Vitamins C and D Finally Adopted as Coronavirus Treatment

Analysis by Dr. Joseph Mercola Fact Checked

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December 02, 2022

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STORY AT-A-GLANCE

- Vitamins C and D were adopted in the conventional treatment of novel coronavirus, SARS-CoV-2. This fortunate turn of events is likely to save thousands of lives, while keeping health care costs down
- During the pandemic, seriously ill coronavirus patients in New York state's largest hospital system received 1,500 milligrams of intravenous vitamin C three to four times a day, in conjunction with other conventional treatments
- Vitamin C at extremely high doses acts as an antiviral drug, actually killing viruses
- In recent articles, former CDC chief Dr. Tom Frieden and Dr. John C. Umhau, a public health specialist at NIH, highlight the usefulness of sun exposure and/or vitamin D supplementation to reduce your risk of SARS-CoV-2 infection
- Although vitamin D does not appear to have a direct effect on viruses, it does strengthen immune function, thus allowing the host body to combat the virus more effectively. It also suppresses inflammatory processes

Remember when Washington Post reporters were boldly declaring that vitamins C and D could not (and should not) be used against respiratory infections? The information I was sharing about their use was deemed so dangerous to public health that I was branded as a "fake news" site by self-appointed, pharma-owned arbiters of truth like NewsGuard.

How times have changed. After having defamatory lies published about me, vitamins C and D are now (finally) being adopted in the conventional treatment of novel coronavirus, SARS-CoV-2.

That just goes to show that when push comes to shove, the truth eventually prevails. When the medicine cabinet is empty, and doctors have limited options, suddenly the basics become viable again, and that is good news indeed, as it's likely to save thousands of lives, while keeping health care costs down.

Vitamin C Treatment Implemented for Coronavirus Infection

As reported by the New York Post, March 24, 2020:[1]

> *"Seriously sick coronavirus patients in New York state's largest hospital system are being given massive doses of vitamin C ... Dr. Andrew G. Weber, a pulmonologist and critical-care specialist affiliated with two Northwell Health facilities on Long Island, said his intensive-care patients with the coronavirus immediately receive 1,500 milligrams of intravenous vitamin C.*
>
> *Identical amounts of the powerful antioxidant are then re-administered three or four times a day, he said ... The regimen is based on experimental treatments administered to people with the coronavirus in Shanghai, China ...*
>
> *'The patients who received vitamin C did significantly better than those who did not get vitamin C,' he said. 'It helps a tremendous amount, but it is not highlighted because it's not a sexy drug' ...*
>
> *Weber ... said vitamin C levels in coronavirus patients drop dramatically when they suffer sepsis, an inflammatory response that occurs when their bodies overreact to the infection. 'It makes all the sense in the world to try and maintain this level of vitamin C,' he said."*

A Northwell Health spokesperson reportedly confirmed that vitamin C treatment was being "widely used" against coronavirus within the 23-hospital system. According to Weber, vitamin C was used in conjunction with the antimalarial drug hydroxychloroquine and the antibiotic azithromycin, which have also shown promise in coronavirus treatment.[2]

Vitamin C Is a Vastly Underutilized Antiviral 'Drug'

According to Dr. Ronald Hunninghake, an internationally recognized expert on vitamin C who has personally supervised tens of thousands of intravenous (IV) vitamin C administrations, vitamin C is "definitely a very underutilized modality in infectious disease," considering "it's really a premiere treatment" for infections.

In my interview with him, Hunninghake suggested one of the reasons why conventional medicine has been so slow to recognize the importance of vitamin C has to do with the fact that they've been looking at it as a mere vitamin, when in fact it's a potent oxidizing agent that can help eliminate pathogens when given in high doses.

There are also financial factors. In short, it's too inexpensive. Conventional medicine, as a general rule, is notoriously uninterested in solutions that cannot produce significant profits. One of the primary reasons we started seeing its use against COVID-19 is undoubtedly because at the time we had no expensive drugs in the medical arsenal that could be turned to.

In my March 17, 2020, interview with Dr. Andrew Saul, editor-in-chief of the Orthomolecular Medicine News Service, he mentions being in contact with a South Korean medical doctor who was giving patients and medical staff an injection of 100,000 IUs of vitamin D along with as much as 24,000 mg (24 grams) of IV vitamin C. "He's reporting that these people are getting well in a matter of days," Saul says.

As explained by Saul, vitamin C at extremely high doses acts as an antiviral drug, actually killing viruses. While it does have anti-inflammatory activity, which helps prevent the massive cytokine cascade associated with severe SARS-CoV-2 infection, it's antiviral capacity likely has more to do with it being a non-rate-limited free radical scavenger. As explained by Saul in our interview:

> *"Cathcart's view is that you simply push in vitamin C to provide the electrons to reduce the free radicals. This is the way Cathcart and Levy look at vitamin C's function (at very high doses) as an antiviral.*
>
> *At modest doses, normal supplemental doses ... vitamin C strengthens the immune system because the white blood cells need it to work. White blood cells carry around in them a lot of vitamin C ... So, vitamin C is very well-known to directly beef up the immune system through the white blood cells."*

Vitamin C Effectively Treats Sepsis

Although the vitamin C protocol is new for COVID-19 treatment, it's been used as a treatment for sepsis since about 2017. The vitamin C-based sepsis treatment protocol was developed by Dr. Paul Marik, a former critical care doctor at Sentara Norfolk General Hospital in East Virginia, which has since adopted it as standard of care for sepsis.

Marik's retrospective before-after clinical study[3] published in 2016 showed giving patients 200 milligrams (mg) of thiamine every 12 hours, 1,500 mg of ascorbic acid every six hours, and 50 mg of hydrocortisone every six hours for two days reduced mortality from 40% to 8.5%.

Importantly, the treatment has no side effects and is inexpensive, readily available and simple to administer, so there's virtually no risk involved. In 2009, IV vitamin C was shown to be a potentially lifesaving treatment for severe swine flu, so it's understandable why both Chinese and American doctors hold hope for it with the coronavirus.

A clinical trial was submitted for it at ClinicalTrials.gov in early 2020,[4] but the trial was terminated when the number of qualifying COVID-19 patients decreased. Other research,[5,6] published online January 9, 2020, found Marik's sepsis protocol lowered mortality in pediatric patients as well.

The study was performed at Ann & Robert H. Lurie Children's Hospital of Chicago, and as noted by Science Daily,[7] the preliminary data from this study "supports the promising outcomes seen in adults."

Vitamin C Highlighted During SARS Pandemic

Back in 2003, during the SARS pandemic, a Finnish researcher called[8] for an investigation into the use of vitamin C after research showed it not only protected broiler chicks against avian coronavirus, but also cut the duration and severity of common cold in humans and significantly lowered susceptibility to pneumonia. In his letter, published in the Journal of Antimicrobial Chemotherapy, Harri Hemilä wrote:[9]

> *"Recently, a new coronavirus was identified as the cause of the severe acute respiratory syndrome (SARS). In the absence of a specific treatment for SARS, the possibility that vitamin C may show nonspecific effects on several viral respiratory tract infections should be considered.*
>
> *There are numerous reports indicating that vitamin C may affect the immune system, for example the function of phagocytes, transformation of T lymphocytes and production of interferon. In particular, vitamin C increased the resistance of chick embryo tracheal organ cultures to infection caused by an avian coronavirus."*[10]

Even before that, many studies had demonstrated the usefulness of vitamin C against infections of various kinds. For example, a randomized double-blind study[11] published in 1994 found elderly patients given 200 milligrams of vitamin C per day while hospitalized for acute respiratory infection fared significantly better than those receiving a placebo.

According to the authors, "This was particularly the case for those commencing the trial most severely ill, many of whom had very low plasma and white cell vitamin C concentrations on admission."

Surprising Admission by CDC Chief About Vitamin D

Another powerful component in the prevention and treatment of influenza is vitamin D. Although vitamin D does not appear to have a direct effect on the virus itself, it does strengthen immune function, thus allowing the host body to combat the virus more effectively. It also suppresses inflammatory processes. Taken together, this might make vitamin D useful against SARS-CoV-2 infection.

My claim that vitamin D can cut infection risk was publicly vindicated March 24, 2020, when former U.S. Centers for Disease Control and Prevention chief Dr. Tom Frieden published an opinion piece on Fox News stating that "Coronavirus infection risk may be reduced by vitamin D."[12] In it, Frieden writes:

> *"There are many crackpot claims about miracle cures floating around, but the science supports the possibility — although not the proof — that Vitamin D may strengthen the immune system, particularly of people whose Vitamin D levels are low.*
>
> *Vitamin D supplementation reduces the risk of respiratory infection, regulates cytokine production and can limit the risk of other viruses such as influenza.*
>
> *A respiratory infection can result in cytokine storms — a vicious cycle in which our inflammatory cells damage organs throughout the body — which increase mortality for those with COVID-19. Adequate vitamin D may potentially provide some modest protection for vulnerable populations ...*
>
> *Right now, we don't know if vitamin D deficiency plays any role in the severity of COVID-19. But given the high prevalence of vitamin D deficiency in this country, it is safe to recommend that people get the proper daily dosage of vitamin D.*
>
> *Most people's bodies manufacture vitamin D in the skin when exposed to the sun. About 15 minutes a day of direct sunlight is sufficient for many people's bodies to manufacture enough vitamin D; people with darker skin need longer exposure to sunlight to manufacture the same amount.*
>
> *In winter, people in northern latitudes may not be able to make any vitamin D from sunlight. Sunscreen lengthens the exposure time needed. Many people, then, need vitamin D supplementation."*

Public Health Specialist Weighs in on Vitamin D

Similarly, in a March 25, 2020, MedPage Today article,[13] Dr. John C. Umhau writes:

> *"As a public health specialist at the National Institutes of Health, I outlined how a lack of sun-induced vitamin D in the winter and early spring leads to epidemic acute respiratory infections (and this probably includes viruses like COVID-19).*
>
> *That review, cited almost a thousand times, argued that groups with low vitamin D levels — the obese and the elderly and those with dark skin — may require 5,000 IU of vitamin D each day to obtain the 25-hydroxyvitamin D levels of 50 ng/mL that appear to protect against viral respiratory infection.*
>
> *A government-sponsored research strategy to address this issue has not been developed, as officials explained that there was no mandate to explore an alternative to the existing vaccination program.*
>
> *However, other researchers picked up the ball and provided convincing evidence that vitamin D could reduce the incidence of acute respiratory infection."*

While Umhau specifies a daily dosage, it's crucial to remember that required dosages can vary widely from one person to another, and that the most important factor here is your blood level. You simply must adjust the vitamin D dose based on your specific recently measured vitamin D level.

I haven't swallowed oral vitamin D for over a decade and my D level is over 70 ng/mL, as I walk in the sun nearly every day for one hour with my shirt off. I take no supplemental vitamin D. For those who are unable to get sun exposure and have low levels, doses of vitamin D3 may be 10,000 units a day or even higher, but the only way to know is to measure your blood levels.

