CURATED HEALTH TIPS AND CANCER-FREE HEALING WAYS

Conversations about health, tips, healing and self care

What are the root causes of diseases and how you can identify and prevent them?

BY CONNIE DELLO BUONO

About the Author

Connie was born and raised in the Philippines. She is the eldest of the family of 6. At age 19,she has to support her family by working as a high school science and math teacher, while still completing her BS in math, minor in chemistry. She then worked at Intel and Acer and later on in various bay area biotech and medical device companies.

She has two children born at home with midwives. During the first three years of their lives, she stayed home and studied midwifery and nursing, home study. She went back to work after three years since the bay area standard of living is high and housing/day care is expensive.

She also worked for less than a year as a pharmacy technician instructor and always reminded her students the side effects of neuro meds and most medicines.

She was told by one bay area school where she wanted to be a certified Nurse Midwife that she cannot enrol with 2 young children and without writing a book. She then wrote an ebook, Birthing Ways Healing Ways, a holistic childbirth ebook.

In the bay area, she moved from one biotech to medical device companies and then she started her home care organization agency in 2018 to help families with finding caregivers and caring for their home-bound loved ones who had Alzheimers, cancer, Parkinsons and other chronic health diseases.

Since 2000, she has been helping caregivers working in care homes including her mother, who was a caregiver for 18 years by driving them and helping out. She learned about senior care and care homes and had an RCFE administrator license but has no house to open a care home business. She also had worked as a caregiver when in between jobs for the last six years and learned about cancer and death.

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Contents

How my grandma self hacked health and healing

At 94 yrs of age, she cannot prolong her life any longer with no nutrition and with heavy work during her lifetime as breadwinner in the family and going to each son or daughter (7 children) and taking care of her grandchildren.But Claudia Defensor Poral showed me healing ways that science can explain now how it promoted health.

- Massaging the inner palm of hands, armpit and inner thighs where the lymph nodes are located. This massage can heal a fever in a shorter period of time and provide relief in many ways.
- Using garlic, ginger and other herbs to include in her massage oil or soups.
- Burning the egg yolk as skin paste to kill fungus and washing with boiled guava leaves.
- Burn the rice as activated charcoal for diarrhea and stomach problems.
- Making other herbal poultice for all kinds of home health remedies.
- Her staple nourishment comes from boiled greens, sweet potatoes, green plantain bananas and boiled eggs.

- For her leg pain, her massage oil is a combo of ginger, garlic, salt and other herbs such as yerba buena, lemongrass and oregano

- She would create a bonfire in the backyard and curse the evil spirits if she thinks they are the cause of a sudden aches and pain of one of her children or their families.

Signs of the preactive and active phase of dying, medications for terminally ill

I was my mom's caregivers for 4 nights and days before cancer enveloped her organs. With her yellow skin and hard tummy, the parasites and cancer are feasting on her liver and nearby organs. Two weeks before she died, her head was so warm and she has difficulty hearing with so many noise in her ears. Hours before her death, I saw blackened spots on her legs. When she died, black and colorless liquid came out of her nose as if her tummy is being emptied. For many nights, she is comatose but can still turn side to side as if she is fighting the parasites and cancer growing. She cannot swallow any more and weeks before her death, she suddenly talk and said hi to her sister who died many years ago.

I witnessed another death as I kept vigil for one of our clients who has cancer. I saw pinpoint pupils the day he died. And in the last minute, tears flowing on the side of the eye that has drooping eye. He was in sleep mode all afternoon that we just monitored his oxygen supply. And then his BP reading was very low and so is the oxygen level. Immediately, coldness covered his face. As we lay him flat on the floor, the paramedics spent 20 min resuscitating him to no avail. The paramedics asked permission for the family to discontinue their efforts after 20 minutes. Silenced emanated the place. I cried, said a prayer with the family and lit incense. It was 8pm.

At around 10am that day, he was still alert swallowing all the medications powdered and added in the apple juice. There was no poop or urine from 12noon to 8pm. When the bite of lunch came, tuna with mayo on crackers, he cannot swallow some of it. The progress was so fast from deep sleep, coma to coldness. And when the oximeter registered at 49, we called 911. He planned his last days in his home, we worked hard to take him out of the hospital IVs and MRI scans and more tests. He died in peace.

Now, I question why the medications were prescribed for a terminally ill patient with MRI scan showing a network of baby strokes to happen soon and the chest with progressing lung cancer. The patient asked for his oxycontin pain med at 3 am. He swallowed two of them. And then had a clear voice talking about his plans for his business. We gave the meds as prescribed by his hospital since his family is supporting his wishes to live longer. I could oppose the meds to allow his liver cells to recover but I am only the caregiver, assisting the client's daily living and providing comfort that the pain meds cannot offer.

Signs of the preactive phase of dying

- increased restlessness, confusion, agitation, inability to stay content in one position and insisting on changing positions frequently (exhausting family and caregivers)
- withdrawal from active participation in social activities
- increased periods of sleep, lethargy
- decreased intake of food and liquids
- beginning to show periods of pausing in breathing (apnea) whether awake or sleeping
- patient reports seeing persons who had already died
- patient states that he or she is dying
- patient requests family visit to settle "unfinished business" and tie up "loose ends"
- inability to heal or recover from wounds or infections
- increased swelling (edema) of either the extremities or the entire body

Signs of the Active Phase of Dying

- inability to arouse patient at all (coma) or, ability to only arouse patient with great effort but patient quickly returns to severely unresponsive state (semi-coma)
- severe agitation in patient, hallucinations, acting "crazy" and not in patient's normal manner or personality
- much longer periods of pausing in breathing (apnea)
- dramatic changes in the breathing pattern including apnea, but also including very rapid breathing or cyclic changes in the patterns of breathing (such as slow progressing to very fast and then slow again, or shallow progressing to very deep breathing while also changing rate of breathing to very fast and then slow)
- other very abnormal breathing patterns
- severely increased respiratory congestion or fluid buildup in lungs
- inability to swallow any fluids at all (not taking any food by mouth voluntarily as well)

- patient states that he or she is going to die
- patient breathing through wide open mouth continuously and no longer can speak even if awake
- urinary or bowel incontinence in a patient who was not incontinent before
- marked decrease in urine output and darkening color of urine or very abnormal colors (such as red or brown)
- blood pressure dropping dramatically from patient's normal blood pressure range (more than a 20 or 30 point drop)
- systolic blood pressure below 70, diastolic blood pressure below 50
- patient's extremities (such as hands, arms, feet and legs) feel very cold to touch
- patient complains that his or her legs/feet are numb and cannot be felt at all

- cyanosis, or a bluish or purple coloring to patients arms and legs, especially the feet, knees, and hands)
- patient's body is held in rigid unchanging position
- jaw drop; the patient's jaw is no longer held straight and may drop to the side their head is lying towards

Medications for terminally ill

It is normal and acceptable to remove regular medications during the very end stage of dying, what is called "active phase of dying," since the patient's body will not be benefited by them and all the systems and organs are shutting down and collapsing in the process of death.

At this stage, the patient often has difficulty swallowing, may not absorb the medications due to dehydration as well as liver and other organ failure, and giving the medications may be more troublesome than any benefit they could offer.

At the very end of the active phase of dying, only comfort medications (pain meds) are given so that the patient is allowed to die without suffering. At this point, there is absolutely no way of preventing death anyway, and any of the ordinary routine medications the patient used to take have no medical justification or value.

Ginger - Coffee hot drink

Ingredients

fresh ginger, honey or brown sugar, coffee, water

Instruction

1. Cut fresh ginger in small pieces and let it boil for 5 minutes.
2. Mix hot ginger and coffee in 50:50 proportion.
3. Sweeten with honey or brown sugar or coconut sugar.
4. Serve hot.

Story

Our senior client who is bedridden and terminally ill loves this coffee ginger mix. Ginger cleans the blood while coffee is a stimulant. Use decaf or diluted coffee if there is heart issues.

Only drink a cup in the morning with protein rich breakfast of egg (soft boiled). You can use ginger powder.

Why write an ebook about cancer?

After the loss of my parents from lung and liver cancer, I wanted to understand about lifestyle and environment that contributes to the progression of cancer. In the process, it helps me grieve and give back to others and learn from these events. Journaling is therapeutic. Writing about health and cancer is my way of giving back to others about my experience in the area of health, cancer, and caregiving. When my father died of lung cancer and my mother of liver cancer, I vowed to educate the public of cancer signs and train my caregivers and clients about preventive care. As a former pharmacy tech instructor, I learned about our medicines. Antibiotics work and so are some medicines. We need surgery to remove tumors since our liver can regenerate if we are still young. We made mistakes with regards to the use of some drugs, especially with seniors. You can tell from their bruised skin that the acidic meds are breaking off the already fragile small capillaries and other blood vessels.

There are winners in the home health care and cancer area. One of them is my client with interstitial lung disease and cancer. His doctors told him that he has only 6 months to live and with our home care with caring caregivers, he lived for more than 16 months and still is living today.

We use massage and healthy soups of sulfur rich veggies such as garlic and onions. He used his knowledge about health as a former firefighter in Palo Alto. He used his mind power, even when his hospital Kaiser dismissed his case as terminal.

He drinks his warm tea, protein shake, moves around with his prosthetics, massages his legs and measures his oxygen level many times during the day with his pulse oximeter.

The other winner is me. I have no medical insurance for many years and I delivered my children at home with nurse midwives more than 20 years ago. I know that I have to monitor my health and own it. With fast heart beat, the doctor said I can have surgery or just cough. I chose to cough and use preventive healing ways. I believe I have ingested or growing some bugs/toxins, thus the tachycardia. I asked my dentist to replace my metal fillings but he did not remove all.

Each time I visit a house of a senior needing home care, I inspect the canned foods in the kitchen, absence of filtered water, mold in the house, color of her/his feet and softness or hardness of her/his stomach. Death approaches when there are black spots on the feet and the stomach is hard.

I always asked the caregiver for night shift to hold the client's hands, use some massage oil (mixed with essential oils of eucalyptus and rosemary), pray with them and cheer them up.

I collected many health related answers from various sources including the internet and I posted at quora.com and clubalthea.com that I am now collecting all my posts in an ebook format. 20% of the profit will go to college funds of aspiring students and for affordable senior care and housing. The ebook will be free to all libraries and senior community centers.

Get your blood tests done regularly. When I told my mother's doctor about the elevated liver enzymes in my mom's blood test, she brushed it off as just my mom needing to rest more from working as a caregiver and to drink less alcohol. She died a few years later of liver cancer.

Lung cancer cannot be detected without using an MRI and CAT scan. So when my father found out about his lung cancer diagnosis from the scans, he hid it from the family. He just arrived in California and does not want to die early and go home. He fought for 9 months with massage and juice from green papaya and apples.

My mother's low platelet count and knee pain were observed for many months and many years before, she had complained of skin itching and pain in her abdomen.

She doesn't want to be bed ridden. She fought for 2 weeks on the bed before she succumb to liver cancer.

I have taught bay area seniors about preventive health and taught caregivers about use of massage, healthy meals and holistic senior care. I learned from my mother who was a caregiver for 18 years and my grandma , Claudia, who used massage and herbs to heal us when we were young.

Many of my relatives died of heart disease. I suspect our family has an iron metabolism dysfunction. But now, there are many ways to learn about health and identify our chronic disease before it progresses from tumor markers to other biomarkers.

Thanks to the many scientists, geneticists, and health care team who bring health care and health care solutions to this century.

How my mom lived 40 more years before liver cancer stopped her?

Forty years ago, my mom had a hysterectomy to remove the tumors from her ovaries and uterus. It started with an infected tube from an IUD, bacteria and other invading pathogens in our water and exposure to chemicals in the garment factory where she worked. She is also lacking in sleep raising 6 children.

During the last 18 years of her life, she lived in San Jose, California. Every Sunday, I would bring a big bag of produce from the farmer's market. And we go to the Asian supermarket for her fish, shrimp and beef bones. I supply her with vitamins and massage oil from whole foods.

She adds ginger in her massage oil and boils ginger for her own anti-flu warm drink. She discovered red wine and has been addicted to it and drinks only at night with her boiled eggs or dumplings. She loves dried salted fish. During the last 2 months, she can feel that the tumor is growing and said goodbye to us and happy knowing that most of her grandchildren completed college because of her financial support.

During the times that she has aches and pain, she would massage herself. She loves her garden. She loves her friends. She always get sick when she goes home to the Philippines. Four years before she died, she can feel that she is gasping for breath, had lost her appetite and has difficulty swallowing. On two occasions, she cannot walk that her knee must be suctioned from the growing pus inside. Her skin is always itchy and had back pain too. She cannot see herself retiring that she worked until she was 82 years of age. She is remembered as a generous grandma , loyal to her family and very friendly to all. She cooked for strangers and has a happy laugh all the time even when she is tired.

About my father's lung cancer

He was born as the third son in the family, my grandma did not breastfeed him. He started smoking at age 19. And worked as a security guard and mechanic at a mining company of copper and nickel. He moved from one island to another and finally settled in one of the slums of Manila with his 6 children. He worked non-stop as a limo driver, driving 24-hours non-stop at one time, as a result he suffered from Tuberculosis. He took meds for his TB and hepatitis.

Before he died at 64, he stopped smoking (cold turkey). He loved to eat BBQ of chicken feet and meat.

His lung cancer was diagnosed after a CAT scan and MRI scan. His doctors said that he has 3 months to live and he survived for 10 more months with green papaya juice, protein smoothie and massage. We used oxygen tanks for him and forgot to add a painkiller in his regimen. He said that the pain is like hell while he is still on earth. He died at home surrounded by family.

Air pollution in the Philippines

I always came home with dark soot inside my nose. There is no regulation for drivers to pass smog test before they can drive their vehicles. Some tourists find the city of Manila to be very smoggy city when compared to other countries.

Indoor contaminants include: particulate matter, carbon monoxide, secondhand tobacco smoke, pesticides, solvents, volatile organic compounds, biological pollutants: mites/allergens/moulds, built environment, radon, asbestos, occupation-related contaminants.

Current News

Emphysema is considered a smoker's disease. But it turns out, exposure to air pollution may lead to the same changes in the lung that give rise to emphysema.

A new study published Tuesday in JAMA finds that long-term exposure to slightly elevated levels of air pollution can be linked to accelerated development of lung damage, even among people who have never smoked.

The study looked at the health effects of breathing in various pollutants, including ground-level ozone, the main component of smog.

The researchers found that people in the study who were exposed for years to higher-than-average concentrations of ground-level ozone developed changes to their lungs similar to those seen in smokers.

Ways to cut air pollution

- Cloud Seeding
- Giant Sprinklers
- Smog-Eating Buildings
- Pigeon Air Patrol
- Smog Free Tower
- All Electric: Setting the Stage For Zero-Emissions Vehicles
- City Tree: Purifying Urban Areas the Natural Way
- Fuel Bans: Taking Fossil Fuels Off the Roads For Good
- Pollution Vacuum Cleaners: Sucking Up the Air's Contaminants
- Require all students to plant trees before graduating in high school or elementary

About cancer, what can you do about it?

Cancer cells are abnormal and take over your normal cell functions and will deplete your body with important nutrients. Sounds like parasites, molds, fungus and other microbes inhabiting us and all of a sudden becomes our enemies devouring our good cells. When a death occurs, they come out as black matter from liquid running out our nose or our fecal matter mixed with blood and debris of cancer cells, black.

Before cancer can multiply, there are signs that you can notice many years before from chronic lack of sleep, chronic pain, chronic fatigue, chronic bloating or metabolic disorders, chronic cough and loss of appetite or loss of weight.

What can you do about it, stay away from cancer-causing fumes, molds, fungus , toxic metals, toxic foods, cancer-causing or hormone-disrupting chemicals from hormones fed in cows, plastics, and other carcinogens from burnt BBQ meat and others you can easily notice since they are not whole foods but processed and they can make you ill, nauseous and gives you tummy or headache.

So what else can we do about cancer, you can slowly detox your body from these toxins with sleep, clean air, and water, whole foods, exercise, sunshine and avoidance of these toxins (parasites, left overs, molds, fungus, metal toxins in dentures and from the environment).

Step 1 to cancer free: Limit stress that leads to high blood glucose and lipids

Adrenals and liver come to the rescue as blood sugar levels drop. The endocrine pancreas, liver and adrenal glands work to normalize blood sugar and triglycerides.

Take care of your stress so it will be easier for you to prevent obesity, depression, sugar cravings and nerve pain which may start to happen at around 55 years of age. When we take care of our stress level, we take care of our metabolism, brain, whole body and we then prevent chronic diseases that lead to cancer.

Activities to make you happy: beach stroll, dancing, watching comedians, laughing, sleeping at night, massage, happy and loving friends and relationships, spending time with family and friends, playing with your pets, gardening, singing, praying, deep breathing exercises and meditation.

Side effects of chronically elevated cortisol

Anxiety, autoimmune diseases, cancer, chronic fatigue syndrome, common colds, hormone imbalance, irritable bowel disease, thyroid conditions, weight loss resistance

Needed nutrients

Digestive enzymes, vitamin C (citrus, kiwi, berries, tamarind), vitamin B, L-carnitine, chromium, anti-oxidants, fiber-rich foods (squash, yams, sulfur family of garlic and onions, greens, okra, radish), spearmint, ginger, beets, carrots, all root crops, sprouts, pineapple, papaya , taurine rich foods (breastmilk, sea algae, fish)

Adaptogenic herbs

- Ginger
- Eleuthero or panax ginseng
- Holy basil
- Rhodiola Rosea
- ashwagandha
- Astralagus
- Sour date
- Mimosa pudica
- Water Hyssop
- Omija

Extracts of Mimosa pudica are successful in wiping out harmful bacteria and can be useful in antibacterial products.

Medicinal mushrooms are wealthy in B vitamins like vitamin G (B2), vitamin B complex (B9), thiamin (B1), B vitamin (B5), and B complex (B3).Licorice root, Valerian

Step 2 to cancer free: Sleep

Adequate sleep at night

Give yourself 1 point if you believe that adequate sleep allows you to fight cancer cells and allows you to detox or cleanse your cells from toxins.

In cold temperature, with less worry and right time each night, with small protein rich food at dinner before 7 pm, allow your body to get rid of

toxins by getting adequate sleep. Write a journal or notes to free your mind from worries and constant thoughts and allow your body to rest and relax with a calm mind. It takes 30 minutes to digest eggs (a complete protein) while it takes 4 hours to digest red meat.

Many cancer clients have less than 4 hours of uninterrupted sleep years before they had cancer. And recent research attributes cancer growth to lack of sleep from cancer cells or microbes causing a cancer not allowing the human body to sleep at night.

Step 3 to cancer free: kill bad microbes from environment

The word microbe sounds alarming---we tend to associate them with respiratory illness, ebola, you name it. But microbiologist Dr. Jonathan Eisen has given an illuminating TEDTalk that will make you put down the hand sanitizer.

As Eisen explains, "We are coated in a cloud of microbes, and these microbes have good effects on us rather than killing us." Fun fact about microbes: the typical healthy adult has ten times as several microbe cells as human cells. There are good microbes and invading bad microbes such as parasites, fungus and virus.

Parasites interact with natural and anthropogenic (chiefly of environmental pollution and pollutants) originating in human activity) stressors to increase mortality and reduce animal/human health in myriad ways in a wide spectrum of host and parasite taxa.

The combined effects of parasites and other stressors can reduce either resistance or tolerance to infection.

Good microbes play defense

The stacks of microbes that survive and within the United States of America defend the United States of America from pathogens just by seizing the area. By occupying spots wherever nasties may get access to and thrive, sensible microbes keep the United States of America healthy. As Eisen

explains, “It’s sort of like how having a nice ground cover around your house can prevent weeds from taking over.”

Good microbes boost the immune system

Researchers at Loyola University demonstrated in a 2010 study how Bacillus, a rod-shaped bacteria found in the digestive tract, binds to immune system cells and stimulates them to divide and reproduce. The analysis suggests that, years down the road, those with weakened immune systems could be treated by introducing these bacterial spores into the system. These microbes could potentially even help the body fight cancerous tumors.

Good microbes protect us from auto-immune diseases.

In his TEDTalk, Eisen describes being diagnosed with Type 1 Diabetes as a teenager after “slowly wasting away until I looked like a famine victim with an unquenchable thirst.”

Because microbes facilitate train the system, if the microbiome is thrown out of whack, it can alter the body’s ability to differentiate between itself and foreign invaders.

Recent research into Type 1 Diabetes reveals that a disturbance in the microbial community could trigger the disease, in which the body kills cells that produce insulin.

In a 2009 study, researchers at Cornell University showed that introducing a benign strain of E. coli into diabetic mice go off an issue that light-emitting diode them to supply hypoglycemic agent. The work suggests that, someday, microorganism food may replace hypoglycemic agent shots for folks with the sickness. Microbial disturbances could be at the root of other auto-immune disorders too.

Good microbes keep us slim

Microbes play a very important role in our body form by serving to United States of America digest and ferment foods, as well as by producing chemicals that shape our metabolic rates. Eisen explains, “It seems that disturbances in our microbial community may be one of the factors leading to an increase in obesity.”

Good microbes detoxify and should even defend stress

Just as humans breath in oxygen and release carbon dioxide, microbes take in toxins and spare us their dangerous effects. A recent study shows that folks feeling intense stress have abundantly less microorganism communities within the gut, suggesting that there is a not-yet-understood interplay between microbes and stress responses.

Microbes keep babies healthy

Recent studies have shown that babies born via delivery have different microbiomes than those born the old style means. Why?

Because throughout the organic process, babies are colonized with the microbes of their mother, especially substances that aid in the digestion of milk.

According to Science News, babies born via C-section are more likely to develop allergies and asthma than children born vaginally.

It’s clear that microbes have major implications for our health. And yet, far more analysis has to be done to work out what different microbes do, and whether or not their disturbance causes ailments or is just correlate to numerous health problems.

Step 4 to cancer free: kill the parasites first

Liver, colorectal and lymphoid tumors may be associated with parasites. Before my mother died of liver cancer, she took out a big parasite from

her anus. Natural Ways to Purge Worms/parasites. Aloe vera, taken in any kind, is especially helpful in eliminating worms.

The following herbs help expel worms: cascara sagrada, wormwood seed, cloves, Echinacea, goldenseal, burdock, and black walnut. Do not use wormwood during pregnancy. Grapefruit seed extract helps destroy parasites.

Take black walnut extract and chaparral tea or tablets. Eat pumpkin seeds and figs. Also, drink the fig juice. Take diatomite capsules for three weeks, to get rid of your worms. (Do not imagine you do not have some; everyone generally does.) The worms eat this, and it causes them to disintegrate.

How

- Drink one cup of suffrutex with ginger (or sarsaparilla) tea 3 times daily between meals.
- Chinchona bark tea (1/2 teaspoon in 1 cup boiling water for 10 minutes) is bitter but effective.
- Elecampane contains 2 anti-amoebic compounds. Add 1 teaspoon to 1 cup boiling water, simmer 20 minutes, and drink 1-3 cups per day.
- Folk healers in India give turmeric and ginger for getting rid of worms, especially nematodes. It has 4 antiparasitic compounds.

Diet

Eat figs and pumpkin seeds. This can be combined with black walnuts. Pumpkin seeds and extracts immobilize and aid in the expulsion of intestinal worms. Because of its high tannin content, the kernel and green hull of black walnuts have been used to expel various worms by Asians and American Indians. External applications kill ringworm. Chinese use it to kill tapeworms.

Eat garlic, onions, cabbage, and carrots. They contain natural sulfur, which helps expel worms. As you may expect, worms do not like garlic.

Garlic is used for pinworms, roundworms, giardia (an amoeba), and other parasitic infections.

- Juice 3 cloves with 4-6 oz. carrot juice and take every 2 hours. Make sure you are obtaining enough water. Drink only pure water (distilled).
- To eliminate pinworms, eat 1-2 bitter melons each day for 7-10 days.
- To eliminate tapeworms, fast 3 days on raw pineapple. (The bromelain in it destroys the worms.)
- Cut up 2 raw onions and soak them twelve hours in one-pint water; straining whereas squeeze out the juice.
- Drink a cup of this three times daily. Along with this, use garlic enemas.
- Mix tansy, bitterroot, and wormwood; and put in capsules. Take two capsules, 4 times a day.
- For children, make senna tea, strain it, and add enough raisins to soak up the tea.

Pomegranate is used to expel roundworms and tapeworms. Grated raw apples, sprinkled with anise seed in a salad, is said to expel worms. Yarrow is a tonic to the bowels after worms have been expelled. Mexicans use cayenne to eliminate worms.

Fresh horseradish is effective against some worms. Tansy seeds are used in Britain. Eat thyme sprigs or dried thyme mixed in food.

Other vermifuges include: bilberry, tarragon, European pennyroyal, quassia wood and bark, tamarind leaves, mugwort, and carline thistle. No studies have however expressly examined however microbe-driven changes to the physical gut landscape may have an effect on parasitic infections.

Hormone therapy in prostate cancer tied to dementia and alzheimer's

Medications affect gut microbiome. Bad microbes in the gut can influence the brain and lead to dementia/Alzheimer. As the immune system is affected by medications and gut microbes, the ability of the brain to detox and be free from microbes is influenced by the presence of medications and healthy gut microbes.

GI microbiome is involved in multiple-related processes such as modulation of circulating hormone levels. Stimulation of antitumor immune responses and induction of treatment-related toxicities, including immunotherapy-induced colitis and radiation-induced bowel toxicity and/or morbidities including development of metabolic syndrome.

A study published by the journal BMJ proposes that benzodiazepine use may advance the improvement of dementia. Elderly patients with dementia or Alzheimer's disease may exhibit increased symptoms of confusion or agitation while taking tramadol. Other meds that may contribute to dementia include: amitriptyline, paroxetine, and bupropion (most commonly taken for depression) oxybutynin and tolterodine (taken for an overactive bladder) diphenhydramine (a common antihistamine, as found in Benadryl)

Ginger and cinnamon kills parasites

Ginger may have cancer-battling characteristics. The study, published in Cancer Prevention Research, is an early advance toward seeing if mixes discovered in ginger root might prevent colon cancer.

Ginger, by supporting the digestive system, can help to kill parasites in the stomach before they pass on to the intestine. Once parasites have invaded the intestine, anti-parasitic herbs are needed, along with a careful diet, to rid the body of parasites.

