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Lavender oil is effective against pain and exhaustion

Heilpraxisnet; Wed, 28 Jun 2017 13:01 UTC

Lavender oil is effective against pain and exhaustion after childbirth

Lavender oil relieves pain and exhaustion after childbirth.

Aroma oil can contribute to pain reduction and reduced fatigue in first-time mothers in the first hours after birth. This is shown by a recent study.
In the study, first-time mothers with episiotomy inhaled 1% lavender aroma oil (Lavendula officinalis) for 10 to 15 minutes four hours after delivery, after another six hours, and before resting at night. For the control group, sesame oil was used as a placebo.
All subjects also received standard care including sedatives. Before the start of treatment, one hour after the first inhalation and the following morning, the subjects rated the intensity of their genital pain, back pain and muscle discomfort, uterine cramps, as well as their level of fatigue and perceived stress.
It was found that pain intensity and fatigue were significantly lower in the women in the verum group already after the first treatment than before treatment and compared to the control group. Perceived stress levels were also lower. The results were even better on the following day in the verum group.
Source: https://de.sott.net/article/29998-Lavendelol-wirkt-gegen-Schmerzen-und-Erschopfung

Desmodium adscendens - The medicinal plant for liver and respiratory tract

Center of Health; Wed, 28 Jun 2017 17:34 UTC

Desmodium *(Desmodium adscendens)* - also called beggar's weed - is a plant native to Africa and South America. In local folk medicine, it has been used for many years to treat a wide variety of ailments. Scientific studies confirm that the plant is particularly active in protecting the liver. Desmodium can therefore

protect the liver from damage caused by chemicals or alcohol. Furthermore, since Desmodium has a relaxing effect on the bronchi, the medicinal plant can also be used for asthma and bronchitis.

Desmodium adscendens protects the liver and helps with asthma

Desmodium adscendens is a perennial plant of the papilionaceous family. It thrives preferably in the tropical regions of Africa, South America, Asia, Australia and Oceania. Desmodium has been used as a medicinal plant for centuries, especially in West Africa (the Ivory Coast, Congo, Senegal and Ghana) and in the rainforests of Peru and Brazil. There, the plant is still an integral part of folk medicine - especially for those people who do not have access to medical care.
Desmodium's hepatoprotective effect is particularly appreciated, which means that the plant protects the liver. But Desmodium is also a good choice for asthma and bronchitis - as researchers wrote in June 2011 in the 'Journal of Ethnopharmacology'.

Desmodium adscendens in folk medicine

A decoction (decoction) of the leaves and stems was and is used in the traditional medicine of Africa and South America for a wide variety of ailments - from asthma, bronchitis and blocked sinuses to gonorrhea (gonorrhea), hepatitis, muscle cramps, joint and back pain, allergic symptoms and eczema.
In Belize, Desmodium adscendens is even called Strong Back, which may indicate its effect on back pain.

Desmodium adscendens: The effects

Studies are available from Africa and South America, but also from France, England and Canada. One certifies the plant

- a bronchodilator effect,
- the ability to normalize elevated liver enzymes,
- an anti-histamine effect (which is especially helpful for allergy sufferers) and
- a relaxing effect on the smooth muscles.

The smooth muscles line the hollow organs in particular, such as the stomach, intestines, bladder, uterus, bronchi, and even the blood vessels. If the muscles in these organs now contract, pain can result, such as stomach cramps, abdominal pain or abdominal cramps during menstruation. If the muscles in the bronchial tubes contract, this promotes an asthma attack.
Remedies such as Desmodium adscendens, which are suitable for relaxing these muscles, thus have an antispasmodic and analgesic effect. No wonder Desmodium leaves are given in the traditional medicine of Brazil for diarrhea, generally for pain as well as for excessive urination, e.g. in bladder infections, when the bladder cramps.

Active ingredients in Desmodium

In Desmodium adscendens - as in any top-class medicinal plant - many different active substances are found. The main active ingredient is said to be D-pinitol. Using the standard liver values usually used to assess liver damage (AST [formerly GOT], ALT [formerly GPT] and AP [alkaline phosphatase]), the liver-protective effect of both isolated D-pinitol and a Desmodium plant extract was investigated. In each case, D-pinitol was found to be one of the main contributors to the beneficial effect on the liver.
According to studies from Ghana and Nigeria, other active ingredients include the flavonoid vitexin and its derivatives vitexin-2"-xyloside and isovitexin, as well as triterpenes, saponins, amines and indole alkaloids (e.g. tryp- tamine).

Desmodium adscendens: specialist for the liver

In any case, the special area of use for Desmodium adscendens is the liver. No matter what the liver is lacking, Desmodium can be used supportively to help the liver regenerate and heal, and ultimately improve liver values. It was probably the impressive effect on the liver that led to Desmodium adscendens being discovered by modern medicine.

It was in 1960 when two French doctors were working on a humanitarian project in Africa and witnessed how Desmodium was able to cure hepatitis in just a few weeks. This is why Desmodium has been sold in France for many years as a dietary supplement with a liver-protecting effect, while the medicinal plant has only been introduced to the rest of Europe in the last few years.
For many liver diseases - whether caused by viruses, chemicals or toxins such as alcohol or drugs or medicines - Desmodium is thus considered the remedy of choice. For symptoms of hepatitis (yellowing, headache, fatigue, loss of appetite) Desmodium is an effective adjunctive therapy, as the symptoms improve in a short time.
Studies in England, France and Canada showed that Desmodium can not only treat liver dysfunction, but also protect the liver during therapy with many side effects, such as chemotherapy. At the same time, the plant seems to protect and strengthen the immune system.

For the liver: avoid unhealthy things and take liver medicinal plants

The liver is an incredible organ. It not only helps our entire organism to recover and regenerate again and again. It itself also has a strong regenerative power. Even when only 25 percent of the liver tissue is still functional, this miracle organ can keep its person's body healthy and perform all the necessary liver tasks.
For example, the liver is involved in digestion together with the gallbladder. If the liver does not work properly in this area, the result is a feeling of fullness and loss of appetite. Other typical liver tasks include detoxification, regulation of glucose balance, protein formation, nutrient and vital substance storage, cholesterol production, regulation of hormone balance and over 500 other tasks. Poor nutrition, alcohol abuse and excessive sugar consumption damage the liver and leave it in a pitiful state. However, due to its great regenerative capacity, the liver can be supported with a few measures to the extent that it can recover.
From a naturopathic point of view, these measures primarily include two things:

1. **Habits that are harmful to the** liver are **immediately abandoned** so that the liver is relieved from now on (no alcohol, no sugar, no convenience products, little fat, less meat, reduce stress, instead eat a diet rich in vital substances, take more bitter substances, clean up the intestines, only take the medications that are really necessary, etc.).
2. **Medicinal plants are used that** help regenerate liver cells and at the same time protect the liver from further damage. In addition to the well-known liver plants (milk thistle, dandelion and artichoke leaves), this also includes Desmodium adscendens.

Case report: Desmodium adscendens normalizes liver values that are too high

In West Africa, patients with hepatitis or jaundice are always given preparations of Desmodium adscendens. Doctors there are said to have confirmed that Desmodium can normalize elevated liver values over a few weeks to several months.
The commonly determined three liver values include the following:

- GOT: glutamate oxaloacetate transaminase, today: aspartate amino-transferase AST; normal values below 50 U/l in men and below 35 U/l in women (U/l = unit per liter)
- GPT: serum glutamate pyruvate transaminase, today: alanine amino transferase ALT; normal values below 50 U/l in men and below 35 U/l in women
- GGT: γ -glutamyltransferase; normal values below 60 U/l in men and below 40 U/l in women (The normal values vary - depending on the source).

If these values are elevated, this indicates alcohol dependence and/or liver disease, e.g. hepatitis, fatty liver, cirrhosis, primary biliary cirrhosis, bile stasis or inflammation of the bile ducts. Liver values can also be increased by some medications.

In a 60-year-old man - so a case report is quoted - these liver values were now as follows:

- GOT: 104
- GPT: 64
- GGT: 190

Then the patient took 6 capsules daily, each containing 200 mg Desmodium adscendens. Three months later, the values were measured again and showed to be significantly lower:

- GOT: 27
- GPT: 21
- GGT: 58

Desmodium adscendens together with other liver medicinal plants in liver cleansing If you want to take Desmodium as part of a liver cleansing, i.e. together with other measures that benefit the liver and promote its regeneration and efficiency, then you could for example proceed as follows:
You can perform the liver cleanse described here: The Holistic Liver Cleanse and drink Desmodium tea instead of the specified tea. How to prepare this tea, read below under
'Desmodium adscendens: tea and capsules - The application'.
If you want to take Desmodium extract capsules, you can combine them with milk thistle capsules and/or artichoke extract capsules (or artichoke juice), for example, over a period of two to four weeks, thus providing your liver with support on a cure basis.

Desmodium adscendens: specialist for the lungs and respiratory tract

Studies showed that Desmodium adscendens can also inhibit allergic (histamine-related) reactions (at least in guinea pigs) and could therefore be interesting for allergy, e.g. allergic asthma. In relevant tests, the relaxing effect of Desmodium on the bronchial tubes occurred very quickly - within one to two minutes - which gives credence to the traditional use of the plant for asthma. In Ghana, for example, the plant is one of the first measures prescribed for acute asthma attacks. Even the risk of anaphylactic shock is said to be reduced with the help of Desmodium.
Desmodium adscendens also helps to clear the sinuses and unclog the airways, stop persistent coughs, reduce severe congestion, and even provide relief from snoring, which is usually caused by congested airways.
Due to all these positive effects on the respiratory tract, the medicinal plant can be used not only for flu-like infections with colds and coughs, but even concomitantly with severe lung diseases such as chronic obstructive pulmonary disease and emphysema.

Desmodium adscendens: tea and capsules - The application

You can buy Desmodium on the Internet, in tea stores or herbal stores, for example, dried (for tea preparation), as a tincture or as an extract in capsule form. The latter simplifies the intake enormously, since the active ingredients can be easily dosed and taken in higher concentrations.
For example, if it is an extract with a ratio of 2 : 1, then 200 grams of plants were used to produce 100 grams of extract.
If a capsule containing such an extract contains 250 mg of Desmodium extract, then you are consuming as many active ingredients per capsule as you would with 500 mg of the plant.
For liver diseases - it is said - 6 to 10 grams of the dried plant (finely powdered or crushed) should be infused with a liter of hot water. After 10 minutes, you can pour off the tea or simply wait until the powder has sunk to the bottom and then drink the liquid. You can also drink a part of the powder. Drink this tea for 2 to 4 weeks for acute problems. For chronic problems for 6 to 8 weeks.
Before, during and after conventional medical therapy, one can always drink a Desmodium tea (6 g of the dried plant per liter of water) to protect the liver.
If you have a fatty liver, prepare the tea from 10 g of the dried plant and drink it daily for 1 to 3 months. Those who suffer from allergies, take only 5 g daily and prepare from it the described tea.
Drink your daily amount of Desmodium tea in two to three servings throughout the day. If you choose to take capsules, follow the manufacturer's recommended dosage listed on the package.

