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SPECIAL GUEST: Paul Guessing

TOPICS: IMA research,FDA, Aricept/TBI, OCD,Senior exercise, Drug store closures, Psych shortage, Stomatitis, Atkins Success, Post Jab, Thrombocytopenia, TRIBUTE to Peanut, Glutimate, **BREAKING NEWS !**

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FDA Updates Meaning of 'Healthy' on Food Labels

- Dec 23, 2o24 NewsmaxHealth

The U.S. Food and Drug Administration wants to redefine the meaning of healthy food, issuing a new rule Thursday that changes the way food companies can claim their products are indeed nutritious.

What foods will qualify for the new designation?

Under the final rule, pretty much everything in the PRODUCE SECTION — whole fruits and vegetables — would be considered healthy, as would other nutrient-rich foods like whole grains, dairy, eggs, beans, lentils, seafood, lean meat, nuts and seeds.

"It's critical for the future of our country that food be a vehicle for wellness. Improving access to nutrition information is an important public health effort

the FDA can undertake to help people build healthy eating patterns," FDA Commissioner **Dr. Robert Califf**, said in an agency news release announcing the new rule. "It is vital that we focus on the key drivers to combat chronic disease, like healthy eating."

"Now, people will be able to look for the 'healthy' claim to help them find foundational, nutritious foods for themselves and their families," he added.

The idea is to simplify things for shoppers who are confused by nutrition fact labels that don't give any real-world guidance on whether one product is better than another, the agency added.

Nutrition experts welcomed the change.

"It's a terrific advance," Dr. Dariush Mozaffarian, director of the Food is Medicine Institute at Tufts University in Boston, told NBC News. "For the first time, FDA will be judging foods not based on a handful of negative nutrients like calories or fat or salt, but on whether the food has healthy ingredients."

The previous rule had a cap on total fat, which excluded products with heart-healthy fat, such as avocados, NBC News reported. Products could also qualify if they had at least 10% of the daily value for certain vitamins, calcium, iron, protein or fiber.

Manufacturers took advantage of that earlier rule.

"That *led companies to fortify junk food and call them healthy," Mozaffarian explained. Fruit juice could be labeled as "healthy" if they had enough vitamin C, despite a tremendous amount of added sugar.*

The new rule eliminates that possibility. Products that can no longer claim to be healthy include fortified white bread and highly sweetened yogurts and cereals.

It’s one of the final moves from the Biden administration, and it's likely to be embraced by the incoming Trump administration, NBC News reported.

U.S. Department of Health and Human Services Secretary nominee Robert F. Kennedy Jr. has called for replacing ultra-processed food with healthier alternatives, to fight chronic diseases like Type 2 diabetes.

Companies have until 2028 to comply with the new rule, and the FDA said it is also working on a healthy symbol that companies can add to packaging in the future.

“The updated definition should give consumers more confidence when they see the ‘healthy’ claim while grocery shopping," Nancy Brown, chief executive of the American Heart Association, said in a statement after the new rule was announced. "And we hope it will motivate food manufacturers to develop new, healthier products that qualify to use the 'healthy' claim."

Donepezil Found Effective for Improving Memory After Traumatic Brain Injury

Donepezil, an acetylcholinesterase inhibitor, appears to be an effective treatment for severe, persistent verbal memory impairment after traumatic brain injury, according to a report in the Journal of Neuropsychiatry and Clinical Neurosciences.

Although the sample size was small, improvements in other cognitive domains such as processing speed were also observed in patients who responded to donepezil.

"Verbal memory impairments are common and persistent problems among persons with moderate to severe traumatic brain injury, interfere with everyday function, and are among the most important barriers to functional independence and productivity," wrote lead author David Arciniegas, M.D., of the University of Colorado School of Medicine, and colleagues.

Arciniegas and colleagues randomized 75 patients with mild, moderate, or severe traumatic brain injury to receive donepezil 5 mg daily for two weeks followed by donepezil 10 mg daily for eight weeks or placebo for 10 weeks. After the 10-week treatment period, treatment was discontinued, and patients were observed for an additional four weeks. All patients were at least six months out from their injury.

Verbal learning as assessed by the Hopkins Verbal Learning Test–Revised was the primary outcome measure in this study. Secondary outcomes included co-occurring cognitive and noncognitive neuropsychiatric problems, and functional status.

Donepezil significantly improved verbal learning when compared with placebo. Overall, 42% of patients taking donepezil responded to treatment (defined as at least a 0.5-standard-deviation improvement in the Hopkins test total score), compared with 18% of those taking placebo. Among patients who responded to donepezil, improvements were also observed in other aspects of memory recognition and retention, attention, and executive function. The researchers observed no differences in improvement of everyday memory function (such as conversational memory) between the donepezil and placebo groups.

