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SPECIAL GUEST: The Listener

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 !**

Quotes & Quips HUMOR & WISDOM

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For your tomorrow, we gave our today
– written by Simonides to honor the Spartans
who fell at the Battle of Thermopylae in 480 BC.

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32 Trillion cells = one human

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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.

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

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.

CALIFORNIA:
Some points.

Charges that illegals from Venezuela and the Mid east have been setting fires—these are being censored..

Newsome working with Biden to silence “misinformation” which Newsome claims in
their biggest problem.

Fires keep popping up without explanation—could some be acts of terrorism?

No water? Reservoirs dry.

Santa Ana winds again on the rise 30–50 mile/hr next several days till Wednesday, some winds to 100MPH.

Equipment and supplies sent to Ukraine.

DEI top Cal fire dept priority.

12,000 buildings burned to the ground, 150,000 evacuated, many will be homeless.

With Cal housing prices and sources, where will the displaced live.

$50B cost so far and climbing, if it continues could spark a major financial crisis
with banks and insurers.

So what’s the prospect of continuance and rates of home insurance in Cal.

Will they raise rates in Nevada etc to bail out Cal insurance?

What lessons will Americans learn about Newsome , Bass and the Dems DEI priorities.

By Pete Seeger

Where have all the flowers gone?

Long time passing
Where have all the flowers gone
Long time ago?
Where have all the flowers gone?
The girls have picked them every one
Oh, when will you ever learn?
Oh, when will you ever learn?
Where have all the young girls gone?
Long time passing
Where have all the young girls gone
Long time ago?
Where have all the young girls gone?
They've taken husbands every one
Oh, when will you ever learn?
Oh, when will you ever learn?
Where have all the young men gone?
Long time passing
Where have all the young men gone
Long time ago?
Where have all the young men gone?
They're all in uniform
Oh, when will you ever learn?
Oh, when will you ever learn?

THE H. M. O. DOCTOR

How many of us have signed contracts with non-compete clauses in our day?

How many of us have agreed to a salary based on approximately 40 hours of work per week, only to find that the 40 or so hours is all appointment time with no allowance for the work done outside of the exam room? How many of us have formally accepted positions with patient panels of a certain size, visits of a certain length, only to have the rules changed once the contract was signed and we were actually working?
Have you ever compared what you bring in to your practice — as a clinician, you are a revenue generator, not an expense — with your compensation? Have you ever asked the decision makers about the difference?
When it's all said and done, the amount that goes to you is a small fraction of what you have earned for the company.

The system is not set up to serve the clinician, yet it is profoundly dependent upon us Health care can't make a dime without clinicians billing for visits. And if we don't take care of our clinicians and make changes to address systemic burnout and exploitation, how can the health care industry survive?

Technology and changing attitudes offer similar opportunities for clinicians. Patients and clinicians are growing increasingly dissatisfied with the current model of health care delivery. Costs are increasing and value (however you choose to measure it) is decreasing. The time has come for a change, an option that eliminates (or at least minimizes) the middleman, an option that increases transparency and that allows clinicians to reach their patients more directly. Maybe that has the potential to shift the equation in favor of the most essential resource: clinicians.

MAUREEN CALLAHAN's damning final verdict on a legacy of total failure

by Maureen Callahan DailyMail January 20, 2025

After the longest of goodbyes, the worst president in modern American history is finally, thankfully, gone.

It's been equal parts enraging and entertaining to watch Joe Biden take what he clearly feels is a well-earned victory lap: A slurry farewell address from the Oval Office, followed by a fawning exit interview in which he insisted, again and deludedly, that if he had stayed in the race he would have won.

As Biden himself would say: No joke!

And so begins the political obituary for a presidency like no other — a president who was never really there, who held office in name only, who was but a puppet for a shadowy Democrat cabal (Barack Obama and Nancy Pelosi, cough-cough) that installed him and ran the country into the ground.

Not that Joe or Bad Doctor Jill would ever admit as much. But that's par for the course with a family that put ill-gotten gains and an unslakable thirst for power ahead of what is good and right. Ahead of the country's best interests.

'You answered all the questions, Joe!'

That was Jill Biden to her enfeebled dotard of a husband, who had just walked off that infamous debate stage back in June. A truly loving wife would surely have shuffled him home, held his hand and told him it was time to go.