Ginger and cinnamon caused reduction of **fecal cyst** and trophozoites counts. Histopathology, scanning electron microscopy (SEM) and transmission electron microscopy (TEM) after exposure to each extract

revealed evident improvement of intestinal mucosal damage produced by G. lamblia infection and direct structural injury to the trophozoites. However, these results were more obvious after exposure to cinnamon extracts.

Cinnamon extracts in this study especially in a dose of 20 mg/kg/day were more effective than ginger not only in decreasing fecal cyst count but also in improving the histopathological and electron microscopic changes of intestinal mucosa.

Another study uncovers that a compound in ginger could be up to multiple times more compelling than customary chemotherapy.

Researchers found that the ginger concentrate has anticancer properties through p53 pathway to instigate apoptosis. My grandmother's back rub oil contains ginger, garlic, salt and different fixings. She utilizes it to normally rub her legs and different pieces of her body. She passed on at age 94 without any drugs as she created many homemade oils and herbs. She bites garlic and ginger regularly.

The root or underground stem (rhizome) of the ginger plant can be expended new, powdered, dried as a zest, in oil structure, or as juice. Ginger is a piece of the Zingiberaceae family, close by cardamom and turmeric. It is normally created in India, Jamaica, Fiji, Indonesia, and Australia. It is accessible crisp and dried, as ginger concentrate and ginger oil, and in tinctures, cases, and capsules.

Conceivable medical advantages incorporate diminishing sickness, torment, and inflammation. Ginger can be utilized to make tea, cleaved or squashed in curries and flavourful dishes, and dried or crystallized in desserts.

Advantages

Root or powdered ginger adds flavor to numerous dishes, and it can profit wellbeing as well. Devouring products of the soil of different sorts has for

some time been related with a decreased danger of numerous way of life related wellbeing conditions.

Logical examination demonstrates that ginger contains hundreds of compounds and metabolites, some of which may add to wellbeing and recuperation. Of these, the gingerols and shogaols have been most widely looked into.

Absorption of ginger

The phenolic mixes in ginger are known to help assuage gastrointestinal (GI) aggravation, animate spit and bile creation, and smother gastric withdrawals as nourishment and liquids travel through the GI tract.

In the meantime, **ginger** likewise seems to affect the chemicals trypsin and pancreatic lipase, and to build motility through the stomach related tract. This proposes ginger could help prevent colon cancer and constipation.

Sickness

- Biting crude ginger or drinking ginger tea is a typical home solution for queasiness during cancer treatment.
- Taking ginger for movement affliction appears to lessen sentiments of sickness, however it doesn't seem to avert regurgitating.
- Ginger is protected to use during pregnancy, to ease sickness. It is accessible as ginger capsules or confections.

Cold and influenza alleviation

Chewing ginger can stop light coughing and early cold symptoms. During chilly climate, drinking ginger tea is a great approach to keep warm. It is diaphoretic, which implies that it advances perspiring, attempting to warm the body from inside.

To make ginger tea at home, cut 20 to 40 grams (g) of new ginger and soak it in some high temp water with a cut of lemon or a drop of honey to enhance and provide vitamin C and antibacterial properties. This makes a calming regular solution for a cold or flu.

Agony decrease

- An examination including 74 volunteers did at the College of Georgia found that day by day ginger supplementation decreased exercise-actuated muscle torment by 25 percent.
- Ginger has additionally been found to reduce the manifestations of dysmenorrhea, the extreme torment that a few ladies experience during a menstrual cycle.

Aggravation

- Ginger has been utilized for a considerable length of time to lessen aggravation and treat incendiary conditions.
- An investigation distributed in Cancer Counteractive action Research journal detailed that ginger supplements, which are accessible to purchase on the web, decreased the hazard of colorectal cancer developing in the entrail of 20 volunteers.
- Ginger has likewise been found to be "modestly useful and sensibly protected" for treating aggravation related with osteoarthritis.

Cardiovascular wellbeing

Other conceivable uses include reducing cholesterol, bringing down the danger of blood coagulating, and keeping up solid glucose levels. More research is required, yet whenever demonstrated, ginger could turn out to be a piece of a treatment for heart disease and diabetes.

Sustenance

In our 50s, it is best to have fresh ginger tea for healthy circulatory system and to kill infections. In 100 grams (g) / 79 calories of crisp ginger root, here are its nutrients:

- 17.86 g of carbohydrate
- 3.6 g of dietary fiber
- 3.57 g of protein
- 0 g of sugar
- 14 mg of sodium
- 1.15 g of iron

- 7.7 mg of vitamin C
- 33 mg of potassium ; Older adults should also try to get 4,700 milligrams of potassium each day.

Other nutrients found in ginger in ginger are:

- vitamin B6
- magnesium
- phosphorus
- zinc ; Zinc helps control infections by gently tapping the brakes on the immune response in a way that prevents out-of-control inflammation that can be damaging and even deadly.
- folate ; A megaloblastic type of anemia usually implies a deficiency of vitamin B12 or folic (pteroylglutamic) acid.
- riboflavin
- niacin

Balance your stress level for stress will show in your skin.

Parasitic worms and inflammatory diseases

The discussion on whether infection accelerates or prevents autoimmunity remains an issue. Recently the proposal that some unknown microbe can be at the birthplace of some chronic inflammatory diseases has been countered by collecting proof that decreasing infection rates may have a significant task to carry out in the rising prevalence of autoimmune disorders.

The 'Hygiene Hypothesis' was at first proposed to clarify the opposite relationship between the occurrence of infections and the rise of allergic diseases, especially in the developed world. It also incorporate immune system diseases. Among the different infectious agents, the connection between parasitic worms and people are put on.

Worm parasites have co-evolved with the mammalian immune system for a large number of years and during this time, they have grown amazingly effective techniques to modulate and evade host guards thus keep up their developmental fitness. It is therefore sensible to presume that the human immune system has been molded by its relationship with parasitic worms and this might be an essential necessity for keeping up our immunological wellbeing.

Why our bodies are tuned to fight cancer

Before we reach the age of 40 or even 50, our mitochondria and all our cells are working together to get rid of invading pathogens and weakening of our membranes. With air pollution, our lungs cannot provide the needed oxygen to all our cells. With the lack of CQ10 in our cells, there is less energy to put up a fight with the weakening of our cells.

With lack of sleep, our brain cannot detox our bodies. With the presence of sugar in the blood and amino acid alanine, cancer cells can grow slowly over time, around 30 years. Alcohol, nicotine and other endocrine disrupting substances in our lifestyle contribute to our fast aging. Our liver are overloaded with medications, parasites and other pathogens.

Many of those who lived past 100, have the following in their diet, plant foods such as yams or sweet potatoes, tofu, greens and fresh fish. They don't eat leftovers, only fresh foods. No reheating is needed, creating toxic nitrites. They are not living under stress but instead, they are surrounded by nature. In some European countries, there is a 3-day workweek once an adult reaches the age of 45.

Our bodies can identify and fight any invading pathogens and substances and our liver can regenerate when we are young. As we age, our cells are weaker to fight these pathogens and toxins with our membranes weak and have less energy. We get energy from sleep, sunshine, clean air and water and other nutrients from plant foods.

Detox your lungs from air pollution and metal toxins and for early lung cancer

Liposomal Vitamin C

When my father died of lung cancer in 2002, I have been researching about how to get rid of the toxins in our lungs. Liposomal Vitamin C and amino acid Lysine were listed to help stop early stage lung cancer.

Turmeric and green tea tell our body master antioxidant Glutathione to work harder. Enzymes of guava, pineapple, papaya and mango help in breaking down more toxins.

Broccoli sprouts, the more potent greens, help in detoxing air pollution (especially indoor air from our own house and cars). While our genes predispose us to cancers (affect 15% in growth, stress can double cancer growth, sugar is the food of cancer cells and a strong immune system is our ultimate weapon), our lymphatic system must be taken cared for.

If I have early stage lung cancer, I will soak my body in sea water, relaxing on the beach, taking in fresh air. I would nap more in the afternoon, relax when tired, sleep well and get massaged with essential oils of eucalyptus, frankincense, sage, thyme and melaleuca.

Know that sugar is food for cancer cells. A powerful chicken soup that my mom makes contains Malunggay or Moringa (powerful healing greens) and some companies are selling them in powder, protein bars and many forms.

Anti-aging and Parkinson/Alzheimer's prevention: apple cider and enzymes

Boosting Your Enzymes Levels Naturally

There are four different ways to naturally increase your enzyme levels:

- Increase your intake of raw, living foods
- Eat fewer calories
- Chew your food thoroughly
- Avoid chewing gum

The best approach to get enzymes into your body is by consuming 70% at least on your raw foods. For many of you, you'll have to work toward this goal gradually. While all raw foods contain enzymes, the powerful-enzyme rich foods are those that are sprouted. Sprouting increases the enzyme content in these foods tremendously.

Besides sprouts, other enzyme-rich foods include:

- Papaya, pineapple, mango, kiwi, and grapes
- Avocado
- Raw honey (the enzymes originate from the honey bee's spit)
- Bee pollen
- Additional virgin olive oil and coconut oil
- Raw dairy

The best approach to knock up your metabolic enzymes is to provide your body with the raw materials and energy it needs to make them.

Low amounts of the essential amino acid methionine diet help form new blood vessels

According to a new study from Harvard T.H. Chan School of Public Health, methionine-restricted diet extends lifespan and health span. Past work by Mitchell and associates has demonstrated that a methionine-limited diet routine builds production of the gas, hydrogen sulfide. Hydrogen sulfide, the gas that gives flatulence its repulsive smell, can help reduce the risk of heart attack, stroke, cancer and help stave off dementia, research suggests.

When we are sick our cells create their own hydrogen sulfide which helps keep the mitochondria – our cell's power generators – in working order.

Methionine-restricted diet do NOT contain:

- Brazil Nuts
- Lean Beef & Lamb (Roast Beef)
- Cheese (Parmesan)
- Turkey & Chicken (Chicken Breast, cooked)
- Pork (Sirloin, cooked)

This smelly molecule, hydrogen sulfide, gives rotten eggs their characteristic odor, but is also made in our cells where it functions in myriad beneficial ways. One of these is to promote the growth of **new blood vessels from endothelial cells**—a process known as angiogenesis.

Lack of oxygen, or hypoxia, is the best-described trigger of angiogenesis. Hypoxia happens in tissues when a vessel is blocked, or upon intense exercise when oxygen delivery is constrained. Nonetheless, methionine restriction activated angiogenesis regardless of normal oxygen delivery, recommending involvement of a pathway detecting amino acid deprivation as opposed to hypoxia.

Large amounts of methionine can be found in eggs, meat, and fish; sesame seeds, Brazil nuts, and some other plant seeds; and oat grains.

Protozoan parasites in humans

Three protozoan parasites of humans, Entamoeba histolytica, Giardia intestinalis, and Trichomonas vaginalis, share various biological and biochemical characteristics, including anaerobic carbohydrate metabolism and the lack of typical mitochondria.

As parasites, these organisms have a reduced ability for the de novo (anew) synthesis of essential building blocks of DNA and proteins, including nucleic acid precursors and amino acids. As a consequence, certain metabolic pathways either are missing in these organisms.

Proper hygiene and washing of foods to prevent parasites entry

T. gondii can infect virtually all warm-blooded animals, but only cats (both wild and domestic) serve as the definitive host and can excrete up to 800 million infective oocysts in their feces (64). A recent survey of cats at spay/neuter clinics in Ohio revealed that 48% of all cats were infected with T. gondii, with a higher incidence in outdoor cats.

These oocysts can survive for long periods in the environment and may be spread by the wind or by a variety of insects and earthworms and contaminate foods ingested by humans and other animals.

Humans are the only known host for this roundworm. Eggs passed out with feces may be ingested by the same or another person who drinks contaminated water, eats with dirty hands, or eats uncooked vegetables that have been fertilized with contaminated human waste. Liver flukes have a complex life cycle involving two intermediate hosts, snails and fish.

Raw fish can contain Anisakis and some other less common parasites and, if it is to be eaten raw, should first be frozen to kill the parasites. There is a potential risk that raw shellfish will contain protozoan parasites, such as Cryptosporidium. Elderly and immunocompromised persons should avoid or be very cautious about consuming raw meat, fish, or shellfish.

Pyruvate supply is critical to parasite growth

Toxoplasma gondii is a widespread intracellular pathogen infecting humans and a variety of animals. Previous studies have shown that Toxoplasma uses glucose and glutamine as the main carbon sources to support asexual reproduction, but neither nutrient is essential.

Such metabolic flexibility may allow it to survive within diverse host cell types.

Here, by focusing on the glycolytic enzyme pyruvate kinase (PYK) that converts phosphoenolpyruvate (PEP) into pyruvate, we found that Toxoplasma can also utilize lactate and alanine. We show that catabolism of all indicated carbon sources converges at pyruvate, and maintaining a constant pyruvate supply is critical to parasite growth.

Pyruvate rich foods

Pyruvate forms in the body when carbohydrates and protein convert into energy. Several foods, including red apples, cheese, dark beer, and red wine, contain small amounts of pyruvate. Pyruvate provides energy to the body and is also an antioxidant. It enhances weight loss efforts and may improve exercise endurance.

Parasites and microbes need triglycerides or cholesterol to thrive

Parasites thrive on cholesterol. During infection huge changes in lipid digestion and lipoprotein synthesis happen. Triglyceride and VLDL cholesterol levels increase, while reduced HDL cholesterol (HDL-C) and LDL cholesterol (LDL-C) levels are observed.

Endotoxemia modulates HDL composition and size: phospholipids are decreased just as apolipoprotein (apo) An I, while serum amyloid A (SAA) and secretory phospholipase A2 (sPLA2) drastically increment.

HDL, just as other plasma lipoproteins, can tie and kill Gram-negative bacterial lipopolysaccharide (LPS) and Gram-positive bacterial lipoteichoic corrosive (LTA), in this manner supporting the leeway of these items.

HDLs are rising as an applicable player during parasitic diseases and a particular segment of HDL, apoL-1, presents inborn invulnerability against trypanosome by favoring lysosomal swelling which kills the parasite.

Low levels of vitamin D in cancer and parasites-infection related health issue

Early signs of disease shows deficiency in vitamin D. Parasites, infections, inflammation, auto-immune disease and cancer shows low levels of vitamin D. Accumulating evidence singles out several candidates, including sunlight-UV exposure or vitamin D deficiency, viral infections, hygiene, and cigarette smoking.

Vitamin D deficiency has been related with various immune system ailments. Several investigations indicate 125 (OH)2 vitamin D plays a critical role in shaping T-cell response and inducing T cells with immunosuppressive properties.

Helminth infections speak to another potential natural factor applying immunomodulatory properties. Both epidemiological and experimental data provide evidence to support autoimmune down-regulation secondary to parasite infections in patients with MS, through regulatory T- and B-cell action, with effects extending beyond simple response to an infectious agent.

Foods to avoid and to prevent diabetes

Eat in moderation whole foods and fiber-rich foods and avoid the foods listed below to prevent diabetes and lower your triglycerides.

- Sugar-sweetened beverages/sodas
- White bread, pasta and rice
- Fruit-Flavored Yogurt
- Sweetened breakfast cereals
- Flavored coffee drinks
- Honey, agave nectar and maple syrup
- Dried fruit
- Burnt BBQ meat
- Trans fats
- Wafers, treats, cakes, solidified pies, and other baked goods.
- Snack foods (such as microwave popcorn)

- Frozen pizza
- Fast-food
- Vegetable shortenings and some stick margarines
- Coffee creamer
- Refrigerated batter items, (for example, scones and cinnamon rolls)
- Processed foods rich in nitrites and also left over foods

Anti-parasites diet

Up to nearly 10% of Americans may be infected with brain parasites found in undercooked meat. One example is the brain-invasive pork tapeworm, which is the most common cause of adult-onset epilepsy. Allergenic fish worms found in almost 66% of retail fish tested can trigger allergic reaction in delicate/sensitive people.

There have been migratory skin worms found in half-cooked fish (like in sushi). Cheese may contain parasites and slimy parasites and organ meats may contain different worms.

Cheese: asiago, bel paese, bleu/blue, brick, brie, camembert, emmental, gorgonzola, gruyere, muenster, port de salut, roquefort, stilton, swiss, pork Nearly 95% of tested retail U.S. meat (including burgers) has been observed to be parasite plagued.

The meat business has reacted to this issue by encouraging arsenic to chickens and turkeys to reduce the parasite load. Arsenic might be connected to increased of cancer risk in customers and adding bacteria-eating viruses to meat would not help one to keep away the brain parasite, toxoplasma, the second leading reason for food borne sickness related death in the US. Being bitten by the outer parasite, a lone star tick, may result in developing an allergy to meat.

Avoid cheese, under-cooked meat, salads and produce not properly washed with vinegar or salt water, over ripe fruits, eat limes and berries,

pineapple and papaya, sweet potatoes or yams, pine nuts, and eat less on fermented foods (except fiber-rich).

Consume less fat and sugar filled and processed foods but eat more fiber-rich foods, freshly cooked and well cooked.

Combine meat with veggies. Eat less fermented veggies and alcohol drinks. Add cabbage, tomatoes and lemon when cooking fish or meat to kill the parasites. Boil milk if you wanted to drink 2% milk. Add garlic, onions and sulfur rich foods in your meals daily. Eat well washed raw carrots and garlic. Have a banana at night (not over ripe). Avoid caffeine and chocolate until you have completed your antiparasitic meds.

Lowering your fat intake from keto diet, lowers the supply of cholesterol for parasites to thrive. Use all kinds of coconut from oil to milk. Do not consume 3-day old rice or left over foods. Wear gloves when washing fish. Promote good hygiene.

Freeze fish for portion you cannot eat within 2 days. Do not eat wilted veggies or moldy and rotten. Recipe: Search this site for food, anti-inflammation, sulfur rich foods, diet, toxins.

Gut bacteria's connections to human health and disease

Learning the components by which gut microbes influence the strength of their hosts opens the door to the development of better, increasingly customized diagnostic techniques and treatments.

Metagenomics refers to the study of genetic material recouped directly from natural examples — for this situation, human fecal examples — instead of from life forms cultured in a lab. A meta-investigation is a statistical method for combining information from different studies.

> The meta-analysis performed by Armour, Sharpton and their colleagues included metagenomic information from almost 2,000 feces tests gathered for studies including colorectal cancer, Crohn's

disease, liver cirrhosis, obesity, rheumatoid arthritis, type 2 diabetes and ulcerative colitis.

The gut microbiota includes in excess of 10 trillion microbial cells from around 1,000 distinctive bacterial species. The microbial ecosystem remains in balance through cell-to-cell signaling and the release of antimicrobial peptides that hold in line certain bacterial clades.

Gut microorganisms interact with their human host too, sometimes in ways that promote health, different occasions in manners that add to disease development. Dysbiosis, or imbalance, in the microbiome is generally connected with negative impacts to the host's wellbeing.

Gut microbiome useful beta-scattering is diverse among healthy and diseased populaces and saw an expansion in functional beta-scattering in patients with colorectal cancer, Crohn's disease and liver cirrhosis. People with obesity showed decreased Beta dispersion in relative to their controls.

Beta dispersion is a phenomenon associated with the ability of a biological cell membrane to filter out low frequency currents and allow high frequency currents to pass through.

Root causes of chronic illness

During the last 20 years, your body is exposed to inflammation such as over consumption of sugar, stress and trauma, gut bacteria/parasites/fungus/virus, lack of sleep and other chronic disease which can be prevented before it becomes Type 2 diabetes, depression, hypertension and even cancer.

1. As we age , we are 10,000 times more prone to attacks from parasites and cancer.

2. If we don’t get our 8 hour night time sleep, we are slowly breaking down the barriers in our cell mucosa making it possible for unhealthy microbes to travel to other sites from liver to blood and then brain.

3. It takes cancer to overpower our cells at least 20 years.

4. Know signs, detox your body starting with your liver and use whole foods such as apples with 100 million healthy bacteria to help fight invading pathogens. Do avoid these environmental toxins feeding on weakened cells invaded by parasites, fungus and virus.

5. It's also important to focus on diet and encourage healthy lifestyle. Depression was associated with multiple inflammatory and even haemorrhagic gastro-intestinal complications, which may be due to side effects from medications used to treat depression, or even due to the greater occurrence of e-coli infections, both of which could be prevented.

Gut bacteria

In today's era of medical science came to a realization of the importance of gut microbiome in health and disease.

Fundamental to this interaction between the microbiota and host is the way where microscopic organisms and probably different microorganisms contained inside the gut speak with the host's immune system and take part in a variety of metabolic procedures of shared development to the host and the organism. The high-throughput techniques and the elaboration of analytic systems have encouraged the point by point depiction of the creation of the microbial constituents of the human gut, now enabling comparisons to be made between health and various disease states.

Despite the fact that the last methodology is still in its early stages, some significant experiences have just been increased about how the microbiota may impact various diseases forms both inside and far off from the gut.

The genuine variety and capacity of the human gut microbiome just as the degree and nature of its collaborations with the host keep on being uncovered; although much development has been made in an exceptionally

brief time, the story is in no way, shape or form total, and the effect of various host, bacterial, and ecological factors on the structure and capacity of the microbiota is simply starting to be perceived.

What is the role of the gut microbiota in nutrition and health

Microbiome refers to the collective genomes of the microorganisms that are in a particular environment, and microbiota is simply the community of microorganisms. Roughly 100 trillion micro-organisms (the majority of them microscopic organisms, yet in addition infections, parasites, and protozoa) exist in the human gastrointestinal tract - the microbiome is currently best idea of as a virtual organ of the body.

The human genome comprises of about 23,000 qualities, while the microbiome encodes more than 3,000,000 qualities creating a large number of metabolites, which replace a significant number of the functions of the host, thus affecting the host's wellness, phenotype, and wellbeing.

We are entering a time where we can progressively alter health through food and measure the impacts through our microbes or metabolites. Fiber is a key supplement for a healthy microbiome and has been ignored while discussions have seethed about sugar and fat.

The unfriendly consequences for the microbiome of medications and processed foods ingredients can never again be overlooked.

The gut–hormone connection: how gut organisms impact estrogen levels

Emerging research demonstrates that the gut microbiome assumes a central job in the regulation of estrogen levels inside the body and in this manner impacts the danger of creating estrogen-related diseases (for example, endometriosis, polycystic ovary disorder, bosom disease, and prostate cancer).

Scientific research has shown that gut microorganisms manage numerous parts of human physiology, including intestinal penetrability, the ingestion of supplements from sustenance, and resistance. In any case, recent studies

recommend that gut organisms assume another crucial job in the human body by regulating circulating estrogen levels.

The estrobolome is the collection of microbes equipped for using estrogens. The estrobolome adjusts the enterohepatic course of estrogens and influences flowing and discharged estrogen levels. Microorganisms in the estrobolome produce beta-glucuronidase, a protein that de-conjugates estrogens into their dynamic structures. Beta-glucuronidase movement produces dynamic, unbound estrogen that is fit for official to estrogen receptors and impacting estrogen-dependent physiological procedures.

At the point when the gut microbiome is healthy, the estrobolome delivers only the appropriate measure of beta-glucuronidase to keep up estrogen homeostasis. In any case, when gut dysbiosis is available, beta-glucuronidase action might be changed. This produces either a lack or an abundance of free estrogen, subsequently advancing the improvement of estrogen-related pathologies.

Gut Dysbiosis Is Connected to Estrogen-Related Diseases

Estrogen assumes numerous crucial roles in the human body. It controls fat deposition and adipocyte differentiation, female reproductive function, cardiovascular health, bone turnover, and cell replication. Gut dysbiosis can possibly modify the estrobolome, upset estrogen homeostasis, and weaken these procedures, promoting the improvement of chronic diseases.

Weight, Cardiovascular Disease, and Osteoporosis

In postmenopausal women, estrobolome interruption is related with an expanded risk of obesity, cardiovascular disease, and osteoporosis. Estrogens control glucose and lipid metabolism, adipocyte differentiation, bone development, and the inflammatory reaction in atherosclerosis. Research shows that the typical decreases in estrogen that happens at menopause hinder these estrogen-dependent procedures, triggering obesity, cardiovascular disease, and osteoporosis.

Gut dysbiosis resulting decreased beta-glucuronidase movement may exarcerbate the low-estrogen state in postmenopausal ladies, further expanding the risk of these chronic diseases.

Endometriosis

Endometriosis, an estrogen-driven condition described by the development of endometrial tissue outside the uterus, has been related with gut dysbiosis. The estrobolome of women with endometriosis may have bigger numbers of beta-glucuronidase-producing bacteria, prompting increased levels of circling estrogen, which drives endometriosis.

PCOS

Polycystic ovary syndrome (PCOS) may also be affected by estrobolome disruption. Ladies with PCOS have an excess of androgens in connection to estrogen, just as an adjusted gut microbiota. Analysts estimate that the changed gut microbiota in PCOS women may promote increased androgen biosynthesis and decreased estrogen levels through lowered beta-glucuronidase activity.

Probiotics Can Restore a Healthy Estrogen Balance

Research demonstrates that it might be possible to modulate the estrobolome and turn around estrogen-related pathologies through probiotic supplementation.

- Supplementation with a broad range of Lactobacillus probiotic has been found to standardize the estrous cycle and decrease testosterone biosynthesis in animal model of PCOS.
- In an animal model of endometriosis, Lactobacillus gasseri prevented ectopic tissue development, which is an estrogen-driven procedure.
- In a menopausal mouse model of osteoporosis, Lactobacillus reuteri anticipated bone misfortune coming about because of low estrogen.

- Lactobacilli have anticarcinogenic effects in breast tissue, proposing that supplementation might be helpful for the prevention of breast cancer.

While research on the connection between probiotic supplementation and the estrobolome is still in its earliest stages, this shouldn't prevent professionals from prescribing probiotics to their patients with estrogen-related conditions. Switching dysbiosis gives off an impression of being key for adjusting the estrobolome, and probiotic supplementation is a generally simple and cheap approach to achieve this.

How can I boost my immune system

A stronger immune system means that our bodies can easily get rid of toxins. Our lymphatic system that travels opposite our circulatory system cleans our blood. Lymphatic massage includes massaging the armpit, thighs, and exercise.

Genetics play a role and how we are conceived, birthed, and raised (environmental) shape how our cells can fight toxins (meds/drugs, alcohol, cigarettes, sugar, processed foods, lack of sleep, stress) as they enter our body.