For that, you must get tested, and then take whatever dosage required to get into the ideal range. While 50 ng/mL may be sufficient, I recommend a vitamin D level between 60 ng/mL and 80 ng/mL for optimal health and disease prevention. GrassrootsHealth's D*Action research has shown you need at least 40 ng/mL to lower your risk of many diseases.[14]

In his article Umhau cites a 2017 meta-analysis[15] of 25 randomized controlled trials showing vitamin D supplementation helped prevent acute respiratory infections. Those with vitamin D blood levels below 10 ng/mL, which is a serious deficiency state, cut their risk of infection by half, while people with higher vitamin D levels reduced their risk by about 10%.

Importantly, they found that, among those with severe vitamin D deficiency at baseline, you only need to treat four individuals in order to prevent one infection. That's FAR more effective than influenza vaccination, which requires 71 individuals to be vaccinated in order to prevent a single case of influenza.[16]

According to this international research team, vitamin D supplementation could prevent more than 3.25 million cases of cold and flu each year in the U.K. alone.[17] In my view, optimizing your vitamin D levels is one of the absolute best strategies available to prevent respiratory illness of all kinds.

Sun Exposure Recommended

Umhau also points out that:[18]

> *"Critical care research[19] also documents the important effect of vitamin D on survival in ICU patients with acute respiratory distress syndrome. There are several mechanisms by which vitamin D activity is critical for immune defense: vitamin D acts to maintain tight junctions, promote the effect of antimicrobial peptides (i.e., cathelicidin and defensins), and moderate the inflammatory response.*[20]
>
> *Aggressively identifying and treating people with vitamin D deficiency is one potential strategy to reduce the risk of COVID-19. As outlined in the BMJ review, regularly taking oral vitamin D3 mitigates infection, although the optimal oral dose is debatable.*
>
> *Bolus doses do not appear to provide benefit against infection, possibly through a dysregulation of vitamin D metabolism. There may be a simple yet effective alternative.*
>
> *Since exposing the whole body to bright sunlight can provide long-lasting and rapid correction of deficiency, this may provide a critical boost to host immune defenses. Lacking definitive research, any risk of exposing the body to sunshine while sheltering in place is clearly outweighed by the risk of COVID-19."*

Vitamins C and D Recommendations

Based on the available scientific evidence, there's no reason to ignore vitamins C and D for the prevention and treatment of COVID-19 and other respiratory infections.

Remember to test your vitamin D level. Do it at home and stay away from hospitals unless you're already having symptoms of worsening respiratory infection, such as difficulty breathing. The level you're aiming for is 60 ng/mL.

GrassrootsHealth makes testing easy by offering an inexpensive vitamin D testing kit as part of its consumer-sponsored research. All revenues from these kits go directly to GrassrootsHealth. I make no profit from these kits and only provide them as a service of convenience to my readers.

Vitamin C is also a crucial aid, both for the prevention and treatment of viral illnesses. You can find pertinent reports and research about vitamin C against COVID-19 on the Orthomolecular Medicine News Service website.[21] I recommend using liposomal vitamin C, as it allows you to take far higher dosages than regular vitamin C (as regular vitamin C is limited by your bowel tolerance).

Dr. Robert Rowen, whom I interviewed about the use of vitamin C and ozone therapy for COVID-19, suggests taking upward of 6 grams (6,000 mg) per hour for acute illness, to simulate intravenous administration levels. Prophylactically, it is not recommended to take such high doses.

The only contraindication to high-dose vitamin C treatment is if you are glucose-6-phosphate dehydrogenase (G6PD) deficient, which is a genetic disorder.[22] G6PD is required for your body to produce NADPH, which is necessary to transfer reductive potential to keep antioxidants, such as vitamin C, functional.

Because your red blood cells do not contain any mitochondria, the only way it can provide reduced glutathione is through NADPH, and since a deficiency of G6PD eliminates this, it causes red blood cells to rupture due to inability to compensate for oxidative stress.

Fortunately, G6PD deficiency is relatively uncommon, and can be tested for. People of Mediterranean and African decent are at greater risk of being G6PD deficient. Worldwide, G6PD deficiency is thought to affect 400 million individuals, and in the U.S., an estimated 1 in 10 African-American males has it.[23] Be sure to read this Thursday's lead article on one of the most important preventive and therapeutic strategies for COVID-19.

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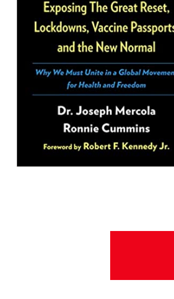
My latest book, "The Truth About COVID-19," is an instant best-seller. After thousands of reviews it has a nearly perfect 5-star rating, so grab your copy today before it's too late!



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by Doctor Joseph Mercola

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stanleybecker
Joined On 11/12/2012 3:21:48 AM
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Linus Pauling must be turning in his grave - Pauling's advocacy of Vitamin C and other vitamins has been rejected by Big Pharma for decades - now an emergency that the WHO and its PAYMASTER Bill "I want less people" Gates has engineered economic warfare against our planet in order to achieve universal compliance with his money making vaccine shareholding - Vitamin C is not a Big Pharma/ Bill Gates blockbuster drug - this scenario has turned out to be different because a corona vaccine has not yet appeared to "save" the human race with autism and allergies - blogs.mercola.com/sites/vitalvotes/archive/2020/04/06/bill-gates-banks.. - Vitamin C was a result of Pauling's insight into its viral fighting properties - now an impoverished planet is picking up the pieces and trying to recover from the ECONOMIC WARFARE that Bill Gates is waging against all of us with his lockdown stupidity

Reply | Mark as Spam | Posted On 4/7/2020 1:58:17 AM
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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Yes STAN. LINUS PAULING INSTITUTE lpi.oregonstate.edu/.../vitamin-C . ---- The Right Chemistry: Linus Pauling and vitamin C montrealgazette.com/technology/science/the-right-chemistry-linus-pauli.. Exposing Bill Gates, His "Terroristic Threatening," and His Criminal Psychopathology: An Opinion/Editorial. By Dr. Leonard G. Horowitz and Sherri Kane. "Gates's population culling outbreak could happen easily within the next decade, the Business Insider reported. But who owns the Business Insider? Axel Springer SE.

This is the largest digital publishing house in Europe, with numerous multimedia news brands, such as Bild, Die Welt, and Fakt. It generated total revenues of about €3.3 billion in 2015. The enterprise is central to the Deep State's propaganda output". "This racketeering enterprise wields substantial leverage, and Gates is a major player in this mob. The association is proven by the image below. It shows the Bill & Melinda Gates Foundation vaccine trafficker and founder, Bill Gates, arguably the most murderous man in the world today, congratulating Facebook's complicit entrepreneur, Mark Zuckerberg, for their Alliance" exposingvaccinegenocide.org/exposing-bill-gates-criminal-psychopath/

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stanleybecker
Joined On 11/12/2012 3:21:48 AM
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thank you Gui - the link on the Gates threat to world wide economic and health imperatives is encouraging to myself - I have been warning about the threat of Gates for eight years now on Mercola comments without much feedback - recently with Gates's interference in the Global Economy with HIS lockdown BAD idea more people have been looking at his activities and ignoring his attempts to euphemize through propaganda what amounts to a NAZI eugenics program to destroy fecundity and diversity on our planet - as such Gates is a HUGE threat to global survival - I hope and pray that these are signs that the more alert among us are beginning to "connect the dots" {as Dr Mercola has always advised} and realize that this pseudo philanthropist is as philanthropic as his predecessor Adolf Hitler was in his liquidation of ethnic minorities

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stanleybecker
Joined On 11/12/2012 3:21:48 AM
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hi npolog - the statistics are being heavily criticized especially the death statistics - the test is giving many false positives - and your uncertainty about Bill Gates is the reason these same crimes - Economic Crimes and the reigns of global power in a vampire's hypodermic - population growth is the reproductivity our species was designed to survive with - many madmen like Hitler have proposed that everyone except themselves should be liquidated - I suggest that if you feel that overpopulation is the problem then end your life on this planet - something Gates refuses to do - lead by example - if you believe that Gates is the Messiah then offer yourself to his coerced suicide agenda

Mark as Spam | Posted On 4/7/2020 6:57:56 AM
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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Stan, Bill Gates wants to inject us with the poison. "Healthy volunteers in Philadelphia and Kansas City, Missouri, will begin to test an experimental coronavirus vaccine starting this week. The small Pennsylvania-based biotech Inovio Pharmaceuticals received regulatory clearance to begin testing. The Bill and Melinda Gates Foundation, have poured funding into Inovio's vaccine project." www.msn.com/en-us/health/health-news/a-potential-coronavirus-vaccine-f.. (April 6, 2020)

Mark as Spam | Posted On 4/7/2020 1:53:42 PM
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Mercury63
Joined On 2/4/2016 7:39:51 AM
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Good of you to laud Linus Pauling. Gates is not alone in his push for the UN Agenda 2030 agenda, but he seems to love getting in front of the camera more than the rest, with a smug look as he talks down to the sheep. Agenda 2030, disguised as a "sustainability" manifest, calls for 95% depopulation. This is not easily achieved without biological or chemical warfare and I have been afraid this was coming since the last major EBOLA outbreak where Obama brought people into the country who had EBOLA. Against any bio-secure protocol that I know of. The COVID 19 seems to be an empowered SARS with a high infectivity. I am posting an article right out of a horror movie that points to the COVID 19 being developed, to a large degree, at the UNC biolab with Dr. Ralph Baric and two scientists from Wuhan in assistance. This "gain of function" (read: engineered) coronavirus was then sold to the two Wuhan scientists who may have added markers and who knows what. How this is not grand treason is beyond me. To develop a bio-weapon and then sell it to our enemies?
www.shadolsonshow.com/2020/02/22/covid-19-born-in-north-carolina-sold-..

Mark as Spam | Posted On 4/7/2020 2:56:19 PM
Like | Dislike

stanleybecker
Joined On 11/12/2012 3:21:48 AM
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thank you Mercury - Dr Mercola has given credence to Boyle's thesis that the virus has been modified - thank you for the link and input

Mark as Spam | Posted On 4/7/2020 3:28:11 PM
Like | Dislike

chas823
Joined On 1/26/2012 5:09:24 PM
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Maybe this news will help to calm down some of the anti-Bill Gates hysteria. This is new, and somewhat mind boggling news that was just posted on the internet on March 21 by Dr. Richard Cheng. Here is yet another safe, cheap, and effective treatment that has been ignored by the medical and drug establishment. It is dirt cheap and can even be done at home, because no IV is even needed! It has been proven that virtually any virus can be knocked out by using hydrogen peroxide in a nebulizer. The nebulizer just converts the 3% hydrogen peroxide liquid into an ultra fine mist which is inhaled directly into the lungs where it's needed the most.

But the question still remains if this information will ever see the light of day except on the internet. It seems like the mainstream news media is in a blackout, as they still have not reported a word about the IV vitamin C treatment. This may be even bigger news, and of course Big Pharma and the medical establishment does not want the public to know about any cheap and effective alternative. www.drwlc.com/blog/2020/03/21/hydrogen-peroxide-nebulizer-to-treat-cov.. .