Desmodium adscendens: Important notes

To enhance the regenerative abilities of Desmodium on the liver, phytotherapists recommend combining the plant with other medicinal plants, such as milk thistle or an artichoke extract (e.g., as above

described under 'Desmodium adscendens together with other liver medicinal plants in liver cleansing'). Since Desmodium adscendens has a mild laxative effect, the recommended doses should be followed. Sensitive people start with small doses to test individual tolerance. If doses are too high, migraine-sensitive people may experience headaches. Desmodium has not been approved as a medicine. It is merely a medicinal plant used in folk medicine in South America and Africa for thousands of years, for which there are some animal and cell studies, individual case reports, and numerous field reports. However, large-scale clinical studies are still lacking. If you wish to take Desmodium preparations, it is of course best to discuss this - as always - with your doctor or alternative practitioner who is familiar with herbal medicine.

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Source: https://de.sott.net/article/30069-Desmodium-adscendens-Die-Heilpflanze-fur-Leber-und-Atemwege

Hair dyes contain harmful chemicals, increase risk of breast and bladder cancer

Center of Health; Fri, 23 Jun 2017 17:27 UTC

Hair dyes usually contain a colorful variety of different chemicals. Some of them are considered harmful, some carcinogenic. Not surprisingly, hairdressers in particular, who work with hair dyes and other chemicals on a daily basis, but also people who dye their hair once a month, are said to be at higher risk of bladder cancer. In a June 2017 study, it was discovered that breast cancer risk can also increase with frequent hair coloring.

Hair dyes contain harmful chemicals, some of which are carcinogenic

Beautiful hair is synonymous with youth and health. Therefore, when the first gray hairs appear, people are only too happy to reach for the next best hair color. In Germany, about 70 percent of women regularly dye their hair. And one in three men has also had a touch of color when it comes to headdresses.

Hair dyes, however, are anything but healthy. They usually have to be left on for 20 to 40 minutes or even longer - enough time for the chemicals they contain to migrate via the scalp into the bloodstream. Of course, the toxins are also inhaled and thus also enter the body via the respiratory tract. Many of these substances are known to cause allergies, and some are suspected to be mutagenic and/or carcinogenic.

Moreover, a one-time dyeing is not enough, because the roots must be recolored every three to six weeks from then on. But not only regular users are at risk, but especially hairdressers who handle hair dyes, perms and other chemicals almost every day.

Hair dyes - The ingredients

In order for hair dyes to reliably cover gray hair and also not wash out, quite strong chemicals are required.

Problematic ingredients include, for example, aromatic amines. These include substances such as 2,5-toluylenediamine (PTD), p-phenylenediamine (PPD) and hydroxyethyl-p-phenylenediamine. All three are considered strong allergens. Two other aromatic amines are 6-amino-m-cresol and 5-amino-6-chloro-o-cresol. For both of them, it is not yet clear whether they are harmless. Nevertheless, they are used in hair dyes.

Another aromatic amine is p-aminophenol. It is considered to be mutagenic and carcinogenic and is also said to reduce fertility. It is actually banned in cosmetics. However, manufacturers can obtain an exemption if the substance does not exceed a certain amount in the product.

Many hair dyes also contain resorcinol, which irritates the skin, sensitizes it to allergies and can also have a mutagenic effect. In addition, hair dyes contain the usual substances of conventional cosmetics such as PEG/PEG derivatives (which make the skin permeable to harmful substances), halogen-organic compounds, questionable UV filters, allergenic fragrances (e.g. Lyral, which is also contained in many perfumes and can trigger allergies), etc.

Risk of bladder cancer increases twofold with monthly hair dyeing

Earlier studies had already shown that hairdressers had an above-average risk of developing bladder cancer. The first study on this subject was published in February 2001 in the International Journal of Cancer.

In it, researchers from the University of California in Los Angeles had studied 1514 people who had bladder cancer and just as many people of the same age who were healthy. It showed that women who dyed their hair at least once a month had more than twice the risk of developing bladder cancer as those who did not dye their hair.

If you dye your hair for the long term, i.e. for many years, then the risk increases further. For example, those who apply hair color every month for 15 years or more increase their risk 3.3-fold. Hairdressers who worked in their profession for at least 10 years had a 5 times higher risk of developing bladder cancer than people who did not apply hair color.

Cancer risk from hair dyeing cannot be ruled out despite banned list Subsequently, in 2003, the EU Commission had a banned list drawn up of the approximately 200 most hazardous substances contained in hair dyes at the time. On the list of substances considered to be (with certain restrictions)
substances classified as safe for hair dyeing, only 70 remained. But even for these, it cannot be said with certainty that they do not pose a cancer risk to humans. And even if they do not exactly cause cancer, they are in no way healthy, since many of them are considered strong contact allergens, for example, p-phenylenediamine and 2,5-toluylenediamine.

Effect of chemical hair dyes partly still unknown

Danish researchers wrote in the scientific journal 'Contact Dermatitis' in August 2006 that hair dyes for permanent coloration carry another risk: as is well known, they must be mixed from two components immediately before the hair color is applied. Only now does the actual color emerge. However - according to the researchers - so much of the original substances remains that the user comes into contact with them not only during but also after hair coloring, namely when he washes out the color. Also, intermediate products are always formed during the chemical process of mixing and dyeing. The effect - whether harmful or allergenic - is still quite unknown for these intermediates.

Any chemical hair color contains allergens

The University of Arizona's April 2014 analysis of 107 hair dyes from 10 leading manufacturers showed that 106 contained at least one potential allergen. On average, however, the hair dyes contained six substances that can lead to contact allergies:
p-Phenylenediamine (PPD) was found in 78 percent of the products, resorcinol in 89 percent, m-aminophenol in 75 percent, p-aminophenol in 60 percent and 2,5-toluyendiamine in 21 percent - which means that potentially harmful substances in hair dyes are nothing special. In fact, a total of 30 allergens were found that are routinely used in hair dyes.

Hair coloring and perming increase chemical exposure for hairdressers

In 2014, Swedish researchers published a study in which they examined the chemical exposure of hairdressers. Hairdressers are known to be exposed to suspected carcinogenic amines and allergens throughout their working lives. The study showed that the more frequently hairdressers dyed and permed their clients' hair, the more carcinogenic substances were detected in their blood.
For the study, the blood of 295 hairdressers was examined, as well as that of 32 people who regularly dyed their hair and 60 people who had not used hair dyes in the past year. Other possible factors that could influence the results were also taken into account, such as possible exposure to toxins at work or during leisure time.
A much higher number of hairdressers was chosen because dose-dependent correlations were also to be investigated, for which a larger number of participants is generally required.

Carcinogenic substances in the blood of hairdressers

The levels of those carcinogenic aromatic amines called o- and m-toluidines were higher in the blood of the hairdressers the more frequently they dyed their clients' hair (especially light colors). According to the researchers, it was unexpected that the frequent use of perming agents also increased the concentrations of o-toluidines in the hairdressers' blood.
In a previous study, scientists had studied workers at a chemical plant and found that increased exposure to o-toluidines was responsible for an increased risk of bladder cancer, so one may fear this risk for hairdressers as well.
The Swedish researchers recommend that the ingredients of hair dyes and perms should be analyzed again to rule out the possibility that users of these products regularly expose themselves to carcinogenic substances.
In a Turkish study, for example, 54 hair dyes were examined. The dose of o-tolui- dine in dark hair dyes was in some cases 100 times higher than permitted, and in light hair dyes up to 500 times higher.
The exposure of hair dyes to o-toluidines can therefore vary greatly from product to product. However, hair dyes clearly come into question as sources of chemicals that burden the organism.

One should always wear gloves when handling these agents - whether one is a private user or a hairdresser. Activities that must be performed without gloves, such as cutting hair, should be done before coloring or perming.

Cancer risk from hair dyes: Yes or no?

In 2004, however, researchers wrote in the 'Journal Food and Chemical Toxicology' that despite the increased use of hair dyes, no excessive increase in allergies had been observed - neither among hairdressers nor among private users. In vitro tests for genotoxicity (testing whether a substance has a mutagenic effect) often produce positive results, but this does not necessarily mean that the substance can actually cause cancer in humans.

Although hair color was associated with an increased risk of bladder cancer in the 2001 study, a number of prospective studies of larger populations would not have detected a negative correlation, if any, between the two factors.

Reproduction studies and epidemiological investigations have shown that hair dyes and their ingredients do not pose a risk to reproductive ability. The evidence also gives every reason to believe that both users and hairdressers who regularly use hair dyes are not exposed to cancer or other health risks.

Whether the risk is actually as low as was to be believed here is now again in doubt, because in June 2017, a study by researchers from Rutgers University in New Brunswick, New Jersey, appeared in the journal 'Carcinogenesis', which found a link between the use of certain hair products, such as hair dyes and hair straighteners, and an increased risk of breast cancer.

Hair dyeing increases risk of breast cancer

Breast cancer is the second most common cancer worldwide and the most common in women. In 2012, for example, 1.7 million women were affected.

Various factors can increase the likelihood of developing breast cancer. Some cannot be influenced (hereditary factors, age at first period, childhood diet, country of origin, getting older, etc.), but some certainly can. After all, almost every woman is free to decide how much she wants to exercise, whether she wants to drink alcohol, how she eats, whether she wants to take vitamins or smoke, and whether she wants to use hormonal contraception or prefers not to.

Until now, the results on the harmfulness and cancer risk of hair products containing carcinogenic chemicals have been rather contradictory, as explained above. In order to gain more clarity, the research team analyzed the data of 4285 women (between 20 and 75 years of age) who had participated in the Women's Circle of Health Study.

2280 women had breast cancer, 2005 were healthy. The researchers now looked at which and how often the women used certain hair products, such as hair dyes or straightening agents.

It was shown that the risk of breast cancer was higher the more frequently hair dyes and straightening agents were used. The use of dark hair colors increased the risk of hormone-dependent breast cancer, while the use of smoothing agents increased the risk of hormone-independent breast cancer.

Thus, hair coloring is not healthy and harmless for everyone. What can you do? Are there healthy and harmless hair colors?

The healthiest hair color is the natural hair color

Look out for terms such as 'plant extracts', 'organic' or 'natural' appearing on some hair color packs. However, this does not mean that these products are free of chemicals. It may simply be that the product consists of 1 percent plant extract that comes from organic farming.

However, the rest of the formulation also consists of the typical aromatic amines, resorcinol, preservatives, fragrances, etc.

The healthiest hair color is therefore your natural hair color. Pure plant hair dyes based on henna also permanently color the hair and are considered safe if no chemical admixtures are contained. The application is a bit more complicated, because the color mixtures have to work for about two hours and the color result is not to everyone's liking, because gray hair is not completely covered in some cases.