"Studies evaluating augmentation of evidence-based cognitive rehabilitation with donepezil, or other acetylcholinesterase inhibitors, are needed to better define the potential usefulness of such medications in the rehabilitation and long-term care of persons with persistent verbal memory impairments after [traumatic brain injury]," the authors concluded.

OBSESSIVE Compulsive Disorder

Obsessive Neurosis coined by Karl Westphal a German neurologist, associate of Emil Kraepelin.
Rare,... 1-2% of Gen Pop and << 5% of psychiatric patients because it is often self-limiting.

OBSESSION => recurrent & persistent thought, image or impulse that the person finds intrusive and/or inappropriate causing anxiety or distress.

COMPULSION ==> A repetitive behavior that is ego alien (excessivehand washing, checking, counting, avoidance (corners /spiders)

Obsessions & Compulsions are time consuming, often more than an hour a day. Onset is typically before age 25 and often associated with a life event .... the twins in Pittsburgh.

The unusual thoughts are not delusional (fixed false beliefs) but ego alien. The Anxiety comes whtn the patient STRIVES to free themselves from the obcession, ... but cannot

Rituals are common: Counting, checking, cleaning, and avoidance

COMPLICATIONS:

MAD & SCHIZOAFFECTIVE DISORDER.

- Rarely cause total disability

From Santa Fe Listner

Better Cardio Fitness In Older Age Linked To Healthier Brain Aging, Research Suggests

HealthDay (12/12, Thompson) reports a study suggests that "seniors who want to stay sharp as they age should hit the treadmill, elliptical or exercise bike as often as possible." The new research "shows that better cardio fitness in older age is linked to healthier brain aging." That kind "of fitness preserves brain health as people age even if they carry genetic risk factors that make them vulnerable to Alzheimer's disease, researchers reported." The findings were published in the British Journal of Sports Medicine.

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Nearly Three Out Of Ten US Drugstores Closed In One Decade, Research Shows

The AP (12/3, Murphy) reports, "Nearly three out of 10 U.S. drugstores that were open during the previous decade had closed by 2021, new research shows."

The AP adds, "Black and Latino neighborhoods were most vulnerable to the retail pharmacy closures, which can chip away at already-limited care options in those communities, researchers said in a study." In addition, "the trend has potentially gained momentum since the study's timeframe, because many drugstores are still struggling."

https://www.healthcare-brew.com/stories/2024/12/02/why-is-there-psychiatrist-shortage

Why is there a psychiatrist shortage?

By Charlotte Hu Dec 2, 2o24

Since 2018, the US Department of Health and Human Services has been projecting that the supply of psychiatrists will not be enough to meet mental health needs.

Over the last two decades, changing workplace culture, the introduction of technologies like social media, and the Covid-19 pandemic have taken a massive toll on our collective mental health. By 2036, the US will be short 42,130 psychiatrists, according to research from the federal National Center for Health Workforce.

“Whenever there is uncertainty in society or polarization, worsening economic situations, more natural disasters, dislocations, all of those things will contribute to an increase in psychiatric illness,” Robert Trestman, chair of the American Psychiatric Association’s Council on Healthcare Systems and Financing, told Healthcare Brew.

Pipeline problems

Psychiatry has not traditionally been a top choice for medical students, partly because of the low pay and high burnout, according to the Health Resources and Services Administration (HRSA). In 2024, the National Resident Matching Program reported that psychiatry received 3,246 of the 66,816 residency applications across the country. Internal medicine received 15,451 applications by comparison.

The amount of residency matches has been increasing in the last few years, though. In 2024, there were about 1,823 available spots for psychiatry residents, according to a white paper by healthcare staffing company Medicus, a 5% increase from last year at 1,746. But the distribution of these to-be psychiatrists is uneven: As of December 2023, HRSA estimates that 169 million people in the US live in “health professional shortage areas” where there is an unmet need for health professionals in the geography, facilities, or populations.

Plus, working psychiatrists skew older: some 70% are over age 50, according the US Chamber of Commerce "What we see on the ground is there is a real and significant concern about retirement for some of the current practicing psychiatrists," Adrian Jacques Ambrose, chief clinical integration officer for the psychiatry department at Columbia University Medical Center, told Healthcare Brew.

The Centers for Medicare and Medicaid Services (CMS) has made efforts to add new Medicare-funded residency slots in underserved communities—in the first round, which went into effect July 2023, 20 of the 200 slots were allocated for psychiatry. Professional organizations like the American Medical Association and the American Psychiatric Association are pushing for additional legislative approaches to address shortages by increasing resources for training programs and providing more visas for internationally trained medical students and doctors.

"We cannot magically expand the number of slots unless they're paid for and there are enough teachers," Trestman said. "Psychiatry is an investment. Psychiatry at this point does not make anything like neurosurgery. So actually, it costs healthcare systems money to provide expanded psychiatric care."

Stop-gap solutions and beyond
Ambrose and Trestman agree that telemedicine and collaborative care models are two possible solutions for expanding access to psychiatric services.

