include

- Excess of sodium in diet
- Use of medications
- Estrogen imbalance (dominance)
- Dehydration
- Magnesium Deficiency
- Fatty Acid Deficiency
- Protein Deficiency
- B-vitamin Deficiency
- Poor Circulation
- Weaken veins and capillaries
- Blocked lymph
- Liver congestion
- Bronchial disorders such as chronic bronchitis and/or emphysema
- PMS

Other more serious conditions which may contribute to or cause edema include:

- Diabetes
- Thyroid dysfunction
- Obesity
- Hypo- or Hypertension
- Heart Disease
- Congestive Heart Failure
- Cancer
- Sodium and Potassium

Our bodies need a certain amount of sodium and potassium (1:5 ratio) salts in our diet to keep the body running smoothly. Unfortunately the way most people eat today, potassium is quite lacking and the sodium is consumed in great abundance beyond what is needed. To be sure a person gets the right balance in their diet, it is a good idea to avoid processed foods which contain sodium [also, sodium nitrate, sodium chloride, sodium benzoate, and monosodium glutamate (MSG)] and replace them with recipes made with

natural, unprocessed, all--natural and whole foods. Get rid of the refined and processed table salt and replace it with a high quality, high flavor, and unrefined sea salt. My favorite just happens to be Celtic Grey sea salt. If you'd like more information about sodium and sea salt, take a look at this article from Dr. Mercola.<http://articles.mercola.com/site...>

## Medications

So many people are taking medications these days for a myriad of conditions. Most of these medications will lend themselves to swelling and inflammation by one of two methods. They will either cause vasodilation of the blood vessels or retention of sodium. Any type of medication could invariably cause or lead to edema, but the most common contributing medications will include:

- Statins
- Anti-coagulants
- Non-steroidal anti-inflammatories (NSAIDS) such as Ibuprofen, Naproxyn, or Tylenol
- Anti-psychotics and anti-depressants
- Narcotic pain killers
- Immuno-suppressants
- Beta blockers
- Diabetes medications
- Chemo-therapy

Tips: Stop smoking, avoid toxins, limit alcohol, add probiotics, limit sugar, rest, consume whole foods



## What is the best nutrition?

Whole foods eaten with proper chewing, less stress, deep breathing, adequate sleep, fresh air, clean water and exercise.

See mineral balance at [clubalthea.com](http://clubalthea.com)

NOTE: VINEGAR AND CITRUS HELP IN THE ABSORPTION OF MINERALS IN WHOLE FOODS. ONLY 20% OF IRON ARE ABSORBED FROM PLANTS AND MORE THAN 35% ARE ABSORBED FROM ANIMAL BASED FOODS. CALCIUM AND MAGNESIUM RATIO IS 60:40 . NUTS, BEANS AND LENTILS AND DARK LEAFY GREENS , FISH, SEEDS, SHELLFISH , WHOLE GRAINS AND MUSHROOMS ARE TOPS IN MINERALS

## How do I avoid getting a sore mouth roof when eating a grilled panini?

Avoid eating burned food. Warm food, too hot can affect our throat. Carcinogens are present in burned food. My father who died of lung cancer liked burned BBQ chicken feet.

Wash mouth with diluted hydrogen peroxide (3%). Eat more colored veggies and fruits.

## Is it true that post-gallbladder removal, one must keep to a low fat diet or risk frequent stomach/intestinal upset?

### Nutrients to Promote Bile Flow

Red beets and beet top extracts. Several nutritional companies have developed very effective extracts from the beet plant, particularly the top, that enhance bile flow. Combining beet extracts with bile salts improves the overall effectiveness of the product. You can find these extracts at many health food stores.

Artichokes. Leaves from the artichoke plant contain caffeoylquinic acids, which promote bile flow. The simplest and least expensive way to benefit from these compounds is to eat the artichoke leaves. They're easy to both prepare and eat. Place two artichokes in a shallow, glass baking dish with about 1/2 to 1 inch of water in the bottom. Cover with plastic wrap and cook in a microwave on high for four to five minutes. To eat, simply break off each leaf and scrape the flesh from the leaf between your teeth and throw the pithy part of the leaf away.

Sauerkraut and sauerkraut juice. When used regularly, sauerkraut and its juice will promote bile output. A cup of the juice by itself taken once or twice a week before breakfast has worked wonders for dozens of my patients.

## Could a woman give birth without any help?

After World War II, women are heralded to birth in the hospital. During that time, laboring women are cared for near dead or infected bodies and no safety precautions were used then such as gloves so many died (sepsis).

Homebirths are advisable for healthy women who sees a CNM or OB monthly. Homebirth CNMs (midwives, bring oxygen tanks with them).

In the hospital, if the teen is perceived to have used drugs/meds, the doctors know that the baby will need to be resuscitated.

## What are the benefits of eating chicken soup during pregnancy?

There are sulfur cleansing plants which are added in the soup such as greens, garlic and onions and the bones (bone marrow) of the chicken are rich in calcium, magnesium, potassium, and phosphorus. All these nutrients are good for the growing brain of the baby especially in the first trimester.

