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Extremely worrisome:

That is why you should not allow anyone to kiss your child on the lips

Published on December 3, in 2016 Health by Contrapaganda

Herpes infections are transmitted primarily through contact with infected saliva, in most cases when an adult kisses a child out of affection.

Do you or your friends or relatives kiss your child on the lips? If so, you need to stop immediately. Not because some consider the natural expression of affection to be an inappropriate transgression or sexually inappropriate, but because this kind of perfectly acceptable expression of intimacy between an adult and a child can be life-threatening to the latter.

Ten-year-old Briony Klingberg was brought to this at her home in the Adelaide Hills. Her mother, Bridget Klingberg, took her to her family doctor, Dr. Christopher Heinrich, last January after she began to worry. Briony was vomiting, had trouble swallowing and had a fever that lasted for nearly a week. Dr. Heinrich prescribed an antibiotic on Jan. 13 because she had ulcers in her mouth, enlarged glands and a throat infection. Blood tests seemed to confirm that she had mononucleosis due to abnormal liver function.

Apart from Dr. Heinrich, Briony saw five doctors over a five-day period, including family physician Dr.

**Wieso Sie
niemanden
Ihr Kind auf
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sollten**



Christopher Say, who discovered ulcers on her tonsils on January 15. but at no time suspected she had herpes simplex virus. However, when her condition worsened, Briony was taken to the Women and Children's Hospital in Adelaide. Unfortunately, it was too late for the child; he suffered a seizure in the parking lot and was admitted to the pediatric intensive care unit, but died there in the early hours of January 18. after his life support was turned off. His illness remained undiagnosed until an autopsy revealed that the cause of death was multi-organ failure due to herpes simplex infection.



Although according to a resident, Dr. Alice Rogers, who examined Briony at Women's and Children's Hospital, the girl had laryngitis, was dehydrated, had unusual ulcers in her throat and was to be examined by chief medical officer Davinder Gill, who deemed the child healthy enough to go home. A heartbroken Bridget told ABC News:

We never went home with a diagnosis, it was all guesswork. Everyone sent us home, and so we thought she couldn't be that sick. I felt like I couldn't take her back (to the hospital) unless she got worse; it didn't necessarily look to us like she was getting worse, but she wasn't getting better either. We couldn't relieve the pain, we couldn't stop the fever. But I didn't want to go back with the same signs they had sent us home for. I felt like I really couldn't go back because they said not to bring her back until she got worse.

How did Briony become infected with the herpes simplex virus? According to the World Health Organization (WHO), herpes simplex virus type 1 (HSV-1) is a highly contagious infection. Oral herpes infection is usually asymptomatic and the majority of people with HSV-1 infection are unaware that they are infected at all.

Experts warn that most HSV-1 infections occur during childhood and are transmitted primarily through contact with infected saliva, in most cases when an adult kisses a child out of affection. It is quite possible that Briony also received the fatal infection from someone in her circle of acquaintances, and because the herpes symptoms (including painful blisters or ulcers at the infected site) went undiagnosed, neither her family nor doctors were able to make the correct diagnosis in time to save her life.

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Translated from English by AnonHQ.com

Source: <http://derwaechter.net/auserst-besorgniserregend-darum-sollten-sie-niemandem-erlauben-ihr-kind-auf-die-lippen-zu-kussen>

SHOCK: Sugar industry bribes Harvard scientists to link fat instead of sugar to heart disease

Published on September in 25,2016Health by Sina

In the year 2009 a meta-analysis of unique 21 studies, in which a total of about 350,000 people were studied for an average of 14 years, found that there was no association between the consumption of saturated fat and the incidence of heart disease or heart attacks. However, the Department of Nutritional Sciences at the Harvard School of Public Health quickly dismissed these findings as alarmingly misleading. Now we know why.

For more than five decades, we have been duped and brainwashed. We were led to believe that saturated fat caused heart disease. Well, the bigger culprit is actually sugar.