Mark as Spam | Posted On 4/7/2020 4:00:06 PM
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stanleybecker
Joined On 11/12/2012 3:21:48 AM
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`hi Chas - Dr Shallenberger used to regularly contribute to this comments section - and Dr Thomas Levy is being interviewed by Dr Mercola soon - thank you for the post and link which seems to have been lost - here it is again - www.drwlc.com/blog/2020/03/21/hydrogen-peroxide-nebulizer-to-treat-cov..

Mark as Spam | Posted On 4/7/2020 4:21:16 PM
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memyselfampi
Joined On 11/25/2008 5:49:22 PM
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Am I hallucinating? I swear that there was a mention here on Mercola of your passing, just a couple of weeks ago. I was shocked and saddened because I've always appreciated your comments and we share the same surname. Very happy to see you haven't died, but what the heck did I read then???

Mark as Spam | Posted On 12/2/2022 10:59:12 AM
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roderics
Joined On 6/20/2006 7:34:44 AM
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@memyselfampi Look at the date Stanley was posting-4/7/2020.

Mark as Spam | Posted On 12/2/2022 12:57:57 PM
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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Congratulations to Dr. Mercola, because the fight of Natural Medicine has achieved a great victory against the pharmaceutical mafia. Dr. Mercola teachings are paying off. Big win over defamation of the Washington Post. Amazon founder and CEO Jeffrey Bezos, who bought The Washington Post must be very concerned about Dr. Mercola triumph. Now the fight must be continued to beat the imposition of mandatory vaccines that Amazon was defending. Now The Washington Post should apologize to Dr. Mercola on its cover.

Now it is time to claim all the natural treatments reported by Dr. Mercola. Recordando también el articulo de MEDICINA ORTOMOLECULAR sobre las acciones metabólicas de la vitamina C. Rationale for Vitamin C Treatment of COVID-19 and Other Viruses. by the Orthomolecular Medicine News Service Editorial Review Board. Apr 3, 2020. Editor en jefe: ANDREW W. SAUL PH.D Y CONSEJERO DR. JOSEPH MERCOLA. Some important aspects : 1.- The integrative medical approach, which uses safe supplements of vitamin C, vitamin D and zinc and other nutrients is very relevant. This approach is a proactive, effective and eminently practical way to deal with the current pandemic.

2.- Vitamin C enhances the immune system, promoting chemotaxis, growth and the activity of some immune cells (macrophages, lymphocytes, natural killer cells), which allows the body to fight an infection more effectively. 3.- In high-dose intravenous vitamin C (IVC) therapy, vitamin C is believed to be a pro-oxidant in selective cell types, allowing it to kill specific cell types. This role may work in some types of cancer and also in immune hyperinflammation. 4.- Low levels of vitamin C produced by oral dosage provides an antioxidant function. The higher doses provided by IVC are considered to cause a pro-oxidant state within cells, such as cancer cells that lack antioxidant enzymes, and cause cell death. Because vitamin C has a glucose-like structure, cancer cells will also carry large amounts of vitamin C.

Reply | Mark as Spam | Posted On 4/7/2020 12:52:09 AM
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Guillermou
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5.- Vitamin C has many other functions in which it works as a specific cofactor for biochemical reactions, such as in the synthesis of aggrecan and collagen, carnitine metabolism and neurotransmitters, therefore, essential for the recovery of the damage caused by viral infections or bacterial, as well as for normal brain function and many essential biochemical pathways. 6.- Catalase and SOD are large molecules and do not fulfill the same function as vitamin C, which is a small molecule and can donate electrons to any ROS it contacts, including oxidized vitamin E and many other molecules that can be damaged. by ROS

7.- Liposomal vitamin C is absorbed by a different mechanism in the intestine. Since the absorption mechanism of liposomal vitamin C differs from the active transport of regular vitamin C, both forms can be taken together. 8.- In severe lung infections, a "cytokine storm" generates reactive oxygen species (ROS) that can be effectively treated with doses of 30-60 g of vitamin C. Some viruses contain an iron atom that in the presence of vitamin C can denature the virus www.orthomolecular.org/.../v16n21.shtml (Apr 4, 2020)

Vitamin D deficiency is common in severe sepsis, with twice the risk of mortality, greater predisposition to hospital infections, increased oxidative stress, increased inflammatory cytokines, and cardiovascular disease, and approaches to correct vitamin D deficiency should be developed. in patients with sepsis. www.discoverymedicine.com/Fernanda-A-Takeuti/2018/06/applications-of-v.. (2019) In this meta-analysis, eight studies with 1736 patients were included. The results of the general meta-analysis showed that a lower 25 (OH) D at admission was independently associated with a higher risk or mortality (adjusted RR: 1.93) in patients with sepsis. bmcinfectdis.biomedcentral.com/articles/10.1186/s12879-020-4879-1 (2020)

Mark as Spam | Posted On 4/7/2020 12:52:30 AM
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Newbones1
Joined On 9/27/2016 7:06:57 PM
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Hi Gui, I used to take Dr Mercola's Vit C capsules at each meal and I didn't have a cold for about 5 years. However, since being diagnosed with heredity haemochromatosis Vitamin C is a no no. I now get colds during winter. I wait for 3 hours before my last meal of the day & then take two 1,000 mgs of Vit C but it doesn't work as well as taking it throughout the day. I don't know how long it stays in the system. I'm nearly out of it at the moment and can't replace it because it's constantly out of stock. I try to order it from iHerb but I'm from Australia and because of the time difference, by the time I get the email to say it's back in stock it's already gone.

Mark as Spam | Posted On 4/7/2020 1:10:48 AM
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juststeve
Joined On 1/5/2012 11:13:54 AM
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The Shining Light of Truth Gui, the Shining Light of Truth. Can't hide, suppress or deny the truth in the middle of a disaster more about incomplete Allopathic thinking, a non-existing Health Maintenance/Care System, & a misleading profit driven Legacy Media owned & controlled by just few you can count on one hand. Yes pathogens develop in the wild but, they are also picked up by Confined Animal Feed Operations and literally fed steroids, antibiotics and can interact with other pathogens to then jump to humans in super toxic forms. Then depending on where one's zip code is determines if your area will or won't provide high tech treatments driven by profits.

Treatments usually interfering with the body's own immune defenses. Rural, Inner City economically depressed areas? Suck's to be you. Allopathic, either or thinking, great to find out what is causing health disruption, distress but looks no further than just a narrow band of what is needed to generate a ca$h cow treatment & ignores a complete balance of functions bringing true health. To feel vindicated rings hollow, but we have been vindicated. Couldn't agree more Gui, Bezo's Washington Post should apologize to Doc in big bold headlines. Not holding my breath. Bear in mind, Vitamin C & D3 have a huge list of health dividends and Covid-19 prevention and recovery is just one line on that long list. Super post Gui!

Mark as Spam | Posted On 4/7/2020 5:02:50 AM
Like | Dislike

rrealrose
Joined On 11/10/2011 8:59:01 AM
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Newbones, The pressure is on for stocking antiviral supplements here in the states - try ordering from this website (and I am not their sales rep). I remember reading Dr Mercola's store also ships internationally - check it out!

Mark as Spam | Posted On 4/7/2020 7:26:31 AM
Like | Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Hi Newbones, you must also address nutrition, sleep, exercise and stress. Spices, Mushrooms, Garlic, Whey Protein, Zinc, NAC, Vitamin D. E, B6, A, Magnesium, Selenium, Beta Glucans, Curcumin, Echinacea, Licorice, Ginseng, Oregano Oil, Propolis. A tea made from a combination of elderflower, yarrow, linden, mint and ginger, olive leaf extract. etc .. Read these links:
articles.mercola.com/sites/articles/archive/2010/11/22/the-common-cold.. .----
articles.mercola.com/sites/articles/archive/2020/02/24/zinc-reduces-co..
articles.mercola.com/sites/articles/archive/2017/02/06/natural-cold-re..
articles.mercola.com/sites/articles/archive/2018/10/29/cold-and-flu-pr.. All articles by Dr. Mercola `to treat cold
search.mercola.com/results.aspx?q=Mercola%20colds#stq=Mercola%20colds .---

Mark as Spam | Posted On 4/7/2020 10:23:25 AM
Like | Dislike

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

Thank you very much, JUST, you have expressed yourself wonderfully on the path of health and disease. It is a pleasure that you make replicas full of humanism and realism, to achieve as you say: "Let's take care of our Garden, the Earth". This care involves our own health, and that of future generations.

Mark as Spam | Posted On 4/7/2020 11:36:44 AM
Like | Dislike

chas823
Joined On 1/26/2012 5:09:24 PM
Add as Friend | Send Message

Gui, it is good news to learn that we actually do have a safe and effective treatment. But the problem is that very few people have even heard about it because the entire mainstream news media, both TV and newspaper, has never even reported it. It is not just the Washington Post who is at fault. It is like there has been a media blackout of this news, and so the public is not being informed about it at all. And you can bet that Big Pharma doesn't want the public to know about any cheap and effective alternative treatment. The New York Post and the UK Daily Mail are the ONLY media outlets that have even reported the news that at least a few hospitals in New York City are using high doses of intravenous vitamin C as an effective treatment for their coronavirus patients.

With thousands of people already dead and up to 200,000 more projected to die, the big question is why isn't this cheap and effective treatment being used by every hospital in the country?? The sad fact is that most doctors have never heard a word about using intravenous vitamin C, and therefore the great majority of hospitals are not using this treatment at all. It may not be 100% effective, but it could save thousands of lives, reduce the severity and the number of days hospitalized, and relieve the burden on our already overwhelmed hospitals. The worst thing to do is to just ignore the IV vitamin C treatment and wait until Big Pharma can develop some drug or vaccine.

Here is yet another safe, cheap, and effective treatment that has been ignored by the medical and drug establishment. It is dirt cheap cheap, and no IV is even needed! It has been proven that any virus can be knocked out by using hydrogen peroxide in a nebulizer. The nebulizer just converts the 3% hydrogen peroxide liquid into an ultra fine mist which is inhaled directly into the lungs where it's needed the most. www.drwlc.com/blog/2020/03/21/hydrogen-peroxide-nebulizer-to-treat-cov..

Mark as Spam | Posted On 4/7/2020 1:57:01 PM
Like | Dislike

Guillermous
Joined On 4/17/2015 8:47:48 AM
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Well said CHAS, we do not want the coronavirus vaccine, but Natural Medicine, very well represented by Dr. Mercola in his excellent reports. Dr.Mercola Ayaadua has launched a campaign to persuade the President of the United States, Donald Trump, to fire Dr. Anthony Fauci, immunologist and director of the US National Institute of Allergy and Infectious Diseases. USA Ayaadua accused Fauci of representing the interests of a wide range of organizations, including the US Centers for Disease Control. The US, The Bill & Melinda Gates Foundation, The Clinton Zuckerberg Initiative, The Clinton Foundation, The World Health Organization, and the Government of China. They are all working in concert with Big Pharma, which makes money in three ways through biomedical devices, including diagnostic tests, vaccines, and medicines.
www.straight.com/news/republican-senate-hopeful-shiva-ayyadurai-calls... (April 5th, 2020)

Bill Gates wants to inject us with this poison. "Healthy volunteers in Philadelphia and Kansas City, Missouri, will begin to test an experimental coronavirus vaccine starting this week. The small Pennsylvania-based biotech Inovio Pharmaceuticals received regulatory clearance to begin testing. The Bill and Melinda Gates Foundation has poured funding into Inovio's vaccine project."
www.msn.com/en-us/health/medicine/inovio-s-potential-coronavirus-vaccine-f... (April 6, 2020)

Mark as Spam · Posted On · 4/7/2020 3:16:08 PM
Like · Dislike

Guillermous
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

Gulliermous and everyone, here's a bit more supporting testimony on the key role vitamin D plays in immunity (and also prevention of the virus) CORONAVIRUS and Vitamin D: Could We Be Missing Something Simple?
childrenshealthdefense.org/news/covid-19-and-vitamin-d-could-we-be-mis...