If you already have chemically dyed hair, you should also find out whether you can switch to vegetable dyes for re-dyeing, as the two are not always compatible and amazing color results can occur.
Hair dyes from health food stores that are not explicitly declared as pure vegetable dyes usually also contain the usual dyeing chemicals. However, it may be that one or the other questionable substance is missing, so that they are not quite as harmful. Even though Öko-Test gave all hair dyes - including health food store brands - an 'insufficient' in a 2013 study, field reports repeatedly show that conventional hair dyes lead to intolerances, e.g. hair loss, in some people, which is less or not at all the case with colors from the health food store.

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More than a symptom: mental illness and its causes ...

Posted by Maria Lourdes - 27/06/2017

Mental illness is widespread in the population.

It is often states of agitation with aggressive behavior, suicidal tendencies, intoxications, anxiety or delusional states that lead to psychiatric acute and emergency situations.

About a society in which too many people can no longer defend themselves against the constant stress ...

Gregor Hasler, Professor of Psychiatry and Psychotherapy at the University of Bern, has written a book on stress, depression and burn-out, in which he outlines why we are less resilient today than previous generations were, why there is virtually a 'resilience crisis' in society. In an interview, he explains:

"People in Western industrialized countries are feeling increasingly stressed. In Germany, for example 40 percent of full-time workers complain about constantly increasing pressure. For decades, the frequency of stress symptoms has been increasing - including restlessness, sleep disorders, irritability, lack of energy. There are

a lot of data to prove it. However, we are no more exposed to stress than our parents or grandparents ...
... The reason for our increased susceptibility to stress is that our psychological resistance, our resilience, is steadily declining. There are a number of factors for this: strong individualization, the disappearance of close-knit communities, the dwindling importance of religions, a wrong way of dealing with fears, constant struggles for social status, which are based on the fact that many things have become more transparent and thus more comparable. For example, when I find out that a colleague earns more than I do, it stresses me out."

More than a symptom: mental illness The symptoms are well described, but the causes are not. The symptoms in Germany include the sharp rise in absenteeism from work due to mental illness. According to the AOK Absenteeism Report 2016, it continues to increase and has already reached two and a half times the absenteeism of
reached in 1994, the beginning of the measurements (Fig. 14792). In the meantime, every tenth day of absence is due to this type of illness. On average, an AOK member was absent from work for 2.8 days due to a mental illness. Particularly striking are the absences due to mental illness, which in 2015 lasted an average of 25.6 days per case, more than twice as long as the average of 11.6 days.

Burn-out' cases (problems related to difficulties in coping with life) **have also increased sharply and already affect one in ten members of the AOK insured population.**
Hospital discharges after diagnosis of mental and behavioral disorders have increased by one third since the turn of the millennium (fig. 18923). In an international comparison, Germany occupies a sad top position in hospital discharges after mental illness according to Eurostat data, 15 times higher than the Netherlands or Ireland (fig. 15674).

Already three years ago, the Federal Chamber of Psychotherapists came forward with an informative and at the same time alarming study evaluating the statistics of the health and pension insurance companies on incapacity to work and early retirement. According to the study, 50% more people took early retirement due to mental illness in 2012 than ten years earlier. On average, early retirees were only 49 years old. Mental illnesses were already the reason for early retirement for 42% of all early retirees. According to chamber president Richter, mentally ill early retirees are practically written off by society.
Depression, in particular, has become very widespread. Germans today take twice as many anti-depressants than ten years ago. Every year, nearly eleven million days accumulate when people suffering from depression are unable to go to work.

More and more work stress against which you can not defend yourself

Many of today's stress factors existed to a similar extent earlier in Germany's post-war history, such as serious illness, poverty and family strife. But most of them were either unavoidable fate or one could usually defend against them somehow. In the last decades, however, factors have been added against which the individual cannot or can hardly defend himself and which are even imposed on him by his own government. This applies above all to the increasing globalization of the world of work and, as a result, the permanent competition with the cheapest labor at the worst locations in the world in terms of social conditions.

Stress-related illnesses are very closely correlated with the world of work and thus with the globally intensifying competition. For example, the AOK survey shows that employees who perceive their corporate culture as poor are significantly more dissatisfied with their own health and more frequently report physical and psychological complaints related to their work. A poorly rated corporate culture is associated with health dissatisfaction for 27.5% of respondents. This proportion is three times as high as in the comparison group, which perceives its corporate culture positively. In **addition, more than twice as many respondents with a poor corporate culture report physical complaints related to their work activities** (66.6% compared to 32% with a good corporate culture)**. The** ratios are the same for psychological complaints (65.1% compared to 35.8% for a good corporate culture).

Almost half of Germans complain about growing stress at work, according to a new survey by the Federal Institute for Occupational Safety and Health. Every second respondent has to work under heavy deadline and performance pressure. Nearly 60% of those surveyed said they had to attend to various tasks at the same time. Almost every second person is constantly interrupted at work - for example by telephone calls and e-mails. Because rest breaks do not fit into the work routine or because they say they have too much work, one in four forgoes a break.

A Forsa survey commissioned by the Techniker Krankenkasse health insurance fund in October 2013 came to similar conclusions: one in five said they lived under constant stress, with the figure rising to a quarter for women alone and peaking between the ages of 36 and 45. Almost six out of ten women say their lives have become more stressful in the past three years, while the figure for men is just under one in two.

Stress due to mass immigration, which cannot be defended against

On the other hand, ordinary people in Germany are exposed to ever-increasing pressure from millions of immigrants who endanger the cultural identity of the native population and become competitors, both for low-wage jobs, for affordable housing, for daycare, school and medical treatment, as well as all other social benefits. The social environment is changing considerably, especially since immigrants are living very concentrated in large cities. According to the latest statistical data from 2013, the proportion of the population with a migration background in 13 large German cities had risen to 24% for Essen and 45% for Frankfurt am Main. This may still look low, but a very different increase is building up in the younger generations (Fig. 19075).

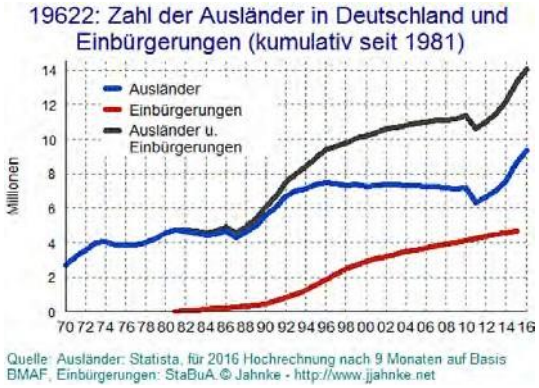
Already in 2008 (again, the latest available data)**, the share of those under three years old, i.e. now up to 12 years old, among seven major cities ranged from 44% for Berlin to 72% for Frankfurt a.M.** In four of the large cities, they were already in the majority among their peers (Fig. 18099). These proportions are likely to have grown further to date.

On top of that, there is now the wave of millions of people who have recently immigrated.

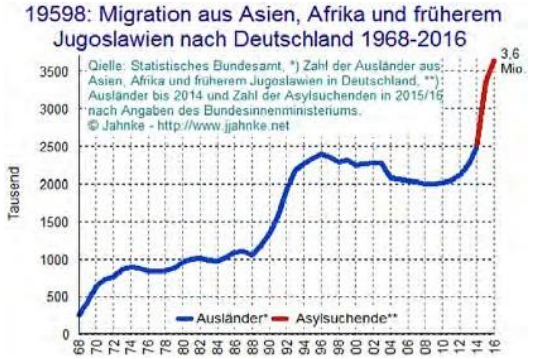
This stress from immigration from mainly totally foreign cultures is also imposed on the people in Germany by their own government, without them being able to defend themselves against it. In 1973, there were just under 4 million foreigners living in Germany, today there are well over 9 million, as far as the registration of the last

wave of refugees at all (Fig. 19622). In addition, there have been 4.7 million naturalizations of foreigners since 1981, most of whom probably still live in Germany. This figure does not include the children of naturalized foreigners and their children, insofar as they automatically became Germans by birth in Germany.

Many immigrants from Asia, Africa and the former Yugoslavia have so far been relatively poorly



integrated or not integrated at all. If the asylum seekers from 2015 and 2016 are added to the foreigners from these regions living in Germany in 2014, there were already slightly more than 3.6 million foreigners with these backgrounds living in Germany at the end of 2016 (Fig. 19598). With the family reunification now imminent, there will be many more, even though there are currently far fewer new refugees and the refugee route has shifted to Africa and the Mediterranean passage to Italy.



According to the latest survey by the Federal Statistical Office, 17 million people with first- and second-generation immigrant backgrounds were already living in Germany at the end of 2014. Together with the immigrants of 2015 and 2016, this already amounts to 18.2 million people or ...

10 people with a migration background for every 35 people without a migration background ...

Since many of those who have immigrated since 1960 now have third-generation grandchildren who are no longer considered people with a migration background, the proportion of migrants is considerably larger still.

In addition, many people from the Eastern European EU accession countries live in Germany as foreigners, who gained free access to the German labor market as a result of EU accession and often earn low wages here as competitors, or work outside German wage and social legislation as employees of Eastern European companies. In total, there were 1.8 million people at the end of 2015,

of which 680,000 from Bulgaria and Romania. Recently, Ukrainians have also been allowed to travel freely and without a visa to

enter Germany. Some of them will work for us in the black and hardly controllable way.

With so many millions of immigrants and a sharply shrinking native population, there will be

In a few years, the question of who should actually adapt to whom will spread far and wide across Germany. People with an immigrant background will have become so important as voters that German politics will no longer be able to ignore their demands, justified or not. It will be a totally different Germany with a different culture. No one will even try to talk about a German Leitkultur anymore, which is already a questionable enterprise today.

It is especially these two stress factors from globalization and immigration, against which the individual is completely defenseless, that are making life in Germany harder and harder for far too many people and are now leading to mass protest here as well. Merkel and others, who today are behind both developments or, in any case, are doing nothing or not enough against them, will soon be able to retreat into a private life that is nice and carefree for them.

Source: jjahnke.net

Source: https://lupocattivoblog.com/2017/06/27/mehr-als-ein-symptom-psychische-erkrankungen-und-deren-ursachen/#more- 29633

Paracetamol during pregnancy feminizes the offspring

Heilpraxisnet; Fri, 23 Jun 2017 14:53 UTC

Taking acetaminophen during pregnancy leads to behavioral changes in the children. The painkiller inhibits male behavioral patterns and causes female mice to produce fewer eggs in their ovaries later in life.

Researchers have now found that the use of acetaminophen during pregnancy can inhibit the development of male behavioral patterns in mice. The drug can reduce both sex drive and aggressive behavior.

The scientists from the University of Copenhagen found in their study that taking paracetamol during pregnancy can reduce so-called male behavior patterns. The physicians published the results of their study in the journal 'Reproduction'.