Ambrose said telemedicine allows psychiatrists to extend services to underserved rural communities so patients don't have to drive hours to a treatment center. Psych urgent care can also be offered as a telehealth service.

Another way to stretch a hospital's psychiatry resources is to coordinate care

with other departments. One model developed initially at the University of Washington, for example, utilizes a diverse network of care providers and brings in psychiatrists to consult on complex issues like medication management or symptom monitoring.

Importantly, it's also a model CMS will fund, Trestman said. One study in AJMC found that these collaborative care models did not increase overall healthcare costs. Another study in the Journal of General Internal Medicine said that the models could even "result in lower costs through decreased utilization of emergency department and inpatient hospital services."

Drugs with the Side Effect - Stomatitis

Chemotherapy drugs
Antibiotics
Medications used for rheumatoid arthritis
Epilepsy medications
Prednisone
Inhaled corticosteroids

2-Hydroxysuccinaldehyde , 5-Asa , 5-Aza-2'-Deoxycytidine , 5-Azacytidine , 5-Fu , 6-Mercaptopurine , 6-Thioguanine , Abacavir , Abacavir-Lamivudine , Acamprosate , Acitretin , Actinomycin , Afatinib , Alendronate , Allopurinol , Amitriptyline , Amlexanox , Amoxapine , Amoxicillin , Amphotericin , Ampicillin , Amsacrine , Anthracycline , Aprepitant , Aripiprazole , Arsenic , Articaine , Asenapine , Atazanavir , Atorvastatin , Auranofin , Axitinib , Azithromycin , Aztreonam , Balsalazide , BCNU , Bendamustine , Betaxolol , Bexarotene , Bleomycin , Boceprevir , Bortezomib , Bosentan , Bupropion , Busulfan , Cabozantinib , Capecitabine , Captopril , Carbamazepine , Carbimazole , Carboplatin , CAS , Cefazolin , Cefdinir , Cefditoren , Cefpodoxime , Ceftriaxone , Cefuroxime , Celecoxib , Cetirizine , Cevimeline , Chlorambucil , Chloramphenicol , Chlorhexidine , Cidofovir , Ciprofloxacin , Cisplatin , Citalopram , Clarithromycin , Clofarabine ,

Clopidogrel , Colchicine , Copolymer , Cyclobenzaprine , Cyclophosphamide , D-penicillamine , Dabrafenib , Dacarbazine , Darifenacin , Darunavir , Dasatinib , Delavirdine , Deprenyl , Desipramine , Dexrazoxane , Diclofenac , Dicloxacillin , Diflunisal , Docetaxel , Dolasetron , Domperidone , Dothiepin , Doxepin , Doxorubicin , Doxycycline , Duloxetine , Eletriptan , Eribulin , Erlotinib , Ertapenem , Esomeprazole , Ethionamide , Etodolac , Etoposide , Etoricoxib , Etravirine , Everolimus , FAMP , FdUrd , Febuxostat , Fentanyl , Fluconazole , Fludarabine , Flunisolide , Fluoxetine , Flurbiprofen , Fluticasone , Fluvoxamine , Fosaprepitant , Frovatriptan , Gabapentin , Ganciclovir , Gatifloxacin , Gefitinib , Gemcitabine , Gemifloxacin , Gentamicin , Glat , Gold , Halofantrine , Histamine , Hydromorphone , Hydroxybutyrate , Hydroxyurea , Ibandronate , Ibuprofen , Idarubicin , Ifosfamide , Iloperidone , Imatinib , Imipramine , Indapamide , Indomethacin , Ipratropium , Irinotecan , Ixabepilone , K779 , Ketoprofen , Ketorolac , L-Dmp , Lamivudine , Lamotrigine , Lansoprazole , Lapatinib , Lasofoxifene , Leflunomide , Lenalidomide , Lercanidipine , Letrozole , Leucovorin , Levetiracetam , Lidocaine , Lincomycin , Linezolid , Lomefloxacin , Lomustine , LY146032 , Lymecycline , Mannitol , Maprotiline , Maraviroc , Meclofenamate , Medroxyprogesterone , Mefenamic , Melatonin , Meloxicam , Melphalan , Meprobamate , Methotrexate , Metronidazole , Miconazole , Midodrine , Minocycline , Mirtazapine , Mitomycin , Mitoxantrone , Moclobemide , Modafinil , Morphine , Moxifloxacin , Mthpc , Mycophenolate , Mycophenolic , N-acetylcysteine , Nabilone , Nabumetone , Nafcillin , Naproxen , Nefazodone , Nelarabine , Nelfinavir , Niacin , Nicorandil , Nicotine , Nilotinib , Nisoldipine , Nitroglycerin , Norfloxacin , Nortriptyline , Nystatin , Ofloxacin , Olanzapine , Olsalazine , Omeprazole , Oxacillin , Oxaliplatin , Oxaprozin , Oxcarbazepine , Oxybutynin , Oxycodone , Paclitaxel , Pamidronate , Pantoprazole , Paroxetine , Pazopanib , PCI-32765 , Pemetrexed , Penicillin , Pentamidine , Pentosan , Pentostatin , Perindopril , Pilocarpine , Piperacillin , Pirbuterol , Piroxicam , Pixantrone , Ponatinib , Posaconazole , Pregabalin , Procarbazine , Proguanil , Propafenone , Protriptyline , Quetiapine , Rabeprazole , Raltitrexed , Ramipril , Rapamycin , Rasagiline , Regorafenib , Retinoic , Ribavirin , Riluzole , Rimantadine , Risperidone , Ritonavir , Rofecoxib , Romidepsin , Ropinirole , Salbutamol ,