## Is sipping on Powerade good for an upset stomach?

I would eat yogurt or protein rich food and whole foods and not high fructose corn syrup (sugar is a carcinogen, type 3 diabetes) from Powerade:

water, high fructose corn syrup, less than .5% of: citric acid, salt and magnesium chloride and calcium chloride and mono-Potassiumphosphate (electrolyte sources), natural flavors, modified food starch, calcium disodium EDTA (to protect color), medium chain triglycerides, sucrose acetate isobutyrate, vitamin B3.

## What are the natural ways to cure lipomas?

Dr Mercola wrote about Lipomas in dogs.

### How to Help Your Pet Avoid Lipomas

To give your pet the best chance to avoid lipomas, it's important to keep her in good physical condition while also supporting her metabolism, immune and lymphatic systems, and organs of detoxification.

- Feed whole, raw, organic and non GMO'd natural foods – in other words, foods that generate the least amount of metabolic stress. Pet food in its natural state provides needed moisture and insures the highest level of biologic assimilation and digestion.

- Provide fresh, good quality drinking water for your pet. This means water that doesn't contain fluoride, heavy metals or other contaminants. Filtered water is best, not only for two-legged family members, but for furry family members as well.
- Be mindful of your pet's BMI (body mass index). Pets can be thin and under muscled, as well as out of shape. Thin pets who are not exercised regularly (which improves circulation and lymphatic drainage) can also develop lipomas.
- Consider air quality. Make sure your pet has access to clean, smoke free air that is free from fumes (cleaning supplies, flame retardants, off gases from paints and new carpets).
- Think about periodic detoxification. Despite the fact we all try to reduce toxin exposure in our pet's environment, it's nearly impossible to avoid all sources of exposure, so providing an occasional detoxification protocol for your pet can be very beneficial.
- Spoil your pet with circulatory enhancing therapies such as massage and chiropractic treatments that assist in detoxification.
- Take care not to over-vaccinate or over-medicate your pet. This includes avoiding all unnecessary vaccines, veterinary drugs, and chemical flea/tick preventives. Certainly, you want to make sure your pet is protected against disease, but overdoing vaccines, chemical preventives and other types of drugs can dramatically increase the level of toxicity in her body.

What happens to the remains of phagocytosis or any other unwanted particles inside a cell? Are they digested by lysosomes or are they expelled (if so following which path)?

- The removal of these wastes, such as carbon dioxide and urea, is brought about chiefly by the organs of excretion — the lungs, kidneys, liver, and skin. The wastes of the kidneys are discharged in the urine; the wastes of the liver, in the bile; and those of the skin, in the perspiration.

Can balsamic vinegar help with gout?

Coconut water, 1 tsp apple cider vinegar in water, lemon water and a drink with turmeric and ginger powder (Zyflamend caps or Wholefoodmend) can help ease the pain from gout.

Calm the nervous system and ensure adequate whole foods in the diet.

Follow these tips which will help you lower your uric acid levels:

Increase water intake- Water is required to flush off the uric acid formed in the body. When the body is well hydrated, uric acid crystals are difficult to form. Drink at least 3-4 liters per day to remove the uric acid from the body. You can include buttermilk, coconut water, lemon water, green tea etc to increase your overall fluid intake

Reduce intake of purine rich food- Uric acid is formed by breakdown of proteins called Purines. Although, it is naturally formed by the body, it is also obtained from certain foods like red meat, mushrooms, baked products containing yeast and fermented products. You can include lentils, split dals, milk, egg whites etc to improve your protein intake.

High Fiber food– Foods high in fiber absorb uric acid present in the blood stream and thus easily eliminating it through kidneys. Good fiber sources are fruits, vegetables, whole grains and products over refined products.

Avoid intake of caffeine and alcohol- Caffeine and products containing caffeine like coffee, tea, aerated drinks, and alcohol hinder excretion of uric acid from the blood stream by binding it

Consume good amount of Vitamin C rich foods- Vitamin C helps in excretion of uric acid. Sources of Vitamin C- Citrus fruits, bell peppers, cabbage, amla (Indian gooseberry), guava, etc will help reduce Uric Acid.

Reduce sugar intake- Sugar interferes with excretion of uric acid. A study mentioned that daily intake of 300 ml serving of sweetened drink increases chances of gout by 13%

Consuming Apple cider vinegar- Apple cider vinegar contains acetic acid which turns alkaline in body making the environment alkaline. It is said that it breaks the uric acid crystals and prevents from recurrence by aiding blood circulation and purification. It reduces inflammation and swelling in the joints allowing for better flexibility of the joints.

## What is lactic acid headache?

From wiki:

Lactic acidosis is a medical condition characterized by the buildup of lactate in the body, with as a result an excessively low pH. It is a subtype of metabolic acidosis, where there is excessive acid due to a problem with the body's metabolism.

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A headache that is called lactic acidosis can be related to an acidic blood, causing more constriction of blood vessels, causing headache. In acidic environment, our cell walls can break.