Documents from the 1950s and 1960s recently rediscovered by a researcher at the University of California, San Francisco (UCSF) reveal that a trade group called the Sugar Research Foundation (a sugar research community; now known as the Sugar Association) paid money in 1967 to three famous Harvard University scientists - including the now-deceased Dr. Fredrick Stare and Mark Hegsted. The sum is the equivalent at the time of more than U.480,000 dollars a year and in 2016 was paid for not only downplaying the impact of sugar on heart health in their two-part audit report, but also blaming it purely on saturated fat by concluding that a low-fat, high-sugar diet could prevent coronary heart disease (CHD). This report was published in the New England Journal of Medicine.

Does sugar cause heart disease? - The doctors

Bloomberg reports:

"To support their argument, the Harvard researchers found flaws in every single study that compared sugar with coronary heart disease, rather than focusing on the consistency of findings from them all. One study, she said, should be disregarded because it used as its source a larger dose of sucrose than is found in the typical American's diet. Another had found that substituting legumes for sugar led to significant improvements in serum cholesterol levels - but the Harvard scientists argued that such a switch was not possible. They disregarded studies because they used fructose or glucose instead of sucrose (table sugar), or because they did experiments with rats instead of humans. On the other hand, they were much less critical of studies that linked heart disease to other dietary factors."

By doing so, the sugar industry was able to shift negative attention away from sugar toward dietary fat and cholesterol, which until the 1980s were considered the primary culprits for cardiovascular disease. Decades after the industry-funded over- review, scientists and dietitians focused on reducing saturated fat in the diet; this was the primary strategy for preventing CHD.

The study's author, Stanton Glantz, is aghast:

"What hit me particularly was, I thought that the evidence that the researchers had put together in their report- The evidence was stronger and more clearly linked to the effect of sugar (on coronary heart disease) than to the effect of fat. No matter how strong the evidence linking sugar to heart disease, there was always something wrong with it. For fat, however, the evidence was clear. They set up a false dichotomy. That was a very sophisticated strategy to protect business interests so early on. It's mind-boggling to unravel the different ways that industry influenced this debate. The scope of the manipulation is probably much larger than we can imagine." But why did researchers at UCSF revisit an old 'case' fifty years later? Because the effect still reverberates today; because soda manufacturers still downplay the risks that a high-sugar diet poses; because peer-reviewed studies urging us to stop our sugar consumption as much as possible are still branded flawed; because the World Health Organization's (WHO) most recent sugar guidelines still emphasize that we should reduce our sugar consumption because of sugar's role in obesity and dental health - but not because of the risk to our heart; and because the Sugar Association continues to push back on the link between sugar consumption and heart disease.

The sugary truth

New York University food policy professor Marion Nestle writes about this in an accompanying editorial in the 'Journal of the American Medical Association':

"This incident from years ago 50 may feel like ancient history, but the issue is highly relevant; not least because it answers some questions that are relevant for today. Is it really true that food companies have made it a deliberate goal to manipulate research in their favor? Yes, it is; and they continue to do so."

Last year, for example, the New York Times revealed that Coca-Cola, the world's largest producer of sugary drinks, has allocated millions of dollars to fund research projects that downplay the link of sugary drinks to and as a cause of obesity. In June of this year, the Associated Press reported that candy makers are funding studies to show that children who eat sweets have a healthier body weight than those who do not. In August, the Sugar Association called the American Heart Association's (AHA) statement on sugar consumption in children 'confusing' because the AHA's recommendation that children eat no more than teaspoons⁶ of sugar per day is not scientifically proven.

In a response to the extensive disclosure, the Sugar Association itself released a statement explaining that the 1967 industry-funded research had been unfairly criticized:

"More broadly, it is not only unfortunate but a disservice that industry-funded research is being branded as dirty ... Of greatest concern is the increasing use of headline-baiting articles that cut out high-quality scientific research - we are very disappointed to see a top-ranked journal like JAMA being dragged into this trend."

Sources: The New York Times, The Daily Mail, Arstechnica, Stat News. Translated from English by AnonHQ.com. From: <http://derwaechter.net/schock-zuckerindustrie-besticht-harvard-wissenschaftler-damit-sie-fett-anstatt-zucker-mit-herz-disease-link>

Additives: carcinogenic and harmful to the organs

By Horst on October 10,2016

The fact that a pudding is creamy and a lemonade is fruity-yellow is partly due to chemical additives.