Paracetamol harms the development of male behaviors

The drug paracetamol is particularly valued for its pain-relieving effect. However, pregnant women should think twice before using paracetamol. In an animal model, the drug caused the development of male behaviors to be suppressed, say the authors of the study.

Paracetamol can cause malformations of the testicles

Earlier studies had already shown that paracetamol can inhibit the development of the male sex hormone testosterone in fetuses. This increases the risk of malformation of the testes in infants. But reduced testosterone levels in the fetal stage are also significant for the behavior of adult males, the scientists explain.

Changes could still be detected in adulthood

Reduced testosterone levels cause male characteristics not to develop as they should, researchers say. When the experimental animals were exposed to paracetamol at the fetal stage,

they could not copulate in the same way as the group of control animals. The so-called male programming had not been properly established during fetal development, which could still be observed in the animals later in adulthood, the authors added in a press release.

Similar experiments on humans would be inappropriate

The dosage administered to the mice was approximately the same as the recommended dosage for pregnant women. Because the experiments are limited to mice, the results cannot be directly applied to humans, the physicians explain. However, given the certainty about the harmful effects of acetaminophen during pregnancy, similar experiments in humans are inappropriate, they say.

What male behaviors were affected?

Testosterone is the primary male sex hormone. It helps develop the masculine programming of the brain. The decreased masculine behaviors in mice observed by the researchers were aggressiveness toward other male mice, the ability to copulate and the tendency to territorial marking. The acetaminophen-affected mice were significantly more passive than normal in all three factors. They did not attack other male mice, they had trouble reproducing and behaved like female mice when it came to territorial marking, the scientists say.

How does the lack of testosterone affect the brain?

After observing the changed behavioral patterns, the researchers examined the specific effects of a lack of testosterone in the brain. The results were clear here as well. The area of the brain that controls sex drive contained half as many neurons in the paracetamol mice, the experts explain. Inhibition of testosterone also led to a halving of activity in an area of the brain that is significant for male characteristics.

Effects on female mice

This study focused on the effect of acetaminophen on male characteristics. However, the use of acetaminophen during pregnancy also affects the later life of female mice, the study authors explain. In 2016, for example, another study found that female mice had fewer eggs in their ovaries if their mothers received acetaminophen during pregnancy, they said. This caused those mice to become infertile more quickly. (as)

Another troubling side effect: painkiller acetaminophen leads to emotional blunting

Center of Health; Wed, 22 Apr 2015 00:00 UTC

An unusual side effect has been discovered for the well-known pain-relieving drug paracetamol: it dampens emotions.

Over-the-counter painkillers have many side effects. Most of them are gastrointestinal complaints. For paracetamol, one of the most commonly used painkillers in the world, another, until now unknown side effect has now been discovered: paracetamol makes you lose your good mood. The painkiller dampens positive feelings, but also sad ones.

Paracetamol - hidden in more than 600 medicines

Headache, toothache, abdominal pain, pain in the limbs - people quickly reach for a painkiller. Often it is paracetamol. However, the painkiller paracetamol is not only found in pure painkillers, but also in combination preparations. Many cold remedies, for example, contain paracetamol as well as other active ingredients.

Paracetamol is also available in combination with other painkillers, with caffeine, with vitamin C, with antispasmodics, etc. - depending on which ailments are to be combated. And so there are more than 600 medicines on the market worldwide that contain paracetamol in some form.

In the U.S., about a quarter of the total population - more than 80 million people - are taking para- cetamol right now.

Paracetamol side effects: Asthma, autism and liver damage.

Basically, paracetamol is quite well tolerated, or so it is believed, since the side effects are not necessarily felt immediately, but in some cases only after a considerable time delay - something that children in particular suffer from. It is suspected that paracetamol, when taken by a pregnant woman, can promote the development of autism in the child.

Also, when children are given antipyretics containing acetaminophen, they are said to be able to markedly increase not only the risk of autism but also the risk of asthma.

When paracetamol is used regularly, the liver also suffers greatly. The painkiller requires high doses of L-glutathione from the mitochondria of the liver cells. L-glutathione is a highly effective antioxidant produced naturally in the body that protects liver cells from oxidative damage. If L-glutathione is now lacking as a result of paracetamol intake, then liver damage occurs. It is no wonder that paracetamol is the most frequent cause of acute liver failure in several countries (e.g. in the UK and the USA).

Now another side effect has emerged in connection with paracetamol. However, this is not a new side effect that has not been seen before, but a side effect that was not known to be caused by paracetamol. In April 2015, the online magazine Psychological Science reported on a placebo-controlled study conducted at Ohio State University.

Paracetamol leads to emotional blunting

Earlier studies had already shown that paracetamol also has an effect on the psyche. It relieves not only physical pain, but also psychological pain. When psychological pain is treated with medication, however, this usually means that the pain is only dampened. The patient no longer feels so desperate. But he does not feel cheerful either. So the medication rather leads to a kind of **emotionlessness.**

The Ohio State University study in question involved 82 subjects. After taking paracetamol or the placebo tablet, they waited one hour for the drug to take effect. Then the participants looked at 40 photographs that had been specially selected by researchers from around the world to trigger emotional reactions. They included extremely sad subjects (crying malnourished children) or very happy scenes (children playing). Neutral photos were also included (a grazing cow). Now the participants were asked to judge the picture itself on the one hand, and on the other hand the feelings they had when looking at the picture.

The results showed that the acetaminophen group rated all photographs less emotionally than did the placebo group. Happy pictures were consequently not perceived as overly happy, and sad pictures did not evoke nearly as sad feelings in the subjects under acetaminophen influence as did the placebo group.

"People who take acetaminophen no longer experience the same emotional highs and lows as other people," the scientists explained.

And study author Geoffrey Durso added, "Taking acetaminophen appears to have more far-reaching consequences than previously thought. That's because the drug appears to be **not only a pain reliever, but also an emotional depressant."**

What was interesting and frightening at the same time **was** that **the subjects did not seem to notice how the drug affected their emotions.**

Alternatives to painkillers

However, not every pain requires immediate use of chemical painkillers.

Many a remedy from the medicine cabinet can also alleviate pain. Even better, of course, would be to prevent many of those diseases associated with pain, such as osteoarthritis, gout and arthritis, with an overall healthy lifestyle.

Sources:

- *Durso GRO et al, "Over-the-Counter Relief From Pains and Pleasures Alike: Acetaminophen Blunts Evaluation Sensitivity to Both Negative and Positive Stimuli," Psychological Science, 2015; (Over-the-Counter Attenuation of Pain and Equal Pleasure: Acetaminophen Dampens Sensitivity to Negative as well as Positive Stimuli) (Study as PDF).*
- *Ohio State University. "Your pain reliever may also be diminishing your joy." ScienceDaily. ScienceDaily, April 13, 2015. (Your pain reliever also reduces your joy) (PDF study).*
- *Gröber/Kisters, Arzneimittel als Mikronährstoffräuber, 1st edition 2015, Wissenschaftliche Verlagsgesellschaft Stuttgart*

Source: https://de.sott.net/article/17311-Weitere-beunruhigende-Nebenwirkung-Schmerzmittel-Paracetamol-fuhrt-zu-emotionaler-Abstumpfung

Death on prescription and no drug without side effects: But do not betray!

René Gräber; renegraeber.de; Thu, 13 Jul 2017 14:42 UTC

We know the prayer mill-like claim of orthodox medicine and the pharmaceutical industry associated with it, that only 'properly' approved drugs are able to heal. Natural remedies therefore do not exist, or cannot exist, since they have no approval and are therefore supposed to be ineffective - contrary to all studies and empirical values. Already here the ridiculousness of the claim to a monopoly position in the matter of healing crystallizes. For the criticism that conventional medicine does not heal but treats symptoms is confirmed by such formalized arguments. If one has appropriated this crude logic for oneself, then one also has the ideal blinders on, which block out the view of the negative consequences of numerous 'medical' prescriptions. And thus the rosy picture of classical medicine would have become reality.

And before I am accused of something again: This is not about me wanting a good surgeon to operate on me when my leg is no longer where it should be. This is about the millions of chronically ill people (and also acutely ill people) who are supposed to take pills, drugs and medicines every day.

No drug without side effects

An old pharmacological maxim states that pharmacological substances without side effects also have no effects. Or in other words: the better a substance works, the higher the probability of undesirable other effects, called 'side effects' for short. And one of these

'Side effects' is death.

The extent to which conventional medicine represses or suppresses this truth is documented by its anti-scientific approach to these facts. This ideology has consequences for the way drugs are newly approved. For the pharmaceutical industry is allowed to build its own studies and thus be its own 'judge'. And this practice has consequences for patients, as I have already described in a 'plethora' of posts:

- Vaccination against cervical cancer more than controversial
- Antacids - questionable agents for heartburn
- Severe side effects with ADHD drug Strattera
- Xarelto - drug of choice or drug of torment?
- Rotavirus vaccination - recommendation for paid side effects
- The suffering with the cortisone injection or: 'Killing me softly
- Fat blockers - the underestimated danger of side effects
- The best drugs for getting sick?
- Cortisone therapy: side effects undesirable
- Medication - side effect: diabetes!
- Medication side effects - understand and prevent
- Acetylsalicylic acid: effect, side effects, dosage, studies and interactions.
- Biologics in rheumatism therapy - good effect, good side effect
- Blood pressure medication - side effect: stroke?
- Well-known cancer drug: more harm than good?

Death on prescription: But do not betray!

Death on prescription' - this was the title of a report on ARD in 2000, in which a renowned pharmacologist from Bremen, Professor Schönhofer, whose specialty is research into the side effects of drugs, has his say. He assesses the approach of the pharmaceutical industry as follows: "Profit is often more important than the patient, drugs are often rushed to market."

The principle behind this desolate practice is explained using the example of a drug that is practically unknown today, the antibiotic Trovan. The antibiotic from Pfizer was only on the market for one year. Due to severe side effects and deaths, it was taken off the market again. Always, one would almost like to think. But actually such a substance should never have been approved. **Because the studies before the approval showed increased liver values with the test persons, which was swept however by the manufacturer under the carpet.** Pfizer even officially claimed that Trovan was "the best-studied drug of all time" and even better documented than penicillin. After one year, the 'best studied drug ever' was off the market. **For Professor Schönhofer, it was clear that the approval**

of this substance could not be based on scientific principles, but solely on the pursuit of profit, as he put it.

This is just one example of many and thus not an exception that confirms any rule. Rather, it seems to be the rule where one has to look for an exception. While we are on the subject of antibiotics: There's also the unsightly group of fluoroquinolones. A great thing!

According to Prof. Schönhofer's calculations, at that time there were 16,000 deaths per year due to side effects of medications, half of which could have been avoided. And at that time, according to his information, there were still more than 20,000 drugs on the market for which there had been no approval at all. But that was in the year 2000.