**Has anybody calculated how many cigarettes it takes to kill a person, say in 1 year?**

150 mutations in each lung cell every year from smoking a pack a day

The authors found that, on average, smoking a packet of cigarettes a day led to:

- 150 mutations in each lung cell every year
- 97 in the larynx or voice box
- 23 in the mouth
- 18 in the bladder
- six in the liver

Joint lead author Prof Sir Mike Stratton, from the Wellcome Trust Sanger Institute, said: “The more mutations there are, the higher the chance that these will occur in the key genes that we call cancer genes, which convert a normal cell into a cancer cell.”

The researchers said that in tissues such as the lung, which are directly exposed to smoke, they could find the mutational signature of the chemicals in tobacco smoke, of which at least 60 are carcinogens.

However, they could not find this same pattern in tissues such as the bladder, which are not directly exposed.

### How can you describe the pain of childbirth?

I have two homebirths. The first birthing was my baby facing posteriorly and I was on hands and knees position laboring, feeling a hard rock trying to come out (3 hrs of labor). I birthed him in squatting position.

The second birth was a sharp pain like a knife (short, less than a minute) (30min of labor). I birthed her in kneeling position.



## What are the causes of swelling legs with pain in the waist down? What are the remedies available in alternate medicine?

Immediate correction: See your doctor, rest, stop smoking, drink a smoothie of parsley, carrots, apples, ginger and coconut water

Corrective healthy lifestyle for long term: avoid toxins/carcinogens/tobacco use, alcohol, consume whole foods

Edema, often referred to as water retention, bloating or swelling, is the excessive accumulation of fluids between the cells caused by defects or dysfunction in the circulatory or the lymphatic systems.

### Symptoms of Edema

- Swelling
- Stretched and/or shiny skin
- Skin which when poked or pressed will remain “dented”
- Pain in area of swelling, most especially in the fingers and feet

The possible causes of edema are quite various and range from things as simple as not getting enough water to more serious conditions such as hypertension and diabetes.

### Causes of edema may include

- Excess of sodium in diet
- Use of medications
- Estrogen imbalance (dominance)
- Dehydration
  
- Magnesium Deficiency

- Fatty Acid Deficiency
- Protein Deficiency
- B-vitamin Deficiency
- Poor Circulation
- Weaken veins and capillaries
- Blocked lymph
- Liver congestion
- Bronchial disorders such as chronic bronchitis and/or emphysema
- PMS

Other more serious conditions which may contribute to or cause edema include:

- Diabetes
- Thyroid dysfunction
- Obesity
- Hypo- or Hypertension
- Heart Disease
- Congestive Heart Failure
- Cancer
- Sodium and Potassium

Our bodies need a certain amount of sodium and potassium (1:5 ratio) salts in our diet to keep the body running smoothly.

Unfortunately the way most people eat today, potassium is quite lacking and the sodium is consumed in great abundance beyond what is needed. To be sure a person gets the right balance in their diet, it is a good idea to avoid processed foods which contain sodium [also, sodium nitrate, sodium chloride, sodium benzoate, and monosodium glutamate (MSG)] and replace them with recipes made with natural, unprocessed, all--natural and whole foods.

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## **Medications**

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- Chemo-therapy

Tips: Stop smoking, avoid toxins, limit alcohol, add probiotics, limit sugar, rest, consume whole foods

## Does alcohol consumption give you more cellulite?

Yes especially for women while more men have more liver health issues with alcohol consumption.

Alcohol depletes calcium.

Alcohol and aging are related in several ways and one of the worst is the depletion of calcium caused by drinking.

Alcohol interferes with the body's ability to absorb calcium so the more alcohol you drink – the greater the risk of brittle bones and other related calcium deficiency problems.

Calcium loss over time means low density bone mass and the bent and frail physique we associate with the elderly.

The widespread health effects of alcohol have been known for some time as research studies pinpoint the damage excess alcohol can inflict on the body and increasingly on the brain.

Alcohol accelerates brain aging.

Anyone worried about retaining maximum brain function as they get older should examine their own alcohol intake.

Alcohol is a neurotoxin which can damage the frontal lobes of the brain causing premature aging of the brain and Alzheimer like symptoms

Alcohol is a neuro-toxin which can damage the frontal lobes of the brain causing premature aging of the brain and Alzheimer like symptoms – a condition now known as Alcohol Related Dementia.

A research study published in the British Journal of Psychiatry in 2008 suggested that alcohol related dementia may be a silent epidemic as drinking patterns change and consumption rises.

According to Dr Gupta – author of the study – the consumption of more than 6 units of alcohol a week can increase the risks of alcohol related dementia for women and excess alcohol consumption (28 units per week over 5 years) puts women at a high risk of the condition.

It is the total alcoholic consumption over time that matters but the pattern of drinking can increase risks. In a recent Finnish study (December 2010) researchers found that binge drinking – defined as drinking one bottle of wine or the equivalent in one drinking session once a month – doubled the risk of developing Alzheimer's like symptoms in later life.

Women in particular are more at risk as the harmful effects of alcohol kick in for us at a lower level of drinking than for men. Whether we drink more than we should on a daily basis or indulge in binge drinking every month consuming too much will harm us more.

## Stress and alcohol

It's very common to reach for a drink after a stressful day – the alcohol appears to relax us.

Alcohol consumption may increase stress hormones in the body and contribute to their negative effects on health and aging.