The European Food Safety Authority ensures that only safe substances end up in our food. Nevertheless, studies suggest that even permitted additives can damage organs and cause cancer.

Flavors, colorants, preservatives and thickeners make food attractive to consumers. They make an odorless food smell better, embellish the product with a more intense color or make it last longer. Some additives are completely harmless, while others should be avoided because they are suspected of causing diseases such as allergies, ADHD and cancer.

In principle, the European Food Safety Authority checks whether an additive is harmful. If there is no doubt as to its safety, the substance is approved. However, certain additives are subject to a quantity restriction and a warning requirement.

Dyes

Dyes exist in natural and synthetic form. There are very few completely natural dyes based on plants and animals, but there are countless synthetic dyes. They are either based on a natural counterpart or are created purely in the test tube. Azo dyes also belong to this group.

Yellow dyes - E102, E104, E110

These dyes color salted snacks, jams and puddings, for example.

Skin rashes and shortness of breath are complaints that can be triggered by the azo dye E102 - tartrazine. Especially for people who suffer from an intolerance to aspirin, this dye is a cause for concern. The carcinogenic effect of this dye is controversial. E110 - yellow orange can cause identical complaints.

E104 - Quinoline Yellow: Foods containing this colorant must bear the statement 'may impair activity and attention in children' because they may trigger attention disorders and hyperactivity. Furthermore, E104 promotes pseudoallergies. These are allergies that only have the symptoms of a classic allergy, but do not show any immunological reaction.

Red dyes - E122, E123, E124, E127, E129

These are used in meat and fish substitutes made from vegetable protein, sauces, sweets and jams.

Besides pseudoallergies, the dyes E122 - azorubin, E124 - cochineal red, E129 - allura red can also trigger hyperactivity in children.

E127 - erythrosine - is also a cause for concern. This dye is said to cause thyroid disorders in addition to the symptoms mentioned above.

E123 - Amaranth (the dye, not the grain) is suspected of damaging the kidneys. In America, this dye is banned because experiments on animals have shown that it can cause cancer.

Brown dye - E150, E151, E154, E155

Cola, cakes and sauces owe their color to these substances.

E150 - sugar caramel is considered safe as long as one does not exceed the recommended daily intake of 300 milligrams per kilogram of body weight. In the USA, this dye is suspected of causing cancer.

E154 - Brown can damage the internal organs in large quantities. This dye is only permitted for smoked herring. E155 is also harmful to the internal organs.

The dye E180 - brilliant black is said to cause pseudoallergies.

Source: Focus or <http://www.denken-macht-frei.info/zusatzstoffe-krebseregend-und-schaedlich-fuer-die-organe/>

5 Mindfulness exercises: effective remedy for all kinds of ailments of body and mind (note consciousness).

Nico Richter; Paleo360; Mon, Oct 03142016:49 UTC

Mindfulness is currently THE trend in health and well-being. Known as 'mindfulness' in the USA for some time and closely linked to Buddhism in its origins, **mindfulness is considered a miracle cure for all kinds of ailments of body and mind (note: consciousness).**

But what exactly can we imagine by mindfulness? What positive effects are associated with it, and how can we use them for ourselves? And what does it actually have to do with Paleo? Answers to these questions await you in our article.

WHAT IS MINDFULNESS?

Mindfulness is basically a **special kind of attention**. It is about being fully engaged in the present moment and consciously noticing everything that is happening in this moment inside and outside of us: sensory impressions, thoughts, feelings.

We often get lost in - mostly negative - thought spirals that deal with the past, the future, or alternative versions of the present: "Oh, if only I had ...", "Once I had ...", "What would happen if ...", are typical expressions of such spirals.

The goal of mindful awareness is to let go of this thinking and instead **engage completely with what is and is happening right now**.

An important aspect of 'Mindfulness' is also that we do **not evaluate** the **impressions we observe in this state** - because that would immediately put us back into the same mode of thinking about things that are outside the present moment.

This does not mean, however, that you should concentrate so strongly on a feeling or a thought that you do not run the risk of flying out of this 'presence'.