Saquinavir , Sativex , Sertraline , Sibutramine , Sildenafil , Sitaxsentan , Sodium , Sorafenib , Sparfloxacin , Stavudine , Strontium , SU5416 , Sulfadiazine , Sulfamethoxazole , Sulfasalazine , Sulindac , Sunitinib , Supremon , Tacrolimus , Telithromycin , Temozolomide , Temsirolimus , Teniposide , Tenoxicam , Testosterone , Thalidomide , Thiotepa , Tiagabine , Tiaprofenic , Tinidazole , Tiopronin , Tiotropium , Tobramycin , Tolcapone , Tolmetin , Topiramate , Topotecan , Trabectedin , Tramadol , Trametinib , Triazolam , Trimethoprim , Trimethoprim-Sulfamethoxazole , Trimipramine , Trospium , Trovafloxacin , V , VACV , Valdecoxib , Valganciclovir , Valproate , Vandetanib , Varenicline , Venlafaxine , Vincristine , Vinflunine , Vinorelbine , Voriconazole , Zaleplon , Zidovudine , Zidovudine/lamivudine , Zoledronic , Zolmitriptan , Zolpidem , Zonisamide , Zopiclone

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I ate nothing but red meat for a year... here's why the health experts are so wrong

by Cassidy Morrison December 19, 2024 Daily Mail

Just one year ago, Patrick Ensley weighed around 300 pounds. The size of his belly was almost too large to be measured with a measuring tape and his depression was debilitating.

Patrick, an HVAC technician in Milford, Nebraska, transformed his life when he adopted a full-carnivore diet, eating a 16-ounce steak, a pound of ground beef and a half-dozen eggs every day.

Since then, Patrick has lost 140lbs, he has more energy to play with his son, and his depressive cloud has lifted. The diet changed his life, he said, and he's never felt healthier.

The carnivore diet has become trendier by the year, with advocates like Joe Rogan and Jordan Peterson saying it improved their mental and physical abilities.

Yet a gap is opening between what followers of the diet report about their health and the science.

Increasingly, studies have linked a diet high in red meat to higher rates of diabetes, heart disease, and even cancer.

Some doctors say those studies don't differentiate between whole red meats like steak and lamb chops and junk food like hamburgers and hot dogs.

Before embarking on his all-carnivore journey alongside his wife Caitlynn, Patrick's chest measured 51 inches. It has since shrunk by 13 inches.

His belly shrunk 19 inches from 57 inches, and his hip circumference dropped from 49.5 inches to 37.

'I still have about 15 to 20 more pounds left till I hit my goal but the difference between then and now is insane,' he said in a YouTube video documenting his journey.

Before his weight-loss journey, Patrick would come home from work with completely sapped energy levels.

He would lay on the couch until he fell into a fitful sleep.

Read More
I quit my vegan lifestyle to embark on a CARNIVORE diet - eating nothing but meat, eggs, and butter has made me healthier than I've ever been
article image
'But now I come home, and I'm able to throw around my 2-year-old son on the couch and swing him upside down and play trucks and trains and all the fun stuff he likes to do and still have energy left over from my family.'

His sleep used to be marked by terrible snoring that sent his wife to the couch most nights, saying he would 'rattle the walls.'

He went from zero motivation to overflowing with it, now able to 'get things done,' like housework and mowing the lawn.

He said: 'I woke up several times throughout the night.

'I'd wake up in the morning; even if I had 10 hours of sleep, I'd wake up just not wanting to get out of bed.

I'd be sore and stiff. My ankles and my back and my knees would hurt, and I've just been miserable.'

But now I no longer snore. I don't wake up as frequently in the night, and I just have better quality of sleep. I wake up feeling refreshed, energized, and ready to start the day, and I'm not in pain anymore,' he said.

His work performance also improved. Before, he struggled to do his job because he weighed over 300 pounds.

He would get out of breath just climbing a flight of stairs or a ladder, and his size made it hard to fit into tight spaces.

Now, he can climb four or five flights of stairs before feeling winded, ladders are much easier to navigate, and he can fit into tight spaces without a problem.