Not Lady MacBiden. No: Her husband may have just humiliated himself and the country — not to mention showing our enemies that the leader of the free world was asleep at the wheel — but she figured she could write that off as 'just a bad night'.

That's how stupid the Democrat establishment thought the electorate was.

Face it: Biden's first and only term was always destined to end badly. He began by defying his top military advisers who warned against pulling US forces out of Afghanistan.

Bob Gates, former secretary of defense under George W. Bush and Obama,

wrote of Biden in his 2014 memoir: 'I think he has been wrong on every major foreign policy and national security issue over the past four decades.'

Obama, ahead of Biden's presidential run in 2020: 'Don't underestimate Joe's ability to f*** things up.'

Of course, Old Joey thought he knew best. And the result was the worst American retreat since Saigon.

Desperate Afghanis, children among them, clung to an American C-17 plane during takeoff and plummeted to their deaths.

Babies were tossed over barbed wire to American servicemen. Afghanis who risked life and limb to help Americans — who were promised protection— were left behind.

Thirteen US service members died when a terrorist suicide-bomber struck at Kabul airport.

President Biden honored their ultimate sacrifice by checking his watch repeatedly as their coffins were delivered for 'dignified transfer' at Dover Air Force Base. Surviving family members were left repulsed by Biden's callousness. By his insistence on talking not about their needless losses but about his own deceased son, Beau.

We later learned that he'd also reportedly kept those grieving families waiting while he dozed on Air Force One.

Roice McCollum, whose 20-year-old brother Rylee was among the fallen, told the Mail that Biden 'made us wait an extra three hours to receive the bodies of our dead family members because he couldn't pull it together.'

Perhaps this was the moment Biden's presidency, then only nine months old, died.

After his administration released a report blaming — you guessed it — Donald Trump for the Afghanistan debacle, Roice McCollum spoke for the bulk of America.

'This administration is a disgrace to this country,' she said. 'Of course Biden would blame it on Trump. He said a couple of days ago they have to do everything in their power to keep Trump from getting elected again. It's just propaganda. They are trying to manipulate public opinion'.

How right she was.

'Cheap fakes', we were told, every time we saw footage of Biden wandering off, or standing with his mouth agape, clearly confused about where he was and what he was doing — a lie repeated over and over by an overwhelmingly liberal media hellbent on keeping Trump from running again.

Winning again.

'Deceptively edited videos, known as "cheap fakes", have become staples of Republican attacks against President Biden' — The Washington Post, June 11, 2024

'The videos… are cropped or edited in a way that is misleading' — The Hill, June 19, 2024

And this, from the New York Times, dated June 21, 2024: 'There is the distorted, online version of [Biden], a product of often misleading videos that play into and reinforce voters' longstanding concerns about his age and abilities.'

This talking point was clearly being spoon-fed to a toothless press by the Biden White House right up to that June TV debate — you know, the one that 'reinforced voter concerns about his age and abilities'.

Then the mask was off. Biden wasn't a well-meaning, somewhat forgetful but

thoroughly decent man saving 'the soul of the nation' from Trump.

He — clearly cognitively impaired, by his own admission able to work just four hours a day, left by his staff to sleep through all manner of crises — was the real threat.

After the Afghanistan withdrawal, which revealed a shambolic America in retreat, Putin invaded Ukraine. Hamas unleashed a terror attack on Israeli soil to rival 9/11. Al-Qaeda and Isis are on the rise once again.

The Taliban in Afghanistan has banned women from speaking in public.

Criminals, gangs and rapists have flowed freely through our open southern border with Mexico.

But Biden's top priorities have seemingly been trans rights — stripping protections for real girls and women — DEI and wokeism.

Should we be surprised? Biden has always given so many women the creeps, sniffing the hair of little girls, squeezing their shoulders, kissing them on the lips.

'Showers w/my dad (probably not appropriate),' Biden's daughter Ashley wrote in a diary that she herself admits is real.

Imagine if that were in Ivanka Trump's authenticated diary entries. It would have been the mainstream media's top story for months.

Not so for Biden. But, ever the small man, he has remained — to the bitter end — full of grudges, gripes and grift.

His largest concern has seemed to be not for the country but himself and his family. Somehow — don't ask Joe — his corrupt, degenerate son Hunter found himself with a sweetheart plea deal on tax evasion and a federal gun charge.

Until he didn't. Just like Hunter's sordid laptop was fake, or a Russian plant, until it wasn't.