Mark as Spam · Posted On · 4/8/2020 9:48:51 AM
Like · Dislike

Guillermous
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

Great link, DARDOUNA, with many studies on the importance of vitamin D. Vitamin D is again shown to improve the immune system and vaccines depleted it.

Mark as Spam · Posted On · 4/8/2020 9:48:51 AM
Like · Dislike

mirandala
Joined On 6/21/2014 7:00:58 AM
Add as Friend · Send Message

Echo! Dr Mercola, I want to congratulate and THANK YOU for your bravery in continually putting out your truth, against all profiteering-based opposition! With the doctors talking about skin exposure to the sun for optimal vitamin D levels, and how sunscreen interferes, clearly you are having an influence! Didn't Kaiser take up that time bomb, thanks you to Dr Mercola! Keep on keeping on, because you are doing good and the rest of the world will thank you! The truth will prevail, and eventually does come out! Hooray Dr Mercola! This is, as Guillermous said, a big victory! BRAVO!!!

Mark as Spam · Posted On · 12/2/2022 12:45:38 PM
Like · Dislike

Darosun
Joined On 12/15/2010 1:27:52 PM
Add as Friend · Send Message

Everyone has been so trained to flinch away from any charge of being a "conspiracy theorist." The mind the opening lines of this article blew out the Washington Post reporters and Newsquad conspiring against Dr Mercola with false smears? Isn't the assault horribly compounded by actively conspiring against the dissemination of useful, health-promoting information reaching the public? Does anyone possibly believe Bill Gates ISN'T conspiring against us, against our own "God-given" robust immune systems and radiant health?

I am grateful to Dr Mercola and anyone else working to get self-empowering information to us, such as the benefits of sunlight and vitamin D. The light of the sun is not only good for vitamin D, but as the proverbial "Light of Truth." The most appropriate response to tyrants is Truth, defiance, and laughter. The actual etymology of conspiracy is simply "to breath together". Let's not flinch from anything, but stand our ground, in fact, let's con-spire—throw off these silly masks, go out under blue skies, into the radiant Light of Truth and breath together. It is my hope that the first breath be a sigh of relief because the little tyrants been exposed to that Light and scurried away.

Reply · Mark as Spam · Posted On · 4/7/2020 2:25:31 PM
Like · Dislike

Guillermous
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

Very well expressed, DARDOUNA, the path of truth should not be fear or the coronavirus vaccine, but Natural Medicine, very well represented by Dr. Mercola in his excellent reports. "As a PhD in biological engineering from MIT, I believe that the use of fear is really being used to suppress dissent, to try to support compulsory medicine, and it is really being used to support the collapse of this economy" claimed Dr. Ethrik. Ayaadua Dr.Ethrik Ayaadua has launched a campaign to persuade the President of the United States, Donald Trump, to fire Dr. Anthony Fauci, immunologist and director of the US National Institute of Allergy and Infectious Diseases. USA Ayaadua accused Fauci of representing the interests of a wide range of organizations, including the US Centers for Disease Control.

The US, The Bill & Melinda Gates Foundation, The Clinton Zuckerberg Initiative, The Clinton Foundation, The World Health Organization, and the Government of China. They are all working in concert with Big Pharma, which makes money in three ways through biomedical devices, including diagnostic tests, vaccines, and medicines. "This crisis manufactured by fear." The people who die of cancer, the 440,000 people who die from medical errors or the other 200,000 people who die from prescription drug problems, "Ayaadua said." We are taking on a problem that Fauci has promoted entirely to really push an economic policy to the detriment of the American worker."
www.straight.com/news/republican-senate-hopeful-shiva-ayyadurai-calls... (April 5th, 2020)

Mark as Spam · Posted On · 4/7/2020 2:52:53 PM
Like · Dislike

Darosun
Joined On 12/15/2010 1:27:52 PM
Add as Friend · Send Message

Thanks Guillermous, you share good & relevant points as always. Yes, I love that Dr. Shiva is calling for the firing of Fauci. The link you provide has a lot of common sense in it, I think Dr. Shiva's ideas are complementary to those shared by Dr. Mercola... it's almost unimaginable that those ideas could find their way into the U.S. Senate, but we can hope, and we can keep spreading the truth.

Mark as Spam · Posted On · 4/7/2020 3:15:52 PM
Like · Dislike

SariteSarah
Joined On 10/1/2022 7:04:08 AM
Add as Friend · Send Message

Anyone who doesn't believe Bill Gates is trying to kill us is a fool.

Mark as Spam · Posted On · 12/2/2022 7:11:26 AM
Like · Dislike

regardeuniducook
Joined On 11/14/2019 8:20:04 AM
Add as Friend · Send Message

As I said before, and Guillermous provide some excellent references, coconut oil is also good. Mixing vitamin C and coconut oil is a win win. I also like Dr Shaheen's suggestion of putting food grade hydrogen peroxide in a nebulizer and breathing that in.

Reply · Mark as Spam · Posted On · 4/7/2020 2:56:41 AM
Like · Dislike

Guillermous
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

Yes, regardeuniducook. Dr. Mercola also reported on coconut oil. Three mechanisms have been suggested to explain the antiviral activity of lauric acid and monolaurin: first, they cause disintegration of the virus envelope; second, they can inhibit the late maturation stage in the virus replication cycle; and third, they can prevent the binding of viral proteins to the host cell membrane.

Although lauric acid accounts for much of the reported antiviral activity of coconut oil, capric acid and monocaprin have also shown promising activity against other viruses, virucidal activities of fatty acids, monoglycerides, and fatty alcohols have also been proven against respiratory syncytial virus (RSV) and human parainfluenza virus type 2 (HPIV2). Infectivity assays of the most active compound tested was monocaprine, which also detected activity against the influenza virus. The Potential of Coconut Oil and its Derivatives as Effective and Safe Antiviral Agents Against the Novel Coronavirus (nCoV 2019)
http://www.ncgc.org/ncgc/2020/51/ (2020)

Mark as Spam · Posted On · 4/7/2020 3:43:46 AM
Like · Dislike

Guillermous
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

The Department of Science and Technology (DOST) said last Wednesday that it will conduct tests on coconut oil and how it can be used as a treatment for COVID-19. "This research by the Department of Science and Technology (DOST) on virgin coconut oil (VCO) is planned to have two arms: one in the hospital and one in the community," said DOST secretary Fortunato de la Peña in a release.

The hospital study, titled "Virgin Coconut Oil and Omega-3s Supplemental Therapy for Hospitalized Patients with COVID 19", will be conducted at the Philippine General Hospital. Another study will be led by the Food and Nutrition Research Institute (DOST-FNRI) at the quarantine facilities in Metro Manila and Cebuarion with the help of DOST CALAMARIZON and the Philippine Carabao Center (PCC). Coconut oil will be incorporated into the food provided to patients under investigation for COVID-19, as a dietary supplement for at least 4 weeks. news.abs-cbn.com/%20motion%20%20604-01%20%20%20virgin-coco-oil-to-f... (2020)

Mark as Spam · Posted On · 4/7/2020 3:43:46 AM
Like · Dislike

Guillermous
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

Please don't confuse regular 3% hydrogen peroxide with the 35% food grade peroxide. The 35% hydrogen peroxide is very toxic and should never be used at the skin strength in a nebulizer as it could be fatal. It should always be diluted down to 3% or less if it is used in a nebulizer.

Mark as Spam · Posted On · 4/7/2020 5:05:21 PM
Like · Dislike

chas823
Joined On 1/26/2012 5:09:24 PM
Add as Friend · Send Message

Please don't confuse regular 3% hydrogen peroxide with the 35% food grade peroxide. The 35% hydrogen peroxide is very toxic and should never be used at the skin strength in a nebulizer as it could be fatal. It should always be diluted down to 3% or less if it is used in a nebulizer.

Mark as Spam · Posted On · 4/7/2020 5:05:21 PM
Like · Dislike

dani048
Joined On 8/25/2009 9:10:06 AM
Add as Friend · Send Message

Thank you, Gui, and others who have posted very helpful / informational comments RE: supplements which help to strengthen our immune system, and allow us to combat pathogen attacks (such as novel coronavirus, SARS-CoV-2). Or other bad viruses, or debilitating illnesses that Nutritional Supplements can help with. I had a question for the group: When it comes to ideal timing (or simply good timing) for taking various supplements, such as Vitamin C, Zinc, Quercetin (either together, OR separately from one another), Honeycomb Bee Propolis, and other such supplements, what is the best time of day?

For instance, I've heard that it is "important" to drink plenty of water, if you are mega-dosing on ordinary VIT. C (such as Sodium Ascorbate powder), either immediately prior to, or while taking it. Is it best to take it separate from food, by at least 20 minutes? Best to take the Zinc, Quercetin, NAC (and other VIT. C 'co-factors') along with the Vitamin C? Some of them "with food" and some of them "without food"? What's a good protocol for getting all of these supplements working somewhat 'optimally' together, or in reasonable concert with each other?

I've heard that it's good to take VIT. E and Selenium together, and with food or healthy fats, as they help each other. I've read that drinking tea (non herbal, caffeinated type) can interfere with the body's ability to absorb certain nutrients? Would this apply to Vitamin C, Zinc, Quercetin, NAC, etc... (thus making it best to drink one's tea (Green Tea, or Rooibos, or orange pekoe "regular") "separately" from ingesting certain expensive supplements? Including even liposomal Vitamin C? Or is the whole "tea / coffee turning absorbability of supplements" concern over-blown and exaggerated? Apply mostly to B vitamins, or to only "certain" supplements? (I hear to take VIT. C (high dose) close to, or far apart from, eating food? Are fatty foods, or coconut oil, good to take with Zinc, Quercetin, or other Vitamin C co-factors?

Reply · Mark as Spam · Posted On · 4/7/2020 4:05:59 AM
Like · Dislike

Guillermous
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

Thank you, DaniO48, and others who have posted very helpful / informational comments RE: supplements which help to strengthen our immune system, and allow us to combat pathogen attacks (such as novel coronavirus, SARS-CoV-2). Or other bad viruses, or debilitating illnesses that Nutritional Supplements can help with. I had a question for the group: When it comes to ideal timing (or simply good timing) for taking various supplements, such as Vitamin C, Zinc, Quercetin (either together, OR separately from one another), Honeycomb Bee Propolis, and other such supplements, what is the best time of day?