His depression and brain fog also disappeared.

'It's a lot sharper now, and my words come out the way they're supposed to.

'I've struggled with depression, and I used to feel like a prisoner in my own body because I was so big, heavy, and unhealthy. It held me back from doing the things I wanted to do.

'Even after the first month or two, I noticed a huge change in my mood, ambition, and positivity. I felt better mentally almost right away. This experience has completely changed my life, and I've found my purpose again.'

Patrick's great success on the diet, and the fact that Joe Rogan, Jordan Peterson, and other carnivores have maintained fit, healthy physiques, doesn't match up with the expanding amount of evidence pointing to its harms.

For instance, People who eat just two servings of meat per week are at an increased risk for developing type 2 diabetes, according to a 2023 report by public health researchers at Harvard University.

The research, based on data from over 216,000 participants followed for up to 36 years, revealed that those who ate the most red meat had a 62 percent higher risk of type 2 diabetes compared to those who ate the least.

Meanwhile, researchers at Oxford University analyzed data from over 1.4 million people across thirteen different studies and found that higher consumption of red meat increased the risk of heart disease by 18 percent with each additional 50 grams eaten per day.

Unprocessed red meat (e.g., beef, lamb, pork) raised the risk by 9 percent per additional 50 grams per day.

But not all experts are in agreement.

Dr Aseem Malhotra, a British cardiologist, suggested that red meat has been unfairly demonized and that there is 'no evidence' that it increases these conditions

He said: 'I tell my patients, 'I don't care how much red meat you eat...' the evidence is only there for processed meat, not red meat.'

Dr Malhotra agrees with other experts who have pointed out that many

studies on meat and cancer risk fail to distinguish between different types of meat.

He has highlighted the paradox that while red meat is often vilified, refined grains like white bread and pasta continue to be recommended in US dietary guidelines.

However, the American Heart Association still advises moderating the consumption of red meat and other foods high in saturated fat, such as eggs.

Mainstream medical science says red meat is bad because it is typically high in saturated fat, which can raise your LDL ('bad') cholesterol levels.

Over time, this cholesterol clogs up the arteries, causing inflammation and damage to blood flow.

Some doctors have challenged this theory, saying that sugar is the main culprit when it comes to heart disease and cancers.

Patrick's first piece of advice for those toying with the idea of going all-carnivore, is to remove all non-meat items from your home to avoid temptation. If it's in the house, he and Caitlynn said, you'll eat it.

He also recommended filling your kitchen with convenient, carnivore-friendly foods like boiled eggs, homemade meatballs, pork rinds, string cheese, meat sticks, beef jerky, salami, and pepperoni. At the same time, he said it's important to develop a meal plan to avoid too much snacking.

Then, he said to write down your 'why'. For him, it was to see his young son grow up.

He said: 'Post it somewhere. For me I put my wallpaper as my son on my phone so I saw it every day. Put it somewhere where you're going to see it'

He also advised viewers to track their progress. Take 'before' pictures and measurements, even if it feels uncomfortable. Track changes regularly to monitor your progress. Finally, Subscribe to channels or communities offering encouragement, recipes, and motivation.

Take 'before' pictures, even if it feels uncomfortable, because months down the road, you'll look back and say, 'Wow, I've changed so much.'

'You'll see how much weight you've lost and can track progress, like losing 20 inches off your belly. When the scale stalls, those photos and measurements will remind you that you're still making progress, so you don't lose motivation.'

It's a good idea to speak with your doctor before embarking on this major life shift.

Experts have warned that the diet could lead to heart disease, the ancient sailor disease scurvy — and even colorectal cancer.

Jane Clarke, a UK-based specialist bowel nurse, warned that a diet restricted to meat products strips away vital nutrients like vitamin C and fiber, while loading up on harmful cholesterol.

A carnivore diet can lead to eating excess amounts of protein, or protein poisoning. This is excessive protein intake without carbs and fat to balance out the nutrients.

In these cases, the kidneys cannot properly filter out all of the protein and strain to keep up, which can lead to kidney damage, especially those with pre-existing kidney conditions.

Jane Clarke, a UK-based specialist bowel nurse, also warned recently: 'When your diet is just plate after plate of saturated fat and cholesterol, you are putting immense strain on your heart,' Ms Clarke said.

'Eating a carnivore diet long-term will increase your risk of heart attacks and strokes.'
Dr Malhotra, meanwhile, has also argued that red meat, despite its long-standing association with heart disease, does not actually increase the risk of heart disease.

The restrictive diet only allows consumption of meat, poultry, eggs, seafood, fish, some dairy products, and water. It also excludes vegetables, fruits, grains, legumes, seeds, and nuts.

'When you're on a strict elimination diet, it gets very monotonous, so what I eat in a day is really boring [but] it definitely worked for me,' Patrick said.