If I have a bag of food for the immune system, it will include: happiness/nurture, sleep (our brain allows us to detox/cleanse our cells during sleep), massage, exercise, wholefoods (portion control avoiding consumption of sugar) and following herbs/oil - mucolytics aiding lysosomes in the destruction of toxins (authophagy): Astralagus, garlic/yellow colored foods, elecampane, coltsfoot, eucalyptus and tea tree, mullein, echinacea, rosemary, lavender, thyme, sage, bay and fenugreek seeds.

Triggering the immune system for cancer patients

One way in which a fasting diet may help cancer patients is by triggering the immune system. The immune system is designed to target and destroy

pathogens in the body, like viruses. However, it seems to be less able to find, target, and kill the body's own abnormal cells, like cancer cells. A lot of new cancer treatments are being developed to stimulate the immune system to do this, but new research is finding that a simple fasting diet could also do it.

More autoimmune diseases in women than men

An autoimmune disease is a condition emerging from an abnormal immune response to a normal body part. There are at least 80 types of autoimmune diseases.Nearly any body part can be involved.

Commons symptoms include poor quality fever and feeling tired.Often symptoms come and go. Researchers believe that gene mutations, the environment and even the human microbiome are involved in autoimmune diseases, citing such environmental stimuli as smoking, obesity, sun exposure and infection with the Epstein-Barr virus.

These diseases regularly keep running in families and, while uncommon,some people can experience the effects of more than one at the same time known as poly-autoimmunity. Mismatch between environment and genes appears to be an autoimmune disease.

Women typically mount a more vigorous immune response than men to diseases and immunizations, creating more elevated amounts of antibodies.Scientists believe that sex hormones also may play a role, because many autoimmune disordershappen in women not long after puberty.

Gut bacteria drives autoimmune disease

A recent study in mice uncovers that persistent social stress changes gut microbiota, or microorganisms, in manners that can trigger certain immune reactions.

Autoimmune conditions are created when the immune system assaults the body's own tissues, organs, and cells. It reacts to them just as they were disease causing bacteria and viruses.

The National Institute of Allergy and Infectious Diseases recommend that there are in any event 80 autoimmune disease, including lupus, rheumatoid joint inflammation, and type 1 diabetes.

Studies have recognized stressed as a risk factor for autoimmune. Be that as it may, the mechanism of the connection is indistinct.

Specialists at Bar Ilan University in Israel have now discovered that gut bacteria in mice react to social stress by increasing the quantity of effector T helper cells, immune cells that assume a job in autoimmunity.

Manifestations change in autoimmune diseases

The reasons for many diseases to happen much more in women than in men are not clear. Beside acquired dangers, researchers presume that the odds of building up an autoimmune disease emerge for the most part from complex interactions among genes and environment. A disease frequently begins with vision issues and develops to weakness and difficulties with balance and coordination (leg and knee pain).

In contrast, in the uncommon and disabling disease scleroderma, autoimmunity prompts fibrosis, which is the overproduction of collagen and different proteins that structure connective tissue. Scleroderma can influence different parts of the body, including inner organs, skin, and veins. The various kinds of disease shift by the extent to which the fibrosis is limited or systematic.

Stress adjusts gut bacteria in mice

Researchers found that the social pressure/stressed group had more Bilophila and Dehalobacterium than the controls. Researchers have also discovered more elevated amounts of these gut bacteria in individuals with Multiple Sclerosis.

Researchers discovered that there is a chain of occasions whereby

- stress introduction
- changes to gut bacteria
- and changes to immune cells
- lead to a higher risk of an autoimmune attack

A healthy diet vs. autoimmune disease

Our bodies have the stunning ability to make antibodies entrusted with shielding us from remote trespassers like bacteria and viruses. Shockingly, certain triggers can start the generation of antibodies against our own solid tissues.

While a healthy immune system is a remarkable defense against disease, a malfunctioning immune system can assault and harm practically any piece of the body.

Autoimmune disease is an umbrella term for more than 80 health conditions that can create through an overactivity of the immune system. Upwards of 23 million individuals – 78% of whom are ladies – are as of now engaging various sorts of immune system ailment in the USA, alone. Lamentably, this number is developing.

For what reason are immune system diseases on the ascent? Hereditary qualities, stressors, and ecological poisons are for the most part

contributing variables. Shouldn't something be said about what's found toward the end of our forks? An undesirable eating regimen may add to an imbalanced microbiome which may adversely influence the insusceptible framework.

One case of the potential connection between the gut microbiome and immune system ailment can be found in Sort 1 diabetes (T1D), a malady where the body assaults and crushes insulin-creating cells in the pancreas.

Solid youngsters had a lot higher groupings of well disposed microbes that help bolster intestinal wellbeing by delivering butyrate – a fuel for the phones of the digestive organ. They additionally had an increasingly steady and differing microbiome. The T1D gatherings' microbiomes were significantly less differing and steady and changed from one another a considerable amount.

So what would we be able to eat to help counteract immune system issues?

An eating routine brimming with processed foods stacked with refined sugar, flour, added substances, synthetic compounds, unsafe fats, and an absence of fiber has been appeared to adversely influence wellbeing and an individual's gut microbiome.

Concentrates also demonstrate that a lot of meat – like the 55% suggested by the Paleo development – might be fiery, have connections to disease, and move our bacterial wellbeing from adjusted to imbalanced.

Mind controlling parasites

Envision a parasite that makes an animal change its propensities, monitor the parasite's offspring or even end it all. While mind-control may sound like something out of a sci-fi film, the marvel is genuine — and has brought forth another field, neuro-parasitology.

One technique is to influence how an insect navigates. The spores of one parasitic fungus, for instance, attack an insect's body, where the fungus

develops and devours the insect's organs while leaving the organs intact. The parasite at that point discharges chemicals that reason the subterranean insect to climb a tree and grasp a leaf with its mouthparts.

After emerging from the insect's body, the organism discharges spore-filled containers that detonate throughout their fall, spreading the irresistible spores over the ground beneath. By forcing the insect to climb a tree, the fungus increase the dispersal of the falling spores and the possibility of infecting another ant.

A parasitic hairworm makes infected crickets search out water — where they suffocate. The cricket's suicide enables the worms to enter a sea-going environment for reproduction.

In another sort of collaboration, called "guardian control," the parasite forces the infected insect to monitor its young. One such parasite is a wasp, which infuses its eggs into a caterpillar by stinging it. Inside the live caterpillar, its eggs bring forth into hatchlings, which feed on the caterpillar's blood. In the end, upwards of 80 hatchlings rise up out of the caterpillar's body before framing covers to finish their development into grown-up wasps.

Neuro-parasitology is as yet a youthful field, and much of the time, researchers don't yet completely comprehend the systems included. In any case, numerous such parasites produce their belongings by discharging intensifies that follow up on the neural hardware of the host. Distinguishing and using these mixes in the lab could assist researchers with working out how neural circuits control behavior.

Exercise may improve health by increasing gut bacterial diversity

Bacteria frequently synonymous with infection and disease, may have an unjustifiable reputation. Research demonstrates there are the same number of, if not increasingly, bacterial cells in our bodies as human cells, which means they assume a significant job in our physiology. Indeed, a developing assortment of proof demonstrates that more prominent gut microbiota decent

variety (the quantity of various species and equality of these species' populaces) is identified with better health.

A study inExperimental Psychology has recommended that the effectiveness with which we transport oxygen to our tissues (cardiorespiratory fitness) is a predictor of gut microbiota decent variety than either muscle to fat percentage or general physical activity.

> Cardiorespiratory fitness (CRF) refers to the ability of the circulatory and respiratory systems to supply oxygen to skeletal muscles during sustained physical activity.

The findings propose that exercise at an adequately high intensity, to improve cardiorespiratory fitness, may support wellbeing through ideal modifications in the movement and bunching of gut microbes.

Such exercise-incited enhancements, in cardiorespiratory wellness, frequently relate with focal (for example increased volume of blood pumped by the heart each beat) and peripheral adaptations (for example expanded number of vessels to ship oxygen from blood to muscles).

It was understood that higher cardiorespiratory fitness would in general correspond with more noteworthy gut microbiota assorted variety, yet it was vague whether this relationship was attributable from muscle to fat percentage or physical exercises of daily-living. Since cancer treatment is known to trigger physiological changes inconvenient to cardio-metabolic health, including increased muscle versus fat percentage and declining cardiorespiratory fitness.

Gut bacteria interferes with metabolism of parkinson's medication

The majority who head to the kitchen to prepare a serving of mixed salad dressing, pop popcorn, age vegetables, or caramelize onions, did not think about the crucial chemical reactions behind these mixtures.

Much increasingly critical are the responses that occur after the plates are clean. At the point when a slice of sourdough goes through the digestive system, the trillions of microbes that live in our gut help the body break down that bread to retain the nutrients. Since the human body can't process certain substances–terrifically significant fiber, for instance microbes venture up to perform science no human can.

In their study, Balskus, Maini Rekdal, and their colleagues at the College of California San Francisco, portray one of the primary solid instances of how the microbiome can meddle with a medication's expected way through the body. Concentrating on levodopa (L-dopa), the essential treatment for Parkinson's disease, they distinguished which bacteria out of the trillions of species is in charge of degrading the medication and how to stop this microbial interference.

> Parkinson's disease attacks **nerve cells in the brain** that produce dopamine, without which the body can endure tremors, muscle rigidity, and issues with balance and coordination. L-dopa conveys dopamine to the brain to relieve symptoms. Yet, just around **1 to 5%** of the medication really reaches the brain.

Researchers realized that the body's enzymes (instruments that perform essential science) can separate L-dopa in the gut, keeping the medication from arriving at the mind.

A decent number tie to tyrosine–an amino acid like L-dopa. What's more, one, from a food microbe frequently found in milk and pickles (Lactobacillus brevis), can acknowledge both tyrosine and L-dopa.

Despite the fact that the human and bacterial enzymes play out precisely the same chemical reactions, the bacterial one looks only somewhat changed.

Hypothesized that carbidopa will most likely be unable to infiltrate the microbial cells or the slight structural difference could keep the medication from cooperating with the bacterial protein. Assuming genuine, other host-focused on medicines might be similarly as incapable as carbidopa against similar microbial machinations.

Pushed further to unravel a second step in the microbial metabolism of L-dopa. After E. faecalis changes over the medication into dopamine, a second organism being changes over dopamine into another compound, meta-tyramine. Feeding dopamine to swarms of microbes to see which succeeded.

Eggerthella lenta won. These bacteria consume dopamine, creating meta-tyramine as a side-effect. This sort of response is testing, challenging for chemist.

Neurodegenerative disease links gastrointestinal tract – Parkinson's

The earliest evidence that the gut may be engaged with Parkinson's risen over 200 years back. In 1817, the English specialist James Parkinson revealed that a few patients with a condition he named "shaking palsy" experienced constipation.

From that point forward, doctors have noticed that constipation is one of the most well-known symptoms of Parkinson's, showing up in around a large portion of the people diagnosed have the condition and often preceding before the beginning of development related impairments.

THE GUT-Brain Highway

The vagus nerve, a bundle of fibres that starts in the brain stem and innervates major organs, including the gut, might be the essential course through which neurotic triggers of Parkinson's movement from the gastrointestinal tract to the brain. Recent epidemiological examinations of

vagotomy patients whose vagus nerves were cut off demonstrate that they have a lower risk of developing Parkinson's.

Alpha-synuclein fibers, infused into the gastrointestinal tracts of rodents, can cross through the vagus into the brain.

Microbes themselves are another potential trigger for advancing the development of intestinal alpha-synuclein. Researchers have discovered that, in mice, bacterial proteins could trigger the total of the alpha-synuclein in the gut and the brain. A few proteins made by microbes may frame little, extreme fibers, whose shape could make close-by proteins misfold and aggregate in a manner to the prions in charge of mad cow disease, clarifies Robert Friedland, a neurologist specialist at the College of Louisville who co-authored that study.

The presence of microbes in the placenta

Researchers at Baylor School of Drug recently discovered proof that the placenta harbors an inadequate yet at the same time present community of microorganisms, which they and different researchers hypothesize may add to key capacities in pregnancy, including immunity.

There has been some discussion about our and others' discoveries in the placenta. Since it is a sparse, or low biomass, community, it is a reasonable question to pose to the amount of what we recognize as the microbiome is really bacteria and what amount is potentially natural contamination, or maternal blood in the placenta.

Researchers analyzed microbes in term and preterm gestations using a sign intensified 16S general in situ hybridization test intended for bacterial rRNA, alongside a few other histologic strategies. The study was deliberately intended to control for contamination as most ideal as, with the

goal that these sparse bacteria could be precisely ascribed to their area in the placenta.

Researchers certainty that not exclusively would they be able to sequence these microbes yet in addition that they can see the bacteria in truly predictable areas in various placentas.

The job of microbes in the intrauterine condition in molding the creating immune system in the fetus, and what job things like the mother's eating routine or preterm birth may play in that improvement.

Theorizing that these low biomass communities may assume a key job in molding the creating fetal immune system to help teach it on which microbes might be useful and which might not.

Clear your lungs from microorganisms

Steam therapy

Steam therapy, or steam inhalation, includes breathing in water vapor to open the airways and help the lungs channel bodily fluid. Individuals with lung conditions may see their side effects worsening in cold or dry air. This atmosphere can dry out the mucous films in the airways and confine blood stream.

Alternately, steam adds warmth and dampness to the air, which may improve breathing and help release bodily fluid inside the airways and lungs. Breathing in water vapor can give immediate relief and help individuals breathe easily.

A small study involving 16 males with chronic obstructive pulmonary disease (COPD), a lung condition that makes it harder to breathe, found that steam mask therapy led to significantly lower pulses and respiratory rates than non-steam mask therapy.

However, the participants did not report lasting improvements in their respiratory function. This treatment might be a viable brief arrangement,

yet scientists need to accomplish more research before they completely comprehend the advantages of steam treatment on lung wellbeing.

Controlled coughing

Controlled coughing can help send mucus through the airways.Coughing is the body's method for normally expelling toxins that it has caught in mucus fold the arms over the stomach slowly inhale through the nose slowly breathe out while inclining forward, pushing the arms against the stomach, cough 2 or multiple times while breathing out, keeping the mouth marginally open slowly inhale through the nose rest and repeat as necessary.

Drain mucus from the lungs

Postural drainage involves lying in different positions to use gravity to remove mucus from the lungs. This training may improve breathing and help treat or prevent lung infections. Postural drainage techniques differ depending on the position:

a. On your back lie down on the floor or a bed. Place pillows under the hips to ensure that the chest is lower than the hips. Slowly inhale through the nose and exhale through the mouth. Each breathe out should accept twice the length of breathe in, which is called 1:2 breathing. Continue for a few minutes.

b. On your side Lie on one side, resting the head on an arm or pillow. Place pillows under the hips. Practice the 1:2 breathing pattern. Continue for a few minutes. Repeat on the other side.

c. On your stomach Place a stack of pillows on the floor. Lie down with the stomach over the pillows. Remember to keep the hips above the chest. Fold the arms under the head for support. Practice the 1:2 breathing pattern. Continue for a few minutes. What happens after you quit smoking?

Exercise Regularly

Exercise can improve individuals' physical and psychological wellness, and it diminishes the danger of numerous wellbeing conditions, including stroke and coronary illness. Exercise powers the muscles to work more earnestly, which expands the body's breathing rate, bringing about a more prominent supply of oxygen to the muscles. It additionally improves circulation, making the body progressively effective in removing the excess carbon dioxide that the body produces when working out. The body will start to adapt to meet the demands of regular exercise.

The muscles will learn to use oxygen more efficiently and produce less carbon dioxide. Although exercising may be more difficult for people with chronic lung conditions, these individuals can also benefit from regular exercise. People who have COPD, cystic fibrosis, or asthma should consult a healthcare professional before starting a new exercise regimen.

Green Tea

Green tea contains many antioxidants that may help lessen inflammation in the lungs. These compounds may even shield lung tissue from the destructive impacts of smoke inhalation. A recent study including in excess of 1,000 grown-ups in Korea revealed that individuals who drank at any rate 2 cups of green tea every day would be advised to lung function than those who drank none.

Anti-inflammatory foods

Eating cherries can help fight inflammation. Inflammation of the airways can make breathing difficult and cause the chest to feel heavy and congested. Eating anti-inflammatory foods can reduce inflammation to relieve these symptoms. Foods that help fight inflammation include: turmeric leafy greens cherries blueberries olives walnuts beans lentils ginger onions, garlic or sulfur rich foods.

Chest percussion

Percussion is another successful method to remove excess mucus from the lungs. A healthcare professional or respiratory therapist will utilize a measured hand to rhythmically tap the chest divider to oust caught bodily fluid in the lungs. Joining chest percussion and postural waste can help clear the aviation routes of overabundance bodily fluid.

Try Mullein herb for breast and lung health

Mullein is indicated for dry, harsh, hacking coughs, and weak lungs. It is also helpful to the kidney and nervous system. The flowers of this plant are soothing and coat the lungs, while the leaves are more astringent and expectorant, helping the lungs to expel unwanted particles that have been inhaled. Mullein is typically used for hoarseness, coughs, bronchitis, asthma and other respiratory conditions. This wonderful herb can be enjoyed as a tea by placing 1 teaspoon into 1 cup of hot water, or in combination with other lung loving herbs in the form of a tincture. Add ginger and garlic in the herbal tea.

Chronic obstructive pulmonary disease

COPD or what we call chronic obstructive pulmonary disease is used to describe a lung conditions that cause extreme shortness of breath and block the airways in your lungs. Typically, it refers to long-lasting bronchitis or emphysema, however can also include asthmatic bronchitis (bronchial asthma).

These ailments cause the air sacs and cylinders in your lungs to end up blocked. With chronic bronchitis, a consistent cough that produces mucus makes bronchial tubes to become inflamed. Inevitably, scar tissue forms in the lungs, which don't permit in as much oxygen as you need. With emphysema, the walls of your lungs lose their elasticity — they can’t constrict to allow you to exhale.

Individuals with COPD can have either or both of these diseases. The main risk factor for COPD is smoking. There is no remedy for COPD, and keeping in mind that medications may help control side effects, they can't fix the damage to the lungs. The most important thing you can do to avoid COPD or to prevent the harm from getting worse if you have it is to not smoke.

Signs and Symptoms

Ongoing cough, often with phlegm that may be hard to "bring up"

- Shortness of breath, especially during exercise.
- Production of increased mucus
- Difficulty exhaling
- Wheezing
- Frequent respiratory infections

Causes

Smoking is the primary cause of COPD. It can also be caused by exposure to pollutants or toxic chemicals or **toxins (fungus, microbes, parasites, mold, chemical fumes).** One rare form of COPD is inherited.

Preventive Care

- If you smoke, quit.
- If you have COPD, avoiding respiratory infections is very important. Your doctor will recommend that you receive an influenza vaccine (flu shot) each year and a pneumococcal vaccine to protect you from pneumonia.

Eating foods rich in antioxidants, magnesium and other minerals, and omega-3 fatty acids (including fruits, vegetables, and fish) may help lower your risk for COPD.

Nicotine and cocaine have same effects

Tobacco, cigar, cigar pipes contain nicotines with same effects as cocaine and alcohol. Nicotine and its connection with a systemic fungal infection.

While a cigarette is a toxic cocktail of chemicals, none is so powerful as nicotine.

None of the synthetics in a cigarette are beneficial for you. They are essentially intended to go about as a delivery service for the superstar, nicotine, which is absorbed within seconds and heads straight for your brain. There, the nicotine mimics acetylcholine, the most prevalent neurotransmitter in the brain.

Acetylcholine aids basic muscle function, hand-eye coordination, and complex neurological responses, for example, the arrival of another synapse, dopamine, which in turn the body to feel joy and pleasure.

Acetylcholine is a substance made in the brain and its discharge is carefully controlled.

Nicotine isn't controlled by the cerebrum, which means that the amount you consume is the amount that stimulates the acetylcholine receptors.

At the point when acetylcholine receptors are initiated, they discharge dopamine, which at that point makes the calming dopamine reaction most smokers experience when they have a cigarette.

Another neurotransmitter that is activated by nicotine is glutamate.

Involved in both long-term and short-term memory retention, the stimulation of glutamate while dopamine is being released creates a deeply entrenched memory of pleasure related to the consumption of nicotine.

This chemical reaction, repeated on numerous occasions every day, is the thing that makes such an intense addiction.

While the nicotine is tricking your mind into thinking it is acetylcholine, it is also doing something different.

Nicotine limits the development of parasites and fungi, yet does not keep them from spreading their infectious offspring everywhere throughout the body.

When a smoker quits consuming nicotine, all of a sudden these infection causing elements that have been scattered all through the body start to multiply, making an invasion in a short amount of time.

How to detox or clean body from toxins

Over the years, I have experienced family and friends dying of cancer. I observed their lifestyle and toxins they are exposed to. So to answer my friend's question on how to detox and the mechanism of cleaning our body or getting rid of toxins, I listed some items for Dos and Don'ts. Our lymphatic system which travels opposite our blood is responsible for cleaning our blood.

When we clean the many bad foods or toxins that entered our body, we must clean our liver first, our laboratory. It is closely linked to our heart that during our last breath, our liver is the first and last signal that our heart gets to shut down.

Detox or cleaning our cells from toxins is the key to living longer, the anti-aging process we all are seeking for. In my 50s, I could have died a long time ago if I was born centuries ago with no clean water, fresh produce and raising a dozen children. Each child is minus 5 years of a woman's age.

Dos in cleansing your body from toxins

- Massage
- Adequate sleep
- Filtered water
- Lemon
- Baking soda (pinch in your drinking water)
- Activated charcoal
- Digestive enzymes from pineapple and papaya
- Apple cider vinegar

- Wash produce with salt or diluted vinegar
- No over ripe fruits and left over foods or 3-day old rice (aflatoxin , mycotoxin)
- No charred BBQ
- Whole foods: sulfur-rich foods are anti-inflammatory (ginger, garlic, turmeric, coconut, walnuts)

- Deep breathing through the nose and blow out through mouth
- Prayer: May God's light energy be with you and say Amen to accept it.
- Resveratrol from Berries, kiwi, citrus fruit
- Fasting
- Activated charcoal
- Clean air

Don'ts are ways that when practiced or consumed can kill our nerve cells and produce toxins in our cells.

- Avoidance of too much caffeine, iron and sugar, these are food for cancer
- Other metal toxins
- TRANS fat
- Processed
- Plastics in food
- Stress
- Shift work: not sleeping from 10pm to 4 am
- Radiation
- Over medications, chemo, other carcinogens
- Avoid exposure to fumes, chemicals (formaldehydes,carcinogens,toxins)

If you need to lose or gain weight

Proper dietary choices combined with moderate exercise are the answer to losing or gaining weight. The food choices you make (particularly as applies to carbohydrate and oil) determine whether the body ingests foods that speed up or slow down human metabolism. For example excess consumption of simple sugars makes you fat. Increased consumption of healthy oils, like flax oil, increases oxygen uptake & transport, raising metabolism and burning calories.

Exercise levels and other daily activity also determine whether you will stimulate or depress your metabolism. All of this is discussed in detail in the sections below

The Importance of Proper, Relaxed Digestion

Digestion requires more energy than any other bodily function. Processing food is the single most important bodily functions to an animal‘s survival, and as such, is a biological priority.

Thinking uses enormous amounts of energy as well. This is why you can fall asleep after a heavy meal—as all of your energy required to stay alert is temporarily diverted to digestion.

Good digestion requires healthy food, a relaxed atmosphere, and thorough chewing of food. Incomplete digestion can lead to serious health problems.

All digested food that we use passes from our digestive system into the bloodstream. In a utopian world our blood would only contain substances that are good for us, however there are many ways for pathogens to enter the bloodstream—through organisms and contaminants in the foods we eat and drink; contaminated air we breathe; insect bites, cuts and other perforations of the skin; etc.

The digestive system is the foundation of our immune system strength. Proper gastrointestinal function is critical to adequate nutrient delivery and can impact all aspects of body function and our health.

Any digestive disorder has the potential to cause nutritional deficiencies which can cause disease. As well, the digestive system is designed to keep invading organisms out of our bodies.

A simple analogy is helpful in understanding the basic form of our digestive system as it relates to the rest of the body. Consider the geometry of a donut shaped object. The human body‘s fundamental form is similar to that of a donut.

The inside surfaces of our mouth, throat, stomach and intestines – everything that we call our digestive tract (i.e. the donut hole) – is continuously connected to the outside surfaces of our body, that we call skin (i.e. the outside of the donut). If we stretch our imaginary donut into a longer tube, the digestive tract is still on the inside, and our skin is on the outside. The inside and outside surfaces make up one continuous unbroken surface.

This simple geometric analogy teaches us that, anatomical differences aside, a common trait shared by our skin and our digestive tract is that they both face outward from the body. Nature designed us this way to provide a continuous protective barrier from the outside world.

The human body‘s immune system is designed to attack foreign complex molecules (combinations of simple molecules) not made by our own bodies. This is one of the reasons Nature evolved our bodies to require full digestion of our foods for proper health.

To ensure our immune system functions properly, we are designed to break down complex food groups into their smallest parts, and to later reassemble them into the more complex parts specific to our individual needs and

familiar to the immune system. Therefore complete digestion is critical to proper function of the immune system.

If a person is not fully digesting his/her foods, a number of problems arise.

Partially digested food is not available to many of the body‘s enzymes requiring foods in their simplest form.

Undigested food can also feed other unfriendly organisms in the digestive tract. This can lead to overgrowth of yeast and bacteria leading to gas, bloating, and chronic infection.

> Should you develop ―leaky gut syndrome, where a weakened digestive system allows undigested food or waste to pass from the small or large intestine into the bloodstream, this can cause food allergies and other adverse reactions as the immune system attacks the complex molecular structure of the ―unknown invader.

Many of us take digestion for granted. This is a big mistake, because most health problems ultimately result from a nutritional deficiency, or a digestive disorder that prevents us from absorbing various nutrients properly. The first line of defence for a healthy immune system is a healthy digestive system. Improper digestion almost always leads to disease.