Because just like judging, focused concentration is also an 'enemy of mindfulness' - after all, concentrating is precisely about focusing on one particular thing and blocking out everything else. One could even say that mindfulness is about the opposite: truly **noticing everything that is happening, without holding on to one thing, evaluating it or giving it more weight than another**.

other.

WHAT DOES MINDFULNESS HAVE TO DO WITH PALEO?

You're probably thinking: Sounds all very interesting, but what does that have to do with Paleo? More than you think at first! **Imagine one of our Stone Age ancestors wandering through the steppe:** What is probably better for his chances of survival: If he loses himself in rage and anger about the fact that his clan mate has stolen the biggest piece of meat from him the night before? Or if he is aware of his entire surroundings - including possible new prey, but also dangerous animals?

Or in more contemporary terms, how many news stories about car accidents did you read in the first few weeks of Pokemon Go because people ran in front of cars? The principle is the same in both cases.

Multitasking, tunnel vision, stress - all of these unhealthy manifestations of modern civilization are doing us not good. And mindfulness is an effective antidote that helps us ground ourselves again, find our way back to our center and break out of the vortex.

WHAT ARE THE BENEFITS OF MINDFULNESS?

Mindfulness is **healthy for body and mind (note: consciousness) - that's what science says, too.**

Studies on the subject have been written in the USA for some time, and the tenor is very positive.

Mindfulness **has been shown to reduce stress** and lead to greater relaxation, including the physical symptoms of stress. Even people with a predisposition to **depression experience relief** through regular mindfulness training.

Another study demonstrated that people who scored high on a Mindfulness Scale scored **significantly better on cardiovascular disease risk factors.**

This may also have something to do with the fact that mindful people generally tend to **make decisions** in their lives **more consciously and less impulsively** - especially when it comes to health-related decisions such as nutrition. So we can pat ourselves on the back: **By choosing Paleo, we have all already proven our ability to be mindful!**

5 TIPS FOR MORE MINDFULNESS IN EVERYDAY LIFE

As with many things in life, **practice makes perfect.** And you don't have to spend 5 years in a Buddhist monastery to train yourself in mindful awareness. In fact, even regular practice in everyday life works wonders and has lasting effects on our brain. So here are some **ideas5 on how you can effortlessly integrate mindfulness into your life:**

- Become aware of the process of breathing: We all breathe, all the time. And yet, in the rarest of cases, we are aware of it at all. To consciously feel your own breathing is one of the classic mindfulness exercises and especially suitable for beginners.
- **Be mindful of everyday things** - like eating, for example: don't watch TV or plan your day, but actively perceive the food: what ingredients it has, how they look, what smells, flavors and consistency it has. You will be surprised how new you suddenly experience your food.
- Spend **time with family and friends:** The next time you spend time with your loved ones, just put down your cell phone for once, turn off the TV, and fully engage with the other person. When you are truly present in the encounter with others, the time spent takes on a whole different quality.
- **Singletasking instead of multitasking** at work: Set aside a specific period of time for an important task in which you can concentrate entirely on it - without distractions from e-mails, phone calls or surfing the Internet.
- We have already dedicated an entire article to meditation, the supreme discipline among mindfulness techniques. Take a look, because just a few minutes10 a day are enough for the positive effects of meditation.

CONCLUSION - PALEO + AWARENESS = HEALTH FOR BODY AND MIND (Note: Consciousness)

Who would not like to lead a more balanced life, in which he makes his well-being less dependent on external influences and can enjoy many things more consciously with a clearer attention?

We're big fans of mindfulness - not because we want to be sure to notice the saber-toothed tiger on the next street corner in time, but because it's **a simple and healthy way to do something good for our mind (note consciousness) using the same principles we apply to our diet.** We are curious: Have you had any experiences with mindfulness? What is your personal favorite method and how has it changed your life?

Source :<https://de.sott.net/article/26527-5-Ubungen-zur-Achtsamkeit-Wirksames-Mittel-gegen-allerlei-Beschwerden-von-Body-and-mind>

Note: See FIGU books 'Introduction to Meditation' and 'Meditation from a Clear Perspective'.

What is Paleo?

Paleo is recommended as the key to long-term health and fitness and is said to offer everything a person needs to become and stay slim, fit and healthy. The basics are based on tips on how to manage the personal conversion to Paleo without hunger and yo-yo effect.