Patrick says the keto diet is a doable onramp to meat-only, but it has also been shown to carry certain health risks that some doctors advise outweigh the benefits.

Animal fat is primarily saturated fat, the unhealthiest type. It raises levels of LDL (bad) cholesterol, a waxy substance that clogs arteries and impedes blood flow to the brain and heart, raising the odds of a stroke or heart attack.

Other long-term concerns include kidney stones, gout, and osteoporosis.

At the same time, the diet has its benefits. It completely eliminates high-sugar and ultraprocessed foods, well known to increase the risk of severe obesity, heart disease, dementia, and increased risk of early death overall.

URGENT: Yale researchers have found Covid spike protein in the blood of people never infected with Covid - years after they got mRNA jabs

– by Alex Berenson

Yale University scientists have found Covid spike protein in the blood of

people who received Covid mRNA shots - up to two years after they received the jabs.

The people were never infected with Covid, antibody tests show, and our immune systems rapidly destroy newly produced spike proteins. The finding suggests some people who took the shots may be making the proteins on their own.

A possible reason is that genetic material delivered in the shots has integrated with human genes and is continuing to activate protein-making structures in our cells. If found to be correct, this explanation has serious implications for mRNA vaccine safety and the more than 1 billion people who received mRNA Covid doses.

To be clear, the finding does not provide definitive proof of genetic integration, or what researchers call “transfection.” For that, researchers must extract DNA from human cells and find the genetic sequences the vaccine delivers. How frequently the spike protein is appearing and whether the levels might have clinically significant consequences are also unclear.

The researchers have reported finding spike protein on conference calls with participants in their study in October and again this week. Two people independently told Unreported Truths of the study’s findings.

They researchers discussed publishing the findings with at least one major peer-reviewed journal, a person with direct knowledge of those discussions said. The journal declined.

The scientists now plan to publish the findings very soon on a unreviewed “pre-print” server so that other researchers and members of the public can see them and discuss their implications. They also intend to send samples to an independent lab for validation, though they do not believe they’re mistaken.

Drug-induced thrombocytopenia

Drug-induced thrombocytopenia occurs when certain medicines destroy platelets or interfere with the body's ability to make enough of them.

There are two types of drug-induced thrombocytopenia: immune and nonimmune. NON-immune prevents your bone marrow from making enough platelets, the condition is called drug-induced nonimmune thrombocytopenia. Chemotherapy drugs and a seizure medicine called valproic acid may lead to this problem.

OTHER DRUGS

Alcohol	Furosemide & thiazides
Gold, used to treat arthritis	Nonsteroidal anti-inflammatory drugs (NSAIDs)
Penicillin Bactrim	Quinidine
Quinine	Ranitidine
Sulfonamides	Linezolid and other antibiotics
Statins	

SYMPTOMS

Bleeding when you brush your teeth

Easy bruising Pinpoint red spots on the skin (petechiae)

Salute to an Unlikely Hero

His name was Peanut, a lowly Eastern Grey Squirrel who's mother was killed by a car in New York City. Mark Longo, a Connecticut engineer saw what happened and took Peanut into his care. Attempts to adopt Peanut to an animal shelter failed. They would not accommodate Peanut.

So Mark Longo bottle fed Peanut for eight months. He tried to release Peanut back into the wild, but a day ana a half later Peanut returned injured

and afraid. Peanut the Grey Squirrel's wildlife career was finished. The consolation prize was to live in Mark Longo's home with his wife Daniela and a cat named Chloe.

Mark and Daniela began recording videos of Peanut and his high-spirited hijinks around their house. His humorous acrobatics, his fondness for waffles, his miniature headgear and Peanut's habit of holding little signs to express his thoughts eventually led to MILLIONS of social media followers . This generated income, enough for the couple to move from Conneticut to upstate New York and to establish a 501c(3) non-profit foundation called "P'Nuts Freedom Farm Animal Sanctuary in April 2023.

Half the income from Peanut's online presence was donated toward the sanctuary which offered care for abandoned / vulnerable animals needing a second chance. By November 2024 the sanctuary was caring for 300 animals, including horses, alpaca, cows, various fowl and a pot-bellied pig. All of this over seven years.

Peanut had become a cherished member of the Longo Family that helped them find a special purpose, a special community and their version of the American dream.

But there is always a GRINCH. An 'anonymous complainant became 'concerned' about an undomesticated animal living in a human's home and reported the matter to THE NEW YORK STATE DEPARTMENT OF ENVIRONMENTAL CONSERVATION (DEC).

On October 30, 2024 a convoy of vehicles with 12 jack-booted thugs called 'officers' from multiple agencies descended upon the Longo's rural home in Pine City, NY with a search warrant for "a squirrel and a racoon.