Relaxed digestion, constipation and losing weight

You Control Your Metabolism

How energetic you feel and what body weight or mass you maintain are determined by how you regulate your metabolism with the food and activity choices you make. Five factors affect this dramatically:

- Whole foods: Consumption of high-energy, healthy foods vs. low-energy, poor food choices

- Calories: Total food consumed in a meal vs. energy required over the next few hours
- Exercise: Average total physical activity expended during a day
- Sleep, toxins and whole foods: Proper hormone function
- Whole foods, clean water, clean air
- The pH balance of your bodily fluids
- Balance in minerals, fats, oils to control weight

When these factors are properly balanced you can control your weight as you wish. While the first three of the above are pretty obvious, many are not aware that the fourth factor, proper hormone function, is very important, and dramatically affected by the types of food you ingest, particularly by the ratio of various minerals, sugars, fats and oils in the diet.

The fifth factor, pH balance, is affected by the quality and ratio of various minerals, carbohydrates, proteins, oils and fats you eat.

How to lose weight with only dieting

Your thyroid is most affected by frequent dieting for weight control. Your thyroid is like the accelerator of your car that helps in accelerates the body's metabolism. Do not starve yourself since your body will move into a starvation mode with less caloric intake.

Nourish your body with whole foods and to go on a diet means to be careful to maintain a high nutritional content of the foods. Exercise permits efficient use of calories and oxygenates our cells. Metabolic rate is lowered with less exercise and restricted caloric intake.

1. Examine your habits, food prep, avoidance of toxins and parasites, adequate sleep, regular exercise and healthy dietary choices of whole foods (no left over, over ripe fruits, soda, unhealthy oils and sugar).
2. Avoid sugar and coffee and over ripe fruits. Eat citrus fruits and add probiotics/pickled greens and digestive enzymes (pineapple/papaya).
3. Eat whole foods before 7pm and after 10am. Eat meat during the day and no meat at night, eggs are easier to digest (30 min vs 4 hrs for meat).

4. Sleep well.
5. Use standing desk at work.
6. Prepare food during Sunday to take to work, salads and soups.
7. Add spices and try to smell cooked foods but only taste them (1–2 spoonful).
8. Chew a little longer. You can eat one good meal a day. Try low carb ketogenic diet (avocado, walnuts, coconut oil).

Food pairings to lose weight

Ginger when added to fish or chicken removes the fishy smell and ginger is good for circulation. Lemon which is wealthy in vitamin C and when added to your green tea encourages absorption of nutrients from the tea. During the evening, eat healthy fats as cholesterol is blend around evening time.

It takes 30 minutes to digest boiled eggs however at any rate 3 hours for meat. Pineapple is rich in enzymes for efficient digestion, so eat them 30 minutes before or after a meat dish.

Cayenne and turmeric are anti-inflammatory and antiparasitic and best eaten with meat. Go for fewer calories in the event that you are more than 40 yrs old as our digestion is slower as we age. Fiber-rich whole foods help in preventing chronic diseases.

Fasting starves cancer cells

Intermittent Fasting for Cancer Patients Intermittent fasting is a style of eating with a few different variations that are all based on cycling through periods of fasting and eating normally. This kind of eating is most often used to boost weight loss, for which it has been proven effective. However, there are a number of additional health benefits from brain health to heart health, to protection against diabetes.

For patients with mesothelioma or another kind of cancer, the advantages of intermittent fasting are hopeful. There is evidence from research that fasting

in any form could slow tumor growth, boost the immune system, reduce treatment side effects, increase survival rates, and prevent recurrences.

What is Intermittent Fasting?

Intermittent fasting refers to any of a couple of various procedures of cycles of alternating eating and refraining from eating, or fasting. It isn't really a diet, although some people use it to lose weight, because it does not indicate what kinds of foods you should eat.

Intermittent fasting is safe and beneficial for cancer patients.

It is really more a pattern or style of eating that according to research has genuine medical advantages, including potentially helping cancer patients.

Types of intermittent fasting include:

24-Hour Fasting. This type of fasting means not eating at all for 24 hours. So, for example someone practicing this may choose to not eat between dinner one day and dinner the next day. This is commonly done on more than once or twice a week.

The 5:2 Diet. The 5:2 strategy modifies 24-hour fasting. It includes limiting calories for two 24-hour periods per week. On those two days women eat 500 calories and men 600.

The 16/8 Fast. Most popular for people using intermittent fasting to lose weight, this strategy involves not eating for 16 hours every day. Most people do this by skipping breakfast, for example, and not eating between 8:00 at night and noon the next day.

Calorie Restriction

This kind of eating regimen isn't actually fasting because there are no designated periods of not eating. But it is similar because it reduces overall calories. Calorie restriction includes daily calorie intake by 20 to 40 percent every day for an extended period of time. A general guideline is 1,200 calories per day for women and 1,400 for men.

Health Benefits of Intermittent Fasting

There are significant changes that happen in the body during fasting: human development hormone levels increase, insulin levels drop, cell repair procedures speed up, and there are changes to gene expression.

> The benefit that most people turn to intermittent fasting for is weight loss. It is proven to promote weight loss, especially fat loss. Research is proving that there are many benefits to this style of eating that go well beyond weight loss.

It lowers blood sugar levels and helps to reduce resistance to insulin, both of which protect against diabetes. Fasting is also proven to improve cardiovascular health and to promote nerve cell growth in the brain, possibly protecting against degenerative brain diseases like Alzheimer's.

Can green tea eliminate fat from the body?

Does green tea dispenses with fat from the body?

Yes, especially when you add warm water and lemon in it. Green tea suppresses the hunger hormones. Animal studies suggest that the active compounds in green tea can aid this process by boosting the effects of some fat-burning hormones, such as norepinephrine (noradrenaline).

The primary cancer prevention agent in tea, EGCG, can help restrain a chemical that separates the hormone norepinephrine. Anti-parasitic and cleans the blood. The trypanocidal action of green tea catechins against two different phases of Trypanosoma cruzi is reported for the first time.

This activity was measured with the nonproliferative bloodstream trypomastigote and with the intracellular replicative amastigote parasite structures.

An ethyl acetate fraction from Camellia sinensis green tea leaves, which contains a large portion of the polyphenolic mixes and the maximal

trypanocidal action, was acquired by fractionation of the watery extract with organic solvents.

The active compounds present in this extract were further purified by LH-20 column chromatography and were identified by high-performance liquid chromatography analysis with a photo diode array detector and gas chromatography coupled to mass spectroscopy.

The following flavan-3-ols subordinates, known as catechins, were identified: catechin, epicatechin, gallocatechin, epigallocatechin, catechin gallate, epicatechin gallate, gallocatechin gallate, and epigallocatechin gallate.

The purified compounds lysed more than 50% of the parasites present in the blood of infected BALB/c mice at concentrations as low as 0.12 to 85 pM.

The most active compounds were gallocatechin gallate and epigallocatechin gallate, with insignificant bactericidal fixations that repressed half of detaches tried of 0.12 and 0.53 pM, individually.

The quantity of amastigotes in contaminated Vero cells diminished by 50% within the sight of every one of these mixes at 100 nM.

The effects of catechins on the recombinant T. cruzi arginine kinase, a key enzyme in the energy metabolism of the parasite, were assayed.

The action of this enzyme was hindered by about 50% by nanomolar concentrations of catechin gallate or gallocatechin gallate, though different individuals from the group were less powerful.

Based on these outcomes, we recommend that these compounds could be used to sterilize blood and, in the end, as therapeutic agents for Chagas' disease.

What to eat during the 8-hour feeding window, whole-8-hour

We aspire to have adequate sleep at night so that we can be productive during the day. We need the energy and motivation to stay in our healthy

weight. We don't want to deprive our bodies with our favorite dish but wanted to do some cleansing to get rid of toxins we have accumulated over the years (too much alcohol, junk foods, stress, others).

If we plan to fast or not eat a heavy meal during the 16 hour period and graze or eat a good healthy meal during the 8-hour period (9am to 5pm or 10am to 6pm, 8am to 4pm), what can we do to follow this regimen to have the health we deserve without dieting but feeling our satiety and conscious of each food we chew?

1. Whole foods: We can pair plants and healthy protein, drink your favorite (1) cup of coffee or tea during the day, and explore more whole foods to pair with our favorite dishes.
2. Protein in the morn 9-5 ; 1 or 2 boiled eggs , boiled ginger with lemon and our favorite herbs or tea.
3. Apple at night, small protein (half a tsp of peanut butter). Choose bananas or fruits that are not over rip. Create an avocado dip for your carrots or celery stick.
4. Fibers during the day: Fiber helps encapsulate the fat and sugar out of our bodies.
5. Drink 30 minutes before full lunch and 30 minutes after lunch.
6. Take time to chew your food, to meditate, to give thanks. Your positive spirit will guide you in nourishing your body.
7. Rest and deep breathing in between (5 minutes of rest will help you arrive at good decisions and fill up your mind with happy thoughts)
8. Love foods, healthy ones and observe the benefits derived from your food choices. Say No to unhealthy foods. Happy foods are eggs, yams and fruits.
9. Celebrate each day by noticing your good bowel movement, sleep patterns, and weighing yourself as one way of monitoring your health

Reuse and do not reheat some foods

You can use the leftover chicken in salads or sandwich, or re-cook the chicken on the stove on a very low flame. Overheating certain cooked foods

after the third day may introduce toxins such as nitrites (Alflatoxins, bacteria, etc) and can cause harm to the body.

Potatoes: How many times have you just reheated this food?

One of the most commonly used food items, potatoes are frequently used most households during several meals in a day, at times, all the meals. But this is not the best practice. You shouldn't reheat it because it is rich starchy food that has many health benefits.

When reheated it promotes the development of botulism a rare bacteria. However, it can't be killed by reheating in a microwave. It may instead lead to food-poisoning. What can you do instead? The best way is it to re-cook them in a shallow skillet.

Spinach

Popeye's favourite food is very nutritious but you must avoid reheating them. You shouldn't reheat it because: It contains a lot of nitrates which convert to nitrites when reheated, and nitrites are carcinogenic in nature. What can you do instead?

You can either eat it after steaming it or simply cool it rapidly and keep it beneath 5 degrees Celsius to prevent nitrite production.

Oil

Many times you reheat the leftover cooking oil, not realising that it can greatly harm your body. You shouldn't reheat it because you should realize that your cooking oil ought to be heated at a low fire, thereby, helping it discharge less smoke.

In case you reheat previously heated oil, it is likely to discharge toxic fumes and harmful free-radicals.What can you do instead? The best way would be to discard the oil and not re-use it.

Beetroot

You shouldn't reheat it because: Beetroots just like spinach are nitrate-rich foods. Reheating them converts nitrates to nitrites which is carcinogenic to

the body and can also give you a stomach ache. What can you do instead? If there's any leftovers rather than reheating it's better to eat it cold.

Rice

Rice is the most widely recognized leftover item in our kitchen and also most commonly reheated food. However, it's best to avoid reheating it in a microwave. You shouldn't reheat it because uncooked rice contains spores of bacteria and reheating it does not kill these bacteria.

In this way, if the rice is left remaining at room temperature, the pores automatically multiply. This may prove to be toxic and cause vomiting and even diarrhea. What can you do instead?

Boil water and add the leftover rice to it. Don't over-boil the rice as it would become soggy. You'll see that the rice would look and taste as good as new.

Eggs

This staple breakfast food should not be reheated. Best known as a protein powerhouse, reheating boiled or scrambled eggs should be avoided. You shouldn't reheat it because the protein in eggs is destroyed once it's exposed to heat over and over again. Also they become toxic and unfit for consumption once they have been cooked.

Constipation, kidney stones and sedentary

A 93 yr old had hip replacement 15 years ago and lives alone. She was hospitalized due to a big kidney stones and she refused surgery. When I saw her, she has constipation for 3 days already. There are 3 medications, one is an antibiotic and aspirin for pain.

So, I warmed up her prune juice and added the following which I got her to drink as I massaged her lower back and legs and feet:

- Pinch of baking soda
- Half a tsp of apple cider vinegar (with Mother) with a pinch of turmeric
- Prune juice , warmed with pinch of brown sugar (only in small amount as parasites thrive on iron and sugar)

- 6 small slices of blueberries

She was able to defecate - have a bowel movement after the massage.
I noticed that when she sits on the toilet, she is not leaning forward and the legs are far from the floor. I suggested a stool for her feet and to lean or bend forward for proper angle when using the toilet to do Number 2.

The massage oil is combo of many oils and the massage motion is downward motion on the lower back and on the legs. The feet has to be massaged in many different strokes with focus on the middle part and the same with the palm/hands.

Sugar: the sweet thief of life

Sugar has been a great contributor in our daily life. What contains sugar? Juice, soft drinks, etc.. Anything that isn't water contains sugar. Most of us really likes sure such as dessert. that implies we eat our very own load in sugar each year! So it may be useful to discover what that implies – what sugar truly is, the thing that sustenance esteem it has, and what issues it causes.

Sugar

Start with white sugar. It is made by refining sugar cane, a process involving many chemicals. Or from beets, whose refinement also involves synthetic chemicals, and charcoal. The big problem is that the finished product contains none of the nutrients, vitamins, or minerals of the original plant. White sugar is a simple carbohydrate, which means a fractionated, fake, devitalized result of the first plant.

The first plant was a simple carbohydrate which means it contained every one of the properties of an entire food: vitamins, minerals, enzymes. Refined sugar from beets and cane is sucrose. High fructose became big real fast.

Keep in mind, natural fructose is contained in most raw fruits and vegetables. It is a natural food.

Moderate amounts of natural fructose can be effectively processed by the body with no pressure or draining of mineral stores. Normal fructose does not cause rollercoaster glucose, except if the individual tries too hard. Natural fructose is not addicting.

An apple contains natural sugar: fructose. A potato contains natural starch. But these are whole foods containing considerably more than just isolated carbohydrates. Apples and potatoes developed in great soil additionally contain nutrients, minerals, and proteins.

Such foods are complex carbohydrates, implying that they are complex carbohydrates, The issue comes in processed sugar and processed starch.

Whole foods prevent inflammation

Prostaglandins are the main hormones in the body that can increase or decrease inflammation. The body makes them from fatty acids. The type of prostaglandin created by your body (pro or anti-inflammatory) depends on the type of fatty acids in your body provided through your diet. Prostaglandins are hormones that our body uses to manage the inflammatory processes in the body.

Your body produces them from the fats you ingest. Not all prostaglandins are bad, however. Your body produces two different kinds: ones that promote inflammation and ones that inhibit it. Diet to reduce pain, cyst, and other conditions such as sciatica, endometriosis, pain-related disorders

- anti-inflammatory (less pain) function
- promotes less estrogen (endometriosis and sciatica pain grows with estrogen)

- builds up the immune system What you need to include to reduce inflammation
- Your diet needs to contain fiber rich foods, lots of fruits and vegetables that will prevent constipation. Sleek fish, for example, salmon, sardines, herrings and mackerel, and halibut wealthy in omega 3 unsaturated fats.
- Moderate amounts of grass fed beef. Fresh pineapple, berries of all sorts are anti-inflammatory aid healing and also enhance the immune system.
- 2 – 3 cups of green tea per day with its fabulous anti-oxidant properties
- **Turmeric, garlic, ginger**
- The B vitamins are highly important and can be found in green peas, spinach, navy beans, nuts, pinto beans, bananas, sweet potatoes, entire grain braced oats and breads and unpolished rice and legumes. Use supplements of B1 and B12 particularly or a B complex (including all 8 B vitamins) vitamin if you are not including enough of them in your diet. B12 is needed by the body in small amounts however it is essential.
- It isn't found in plant sources (aside from seaweed) so if you do not eat any animal products at all you will need to make sure you take a good B12 supplement.
- Foods rich in Vitamins A, such as dairy products – milk, cheese and yogurt, carrots, dark green leafy vegetables, orange-coloured fruits, (for example, mangoes and apricots, fortified margarine, eggs, mackerel and other oily fish). The beta carotene that helps the development of nutrient An in the body can be found all in all orange or yellow leafy foods however some green vegetable s where the obvious orange shade is covered up by the presence of chlorophyll. These are broccoli, apricots, carrots and sweet potatoes.
- Vitamin C is found in fruits – particularly citrus, regular and sweet potatoes, cabbage, spinach, broccoli, tomatoes, and green and yellow vegetables.

- Vitamin K sources such as broccoli and spinach, alfalfa, vegetable oils and cereals.
- Drink plenty of water. Your body needs adequate water to function at an ideal level. Adults need between 1.5 – 3 litres a day.

Unhealthy margarine, trans fat, parasites

Margarine , a man-made fat, causes an essential fatty acid deficiency, causing muscle fatigue and skin problems. Trans fatty asides block the body's production of naturally occurring anti-inflammation. The FDA proposed changing its grouping of trans fats to never again "generally recognized as safe," which means food companies would need to prove that the somewhat hydrogenated oils are harmless before using them.

This new, higher bar could imply that trans fats will vanish from our weight control plans inside and out, since the latest research demonstrates that they add to plaque development in the arteries and heart attacks. Yet, shockingly, science has just been against trans fats for as long as a couple of decades. In 1902, the scientist Wilhelm Normann found that adding hydrogen to vegetable oil would make it solid, creating trans fats in the process.

A 1961 Time magazine article railed against the dangers of saturated fat (the kind found in butter and lard), and eventually some consumers began to view margarine and shortening as healthier alternatives.

In the 1980s, a few researchers started to connect coronary illness with soaked fats, and accordingly, gatherings, for example, the Middle for Science in the Open Intrigue and the National Heart Savers Affiliation (NHSA) started to dog makers for "harming America … by utilizing immersed fats," and subsequently "about all focused on firms reacted by supplanting soaked fats with trans fats," as David Schleifer wrote in 2012 for the diary Innovation and Culture.In the 1990s, the wellbeing dangers of trans fats started to obscure those of the immersed assortment.

A 1990 New England Journal of Medicine found that they raised “bad” cholesterol levels. A 1993 Harvard study found that eating partially hydrogenated vegetable oils increased the risk of heart attacks.

The sustenance business even financed its very own examination with the objective of demonstrating that trans fats were flawlessly protected. Be that as it may, it just affirmed the previous discoveries, and sustenance producers rapidly started creating options to hydrogenated oils.

Luncheon meat, nitrosamines and cancer

Nitrites in luncheon meat becomes nitrosamines in the stomach, a carcinogen. When you do eat luncheon meat, eat it with tomatoes and Vitamin C rich foods and high fiber greens. For most people, eating remaining vegetables would not fundamentally increase the danger of cancer.

However, alert ought to be taken when feeding babies with vegetables. Vegetables naturally contain nitrate and nitrite.

What to eat during the 8-hour feeding window, whole-8-hour

We aspire to have adequate sleep at night so that we can be productive during the day. We need the energy and motivation to stay in our healthy weight. We don’t want to deprive our bodies with our favorite dish but wanted to do some cleansing to get rid of toxins we have accumulated over the years (too much alcohol, junk foods, stress, others).

If we plan to fast or not eat heavy meal during the 16 hour period and graze or eat a good healthy meal during the 8-hour period (9am to 5pm or 10am to 6pm, 8am to 4pm), what can we do to follow this regimen to have the health we deserve without dieting but feeling our satiety and conscious of each food we chew?

1. Whole foods: We can pair plants and healthy protein, drink your favorite (1) cup of coffee or tea during the day, and explore more whole foods to pair with our favorite dishes.
2. Protein in the morn 9-5 ; 1 or 2 boiled eggs , boiled ginger with lemon and our favorite herbs or tea.
3. Apple at night, small protein (half a tsp of peanut butter). Choose bananas or fruits that are not over rip. Create an avocado dip for your carrots or celery stick.
4. Fibers during the day: Fiber helps encapsulate the fat and sugar out of our bodies.
5. Drink 30 minutes before full lunch and 30 minutes after lunch.
6. Take time to chew your food, to meditate, to give thanks. Your positive spirit will guide you in nourishing your body.
7. Rest and deep breathing in between (5 minute of rest will help you arrive at good decisions and fill up your mind with happy thoughts)
8. Love foods, healthy ones and observe the benefits derived from your food choices. Say No to unhealthy foods. Happy foods are eggs, yams and fruits.
9. Celebrate each day by noticing your good bowel movement, sleep patterns, and weighing yourself as one way of monitoring your health

Some processed foods such as cured meats also contain nitrate and nitrite as food additives. Some vegetables are a rich source of nitrates, but vegetables also contain ascorbic acid (Vitamin C), which is an inhibitor of nitrosamine formation. No one knows whether the vegetables' ascorbic acid completely counteracts the nitrosamine formation.

Caffeinated coffee and pure caffeine promote proteostasis – good for worms

Caffeine is implicated in many different health problems. It is a diuretic causing loss of potassium, calcium, magnesium, zinc and other minerals and B vitamins (thiamine and Vitamin C). Caffeine raised blood pressure in sensitive people. It increases the consumption of alcohol.

It over stimulates the adrenal glands causing hypo-function and fatigue. As the population ages, there is a critical need to uncover strategies to combat diseases of aging.

According to studies, the dirt dwelling nematode Caenorhabditis elegans have shown the defensive impacts of coffee extract and caffeine in promoting the induction of longevity life span pathways including the insulin-like signaling pathway and the oxidative pressure reaction. We were keen on deciding the effects of coffee and caffeine treatment on the regulation of the heat shock reaction.

The heat shock reaction is an exceedingly monitored cell reaction that functions as a cytoprotective mechanism during stress, intervened by the heat shock transcription factor HSF-1.

In the worm, HSF-1 advances security against worry as well as fundamental for improvement and life span.

Induction of the heat shock reaction has been recommended to be helpful for diseases of protein adaptation by preventing protein misfolding and aggregation, and all things considered has been proposed as a therapeutic target for age-associated neurodegenerative disorders.

In this study, we exhibit that coffee is a potent, dose-dependent, inducer of the heat shock reaction. Treatment with a moderate dose of pure caffeine was also ready to induce the heat shock reaction, demonstrating caffeine as an important segment inside coffee for creating this reaction.

The effects that we see with both coffee and pure caffeine on the heat shock reaction are both dependent on HSF-1.

In a C. elegans Huntington’s disease model, worms treated with caffeine were protected from polyglutamine aggregates and toxicity, an effect that was also HSF-1-dependent.

In conclusion, these outcomes exhibit caffeinated coffee, and pure caffeine, as protective substances that advance proteostasis through acceptance of the heat shock reaction.

Can a person develop an immunity to most food borne pathogens?

Parasites and infections are the two disorders for the Bolivian women, group with the longest lifespan (diet includes meat and cassava). If these food-borne pathogens overpower your body, you cannot fight them (with compromised immune system such as the young and old). Do take meds prescribed by your docs.

Acidic carbonated soda, bone loss and early menopause, magnesium deficiency

Carbonated beverages can cause osteoporosis and according to the Framingham Osteoporosis Study, colas, but no other carbonated beverages, were associated with significantly lower bone mass density in the hips of older women.

Phosphoric acid in soda can also impair your body's ability to use other minerals, such as iron, zinc, and magnesium.

Phosphoric acid is risky on the off chance that you come into contact with it as a chemical substance. The toxic fumes can irritate your skin, eyes, and respiratory system. Carbonated water gets its fizz from carbon dioxide.

A chemical reaction in your mouth transforms the CO2 into carbonic acid, not just giving the beverage a tangy, fiery, refreshing, yet in addition making it increasingly acidic. Most soft drinks contain caffeine, which is a nervous system stimulant that causes stress on the adrenal glands and the body, contributing to nervous stomach, anxiety, depression, high blood pressure and increased mineral loss from the body.

Even though Mg (magnesium) is by far the least abundant serum electrolyte, it is extremely important for the metabolism of Ca, K, P, Zn, Cu, Fe, Na, Pb, Cd, HCl, acetylcholine, and nitric oxide (NO), for some

proteins, for the intracellular homeostasis and for actuation of thiamine and therefore, for wide extent of crucial body functions.

Magnesium absorption and disposal rely upon a very large number of variables, in any event one of which regularly goes amiss, prompting a Mg deficiency that can give numerous signs and symptoms. Furthermore, it is hindered by excess fat. Then again, Mg levels are decreased by excess ethanol, salt, phosphoric acid (soft drinks) and coffee consumption, by profuse sweating, by extreme, prolonged stress, by excessive menstrual cycle and vaginal flux, by diuretics and different medications and by specific parasites (pinworms).

The exceptionally little probability that every variable influencing Mg levels will carry on positively, brings about a high probability of a bit by bit increasing Mg inadequacy. It is highly regrettable that the deficiency of such an inexpensive, low-toxicity nutrient result in diseases that cause incalculable suffering and expense throughout the world.

The scope of pathologies related with **lack of Magnesium** is huge: hypertension (cardiovascular ailment, kidney and liver harm, and so forth.), peroxynitrite damage (headache, various sclerosis, glaucoma, Alzheimer's illness, and so on.), repetitive bacterial infection because of low levels of nitric oxide in the cavities (sinuses, vagina, center ear, lungs, throat, and so on.), fungal infections because of a depressed immune system, thiamine deactivation (low gastric behavioral disorders, and so on.), premenstrual syndrome, Calcium inadequacy (osteoporosis, hypertension, state of mind swings, and so forth.), tooth cavities,loss of hearing, diabetes type II, cramps, muscle weakening, impotence (absence of NO), hostility (absence of NO), fibromas, potassium deficiency (arrhythmia, hypertension, a few types of cancer), iron accumulation, and so on.

At last, in light of the fact that there are such huge numbers of variables engaged with the Mg metabolism, assessing the effect of Mg in numerous diseases has disappointed numerous analysts who have basically attempted supplementation with Mg, without undertaking the task of ensuring its absorption and preventing excessive elimination, rendering the study of Mg deficiency much more difficult than for most other nutrition.

Salted caramelized sugar and brain opioids

Led by the College of Florida, researchers tried salted caramel on 150 fortunate members and found that when we scoff something sweet, salty or greasy, the mind discharges heroin-like chemicals called endogenous opioids.

Opioid dependence poses significant public health risks arising from associated morbidity and mortality caused by accidents, infectious disease, and social ramifications of crime and unemployment, among other complications. Opioid use, acute and chronic, is additionally connected with weight gain, glycemic dysregulation, and dental pathology.

The literature supporting the connection between sedative use and improvement of preference for sweet tastes is checked on and relationships with dental pathology, weight increase, and loss of glycemic control are considered. We discuss the impact of sweet tastes on the endogenous opioid system as well as clinical implications for analgesia and treating the opiate-dependent patient.