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Mark as Spam · Posted On · 4/7/2020 4:05:59 AM
Like · Dislike

Guillermous
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

Thank you, DAVID. Also. MELATONIN, RESTORE DROSE (preventive exercise, vegetable nitrates, arginine) ALIVE VERA. CURCUMIN, PROPOLIS, QUERCETIN, RESVERATROL, EPIGALLOCATECHIN-3-GALLATE, GINGERS AND FLAVONOIDS, inhibit the activation of NF-kB and the subsequent expression of various inflammatory molecules such as IL-6 and TNFα and reduce the NLRP3 Reinvasome that causes the cytokine storm to it can lead to the death of the patient. www.medscape.com/.../1468202 (2016) ordinedibrary.wiley.com/.../nneh.201900147 (2018)

AUTOPHAGY and fasting nitric oxide that can be activated by exercise (preventative), maintains cellular homeostasis by selective removal of damaged or aging organelles and pathogens. Autophagy suppresses stress-induced activation of the organelles of the NLRP3 inflammasome. jcdc.acs.org/.../.../c8b00324 (2018) SULFORAPHANE activates the transcription factor Nrf2 by reacting with the cysteine residues of its repressor Keap1. In addition, it also inhibits NF-κ B - a signaling, AMPK activation, and autophagy, preventing fatty acid-induced mitochondrial dysfunction in the liver, with downregulation of NLRP3-induced inflammasome activation that promotes cytokine storm in sepsis.

Broccoli sprouts should be thoroughly soaked to avoid E. coli contamination. Adding mycoreisae in the form of durkon radish or mustard seed powder may increase sulforaphane. www.ertfomedicine.org/.../.../14422.pdfdd (2020) CALORIC RESTRICTION. Inflammation includes excess nutrient-mediated activation of the innate inflammatory immune NLRP3. At the same time, disruption of mitochondrial integrity is becoming an integral control node in the activation of the NLRP3 inflammasome and is also associated with conditions of caloric overload, such as obesity and diabetes. link.springer.com/.../.../s00018-016-2431-7 (2016) www.liebertpub.com/.../ars.2017.7313 (2018)

Mark as Spam · Posted On · 4/7/2020 5:27:55 AM
Like · Dislike

SariteSarah
Joined On 10/1/2022 7:04:08 AM
Add as Friend · Send Message

Gui, the innumerable benefits of everything you mentioned in combination with autophagy can't be stated enough.

Mark as Spam · Posted On · 12/2/2022 7:13:43 AM
Like · Dislike

Athdogsgotshewen
Joined On 5/15/2015 5:35:08 AM
Add as Friend · Send Message

I heard a woman interviewed on the news yesterday. Her mother was in intensive care due to covid-19 and the doctors had told the woman that her mother would not make it. She researched and found information about high doses of vitamin c used to treat. The mother had been on a vent for several days and two or three days into the vit c treatment she came off the vent and is now well and at home. Thank you Dr. Mercola for always being ahead of the curve.

Reply · Mark as Spam · Posted On · 4/7/2020 3:15:54 AM
Like · Dislike

Guillermous
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

The great opportunities of Natural Medicine save lives. Natural Medicine should be mandatory to apply as prevention and cure of diseases. Another reference. A 56-year-old man was referred to the Auckland Hospital ICU with total respiratory failure, for external cooperation with ECMO. The patient had contracted the H1N1 swine flu (confirmed by tests) while on vacation abroad, and had developed what is known as pneumonia. After 20 days of ECMO life support treatment and other critical care, the patient, who was unconscious before the virus-induced coma, had not responded. The ICU team informed the family of the possible outcome and prepared them for the possibility of the patient's death.

Gulliermous and everyone, here's a bit more supporting testimony on the key role vitamin D plays in immunity (and also prevention of the virus) CORONAVIRUS and Vitamin D: Could We Be Missing Something Simple? childrenshealthdefense.org/news/covid-19-and-vitamin-d-could-we-be-mis...

Mark as Spam · Posted On · 4/8/2020 9:48:51 AM
Like · Dislike

SariteSarah
Joined On 10/1/2022 7:04:08 AM
Add as Friend · Send Message

Thank you, Gui, for the link. The ICU team agreed to administer Vit vitamin C according to the family's wishes. Radiographs indicated increased lung function and external cooperation with ECMO. After several days of critical care for ongoing secondary conditions, the patient was able to begin his recovery and rehabilitation.
centerforadvancedgi.com/treatment-programs/iv-therapy-nutrition-chelation...

Mark as Spam · Posted On · 4/7/2020 4:40:08 AM
Like · Dislike

Guillermous
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

The great opportunities of Natural Medicine save lives. Natural Medicine should be mandatory to apply as prevention and cure of diseases. Another reference. A 56-year-old man was referred to the Auckland Hospital ICU with total respiratory failure, for external cooperation with ECMO. The patient had contracted the H1N1 swine flu (confirmed by tests) while on vacation abroad, and had developed what is known as pneumonia. After 20 days of ECMO life support treatment and other critical care, the patient, who was unconscious before the virus-induced coma, had not responded. The ICU team informed the family of the possible outcome and prepared them for the possibility of the patient's death.

Mark as Spam · Posted On · 4/7/2020 4:40:08 AM
Like · Dislike

SariteSarah
Joined On 10/1/2022 7:04:08 AM
Add as Friend · Send Message

In the Global ethics continued effort to wipe out the benefits of plant medicine, generations of people have lived and died at the hands of Big Pharma. I'm here to tell you that the moment we embrace plant medicine, our bodies respond with, "Give me more! I love that!"

Mark as Spam · Posted On · 12/2/2022 7:13:51 AM
Like · Dislike

Bigflatch
Joined On 1/9/2010 7:46:30 AM
Add as Friend · Send Message

If anybody still believes this is not about an economic reset...youhave not been paying attention. Perth, WA, the most isolated city on the world has had four deaths, the last three were mid 30s and one 91 year old. Average death rate here all causes about 35 to 40 per week in a population of two million. All gyms and group activities , including outdoor playgrounds, cafes, etc etcetera have been closed. 1.5 metres apart...really? Ok as long as you don't mind.....I don't normally sneeze, but I can think of another way to express what I'm seeing.

Reply · Mark as Spam · Posted On · 4/7/2020 2:57:20 AM
Like · Dislike

starbeyboecker
Joined On 11/13/2012 3:21:48 AM
Add as Friend · Send Message

Hi Flatch - thank you for weighing in and calling a spade a spade - if the Emperor is naked then only the blind would believe he is clothed - keep your immunity high Flatch and all the best with the economic DOWNTURN that Gates has gifted our world with

Mark as Spam · Posted On · 4/7/2020 3:04:00 AM
Like · Dislike

Guillermous
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

Yes. Unfortunately fear is very widespreadand CDC tries to keep the measures vulnerable to COVID-19 so that they can be rescued

by some future vaccine that many biotech companies are struggling to develop. The media is overwhelmingly incentivized to produce negative and alarmist headlines without accompanying the historical context and analytical experience for the average person. Assess the severity of those headlines. A report published in Psychiatry Research says: "Fear certainly appears to be a consequence of the mass quarantine." www.ncbi.nlm.nih.gov/pubmed/?term=the+emotional+impact+of+coronavirus+..

John P. A. Ioannidis, a Stanford University Medical School professor of medicine and epidemiology, has reasonably argued that we are making decisions without reasonable data, so it is impossible to make claims about any fatality rate, actual or future. Dr. Ioannidis thinks that when the dust settles and an accurate count is made the true mortality rate for COVID-19 could be five times lower, coming in at 0.025% or maybe 0.625% but certainly not the alarmist WHO figure of 3.4%. “Patients,” he writes, “who have been tested for SARS-CoV-2 are disproportionately those with severe symptoms and bad outcomes.

Health systems have limited testing capacity, selection bias may even worsen in the near future.” We are seeing here is a global situation, the authorities really have an idea of what is happening, but they are making life and death decisions that affect billions, leaving people without jobs, and locking people in their own homes. .Peter Hitchens, writing for The Daily Mail on March 14, 2020, agreed when he wrote, “Epidemic disasters have been predicted many times before and have not been anything as bad as feared.” THE LATEST CORONAVIRUS ATTACK IS A COVER FOR RESTRICTING OUR HEALTH FREEDOMS.
thenhf.com/2020/04/04/never-has-so-little-done-so-much-harm-to-so-many..

Mark as Spam | Posted On 4/7/2020 3:26:50 AM

Like Dislike

Nadine17
Joined On 6/20/2006 1:38:15 AM
Add as Friend | Send Message

I agree we r being treated like cattle, being prepared for slaughter and branded/vaccinated...medical martial law. They r using 5G as a weapon, along with bioweapon corona...depletion of oxygen, not pneumonia..emp-free clothing and bed netting should be used to protect us from 5G,wifi...

Mark as Spam | Posted On 4/7/2020 8:37:58 AM

Like Dislike

Bigfletch
Joined On 1/5/2010 7:46:30 AM
Add as Friend | Send Message

Nadine. Some will get caught up in that matrix, but some will not. As we each have a biological immune system, we also have a metaphysical version, known in ancient teachings as the Akash (aka the akashic records). They are there, not just to protect us from experiences we have moved beyond, but to also expose each of us to what is conducive to our spiritual growth. If you have heard of the Mandela effect, it contains proof for those who are ready to see beyond this particular chapter.

Mark as Spam | Posted On 4/7/2020 10:09:45 AM

Like Dislike

BLONDIEWIFE
Joined On 10/7/2011 2:18:25 PM
Add as Friend | Send Message

I am with you on this: I live in a small city in WA. And CDC has been advising healthcare workers to report a death as COVID even if that is NOT the primary reason of death. I suspect, with the hospitals getting reimbursed higher for this ICD-9 code (diagnosis) there is financial incentive to do as the CDC says.

Mark as Spam | Posted On 4/7/2020 11:56:55 AM

Like Dislike

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stanleybecker
Joined On 11/12/2012 3:21:48 AM
Add as Friend | Send Message

BLONDIEWIFE - "The Invasion of the Body Snatchers" - even the dead are profitable for these Vampires

Mark as Spam | Posted On 4/7/2020 12:24:50 PM

Like Dislike

Bigfletch
Joined On 1/5/2010 7:46:30 AM
Add as Friend | Send Message

Cat6701. Not at all. This is part of our natural evolutionary process, and is all predictable. Dont forget, we are spiritual beings having physical and mental experiences. As with the role of viruses, (which trigger our biological adaptive processes), such events encourage each of us to go deeper even befor we discover ther is a " deeper" to discover ....lol

Mark as Spam | Posted On 4/8/2020 9:22:06 AM

Like Dislike

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tbran10
Joined On 10/3/2013 11:44:03 AM
Add as Friend | Send Message

Bezos and Gates and Adam Schiff should all be jailed over their push for mandated vaccinations for all Americans. That is what they want for profit! Profit motivation Trumps Good Medicine which refuses to embrace the concept that cellular health requires a rich nutrient diet without toxins. It's time the allopathic medicine model is put in the trash can!