Once Hunter pleaded guilty in federal court in September — weeks before the election — Joe said over and over that under no circumstances would he pardon his son.

After Trump won, Biden pardoned his son, for crimes known and unknown.

That kind of brazen duplicity, shameless hypocrisy — rules for thee, but not for me — is synonymous with the Biden family and the entire Democrat machine.

It's the endless moralizing and lecturing and hectoring to America about what a terrible country this is — what racists, sexists, homophobes, transphobes and xenophobes we are — that led to a second Trump term.

It was the hysteria that 'Trump was Hitler' and a threat to democracy, while they quietly installed a senile figurehead and executed a palace coup to give Kamala Harris, she of epic word salad and not one original thought, the nomination.

While delivering his farewell address last week, Biden quoted President Dwight D. Eisenhower in a warning about the looming second Trump term: 'the potential for the disastrous rise of misplaced power, end of quote.'

End of quote, end of times.

Yes, Joe Biden's been a total downer on his way out, warning us of the dark, dangerous America that — hello! — he himself worked to destroy.

He foisted Kamala, a woman who couldn't articulate a single reason for running besides 'I'm not Donald Trump', upon his party — his nation — as revenge for getting pushed off the ticket.

His approval numbers are in the toilet, the lowest of any outgoing president since Nixon. His one-time mega donors have reportedly snapped shut their wallets — no presidential library for you, Joe! — so disgusted are they. He lost the Hollywood elite the moment George Clooney turned on him in the pages of The New York Times last July.

Yet Biden, whether it's dementia or defiance, thinks he's going out on a high! He thinks America really wants to hear what he has to say — or stumble through, as the case may be.

He thinks he is going to be missed. He seems to see himself as a quasi-religious figure and that, without him, America may not be saved.

From that farewell address: 'Today, an oligarchy is taking shape in America of extreme wealth, power and influence that literally threatens our entire democracy.'

You mean, Joe, like the Chinese businessmen you swore you never met, let alone introduced to Hunter? Despite the photos that surfaced just days ago, showing you, Hunter, and those Chinese businessmen?

Despite emails and texts from Hunter to his various foreign connections, confirming payouts of ten percent 'for The Big Guy'?

Or the pressure your Justice Department put on tech companies, Facebook and Twitter among them, to suppress the Hunter laptop story?

Or the lies you told a complicit liberal media about your cognitive health and physical fitness?

Does that not sound to you like concentrated wealth and stolen power threatening our very democracy?

Americans are not fooled by Joe Biden. We never really have been. He won in 2020 at the height of the pandemic, voted in by a panicked electorate — a

vote for change that saw nearly every incumbent in the Western world voted out.

He ran on the premise of restoring normalcy and stabilizing the nation. On that, he failed.

New Year's Day saw a deadly terror attack in New Orleans and another bombing outside the Trump Hotel in Las Vegas.

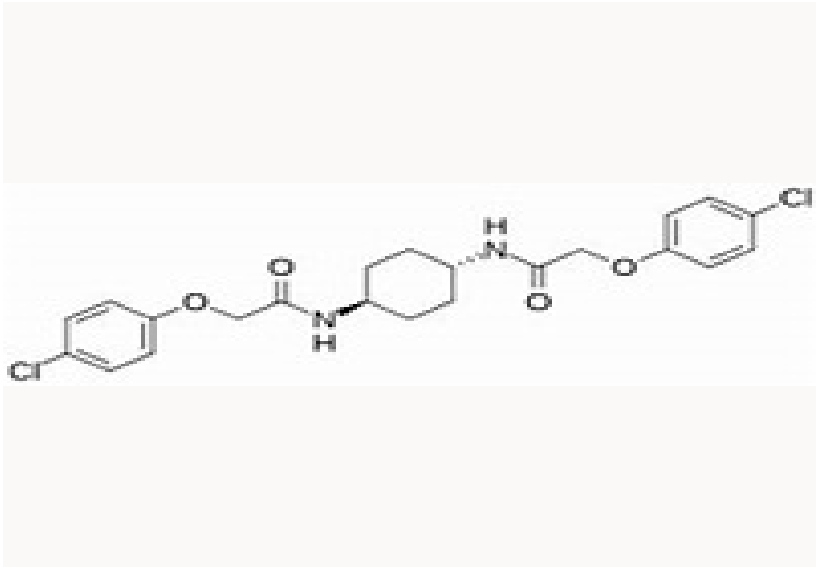
Americans remain held hostage by Hamas and, until mere days ago, there was no ceasefire in sight.