Here the hypocrisy of orthodox medicine and the pharmaceutical industry becomes particularly clear, demanding approval, re-evaluation, re-approval, etc. for natural remedies that have been tried and tested for decades, but are themselves not in the least willing to have their own chemical filth subjected to scientific testing. And since little seems to have changed in this practice, the 16,000 deaths from 2000 in 2013 has increased evidence-based and significantly to 58,000 deaths from drug side effects.

The carnival of orthodox medicine

The definition of intelligence is very simple: it is the ability to learn. This raises the suspicion that a discipline that produced 16,000 deaths 17 years ago and then almost four times that number 13 years later has a limited to non-existent ability to learn. The lack of scientificity would be another indication of that. But I think it's much worse than that.

As Professor Schönhofer had already noted, it is not so much the lack of intelligence, **but the interest behind this practice: increasing turnover and profit.** This has the highest priority. And the existing intelligence is used to deceive idealistic doctors and patients in the long term. This department is called marketing, which is able to carve the safest ever out of a killer drug. This is why it is not uncommon to get the impression that with all this evidence-basedness, science in white coats, the gravitas of medical professors, and other effective advertising methods, drugs can be thrown among the people in a similar way to the carnival figurines in Cologne. Because the medical famellae are totally safe and heal also still. And if there is even an 'approval', then nothing can go wrong.

We have known at least since thalidomide in the early sixties and Avandia, Lipobay and Vioxx after 2000 that something must have changed - something that was able to replace the 16 with a 58 times thousand.

RP-online.de ran this very credible article in 2013, from which these figures emerge. The focus of this article is Professor Sönnichsen from the Institute for General Medicine at the University of Witten/Herdecke. **He complains that almost a third of all drugs are prescribed without an 'evidence base'.** I consider this a startling finding for a discipline that claims evidence-basedness and labels naturopathic treatments as not evidence-based.

The article cites a study that showed that 90 percent of patients are prescribed at least one drug without a corresponding indication (= unfounded). **In the case of the elderly (= over 65 years old), 63 percent of the time medications are given that are as good as contra-**
are indicated or ineffective. I know a similar procedure only from the Cologne carnival.

10% of emergency admissions due to drug-drug interactions

A 2008 study by the Salzburg Hospital had found that 10 percent of emergency admissions were closely related to drug interactions. Professor Sönnichsen knows of other studies that have come to similar conclusions. This means, then, that in the carnival of school medicine, not only blue or yellow or red caramels are given gladly and abundantly, but all colors are mixed up colorfully according to the motto: the more, the better. Professor Haefeli from Heidelberg University Hospital describes how much these fools in white coats appreciate the colorful fare: "The average patient leaves our clinic today with 5 medications. This already results in 26 different combinations that can influence each other." And average does not mean maximum here. Because there are known cases where patients have had to swallow 20 and more different medications every day. Alaaf and Helau!

But interactions (interactions) are not side effects, or maybe they are?

- Drugs and drug interactions - a case for evidence-based ignorance
- Interactions - New medication schedules for multiple drug swallowers.

Once again: the cholesterol-lowering drugs

Professor Sönnichsen uses the example of lipid-lowering drugs to illustrate how questionable this system is. These are often prescribed in order to "reduce the risk of heart attacks. Because there are works accomplished by the Pharmaindustrie, which want to have shown this. And they must know, right?
For Professor Sönnichsen, however, the situation is completely different: "In 100 patients, this prevents 5 heart attacks within 10 years. Statistically evaluated, 75 of them would not have had one anyway, and 20 of them will have one despite treatment with the drug."
The risk of side effects and the nature of side effects are rarely discussed here. Because if the priority were the safety of the medication, then Ash Wednesday would have been long ago in school medicine. And I have also written a booklet on this 'stuff':

'Forecast inhibition' and watering can principle

This article gives an interesting explanation for this phenomenon in Germany. He sees the cause in the fact that 'in Germany prescribing is prognosis-inhibiting'. This means that it is a question of a watering can principle, which includes everyone who has a certain risk, which in turn can be derived from limit values for certain laboratory values. Anyone who has a cholesterol value of more than 200 is a high-risk patient from the point of view of conventional medicine, even if only statistically. But that is enough to expose this patient to a bagful of risk for side effects. After all, the statistics have 'proven' it.
Well, and if the patient, for example, also exceeds sustainably lowered threshold values for prediabetes and hypertension, as is not uncommon, then the doctor reflexively reaches for the prescription pad to add a few more colorful tidbits. We all know how differently the organism of patients functions, which is also due to differentiated genetics. **But orthodox medicine, with its carnivalesque events of distributing dainties in a watering can principle, makes all patients the same. Who**
is it any wonder that side effects must also occur from this perspective, even if it is only a single drug.
An article from T-online (Pharmacologist warns against painkillers) describes the risks of drugs that are considered normal, safe, well tolerated, etc. today. Here, a professor of pharmacology at the University of Erlangen, Professor Brune, has his say. He illustrates to the reader how much chemistry Germans swallow or have to swallow in the course of their lives: "On average, every German takes painkillers for 2 months a year from birth to death. Ten percent of Germans even swallow them every day." Paracetamol and acetylsalicylic acid can lead to death in the event of an overdose. Other comparable but more modern active ingredients such as ibuprofen, diclofenac and naproxen do not have this 'side effect'. Instead, these, for example ibuprofen and diclofenac, are characterized by a kidney-damaging efficacy, which in the final analysis can also lead to death. But it is not only the kidneys that are at risk. The gastrointestinal tract and lungs can also be affected.
Paracetamol has a damaging effect on the liver, which is present even if high doses are not taken. According to Professor Brune, paracetamol would no longer be approved today because the substance is also responsible for heart attacks, hypertension and brain damage.
Acetylsalicylic acid is a popular agent used as a prophylactic against stroke because it is
has a 'blood-thinning' effect. By the way: "Blood-thinning"? Whoever came up with this term deserves the Nobel Prize for Medical Marketing. I can thin the blood if I add liquid. What really happens, however, is at most an 'inhibition of coagulation'.
But we see here again the camellike watering can principle of conventional medicine, almost every patient,
who appears to have a statistical risk of stroke, to adjust to the substance. Again, the treating physicians abstract from the risks of uncontrollable bleeding, intestinal ulcers, asthma attacks, etc., because the manufacturers make them believe that the benefits outweigh the risks of side effects. Focus' quotes a Swedish study from the University of Linköping, according to which "by far the most frequent fatal side effects were bleedings that occurred after taking blood-thinning drugs."
Since these are also painkillers that are taken extensively and with pleasure, another critical point is added. And that is the elimination of pain as a warning signal by a

chemical club. This ignoring of the 'body language' of the organism alone can lead to lasting complications if the cause of the pain is not recognized and eliminated. But treating the cause has hardly any priority in orthodox medicine. This is nothing new. No wonder, then, if these substances are prescribed or recommended by the medical profession.

A Danish poltergeist

And there is another professorial poltergeist in classical medicine: Professor Gøtzsche. Professor Gøtzsche is an internist and has conducted clinical trials for pharmaceutical companies for many years. He is co-founder of the 'Cochrane Collaboration', as well as director of the 'Nordic Cochrane Center' at Rigshospitalet in Copenhagen. The Cochrane Collaboration has become known for conducting a number of meta-analyses on various issues. My reservations about meta-analyses lie in the possibility of including only selected studies in the data material, which then produce the desired result. It seems that Professor Gøtzsche shares this view: 'Data Extraction Errors in Meta-analyses That Use Standardized Mean Differences'.
This is obviously another form of deliberate 'information laundering', as he calls it. Further, he claims that pharmaceutical companies do not sell drugs, but lies about drugs. And the trade journals are nothing but information laundering plants for the pharmaceutical industry.

Pharmaceutical industry as organized crime

In a Swiss radio program (Deadly Medicine?) he is quoted as **calling the pharmaceutical industry an organized crime.**
One reason for these claims is the fact that pharmaceutical companies themselves are allowed to decide how their new product is tested; they themselves decide how they evaluate the data and they are also allowed to decide which of the data are passed on to the regulatory authorities.
No wonder, then, that data are doctored in such a way that rosy clouds float in the pharmaceutical sky, sold to us by pharmaceutical marketing as new 'breakthroughs'. When the evidence-based reality then comes crashing down on the patients, the pharmaceutical companies are only concerned that before the new substance is withdrawn from the market, at least the development costs can be recouped, even if this should cost a few lives. How can one reproach the good professor for calling these machinations criminal?

Doctors: enforcers and stooges of the pharmaceutical industry

For Professor Gøtzsche, doctors themselves are nothing more than 'executors' and 'stooges' of the pharmaceutical industry, who allow themselves to be corrupted by it with gifts of money, expensive meals, expensive trips disguised as 'further education' and so on. Those who prescribe questionable drugs to their patients on the basis of these stimuli, and not on the basis of medical necessity, will sooner or later cause a pharmacological disaster in some of their patients. The patients who will then be affected are those who are the worst off and who depend on good medical care. The healthier ones withstand the pharmacological stress more or less well, indicating that they would have coped well without seeing a doctor. The fragile patients, on the other hand, collapse under the pharmacological load and become part of a disastrous statistic for side effects and perhaps fatal consequences.

The U.S. took 500 drugs for colds and allergies off the market in **2016 alone** The number of drugs that were supposedly approved on the basis of evidence but then removed from the market after a few years is now virtually unmanageable. In 2016 alone, the U.S. FDA took 500 drugs for colds and allergies off the market. Reason: health concerns.
This situation seems to confirm the assumption that marketing authorizations are nothing but an elaborate form of government marketing for the health care system. With a marketing authorization, one can always argue that one has the state's blessing for the substance one is bringing to the people. Approval and drug safety are seen as synonymous, but this quickly goes up in smoke when one looks at reality. If approved drugs were safe, why are so many withdrawn from the market? Why are there the scandals surrounding Avandia, Vioxx, Lipobay, etc.?
Answer: It exists because people like Professor Gøtzsche and others know the difference between drug safety and government approval. And **this governmental approval is mostly the result of lobbying by the pharmaceutical industry, which 'force' the responsible politicians with profitable consulting contracts, in their favor.**

Conclusion

The business with the health or illness of millions of patients is so lucrative that everything is done on the part of the drug manufacturers to maintain and expand this market. And part of this marketing strategy is simply the production of substances that do not work, harm patients, but sell well.

On the other hand, substances that work well and help patients, but are difficult to sell or cover too small a market, are not even targeted by the pharmaceutical industry.

The vast numbers of substances that have been withdrawn from the market are proof that the evidence-based clinical trial phase is only carried out after official approval. Guinea pigs are then people who do not want to be part of a large-scale trial, certainly not without their knowledge, but who are dependent on serious help due to their ailing health. Instead, doctors and pharmaceutical companies enrich themselves from their misery and pretend responsibility and care in the hope of retaining the patients and thus keeping the paying customers for themselves.

Conclusion from the bottom line: As long as human health is nothing but a commodity and not an object for 'sentimentalism', nothing will change in the whole situation, and if it does, then only for the worse. The increase in deaths from 16,000 to 58,000 in 13 years indicates where this path is leading. Why another approval? Elsewhere, the fig leaves are already being removed.