Mark Logo takes the story from here, "They treated me like I was a terrorist. They treated this raid as if I was a Cartel drug dealer. They ransacked my house for five hours. They asked my wife, who is of German descent, what her immigration status was. They asked if I had cameras in my house. They would not allow me to go to the bathroom without a police

escort who then checked the back of the toilet to see if I was hiding anything there.

Mark also said he was prevented from feeding and watering the sanctuary's other animals during the lengthy ordeal. Eventually, Peanut and a raccoon named Fred were seized. The Logo's were not informed of their fate until November 1, 2024 when a 'combined agency press release described in bureaucratic language, Big BROTHER's version of events.
On October 30, DEC seized a raccoon and squirrel sharing residence with humans, creating the potential for human exposure to rabies. In addition a person involved with the investigation was bitten by the squirrel. To test for rabies, both animans were euthanized.

Mark Longo tells another story. He said that the thugs (my word for officers) wore heavy gloves, like those used for training Raptores and he never saw anyone get bitten by his docile critters. Longo also noted that these animals had lived with them over an extended time with no ill effects. "Peanut and Fred did not have raies or I would not be alive to tell their story". Fans of Peanut question why euthanasia was used to check for rabies, rather than the more reasonable method of quarantine.

Yes this story broke a few days before President Trump's historic victory at the polls. Perhap's Peanut's story moved the needle a little bit.....

But people WAKE UP! Every time you go to the voting booth, whisper to yourself ***Remember Peanut, the squirrel !***

– story from American Rifleman, Jan 2025

Glutamate inhibitors or glutamate antagonist drugs inhibit the action of neurotransmitter glutamate on neurons and are used to treat amyotrophic lateral sclerosis (ALS), also known as motor neuron disease or Lou Gehrig's disease, caused by loss of or damage to motor neurons.

Riluzole, a glutamate inhibitor drug that belongs to the benzothiazole class is a Food and Drug Administration-approved medication for the treatment of ALS.

Generic and brand names of glutamate inhibitors include:

Exservan	Rilutek
Riluzole	Tiglutik

Glutamine is involved in:

Protein synthesis: It is a building block for proteins.

Fuel for the gut and immune system: Glutamine serves as a fuel source for rapidly dividing cells, particularly in the gut and immune system.

Nitrogen transport: It helps transport nitrogen between tissues, which is vital for cellular metabolism.

Acid-base balance: It aids in maintaining pH balance in the kidneys by producing ammonium.

GLUTAMINE AND CANCER

Cancer cells often exhibit altered metabolism, referred to as the "Warburg effect," where they rely heavily on glucose for energy. However, in many cancers, including prostate cancer, glutamine also becomes a critical nutrient. Cancer cells use glutamine for:

Fueling growth: Glutamine provides carbon and nitrogen for nucleotide and amino acid biosynthesis, supporting rapid cell proliferation.

Maintaining redox balance: It contributes to glutathione synthesis, which protects cancer cells from oxidative stress.

Energy production: It is used in the tricarboxylic acid (TCA) cycle for energy.

GLUTAMINE AND PROSTATE CANCER

Prostate cancer cells exhibit a unique metabolic dependency on glutamine. Some key findings include:

Glutamine Addiction: Prostate cancer cells, especially those with advanced or castration-resistant phenotypes, show "glutamine addiction," meaning they rely heavily on glutamine for survival and proliferation (Wang et al., 2011; Wang et al., 2017).

Glutaminolysis: Prostate cancer cells often upregulate glutaminase (GLS), an enzyme that converts glutamine to glutamate, fueling the TCA cycle and biosynthetic processes (Li et al., 2016).

mTOR and c-MYC Pathways: Pathways like mTOR and c-MYC are often activated in prostate cancer and promote glutamine uptake and utilization (Gao et al., 2009).

Therapeutic Targeting of Glutamine Metabolism

Targeting glutamine metabolism has been explored as a therapeutic approach in prostate cancer:

Inhibitors of Glutaminase: Drugs like CB-839 inhibit GLS, limiting glutamine metabolism and potentially suppressing tumor growth (Gross et al., 2014).

Combination Therapies: Combining glutaminase inhibitors with other treatments, such as androgen deprivation therapy, shows potential synergistic effects (Emmanuel et al., 2022).

FINAL THOUGHTS AND TAKEAWAYS

Glutamine is a double-edged sword—a vital amino acid supporting protein building, immune function, gut health, and longevity but also a fuel source for advanced prostate cancer cells.

Striking the right balance between leveraging its health benefits and mitigating its role in cancer metabolism is crucial, highlighting the importance of personalized nutrition and treatment strategies in prostate cancer care.

A balanced approach is essential—maintaining healthy glutamine levels for overall wellness while working with healthcare providers to tailor strategies that consider the unique needs of each stage of the disease.

Joe Rogan left stunned as Mel Gibson reveals astounding way three friends cured their stage 4 cancers

by Emily J Sterne Daily Mail January 11, 2025

Gibson claimed they took ivermectin and fenbendazole, drugs usually given to treat infections caused by roundworms, threadworms, and other parasites.