Reply | Mark as Spam | Posted On 4/7/2020 12:38:49 PM

Like Dislike

MusiceWoman
Joined On 9/9/2013 8:22:11 PM
Add as Friend | Send Message

Facebook keeps taking your posting off. I keep putting them back on. And thank you Dr. Mercola for trying to help people. You are appreciated.

Reply | Mark as Spam | Posted On 4/7/2020 8:22:10 AM

Like Dislike

Gwendolynn
Joined On 10/16/2008 4:51:48 PM
Add as Friend | Send Message

Gates pulled the trigger to soon to get away with this virus terrorism. The real goal is to get us all "vaccinated" and to force us to get vaccine passports. The globalists should have had the vaccine and the treatment waiting in the wings before the media spread the hype. Plus they should have shut down the non-mainstream communication. It should have been a clue to everyone that the globalists' first instinct was to make the healthy people stay home. (Quarantines are for the sick, not the healthy.) Hopefully those of us who survive the hype will realize we don't want to depend on the globalists' "supply chain". (Does anyone know how to make their own toilet paper? :))

Reply | Mark as Spam | Posted On 4/7/2020 9:31:22 AM

Like Dislike

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oreo952
Joined On 3/29/2020 10:56:56 AM
Add as Friend | Send Message

Buy a bidet instead

Mark as Spam | Posted On 4/7/2020 10:56:57 AM

Like Dislike

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stanleybecker
Joined On 11/12/2012 3:21:48 AM
Add as Friend | Send Message

bidet is great oreo - had mine for years from a tip from a commenter Grulla - great hygienic practice - bought the spray and controlling regulator and had it installed - "Don't Look Back"

Mark as Spam | Posted On 4/7/2020 11:54:40 AM

Like Dislike

1940chevy
Joined On 6/20/2006 2:27:28 AM
Add as Friend | Send Message

One gram of C every hour orally, to tolerance, works well too. Thank you Linus Pauling!!

Reply | Mark as Spam | Posted On 4/7/2020 2:04:26 PM

Like Dislike

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maryward
Joined On 4/7/2020 7:29:47 AM
Add as Friend | Send Message

These naysayers get on my last nerve. Dr. Mercola keeps things grounded. He doesn't go off on these flights of fancy. We should be mindful and use sound reasoning...not panic. AND we should seek out professionals who give sound advice like this.

Reply | Mark as Spam | Posted On 4/7/2020 7:42:13 AM

Like Dislike

Tritonus
Joined On 8/18/2016 1:15:42 AM
Add as Friend | Send Message

Nice to see and follow this kind of free discussion. All options must be open, especially in this case when we haven't effective treatments to use. Unfortunately here in Europe an open discussion is almost forbidden. The pharmaceutical and health care mafia have a very strong grip the things. The main strategy is to blame different opinions are something stupid or needn't to take seriously. We have our own "semmelweis" physicians..

Reply | Mark as Spam | Posted On 4/7/2020 2:34:42 AM

Like Dislike

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stanleybecker
Joined On 11/12/2012 3:21:48 AM
Add as Friend | Send Message

www.historylearningsite.co.uk/a-history-of-medicine/ignaz-semmelweis/

Mark as Spam | Posted On 4/7/2020 12:45:50 PM

Like Dislike

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chas823
Joined On 1/26/2012 5:09:24 PM
Add as Friend | Send Message

www.drwlc.com/blog/2020/03/21/hydrogen-peroxide-nebulizer-to-treat-cov..

Mark as Spam | Posted On 4/7/2020 5:50:41 PM

Like Dislike

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sambawahine
Joined On 5/9/2016 1:38:32 AM
Add as Friend | Send Message

I was just given a warning from FB for sharing this article. It said that some of the information in this link is partly false - WTF does that mean? It said that it put a warning for those who view my post to use caution. Wow. Who are these fact checkers and are they qualified to make that decision. Scary ***.

Reply | Mark as Spam | Posted On 4/14/2020 5:23:17 PM

Like Dislike

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sbryan555
Joined On 10/23/2010 1:41:09 PM
Add as Friend | Send Message

I am very glad to see wider acceptance of Dr Mercola's information on Vitamin C and D. As I was reading the benefits of vitamin D on acute respiratory distress, I realized that we have known about the benefits of vitamin D and Sunlight since before 1960. As a child growing up in England, with frequent bouts of Bronchitis, I had to have multiple Sunray treatments to help me through this health problem. Sunray treatment was the prescription for this type of bronchial and lung disease, which of course helps the synthesis of vitamin D. It is interesting how we seem to forget that which we knew many years ago. Perhaps this is related to the enormous money made by the pharmaceutical companies. I applaud Dr Mercola for his ongoing research and information about alternative treatment options from around the world.

Reply | Mark as Spam | Posted On 4/8/2020 3:38:43 PM

Like Dislike

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billsen30yahoo
Joined On 1/25/2008 12:45:29 AM
Add as Friend | Send Message

Good news finally. As far as your bad press about it last year, there is a wise saying: Whenever a new idea comes to a society, it goes through 3 stages. First it is ridiculed, then it is violently opposed, finally it is accepted as if it was always true. Will you get any credit? Only from me and a few others.

Reply | Mark as Spam | Posted On 4/7/2020 4:57:22 PM

Like Dislike

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deniscruickshankyahoo.co
Joined On 4/7/2020 12:24:56 PM
Add as Friend | Send Message

UPDATE 6th April ... The sister in law went home from hospital the day after taking the tablet, my wife's son took one tablet and within a day had lost the chest pain and shortness of breath and a nurse friend of the sister in law also has had the same result today ... 3 out of 3. Doctors in Canada are now looking at doing trials of the drug.

I don't want to cause false hope but the aussie papers yesterday were talking about an anti parasite drug to stop coronavirus so we were desperate. we managed to buy a bunch of that Ivermin 6mg anti parasitic drug and got someone with a safe conduct pass to take one pack to Mercedes's sister in the Machala hospital. she was weak and on a ventilator before with no sense of smell or taste ... now she is hungry and has her taste back and is speaking much better ... and no ventilator. maybe tomorrow they will do another scan of her lungs. the one from yesterday was really bad. 7news.com.au/lifestyle/health-wellbeing/anti-parasitic-drug-kills-covi..

Reply | Mark as Spam | Posted On 4/7/2020 12:28:19 PM

Like Dislike

Liz Smith
Joined On 1/6/2008 8:00:10 PM
Add as Friend | Send Message

Having spent XMAS one year in Australia when temp there was up to 43oC I thought as I was going to be there for 3 months and taking my blue green algae knew that I would not burn, (from northern European winter temp) I decided not to take Vit D3 but just go out in sun - doesnt the body take more in naturally? After two months I had had enough of the trip, it was not a success with family members. I had not burned but could not get home quick enough. I was due for my winter VitD3 test and the result showed a lower level than my original test about 6 years previously. They approached me from the testing centre. Later I read an article that said that when under stress your body absorbed more VitD3.

I have known previous people say how they felt when taking it. I worked hard at improving my levels again successfully. Sadly in December 2019 my lovely dog reached the end of his life and again my winter level has been reduced. Thankfully I had upped my intake to help the mournful situation and we now have this virus problem upon us. I am telling my colleagues to increase their uptake of VitD3 and Vit C. I keep being told that I am not a Doctor but don't take my word if you are worried - Check it out. Lots of medics dismiss the suggestion that internal application of Vit C would be good. Sadly we are only able to injest Vit C. It's my body as long as I am aware of the item I will take it. We use muscle testing which I agree with. My aged Irish pal says her pendulum says YES too.

Reply | Mark as Spam | Posted On 4/7/2020 10:56:57 AM

Like Dislike

BillWa
Joined On 8/16/2018 9:33:58 AM
Add as Friend | Send Message

You vindicate me Doc! I don't know why vitamins are less important than prescriptions. I've learned “the longer I supplement, the less I get sick.” I also turn white in winter, and DARK in summer. I should check to see if you have done another report on D3 deficiency signs. Tooth loss, thickening, yellow toe nails, odd non-seasonal rashes with white pustules (not painful impetigo), joint aches/pain, and effective against arthritis!! According to a UCSD study (on youtube) Vit D3 is found to reduce prostate cancers in men. D3 is very important and found in every tissue. D3 also slows down ALS, Cognitive ability returned when dad supplemented. My RN mom always said “smoking reduces your vitamin C, coffee as well.”

She also said “smokers are Vitamin K deficient.” Ya know, I thought that why we need to eat proper foods, and drink clean water, for vitamins, minerals, electrolytes, and Omegas. Why would supplements be any different? “An ounce of prevention is worth more than a pound of cure!” A $10 bottle of Vitamins is far cheaper than a $200 co-pay!UCSD also didn't find an “unsafe” Vit D3 dose. Vit C is a water soluble compound, like any other acid. Your body moves it fast too.Also, about COVID19, those alive today have already lived through past epidemics. Stop stressing and go breath fresh air. Humans humidify rooms, and if warm, germs multiply! Give your house a break from you and just sit on your porch for two hours. Happy home, happy life (too). Thanks Dr.

Reply | Mark as Spam | Posted On 4/7/2020 10:37:13 AM

Like Dislike

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el-graf
Joined On 9/11/2008 11:47:42 PM
Add as Friend | Send Message

The Central Death Committee works closely with the Federal Death Administration to control human population by controlling how many people contract technology created diseases. And Bill Gates is the head Necrologist.

Reply | Mark as Spam | Posted On 4/7/2020 8:28:27 AM

Like Dislike

Maritt
Joined On 12/14/2010 8:19:52 AM
Add as Friend | Send Message

The UK Prime Minister has been hospitalised due to COVID-19 and it seems as if he could be on a ventilator as he has breathing difficulties. How sad that his medical team is unaware or refuse to use these treatments (Intravenous Vitamin C, Dr Marik's Sepsis protocol, high dose vitamin D3 and Vitamin A/retinol, Zinc, Iodine, Ivermectin, etc) to ensure his speedy recovery so that he can lead the country during this difficult time.

Reply | Mark as Spam | Posted On 4/7/2020 4:07:36 AM

Like Dislike

Guillermou

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

Thank you very much., MARITT. Donald Trump has reacted to the news Boris Johnson spent the night in intensive care as he battles coronavirus.The President of the United States said Mr Johnson was in a "very serious" condition to have been admitted to intensive care on Monday evening. The Republican Party leader offered prayers for his recovery as the Conservative Party leader lies in a hospital in London. At a White House press briefing on Monday, Mr Trump said: "I want to send our very best wishes to a very good friend of mine and a friend to our nation, Prime Minister Boris Johnson. Cabinet Office Minister Michael Gove said Johnson is being given oxygen but "the prime minister is not on a ventilator." .
www.birminghammail.co.uk/news/midlands-news/donald-trump-admits-boris-.. (7 ABR 2020)
www.dailymail.co.uk/wires/ap/article-8195415/UKs-Johnson-spends-night-.. ((7 ABR 2020)

Mark as Spam | Posted On 4/7/2020 4:53:58 AM
Like | Dislike

NewlandsWanderer
Joined On 6/11/2015 6:59:28 AM
Add as Friend | Send Message

Hi Maritt, Dr. Shiva, running for Senate in the U.S.A is speaking out forcefully about natural treatments and simultaneously criticising Big Pharma. But who is there in the political realm in the UK to appeal to? I have written to various newspaper and media outlets. No one seems to want to know. Any suggestions?