The term PALEO refers to the diet of the Stone Age people, whereby the term itself is a short form in relation to the period of the Old Stone Age or the Paleolithic. The term is used to describe a so-called 'Paleo diet', which is based on the original diet of Stone Age hunters and gatherers.

ler, whereby this 'Stone Age diet' is to be imitated with the foods available today and the quality of life and its sustainability are to be brought into the focus of attention. The corresponding basis of the Paleo diet is based on foodstuffs that must be similar to those that were available to the human species about 2.5 to 4 million years ago and formed the food supply for the entire organism. So, the 'Stone Age food' included all 'real' nutrient-rich and unprocessed foods in the form of berries, eggs, fat, fish, meat, vegetables, nuts, fruits and seeds that are part of the Paleo diet today. On the other hand, this 'Stone Age diet' is to completely avoid food that consists of processed fats, highly processed vegetable fats, grain products, legumes, dairy products, sugar and artificial additives. This is because these foods contain harmful anti-nutrients and are said to harm the human organism.

Billy

Potent healing spice from nature: Turmeric is more effective than drugs

Health Center; Wed, Nov02 162016:51 UTC

Turmeric is the yellow root from Southeast Asia that, when ground, gives the well-known curry spice its yellow color. However, turmeric is much more than a spice. Turmeric is a healing agent with outstanding effects. For example, it is known that turmeric has a strong anti-inflammatory effect, that it protects against cancer, keeps the brain healthy, helps to eliminate mercury and heals the liver. In the meantime, various studies have shown that turmeric works at least as well, if not better, than many medications.

Turmeric and its numerous effects

When you buy turmeric, it is best to buy a larger quantity of it. Because the deep yellow powder is helpful for so many ailments and can protect against many more that you should use it daily.

In many different articles we have already reported about the great health benefits of turmeric, e.g. here:

- Turmeric helps against cancer (e.g. against prostate cancer)
- Turmeric for dental health and for the elimination of mercury
- Turmeric protects against fluorides
- Turmeric protects the brain from damage by alcohol
- Turmeric protects children from leukemia
- Turmeric heals the liver
- Turmeric prevents gallstones
- Turmeric against sinusitis
- Turmeric against herpes
- Turmeric as an antioxidant
- Turmeric for irritable bowel syndrome

Turmeric works as well as these drugs

Further studies have compared the effect of turmeric with the effect of conventional drugs and found: Turmeric seems to work at least as well, if not better than many medicines - and without having harmful side effects.

Turmeric against depression

Imipramine and fluoxetine are two world-renowned antidepressants that are also used for panic attacks, obsessive-compulsive disorder and anxiety disorders. However, the side effects of these antidepressants are enormous.

In the year 2014 Indian researchers conducted a study comparing the effect of turmeric with the effect of fluoxetine on depression.

60 patients diagnosed with depression received either 20 mg of fluoxetine, mg of 1000curcumin or a combination of both daily for six weeks. The patients who took both drugs fared best. Interestingly, however, those who took only curcumin did just as well as the patients who received only fluoxetine.

Turmeric as a blood thinner

Aspirin is often prescribed to thin the blood. However, some studies indicate that turmeric works at least as well. However, while aspirin can lead to internal bleeding in the gastrointestinal tract in the long term, this risk does not exist with turmeric.

Turmeric for diabetes

Turmeric can - as mentioned above - be helpful in diabetes or even the precursor of diabetes. A 2009 study even showed that curcumin has 400 to 100,000 times the potential of metformin in some mechanisms of action.

Metformin is a drug that is often prescribed for diabetes. It inhibits sugar absorption from the intestine and also the formation of new glucose in the liver.

Curcumin is said to be able to lower blood sugar levels in a very similar way. It is also known that curcumin can improve the long-term sequelae of diabetes.

Turmeric for healthy blood vessels

A chronically elevated blood sugar level - as can occur with type 2 diabetes - leads, for example, to increased oxidative stress in the body, which in turn now attacks the blood vessel walls. Deposits can now form there more easily, leading to arteriosclerosis. The risk of heart attack increases.