The reality is that according to recent research – alcohol consumption may increase stress hormones in the body and contribute to their negative effects on health and aging.

The release of cortisol – the key stress hormone – helps us deal with short term stressful situations.

Prolonged exposure to stress hormones – where the body remains in an heightened state over long periods of time – is harmful resulting in problems like raised blood pressure and suppression of the immune system. We all know that under stress we are more likely to get sick.

Not only does this impact our health but cortisol has a bad effect on our skin – cortisol reduces the rate at which collagen is produced in skin tissue which is vital for youthful looking skin.

### Alcohol and skin aging

Alcohol is notoriously dehydrating – it increases the rate at which the body excretes water and limits the absorption of nutrients vital for skin health. Dehydrated skin ages more quickly so regular drinking means deeper lines and facial wrinkles.

Alcohol has a directly aging effect on the condition of the skin. Alcohol causes the small blood vessels to widen, producing flushed, coarse skin and broken veins.

Not only is alcohol aging in itself but if you smoke as well as drink then you get something of a double whammy as far as your skin is concerned. Smoking accelerates skin aging even more than alcohol and together the effect is much worse.

Alcohol depletes the skin of nutrients.

One of the worst effects of alcohol as far as skin aging is concerned is the fact that alcohol restricts the uptake of vitamins and minerals that are essential for the bloom and radiance of a youthful complexion.

Alcohol limits the absorption of amino acids, minerals and vitamins and makes your body less efficient at metabolizing fatty acids. Consuming alcohol has a negative impact on most of the key nutrients that skin needs to retain moisture and resist inflammation which is one of the triggers of skin aging.

In particular, alcohol and tobacco inhibits the uptake of the following nutrients essential for healthy youthful looking skin:

- Vitamin A: essential for the maintenance and repair of skin tissue, even a small drop in levels of vitamin A in the body can result in dry, flaky skin
- Vitamins C: vital in the formation of new collagen which gives skin its elasticity – alcohol increases the excretion of vitamin C and all water soluble vitamins
- Vitamin E: well known as a key antioxidant vitamin and anti inflammatory – protects the skin from free radical damage
- B1 (Biotin) – the most important of the B complex vitamins for skin – forms the basis of skin cells, low levels result in dermatitis
- B6 (Pyridoxine) helps skin retain moisture
- B2 and B3 – both important for skin health in protecting from inflammation
- Omega 3 – drinking alcohol makes your body less efficient at metabolizing essential fatty acids which are key for moisture retention in skin cells

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Do eat protein rich food when consuming alcohol. beer and red wine in moderation is ok. Top 3 causes of death in the world: obesity, alcohol use, and tobacco use.

## What will happen if you give up treatments for PCOS?

I would follow a low glycemic PCOS diet and a holistic way to balance hormones such as sleeping before 10pm, exercise, sunshine/Vit D3, avoidance of EDC like plastics and hormones in foods and de-stress. The Pituitary gland should be nourished with a balance of sleep, low stress, reduce food cravings by eating whole foods and a balanced sex hormones (avoid meat, plastics, hormones in foods, EDCs - endocrine disrupting chemicals). More at [www.clubalthea.com](http://www.clubalthea.com)

Eat a balanced diet with lots of fruits, nuts and green vegetables, which help balance hormone levels. Consume red meat in moderation, as red meat can raise androgen levels. Avoid oily, fatty and fried foods, which only make the undesirable effects of androgens worse. Find an experienced acupuncturist.

Polycystic ovaries develop when the ovaries are stimulated to produce excessive amounts of androgenic hormones, in particular testosterone, by either one or a combination of the following (almost certainly combined with genetic susceptibility the release of excessive luteinizing hormone (LH) by the anterior pituitary gland[citation needed] through high levels of insulin in the blood (hyperinsulinaemia) in women whose ovaries are sensitive to this stimulus.



## A PCOS diet

It is thought that a nutritious diet will also help to reduce the risk of developing symptoms of polycystic ovary syndrome, including weight management and helping to regulate insulin levels.

Finding the right diet to tackle the symptoms of PCOS is a complex process and highly individual. Contacting a suitably qualified nutrition professional will help you understand and manage the dietary and lifestyle changes.

## Following a low GI (glycaemic index) diet

The glycaemic index is a way to monitor how quickly the blood glucose rises after eating carbohydrates. Foods with a low GI can cause your blood levels to rise slowly. It is thought that these are helpful in reducing the symptoms of polycystic ovary syndrome.

Low GI foods can improve and help balance insulin levels; women with PCOS are often resistant to the effects of insulin, therefore have more insulin in their blood. This rise in insulin levels means the levels of testosterone are also increased. The increase in both insulin and testosterone upsets the natural hormone balance in the body, often causing symptoms to flare up.

Women with the condition may find replacing high GI foods effective, even if they do not need to lose weight. It has also been found that when combined with weight-loss, a low GI diet can help regulate the menstrual cycle.

As well as the potential to help ease some of the symptoms worsened by being overweight, a nutritious diet will also help to reduce a woman's risk of developing diabetes, heart disease and improve overall health and well-being.