Mark as Spam | Posted On 4/7/2020 7:03:52 AM
Like | Dislike

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

Best news. Boris Johnson is 'breathing without assistance' in intensive care and does not have pneumonia, Downing Street said today.The PM's spokesman said he was 'stable overnight and remains in good spirits', having received 'standard oxygen treatment'. Mr Johnson has also not needed a mechanical ventilator despite mounting concerns over his health.
www.dailymail.co.uk/news/article-8195293/Michael-Gove-says-Boris-Johns.. (7 April 2020)

Mark as Spam | Posted On 4/7/2020 7:28:22 AM
Like | Dislike

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

Britain could suffer more than 60,000 coronavirus deaths and be hit harder by the the outbreak than any nation in Europe, leading scientists say. Modelling conducted by researchers at the University of Washington showed that approximately 151,680 people were likely to die from the virus across the continent. It found that the UK could record 66,300 COVID-19 deaths by July - almost half (44 per cent) of the entire fatalities in Europe and three times more than Italy (20,000). Spain (19,000) and France (15,000) will also record a devastating number of losses, according to the modelling, largely based on the number of hospital beds available. www.dailymail.co.uk/news/article-8195771/UK-worst-coronavirus-hit-nati.. (7 April 2020)

Mark as Spam | Posted On 4/7/2020 7:28:38 AM
Like | Dislike

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chas823
Joined On 1/26/2012 5:09:24 PM
Add as Friend | Send Message

I'm sure this dirt cheap, safe and effective treatment is not being used.
www.drwlc.com/blog/2020/03/21/hydrogen-peroxide-nebulizer-to-treat-cov..

Mark as Spam | Posted On 4/7/2020 5:48:25 PM
Like | Dislike

HellingerConstellationFacilitator
Joined On 6/19/2006 9:06:51 AM
Add as Friend | Send Message

Great news.. who pushed back? It goes against the force-fed hysteria medias narrative.

Reply | Mark as Spam | Posted On 4/7/2020 3:22:42 AM
Like | Dislike

---

ever_new
Joined On 9/16/2009 12:03:56 AM
Add as Friend | Send Message

Hallelujah! Truth has broken through, and the whole country will feel the healing effects. I hope they soon add zinc to the vitamin c and hydro chloroquine treatments.

Reply | Mark as Spam | Posted On 4/7/2020 1:51:51 AM
Like | Dislike

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helpothers
Joined On 6/20/2006 7:28:13 AM
Add as Friend | Send Message

Back in 2020 I was factchecked by fb about dr. chengs use of vitamin c for covid. I left by june as I couldn't stand all the drama between the election and covid. I was recently looking up a remedy for my dh - he's a woodworker and found out too late that several wood species are sensitizing and so he seems to get triggered every fall when the weather cools and he starts up his projects. Mesquite and MDF are prime triggers despite a positive pressure mask worn consistently. It is sad because once triggered it takes 6-8 weeks to return him to normal breathing. I was looking up allergic asthma online and found nebulized mg as well as baking soda. But what I found fascinating was on this website the high dose vitamin C was used back in the 1930s to treat polio, measles and other diseases.

I've always wondered why since the advent of vaccines, why they didn't use the newer science to develop treatments for especially the childhood illnesses - like when the chickenpox vaccine came out and that didn't make any sense to me altho the pediatrician tried to scare me with infection stories and hospitalizations. Having chickenpox at 26 was not fun but definitely survivable. Anyway, if you are interested in the old time vit. c treatments take a look at this website - it's Dr. Saul's website www.doctoryourself.com/.../v09n16.shtml
This particular article is about polio but the website has many resources. Many of you probably already know about it.

Reply | Mark as Spam | Posted On 12/2/2022 10:39:53 AM
Like | Dislike

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steelj
Joined On 6/19/2006 11:43:25 PM
Add as Friend | Send Message

"That just goes to show that when push comes to shove, the truth eventually prevails" No, it does not show that at all. It shows the truth SOMETIMES prevails. Even when it's an observation about the physical world, like in this case, it can take generations or even hundreds of years to prevail. If it's historical information, well, as they say, history is written by the winners. There are 2 things journalists and pundits say all the time that are total BS - "the truth always comes out", and "the people of (fill in the blank) deserve (fill in the blank - better leadership usually)". No, the people get the government they deserve. Western society isn't falling apart in spite of the people demanding smart, responsible leadership, it's falling apart because they support exactly what they are getting. And no, the truth might NOT prevail.

Reply | Mark as Spam | Posted On 12/2/2022 10:08:23 AM
Like | Dislike

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

Been healthy, experimenting with, writing a book and talking about Vit C for over 15 yrs and even growing a few acres of citrus for past 23yrs....1* All natural sources of Vit C and polyphenol antioxidants are great. 2* Preferred supplemental maintenance and therapeutic uses is sodium ascorbate (pure C plus baking soda/fizzed in water). 3* ALL doses are purely individual based on one's level of oxidative stress/inflammation. 4* VIt C is the cheapest safest way to ingest ELECTRONS, the energy fuel for all bio-functions and life itself.

5* In bowel tolerance oral megadose or via IV; Vit C serves as a pro-oxidant releasing "Oxidative Bursts" of H_2O_2, the body's own immune ammunition that destroys pathogens, cancers and organic debris as well as neutralizing positive metal ions to be chelated and eliminated. 6* And so the basis of REDOX medicine...Powering cells to function while destroying unwanted molecules...The basic atomic level balance of life and the universe itself. The implications include all nutrition, detoxification, lifestyle and emotional efforts.

Follow the positively charged acids/oxidants and opposing intake and metabolic generation of promiscuous e- electrons to find a happy balance. This is all very simple once extraneous language is stripped away, boy-girl interactions of matter/redox, the common denominator that animates life...that seems too simple for complicated minds to grasp. Good on Dr. M for promoting these studies and "new evidence." forbiddenhealingforum.com/forum-comments

Reply | Mark as Spam | Posted On 12/2/2022 9:21:12 AM
Like | Dislike

SaritaSarah
Joined On 7/21/2022 7:04:08 AM
Add as Friend | Send Message

I remember when one of my cats had Feline HIV and the doctor suggested mega doses of C. I figured if it could help keep him alive another five years, it could help boost my immune system and minimize Covid. My husband and I do 3,000 mg a day and when I had Covid in May, we jumped to 10,000. I was done in 36 hours.

Reply | Mark as Spam | Posted On 12/2/2022 7:09:38 AM
Like | Dislike

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umfuli
Joined On 4/6/2011 2:17:00 AM
Add as Friend | Send Message

When I was having an aviation medical checkup in Switzerland thirty years ago the doctor told me about the great success he was having treating heart compromised patients with vitamin C. It is a disgrace that this information has been hidden for so long.

Reply | Mark as Spam | Posted On 12/2/2022 5:15:31 AM
Like | Dislike

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bowgirl
Joined On 12/3/2011 6:17:03 AM
Add as Friend | Send Message

All of my 66 years I have known adequate vit C is critical to a healthy immune system. We always had OJ or an orange for breakfast, I truly mean every day. Apparently this info was known when my mom got her BS in Nutrition from Rutgers in 1952.

Reply | Mark as Spam | Posted On 12/2/2022 4:50:53 AM
Like | Dislike

Stephjask
Joined On 10/23/2015 8:00:54 AM
Add as Friend | Send Message

Vitamins C and D are not much use to Big Pharma because they cannot make obscene piles of dollars from it. Simple as that.

Reply | Mark as Spam | Posted On 12/2/2022 3:09:51 AM
Like | Dislike

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pkranjac
Joined On 6/8/2015 8:28:27 AM
Add as Friend | Send Message

www.youtube.com/watch Was privileged to do this short power point video with the great Dr. Michael Holick. Please have a look. Thanks.Paulette Kranjac

Reply | Mark as Spam | Posted On 4/16/2020 10:11:38 AM
Like | Dislike

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simonwhincop
Joined On 4/16/2020 3:15:50 AM
Add as Friend | Send Message

Great article. Finally, some physicians are starting to listen. Unfortunately the press is still slow to catch on, and articles like this are still not passing Facebook's so called factchecker (I've already tried posting this article). This is potentially lifesaving information.

Reply | Mark as Spam | Posted On 4/16/2020 3:20:39 AM
Like | Dislike

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osu3957
Joined On 4/13/2015 10:44:03 AM
Add as Friend | Send Message

Short rant. I am very frusteated with FB, as usual. But I see that they fact checked this article today with garbage science. They even alerted me to that in my notifications. It seems like their pseudo fact checking from mainstream rags has gotten very bad these last few weeks. Anyway, I read most of Dr. Mercola's new articles and the comments. I rarely post, but want to thank him and all of you for your contributions towards health promotion.

Reply | Mark as Spam | Posted On 4/14/2020 5:04:15 PM
Like | Dislike

Lester628
Joined On 6/19/2006 6:45:22 PM
Add as Friend | Send Message

Eye Witness News April 7, 2020: Los Angeles doctor Dr. Anthony Cardillo spoke to a reporter about the fact that Hydroxychloroquine must be used with Zinc in order to be effective. It has no effect when people take it by itself. Here is an inexpensive way to protect yourself. Perhaps you have heard of the drink "Gin and Tonic." Tonic water has quinine in it. You can purchase it here in Michigan at Kroger's. They sell Canada Dry. Just make sure the brand you buy has "Contains Quinine" on the label. Then buy some zinc, and you have an effective non-drug, drug to protect you.

Perhaps you heard Dr. Bix (Trump's Pandemic Team) answer a reporter's question, "If a patient comes in the hospital with a coronary problem or renal disease, diabetes or some other disease and also has the Corona virus, and dies, do you count it as a Corona Virus death?" Her answer was "Yes." So, that means that we are getting an inflated Corona death count. I would love to ask her, "If a person dies in a traffic accident or drowns and has the Corona Virus, do you count that as a Corona death?" We are being lied to daily about death projections based on models. The first model projected 2.2 million deaths. Then they factored in Social Distancing and reduced it to 230,000.

After several revisions, they have now lowered it to 60,000 deaths. As of 10 minutes ago, we are at 17,800 deaths and we are supposedly at the peak. According to "Indexmundi.com 7,755 people die a day in the USA. So, since Feb 1 until today, about 543,000 people have died. WebMD estimates that between 8,000 to 20,000 die of the flu each year. CDC estimates between 20,000 to 60,000 die. With those ranges, it means that they really do not know. Remember the Aids epidemic of the 1980's? That was the HIV virus. They still do not have a vaccine for that after 40 years! We need to get this country back to work. "People who are willing to give up their freedom for a little peace and safety, deserve neither." Benjamin Franklin

Reply | Mark as Spam | Posted On 4/10/2020 11:23:47 AM
Like | Dislike

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rogerdavidcook
Joined On 11/14/2010 8:32:04 AM
Add as Friend | Send Message

Nitric Oxide gas has been found to have antiviral properties against different types of coronaviruses. This was proven when nitric oxide was tested on patients during the 2002-2003 pandemic of Severe Acute Respiratory Syndrome (SARS), which is a cousin of the new virus. 'It's a pretty remarkable drug,' Dr Lorenzo Berra, the critical-care specialist at Massachusetts General Hospital and the leader of the new trial, told the Boston Herald. 'It has a risk profile that is minimal.' A new international clinical trial is now being overseen by Mass General and taking place at hospital in Massachusetts, Alabama, Louisiana, Austria, Italy and Sweden. Coronavirus patients, with mild to moderate cases, will inhale nitric oxide through a CPAP machine for 20 to 30 minutes a day and two times a day for two weeks.