Since patients with this problem often also have elevated cholesterol levels, it is not uncommon for them to be given statins (cholesterol-lowering drugs). These are intended not only to lower cholesterol levels, but also to have a positive effect on the condition of the blood vessel walls and thus reduce the risk of arteriosclerosis or prevent even more deposits from forming on the blood vessel walls.

Healthy blood vessel walls are, by the way, the be-all and end-all when it comes to a healthy cardiovascular system. The entirety of all blood vessel walls is called the vascular endothelium. If the vascular endothelium is healthy, it prevents platelets from clumping together, releases anti-inflammatory substances, dilates the vessels and also fights emerging oxidative stress.

However, once damage to the vascular endothelium is present, a large part of the body's circulatory protection is missing and cardiovascular disease sets in.

If statins can now positively influence the vascular endothelium, then that is of course wonderful. The only problem is that statins can also have enormous side effects: Muscle weakness, eye problems, liver and kidney damage, and even an increased risk of Parkinson's disease.

Why accept these side effects when there may be a vascular endothelial protector equal to statins, namely turmeric. Turmeric also protects the eyes and the liver, whereas these organs are attacked by statins.

In the year to test this matter, diabetic 72 patients (type 2) received 2008 either curcumin (mg 150 each) twice daily, atorvastatin (10 mg once daily), or placebo for eight weeks.

At the beginning of the study, the vascular condition of all patients was equally poor. After eight weeks, however, the situation improved dramatically - except in the placebo group. In the statin and turmeric groups, however, inflammatory markers decreased and malondialdehyde levels (a biomarker for oxidative stress) also fell.

The effect of turmeric - according to the researchers - was comparable to that of the statin used (atorvastatin). Atorvastatin is one of the strongest statins available.

Turmeric for chronic inflammatory diseases

The anti-inflammatory effect is the best known effect of turmeric. It is even suspected that turmeric has such a strong anti-inflammatory effect that in some cases it can be as effective as corticosteroids. The latter are often used in chronic inflammatory diseases such as asthma or even autoimmune diseases such as lupus.

Corticosteroids can have unpleasant side effects, especially with long-term use, such as weakening of the immune system or increased blood sugar levels. Turmeric, on the other hand, strengthens the immune system and regulates blood sugar levels.

Turmeric instead of drugs?

Of course, you do not simply take turmeric now instead of your medication. However, if you are not yet taking any medication, but your doctor has already given you the first indications of, for example, the onset of diabetes or cardiovascular disease, you can take turmeric instead.

run problems, talk to him about turmeric. It is quite possible that you do not even need to take medication, but can take turmeric for a few weeks first.

If you are already taking medicines, you can also talk to your doctor or alternative practitioner about whether you can take turmeric concomitantly. This can often not only improve the effect of the medication, but often also reduce possible side effects. Over time, you may also be able to discontinue your medication or at least reduce the dose.

If you take turmeric, then it makes sense to use capsules with curcumin - the concentrated active ingredient from turmeric. These are more effective than the turmeric powder.

In addition, you can always incorporate turmeric into your daily routine and add it to many delicious dishes and drinks.

You can find suggestions here: Turmeric - The application

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Source: <https://de.sott.net/article/26789-Potentes-Heilgewurz-aus-der-Natur-Kurkuma-ist-wirksamer-als-Medikamente>

Medicinal plant St. John's wort - a highly potent herb!

Posted on October by 24,2016admin

Nervous stresses such as a wide range of stimuli in the private and professional spheres as well as too little time can lead to inner imbalance.

Numerous studies and years of extensive research suggest that St. John's wort can not only treat the symptoms of depression, but can also put an end to this disorder (and thus to all antidepressants) forever - with only minor or even no side effects.

Depression is one of the fastest growing health problems in the Western world. Millions of citizens already suffer from this disease. In other words, at least one in eleven people currently has depression. / Source: europenews

As with all other illnesses, there is no pharmaceutical 'cure' for depression. Common treatments include the administration of medications, but these can cause devastating side effects. Among these side effects are problems in the sexual area, nausea, drowsiness, adrenal exhaustion, hormonal imbalance, bone loss, tremor, constipation, headaches, anxiety, and suicidal behavior.