## Foods to include in a PCOS diet

Fruit - Fruit is rich in fibre and is a good source of essential vitamins and minerals. Whilst many women are reluctant to add fruits into their PCOS diet due to the sugar content, when eaten in the correct portions and as a whole fruit as opposed to dried or juiced, it can be an extremely healthy alternative to unhealthy snacks. Fruit is vital in providing the body with the nutrients needed to combat the symptoms of PCOS.

Fruits with a low GI include cherries, plums, apricots, prunes and grapes.

If concerned about the rise in blood sugar and insulin levels caused by fruit, enjoy a handful of seeds or nuts as a side snack - the protein in the seeds can help regulate the rising glucose levels. Aim for two to three portions of fruit per day and increase your vegetable intake for fibre, minerals and antioxidants.

Chromium is an important mineral involved in regulating blood sugar and insulin levels. This can sometimes be low in a highly refined diet; opting for more complex carbohydrates, such as whole grains, broccoli and nuts can help to provide this.

Healthy fats - Unsaturated fats are essential in managing the symptoms of polycystic ovary syndrome. Essential fatty acids (EFAs) are vital in a PCOS diet as they help maintain the cell wall, which absorbs the nutrients we need. EFAs also help to rebalance hormones, manage weight and can help fertility. 'Healthy' fats can include oily fish (salmon or mackerel), avocado and olive oil.

However, care should be taken - simply switch the fats you are already having to unsaturated fats, rather than adding extra into your diet in order to avoid weight gain.

Magnesium rich foods are also important to include. This is because a deficiency in magnesium has recently been linked with an increased risk of insulin resistance. Dark, leafy greens, nuts and seeds can help provide you with the mineral.

Organic meat - It is important to eat good quality, lean meat if you suffer with PCOS. Grass-fed meat often contains fewer hormones and the livestock are less likely to have been fed genetically modified foods. The GM foods fed to standard livestock will often contain pesticides, if consumed, it can be more difficult to manage hormone levels and treat symptoms of PCOS.

In addition to organic meat, organic dairy products, best in the form of live, natural yoghurt, (rather than cheese or milk) are advised as it contains bacteria beneficial in a diet for PCOS.

Pregnancy - If you are trying to get pregnant, it is particularly important to consider whether you are getting the right amount of nutrients in your PCOS diet. For support and advice on following a healthy PCOS diet, consult a suitably qualified nutrition professional.

It has been found that the sex hormone binding globulin (SHBG) is usually low in women with PCOS. Lignans, found in flax and sesame seeds, chickpeas and carrots are reported to increase this.

## What type of food increases serotonin levels in your brain?

Brain foods that help in the production of serotonin and dopamine (both neurotransmitters contribute to feelings of well-being and happiness) are:

Serotonin rich

**Foods High in L-tryptophan:** Turkey, duck, peanuts, legumes, dairy products including cheese and milk, chickpeas, almonds, pine nuts, pistachios, Brazil nuts, pecans, hazelnuts, cashew, macadamia nuts, walnuts, whole grains, brown rice, pineapple, figs, avocado, spinach, potatoes, radish, beets, blue-green algae, bananas, fennel, soy products including tofu, tempeh, soy milk, miso and natto.

**Foods High in Omega-3 Fatty Acids:** Flax seeds and oil, chia seeds, hem seeds and oil, walnuts, fatty fish including sardines and mackerel.

**Foods High in Glutathione:** Garlic, walnuts, squash, potatoes, carrots, asparagus, okra, spinach, broccoli, purslane, apples, avocados, tomatoes, and grapefruit.

**Iron-rich Foods:** Spinach, organic, grass-fed beef, collards, bok-choy, kale, swiss chard, broccoli, lettuce, seeds, nuts, sprouts, and dried fruits.

**Magnesium-rich Foods:** Eggs, milk, leafy greens, seaweed, cacao, bananas, orange, peanuts, tree nuts, corn, whole grains, cheese, milk and white fish.

**Calcium-rich Foods:** Salmon, sardines, cheese, yoghurt, skimmed milk, eggs, soy, sesame seeds, artichoke, dried figs, green leafy vegetables, watercress, soy products, cabbage, peanuts, tree nuts, pumpkin seeds, lima beans, peas, orange, kelp, grapes, strawberries, avocado and kiwi.

**Zinc-rich Foods:** Nuts, pumpkin seeds, wheat germ, sunflower seeds, parsley, oatmeal, steak, oysters, and egg yolk.

**Vitamin B3-rich Foods:** Cheese, lean meat, whole grains, chest nuts, artichoke, tree nuts, lima beans, broccoli, potatoes, mushrooms, watermelon, squash, sweet potatoes, bananas, peaches, cantaloupe, avocado, and brewer's/nutritional yeast.

**Vitamin B6-rich Foods:** Bananas, wheat germ, avocado, watermelon, carrots, Brussels sprouts, potatoes, beans, whole grains, green leafy vegetables, fish, chicken.

**Folate-rich Foods**

Black-eyed peas, wheat germ, tree nuts, peanuts, orange, bananas, strawberries, kiwi, cantaloupe, avocado, blackberries, bananas, dark green vegetables, tomatoes, green bell pepper, asparagus, liver and carrots.