Analysts concur that high-sugar foods can stimulate the mind similarly that medications can. Science has demonstrated that high salt foods might be addictive too. Foods like pizza and chips may stimulate opiate and dopamine receptors in the brain's reward and pleasure center.

Can a person develop an immunity to most food borne pathogens?

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food-borne pathogens overpower your body, you cannot fight them (with compromised immune system such as the young and old). Do take meds prescribed by your docs.

Doctors found parasites in the brain of a senior who died of Alzheimer's disease. Wash produce with salt or diluted vinegar. Cook your meat well. Consume vinegar, cilantro and other greens. Do not go barefoot if possible. Maintain good hygiene. The world of food borne microorganisms contains a mixture of around 250 different types of bacteria, parasites, viruses, molds, and algae that are known to cause diseases in people and are therefore called food borne pathogens.

What they all have in common is that they are most often too small to be seen without a microscope, they have simpler structures and functions than higher plants and animals and they can be cultured in research facility settings with recommended techniques that aid in their identification.

The term food borne pathogen loosely describes the microbes that are found in animals (in farm/zoo animals and pets) and in the environment (soil, water and air) that make people sick regardless of how they became infected.

Usually, infection happens by direct ingestion of a contaminated product, but it can also happen by contact with other individuals or contact with an animal or pet.

Some food borne microbes make people ill by forming toxins in foods that affect the gut or the neurological system. When an illness is caused by ingesting a toxin and causes an intoxication it will generally make people sick faster than other food borne pathogens which cause an infection.

Bacteria

Bacteria are the biggest group of dangerous food borne pathogens by far. They are small, one-celled microbes that come in many shapes and are capable of reproducing themselves. Cell shapes include spherical (cocci), rod-shaped (bacilli), and curved or comma-shaped (spiralled). Whether or not bacterial cells stain Gram-positive (retaining a crystal violet color) or Gram-negative (those losing the color) also aids in identifying what bacteria are present and what treatments to administer.

Much of modern food borne microbiology is devoted to keeping pathogenic bacteria out of food products and preventing their growth if they are present. Salmonella, E. coli O157:H7, Listeria, and Shigellaare well known species of food borne bacteria.

Viruses

Viruses are thought to be the leading cause of food borne illness in the United States based on the percentage of people ill, even though there are only a few viruses that are important food borne pathogens. Viruses are much smaller than bacteria and cannot live outside a host, such as an animal or the human body. Although they do not multiply in food products, it can take only a few viral particles to make a person sick.

Viruses are effectively moved starting with one food product then onto the next, from contaminated water to foods, and from contaminated food handlers to foods. The two most well-known food borne viruses are Hepatitis A and Norovirus (also known as Norwalk virus). Antibiotic drugs will not help in treatment because antibiotics fight against bacteria not viruses.

Parasites

There are around 20 different types of that are known to cause disease in people from contaminated food or water. They range in size from microscopic single-celled organisms known as protozoa to visible worms known as helminthes. In any case, what they all share in common is that they get their nourishment from other living life forms known as host

organism. When the parasites live and reproduce in the tissues and organs of animal and human hosts they can then be excreted in feces and go on to infect other individuals. There is a hard shell covering to some varieties of protozoa that permit them to survive for lengthy periods of time in water waiting to infect another host.

Other Pathogens

There are several types of molds (fungi) that are food borne pathogens, and algae found in plankton can cause paralytic shellfish poisoning. A few different types of toxins found in fish can likewise cause illness. Mad Cow Disease, also known as Bovine Spongiform Encephalopathy (BSE), is a degenerative brain disease of cattle caused by prion particles that can be passed to humans who consume beef contaminated by the brain, spinal cord, or nervous tissue of diseased animals.

Heavy-metal contamination and synthetic plastics such as melamine have also been found in recent years to cause human illness and is the subject of ongoing research.

Caffeinated coffee and pure caffeine promote proteostasis – good for worms

Caffeine is implicated in many different health problems. It is a diuretic causing loss of potassium, calcium, magnesium, zinc and other minerals and B vitamins (thiamine and Vitamin C). Caffeine raised blood pressure in sensitive people. It increases the consumption of alcohol. It overstimulate the adrenal glands causing hypo-function and fatigue.

Cabbage anti-cancer properties and recipes

There are numerous reasons to give cabbage a regular appearance at your meal times. It contains powerful antioxidants like vitamins A and C and phytonutrients, for example, thiocyanates, lutein, zeaxanthin, isothiocyanates and sulforaphane, which stimulate detoxifying enzymes and may ensure against breast, colon and prostate cancer. Cabbage also contains a wealth of anti-inflammatory nutrients to help hold inflammation in check.

Among them are anthocyanins, a sort of polyphenol that, as referenced, especially plentiful in red cabbage, although a wide range of cabbage contain calming polyphenols. Cabbage contains a healthy amount of B nutrients, including folate (which is superior to anything the synthetic form known as folic acid found in numerous supplements), nutrient B6, nutrient B1 and nutrient B5.

B vitamins are not just significant for energy, they may also slow brain shrinkage by as much as seven-overlay in brain areas explicitly known to be most affected by Alzheimer's disease.

Longevity foods, herbs and nutrients

The accompanying foods contain the best groupings of Germanium-132: broccoli, celery, garlic, Shitake mushrooms, milk, onions, rhubarb, sauerkraut, tomato juice, chlorella, all chlorophyll-rich foods and herbs such as aloe vera, ginger and ginseng.

Nutritionally, the natural element germanium has been known to help in the prevention of cancer and AIDS. Certain mixes of germanium have poisonous impacts against specific bacteria. In its organic form, germanium is being hailed as one of the best new developments in the nutritional treatment of cancer.

Numerous herbs and therapeutic plants traditionally used in healing, for example, ginseng, garlic, comfrey, and aloe–contain considerable amount of germanium. The amount of germanium in a plant varies as per the nature of the soil wherein it develops. Adding germanium to the soil upgrades plant growth.

Nutrient-Drug Interactions

Nutrition can influence the body's reaction to drugs; on the other hand, drugs can influence the body's nutrition.

Foods can upgrade, delay, or lessen drug absorption. Foods disable absorption of numerous antibiotics.

They can alter drug metabolism (for example, high-protein diets can accelerate metabolism of specific drugs by stimulating cytochrome P-450. Eating grapefruit can repress cytochrome P-450 34A, easing back metabolism of certain medications (for example, amiodarone, carbamazepine, cyclosporine, certain calcium channel blockers).

A few foods influence the body's reaction to drugs. Tyramine, a segment of cheddar and a powerful vasoconstrictor, can cause hypertensive emergency in certain patients who take monoamine oxidase inhibitors and eat cheddar. Nutritional deficiencies can influence drug absorption and metabolism.

Extreme energy and protein deficiencies decrease enzyme tissue concentrations and may impair the reaction to drugs by reducing absorption or protein binding and causing liver dysfunction. Changes in the GI tract can hinder absorption and influence the reaction to a drug.

Lessons in the kitchen

As I visit seniors in their homes, I find canned foods in the kitchen and a lot of frozen processed and meat. Since my mother died, I have been researching and observing what was practiced in the kitchen that can contribute to her liver cancer. In a study about stomach cancer in 2500 Hongkong men, it was observed that dried salted fish have some bacteria in them.

We also use salted small shrimp that fermented for many years and a fish sauce. Growing up, we have ingested 3-day old rice in the absence of

adequate refrigeration. **Aflatoxin in 3-day old rice was the culprit why liver cancer is the highest in the world in China.**

Tips

- Do not eat 3-day old rice, with pink molds.
- Do not eat dried salted fish that maybe too old and was not properly handled and prepared.
- Do cook fresh veggies washed with water with vinegar or salt.
- Cook your raw foods well especially meat.
- Avoid pork if you can, since the bacteria or other microbes in it multiply more compared to other meat.

Recipe: Salmon with Green Apples and Pears

Ingredients

- Salmon
- Green apples
- Pears
- Pinch of turmeric
- Pinch of ginger
- Pinch of salt

Cooking instruction

- Add half a cup of water in a pan; add salmon and the rest of the ingredients. Cook till water is gone and salmon is cooked.
- Serve as a salmon sandwich or eaten with rice or sweet potatoes.

Recipe: Asparagus soup

This recipe is made with just 5 ingredients, not including salt and pepper and is prepared under 25 minutes!

Ingredients

- 2 lbs asparagus (2 bunches), tough ends snapped off
- 1 tbsp unsalted butter

- 1 medium onion, chopped
- 6 cups reduced sodium chicken broth
- 2 tbsp low fat sour cream
- Kosher salt and fresh pepper, to taste

Cooking instruction

- Melt butter over low heat in a huge pot. Add onion and sauté until soft, about 2-minutes.
- Cut the asparagus in half and add to the pot along with chicken broth and black pepper, to taste. Bring to a boil, cover and cook low about 20 minutes or until asparagus is very tender.
- Remove from heat, add sour cream and using your hand held blender, puree until smooth (or in two batches in a large blender).

Chicken and White Bean Soup

Ingredients

- 1 rotisserie chicken breast section or 3 cups chopped white chicken meat
- 1 tablespoon canola oil
- 3 carrots, sliced
- 2 celery stalks, sliced
- 1 onion, chopped
- 2 cups water
- 6 cups reduced–sodium chicken broth
- 1 (15-ounce) can Great Northern beans, rinsed and drained

- Salt and freshly ground black pepper

Instructions

1. Remove wings from chicken and reserve. Remove skin from breast and discard. Shred the meat from the breast and break off breastbones.
2. In a stockpot over medium heat, add oil. Sauté the carrots, celery, onion, chicken wings, and breastbones for 8 to 10 minutes, or until vegetables soften.
3. Add water and chicken broth and bring to a boil, stirring to combine. Reduce the heat, cover, and simmer for 15 to 20 minutes. Add beans and chicken meat and cook for 5 minutes. If too thick, add additional broth or water. Discard bones and wings before serving. Season with salt and pepper.

Scallion-Ginger Broth

Ingredients

- 1 teaspoon of vegetable oil
- 1 pinch of fresh ginger, peeled and cut to matchsticks
- 4 cups of low-sodium chicken broth
- Stir-ins (see variations), such as thinly sliced meat and vegetables, seafood, or noodles
- 4 scallions, white parts halved lengthwise and cut into 1 1/2-inch pieces, green parts thinly sliced for garnish (optional)
- 1 garlic clove, smashed and peeled
- 1 tablespoon fish sauce
- 1 tablespoon fresh lime or lemon juice

Instructions

In a large saucepan, heat oil over medium-high. Add scallion whites, ginger, and garlic; cook, stirring, until scallions begin to soften, about 3 minutes. Add broth and fish sauce. Bring to a boil; reduce to a simmer and cook until flavors are blended, about 5 minutes. Add stir-ins (if using) and simmer until desired doneness. Add lime juice and garnish with scallion greens if desired.

Recipe Greek Chicken with Tomatoes, Peppers, Olives, Feta

Ingredients

- 4 boneless, skinless chicken breast halves, cut into bite-sized pieces
- 1/4 cup flour
- 8 teaspoons Greek seasoning salt, divided
- 1 teaspoon olive oil
- 1 large onion, sliced lengthwise
- 1 green pepper, cored, seeded, and sliced lengthwise into strips
- 3 Roma tomatoes, cut into eighths
- 3 tablespoons Kalamata olives, chopped

Instructions

1. Dredge chicken in flour mixed with 4 teaspoons of Greek seasoning.
2. Heat oil in a large skillet over medium heat and add chicken, sautéing for 3 to 4 minutes until cooked through.
3. Remove chicken from pan and set aside.
4. Add onion to skillet and saute until tender, about 2 minutes. Add bell pepper and cook another 2 minutes.
5. Return chicken to skillet and cook 1 to 2 minutes, sprinkle with remaining Greek seasoning. Mix in tomatoes.
6. Remove from heat, transfer to a serving dish, and sprinkle with olives and feta cheese.

Recipe: Crab Salad with Grapefruit, Avocado, and Baby Greens

Ingredients

- 1 pink or ruby red grapefruit
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- ¼ teaspoon granulated sugar
- ½ pound fresh crabmeat, picked over for cartilage
- 2 tablespoons chopped fresh Italian parsley

- 1 tablespoon chopped fresh chives plus additional for garnish
- Salt and freshly ground black pepper
- ½ avocado, sliced
- 4 cups (or 6.5-ounce bag) cut lettuce

Instructions

1. Peel and segment grapefruit over a bowl to catch juice. Reserve 1 tablespoon juice and grapefruit pieces separately.
2. In a bowl, combine oil, lemon juice, sugar, and reserved grapefruit juice.
3. In a bowl, combine crabmeat, parsley, and chives. Add 1½ tablespoons dressing and toss to combine. Season with salt and pepper.
4. Combine lettuce with the remaining dressing. Divide on individual plates. Add a scoop of crabmeat salad and surround with grapefruit segments and avocado slices.

Recipe: Banana Egg Pancakes

Ingredients

- 1 Banana
- 2 Eggs

Instructions

1. Mash up bananas in a large bowl.
2. Whisk eggs (using a fork is just fine!) and add to banana paste.
3. Fry gently in a pan on low-medium heat with a little heated oil or butter.

Recipe: Tasty carribbean using green bananas

Ingredients

- 5-7 green bananas (known as green fig or cooking bananas in the Caribbean)
- 1/2 teaspoon salt (for boiling the green bananas)
- 1 medium tomato
- 1 medium onion
- 1 scallion (green onion / spring onion)
- 1 clove garlic
- 1/4 habanero pepper (scotch bonnet or any hot pepper you like)
- 1 tablespoon ketchup
- 1/8 teaspoon black pepper
- 2 tablespoon olive oil (any cooking oil you like)
- 1 sprig thyme (dash dried thyme)
- Salt – optional (add as needed)
- 1 can pink salmon

Instructions

1. Since the green fig will require the most time to cook, go ahead and peel, scrape and rinse them. You can also cook them in the skin and peel after they've been boiled. In a deep pot put enough water to cover the bananas and bring to a boil. Then add the bananas and salt.. bring back to a rolling boil and allow to cook for about 20 minutes.

2. While this cooks, lets prepare the other ingredients. Wash and chop the tomato, scallion, habanero pepper, thyme.. don't forget the garlic and onion as well.

3. With the bananas fully cooked, drain and allow to cool while we get things really started. In a large saucepan put the olive oil to heat on a medium heat, then add the onion, garlic and thyme. Let them cook on the medium/low heat for about 3-5 minutes. We're trying to get the onion translucent and release the rich flavors of the garlic and thyme. Next add the green onion, pepper, tomato and black pepper. Let that cook for about 3 minutes.

4. The next step is to add a can of salmon, including the water it was packaged in and ketchup. Break it up into flaky chunks, give it a good stir and allow to come back up to a gentle simmer… cook for another couple minutes.

5. While this cooks, bananas should be cool enough to touch. Cut them into bite-sized pieces and get ready to toss them into the pot.

6. The final step is to toss in the cut pieces of cooked bananas into the pot, give it a good stir and allow it to heat through with all the other ingredients in the pot (about -35 minutes) and you're done.

Recipe: Bone Broth Recipe

Ingredients

- beef bones (with bone marrow, white color in the middle)
- carrots
- onions
- celery
- garlic
- bay leaves
- whole black peppercorns
- whole star anise

- cinnamon sticks
- apple cider vinegar

Instructions

1. Blanch the bones. Divide the bones between two large stock pots and cover with cold water. Bring to a boil over high heat and simmer for 15-20 minutes before draining and rinsing the bones with water.

2. Roast the bones and vegetables. Ok, so the bones have been blanched. Now, preheat the oven to 450 degrees F. Transfer the bones and vegetables (carrots, onions, garlic, celery) to the roasting pans.
   Don't pile them all on top of each other- use two roasting pans. Roast for 30 minutes before gently tossing the bones and vegetables, and roasting for an additional 15-30 minutes more.

3. Transfer the bones back to the stockpots. But not before washing the stock pots first. Make sure you wash your pots after the bones were blanched and drained. Transfer the bones back to the stock pots and scrape up any remaining bits and juices remaining in the roasting pan using a metal spatula and a little water, if needed. Transfer to the pot with the bones (don't worry, all those brown bits are FLAVOR!).

4. Boil the bones. With the bones and vegetables divided between the two pots divide the bay leaves, peppercorns, star anise, cinnamon sticks, and apple cider vinegar between the two pots. Fill each pot with approximately 12 cups water, or until bones are fully submerged. Cover pot and bring to low boil.

5. Simmer the bones. Reduce heat to low and simmer, with the lid slightly ajar, skimming any foam or excess fat, occasionally. Simmer for at least 8-12 hours, ideally 24 hours (do not leave the stove running overnight. Simply cool and

store in the refrigerator and continue to simmer the next day). Add more water if needed to make sure bones and vegetables remain fully submerged.

6. Strain the bones. Once the bones have simmered and your broth is ready, you will need to strain the broth through a fine mesh strainer. Set aside the broth to cool and allow the bones to cool.

7. Don't forget about the meat. Whether you eat the meat still left on the bones in a bowl of soup or in sandwiches, I can almost guarantee that there is a TON of delicious meat waiting to be picked from the bones. Don't let it go to waste! Discard the meat-free bones and vegetables.

8. Skim the fat from your broth (optional). Add a couple handfuls of ice to your broth to expedite cooling and cover with a lid. Transfer broth to the refrigerator and allow broth to cool fully. The result will be a hard, thick layer of fat and a bottom layer that is your bone broth (which should look like gelatinous brown jello).

   If desired use a fork to scoop off the top layer of fat. This will leave behind the healthy bone broth, minus the fat.

9. Store your bone broth. Bone broth stores well in the refrigerator for approximately 5 days. If you make a large batch, I recommend freezing smaller batches in the freezer for up to 6 months

Recipe: How to make Thai green curry with prawns

Ingredients

For the Thai green curry paste

- 1 tsp coriander seeds
- 1 tsp cumin seeds
- 1 shallot, finely chopped
- 4 green bird's-eye chillies, chopped
- 4 garlic cloves, crushed
- Thumb-sized piece fresh root ginger, grated

- 1 lemongrass stalk, finely chopped
- Pinch salt
- Small bunch fresh coriander, stalks and leaves
- 2 dried kaffir lime leaves
- 1 tbsp fish sauce
- Pinch ground white pepper

For the curry

- 1 tbsp vegetable oil
- 1 aubergine, cut into 2cm/1in chunks
- 1 x 400ml can coconut milk
- 2 tbsp Thai green curry paste (made above)
- 100g/3½oz fine green beans
- 100ml/3½fl oz chicken or vegetable stock
- 1 tbsp palm sugar, or caster sugar
- 1-2 tsp Thai fish sauce
- 500g/1lb 2oz raw, peeled king prawns
- 1 dried kaffir lime leaf
- 1 lime, zest and juice
- Small bunch fresh coriander, chopped
- Steamed jasmine rice, to serve

Cooking instruction

1. For the curry paste, daintily toast the coriander and cumin seeds in a dry pan, until fragrant.

2. Place the seeds into a pestle and mortar, and add the shallot, chillies, garlic, ginger, lemongrass and salt. Pound to a paste with the pestle. Alternatively, you can use a food processor to do this.

3. Cut the coriander stalks into chunks, and set aside the leaves for later. Add the coriander stalks and crumble the dried kaffir lime leaves to blend, and keep on grinding until genuinely smooth.

4. Add the fish sauce and a pinch of white pepper, to season. The curry paste is now ready to use. If not using immediately, the paste can be stored in a jar topped with a little oil and will keep in the fridge for a couple of weeks.

5. For the curry, heat the vegetable oil in a wok or large frying pan over a medium heat. Add the chopped aubergines and fry for 4-5 minutes, until browned all over and starting to soften. Cook for an additional 10 minutes until the aubergines are golden-brown and softened.

6. Add the solid fat from the top of the can of coconut milk and after that include the Thai green curry paste and fry for 2-3 minutes until the paste has cooked a little and is fragrant.

7. Add the remaining coconut milk, bring to a boil and lower the heat to a simmer. Include the green beans and keep cooking for 2-3 minutes, stirring occasionally.

8. Allow the coconut milk to reduce and thicken slightly before adding the chicken stock.

9. Add the sugar and the fish sauce to the curry.

10. Add the raw king prawns and cook for 3-5 minutes until they turn pink and are cooked through.

11. Crumble in the squashed kaffir lime leaf, fresh lime juice and zest, and chopped coriander. Present with steamed jasmine rice, and sprinkle over the reserved coriander leaves.

Recipe: Cauliflower Quiche

Ingredients

- 1 8-ounce package frozen cauliflower

- 1 ¼ cups low-fat cheddar cheese, shredded
- ½ cup green bell pepper, cored, peeled, and chopped
- 1/3 cup onion, finely chopped
- 1 cup 1% low-fat milk
- ¾ cup egg substitute
- ½ cup biscuit mix
- ¼ teaspoon paprika
- ⅛ teaspoon pepper
- Nonfat cooking spray

Instructions

1. Preheat oven to 375˚.
2. Cook cauliflower according to package directions, omitting salt. Drain and coarsely chop cauliflower. Place onto paper towels and squeeze to remove excess moisture.
3. Coat a 9-inch pie plate with vegetable cooking spray and layer cauliflower, cheese, green pepper, and onion.
4. Combine milk, egg substitute, biscuit mix, paprika, and pepper in a blender and process for 15 seconds. Pour mixture over vegetables.

Bake for 30 to 35 minutes or until set. Let stand for 5 minutes before serving.

Recipe: Mustard Roast Beef

Ingredients

- 3 tablespoons whole grain mustard
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 3 tablespoons olive oil
- 1 1/2 tablespoons thyme leaves

- 3 cloves minced garlic
- 3 pounds boneless Thrive Market Rib Eye

Instructions

1. Preheat the oven to 250 degrees.
2. Stir together in a small bowl the mustard, salt, black pepper, 1 tablespoon olive oil, thyme leaves, and garlic.
3. Brush the beef with the other 2 tablespoons olive oil. Heat a large skillet over high heat and brown the beef, 1 to 2 minutes, on all sides. Remove from pan, secure with kitchen string, and rub the mustard mixture all over the beef.
4. Place beef on a rack in a baking dish and roast 1 1/2 to 1 3/4 hours until medium rare, longer for a more well-done roast. After cooking, cover meat with foil and let rest 15 minutes before carving.

Recipe: Kale-Hemp Pesto Recipe

Ingredients

- 1/2 bunch curly kale, thick stems removed
- 1/2 cup hemp seeds
- 2 cloves garlic
- Large pinch sea salt
- 1 tablespoon grated parmesan cheese (optional)
- Juice of 2 lemons
- 1/2 cup olive oil

Instructions

1. Place kale, hemp seeds, garlic, salt, parmesan, and lemon juice in a food processor fitted with the blade attachment.
2. Process until combined, then, with the machine running, drizzle in olive oil until mixture looks totally smooth.
3. Cover and store in fridge for up to 5 days.

Recipe: Roasted Salmon and Cauliflower Rice Bowl Recipe

Ingredients

For the salmon

- 1 (6-ounce) piece salmon
- 1 tablespoon plus 1 teaspoon olive oil, divided
- 1/2 teaspoon Himalayan salt, divided

For the cauliflower rice

- 1/4 head cauliflower
- 1/2 medium yellow onion, very thinly sliced
- 5 cremini mushrooms, sliced
- 1 clove garlic, minced
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup baby spinach
- Zest of 1 lemon
- 1/2 cup mixed dill, mint, and parsley leaves, roughly chopped

Instructions

1. Cook the salmon
2. Preheat oven to 425 degrees and line baking sheet with aluminum foil or parchment paper.
3. Place salmon filet skin side-down on baking sheet. Drizzle with 1 teaspoon olive oil and sprinkle with 1/4 teaspoon salt, then roast in oven, 10 to 12 minutes.

Make the cauliflower rice

1. De-stem cauliflower and break into florets, discarding as much stem as possible. Pulse in food processor until it resembles small grains of rice. Set aside.

2. Heat olive oil in a large skillet and add onions. Cook on high for 2 minutes, then turn heat down to low and cook, stirring occasionally, until caramelized, about 10 minutes. Add mushrooms and garlic and cook 2 minutes, then add cauliflower, cumin, allspice, cinnamon,1/4 teaspoon salt, and pepper. Cook 2 minutes. Turn off heat and stir in baby spinach. (The residual heat will wilt the spinach.)

   Assemble the bowl. Remove from skillet, stir in lemon zest, dill, mint, and parsley and transfer to a small bowl. Top with salmon to serve.

Recipe: Lamb Burgers With Pistachio Pesto Recipe

Ingredients: For the burgers

- 1 ½ pounds ground lamb
- 1 teaspoon cumin
- ¼ teaspoon cinnamon
- ¼ teaspoon allspice
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup mint leaves, finely chopped
- ¼ cup parsley, chopped

For the pistachio pesto

- 1 garlic clove
- 1 cup pistachios
- ½ cup Primal Kitchen Extra Virgin Avocado Oil
- 1 teaspoon lemon juice, or more to taste

- ¼ cup mint leaves, loosely packed
- A pinch of salt

Instructions

Make the burgers

Mix together the ground lamb, spices, chopped mint, and parsley. Form four patties and pan-fry or grill them, about 4 to 6 minutes per side.

Make the pistachio pesto

While the burgers are cooking, blend together garlic, pistachios, avocado oil, lemon juice, whole mint leaves, and salt in a food processor. Serve burgers with pesto drizzled on top.

Recipe: Coconut Creamed Spinach With Eggs Recipe

Ingredients

- 2 tablespoons coconut oil, divided
- 1 pound spinach
- 1 onion
- 1 clove garlic
- 1 cup coconut milk

- 2 teaspoons Dijon mustard
- Juice of 2 lemons
- 1/4 cup nutritional yeast
- 1/4 teaspoon nutmeg
- Sea salt
- Freshly ground pepper
- 5 large eggs
- Pinch cayenne pepper

Instructions

1. Preheat oven to 375 degrees.
2. Heat 1 tablespoon coconut oil in an oven-proof skillet over medium heat. Add spinach heat until wilted. Remove spinach, place in a colander, and squeeze to get rid of excess liquid. Set aside.
3. Heat remaining tablespoon oil in skillet and sauté onion until golden.
4. Add garlic and cook, stirring constantly, 30 seconds. Pour in coconut milk and add mustard, lemon juice, nutritional yeast, nutmeg, salt, and pepper.
5. Stir, then turn heat down to low and cook until mixture reduces and thickens slightly. Add spinach and stir to combine.
6. Create 5 indentations in mixture and carefully break eggs into each. Place in oven to bake for about 10 minutes, until whites are set. Remove from oven, sprinkle with cayenne, and serve immediately.