Source: https://de.sott.net/article/30212-Tod-auf-Rezept-und-kein-Medikament-ohne-Nebenwirkungen-Aber-nicht-verraten

Paracetamol: Why the painkiller dampens our compassion

Epoch Times18. May 2016

Paracetamol makes us more indifferent to fellow human beings. This is shown by a new study on the most frequently purchased painkiller.

A new study by researchers at Ohio State University shows that taking the popular painkiller acetaminophen not only reduces pain, but also decreases empathy for physical and social pain experienced by others. Participants in the study who took acetaminophen rated the unhappiness of others as lower compared to those who did not take the painkiller. "The results suggest that other people's pain seems like a not-so-big deal to you if you took acetaminophen," said Dominik Mischkowski, co-author of the study and a member of the National Institutes-of-Health.

"Acetaminophen (acetaminophen) may reduce empathy and also serve as a pain reliever." Misch- kowski led the study with Baldwin Way, an assistant professor of psychology, and Jennifer Crocker, professor of psychology at Ohio State University. Their findings were published online in the journal 'Social-Cognitive-and-Affective-Neuroscience' published.

Acetaminophen (paracetamol) - the main ingredient in the pain reliever Tylenol - is the most common ingredient in medications in the United States; it has been found in more than 600 medications. according to the trade group the-Consumer-Healthcare-Products-Association (CHPA). Each week, more than 23 percent of U.S. adults (about 52 million people) take a drug that contains acetaminophen, CHPA reports.

In an earlier study, Baldwin Way and colleagues found that acetaminophen also blunts positive emotions such as joy.

Taken together, the two studies suggest there is still a lot to learn about one of the popular over-the-counter (over the counter and without a prescription) medications in the United States. "We don't know why acetaminophen has these effects, but it's concerning," said Way, the study's lead author. "Empathy is important. If you have an argument with your spouse and you just took acetaminophen - this research suggests - you might be less able to understand what you did that hurt your spouse's feelings."

Paracetamol deprives people of the ability to empathize with others

The course of the study is reported by 'die Welt' as follows: For their study, the researchers recruited 80 college students. 40 of them were given a drink containing 1000 milligrams of acetaminophen, a dose that is also

is available in Germany without a prescription. The other 40 students were given a drink that contained no active ingredient. None of the test subjects knew which group they belonged to.
After an hour, the researchers asked the students to read eight short stories in which someone had a painful experience: a cut, for example, or the loss of a loved one. The students were asked to indicate on a scale how much pain they thought the person felt in each story. As the researchers had suspected, those who had taken acetaminophen rated the pain as less severe than those who had been given the drug-free drink.
Next, they checked the result in a second experiment. They divided 115 more students into two groups, one of which again received paracetamol and the other a placebo. All subjects heard a very loud noise. They were asked to indicate how unpleasant they found it, and then to imagine how unpleasant others would find it. Again, it showed that under the influence of the painkiller, the noise seemed less bad to the students. And they also believed that others would feel the same way. Finally, the researchers had the subjects watch a video game sequence in which one person was excluded from a team. In this way, they checked whether someone else's perception of a socially painful experience also suffered when the subjects had taken the painkiller. And the scientists were correct with this assumption as well.
Paracetamol, the researchers summarize, has psychological side effects that have received little attention to date. "It takes away people's ability to empathize with others." (mh) *Source:*
http://www.epochtimes.de/gesundheit/paracetamol-warum-das-schmerzmittel-unser-mitgefuehl-daempft-a1330341.html

Extra virgin olive oil reduces the risk of Alzheimer's disease

Heilpraxisnet; Fri, 23 Jun 2017 14:57 UTC

Extra virgin olive oil may protect against Alzheimer's disease and prevent cognitive decline

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Olive oil is healthy for body and mind (note awareness). Doctors now found that a diet rich in extra virgin olive oil can protect against Alzheimer's disease.

A so-called Mediterranean diet is very healthy and can even increase human life expectancy, prevent heart disease and keep blood sugar levels at a healthy level. Researchers now found that the use of an extra virgin olive oil reduces the risk of Alzheimer's disease, preventing cognitive decline.
Scientists at the Lewis Katz School of Medicine at Temple University (LKSOM) found that extra virgin olive oil reduces the risk of Alzheimer's disease. The physicians published the results of their study in the journal 'Annals of Clinical and Translational Neurology'.

Extra virgin olive oil reduces the risk of dementia

Previous studies have already shown that the intake of extra virgin olive oil reduces the risk of developing dementia. The oil protects memory and preserves the ability to learn. In addition, consumption also stops the formation of so-called amyloid beta plaques and neurofibrillary tangles in the human brain, experts say.

Medical experts study the Mediterranean diet

The benefits of the Mediterranean diet have been studied extensively before. The current research now found that it is not the fruit and vegetable component of the Mediterranean diet that improves health

of the brain protects, but the olive oil used in the diet leads to the benefits observed, explains Professor Domenico Pratico of the Lewis Katz School of Medicine at Temple University.

What is autophagy?

For their study, the researchers used a model with mice. The scientists examined certain processes in the test animals. A process called autophagy is responsible for the degradation of defective proteins or damaged cell organelles. So-called amyloid plaques and tau tangles, both characteristic of Alzheimer's disease, are also affected by the process.

Effects of the consumption of extra virgin olive oil

In their experiment, the researchers fed the mice an extra virgin olive oil. This type of diet increased the activity of so-called autophagy. The process significantly reduced the amounts of amyloid plaques and phosphorylated tau proteins, the researchers explain.

Experimental animals showed improved memory due to their diet

It was also found that mice on a diet of extra virgin olive oil performed better in various tests. These were related to the work of memory, spatial memory and learning ability.

Consumption of extra virgin olive oil led to synaptic integrity

At the end of the study, the brain analysis of the mice showed that the consumption of extra virgin olive oil leads to a so-called synaptic integrity. This refers to connections between the nerve cells of the brain. Such synaptic integrity was absent in mice when they did not consume a diet containing olive oil. (as)

Source: https://de.sott.net/article/29928-Extra-natives-Olivenol-senkt-das-Alzheimer-Risiko

Forest therapy is helpful: trees strengthen the immune system

Heilpraxisnet; Thu, 17 Aug 2017 15:01 UTC

Terpenes in the forest air strengthen the immune system

Forest hiking strengthens health. The fresh forest air gets the circulation going, and the encounter with nature eases psychological conflicts. But forests also provide direct protection against diseases.

Forest Medicine

Japanese scientists from the Nippon Medical School in Tokyo found that people who live in forested areas are significantly less likely to develop cancer than those who do not have a large number of trees in their environment. Studies in the USA suggest that the more trees grow in people's living environment, the better their general health.

The immune system benefits

Studies showed that a long and regular stay in the forest increases immune cells by 40%.

Forest therapy

The Japanese physician Prof. Li developed a 'forest therapy' and tested the direct effect of forests on the immune system. The result: after two days in the forest, the immune cells of the participants had doubled and remained at this high level for a whole month. The physician suspected substances in the forest air as the cause.

What substances are we talking about?

Plants emit so-called terpenes, which are messenger substances that warn other plants of pests. People breathe in these terpenes when they move through the forest, and they could be a key to why our defense cells proliferate.

People communicate with trees

Biologist Clemens G. Arvay writes: "Our immune system communicates with the forest! We can decode terpenes. The forest not only increases the number of important defense cells in our body, it also makes them more active."

No esoteric fantasy

It is not a supernatural contact with nature spirits, but biochemical processes: Our organism understands the information of the terpenes and reacts like the trees, which the terpenes warn of pests. It upgrades the immune system.

A large organism

Arvay writes: "We can imagine the forest as a single, huge and communicating orga- nism. Trees, shrubs and other plant inhabitants inform each other, for example, about pests that are approaching. This allows everyone to activate their immune systems together and protect themselves collectively."

Forest air in the laboratory

Li and his colleagues isolated the most important terpenes and let them flow into locked hotel rooms. The next morning, the subjects who had slept in the room air with terpenes had significantly higher immune levels than those in 'normal rooms'.

Forest therapy established

This was proof that the terpenes in forest air really strengthen the immune system. Subsequently, forest therapy became established in Japan and is now an official method to strengthen health and complement sickness treatments.

Effect against civilization diseases

The research of the forest air on the human organism is at the beginning. However, there is already a well-founded suspicion that spending time in the forest has a positive effect on cardiovascular diseases and high blood pressure.

International healing method

Researchers in South Korea, the USA, Russia, New Zealand and Germany are working on forest therapies. In Germany, two professional societies have emerged, 'Mensch & Wald' and the 'Deutsche Gesellschaft für Naturtherapie, Waldmedizin und Green Care' (German Society for Nature Therapy, Forest Medicine and Green Care), which focus on applied forest medicine.

Qualified training

Forest therapists' work in Germany with certified methods: "Ordinary members of the 'German Society for Nature Therapy, Forest Therapy/Wald Medicine and Green Care' (DGN e.V.) can become members if they have completed training and further education in methods of nature therapies according to the standards of the DGN e.V. and/or have been working in clinical, curative education, socio-therapeutic, preventive and personality-building areas with means of the new nature therapies for more than three years and have a corresponding academic education. In deviation from this regulation, equivalence may be recognized if comparable qualifications are available."

Successes

Forest therapy is a new natural therapy. So far, it has been particularly successful in treating depression, stress and psychosomatic illnesses.

Terpenes in cancer medicine?

Studies suggest that among terpenes, limonene and pinenes in particular promote tumor defense. They are found in conifers and other evergreens. This could be a great opportunity for chemotherapy.

No wilderness education

Forest therapy is neither wilderness education nor survival training.

Civilization weakens the immune system

Arvay concludes: "Contact with ecosystems on a material and mental level leads to a rebalancing of our organ functions and our immune system. We humans are natural beings, and a medicine of the future must do justice to this fact."

Naturopathy: Medicine from the rainforest

The rainforest is the largest pharmacy on earth, and it may hide even more powerful substances to defeat diseases than the terpenes of temperate climates.

Shamanism: The primal form of medicine

Shamans among so-called primitive peoples believe that spirits live in plants, with which people can enter into a connection. Even if chemical messengers have no consciousness, the shamanic idea was and is correct. The biochemistry of people and plants communicates in a very real way.

Regular walks in the forest

The consequence of the communication between the human immune system and the message of the trees is simple: The more regularly we hike in the forest, the stronger our immune defenses become, and the more stable they remain at a high level. (Dr. Utz Anhalt)

Source: https://de.sott.net/article/30665-Waldtherapie-ist-hilfreich-Baume-starken-das-Immunsystem

Anxiety negatively affects immune system and epigenetics

Heilpraxisnet; Wed, 27 Sep 2017 03:28 UTC

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Fear is an important protective mechanism of the body when the response is appropriate. However, if it is uncontrolled and affected individuals are exposed to such extreme stress reactions for a longer period of time, this can have an impact on the immune system.