**Vitamin C-rich Foods**

Cabbage, cauliflower, potatoes, sweet peppers, guava, black currants, strawberries, acerola cherries, goji berries, mango, raw cacao, parsley, nettle, camu-camu, dark green vegetables (leafy and cruciferous) and citrus fruits such as orange, grapefruit, and lemon.

## Dopamine rich

- Fish – Evidence suggest Omega 3 fats may be linked to dopamine production
- Eggs – Contains tyrosine
- Spirulina – Contains tyrosine
- Red beets – Contain betaine, acting as an antidepressant, and tyrosine
- Apples – Contain quercetin, to prevent neurodegeneration and boost dopamine
- Kale – Rich in folate, to trigger dopamine production
- Oregano Oil – Has promising effects on mood swings and cravings by increasing dopamine levels
- Bananas – Including the amino acid tyrosine, which boosts dopamine
- Strawberries and blueberries – Include tyrosine, like bananas
- Green tea – Contains polyphenols, good for brain and heart function, as well as dopamine production
- Herbs like ginkgo biloba, nettles, dandelion, and ginseng

## When will Souvenaid become available in Canada and US to treat Alzheimer's Disease?

You do not have to wait as you can study the nutrients in Souvenaid and find them in the USA. Souvenaid nutrients aim to extend the life of synapses in the brain. But recent studies related to the multifactorial causes of Alzheimer's point to gut bacteria (can be balanced by acidophilus and pickled veggies, avoiding sugar, more on whole foods), diabetes, depression, stress, toxins, lack of sleep and exercise and use of some medications (OTC and prescribed such as narcotics).

From Wiki:

Souvenaid is a medical nutrition formulation, presented as a drink, that has been studied for potential use in the dietary management of early Alzheimer's disease. A NPS MedicineWise summary stated (based on three randomized controlled trials) that Souvenaid failed to show a significant effect in decreasing the rate of cognitive decline or delaying progression of Alzheimer's disease, but that there may be a minor improvement in memory in drug naive people in the very early stages of the disease.

Souvenaid was developed by Advanced Medical Nutrition division of Nutricia and contains a patented combination of nutrients, referred to under the trademark Fortasyn Connect.

Composition: The composition of Souvenaid includes:

- Eicosapentaenoic acid, 300 mg
- Docosahexaenoic acid, 1200 mg
- Phospholipids, 106 mg
- Choline, 400 mg (**found in eggs**)
- Uridine monophosphate, 625 mg
- Vitamin E (alpha-tocopherol equivalents), 40 mg
- Selenium, 60 µg
- Vitamin B12, 3 µg
- Vitamin B6, 1 mg
- Folic acid, 400 µg
- Vitamin C, 80 mg

## What is the relationship between serotonin and dopamine in the brain?

Both neurotransmitters affect learning and mood. From a functional standpoint, serotonin is an inhibitory neurochemical – meaning it makes it more likely that neurons will not fire. Dopamine acts as an excitatory neurochemical – making it more likely that neurons will fire – but it can also have certain inhibitory effects.

The effects of serotonin and dopamine have a great deal of interplay. Balancing these two brain chemicals is key to optimal mood and cognitive function.

For example, we know that high serotonin can help to diminish appetite cravings. Conversely, high dopamine levels signal a greater desire to eat. This neurotransmitter is the reason why we feel (sometimes very intense) pleasure when consuming foods.

Imbalance in Serotonin and Dopamine is seen in Bi-polar disorders.

Check out [www.clubalthea.com](http://www.clubalthea.com) for foods rich in Serotonin and Dopamine.



## **Does menstruation carry toxins out of the body?**

Menstrual fluid contains some blood, as well as cervical mucus, vaginal secretions, and endometrial tissue. Menstrual fluid is reddish-brown, a slightly darker color than venous blood.

We hope that any abnormal tissues (benign tumors) in the endometrial tissue is also shed off.

## **Is there any natural way to prevent pregnancy instead of taking a pill?**

Yes for ovulation, cervical mucus, temp, and counting.

On the first day of menstruation, count this day as day 1. Between day 8 to day 14, check the mucus that comes out of your vagina. If it is egg white in consistency and stretches 2 cm, that day is your fertile day. Most women will experience this on day 12 to day 14. Having sex on that day or a day before will give you a boy and a girl 2–3 days before fertile day.

## **Can antioxidants help with hangovers?**

Yes for anti-oxidants before you drink and eating protein while drinking alcohol.

## **Factors That Affect How Alcohol is Absorbed**

Did you realize, given the same exact amount of alcohol, the level of intoxication varies according to some physiological and biological factors?

Here are some examples:

### 1. Biological Sex

In general, alcohol is metabolized at a different rate in women than it is in men. This is due to general differences in body composition. Studies have also shown that women have fewer of the enzymes used to metabolize alcohol than men do (alcohol dehydrogenase and acetaldehyde dehydrogenase). See our alcohol metabolism page and the citations below for more information.

### 2. Weight

Body weight determines the amount of space through which alcohol can diffuse in the body. In general, a person who weighs 180lbs will have a lower blood alcohol concentration than a 140lb person who drank the same amount.