As Biden walks out the door, Los Angeles endures Week 3 of devastating wildfires — the ultimate metaphor for Biden's bonfire of vanities, one that elevated incompetent virtue-signalers and DEI hires over competence and common sense.

Biden, despite trying to salvage his legacy, will go down in history as a minor footnote, the aberrant hiccup between Trump's first and second term.

That's if he's lucky. That's if he's not remembered as the most useful idiot the left ever installed. As he turns to go on Monday morning, LA will still be on fire, and that will be his true legacy: An America left burning, hopeless, desperate, neglected.

But we sussed out the real threat. And it wasn't Donald Trump.



ISRIB (short for "integrated stress response inhibitor") is an experimental drug that reverses the effects of eIF2α phosphorylation with an IC50 of 5 nM. It was discovered in the laboratory of Peter Walter at University of California, San Francisco (UCSF) through a semi-automated screening of a large library of small molecules by Carmela Sidrauski, who decided to pursue research on it.[1][2] It has been shown to inhibit eIF2α phosphorylation-induced stress granule (SG) formation.[3] Since eIF2α phosphorylation is known to be involved in memory formation, ISRIB was tested to see whether it would be active in vivo, and was found to readily cross the blood–brain barrier, with a half-life of eight hours.

MOLECULAR HYDROGEN THERAPY

Molecular hydrogen (i.e. H2 gas) is gaining significant attention from academic researchers, medical doctors, and physicians around the world for its recently reported therapeutic potential [1]. One of the earliest publications on hydrogen as a medical gas was in 1975, by Dole and colleagues from Baylor University and Texas A&M. They reported in the journal Science

that hyperbaric (8 atm) hydrogen therapy was effective at reducing melanoma tumors in mice. However, the interest in hydrogen therapy only recently began after 2007, when it was demonstrated that administration of hydrogen gas via inhalation (at levels below the flammability limit of 4.6%) or ingestion of an aqueous solution containing dissolved hydrogen, could also exert therapeutic biological effects. These findings suggest hydrogen has immediate medical and clinical applications.

In 2007, Dr. Ohta's team reported in Nature Medicine [3] that inhalation of 2-4% hydrogen gas significantly reduced the **CEREBRAL INFARCT** volumes in a rat model of ischemia-reperfusion injury induced by middle cerebral artery occlusion. Hydrogen was more effective than edaravone, an approved clinical drug for cerebral infarction, but with no toxic effects (See figure below). The authors further demonstrated that dissolved hydrogen in the media of cultured cells, at biologically relevant concentrations, reduces the level of toxic hydroxyl radicals (•OH), but does not react with other physiologically important reactive oxygen species (e.g. superoxide, nitric oxide, hydrogen peroxide).

Molecular hydrogen can be administered via inhalation [11], ingestion of solubilized (dissolved) hydrogen-rich solutions (e.g. water, flavored beverages, etc.) [12], hydrogen-rich hemodialysis solution [13], intravenous injection of hydrogen-rich saline [14], topical administration of hydrogen-rich media (e.g., bath, shower, and creams) [15], hyperbaric treatment [2], ingestion of hydrogen-producing material upon reaction with gastric acid [15], ingestion of non-digestible carbohydrates as prebiotic to hydrogen-producing intestinal bacteria [16], rectal insufflation [17], and other methods.

It was initially suggested that the beneficial effect of hydrogen was due to an antioxidant as hydrogen selectively neutralized cytotoxic hydroxyl radicals [3] in vitro. However, although H2 reduces •OH radicals [20], as has been