Researchers hope that the gas will 'kill' the virus in the lungs, mitigate damage done to the lungs, and reduce the number of patients who need to go on a ventilator. The machines, which help people breathe, are currently in short supply in several states. A second trial has been proposed that would enroll healthcare workers who are routinely exposed to patients with coronavirus. In this study, medical personnel would inhale a high dose of nitric oxide for 10 to 15 minutes at the start and at the end of every shift. 'We have tremendous confidence this therapy will alter the devastating effects of CoVID-19 but we must test it,' Dr Keith Scott, a professor of pediatrics, surgery & medicine at Louisiana State University Health - Shreveport, said in a statement. 'If results show promise, and since this gas is already FDA approved, wide spread use could begin immediately.

Reply | Mark as Spam | Posted On 4/8/2020 2:08:22 AM
Like | Dislike

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interestedone
Joined On 6/19/2006 9:58:42 AM
Add as Friend | Send Message

in addition to *all* ways to possibly help: www.tirumalesa.com/indian-homeopath-creates-historyfinds-cure-for-coro..

Reply | Mark as Spam | Posted On 4/7/2020 7:27:05 PM
Like | Dislike

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spookybear
Joined On 6/20/2006 2:31:11 AM
Add as Friend | Send Message

I wonder if this information will reach the White House, and wonder if and when the news will report it?

Reply | Mark as Spam | Posted On 4/7/2020 1:39:58 PM
Like | Dislike

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steelj
Joined On 6/19/2006 11:43:25 PM
Add as Friend | Send Message

"One of the primary reasons we're now seeing its use against COVID-19 is undoubtedly because we had no expensive drugs in the medical arsenal that could be turned to." A perfect example of why I love Dr. Mercola! Sees things as they are and has the guts to write it like it is.

Reply | Mark as Spam | Posted On 4/7/2020 12:50:57 PM
Like | Dislike

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steelj
Joined On 6/19/2006 11:43:25 PM
Add as Friend | Send Message

"That just goes to show that when push comes to shove, the truth eventually prevails" It shows it prevailed this time. Unfortunately it does not prove anything but that. There are way too many lies to count that will never be exposed as lies. I hate to sound negative, but let's not kid ourselves.

Reply | Mark as Spam | Posted On 4/7/2020 12:37:47 PM
Like | Dislike

Myrta
Joined On 7/6/2008 3:42:54 AM
Add as Friend | Send Message

This is great news, a lot of peoples life could have been saved, with vitamin D and C... If they would have listened to Dr Mercola and other doctors who have been successful, with these two vitamins.

Reply | Mark as Spam | Posted On 4/7/2020 11:49:44 AM

Like Dislike

chieromancer
Joined On 3/27/2008 6:27:04 PM
Add as Friend | Send Message

It took a "national emergency" for the medical establishment to get on board.

Reply | Mark as Spam | Posted On 4/7/2020 11:40:28 AM

Like Dislike

lin3741
Joined On 7/31/2014 12:32:08 PM
Add as Friend | Send Message

Im SO thrilled to hear this. Like people have been saying out of almost desperation we turn to anything that will help. I hope ALL hospitals start following suit. And i hope that access to the vitamin doesn't turn into some other kind of political war. I really do. 🙏🙏

Reply | Mark as Spam | Posted On 4/7/2020 10:47:03 AM

Like Dislike

Rdenyc
Joined On 1/6/2017 10:38:38 PM
Add as Friend | Send Message

THANK YOU FOR NEVER STOPPING YOUR PURSUIT OF TRUTH!!!

Reply | Mark as Spam | Posted On 4/7/2020 10:38:42 AM

Like Dislike

galadrew
Joined On 4/7/2020 10:25:55 AM
Add as Friend | Send Message

Interesting why there are so many sick and dead people from coronavirus in the US. You are writing about vitamin D. In other countries people do not take statin drugs like in the US. Statins interfere with the production or the absorbtion of fat soluble vitamins including vitamin D (and other). It would be nice to see the statistics on coronavirus, statins and bitamin D... Also interesting to know what they are doing in Germany with coronavirus patients that they have remarkably less mortality rate than in other countries. Why nobody looks at that?

Reply | Mark as Spam | Posted On 4/7/2020 10:37:48 AM

Like Dislike

Maritt
Joined On 12/14/2010 8:19:52 AM
Add as Friend | Send Message

You are so right. Statins prevents the uptake of vitamin D as cholesterol is required for that. Cholesterol is also required for the formation of hormones. Link to prostate problems?

Mark as Spam | Posted On 4/8/2020 1:44:22 AM

Like Dislike

RobinpB
Joined On 4/13/2018 9:24:02 AM
Add as Friend | Send Message

Fine. Remember my last comment that also mentioned need to include super dosing vit B1 - thiamine - that acts in synergy with Vit C. Without injecting take 3000 mg vit C plus 200 mg thiamine orally in sips during the day. If combined with daily dose of 200 mcg of selenium the immune system is not only extra strong but protected from dangerous overresponding cytokine storms that are often the main cause of death when trying to fight off Covid19.

Reply | Mark as Spam | Posted On 4/7/2020 9:16:00 AM

Like Dislike

Sunman
Joined On 3/30/2007 5:59:54 AM
Add as Friend | Send Message

Our review has now been published Grant WB, Lahore H, McDonnell SL, Baggerly CA, French CB, Aliano JA, Bhattoa HP. Evidence that vitamin D supplementation could reduce risk of influenza and COVID-19 infections and deaths. Nutrients 2020, 12, 988.
www.mdpi.com/.../988

Reply | Mark as Spam | Posted On 4/7/2020 8:51:58 AM

Like Dislike

cyn38847
Joined On 11/21/2017 12:19:35 PM
Add as Friend | Send Message

Congratulations, Dr. Mercola! I am in awe of the knowledge that is presented in these comments. Even though I don't post, I always read them for their deeply needed contents. I do have some questions on other supplements that I have read that might be useful for this virus. Can you use Arteminisin, BHT, Black Ginger, Grapeseed Extract, Green Tea, White Tea, Lysine, Proline, IP6, Birch Bark Extract, Flavanoids, NAC, Forskolin, Licorice Root, and Rosemary? I know it's a long list but anything would be helpful. Thanks so much everybody for all you do for mankind!

Reply | Mark as Spam | Posted On 4/7/2020 6:57:19 AM

Like Dislike

bowgirl
Joined On 12/3/2011 6:17:03 AM
Add as Friend | Send Message

What we know about how Vit D (a hormone) and sun light benefit the human body is evolving. Much is not known. When I see definitive facts about this and other vitamins and minerals I know the public is not being told the whole story, the info is fluid....

Reply | Mark as Spam | Posted On 4/7/2020 6:56:54 AM

Like Dislike

jewel62
Joined On 5/17/2011 2:36:52 AM
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Regarding the use of Hydrogen Peroxide for nebulizing, there is a book called 'The 1-Minute' Cure by Madison Cavanaugh and a Facebook group regarding treating illnesses with this Hydrogen Peroxide. Highly recommended!!

Reply | Mark as Spam | Posted On 12/2/2022 4:12:14 AM

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adam
Joined On 1/5/2009 1:41:22 AM
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Please hear what this NYC ER and intensive care doctor says
vimeo.com/403947972?fbclid=IwAR0KvCfElIX015vV-35oDHr17eSxvYDZjW2yLJksr..

Reply | Mark as Spam | Posted On 4/7/2020 1:35:19 AM

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Guillermou
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Thank you, ADAM. Also: Ventilators Are No Panacea For Critically Ill COVID-19 Patients. Many of the coronavirus patients who end up with ventilators die, according to several small US studies. USA, China and Europe. "It is very worrying to see how many patients who require ventilation do not leave the hospital," says Dr. Tiffany Osborn, a critical care specialist at the University of Washington in St. Louis who has been treating coronavirus patients at Barnes-Jewish Hospital. Negin Hajizadeh, a pulmonary intensive care physician at the Donald and Barbara Zucker School of Medicine at Hofstra / Northwell on Long Island, New York, echoes that concern.

"We have had several patients among hospitals across the Northwell system come out of the breathing machine," says Hajizadeh. "But the vast majority cannot." The National Intensive Care Research and Audit Center in London conducted the largest study yet to look at mortality among ventilator coronavirus patients. It was found that among 98 ventilated patients in the UK, only 33 were discharged alive. The numbers from a study in Wuhan, China are even bleaker. Only 3 of 22 ventilated patients survived. And a study of 18 ventilated patients in Washington state found that nine were still alive when the study ended, but only six had recovered sufficiently to breathe alone.

All preliminary research suggests that once coronavirus patients are put on a respirator, they will likely need to stay on it for weeks. And the longer patients stay on a breathing machine, the more likely they are to die. Unfortunately, Osborn says, "the ventilator itself can damage lung tissue depending on the amount of pressure it takes to help the lungs process oxygen." And coronavirus patients often need dangerously high levels of pressure and oxygen because their lungs are so swollen.
www.npr.org/sections/health-shots/2020/04/02/826105278/ventilators-are.. (4-2020)

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Guillermou
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"Mechanical ventilation is a life-saving therapy in patients with acute respiratory distress syndrome (ARDS). However, mechanical ventilation itself causes severe co-morbidities in that it can trigger ventilator-associated lung injury (VALI) in humans or ventilator-induced lung injury (VILI) in experimental animal models. Therefore, optimization of ventilation strategies is paramount for the effective therapy of critical care patients. A major problem in the stratification of critical care patients for personalized ventilation settings, but even more so for our overall understanding of VILI, lies in our limited insight into the effects of mechanical ventilation at the actual site of injury, i.e., the alveolar unit.

Unfortunately, global lung mechanics provide for a poor surrogate of alveolar dynamics and methods for the in-depth analysis of alveolar dynamics on the level of individual alveoli are sparse and afflicted by important limitations. With alveolar dynamics in the intact lung remaining largely a "black box," our insight into the mechanisms of VALI and VILI and the effectiveness of optimized ventilation strategies is confined to indirect parameters and endpoints of lung injury and mortality". ALVEOLAR DYNAMICS DURING MECHANICAL VENTILATION IN THE HEALTHY AND INJURED LUNG.
www.ncbi.nlm.nih.gov/.../PMC6658629 (2019)

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Brocephus
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Adam somehow your link to NY ER Doc is blocked.

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tdmartinson
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What about people with oxalate problems, information says vit c supplements are a problem.

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tdmartinson
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The article says Vit C & D are now adopted as Covid treatments but I don't see a note on the source, did I miss it?

Reply | Mark as Spam | Posted On 12/2/2022 10:40:14 AM

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