### 3. Medications

Other drugs and medications can have adverse effects and unpredictable interactions with alcohol. Even Tylenol can cause significant liver troubles if paired with alcohol. Make a point to know what the potential interactions are with medications/drugs you have taken before you drink. In some cases, these interactions can be fatal. When in doubt, don't drink alcohol when taking meds.

### 4. Drinking on an empty stomach vs. eating while you drink

Drinking on an empty stomach irritates your digestive system, and results in more rapid absorption of alcohol. Instead, eat high-protein foods (tofu, cheese, etc.) along with alcohol before and when drinking, and you'll avoid getting too drunk.

## 5. Health Concerns

Genetic enzyme deficiencies (alcohol dehydrogenase and aldehyde dehydrogenase), diabetes, hypertension, thiamine deficiency, depression, seizure disorder and a myriad of other health conditions may decrease the body's ability to process alcohol and therefore present increased health risks. Alcohol and other drug dependencies may increase the risk of developing chronic disease and long-term dependence. Consult with your health care clinician.

## 6. "Chugging" vs. "Skillful sipping"

Why does chugging significantly increase the chances of unwanted risks? Going overboard with drinking is like overdosing. The more alcohol you drink within a short period of time, the more you overtax your body's ability to metabolize the alcohol. It responds by shutting down.

First, your cognitive system shuts down, your inhibitions are lowered and your motor functioning is significantly impaired. Pour in more alcohol, and your body might force you to vomit (first sign of alcohol poisoning), or pass out (other brain functions shut down). Finally, your sympathetic and parasympathetic systems will shut down due to systemic alcohol poisoning. Enjoy your drink more slowly and spread your drinking out over time and you can control how intoxicated you become.

## Is Vicodin an anti-inflammatory? If so, why?

No, it is an analgesic which depresses lung function and when in another form similar to sublingual morphine can kill an elderly in hospice within 3 days.

## Should I worry about lung cancer at 21 years old?

Use the power of your mind to stop smoking. Carcinogens from cigarettes smoking in due time will accumulate to lead to lung cancer, the most painful cancer of all. Increase your intake of Vitamin C and amino acid lycine. Always ensure that your immune system is strong with exercise, eating whole foods (cilantro and other greens/bitters/colored veggies) and getting good sleep. Take probiotics and eat citrus/pineapples.

CAT scan and MRI scan can detect lung cancer. But at your age, concentrate on stopping smoking.

## Is Xanax considered an opiate?

The half-life for Xanax is short... on the order of 6-12 hours. (Half-life: time taken for the blood concentration of the drug to fall to half its peak value after a single dose. Because of DNA and metabolism, this time may vary considerably between individuals but generally the shorter the half-life, the quicker the effect of the drug is felt.)

This means that it quickly is metabolized and transferred to the brain, where it increases the actions of GABA and thus more chloride ions reach the cells. Of course, this means that the calming effect of Xanax starts quickly and this is one of the reasons that it becomes so addictive so fast. (To feel the effect quickly is why people snort cocaine up their nose or inject heroin in their veins.) However, conversely, the effects lessen rapidly as well.

Initially, Xanax will be adding to the effect created by your own GABA. However, in anywhere from a few days to a few weeks, the use of Xanax will normally lead to a decrease in your production of GABA.

To achieve the same initial effects, the Xanax dose will have to be increased to compensate for the lack of natural GABA-the person has developed a physical dependence on Xanax. (This is also what is meant when people are said to have developed a tolerance for benzos.)

While many people who are addicted to Xanax started taking it in small doses, like heroin or cocaine users, they often begin taking more and more and start craving the drug when the effects of the drug begin to lessen-in a relatively short time after taking drug. There have been reports that people taking larger doses of Xanax became physically dependent in as little as two days. As with most drugs, the larger the dose, the faster one becomes addicted to Xanax.

While there is nothing illegal about a doctor prescribing Xanax for long-term use, and many psychiatrists do, because of its extreme addictive qualities, Xanax is only approved by the FDA for up to eight weeks of use and is only approved for up to four weeks of use in Great Britain. If it is prescribed for more than eight weeks in the United States it is an “off-label” use, which means that it was not tested and approved for this use by the FDA.

Most of us are familiar with Valium, another benzo. What many of us do not know is that .5 milligrams of Xanax is equivalent to 10 milligrams of Valium. When you hear that someone is taking 5 milligrams of Xanax, you should realize that they are taking the equivalent of 100 milligrams of Valium. This is a very heavy dose and means that their tolerance to Xanax has increased markedly.

Xanax is one of the two most frequently encountered benzodiazepines on the illicit market.

After drinking Coca Cola and I urinate my kidneys go sore, this has become steadily worse. What is this a sign of?

Connie b. Dellobuono

Our kidneys are working hard to detox or get rid of toxins, sugar, medications, other byproducts and carcinogens.