Epigenetic changes: Fear affects the immune system

There are many people who suffer from anxiety disorders. These not only represent a heavy burden in everyday life for those affected, but can also have consequences for the body. Among other things, anxiety affects our immune system.

Physical effects

According to experts, almost ten percent of people worldwide suffer from depression and anxiety. Anxiety disorders are among the most common psychiatric disorders in this country. They usually manifest themselves in excessive worry, fear and a tendency to avoid potentially stressful situations - including social contacts. However, anxiety can also have an impact on the immune system.

Epigenetic changes due to fear

Anxiety occurs when triggering stimuli are followed by an excessive stress response. This is an important protective mechanism of the body, if the reaction is appropriate. If it is uncontrollable and the affected person is exposed to such extreme stress reactions for a longer period of time, this probably leads to epigenetic changes that have an unfavorable effect on the body.

Researchers at Helmholtz Zentrum München and the Max Planck Institute for Psychiatry have been following the

They did this by comparing data from broad populations with data from patients. This allowed them to replicate their findings in the clinical setting. In addition, they tested their findings in animal models, according to a news release. The results were recently published in the journal 'Neuropsycho- pharmacology'.

Increase in DNA methylation

The first clue came from the KORA F4 study of 1522 adults aged 32 to 72 from Augsburg and the two neighboring counties. The researchers took blood samples from randomly selected individuals with and without anxiety disorder to learn more about so-called DNA methylation. DNA methylation is part of epigenetics, an important mediator between genes and the environment.
In people who suffered from anxiety symptoms, the scientists found an increase in DNA methylation of **the** ASB1 gene of **almost 50 percent.** The ASB1 gene can trigger the formation of cells in various tissues, including blood and brain. This means that this gene plays an important role not only in the nervous system, but also in the immune system.
Dr. Rebecca Emeny conducted this study with colleagues as part of the Mental Health Working Group led by Prof. Karl-Heinz Ladwig, Institute of Epidemiology II (EPI II) at Helmholtz Zentrum München (HMGU).

Further development of diagnosis, therapy and prevention

The second and third parts of the project were led by Prof. Elisabeth Binder, Director of the Max Planck Institute for Psychiatry (MPI). The population-based results suggested epigenetic effects on the regulation of the stress-sensitive ASB1 gene in severe anxiety.
This was demonstrated in a study of patients with anxiety disorders at the MPI Psychiatry (131 patients without medication and 169 subjects): The altered regulation of stress and anxiety by the ASB1 gene was also shown in the clinical setting.
Elisabeth Binder and her team transferred these results back to an animal model of anxiety. She was also able to demonstrate the importance of the ASB1 gene for the regulation of stress and anxiety in mice. The fact that stress and anxiety are associated with epigenetic changes that affect not only the brain but also the immune system could be an important starting point for the further development of diagnosis, therapy and prevention of this common mental disorder. (ad)
Source: https://de.sott.net/article/31152-Angst-wirkt-sich-negativ-auf-Immunssystem-und-Epigenetik-aus

Omega-3 fatty acids keep your intestinal flora healthy

Center of Health; Wed, 20 Sep 2017 12:34 UTC

Omega-3 fatty acids are known for their numerous positive effects on health. They have an anti-inflammatory effect, prevent thrombosis, lower high blood pressure, improve mental (note consciousness) performance and alleviate arthritis pain - to name just a small selection. In September 2017, another study was published. This time it showed that omega-3 fatty acids also ensure a healthy intestinal flora - great news, since a healthy intestinal flora is considered a guarantee of well-being and health.

Omega-3 fatty acids increase diversity of the intestinal flora

It is not always possible to explain why one substance benefits the body and another harms it. We merely observe certain effects on our well-being, but often do not know the underlying mechanism.
Omega-3 fatty acids are quite different, because many mechanisms of action are known from these fatty acids. They inhibit chronic inflammatory processes, regulate cholesterol levels, improve blood flow properties, counteract cancer and much more.
A study published in September 2017 in the 'Journal Scientific Reports' showed a huge expansion of the omega-3's own range of effects. The fatty acids also seem to take care of a healthy intestine by promoting the diversity of the intestinal flora - according to Dr. Ana Valdes, professor and lecturer at the University of Nottingham, where the study was conducted.

The higher the diversity of the intestinal flora, the better the health

The term diversity refers to the number of different intestinal bacterial strains. The health of the intestinal flora is therefore not only assessed by the number of bacteria per se, but rather by the number of strains present. A high diversity of the intestinal flora indicates a very good condition of the intestinal flora - and a good condition of the intestinal flora in turn is a high guarantor of good general health. Only with a healthy intestinal flora do we have optimal digestion, the best nutrient supply, good detoxification and, of course, a powerful immune system.

It is possibly precisely this positive influence on the intestinal flora - together with the anti-inflammatory effect - that leads to omega-3 fatty acids bringing so many health benefits. Because whether it's the cardiovascular system, the blood, the bones, the brain or the joints - omega-3 fatty acids ensure greater health and well-being in all these areas of the body.

Dwindling diversity of intestinal flora leads to diseases

If the intestinal flora loses its diversity, i.e. if it consists of only a few intestinal bacterial strains, then pathological changes can occur in the intestine. Irritable bowel syndrome can be the result, or even colon cancer. "The human intestine is currently the focus of medical research, as it is increasingly observed that many health problems can be traced back to a diseased intestinal flora," explains Dr. Valdes. "The human digestive system is home to many trillions of micro-organisms. Most of them are beneficial to humans, so they live in symbiosis with them. They help with digestion, support the immune system and even regulate body weight."

The higher the omega-3 consumption, the greater the diversity of the intestinal flora

To test the influence of omega-3 fatty acids on the intestinal flora, Dr. Valdes and col- leagues studied the diversity in the intestinal flora of 876 female twins. The women were middle-aged and older. The researchers also analyzed the DHA blood levels and total omega-3 levels of the subjects. DHA stands for docosahexaenoic acid, a long-chain omega-3 fatty acid known for its beneficial effects on the brain, among other things. Of course, omega-3 consumption was also taken into account.

Dr. Valdes summarizes the results as follows: "We found that the more omega-3 fatty acids the women's diet plan contained and the higher their omega-3 blood levels were, the higher the diversity of gut flora (naturally beneficial bacteria, not harmful ones)."

It was interesting to note that there was no relationship between diversity and fiber consumption in this study.

Omega-3 fatty acids promote those intestinal bacteria that have an anti-inflammatory effect

Study author Dr. Cristina Menni of King's College London adds: "We also discovered that with increasing omega-3 consumption, the number of those bacteria in particular increased that can curb inflammation and help reduce obesity."

Apparently, omega-3 fatty acids lead to higher levels of N-carbamylglutamate (NCG) in the intestine, a substance known for its antioxidant and thus anti-inflammatory effects. The researchers now suspect that omega-3 fatty acids may motivate some bacterial strains to produce more NCG, which would explain the anti-inflammatory properties of omega-3 fatty acids in the gut.

Omega-3 fatty acids in food

Since omega-3 fatty acids are essential fatty acids, i.e. fats that cannot be produced by the body itself, they must be ingested with food. It is important to bear in mind that there are different types of omega-3 fatty acids: Short-chain and long-chain.

The short-chain omega-3 fatty acid is called alpha-linolenic acid (ALA). It is found in plant foods such as linseed, linseed oil, hemp seed, hemp oil, chia seeds, and in varying proportions in many other nuts and seeds. ALA is also present in other plant foods, but usually only in small amounts.

Long-chain omega-3 fatty acids include DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid). They are found in some types of fish, in small amounts in meat, eggs and milk, and in specific algae.

Since the body can also convert ALA to EPA and DHA, basically only ALA is considered essential. However, the conversion rate varies from person to person and depends on many influences.

How do you get enough omega-3 fatty acids?

If you wanted to get DHA and EPA directly from food, you would have to eat fatty fish every day, which is not possible nowadays due to the overfishing of oceans, rivers and lakes and the unsustainable conditions in aquacultures.

An animal-friendly, ecologically sensible and last but not least healthy solution is offered by pure vegetable algae oils - either in capsule form or even without a capsule. However, make sure that the product you choose also contains the omega-3 dose you desire, as there are both low-dose and high-dose omega-3 preparations on the market.

High-dose omega-3 supplements that provide adequate amounts of DHA and EPA are:

- In capsule form Opti-3: These capsules provide 800 mg of long-chain omega-3 fatty acids (500 mg DHA and 300 mg EPA) per daily dose (2 capsules).
- The algae oil from Norsan in the 100 ml bottle: The oil even provides over 1800 mg of long-chain omega-3 fatty acids (1176 mg DHA and 714 mg EPA) per daily dose (5 ml), so that you could even halve the daily dose recommended by the manufacturer - unless, of course, you need a higher dose for therapeutic reasons.

Omega-3 fatty acids accompany the rehabilitation of your intestinal flora

If you are planning a colon cleanse in the near future, you can include omega-3 fatty acids in your colon cleansing program. Even if you are only working on building up your intestinal flora (e.g. after antibiotic therapy), omega-3 fatty acids can be part of the game.

Omega-3 fatty acids are ideally taken with meals. Divide the daily dose into at least two individual doses to improve absorption, e.g. one portion at lunch, the second at dinner.

Omega-3 fatty acid preparations belong to those dietary supplements that can be taken permanently, since the fatty acids always remain essential and are not only temporary. If one begins completely new with the income, then an effect can show itself with chronic illnesses also only in the third income month. For acute problems, such as skin rashes, however, an effect may be noticeable after three to five days.

Details on the correct dosage for various ailments can be found here: Omega-3 fatty acids - The correct dosage

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Source: https://de.sott.net/article/31476-Omega-3-Fettsauren-halten-Ihre-Darmflora-gesund

Is cold showering healthy? The advantages of cold thermogenesis

Lisa-Marie Winter; Paleo360; Mon, 30 Oct 2017 19:31 UTC

Through regular cold water episodes you can strengthen your body

You regularly fight with colds in the cold season? Do you get cold easily and often have cold hands and feet? Are you often exhausted and tired, even in the morning after waking up? You want to increase your energy

and improve your mood at any time at the touch of a button?
Cold showers arm you for the autumn and winter season. They make you resistant and give you a completely new body and life feeling.
In this article you will learn

1. Why our body can cope so well with cold stimuli, but not with always constant temperatures
2. What exactly happens on a physiological level in our body when we expose ourselves to the cold
3. What are the health benefits of cold showers
4. How you can integrate cold stimuli into everyday life

EVOLUTIONARY BIOLOGICAL BACKGROUND

Our body has developed wonderful **solution strategies for** acute stress (such as cold, but also heat, hunger, thirst and the danger from a wild animal) over the last millions of years. Humans had to freeze and starve countless times in the course of evolution until the body developed programs that **optimized** us better and better for it.