shown in various systems [3, 21, 22], it may not occur via direct scavenging, and it also cannot fully explain all the benefits of hydrogen [23]. For example, in a double-blinded placebo-controlled trial in rheumatoid arthritis [24], hydrogen had a residual effect that continued improving the disease symptoms for four weeks after hydrogen administration was terminated [24]. Many cell studies also show that pre-treatment with hydrogen has marked beneficial effects even when the assault (e.g., toxin, radiation, injury, etc.) is administered long after all the hydrogen has dissipated out of the system [25-27]. Additionally, the rate constants of hydrogen against the hydroxyl radical are relatively slow (4.2 x 107 M-1 sec-1) [20], and the concentration of hydrogen at the cellular level is also quite low (micromolar levels), thus making it unlikely that H2 could effectively compete with the numerous other nucleophilic targets of the cell [28]. Lastly, if the mechanism were primarily associated with scavenging of hydroxyl radicals, then we should see a greater effect from inhalation compared to drinking, but this is not always the case [29, 30]. In short, we consider it inaccurate or at least incomplete to claim that the benefits of hydrogen are due to its acting directly as a radical-scavenging antioxidant. Indeed, hydrogen is selective because it is a very weak antioxidant and thus does not neutralize important ROS or disturb important biological signaling molecules. Nevertheless, a metabolic tracer study [31] using deuterium gas demonstrated that, under physiological conditions, deuterium gas is oxidized, and the oxidation rate of hydrogen increases with an increasing amount of oxidative stress [32], but the physicochemical mechanism for this may still not be direct radical scavenging [31]. However, not all studies show that hydrogen is oxidized via mammalian tissues [33], and it has also been reported that deuterium gas did not exert a therapeutic effect in the model studied whereas 1H did (unpublished data).

Besides the potential scavenging of hydroxyl radicals and/or activation of the Nrf2 pathway, hydrogen may ameliorate oxidative stress via a signal-modulating effect [5] and reduce the formation of free radicals [44], such as downregulating the NADPH oxidase system [45]. The various signal-modulating effects of hydrogen are responsible for mediating the

anti-inflammatory, anti-allergy, and anti-obesity effects of hydrogen. Hydrogen has been shown to downregulate pro-inflammatory cytokines (e.g. IL-1, IL-6, IL-8, etc.) [46], attenuate the activation of TNF-α [24], NF-κB [47], NFAT [30, 48], NLRP3 [49, 50], HMGB1 [51], and other inflammatory mediators [5]. Additionally, hydrogen has beneficial effects on obesity and metabolism by increasing the expression of FGF21 [52], PGC-1α [53], PPARα [53], and more. [54]. Additional 2nd messenger molecules or transcription factors affected by hydrogen include ghrelin [55], JNK-1 [45], ERK1/2 [56], PKC [57], GSK [58], TXNIP [49], STAT3 [59], ASK1 [60], MEK [61], SIRT1 [62], and many more. Over 200 biomolecules are altered by hydrogen administration including over 1000 gene expressions.

However, the primary targets and master regulators responsible for these changes are still elusive [46]. There are many feedback systems and loops to consider, which makes it difficult to determine if we are detecting the cause or the effect of hydrogen administration.

The exact mechanism of how hydrogen modulates signal transduction, gene expression, and protein phosphorylation is still being investigated [5]. A recent publication [63] in Scientific Reports provides good evidence to suggest that one of the mechanisms through which hydrogen accomplishes the various signal-modulating effects is by modifying lipid peroxidation in the cell membrane. In cultured cells, at biologically relevant concentrations, hydrogen suppressed the free radical chain reaction-dependent peroxidation and recovered Ca2+-induced gene expressions, as determined by comprehensive microarray analysis (see Figure 6) [63].

POSSIBLE USES:

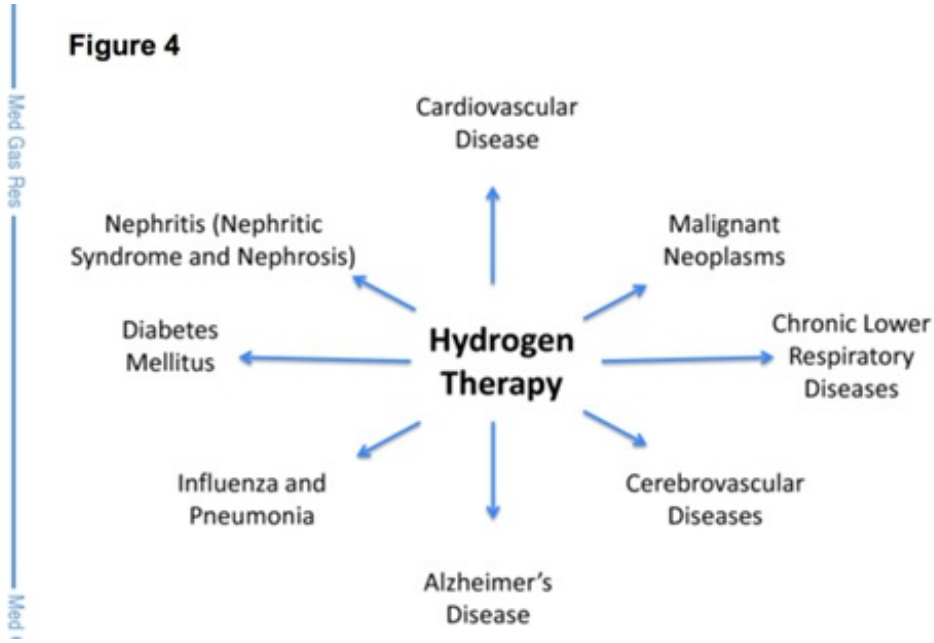
Nephritis
Diabetes
Influenza/ pneumonia
Alz Dis