Recipe: Coconut with spinach and eggs, not baked

Ingredients

- 2 tablespoons coconut oil (used for cooking spinach and the final dish)

- 1 pound spinach (sliced in 1 inch length, cooked separately in medium heat)
- 1 onion (diced thinly, cooked separately until light brown)
- 1 clove garlic
- 1 cup coconut milk (boil separately)
- 2 teaspoons Dijon mustard
- juice of 2 lemons
- 1/4 cup nutritional yeast
- 1/4 teaspoon nutmeg
- Sea salt
- Freshly ground pepper
- 5 large eggs
- Pinch cayenne pepper
- Pinch of turmeric powder
- Pinch of ginger powder

Instructions

Saute garlic, add cooked onions, pour boiled coconut milk, add mustard, lemon juice, nutritional yeast, nutmeg, salt and pepper. When the mixture thickens slightly, add spinach and then top the mix with eggs (breaking them on top). Cook at low heat (15 min), sprinkle the rest of spices and serve.

Recipe: Anti gout smoothie or juice to create an alkaline environment within your body

Ingredients

- 2-apples (preferably green)
- 2-pears
- 2-carrots
- 2-celery sticks
- 2-lemon (peeled)
- 1-ginger root (thumb size)

- 1-turmeric root (thumb size)

Instructions

1. Clean ingredients and put all in juicer.
2. Add a pinch of ground pepper to the juice. The pepper enhances efficacy of turmeric and its absorption to the body.
3. You may substitute apples and pears with pineapple fruit.
4. It takes a few weeks to about four months to feel the effect, hence a little patience.

Recipe: Brown Rice with Almonds

Ingredients

- Long grain brown rice, uncooked, 1 cup
- Canola oil, 1 tablespoon
- Onion, chopped, ¼ cup
- Garlic, 1 clove, finely chopped
- Fat-free low-sodium vegetable broth, 2 cups
- Cilantro leaves, chopped, 2 tablespoons (optional)
- Ground cumin, ¼ teaspoon
- Salt, ½ teaspoon, or to taste
- Ground black pepper, ¼ teaspoon
- Slivered almonds, ½ cup

Instructions

1. Rinse the brown rice and set aside.
2. Heat the canola oil in a 2-quart pot over high heat. Sauté the onion until translucent. Add the garlic. Continue cooking until the onion and garlic start to brown.
3. Add the rice and mix well. Add broth, cilantro, cumin, salt, and pepper and bring to a boil. Cook for 5 minutes, then reduce heat to low, cover, and cook for 40 minutes, or until the liquid is fully absorbed.

4. Add the almonds and stir lightly with a fork. Cover and continue to cook on low heat for an additional 10 minutes before serving.

Recipe: Coconut Cucumber Drink

Ingredients

- 33 ½ fl oz coconut water (1 container)
- 2 item(s) Persian (mini) cucumber, thinly sliced
- 4 sprig(s) fresh mint leaves (spearmint)
- 1 item(s) fresh lime(s), lime juiced
- 1 tbsp Whole Foods Market 365 Organic Light agave nectar
- 1 Tbsp ginger root, grated peeled fresh

  Note: You can use juice of ginger by boiling it in water.

Instructions

- Pour coconut water into large pitcher. Add cucumbers, mint, lime juice, maple syrup, and ginger; stir until mixed well. Refrigerate until well chilled, at least 1 hour or up to 2 days. Pour into 4 ice cube–filled glasses.

Recipe: Carrot Cupcakes with Cream Cheese Frosting

Ingredients

- Nonstick cooking spray
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- ¾ cup packed brown sugar or brown sugar substitute blend equivalent to ¾ cup brown sugar (see Tip)
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ¾ teaspoon ground cinnamon
- ¼ teaspoon salt
- ¼ teaspoon ground ginger
- 2 eggs, lightly beaten
- 2 cups shredded carrots (4 medium)

- 1 cup unsweetened applesauce
- ⅓ cup canola oil
- 6 ounces reduced-fat cream cheese (Neufchâtel)
- 3 tablespoons agave nectar or honey
- 5 tablespoons finely shredded carrot or 15 wide, very thin carrot strips

Instructions

1. Preheat oven to 350°F. Line fifteen 2- ½-inch muffin cups with paper bake cups. Lightly coat paper cups with cooking spray; set aside.
2. In a large bowl, stir together flours, brown sugar, baking powder, baking soda, cinnamon, salt, and ginger; set aside.
3. In a medium bowl, combine eggs, carrots, applesauce, and oil. Add egg mixture to flour mixture. Stir until combined. Spoon batter on prepared muffin cups, filling each three-fourths full.
4. Bake for 18 to 20 minutes or until toothpick inserted near center comes out clean. Cool in muffin cups on a wire rack for 5 minutes. Remove from muffin cups. Cool completely on wire rack.
5. To prepare the frosting, in a small bowl, beat cream cheese with an electric mixer on medium speed until smooth. Add agave nectar; beat for 1 minute more. Spread frosting on cupcakes. Top each cupcake with 1 teaspoon of finely shredded carrots or one very thin carrot strip.

Recipe: Pineapple Cupcakes

Ingredients

- 6 egg whites ; 3 egg yolks
- 1⅔ cups cake flour
- ¾ cup sugar or sugar substitute blend equivalent to ¾ cup sugar (see Tip)
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ½ cup unsweetened pineapple juice
- ¼ cup canola oil ; ¼ teaspoon cream of tartar
- 2 cups thawed frozen light whipped dessert topping

- ½ cup well-drained crushed pineapple
- 2 tablespoons shredded coconut, toasted

Instructions

1. To prepare the cupcakes: Allow egg whites and yolks to stand at room temperature for 30 minutes. Line twenty-four 2½-inch muffin cups with paper bake cups; set aside.

2. Preheat oven to 325°F. Meanwhile, in a large bowl, combine cake flour, sugar, baking powder, and salt. Make a well in the center of the flour mixture.

3. Add egg yolks, pineapple juice, and oil to the flour mixture. Beat with an electric mixer on low speed until combined.
   Beat on high speed for 5 minutes more or until batter is satin smooth.
   Thoroughly wash and dry the beaters. In a very large bowl, combine egg whites and cream of tartar; beat with an electric mixer on medium speed until stiff peaks form (tips stand straight).
   Pour batter in a thin stream over beaten egg whites, folding gently as you pour.
   Fill muffin cups ⅔ full with batter.

4. Bake 15 to 18 minutes or until tops spring back when lightly touched. Cool in cups on a wire rack 5 minutes. Remove from cups; cool completely on a wire rack.

5. To prepare the frosting: Fold together dessert topping and pineapple in a bowl. Spread cupcakes with frosting. Sprinkle with coconut.

Recipe: Fruit Salad With Poppy Seed Dressing

Ingredients

- 8 cups fresh fruit, cut into bite-sized pieces
- 2-2/3 cups low-fat vanilla yogurt
- 1 teaspoon poppy seeds

Instructions

1. Combine all fruit in a large bowl.
2. In a smaller bowl, fold poppy seeds into yogurt with a whisk or spatula.
3. Spoon a portion of fruit salad into individual serving dishes, then pour 2 to 3 tablespoons of yogurt mixture over the fruit—or set out the fruit salad and yogurt dressing separately and invite your guests to help themselves.

Recipe: Minted Melon Balls

Ingredients

- 2 cups watermelon, seedless or seeds removed
- 2 cups cantaloupe
- 2 cups honeydew melon
- 1/4 cup water
- 2 tablespoons sugar
- 2 tsp lime juice
- 3 TB fresh mint, chopped finely

Instructions

1. Scoop out watermelon, cantaloupe, and honeydew melon meat with a melon baller.
2. In a small saucepan over medium heat, bring water, sugar, and lime juice to a boil. Boil 2 minutes and remove from heat.
3. Cool completely.
4. Toss sugar mixture together with melon and mint. Chill well.

Recipe: Cabbage Crunch Recipe

Ingredients (serves 6)

- 1/2 head red cabbage, chopped finely
- 1/2 head white cabbage, chopped finely
- 1/2 red onion, chopped
- 1/2 cup chopped cilantro
- 1/2 jalapeno pepper, minced (optional)

For the Dressing:

- 1 teaspoon gomasio (ground sesame with salt)
- 1 cup almond butter
- 1/2 cup cilantro, chopped
- 1 tablespoon toasted sesame oil
- 1 tablespoon minced fresh ginger
- 1/2 jalapeno pepper, chopped (optional)
- Juice of half a lemon
- 1 tablespoon apple cider vinegar
- 1 tablespoon seasoned rice vinegar
- 1 cup olive oil
- 1 tablespoon white miso paste* (optional)

Procedure

1. Mix the cabbage with the chopped onions. Add cilantro and jalapeno.
2. Place all the dressing ingredients in a food processor and blend briefly. Mix into salad mix and serve.

Recipe: White sesame pudding

Ingredients:

- 400 ml coconut milk, soy milk and almond milk
- 4 tbsp white sesame paste
- 45 grams soft light brown sugar
- 8 grams powdered gelatin
- 1 mixed seeds (optional)

Recipe: Coconut chia seed pudding

Ingredients

- 1 can coconut milk (approx. 13.66 oz can)
- 1 tablespoon coconut nectar (liquid coconut sugar) optional
- 1/3 cup chia seeds

Instructions

1. Pour coconut milk into a medium-sized bowl. Whisk together with a fork until the consistency is uniform (it will initially be part solid, part liquid). If using sweetener, add it now and mix until fully combined.
2. Add chia seeds and continue to whisk for a good 2 minutes, until chia is fully immersed and spreads out in the liquid. Cover and refrigerate for at least 4 hours to thicken. It will become tapioca pudding.

Question and Answers

Why are cancers treated by origin (ex: lung, breast, brain, etc.) instead of by mutation or signaling pathways?

Because our medicine is categorized by specialty: lung specialist, endocrinologist, neurologist, so on.

Adenocarcinoma is equal colon cancer, pancreatic cancer, lung cancer,stroke, and other cancers that cannot be detected by MRI. Because it is hormonal in origin and its course is 2 months (death happens quickly) but it started 20 yrs ago from indigestion and exposure to toxins (turns off/on our genes).

Is cancer increasing in the U.S.?

Metabolic related cancer (from processed foods, lifestyle) and environmental toxins can increase incidence of cancer in the USA and around the world.

Statistics: The Weight of Cancer in the U.S

In 2018, an expected 1,735,350 new instances of cancer will be diagnosed in the US and 609,640 individuals will die from the sickness.

The most well-known cancer (recorded in slipping request as per assessed new cases in 2018) are breast cancer, lung and bronchus cancer, prostate cancer, colon and rectal cancer, melanoma of the skin, bladder cancer,

non-Hodgkin lymphoma, kidney and renal pelvis cancer, endometrial cancer, leukemia, pancreatic cancer, thyroid cancer, and liver cancer.

The quantity of new instances of cancer (cancer growth rate) is 439.2 per 100,000 people for every year (in view of 2011–2015 cases).

The quantity of cancer deaths (cancer mortality) is 163.5 per 100,000 people for each year (in view of 2011–2015 deaths).

Cancer mortality is higher among men than ladies (196.8 per 100,000 men and 139.6 per 100,000 ladies).

When looking at gatherings dependent on race/ethnicity and sex, malignancy mortality is most elevated in African American men (239.9 per 100,000) and least in Asian/Pacific Islander ladies (88.3 per 100,000).

In 2016, there were an expected 15.5 million cancer survivors in the US.

The quantity of cancer survivors is relied upon to increment to 20.3 million by 2026.

Roughly 38.4% of people will be determined to have cancer growth sooner or later during their lifetimes (in view of 2013–2015 information).

In 2017, an expected 15,270 kids and teenagers ages 0 to 19 were determined to have diagnosed with cancer and 1,790 died because of it.

Same with every one. At age 80, 1 in every 3 women can be prone to cancer in the USA when living the American lifestyle.

Why are lung, skin, and colon cancer so common?

Invasion of inflammatory toxins that harm our immune system. First our liver is bombarded with toxins and the effect is shown in the health of our skin.

Colon cancer is greatly affected when our metabolism is not healthy as we eat more processed foods.

What is stopping cancer from being cured?

Identifying it in late stage in which is stage 4 and some cancer hides in many organs and cells such as endocrine cancer. Soon, a genetic tests to ID cancer before it becomes stage 1 is available.

Is it possible to distinguish cancer symptoms that clinical investigations did not recognize?

Yes. Signs are: skin itching, chronic cough for over 4 years, low platelet, PSA values, knee or back pain, blood test results on blood glucose, lipids, etc. not getting adequate sleep check for eye and skin health lose of appetite and loss of weight.

Is cancer a genetic or inflammatory disease?

Metabolic 80%, Genetic 20%

Would it be advisable to stress over lung cancer at the age of 21?

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 lyceine. 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.

How does lung cancer heal?

Vitamin C, amino acid lyceine , sulfur rich foods, greens such as cilantro for metal detox, sleep, lemon in water, ketogenic diet.

Has anyone determined what number of cigarettes it takes to execute an individual, state in 1 year?

150 transformations in every lung cell consistently from smoking a pack multi day

The creators found that, by and large, smoking a parcel of cigarettes daily prompted:

- 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

A person has 3rd stage lung disease , what are the odds of survival?

It depends on your immune system and the severity of the cancerous cells.

Find some doctors who knew new therapies such as immunotherapy for lung cancer. Take Vit C, prebiotic and probiotic, digestive enzymes, turmeric and ginger, wash back with salt and hydrogen peroxide, amino acid Lysine, tea of lemon grass, whole foods (red colors containing resveratrol - plums, grapes,walnuts)

How can a vaccine prevent lung cancer?

One approach to cancer vaccination is to separate proteins from cancer cells and immunize patients against those proteins, in the hope of stimulating the immune system to kill the cancer cells. Research on cancer vaccines is underway for treatment of breast, lung, colon, skin, kidney, prostate and other cancers.

Utilizing immunizations in the treatment of malignant growth is generally new, in any case, and mostly exploratory.

Helpful immunizations for bosom, lung, colon, skin, renal, prostate, and different malignancies are presently being explored in clinical preliminaries.

Is it because of medical advancements or changes in way of life? What changes would one be able to make in their way of life to better their odds against cancer?

Causes: EMF, cancer causing substances, hormone disrupting plastics, X-rays, smoking, medications,drugs and other lifestyles that disrupts or lead to epigenetic changes to our DNA and other multifactorial causes.

Knowledge of our DNA and we have to test our DNA again after some years due to the effects of our environment, diet, lifestyles and other multifactorial causes (medications, alcohol,smoking,others)

Exercise and nature walks

Whole foods and avoidance of toxins. Some powerful detoxifiers are cilantro,lemon,aloe, parsely, greens and red colored veggies. Sleep and de-stress to detox. Our brain detoxes during sleep (following normal rhythms of day and night). Beware of side effects from medications, drugs and other toxins Avoid plastics, toxins, carcinogens, sugar, trans fat, charred BBQ meat and other tips .

Can hypothyroidism become cancer?

Hypothyroidism is an underactive thyroid gland resulting in retardation of growth and mental development, that occurs when

1. the gland fails to produce enough T4 to meet the body's needs,
2. the body fails to convert a sufficient amount of T4 to T3 in peripheral tissues, or
3. the nervous system fails to stimulate the thyroid gland. This insufficient amount of hormone slows life-sustaining body processes, damages organs and tissues throughout the body, and can result in life-threatening complications. Most older women have hypothyroidism , making them more likely to have cancer at end stage.

Has cancer been found to be man made?

Carcinogens abound or surround us. Triclosan in our mouth wash, charred meat from BBQ, plastics, others .

What number of women endure ovarian cancer at stage 3C/4?

Depends on the age of the person. The immune system is stronger when we are young. Vitamin C can help.

Are certain parts of the body more inclined to create tumors?

Why? Fat tissues in breasts and prostate are sensitive to carcinogens and toxic substances settle in fat tissues. Endocrine Destroying substances (plastics) affect our hormonal balance. Air pollution, chemical fumes,

weak immune system and metal toxins are contributing factors in lung cancer. Genetic data for these 3 cancers are well identified. Assumption: Female/Male, over 50yrs of age, on western diet, lives in Northern hemisphere, have families with cancer, diabetes and polyps, prone to allergies (lack zinc), digestive disorders, high dairy and sugar consumption (low magnesium and calcium,iron) and had utilized a few drugs before.

Any reasons of prostate cancer in men?

COPKL: Colorectal, ovarian/uterine, prostate, kidney, liver and bladder cancer risk Factor. Assumption: Female/Male, over 50yrs of age, on western diet, lives in Northern hemisphere, have families with cancer, diabetes and polyps, prone to allergies (lack zinc), digestive disorders, high dairy and sugar utilization (low magnesium and calcium,iron) and had utilized a few drugs before.

COPKL Risk Factor = Blood sugar (0.2) + history (0.1) + sugar/processed foods consumption (0.1) + Exercise and sun exposure (0.1) + number of medications (0.1) + obesity/night time worker (0.1) + exposure to copper,fungus,molds,aflatoxins (0.1) + genes (0.2) COPKL Risk Factor =1.0 (High) COPKL Risk Factor = 6- 4 (Medium)

Is there any logical proof that any food has anti-cancer benefits?

Yes, the allium or garlic family. The bitter greens. Sulfur rich foods. Cilantro family and more.

What are the best ways to prevent cancer?

- Exercise, sufficient sleep, social volunteering functions
- Nurture (massage, yoga,nature walks, dancing,playing music)
- Avoidance of environmental **toxins/parasites/molds/fungus/chemical fumes/endocrine disrupting hormones-chemicals/metal** toxins from birth to old age, breastfeeding,homebirth,less use of medications, no smoking, less use of alcohol and maintaining a normal weight, processed foods,avoidance of air pollution

- Constant monitoring of body functions (comprehensive blood work,labs) and signs (headache, pain,chronic cough, skin discoloration) and communicating to doctors about these signs early - not waiting to lead to chronic stage.

Do you think cancer is man-made and to profit and populace control?

Man made toxins in the environment, ingested or exhaled can affect our cells from growing and some animals (sharks) get cancer too. We detox with sleep, whole foods and exercise. Some medications increase the growth of cancer cells and causes other diseases such as Parkinson's and Alzheimer's disease. Prevent cancer with a stronger immune system (Vitamin C, Echinacea tincture,zinc, whole foods, Vitamin D, happy disposition) and clean water,air and food supply (wash veggies with salt and diluted vinegar).

How did you discover that you have cancer?

My father's lung cancer was identified using an MRI and CAT scan and was in the last stage, stage 4. A complete DNA sequence tests can ID cancer too.

Could another medication combination cause cancer to eat itself?

Cancer is often treated with some combination of radiation therapy, surgery, chemotherapy, and targeted therapy. Doctors are using genetics, cancer chemotherapy and many other combination of treatment since they know that they have to be precise and target cancer in many areas. In some studies, Vitamin C helps fight cancer by breaking down into hydrogen peroxide, which can damage tissue and DNA. The new study shows that tumor cells with low levels of catalase enzyme activity are much less capable of removing hydrogen peroxide than normal cells, and are more susceptible to damage and death when they are exposed to high doses of vitamin C.

For what reason is there an inverse relationship among cancer and Alzheimer's disease?

Alzheimer when not severe is just normal aging. Inflammation and lack of greens in the diet are possible factors causing Alzheimers.

What is the percent chance for a lady who is contaminated with HPV 16, 18, or 45 to develop cervical cancer?

90% of ladies are HPV transporter and malignancy won't flourish with soluble, sound body. The vitality cell, mitochondria must have all the significant fixings to work (Vit D3 from daylight, entire sustenance, folate,co components of extremely significant chemicals, for example, zinc, Vitamin B buildings, Vitamin C, rest, de-stress, no poisons, for example, sugar/alcohol/medications and that's only the tip of the iceberg.

Is it genuine that there are individuals who switched or restored cancer through nutrition?

Yes. Depending on the severity of cancer cells, early stage can be cured by Vitamin C and amino acid Lysine rich foods and supplements (for lung cancer). Any supplementation or nutrition cannot help during the last stage of cancer (true for my father) because he already started with weak immune system. Nutrition is only one of the 5 ways for early stage cancer to heal: immune system, lifestyle (avoidance of toxins), detox (nutrition,others), emotional state (social support), current physical strength/stamina/health.

What are the most common age related diseases?

Cancer, infections from parasites, bacteria and virus and organ damage. Eating less meat or methionine-rich foods slows aging. Sleeping at night helps us detox our cells from toxins. Parasites invade our cells and weakens our organs especially vulnerable during old age, and the end product is cancer (grows over time, at least for 20 years). Over exposure to air pollution and unclean water kills our lungs and hearts.

What might happen to the mind if you forced yourself to learn all day long for a long time?

Brain needs 8 or more hours of night time sleep to detox your body. Outside of this, it will age your body in a faster way.

How beneficial is Apple cider vinegar for an individual's liver?

Apple cider vinegar can clean your house and your body. High in acetic acid, with strong natural effects. Can kill many types of harmful bacteria.

Lowers blood sugar levels and fights diabetes. Helps you lose weight and reduces belly fat. Lowers cholesterol and improves heart health.

Does early onset Alzheimer's disease progress faster when diagnosed in the early 50's as opposed to the 70's?

This is what I observed in care homes. I learned that gut metabolism influences our brain function. And as we age, we are more prone to cancer and other chronic health issues. Our tissues are not stronger allowing other microbes to travel and harm our bodies. A stronger immune system is what we need.

How do our cells age?

When microbes over power our good cells, turning against us. When this happens, they contribute to lack of sleep, eating our nutrition, and our brain not getting help in cleaning up toxins in our body during deep sleep. We spend less time in movement or cardio-based exercises like walking or jogging, not getting sunshine and clean air and water. We are busy being stressed out, our adrenals and liver cannot keep up with the tasks of getting rid of toxins in our body.

Physical activity or exercise purges the blood of a substance which accumulates during stress and can be harmful to the brain.

https://news.ki.se/how-physical-exercise-protects-the-brain-from-stress-induced-depression

Why have endocrinological diseases like diabetes, thyroiditis, etc. become so common these days?

Stress is the appropriate response with the majority of us not sleeping and not getting continuous 9 hours rest. Adrenals and liver come to the rescue as blood sugar levels drop. The endocrine pancreas, liver and adrenal glands work to normalize blood sugar and triglycerides.

Take care of your stress so it will be easier for you to prevent obesity, depression, sugar cravings and nerve pain which may start to happen at around 55 years of age. When we take care of our stress level, we take care

of our metabolism , brain , whole body and we then prevent chronic diseases that lead to cancer.

Activities to make you happy

Beach stroll, dancing, watching comedians , laughing , sleeping at nigh, massage , happy and loving friends and relationships , spending time with family and friends , playing with your pets, gardening , singing , praying , deep breathing exercise, meditation

Side effects of chronically elevated cortisol can include:

Anxiety , Autoimmune diseases , Cancer, Chronic fatigue syndrome , Common Colds , Hormone imbalance, Irritable bowel disease , Thyroid conditions , Weight loss resistance

Needed nutrients

Digestive enzymes, vitamin C (citrus, kiwi, berries, tamarind), vitamin B, L-carnitine, chromium, anti-oxidants, fiber-rich foods (squash, yams, sulfur family of garlic and onions, greens, okra, radish), spearmint, ginger, beets, carrots, all root crops, sprouts, pineapple, papaya , taurine rich foods (breastmilk, sea algae, fish)

Adaptogenic herbs

- Eleuthero ginseng
- Holy basil
- Rodiola rosea
- ashwagandha
- Astralagus
- Sour date
- Mimosa pudica: Extracts of Mimosa pudica are effective in clearing out hurtful microbes and can be valuable in antibacterial items
- Medicinal mushrooms: Mushrooms are wealthy in B nutrients, for example, riboflavin (B2), folate (B9), thiamine (B1), pantothenic corrosive (B5), and niacin (B3).
- Licorice root

- Valerian

Is there an evidence that can support of Alzheimer's disease increasing the porosity of the blood-brain barrier?

Microbes that was not detoxed during sleep causing memory tangles because they traveled via the vagus nerve creating memory tangles that leads to Alzheimers. The person has excess blood sugar and the body is aging faster.

What are some great exercises for early to mid-stage dementia patients with poor visual perception?

- sitting exercise
- listening to music
- tactile activities: wiping, cleaning
- being in group
- getting sunshine, in wheelchair
- learning new skills without the need for clear vision

What can a 60 year old women do to lose pounds?

- Start with detox
- Adequate sleep, probiotics, more sulfur rich foods such as turmeric, ginger and garlic
- Walking, massage
- Being happy

What happens in the mind when it gets a lot of dopamine for a long period of time?

Safeguard your brain’s pleasure centres. Profound inside the openings of the cerebrum are structures associated with joy and inspiration, most notably two areas called the nucleus in the left and right hemisphere.

They are seriously activated by the neurotransmitter dopamine with substances like cocaine, sex, computer games, high-fat, sugary food, and fame.

Dopamine fuels addiction, making everyday activities less interesting. Intense pleasure means huge dopamine dumps, which over time causes the

nucleus accumbens to be less responsive, consequently causing the need for more and more of the behaviours.

You can protect your pleasure centres by limiting thrill-seeking activities that could wear them out, like racing, cocaine, Methamphetamines, excessive video games, pornography, and scary movies.

Rather, engaging in safer behaviors that protect the mind, for example, daylight, exercise, meditation, and tuning in to pleasurable music, can help cushion your pleasure centres. Having a dedicated passion and purpose in life also helps to activate the pleasure centres in a healthy way.

How can we reverse autoimmune conditions?