Moreover, recent statistics show that less than 30% of all patients become symptom-free as a result of treatment with antidepressants, and that even these people very often relapse into severe depression after some time. In view of these unpromising figures, people suffering from depression have little hope that they will be able to correct the chemical imbalance in their bodies and ever feel real happiness again.

But there is ...

True St. John's wort, a yellow flower that grows wild and is considered a weed in most areas, has been used for centuries as a remedy for depression and anxiety. Its medicinal use was first mentioned in writing in ancient Greek texts. According to the American Journal of Natural Medicine, as well as intensive research in Germany, St. John's wort contains hyperforin. **This natural substance - similar to the orthodox antidepressants - inhibits the reabsorption**

of serotonin. Since this became known, St. John's wort has been the subject of numerous studies: In the year the British Medical Journal conducted 1996 23 controlled trials on patients 1750 suffering from mild to moderate depressive disorders. The results of the trials showed that St. John's wort was as effective as prescription antidepressants, and that the herb caused fewer side effects.

Another study of patients 3250, also published in the British Medical Journal, showed that only 2.4% of all study participants experienced any side effects from St. John's wort. However, these side effects (restlessness, insomnia, and allergic reactions) were of such low intensity that they were considered medically insignificant.

In addition, unlike antidepressants, which are associated with thousands of deaths each year, there has never been a death due to the use of St. John's wort.

A Cochrane Systematic Review of trials 29 (involving a total of patients 5489 suffering from severe depression symptoms) **also provided evidence for the efficacy of St. John's wort.** According to the review, the plant is better than a placebo and just as effective as conventional antidepressants.

Other studies have shown that St. John's wort enhances positive emotions, improves mood normalizes neurotransmitter levels and even shows promising results in the treatment of fibromyalgia, chronic fatigue, sleep problems and severe pain.

Critics of naturopathy want people to believe that St. John's wort has little or no benefit for depression, is no more effective than a placebo in treating depression, could even have dangerous effects, and has not been sufficiently researched. However, it is true,

that the independent studies available in large numbers prove the opposite.

Real St. John's wort is the oldest known remedy for depression, was the subject of more studies than any other antidepressant, has fewer (if any detectable) side effects as well as a higher success rate, and is not only a very inexpensive remedy, but also completely non-toxic to the body.

Depression is a serious condition, whether it takes a mild or severe course. Fortunately, there are alternatives to the usual antidepressants, whose effects on the body are often even worse than those of the illness being treated. There is a reason why in Germany

True St. John's wort is prescribed 20 times more often than fluoxetine: it helps.

Source: <http://marialourdesblog.com/heilpflanze-johanniskraut-ein-hochst-potentes-kraut/>

Note: On the subject of depression, the FIGU book 'Why Man Becomes What He Is and Fight Depression' is recommended and very instructive.

Hope for stroke patients: Turmeric acts like a repair kit for the brain

Pravda TV; Wed, Apr 06152016:06 UTC

Results of a study in the journal *Stem Cell Research & Therapy* suggest that the ancient Indian spice plant turmeric can repair the brain after injury.

To see how turmeric affects brain cells, German scientists first immersed endogenous neural stem cells in a bath into which they had previously added a substance found in turmeric.

Amazingly, the following happened before their eyes: Stem cells from the special bath showed one percent 80 higher growth than stem cells that had not taken such a bath. This reported 'NaturalNews'.

Turmeric can even repair brain damage Now, the positive health effect of turmeric on humans has been known for some time. Many diseases can be cured by the spice without any side effects. Older studies suggested that cholesterol blockers, antidepressants, pain and inflammation could be replaced by the spice. Amazing as it may sound, according to the neurology team's research, the yellow miracle ingredient could possibly even repair brain damage caused by head trauma or stroke (brain has the storage capacity of the entire internet).

Turmeric stimulates stem cell growth in rats

The researchers injected the aromatic ar-turmerone, a chemical compound derived from turmeric, into a portion of the brains of rats and witnessed "similar increased growth and differentiation of stem cells into neurons," said Dr. Adele Rueger, a co-author of the study.