The Lethal Weapon star then sensationally claimed all three friends 'don't have cancer right now.'

'This stuff works, man,' he added.

There is some early evidence that using ivermectin in combination with other therapies can help shrink tumors, but that has not been stood up by larger trials.

Some research has also suggested fenbendazole, known by its brand names Panacur and Safe-Guard, stops the growth of cancer cells, even some of the most aggressive types.

Experts cautioned that while early research is encouraging, fenbendazole can cause serious side effects. They also warn that shunning mainstream treatments could be deadly.

Referring to both drugs, Rogan added: 'This stuff does work, which is strange because it's not profit.'

He also acknowledged both drugs are controversial and suggested health authorities may be pushing standard cancer treatments because they are more profitable.

Rogan added: 'When you hear about things that are demonized and they turn out to

be effective, you always wonder, "What is going on here? How have our medical institutions failed us so that things that do cure you are not promoted because they're not profitable?'"

The costs vary, though it's estimated to run about $90 for 20 tablets without insurance.

A 2021 study from researchers at City of Hope Comprehensive Cancer Center in California suggested using ivermectin alongside the anti-body anti-PD1 could could treat triple-negative breast cancer tumors in mice.

However, the researchers cautioned that it's unclear if the same results can be replicated in humans and advised against taking ivermectin on its own.

A team from City of Hope also started clinical trials of ivermectin alongside immunotherapy drug pembrolizumab, which has been approved for breast, lung, and endometrial cancer.

However, the trial, funded by the National Cancer Institute, was withdrawn. It's unclear why the research stopped.

Dr Susanne Arnold, associate director for clinical translation at the Markey Cancer Center in Kentucky, told The Associated Press last year that while there have been preclinical studies exploring using ivermectin and similar drugs to slow cancer cell growth in labs, this isn't the same as proving the drugs work in humans.

She said: 'I know of no reports of clinical trials that yielded successful results in humans with cancer.'

Ivermectin was first approved for animal use in 1981, though it would be three decades before it became touted as a potential cancer treatment.

The earliest research dates back to 2014, with a Swiss study suggesting ivermectin could stop the growth of some lung and colon tumors.

However, the study was performed on cells rather than human subjects.

Dr Peter P Lee, study author and chair of the immuno-oncology department at City

of Hope, said at the time: 'Certainly by itself ivermectin is not a cure or even an effective treatment for breast cancer.

'I pride myself as a rigorous, fair-minded scientist. And in our hands, through many years of experiments, it has promise — but not by itself.'

Ivermectin has also been shown to be largely ineffective against Covid.

It became a political hot button issue during the pandemic after Republican politicians, including President-Elect Donald Trump, voiced their support for the drug's use against Covid.

In 2022, the National Institutes of Health (NIH) wrote on its website that it 'recommends against the use of ivermectin for the treatment of COVID-19, except in clinical trials.'

A 2022 study from Malaysia found ivermectin did not prevent Covid patients from becoming severely ill.

And researchers in New York City suggested that patients with Covid who improved with ivermectin may have actually had and been treated for the parasite strongyloidiasis.

However, the team found the drug does not cause serious side effects in most cases, with itchy skin, vomiting, diarrhea, and fatigue being among the most commonly reported.

Ivermectin has been shown to interact with the blood thinner warfarin, as ivermectin can disrupt clotting factors, leading to increased bleeding.

Gibson also claims his friends took fenbendazole, given primarily to dogs to kill roundworms, hookworms, whipworms, and certain animal tapeworms.

In 2021, a series of three case studies with advanced cancer found that all three patients had their tumors shrink after taking fendendazole. However, the authors stressed more research is needed.

A handful of scientific papers have been published in recent years suggesting

fenbendazole has anti-cancer properties — including a 2020 review from scientists in Tennessee, which found the drug slowed lung cancer growth in some mice with the disease.

Another study from this year that reviewed six human cases where tumors shrank after taking the drug concluded fenbendazole 'stands out' as a possible new cancer therapy.

However, other studies have shown significant risks.

Doctors in South Korea — which saw a surge in people taking the drug to combat cancer in 2019 — said it left some patients with intestinal necrosis, a severe medical condition where part of the intestine dies.

In October this year, a 45-year-old British man was reported to have died from liver failure after taking the drug for its alleged anti-cancer properties.

Dr Jason Williams, who uses experimental treatments for cancer patients, previously told DailyMail.com: 'Fenbendazole may be useful in specific contents, but it is a double-edged sword.

'In some cases, it could even promote cancer growth if not applied appropriately.

'Its use must be carefully tailored to the individual patient's situation and monitored closely.'

Fenbendazole costs about $9 for a week's supply and is available over-the-counter and online for dogs in liquid, powder or paste form.

The drug is also not recommended to treat cancer in animals.