- We clean our gut microbes and take in more whole foods rich in Vitamins D sunshine, E , C (citrus) and A, all important for healthy skin. Fibromyalgia in women is associated with alteration in gut microbiome.
- Newborns have stronger immune system promoted by breastmilk , massage and loving care.
- There are cleansing herbs such as ginger, turmeric, and the sulfur family like asparagus, garlic and onions.
- Adequate sleep helps us detox.
- Take care of your liver by avoiding alcohol and over medicating.
- Avoidance of environmental toxins which can lead to interstitial lung disease (ILD)

There are also many known reasons for ILD, including:

- Autoimmune diseases (in which the immune system assaults the body, for example, lupus, rheumatoid joint pain, sarcoidosis, and scleroderma
- Lung inflammation because of taking in a foreign substance, for example, certain types of gas, fungus, or mold (hypersensitivity pneumonitis)
- Medicines, (for example, nitrofurantoin, sulfonamides, bleomycin, amiodarone, methotrexate, gold, infliximab, and etanercept)

Why is interstitial fluid pressure elevated in tumors?

Tumors or cancer cells invasion.Stronger immune system in alkaline body ph helps such as drinking water with baking soda, Vit C , B and omega 3, adequate sleep and avoid stress/sugar/toxins.

What food exacerbates inflammatory response if you are arthritic?

- Fried and processed
- Fried and processed foods
- AGEs. Lower your AGEs
- Sugars and refined carbs. Sugars and refined carbs
- Dairy. Dairy products
- Alcohol and tobacco
- Salt and preservatives
- Corn oil

How to differentiate from viral cold or bacterial virus?

Cold starts as a viral and then when the immune system is so weak, bacteria can invade the body. Bacterial infection is yellow,green,rust-colored,or bloody mucus that is coughed up from the lungs,especially while other symptoms are getting worse.

Can someone workout when you have anemia?

Yes, just bring this food to chew/eat in the morning: soft boiled eggs, raisin, dark chocolate, rosemary, oregano, nuts, small seeds, figs, molasses syrup, liver pate, and homemade lemonade with maple syrup and choco.

What is the difference between a person with high metabolism and with low metabolism?

Low metabolism will have stronger side effects from medications while high metabolism have more side effects from medications, absorbs more nutrients, does not get drunk from alcohol easy, do not have allergies and have stronger immune system.

Does excess dietary calcium increase dementia risk, and if so, are there countermeasures that can be taken for this?

Free calcium (from processed foods and TUMS) can be detoxed by ingesting vitamins and minerals, eating whole foods like cilantro, exercise, adequate sleep and other holistic ways.

What can I do to help my grandma who has Alzheimer's?

Be a caregiver, companion and do some activities together. Prepare ketogenic diet. Exercise together as you count together. Sunshine, fresh air, clean water and whole foods with massage will help her.

Do most people get Alzheimer's disease and if so should they not learn anything new?

Only 25% of seniors get Alzheimer's disease, 3x more with women, who are over stressed, hormonal imbalance, on meat diet with processed foods/toxic food, do not exercise, on sugary and toxic diet and has genetic predisposition (15% contribution).

Alzheimer's/Dementia is type 3 diabetes. It has metabolic origin, related to gut health (bad bacteria in the gut, can be controlled by probiotics and whole foods and avoidance of trans fat and sugar).

Delirium occurs after surgery or hospitalization or seeing a doctor, lowers the immune system and doubles the progression of Dementia/Alzheimer's disease.

Some medications such as antipsychotics, tramadol and Benzodiazepam, can cause dementia and parkinson's.

Why is Alzheimer's significant to feminism?

The ratio of women getting Alzheimer's to men is 3:1. At old age, most women are single or widowed as men die early (5 years early than women). So women are at the mercy of family members, government health care and friends to be with them during old age. Lifestyle and environment affect how long a woman lives.

What's the point in learning anything if most people just get Alzheimer's disease?

Living life, feeling the adrenaline rush when learning new things, finding enjoyment and this life is worth living for because of everything we learned, experienced and enjoy. Only 25% gets Alzheimer's and most of them reach the age of 100 without any symptoms.

What is my dad's genetic risk of getting a neurodegenerative disease?

10–20%

What is the no 1 challenge for people caring for a relative with Alzheimer's?

Time and manpower. We need caregivers 24/7. At times depending on level of care that is needed, it is a 24/7 care.

Do most people get Alzheimer's disease before they're 30?

No, more after 85

Is there any beneficial diet for a person with dementia or Alzheimer?

Whole foods rich in sulfur, grapes, garlic, pickled greens and fish/nuts for omega 3/EFA.

If I am smart and have great cognitive reserves, does it prevent or delay Alzheimer's? Does it prevent or delay vascular dementia?

Yes. Use your brain or lose your it. But remember that mental health is also affected by our gut microbiome, so add probiotics, pickled veggies or acidophilus in your diet/supplements. Avoid stress. Vitamin B complex and sleep can lessen it. Sleep more. Exercise your body to grow your neurons. Get sunshine, walk in nature or take Vitamin D3. And eat more whole foods or a low carbs ketogenic diet.

All the above will help you especially when you avoid drugs (include smoking and alcohol) or medications that affect your brain (narcotics,prescribed or OTC).

If vaccines do cause autism, would you still give you and your children vaccines?

After I read the book on vaccination, I changed the schedule from 12mon start instead of 2 months. My first born had vaccination at 2months and my second at 12months start. Scientist said that the formaldehyde in the vaccine is very minimal.

How much physical activity is too much?

Listen to your body. Boys are supposed to start sports only after they reach the age of 14 (developed bones are ready by then). I suggest to take it slow as there are many more years you have to care for your body.

Is combining medications, nutrition, thinking and behavioural changes the psychiatry of the future?

Yes. Our mental health is influenced by our gut microbiome. Our nervous system when weak leads to weak immune system and also unhealthy gut microbiome. And that many whole foods are happy foods, sources of dopamine and many important neurotransmitter. Yoga, music, exercise, volunteering and whole foods can greatly impact our mental health.

Why have endocrinological diseases like diabetes, thyroiditis become so common these days?

Stress is the answer with most of us not taking a nap and not getting uninterrupted 9 hours sleep. Adrenals and liver come to the rescue as blood sugar levels drop. The endocrine pancreas, liver and adrenal glands work to normalize blood sugar and triglycerides. Take care of your stress so it will be easier for you to prevent obesity, depression, sugar cravings and nerve pain which may start to happen at around 55 years of age. When we take care of our stress level, we take care of our metabolism , brain , whole body and we then prevent chronic diseases that lead to cancer.

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Adaptogenic herbs

1. Eleuthero ginseng
2. Holy basil
3. Rodiola rosea
4. ashwagandha
5. Astralagus
6. Sour date
7. Mimosa pudica

   Extracts of Mimosa pudica are successful in wiping out harmful bacteria and can be useful in antibacterial products
8. Medicinal mushrooms

   Mushrooms are rich in B vitamins such as riboflavin (B2), folate (B9), thiamine (B1), pantothenic acid (B5), and niacin (B3).
9. Licorice root
10. Valerian

What are alternative health ways to treat chronic abdominal nerve pain after all traditional methods have failed?

Vitamin B complex, adequate sleep, probiotics, baking soda, digestive enzymes, turmeric, ginger, sauna, sunshine

Is there anything I can do to reduce the odds of dementia or Alzheimer's?

- learning new skills
- probiotics, kill or prevent parasites, fungus, molds and bad bacteria from overpowering our good bacteria//microbes
- more veggies (greens, green plantain banana, sweet potatoes, soft boiled eggs) than red meat, alcohol, caffeine, sugar, soda and other processed foods
- exercise in the sun
- adequate sleep
- hydration with citrus/calamansi/lime/kiwi/spearmint/pineapple/blueberries

Is there a particular food that is more healthy than any other?

Sour fruits and bitter greens, purslane leaves, dandelion leaves, kiwi and blueberries

What are non-genetic factors that can cause chronic diseases?

Environmental toxins contribute to toxins in our body.

Aging makes us 10,000 times more prone to cancer. Iron metabolism dysfunction can affect tumor progression.

Our genes affect our health 25% of the time but can be reversed with healthy lifestyle.

What is worst, labor pains in the back or pains in the stomach?

Back labor pain is where the baby is facing your back. Be on hands and knees position to offload the baby's weight and have a warm compress on your lower back. Before labor, do walk on the stairs to position baby's head at right position.

What is a simple anti aging skin care regime?

Hydration, sun block, adequate sleep, vitamin E and C homemade face cream and wash face with water with citrus or tsp of vinegar and or hydrogen peroxide

Can disordered or poor sleep in your 50s and 60s increase Alzheimer's disease risk?

Yes, during sleep we detox. Memory tangles means we were not able to clean our toxins in the brain.

Can antioxidants help with hangovers?

Yes for antioxidants 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

All in all, alcohol is utilized at an alternate rate in ladies than it is in men. This is due to general differences in body composition.

Studies have also demonstrated that women have less of the proteins used to use alcohol than men do (alcohol dehydrogenase and acetaldehyde dehydrogenase). Google women alcohol metabolism. See https://alcohol.stanford.edu/alcohol-drug-info/i-bet-you-didnt-know/metabolism

2. Weight Body

Weight determines the amount of space through which alcohol can diffuse in the body. When all is said in done, an individual who gauges 180lbs will have a lower blood alcohol focus than a 140lb individual who drank a similar sum.

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 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 since it **potentiates (doubles the potency**) the meds or even supplements. See https://www.rxlist.com/drug-interaction-checker.htm

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. Do eat high-protein foods (eggs, tofu, nuts, beans, cheese) alongside alcohol previously and when drinking, and you'll abstain from 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 inside a brief time frame, the more you exhaust your body's capacity to use 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.

> **Note:** There, an enzyme known as alcohol dehydrogenase (ADH) converts ethanol into acetaldehyde, a toxic byproduct which the body quickly eliminates using another enzyme called ALDH. Alcohol metabolism in the body. Ethanol is converted to acetaldehyde by the ADH enzymes (yellow).

What are the organic products that I should drink to have a more beneficial hair, and how frequently in seven days would it be advisable for me to drink it?

Skin and hair health are the same. Nutrients for both are Vitamin A, B, C and E. My son has the same problem. Eat raw or soft boiled eggs rich in Biotin. Massage hair with coconut oil before showering, cold water for hair (every other day). Less stress, sleep more and whole foods diet.

What happens to the brain when it gets an excessive amount of dopamine for a significant lot of time?

Safeguard your brain's pleasure centres. Profound inside the openings of the cerebrum are structures required with delight and inspiration, most outstandingly two territories called the core accumbens in the left and right hemisphere. They are seriously initiated by the synapse dopamine with substances like cocaine, sex, computer games, high-fat, sugary foods, and fame. Dopamine fuels addiction, making everyday activities less interesting. Intense pleasure means huge dopamine dumps, which over time causes the nucleus accumbens to be less responsive, consequently causing the need for more and more of the behaviours.

You can protect your pleasure centres by limiting thrill-seeking activities that could wear them out, like racing, cocaine, Methamphetamines, excessive video games, pornography, and scary movies. Rather, captivating in more secure practices that ensure the brain, for example, daylight, exercise, contemplation, and tuning in to pleasurable music, can help cushion your pleasure centres. Having a dedicated passion and purpose in life also helps to activate the pleasure centres in a healthy way.

What is the best nutrition?

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

Is an individual's metabolic rate related to aging?

Age is one of the most important factors of changes in energy metabolism.

The basal metabolic rate decreases almost linearly with age.

Skeletal musculature is a fundamental organ that consumes the largest part of energy in the normal human body. The total volume of skeletal muscle can be estimated by 24-hours creatinine excretion. The volume of skeletal musculature decreases and the percentage of fat tissue increases with age. It is shown that the decrease in muscle mass relative to total body may be wholly responsible for the age-related decreases in basal metabolic rate. Energy consumption by physical activity also decreases with atrophic changes of skeletal muscle.

Energy requirement in the elderly decreases. With decrease of energy intake, intake of essential nutrients also decreases. If energy intake, on the other hand, exceeds individual energy needs, fat accumulates in the body. Body fat tends to accumulate in the abdomen in the elderly.

Fat tissue in the abdominal cavity is connected directly with the liver through the portal vein.

Accumulation of abdominal fat causes disturbance in glucose and lipid metabolism. It is shown that glucose tolerance decreases with age. Although age contributes independently to the deterioration in glucose tolerance, the decrease in glucose tolerance may be partly prevented through changes of lifestyle variables, energy metabolism is essential for the physiological functions.

It may also be possible to delay the aging process of various physiological functions by change of dietary habits, stopping smoking, and physical activity.

How does sugar cause aging?

Sugar is bad for our liver. Red wine and other beverages have sugar.

Insufficient hepatic O2 in animal and human studies has been shown to elicit a hepatorenal reflex in response to increased hepatic adenosine, resulting in the stimulation of renal as well as muscle sympathetic nerve activity and activating the renin angiotensin system.

Low hepatic ATP, hyperuricemia, and hepatic lipid accumulation reported in metabolic syndrome (MetS) patients may reflect insufficient hepatic O2 delivery, potentially accounting for the sympathetic overdrive associated with MetS.

This theoretical concept is supported by experimental results in animals fed a high fructose diet to induce MetS.

Hepatic fructose metabolism rapidly consumes ATP resulting in increased adenosine production and hyperuricemia as well as elevated renin release and sympathetic activity.

This review makes the case for the hepatorenal reflex causing sympathetic overdrive and metabolic syndrome in response to exaggerated splanchnic oxygen consumption from excessive eating.

This is strongly reinforced by the fact that MetS is cured in a matter of days in a significant percentage of patients by diet, bariatric surgery, or endoluminal sleeve, all of which would decrease splanchnic oxygen demand by limiting nutrient contact with the mucosa and reducing the nutrient load due to loss of appetite or dietary restriction.

Do dementia/Alzheimer's patients know what "I love you" means?

Yes. During the last months of an Alzheimer's client, when her caregiver tells her "I love you" she responds by saying "I love you too"

How can I treat a stomach that twitches?

Calm your stomach by eating protein rich foods such as eggs, goat's milk, other healthy veggie-high protein dish and warm ginger tea (boil ginger in water).

What are the arguments for and against vaccines?

There are small quantities of harmful chemicals included in the vaccine. It is best to be given to toddler and not an infant and to a healthy senior and not a sick older adult.

Does stress on the heart in youth affect Alzheimer's pathology?

Sugar is one of the top causes in the disease progression of Alzheimers. Stress is second. Parasites and bad microbes are the third. Always oxygenate your body cells with exercise, whole foods, de-stress, avoidance of toxins such as sugar/drugs/meds and sleep

Is it bad for your health if your heart starts beating fast?

You will feel dizzy. Sit and elevate legs. Calm yourself. I experienced this fast heart beat or tachycardia (after I ate a toxic food or substance or is stressed out). Cough and do deep breathing since our goal is to provide oxygenation to all cells. One doctor captured this fast heart beat in ECG but I opted for no surgery and meds. His explanation is that there is extra wiring in the heart. I took magnesium and calcium and Vit C and B to

nourish my heart. Breath through your nose, whole foods and light exercise helps.

How does your body digest hard food?

Does your stomach acid soften it or does it simply remain inside your stomach? Digestive enzymes in the body (saliva by chewing, stomach) and from papaya and pineapple or in capsule form help in digestion. Not drinking too much when eating meat.

What types of substances does papain help digest?

Proteolytic enzymes help break proteins down into smaller protein fragments called peptides and amino acids. The mechanism by which papain breaks peptide bonds involves the use of a catalytic triad with a deprotonated cysteine which forms a covalent acyl-enzyme intermediate and frees the amino terminus of the peptide. In immunology, papain is known to cleave the Fc (crystallisable) portion of immunoglobulins (antibodies) from the Fab (antigen-binding) portion. Papain is a moderately heat-safe enzyme, with an equal temperature scope of 60 and 70 °C.

How long does it take regularly for the stomach to empty absolutely after a good meal. Is it a good eating habit not to eat during this time?

It takes 4 hrs to process meat and 30 min to process eggs. Constipation happens frequently in over medicine grown-ups. Pineapple and papaya have strong digestive enzymes important for digestion. Eat whole foods, move and exercise regularly and bite your food well.

When you drink coffee early morning before exercise, it is a stimulant helping your bowel movement in spite of the fact that it is maintained a strategic distance from by the individuals who needs to lose stomach fat.

What are some lesser known foods, drinks, and so forth that are useful for the digestive system or metabolism?

Mint family, ginger, peppermint and spearmint.

How can I prevent stomach acid in my sleep without needing medication?

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

In Sympathetic Nervous System Why the digestion of food is slow? Where as in fight or flight we need more energy?

There are hormones involved in preparation (norepineprine), during and after (acetylcholine) the fight/flight reaction.

Preparation

The effect of norepinephrine on each target organ is to modify its state in a way that makes it more conducive to active body movement, often at a cost of increased energy use and increased wear and tear.

After the fight:

The acetylcholine-mediated effects of the parasympathetic nervous system, which modifies most of the same organs into a state more conducive to rest, recovery, and digestion of food, and usually less costly in terms of energy expenditure.

I miss coffee. Is there a way to return to it?

Yes, heal your stomach, drink in the morning with soft boiled eggs and use decaf (freshly brewed), add tea, goat's milk and maple syrup.

Is there any relationship between bipolar disorder and fast metabolism?

Yes, as most mental health issues are related to the microbiome (gut microbes) of the gut.

Microbes Help Produce Serotonin in Gut

Although serotonin is well known as a brain neurotransmitter, it is estimated that 90 percent of the body's serotonin is made in the digestive tract. In fact, altered levels of this peripheral serotonin have been linked to diseases such as irritable bowel syndrome, cardiovascular disease, and osteoporosis. Peripheral serotonin is produced in the digestive tract by enterochromaffin (EC) cells and also by particular types of immune cells and neurons.

Is it possible to change metabolism through diet?

Exercise, sleep, diet and mental disposition (less stress and anxiety) can help your metabolism. Do take probiotics and eat some pickled greens.

Which foods can speed up my metabolism?

Based on the lifestyle, age, sex and race, our body has nutritional needs Younger ones might need more healthy carbs and protein (rich in fiber) while older ones needs good fats and protein. When in disease state (mental health issues), our lipid metabolism is affected.Neural cells have very high, but fluctuating ATP requirements.

Despite the fact that unsaturated fats are the substrates richest in hydrogen for providing redox energy to the mitochondrial And so on, they are not used fundamentally as fuel in neural cells.

High vulnerability of brain tissue to oxidative stress is for the most part professed to be the basic reason. We eat whole foods to prevent inflammation.

Is a person's metabolic rate identified with aging?

Age is one of the most significant factors of changes in energy metabolism, important for physiological functions including nutrient absorption. The basal metabolic rate diminishes with age.

Skeletal musculature is a fundamental organ that expends the biggest piece of energy in the ordinary human body. The all out volume of skeletal muscle can be assessed by 24-hours creatinine discharge.

The volume of skeletal musculature decreases and the level of fat tissue increases with age.

It is demonstrated that the lessening in bulk with respect to add up to body might be completely in charge of the age-related decreases in basal metabolic rate. Energy consumption by physical action additionally decreases with atrophic changes of skeletal muscle. Energy requirement in the older decreases. With reduction of energy admission, intake of basic nutrients decreases.

If energy intake, on the other hand, exceeds individual energy needs, fat amasses in the body. Muscle versus fat will in general collect in the stomach area in the older.

Fat tissue in the stomach cavity is associated directly with the liver through entry vein. Accumulation of stomach fat causes unsettling influence in glucose and lipid metabolism. It is demonstrated that glucose resistance diminishes with age.

Despite the fact that age contributes freely to the decay in glucose resistance, the decline in glucose tolerance might be halfway forestalled through changes of way of life factors.

We can delay the aging process of different physiological capacities by changing our dietary habits, halting smoking, exercise, and avoidance of parasites, toxins, molds and fungus.

What is the difference between a person with high metabolism and another one with low metabolism?

Low metabolism will have stronger side effects from medications while high metabolism have more side effects from medications, absorbs more nutrients, does not get drunk from alcohol easy, do not have allergies and have stronger immune system.

Do people with higher metabolism get sick more easily?

The way our bodies regulate and manage energy—our metabolism—and our body's ability to defend itself against pathogens—the immune response—are closely linked because a strong immune response relies on energy, writes Hotamisligil.

But an imbalance in this relationship can put us at risk for chronic metabolic diseases. Hotamisligil writes that there is now an opportunity to translate the increased knowledge about immunometabolism into interventions that one day may reduce the global burden of those diseases. Weight loss caused by a fast metabolic rate is commonly a symptom of cancer.

Slow down your metabolism:

- Have a consistent meal time.
- Get adequate sleep
- Add strength training
- Eating sufficient calories

- Stand and walk more, sit less
- Drink no alcohol and drink more water.
- Have less stress, get a massage and be with nature.
- Get adequate calcium (2:1 calcium: magnesium ratio with vitamin D)

What is the best natural remedy for diabetes 2?

Fig FRUIT is used as a laxative to relieve constipation. Fig LEAF is used for diabetes, high cholesterol, and skin conditions such as eczema, psoriasis, and vitiligo. Some people apply the milky sap (LATEX) from the tree directly to the skin to treat skin tumors and warts.

Bitter melon: These substances either work individually or together to help reduce blood sugar levels. It is also known that bitter melon contains a lectin that reduces blood glucose concentrations by acting on peripheral tissues and suppressing appetite - similar to the effects of insulin in the brain.

Because it is not broken down by the body, the fiber in an apple or a slice of whole grain bread has no effect on blood glucose levels because it isn't digested. Fiber encapsulates fats and sugar out of the body.

Best remedy is to avoid sugar, sleep well, exercise, avoid toxins/smoking/too much alcohol.

Eat whole foods between 11am to 8pm.

What percentage of the US has type 2 diabetes?

About 30%

If you could hypothesize a possible way to cure diabetes what would you suggest?

Health education, exercise with a coach (30min to 1hr per day), nutrition with a coach (whole foods, fiber rich), genetic test and overall lifestyle change connecting with health conscious and like-minded people and community.

Do you know some good foods for people with low blood sugar? Is coffee good for them?

Here are 6 tips that give you their top recommendations to decrease cortisol levels and thus catabolic metabolism while you increase anabolic metabolism and experience optimal health.

Eliminate caffeine from your diet. It's the quickest way to reduce cortisol production and elevate the production of DHEA, the leading anabolic youth hormone. 200 mg of caffeine (one 12 oz mug of coffee) increases blood cortisol levels by 30% in one hour! Cortisol can remain elevated for up to 18 hours in the blood. This is the easiest step to decrease your catabolic metabolism and increase your anabolic metabolism.

Sleep deeper and longer. The average 50 year old has nighttime cortisol levels more than 30 times higher than the average 30 year old. Try taking melatonin, a natural hormone produced at night that helps regulate sleep/wake cycles, before going to sleep to boost your own melatonin production that also decreases with age.

You may not need it every night, but if you are waking up in the middle of the night or too early in the morning, melatonin can help you sleep deeper and lengthen your sleep cycle. If you get sleepy during the day even though you had plenty of rest, back off the melatonin for a while. It's a sign you are getting too much.

Exercise regularly to build muscle mass and increase brain output of serotonin and dopamine, brain chemicals that reduce anxiety and depression. Cherniske recommends taking DHEA supplements to shorten the adaptation period when out-of-shape muscles and cardiovascular system discourage people from continuing to exercise before they get in shape. DHEA also

accelerates the building of muscle mass and increases the feeling of being strong and energetic.

Keep your blood sugar stable. Avoid sugar in the diet and refined carbohydrates to keep from spiking your insulin production. Eat frequent small meals balanced in protein, complex carbohydrates and good fats like olive oil and flaxseed oil. Diets rich in complex carbohydrates keep cortisol levels lower than low carbohydrate diets. Keep well hydrated – dehydration puts the body in stress and raises cortisol levels. Keep pure water by your bed and drink it when you first wake up and before you go to sleep.

Take anti-stress supplements like B vitamins, minerals like calcium, magnesium, chromium and zinc, and antioxidants like vitamin C, alpha lipoic acid, grape seed extract, and Co Q 10. Adaptogen herbs like ginseng, astragalus, eleuthero, schizandra, Tulsi (holy basil) rhodiola and ashwagandha help the body cope with the side effects of stress and rebalance the metabolism. These supplement and herbs will not only lower cortisol levels but they will also help you decrease the effects of stress on the body by boosting the immune system.

Meditate or listen to relaxation music or sounds that promotes the production of alpha (focused alertness) and theta (relaxed) brain waves. Avoid jolting alarm clocks that take you from delta waves (deep sleep) to beta waves (agitated and anxious) and stimulants like caffeine that promote beta waves while suppressing alpha and theta waves.

If diabetes causes Alzheimer's disease, do all diabetics get Alzheimer's disease?

Yes. As we age, our body becomes rusty with many toxins such as sugar. Some people who died at 100 yrs of age have Alzheimer's in their brain but showed not very strong signs and symptoms.

Can yoga help to cure type 1 diabetes mellitus?

Insulin is needed. Some of the organs in our body did not release the insulin we need maybe because of toxins from sugar, fat, metals or inactivity. Each person is different. It is not too late to move, to exercise and do yoga.

There are scientists who are currently researching how to create a human pancreas.

Is low blood sugar genetic?

20:80 is my guess. Our genes affect us 20% of the time while our environment and lifestyle affects us 80% of the time (epigenetics).

Each person metabolize glucose or drugs or food in the liver differently. Pharmacogenetic tests classified these into 4 groups of people.

We have to choose good carbohydrates from whole foods (colored greens, fibrous whole foods) and avoid toxins (alcohol, soda, aspartame, processed foods, burned BBQ meat, etc). We sleep before 10pm and exercise 30min every day. We destress and be proactive with our own health.

In mammals the response to dietary glucose is more complex because it combines effects related to glucose metabolism itself and effects secondary to glucose-dependent hormonal modifications, mainly pancreatic stimulation of insulin secretion and inhibition of glucagon secretion. In the pancreatic β cells, glucose is the primary physiological stimulus for the regulation of insulin synthesis and secretion.

In the **liver, glucose, in the presence of insulin,** induces expression of genes encoding glucose transporters and glycolytic and lipogenic enzymes.

Although insulin and glucagon were long known as critical in regulating gene expression, it is only recently that carbohydrates also have been shown to play a key role in transcriptional regulation. DNA sequences and DNA binding complexes involved in the glucose-regulated gene expression have been characterized recently in liver and β cells.

> Regulation of gene expression by nutrients in mammals is an important mechanism allowing them to adapt to the nutritional environment.