CARDIOVASCULAR and Cerebrovascular Disease
COPD

Cancer

There is not yet enough scientific evidence to support the use of hydrogen peroxide as an effective or safe treatment for COPD. However, some researchers have found that hydrogen can suppress the inward infiltration of the WBCs such as neutrophils and macrophages in lung tissue and also block the action of NF-κB and MPO in lung tissue. It reduces the inflammatory factors and also reduces the cytokine secretion in lung tissue, including TNF-α, IL-1, IL-6, and HMGB12. A clinical study using laboratory mice showed that hydrogen therapy could effectively suppress GBM tumor growth and prolong the survival of mice with GBM3.

1) Antioxidant and Brain-Protective Effects



It was first shown that molecular hydrogen (H2) could protect from damage by reducing the most toxic reactive oxygen species (ROS) in cells. Inhaled hydrogen also easily reached the brain to

reduce injury in rats with stroke [R].
In the first pilot study of 38 stroke patients, a hydrogen solution (IV) was safe and had a mild antioxidant effect [R].
In a small study (DB-RCT) of 17 patients with Parkinson's disease, those who drank hydrogen water had improved symptoms. Those who drank regular "placebo" water, however, experienced a worsening. There were also no adverse effects to drinking 1L of hydrogen water daily for almost one year [R].

No study so far has looked at the effect of hydrogen water alone on Parkinson's Disease, though. In the completed studies, patients drank hydrogen water as an add-on to regular medications (L-Dopa) [R+].In rats, hydrogen water reduced oxidative stress and prevented Parkinson's Disease. Curiously, hydrogen seems to achieve better results with lower doses. Rats who drank hydrogen water did better than those who constantly received higher amounts of hydrogen intravenously [R].

Hydrogen water prevented cognitive, learning, and memory problems in mice under stress by acting as an antioxidant. It also protected cells in the brain's memory hub – the hippocampus – from the detrimental effects of stress [R]. Hydrogen water could potentially be used to prevent cognitive and stress-induced disorders with more research.

2) Mood Disorders

Hydrogen water restored the natural growth of brain cells in mice. Since this also happens in people who overcome depression (with antidepressants or otherwise), hydrogen water has the potential for improving depression and other mood disorders [R, R].

3) Suppressing Inflammation

In one pilot study, 20 patients with rheumatoid arthritis drank 0.5 L/day of hydrogen water for 4 weeks. By the end of the study, all patients with early rheumatoid arthritis achieved remission and 20% became symptom-free [R,

R].
Molecular hydrogen (H2) also had anti-inflammatory effects in many animal studies [R, R].

4) Muscle Fatigue and Weakness

In an experiment with 10 young athletes (DB-CT), drinking hydrogen water reduced lactic acid build-up during heavy exercise and decreased muscle fatigue [R].
Drinking 2 L of hydrogen water daily helped 8 cyclists power through sprints with more energy and less exhaustion in one small 2-week study [R].

In a study on mice with a serious muscle-wasting disease (Duchenne muscular dystrophy), hydrogen water prevented abnormal body mass gain and increased the production of the antioxidant glutathione peroxidase. Hydrogen water could potentially improve muscular dystrophy in DMD patients [R].

5) Preventing Metabolic Syndrome

Hydrogen water reduced fatty liver in mice with type 2 diabetes, obesity, and those fed a high-fat diet. It also boosted energy use and reduced levels of glucose, insulin, and triglycerides [R].
In rats, hydrogen water could prevent hardening of the arteries, atherosclerosis [R].
In a pilot study on patients prone to metabolic syndrome, drinking hydrogen water (1.5 – 2 L/day) for 8 weeks increased in HDL-cholesterol and decreased total cholesterol [R].