A new Coca-Cola ad campaign focuses on the mistaken belief that beating obesity is a matter of counting calories. This theory has been found to be patently false. All calories are NOT the same, and obesity is the result of consuming too many of the wrong type of calories

Carbs (fructose and grains) affect the hormone insulin and leptin, which are very potent fat regulators. Fats and proteins affect insulin to a far lesser degree

While soda consumption in the US has declined by 40 percent in the last 10 years, consumption of artificially sweetened “diet” beverages has risen in that same time

Research published in 2011 found that people who drank two or more diet sodas a day experienced waist size increases that were six times greater than those of people who didn't drink diet soda

Research from 2005 found drinking more than two cans of diet soda a day increased risk of obesity by more than 57 percent. Drinking more than two cans of regular soda per day increased obesity risk by just over 47 percent

Coca-Cola (in their AD ) wants us to ignore the considerable research confirming that sugary soda is a major contributor to obesity, and that it has no nutritional value. [The ATLANTIC]

How does MSM help us get rid of cellulite?

MSM is rich in sulfur, which is cleansing to our cells. Sulfur rich and Vit C foods are yellow colored and can be found in the skin of sweet potatoes or yams, eggs, garlic, lemon grass, guava/comfrey leaves (external), and other whole foods.

Raw sulfur rich foods- arthritis and ulcerative colitis

Once toxins are removed by sulfur, you will see clearer skin. Once I have a skin disorder, my mom would boil guava leaves (comfrey leaves in the USA), rich in sulfur, to wash my skin and my skin healed and looking young again. I also use Vit C powder, lemon or left over tea bags to clean my skin.

#### FACTORS INVOLVED IN CELLULITE

- Fat storage
- Weakening of the elastic fibres of the skin and connective tissue
- Fluid balance and water retention
- Accumulation of toxins

#### EAT Whole Foods TO REDUCE FAT STORAGE

Sugar, trans fats and processed meat are all highly inflammatory foods (toxins), which stimulate hormones that tell our bodies to lay down fat. Instead of cakes, biscuits, bread buns, burgers and all heavily processed foods, eat more alkalising, anti-inflammatory vegetables and fruit. Several (3-5) portions of green vegetables every day is an incredible way to switch up your metabolism.

## Can Adderall damage to dopamine receptors be repaired?

Form of neuroplasticity or behavioral plasticity	Summary of addiction-related plasticity					
	Type of reinforcer					
	Opiates	Psychostimulants	High fat or sugar food	Sexual intercourse	Physical exercise (aerobic)	Environmental enrichment
$\Delta$ FosB expression in nucleus accumbens D1-type MSNs	↑	↑	↑	↑	↑	↑
<b>Behavioral plasticity</b>						
Escalation of intake	Yes	Yes	Yes			
Psychostimulant cross-sensitization	Yes	Not applicable	Yes	Yes	Attenuated	Attenuated
Psychostimulant self-administration	↑	↑	↓		↓	↓
Psychostimulant conditioned place preference	↑	↑	↓	↑	↓	↑
Reinstatement of drug-seeking behavior	↑	↑			↓	↓
<b>Neurochemical plasticity</b>						
CREB phosphorylation in the nucleus accumbens	↓	↓	↓		↓	↓
Sensitized dopamine response in the nucleus accumbens	No	Yes	No	Yes		
Altered striatal dopamine signaling	↓DRD2, ↑DRD3	↑DRD1, ↓DRD2, ↑DRD3	↑DRD1, ↓DRD2, ↑DRD3		↑DRD2	↑DRD2
Altered striatal opioid signaling	No change or ↑ $\mu$ -opioid receptors	↑ $\mu$ -opioid receptors ↑ $\kappa$ -opioid receptors	↑ $\mu$ -opioid receptors	↑ $\mu$ -opioid receptors	No change	No change
Changes in striatal opioid peptides	↑dynorphin No change: enkephalin	↑dynorphin	↓enkephalin		↑dynorphin	↑dynorphin

Maybe using ketogenic diet and exercise. Check out Health insights. Personalized diet plan.

Check Dr Daniel Amen, Change your brain, change your life

Supplements: Omega 3, Rhodiola, Inositol, Green tea, L-tyrosine, DHEA, Vit D3, SAME, magnesium, Vitamin B6, GABA, Ginkgo, and whole foods



## Does eating peanuts affect eczema or psoriasis?

Yes but peanuts that are dry-roasted are free of the fungus that is a carcinogen, aflatoxin, a natural toxin produced by certain strains of the mold *Aspergillus flavus* and *A. parasiticus* that grow on peanuts stored in warm, humid silos.

For skin, Vitamin C, A and E are the nutrients that are important.

The liver and skin's health are related.

Too much protein can be bad for the liver.

## What small thing can tell you a lot about a person?

Looking at his eyes, he cannot stare at you for a longer time, hiding some agenda or facts from you. And he talks about himself at first meeting, thinking to impress you with his thoughts and accomplishments.

- If he describes himself as calm or other traits , it is the opposite.
- If he finds fault in you when you just express your thoughts or opinion without judgment or the intent to bring harm to another.
- If he walks ahead of you and talks first before listening to your reactions and thoughts, he is not generous.
- If he sues another for less than \$50, he favors bringing judgment to another without other considerations.
- If he expect something in return always, counting pennies and not generous at heart.
- If he did not treat the waiters well, it shows how he will treat others of lesser roles.

- If he eats fast without chewing much, he is after speed and not enjoying the moment.
- If he cannot laugh at small things, we is uptight.
- If he cannot drive his car without others using their seatbelts, he has OCD.