What solution strategy have we developed for cold?

In the case of short-term and severe cold (when our ancestors had to swim through an ice-cold river, for example), the body activates **brown adipose tissue** as a solution strategy. This produces heat and **thus protects us from freezing.** A newborn is endowed by evolution with abundant brown adipose tissue so that it is best prepared for cold. Due to the absence of cold stimuli (due to heaters and warm clothing), there is hardly any valuable energy- and heat-producing fatty tissue left after the first few months of life.

How do modern stressors affect health?

Such acute stressors have been replaced by **chronic stress** due to modern lifestyle. Worries about money, lack of exercise, poor eating habits and the absence of temperature stimuli have characterized our lives for only a few years. The body has not yet had time to develop optimal solution strategies for this. If we do not resolve these stressful situations consciously and in time, the body gets out of balance in the long run, which can lead to **low-grade inflammations.** These are considered to be the root of many chronic diseases.
The integration of 'old' stimuli into modern everyday life can therefore enormously improve well-being and support the prevention and treatment of diseases of civilization.
So what exactly makes a cold stimulus so healthy on a physiological level?

THE BENEFITS OF REGULAR COLD SHOWERS

- **strengthens the immune system**
  Cold showers mobilize white blood cells, the so-called **leukocytes** (especially neutrophils). These neutrophil granulocytes phagocytize, i.e. 'eat' invading bacteria, viruses and endotoxins.
- **acts against inflammation**
  Due to the modern lifestyle, inflammations constantly arise in our body, which are often not noticed in the initial stage (hence the name **'low grade inflammations').** If these inflammations are not properly terminated by the body (for example, because the omega-3 fatty acids required for this are missing or the stress situation becomes chronic), they often develop into a breeding ground for various chronic diseases of civilization. Among other things, the body now secretes more **adrenaline** when exposed to cold. This hormone is **anti-inflammatory** because it has a vasoconstrictor effect and inhibits inflammatory factors. Chronic stress and low-grade inflammation thus lead to an increased release of inflammatory factors, whereas cold exposure suppresses them and additionally ensures the production of anti-inflammatory proteins. What this means for the treatment of autoimmune diseases and all other chronic diseases of civilization can be guessed at, but is far from being sufficiently researched.
- **produces brown adipose tissue**
  In contrast to white adipose tissue (storage fat), brown adipose tissue contains many **mitochondria.** In these power plants of the cell, fatty acids and glucose are burned to heat. After a cold

shower, the body activates precisely this brown adipose tissue to maintain our body temperature and protect us from freezing. A great side effect: **excess body fat** can be used for energy production.

– **promotes blood circulation and regeneration**
  If you regularly expose your body to ice-cold water, you train your blood vessels like muscles during weight training. Intense cold causes the vessels in the periphery to contract with the help of adrenaline in order to transport the blood in such extreme situations primarily to the organs that are essential for survival (such as the brain and heart) and thus to lose as little body heat as possible. When the body warms up again afterwards, the blood vessels relax and become elastic - the blood flow in the entire body thus increases. As a result, waste products such as lactate, which are produced during exercise, can be better removed and regeneration optimized. The contraction and relaxation of the blood vessels thus acts like **strength training for the muscles** and can work wonders for diseases such as high blood pressure.
– **hormonal energy bomb**
  Cold stimuli stimulate the release of **beta-endorphins**. These are considered to relieve pain, stimulate the release of dopamine and increase stress tolerance. Also, the production of **norepinephrine** is increased, which makes you more active and alert.
– **Hardening**
  Cold showers not only increase your **resistance to** infections, but also to stress (through increased release of beta-endorphins) and cold sensations.
– **mental clarity, energy and increased well-being**
  The deliberate exposure of the body to uncomfortable cold gives a flash of clear thinking, a boost of energy and transports you directly into the here and now. The unpleasant but short part is followed by a long period of increased well-being and self-confidence, which will have an effect in many areas of everyday life.

PRACTICAL TIPS - THE COURAGE TO BE UNCOMFORTABLE

The wonderful benefits of cold stimuli are the **reward for** the courage to be uncomfortable. In fact, to actually benefit from it, the water must be really cold. To get started, you can start with lukewarm water and gradually lower the temperature. But don't forget: even the mild start should be a departure from your comfort zone!

3 ways to integrate cold stimuli into everyday life

– **cold showers**
  Turn the shower to ice cold (5 °C-10 °C), don't think too long and stand under it with your whole body. Try to keep breathing deeply and calmly. It is only cold water. Stay under the water stream for about 1 minute in the beginning, ideally until you start shivering slightly. Soon you will be able to stay in the cold water for several minutes without any problems. After the cold shower, it is important that your body warms up on its own. Therefore, avoid hot showers and other external heat sources. Repeat this process daily for 30 days. Tip: Imagine a fresh mountain lake. A majestic glacier mountain is reflected in it. The water is so crystal clear that you would like to drink from it. Imagine how energized and refreshed you feel when you bathe in it. The water magically draws you in, you jump under the ice-cold shower water and breathe a sigh of relief. Perhaps your individual motivational image will emerge as you stand in front of the shower. Try to be completely absorbed in it and enjoy the new habit with all its facets.
– **Ice baths**
  Whether in the great outdoors, in a lake or at home in the bathtub; the cold stimulus can be further intensified by ice baths after a previous habituation phase. To do this, fill your bathtub with ice-cold water and add as many ice cubes (supermarket) as necessary until the water temperature reaches 5 °C to a maximum of 10 °C. Again, you can get ahead of yourself with your first full baths. As with the cold showers, continue to breathe calmly and deeply. Stay in the water until you start to shiver. For the more experienced, lakes in the cold season are a great way to combine the daily cold stimulus with nature experiences and social contact. After an ice bath, dry off right away, slip into your clothes and start moving. Do not stop until you are warmed up again. Caution: Please do not exercise alone and do not enter unsecured ice layers!

– **Night temperature**
  Sleep with the window tilted all year round and leave the heating off in the sheep room. The ideal room temperature at night is around 16 °C! This not only improves your sleep quality enormously, but also acts like a fat burning machine.

Cold water and the Paleo360 team

Cold showers are now an integral part of Nico and Michaela's daily routine. This can either be a completely cold shower, or a warm shower that is turned to ice cold at the end. But the most fun is to go into natural waters. This can be the cold winter sea, a crystal clear mountain lake or an ice cold river. If the temperature is below 15 degrees, it helps to keep your hands and head out of the water. A cap on your head also helps. It may feel like a lot of little pinpricks and your skin may be all pink when you get out of the water. With a lot of training and getting used to it, the body heats up again by itself afterwards, even if it depends a lot on the shape of the day. Meanwhile, Nico in particular is almost addicted to the cold kick.

Conclusion: Take a cold shower - but with pleasure!

No one needs to live like they did in the Stone Age to benefit from the way our ancestors lived. **The point is to keep chronic stress low and to integrate 'old' stimuli, such as exposure to cold, more into our daily lives. This helps us to regularly interrupt chronic inflammatory reactions and increase our well-being.**
Not only when it comes to the temperature of the shower water, but also in areas such as daily transportation (do I go by car or by bike?) or nutrition (do I eat the quick Nutella bread or prefer the delicious vegetable pan?), we can choose either quick gratification or lasting success. Cold showers can remind us regularly that we always have the choice and our health in our own hands.
Source: https://de.sott.net/article/31494-Ist-kalt-duschen-gesund-Die-Vorteile-von-kalter-Thermogenese

The dry brush massage

Center of Health; Mon, 29 May 2017 18:57 UTC

The skin is the largest organ of the body and is one of the organs of elimination. Many acids and toxins can be eliminated through the skin's respiration. A regular supportive brush massage increases the elimination of the burdening substances even more.

Dry brush massages help the skin

Moreover, brushing the skin supports its self-regulation, so that even a skin out of balance can regenerate.

Chemical skin care products harm the skin

Due to the many chemical skin 'care' products used by most people on a daily basis, the skin has often lost its ability to eliminate acids and toxins. It is not only the chemical substances, which lie on the skin like a film, that prevent the excretion of acids and toxins, but also the dead skin cells, which cannot be removed quickly enough, contribute greatly to this. That is why it is so important to support the body in its deacidification and detoxification through regular brushing.
Dry brushing causes the pores of the skin to open, which results in significantly better blood circulation. Soon after the massage the body is pleasantly warmed and the skin becomes wonderfully soft and supple.

Activate the lymphatic system

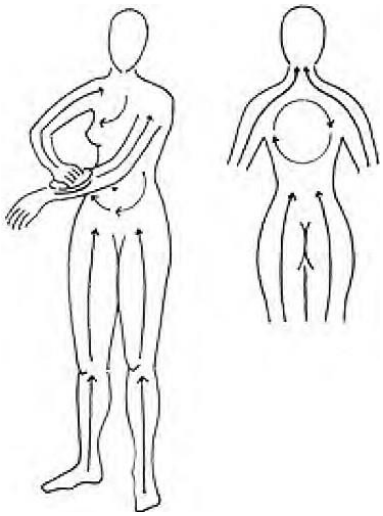
The rapid elimination of acids and toxins through regular brushing massages is especially important when health disorders are already present that are associated with an overload of the organs of elimination. Since the lymphatic system is also activated by brushing, the harmful substances can be transported even faster and excreted accordingly.
Unlike blood, which is kept constantly flowing by the pumping heart, the lymphatic system lacks such a pump. Therefore, the lymph is dependent on other factors, such as exercise and massage.

Besides activating the lymphatic system, the dry brush massage also has a very beneficial effect on the cardiovascular system. The entire nervous system is also stimulated by brushing.

How to brush the skin

If you also want to profit from the high health benefits of a dry massage, brush your skin carefully before every shower or bath - of course leaving out injured skin areas (inflammations, rashes etc.). You should also treat your face exclusively with a special face brush.

Brush the skin with long strokes and light pressure as follows:



- Start on the outer right foot and brush towards the torso, then continue on the inner right foot.
- On the thigh and buttocks can also be made circular movements.
- Then switch to the left leg.
- Now it's the arms' turn: you start at the back of the right hand and brush over the outside of the arm up to the shoulder and then inside again in the same direction.
- Switch to the left arm and proceed in the same way.
- In the area of the abdomen and chest, the stroke should be circular.

Since the dry brush massage has a stimulating effect, it is advisable to perform it in the morning. Used in the evening, it can lead to difficulties in falling asleep. You will achieve an optimal refreshing effect if you take a cold shower after the brush massage.

Our tip

A very special brush among the dry brushes is the monastery brush. Already in the Middle Ages, monks and nuns knew about its miraculous, energizing effect. This effect is based on the special copper alloy of the bristles.

When rubbed, they create a tiny current that immediately relaxes the brushed areas and revitalizes the body as a whole. With the monastery brush, you achieve an incomparably refreshing, invigorating massage. *Source: https://de.sott.net/article/31493-Die-Trockenburstenmassage*

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