6) Boosting Weight Loss

Long-term drinking of hydrogen water helped lose body fat and weight in rats. It boosted burning fats and sugars for energy, without any change in diet. In fact, drinking hydrogen water had similar effects on the body as calorie restriction [R].

7) Hydrogen Water Enhances Energy Metabolism

Drinking hydrogen water protected the body's energy powerhouse, the mitochondria, in several studies of 41 people with muscle diseases. They drank 0.5 – 1 L of hydrogen water per day [R].
Drinking hydrogen water also stimulated energy metabolism in mice [R].

8) Diabetes

Drinking hydrogen water decreased cholesterol, improved glucose tolerance and insulin resistance in a study (DB-RCT) of 36 patients with type 2 diabetes or prediabetes (impaired glucose tolerance). The patients drank 900 mL of hydrogen water daily for 8 weeks [R].
Although it may be a safe way to reduce the risk of type 2 diabetes, drinking sufficient amounts of regular water alone may be helpful enough. Low water intake is linked to an increased risk of high blood sugar [R].

9) May Alkalize the Body

Metabolic acidosis is when the blood drops and becomes more acidic, which can happen from intense exercise. Drinking 2 L of hydrogen water daily increased the blood p
H before and after exercise after 2 weeks with no side effects in a study of 52 healthy, active men (DB-RCT). Hydrogen water was safe and had an alkalizing effect on the blood that can neutralize the post-exercise pH dip [R].

10) Side Effects of Chemotherapy and Radiation

In one study (RCT) of 49 patients on radiation therapy for liver cancer, drinking hydrogen water (1.5 – 2 L/day) improved the patients' quality of life and appetite. Hydrogen water could reduce oxidative stress and damage from radiation without compromising its therapeutic effects [R].
In mice, drinking hydrogen water increased survival, reduced kidney damage and weight loss from a chemotherapy drug (cisplatin) [R].

11) Boosts Skin Health

Hydrogen water given through an IV solution safely improved skin health in 4 patients with skin redness and inflammation, and pain. The skin redness went away after a couple of days of treatment and did not come back [R]. Bathing in hydrogen water for 3 months noticeably reduced skin wrinkles in 6 people. Hydrogen water could also boost collagen production, reduce UV damage and act as an antioxidant in skin cells. Warm hydrogen-infused baths could be a pleasant, safe way to reverse skin aging [R].

12) Enhances Wound Healing

Hydrogen water intake via tube feeding in elderly patients reduced the wound size of pressure ulcers and enhanced recovery [R].

13) Improves Bladder Health

In rats with a blockage in the bladder, drinking hydrogen water reduced bladder volume by neutralizing oxidative stress. It also improved the responsiveness of bladder muscles. As a strong antioxidant, hydrogen water could potentially help those with a bladder obstruction [R].

14) Protects The Heart

In diabetic mice, hydrogen water significantly improved heart health and prevented heart disease. It could become a nutritional intervention for preventing heart problems in people with diabetes [R].

15) Protects the Eyes

Hydrogen-loaded eye drops aided the recovery of eye injuries caused by high eye pressure in rats. It protected the nerves in the eye by its antioxidant action [R].
A hydrogen solution reduced detrimental blood vessel growth in mice with eye injuries from chemicals. Hydrogen solutions could be used as a first-aid

eye rinse to prevent blindness from chemical burns [R].

16) Prevents Hearing Loss

Hearing loss often results from oxidative damage (due to aging, noise, or drugs). Molecular hydrogen protected the cells responsible for hearing from this damage and increased their survival [R].
In guinea pigs, hydrogen water prevented the death of cells responsible for hearing after noise exposure. Hydrogen water could potentially protect against hearing loss caused by noise or other types of oxidative stress [R, R, R].

17) Combats Allergies

Drinking hydrogen water stopped immediate-type allergic reactions in mice. These occur within a couple of minutes and are more characteristic of Th2 dominance. Hydrogen stopped the allergies not only by its antioxidant action but also by blocking the whole allergic pathway [R].

Hydrogen water is a promising potential remedy for people with allergic, inflammatory conditions like eczema as it seems to balance the immune response. In mice with eczema, hydrogen water improved symptoms by suppressing inflammation and balancing both Th1 and Th2 responses [R].