In-vivo and in-vitro experiments have demonstrated that the transcription of genes coding for lipogenic and glycolytic enzymes in **liver and/or adipose tissue is upregulated by glucose.**

In order for **glucose to act as a gene inducer, it must be metabolized.**

If you have diabetes, how can you prevent fainting?

Low glucose, lack of potassium and iron can cause fainting.

Potassium:sodium ratio is about 5:1 . Both can be found in whole foods, greens.

Iron rich foods include molasses and dark chocolates. Nuts and small seeds have calcium,magnesium and iron.

Dehydration (by excess loss of water in urine in diabetics), hormonal fluctuations and lack of sleep can cause fainting. In seniors, it is more of lack of potassium and in pregnant women, progesterone hormones widening the blood vessels.

How can I avoid developing diabetes?

We have to eat good fats and avoid soda, bad fats and other toxic sugar-rich processed foods. Start with clean alkaline water, fresh air, and avoidance of toxins (chemical cleaners, plastics,molds/fungus,fumes,metal toxins,other inflammatory substances/drugs/medications). Do liver detox once a month (citrus/pectin,other detoxifiers).

Get a massage once a week. Sleep during the night. Always have fiber, digestive enzymes and probiotic. Add seaweed and cooked/raw whole foods in your diet. Wash veggies with diluted vinegar water or salt water.

Do not eat moldy/left over foods. Always have a strong immune system by avoiding anxiety and chronic stress. Avoid caffeine, smoking (second hand smoke) and alcohol (too much).

What is the correlation between being in good shape and being free from cardiovascular diseases and diabetes?

No. There are skinny ones who have circulatory issues which is deeply rooted from nutrition (lack of Vitamin C and E to strengthen blood vessels, presence of air pollution and other toxins) and other unknowns.

- 55% of our health issues are attributed to environment (toxins, parasites, infections, etc) and behaviour (even during prenatals when inside the womb of our mothers)
- 5% genetics
- 20% health care

Why have endocrinological diseases like diabetes, thyroiditis, etc. become so common these days?

Stress is the answer with most of us not taking a nap and not getting uninterrupted 9 hours sleep.

Adrenals and liver come to the rescue as blood sugar levels drop. The endocrine pancreas, liver and adrenal glands work to normalize blood sugar and triglycerides.

Take care of your stress so it will be easier for you to prevent obesity, depression, sugar cravings and nerve pain which may start to happen at around 55 years of age. When we take care of our stress level, we take care of our metabolism , brain , whole body and we then prevent chronic diseases that lead to cancer.

Activities to make you happy

Beach stroll, dancing, watching comedians , laughing , sleeping at nigh, massage , happy and loving friends and relationships , spending time with family and friends , playing with your pets, gardening , singing , praying , deep breathing exercise, meditation

Side effects of chronically elevated cortisol can include:

Anxiety , Autoimmune diseases , Cancer, Chronic fatigue syndrome , Common Colds , Hormone imbalance , Irritable bowel disease , Thyroid conditions , Weight loss resistance

Needed nutrients

Digestive enzymes, vitamin C (citrus, kiwi, berries, tamarind), vitamin B, L-carnitine, chromium, anti-oxidants, fiber-rich foods (squash, yams, sulfur family of garlic and onions, greens, okra, radish), spearmint, ginger, beets, carrots, all root crops, sprouts, pineapple, papaya , taurine rich foods (breastmilk, sea algae, fish)

Adaptogenic herbs

- Eleuthero ginseng
- Holy basil
- Rodiola rosea
- ashwagandha
- Astralagus
- Sour date
- Mimosa pudica

  Extracts of Mimosa pudica are successful in wiping out harmful bacteria and can be useful in antibacterial products
- Medicinal mushrooms

  Mushrooms are rich in B vitamins such as riboflavin (B2), folate (B9), thiamine (B1), pantothenic acid (B5), and niacin (B3).
- Licorice root
- Valerian

Why could peripheral neuropathy worsen in a controlled diabetic patient?

Nerve pain and diabetes can be aggravated by lack of Vitamin B12 and B6 coupled with over medication. Take these energy Vitamin B complex during the day and calcium with magnesium during the night. Always eat whole foods (pineapple, fish, colored veggies).

In one seminar with chiropractors, they showed light therapy. As we age, we become deficient in these vitamins and decreasing acidity in our stomach (can be supplemented by Betaine HCL). See a nutritionist for digestive enzymes and probiotic in the evening or early morning 3hrs before or 3hrs after a meal to help with our metabolism. Fiber rich foods and chromium rich foods can help diabetics.

How can I slow down my diabetes?

Kill the parasites that wrecks havoc in your organs: liver, kidneys, pancreas. They invade your liver and other organs, then the blood and the brain.

I am pre-diabetic, so this is what I did:

- kill parasites using tinctures from herbs, capsules, whole foods
- at night, eat apples and whole foods with healthy bacteria
- during lunch loaded with sulfur rich foods
- avoided unhealthy oils and sugar
- slept adequately at night
- went for body massage once a week
- walked barefoot on the beach
- avoided animal poops from dogs and cats
- boiled ginger, lemon, turmeric, cayenne, pepper and parsley as my warm tea

De-stress, adequate sleep, avoidance of toxins (drugs,alcohol,sugar, cigarettes, over medications) and taking whole foods rich in good fat (avocado, walnuts, fish) and fiber (encapsulates fats and sugar out of the body).

Add digestive enzymes (papaya, pineapple), prebiotic (raw garlic,raw carrots) and probiotic (pickled veggies) in your diet. Exercise at least 30min a day.

Can any info about blood conditions (pressure, sugar levels, etc.) be discerned by simply looking at properties of skin (i.e. sweat, oils, etc.)?

Yes. There are many. For breast cancer, any irregular skin growth, itchiness, redness and when you palpate with your two fingers, a tumorous growth. As the largest organ, the skin can show the health of our liver and other organs in our body. Excessive sweating, or hyperhidrosis, can be a warning sign of thyroid problems, diabetes or infection. Excessive sweating is also more common in people who are overweight or out of shape. Smell emanating from the skin also tells us of the health condition of the body. Pale color under the eyelid is a sign of lack of iron.

Blood clot symptoms in skin; Symptoms of superficial thrombophlebitis include:

- redness and inflammation of the skin along a vein.

- warmth of the skin and tissue around the vein.
- tenderness and pain that worsens with added pressure.
- pain in the limb.
- darkening of the skin over the vein.
- hardening of the vein.

Signs of liver damage

The liver is a hardy organ and carries much responsibility. It provides us with youthfulness and longevity when it operates effectively, and subjects us to premature aging and shortened life spans when it's not.

So how do you know if your liver is crying for help? Here are some visible physical signs:

- Puffiness between eyebrows
- Unable to tolerate cold in winter
- Feel feverish and find summer very uncomfortable
- Hemorrhoids
- Coated tongue
- Bad breath
- Excessive sweating
- Dark urine
- Small red 'spots' the size of a pinhead that come and go in various parts on the body
- Skin problems such as eczema, acne, hives, itching, rashes. Skin may have dark pigmentation or spots on face, back of hands, forehead, or around the nose
- Jaundice (yellowing of skin)
- Eye problems (sensitivity to light, moving spots, double vision)
- Whites of eyes become yellow
- Loss of weight
- Obesity

What is the relationship between insulin resistance and neuropathy?

Small fiber neuropathy is increasingly being recognized as a major cause of painful burning sensations in the feet, especially in the elderly. Although strength remains preserved throughout the course of the disease, the pain and paresthesias are often disabling.

Diabetes mellitus is the most common identifiable cause of small fiber neuropathy, and impaired oral glucose tolerance and individual components of the metabolic syndrome are often associated with it. Some cases, however, are idiopathic. Skin biopsy (with an evaluation of the density of intraepidermal nerve fibers) and tests of autonomic nerve function are useful for the diagnosis.

Can I ever fully reverse diabetes after being so for 15 years?

Whole foods and fiber in them encapsulates fat and sugar out of the body. Exercise moves these toxins out of the body. Avoidance of toxins, sugar (sodas) and trans fat is one step.

Type 2 Diabetes and Type 3 (Dementia) can be controlled with diet, exercise , lifestyle and other holistic ways.

Will I get diabetes if I drink 1.5 liters of coke in an hour?

Yes, over time. The liver then turns the high amounts of sugar circulating our body into fat. Within 40 minutes, the body has absorbed all of the caffeine from the Cola, causing a dilatation of pupils and an increase in blood pressure. An hour after drinking the beverage, a sugar crash will begin, causing irritability and drowsiness.

Can eating boiled eggs with vinegar kept overnight really lower your sugar level or control diabetes?

Soft boiled eggs has sulfur which is cleansing to the body and so are yellow colored whole foods (including garlic, onions, yams with skin on). Vinegar helps in the absorption of many nutrients in whole foods.

Add probiotics, Vit C or lemon water in the mix. Exercise, sleep and de-stress count too.

Why I always have mouth infections?

I have experienced the same.

I love to eat moldy foods or just my lifestyle for inviting bugs of all sorts. Tea tree oil is antimicrobial, anti bacteria, antifungal and anti virus. I would make a gargle or mouthwash from it since in concentrated form of the essential oil it has burning sensation. I will also make a mouth wash every morn of sea salt and sage. You can also wash it with boiled water of guava leaves or comfrey.

From now on, I will be eating lots of fresh garlic chewing once a day and sulfur rich foods like the onion family, fresh aloe vera made into a juice with lemon water and maple syrup, avoiding so much refined sugar and processed foods including moldy foods and eat more pickled veggies (kimchi, kefir,acidophilus capsules). And also expose my mouth to the sun before 10am and after 3pm, eyes protected.

> Bacterial infections, which include ailments like bronchitis and pneumonia, are caused by single-celled organisms that can invade and thrive inside our bodies, reproducing on their own. Most bacterial infections can be treated with antibiotics that stop the colonies from growing larger.
>
> Viral infections, such as the flu (influenza) and the common cold (rhinovirus), on the other hand, do not replicate on their own like bacteria does. Instead, viruses take over our cells and hijack them to get

them pumping out more copies of the virus, so it spreads through our bodies like a hostile takeover.

What is hepatitis C?

The most well-known problem because of hepatitis C however not including the liver is mixed cryoglobulinemia (generally the sort II structure) — an aggravation of little and medium-sized veins. Hepatitis C is additionally connected with the immune system issue Sjögren's disorder, a low platelet check, lichen planus, porphyria cutanea tarda, necrolytic acral erythema, insulin opposition, diabetes mellitus, diabetic nephropathy, immune system thyroiditis, and B-cell lymphoproliferative issue. 20–30% of individuals infected have rheumatoid factor, a kind of antibody.

Potential affiliations include Hyde's prurigo nodularis and membranoproliferative glomerulonephritis.Cardiomyopathy with related abnormal heart rhythms has additionally been reported. A variety of central nervous system disorder has been reported. Chronic infection seems to be related with an increased risk of pancreatic cancer.

Is there any medical proof of a connection between having cold showers on a daily basis, and being immune to the flu?

Any kind of acute cold exposure will stimulate the vagus nerve (part of the sensory somatic system) which controls gut inflammation. Cold showers stimulate your autonomic nervous system, improving stress reaction and relieves anxiety and fatigue.

There was a report in the news where children in Russia play in the snow (less clothing) after staying in a sauna and they are the ones who did not catch the cold.

What are the most common age related diseases?

- Cancer, infections from parasites, bacteria and virus and organ damage.
- Eating less meat or methionine-rich foods slows aging.
- Sleeping at night helps us detox our cells from toxins.
- Parasites invade our cells and weakens our organs especially vulnerable during old age, and the end product is cancer (grows over time, at least for 20 years).
- Over exposure to air pollution and unclean water kills our lungs and hearts.

What is sepsis?

The most widely recognized source of infection bringing about sepsis are the lungs, abdomen, and the urinary tract. Normally, half of all sepsis cases begin as an infection in the lungs. No definitive source is found in 33% to one portion of cases.

Infections prompting sepsis are normally bacterial however can be parasitic or viral. While gram-negative bacteria were already the most well-known reason for sepsis, in the last decade gram-positive bacteria, most commonly staphylococci, are thought to cause over half of cases of sepsis.

How many eggs I should eat every day with some veggies and no carbs, in order to stay healthy?

1 soft boiled egg. Add exercise and colored veggies. De-stress and get adequate sleep, sleep before 10pm.

What to do or how to avoid getting a stomach ache after eating meat?

Include fiber rich whole foods with your dinner rich in meat, bite more, eat pineapple. 30min after or take digestive enzymes and before sleep time 1/4 tsp of apple juice vinegar in a glass of water.

How to control compulsive eating?

To calm your nerves, eat food rich in Vitamin B complex, yams, eggs and all sulfur rich foods. To calm your nerves, eat food rich in Vitamin B complex, yams, eggs and all sulfur rich foods. Dr Daniel Amen in this book, Change your brain , change your life, wrote: Boost dopamine and serotonin with combo of green tea + 5HTP, learn how to distract yourself when you get a thought in your head more than 3x, structured goal setting, intense exercise, a balanced diet of whole foods, EPA/DHA omega-3, And I'm going to add probiotics in the list.

- Follow the anti-parasitic diet in this site https://clubalthea.com/?s=parasites
- Exercise in early morning or late afternoon sunshine
- Add rosemary, ginger, onion and garlic in your diet, drinks and add ginger in your massage oil
- Add vitamin C rich foods and supplements
- Get weekly massage
- Dance and find your favorite relaxing music
- Surround yourself with positive people and environment

Is eating onion and yoghurt together bad for health?

Onion is rich in sulfur cleansing nutrients while yoghurt has probiotics, good bacteria. Yoghurt can lead to cancer if you consume it together with ham or meat. Several amounts of nitrates are usually added to prevent the meat decomposition and botulin to extend their lifespan. Both of that food combination will turn into nitrosamine and carcinogenic when the organic nitrate acid met with artificial nitrate inside our body.

What happens if you eat raw taro?

Raw taro has oxalates that can harm your kidneys. Cooked taro has many health benefits because of its many nutrients from vitamins to minerals.

What are the healthy benefits of corn beef hash?

The bone marrow of the beef can help with your immune system and prevent infection. Make bone broth with tomatoes for Vit C.

Are genes the decisive operator in resilience to external factors?

Our nervous system, immune system, lifestyle and environment and genes are all decisive factors.

What food exacerbates inflammatory response if you are arthritic?

- Fried and processed. Fried and processed foods.
- AGEs. Lower your AGEs.
- Sugars and refined carbs. Sugars and refined carbs.
- Dairy. Dairy products.
- Alcohol and tobacco.
- Salt and preservatives.
- Corn oil

What explicit foods normally shed fat from your body?

Sour and bitter fruits and veggies.

Is there a particular food that is more healthy than any other?

Sour fruits and bitter greens, purslane leaves, dandelion leaves, kiwi and blueberries.

What healthy breakfast foods have negative health effects in the long term?

Coffee. For seniors with ulcers, diabetes, gastritis or osteoporosis, the effects of caffeine may be more harmful and not worth the risk. If you do drink a cup in the morning, make it a fresh batch and add ginger.

What diet would you need to attempt to try that you had more will power?

Bitter greens and sour fruits as they are both anti-cancer too.

How can drinking milk cause health issues?

Undigested fat from milk taxes the liver. Milk and other dairy products are the top source of saturated fat in the American diet, contributing to heart disease, type 2 diabetes, and Alzheimer's disease. Studies have also linked dairy to an increased risk of breast, ovarian, and prostate cancers.

What are the healthy foods for 50-year-old people?

If retired, cook and prepare your meals daily. If not retired, use simple foods and prepared with proper hygiene.

If one of the family members died of cancer, do a liver cleansing food to kill infections or parasites.

Aspire to eat your nutrients from foods and not be over medicated.

Bitter greens, bananas, soft boiled egg, lemons, soups, salads (washed with vinegar or salt water) , sweet potatoes , root veggies and sour fruits. Avoid foods with trans fat, molds, additives, processed salt or sugar, alcohol, caffeine, restaurant foods and fast foods, soda, milk and cheese and red meat.

Morning foods: eggs, soy or almond milk, green tea or fresh ginger with lemon tea, soup, filtered water), boiled sweet potatoes or yams, berries

Late afternoon and lunch foods: apples, bananas, avocado, soup , calcium and magnesium rich foods, coconut water.

Is eating between meals worse than having meals that respect a precise time of the day that are too large?

Calorie restriction helps us live longer and can be used to treat cancer. I believe it is still healthy to have one small healthy meal. But as we age (over 65yrs of age), we need to eat small meals every 3hrs or so. Boiled fresh ginger with lemon helps in cleaning our cells.

Does sugar prolong illness?

Sugar is food for cancer cells, it shrinks our brain, shortens our lifespan, damages our cells and prevents the absorption of important nutrients. A sugar-laden diet may raise your risk of dying of heart disease even if you aren't overweight. When mice were in bacterial defence mode, they benefited from a lack of sugar. As many dieters know, not eating sugar pushes the body to metabolise fat instead, generating chemicals called ketones.

This “ketogenic” switch seems to benefit mice with bacterial inflammation. If these mice were given glucose, or their ketogenic metabolism was blocked in some other way, they died from epileptic-like seizures caused by neuron damage. Medzhitov believes this was because too many highly reactive free radicals were generated both by digestion of glucose and by inflammation due to bacteria, and that the radicals damaged the neurons. Inflammation due to viruses, however, does not produce radicals.

Eating more while combating a viral infection like the flu could help you get better faster, but if you've got a bacterial infection like food poisoning, eating might actually make things worse.

Read more:
https://www.newscientist.com/article/2105986-what-you-eat-when-youre-sick-may-determine-if-youll-get-better/#ixzz5zin2gTHL

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What sort of foods and vitamins can keep your nervous system healthy?

Good fats, omega 3 rich foods, sulfur rich foods, phosphorous, potassium,Vitamin B complex, probiotics, digestive enzymes and all whole foods.

When do we have to eat salad/veggies, directly before dinner or thirty minutes before?

Try a short 15min or more exercise before your meal.

I will start with warm soup and then eat salad (which must be washed with diluted vinegar or salt water and cook your greens well especially the **cabbage family to prevent bloating**). Eat your meals during the day and not late at night. I eat one fresh apple (not over ripe) in the evening as it contains 100 million good bacteria.

Do not eat raw (over ripe) banana before bedtime and many other foods are not eaten an hour before bedtime, except for celery juice and hormone free milk with chocolate powder. We need to sleep before 10am and eat the next morning at 10am to allow for short fasting for those who want to detox.

How effective is " the diet of dark chocolate and black coffee"?

Not successful. You get magnesium in many foods aside from dark chocolates. And it is in the ratio of 40:60, 40% magnesium and 60% calcium with Vit C and D and zinc to be absorbed. Coffee is a strong stimulant and acidic to be taken in limited amount in the morning before exercise. You can mix half fresh ginger tea and half coffee sweetened with honey or maple syrup. You may add ginger to the coffee in the morning.

Green tea is preferred for all not black coffee or black tea. Some people with brain cancer uses a low calorie ketogenic diet of high good fat, and a little carbs and protein. Sleep will help you lose weight, including 15-minute exercise a day, deep breathing and a happy disposition.

How would you know whether a food has a specific effect?

My mother swears by eating persimmons (yellow colored fruit rich in Vitamin A) that her eye itchiness goes away within an hour. We have a good bowel movement with good healthy food and stomach ache/loose bowel or constipation with bad food. We sleep better and if not, we lack probiotics or digestive enzymes to balance the bacteria in our gut.

What foods should an individual avoid eating to lose 1-2 lb a week?

Sugar, soda and juices, over ripe fruits, rice and bread, processed meat, cheese and dairy and not sleeping well.

Does adding benefiber to milk work?

It is rich in pysillium husk and is sweet. Depending on the age of the child, other foods (fruits) can facilitate bowel movement.

How much salad should you eat per meal?

Lunch: Eat high fat (nuts,meat) during the day 1 cup of raw greens/lettuce. A standard serve of vegetables is 75 grams or: ½ cup cooked greens (spinach) or orange vegetables (for example, broccoli, spinach, carrots or pumpkin); ½ cup cooked dried or canned beans, peas or lentils Dinner: Eat 4hrs before bedtime, protein rich (less fat). Your food consumption every day relies upon your health goals, issues, stress, way of life, genetics and different factors. When your body tells you that you are full, then you can stop. But meds interfere with our satiety. Flavor and aroma will assist us with our craving.

Does taking vitamin supplements weaken body's capacity to absorb/create them from food or natural sources?

As we age, we absorb less of the nutrients that we need. Our gut flora must be healthy to absorb all the nutrients from foods/supplements.

Let us take for an example of some drugs or meds that we take. Let us say we are taking TUMS, the un-absorbed calcium in it (free calcium) blocks our body to absorb the food-based calcium. Some people prefer Calcium citrate because it is still well absorbed even without food and may be better absorbed by older adults that have less digestive enzymes. The RDA for calcium is 1000 mg and increases with age. TUMs is an over-the-counter antacid with calcium carbonate. It is primarily excreted through the colon (75%) as unabsorbed calcium.

Another example is iron that cancels calcium absorption and vice versa. So we eat iron rich food in the morning and calcium rich foods in the evening/afternoon. Or take our iron liquid supplement (Fluradix) in the morning and calcium/magnesium/Vit D/C in the evening.

And that most chemical process in the body is facilitated by the presence of Vitamin C and some enzymes.

Will viruses and different pathogens cause lower levels of nutrients in the body?

Yes, the parasite share in the nutrients that you ingest. A human host is a nutrient-rich, warm, and moist environment, which remains at a uniform temperature and constantly renews itself. It is not surprising that many microorganisms have evolved the ability to survive and reproduce in this desirable niche.

What are the good foods for people with low blood sugar? Is coffee good for them?

Here are 6 tips that give you their top recommendation to decrease cortisol levels and in this manner catabolic metabolism while you increase anabolic metabolism and experience ideal health.

Wipe out caffeine from your eating routine. It's the fastest method to lessen cortisol production and elevate the production of DHEA, the main anabolic youth hormone.

Sleep deeper and longer.

Exercise regularly to build muscle and increase brain output of serotonin and dopamine, brain chemicals that decrease depression and anxiety.

Keep your blood sugar stable. Avoid sugar in the eating regimen and refined carbohydrates to keep from spiking your insulin production.

Eat frequent small meals balanced in protein, complex carbohydrates and good fats like fish oil, olive oil and flaxseed oil.

Take anti-stress supplements like B vitamins, minerals like calcium, magnesium, chromium and zinc, and antioxidants like nutrient vitamin C, alpha lipoic, grape seed concentrate, and Co Q 10. These supplements and herbs won't just lower cortisol levels however they will also enable you to decrease the effects of stress on the body by boosting the immune system.

Meditate or listen to relaxation tapes to promote the production of alpha (focused alertness) and theta (relaxed) brain waves.

Can anxiety cause stomach pain?

Yes, it can also cause arthritis pain and more. Some parasites (toxoplasma gondii) causes severe anxiety. Chronic anxiety is one of the symptoms of Parkinson's disease.

For what reason does all the body fat go to the body?

Lack of CLA , good fat from fish oil, lack of sleep, lack of Vitamin C, Omega 3 and D, hormonal imbalance. Your body must dispose of fat deposits through a series of complicated metabolic pathways. The byproducts of fat metabolism leave your body: As water, through your skin (when you sweat) and your kidneys (when you urinate). As carbon dioxide, through your lungs (when you breathe out).

How would you treat early morning acid in the stomach?

Drink water with baking soda, add a little molasses or maple syrup. Deep breathing and light exercise (squatting with deep breathing). When stomach acid moves up the esophagus, it can irritate the vocal cords. This is often worse in the morning, after lying down all night and may subside during the day. Eat more veggies which are alkaline and protein rich breakfast.

How does your body digest hard food? How would you treat early morning acid in the stomach?

Digestive enzymes from papaya and pineapple or in capsule form. Saliva - by chewing a little longer. Not drinking too much when eating meat,

drinking more 30 minutes before and after eating to not dilute stomach acids.

Why is my stomach sensitive to alcohol?

Alcohol is acidic, damaging tissues and impedes gastric enzymes. Do eat protein rich food when drinking alcohol and choose one with lower strength. For beers, choose local and not pasteurize for the beneficial effects of enzymes and hops. Breastfeeding provides protection to the stomach lining until adulthood. Blame parasites. Why are millions of people allergic to peanuts or pollen, but hardly anyone seems to have a reaction to rice or raisins? Because only some of these things carry molecules similar to those found in parasites that send our immune systems into hyperdrive, according to a new study.

What is the difference between men and women in metabolising alcohol?

How often women tend to drink and what happens to their bodies when they do is different when compared to men.

- Self-report surveys of men and women in the United States show that alcohol use is more prevalent among men than women.
- Men are more likely than women to become alcohol dependent.
- Binge drinking (i.e., consumption of five or more drinks per occasion on 5 or more days in the past month) is most common among women ages 18 to 25.
- Among racial groups, women's drinking is more prevalent among whites, although black women are more likely to drink heavily.
- Women absorb and metabolize alcohol differently than men.
- Women generally have less body water than men of similar body weight, so that women achieve higher concentrations of alcohol in the blood after drinking equivalent amounts of alcohol.
- Women DO appear to eliminate alcohol from the blood faster than men.
- This finding may be explained by women's higher liver volume per unit lean body mass, because alcohol is metabolized almost entirely in the liver.

Ability to Dilute Alcohol

- WOMEN: Average Total Body Water: 52%
  MEN: Average Total Body Water: 61%

Ability to Metabolize Alcohol

- WOMEN: Have a smaller quantity of dehydrogenase, an enzyme that breaks down alcohol.
  MEN: Have a larger quantity of dehydrogenase, which allows them to break down the alcohol they take in more quickly.

Hormonal Factors, Part 1

- WOMEN: Premenstrual hormonal changes cause intoxication to set in faster during the days right before a woman gets her period.
  MEN: Their susceptibility to getting drunk does not fluctuate dramatically at certain times of the month.

Hormonal Factors, Part 2

- WOMEN: Alcohol increases estrogen levels. Birth control pills or other medicine with estrogen increase intoxication.
  MEN: Alcohol also increases estrogen levels in men. Chronic alcoholism has been associated with loss of body hair and muscle mass, development of swollen breasts and shrunken testicles, and impotence.
  Source: NIAAA
  Source: www.factsontap.org