18) Protects the Kidneys

Hydrogen-rich water protected the kidneys from damage in rats. It could reduce oxidative stress, improve kidney blood flow and function (lowering creatinine and BUN) [R+].
Hydrogen added to the dialysis solution reduced inflammation and high blood pressure in 21 patients on dialysis because of kidney failure [R].

19) Protects the Liver

In 60 patients with Hepatitis B (RCT), drinking hydrogen water as an add-on

to regular treatment was safe and reduced oxidative stress [R].
Drinking hydrogen water suppressed liver scarring in mice by protecting liver cells from free-radical damage [R].
Hydrogen water also significantly improved liver function and reduced oxidative stress in patients with chronic hepatitis B [R].

20) Gut Health

Hydrogen-rich water prevented damage to the stomach lining in rats by its antioxidant and anti-inflammatory effects. Hydrogen water could potentially protect healthy individuals from gut damage [R, R].

21) Lungs

Rats who drank hydrogen water were protected against lung tissue injury. Hydrogen water reduced inflammation and oxidative stress (by reducing NF-κB) [R].

22) Could Protect from Radiation

Molecular hydrogen has the potential to be used as a safe radioprotective remedy. Giving mice hydrogen water before radiation increased their survival rates and protected the heart from damage [R].
Hydrogen also increased the survival of white blood cells exposed to radiation [R].

23) May Relieve Pain

Drinking hydrogen water could reduce neuropathic pain in mice due to its well-known anti-inflammatory and antioxidant effects. Clinical trials would need to confirm this success, but hydrogen water holds promise for safely improving otherwise hard-to-treat neuropathic pain [R].

24) Longevity

The ability of molecular hydrogen to protect the DNA and the mitochondria from oxidative damage may have beneficial effects on chronic diseases. A couple of cellular studies give us some interesting clues [R, R].
It was already discovered that hydrogen can prolong the life of stem cells by reducing oxidative stress [R].
A hydrogen-rich environment reduced both oxidative stress and aging in cells. Some scientists think that drinking hydrogen water could increase longevity in humans. [R].

25) May Kill Bacteria and Improve Oral Health

Drinking hydrogen water 4 – 5X daily improved gum health in 13 patients with inflamed gums after 8 weeks. It also boosted blood antioxidants and enhanced the effects of other gum disease treatments [R].
Hydrogen water could kill the bacteria that most commonly cause gum disease and cavities. It could be used to improve overall oral health [R].

26) Preserves Transplant Organs

Hydrogen water could help preserve and reduce damage to transplant organs without any toxic effects. It reduced the inflammation and injury that usually happens when donated organs are stored, which could help save more lives .

Microorganisms have long used hydrogen as an energy source. To do this, they rely on hydrogenases that contain metals in their catalytic center. In order to use these biocatalysts for hydrogen conversion, researchers are working to understand the catalysis process.

A team from three Max Planck Institutes (MPI), the Center for Biostructural Imaging of Neurodegeneration (BIN) at the University Medical Center Göttingen (UMG), the University of Kiel, and the FACCTs GmbH used a chemical peculiarity of hydrogen to amplify the signals of magnetic

resonance spectroscopy. In this way, the scientists were able to visualize previously unknown intermediate steps in the conversion of hydrogen. The study is published in Nature Catalysis.

As a substitute for fossil fuels, energy source, or catalyst in chemical processes—hydrogen is considered a good candidate for a sustainable energy economy. On Earth, the element occurs mainly in bound form, in water, as hydrogen gas, or in fossil raw materials such as natural gas and crude oil. To obtain hydrogen in its pure form, it must be split from the chemical compound using energy.

The most common method of producing hydrogen today is the steam methane reforming of natural gas. However, this also produces climate-damaging carbon dioxide (CO). In the catalytic production of hydrogen from water, electrodes made of the precious metal platinum have mostly been used up to now. This makes hydrogen production by means of catalysis comparatively expensive.

Many microorganisms are a step ahead of these production processes. To split off hydrogen to generate energy, they use three different types of hydrogenases that function without precious metals and do not release CO2: [NiFe] hydrogenases from archaea and bacteria, [FeFe] hydrogenases from bacteria, some algae, and some anaerobic archaea, as well as [Fe] hydrogenases found only in archaea.