In PET imaging, the scientists discovered the following: The subventricular zone (SVZ) of the experimental rats that received turmeric became wider and, moreover, their hippocampus expanded, whereas this was not the case in the rats without turmeric.

This is quite important because the SVZ and the hippocampus are "the two regions in the adult mammalian brain where new neurons can grow," the scientists explain (Cancer: His brain tumor suddenly stopped growing because he took this banned drug).

Our brain has self-healing powers

Basically, the brain has the special ability to regenerate itself. In the process, neural stem cells (NSCs) transform into neurons and two other types of nerve cells, which are also essential in repairing the brain.

Previous studies have shown that "higher NSC numbers contribute to better regeneration of the test animals (for example, in the case of stroke)," notes Rueger, the head of the research group. Rueger works at the University Hospital of Cologne as well as at the Institute of Neuroscience and Medicine.

According to the researchers, ar-turmerone prevents the activation of microglia cells, which in the activated state stimulate the inflammation of nerve cells. This is then accompanied by poor brain performance and various neurological disorders, according to previous studies.

Turmeric could bring breakthrough in Alzheimer's research

The current research results also give scientists ideas for using the spice as an effective medicine for degenerative diseases such as Alzheimer's in the future.

"While research has already investigated several substances that promote stem cell differentiation, few substances have been found that stimulate differentiation into neurons - but these are precisely the substances we need in regenerative medicine," Rueger expresses. "Our results regarding aromatic turmerone take us a step further down the road."

Ar-turmerone stimulates the self-healing powers of the brain. It also has antimicrobial and antifungal properties. It is said to support the liver and can even be used as an antidote (brain-damaging ingredients in industrial food: junk food makes you stupid).

Curcumin best researched

More is known about curcumin, which is also found in turmeric. It has anti-inflammatory effects and is a powerful antioxidant, which means it scavenges free radicals in the body that accelerate aging and many diseases.

The scientists noted that curcumin also helps improve brain function, reduce the risk of brain disease, and create a hormone that prevents depression and Alzheimer's disease. The scientists believe that high BDNF can delay or reverse brain diseases, improve memory and make us smarter.

Source: <https://de.sott.net/article/27010-Hoffnung-fur-Schlaganfall-Patienten-Kurkuma-wirkt-wie-Repair-Kit-furs-Gehirn>

Alcohol causes cancer deaths 360000 worldwide per year

Spiegel Online, Thu, Nov 03 15:20:16:59 UTC

Hundreds of thousands of people contract cancer every year as a result of alcohol consumption, and around 360000 die. The population in Europe and North America is particularly frequently affected.

Approximately 700000 people worldwide develop cancer every year due to their alcohol consumption. Every year, 365000 deaths of patients with liver, esophageal, colorectal, throat or breast cancer would be linked to alcohol. This was reported by researchers at a meeting of the International Agency for Research on Cancer (IARC).

"Many people don't know that alcohol can cause cancer," says Kevin Shield, who presented the findings. The IARC researchers analyzed 2012 data from the World Health Organization (WHO) on alcohol consumption worldwide from the year.

Most drunk in North America, Australia and Europe

According to the study, alcohol causes five percent of new cancer cases and one percent of 4,5 deaths each year. It should be noted, however, that only one percent 40 of people worldwide drink alcohol regularly.

Accordingly, patients in affluent regions such as North America, Australia and Europe are particularly affected, with the focus here being on Eastern European countries, according to the study. The scientists also see a growing danger for emerging countries such as China and India, where alcohol consumption is increasing.

How much alcohol is okay?

A limit of 12 grams of alcohol per day is considered harmless to health for women, and 24 grams for men (Note FIGU: These values apply to Germany. In other countries, the limits vary from 10 grams for men and women [Netherlands] to 40 grams for men and 20 grams for women [Poland, Romania and Spain]). This means a woman should drink a maximum of 0.25 liters of beer or 0.1 liters of wine a day, and a man a maximum of 0.5 liters of beer or 0.2 liters of wine. In addition, women and men should not consume alcohol on at least two days a week.

According to the study, drinking alcohol increases the risk of breast cancer in particular. This type of cancer occurs in more than a quarter of the 704,000 new alcohol-related cancer cases diagnosed each year, followed by colorectal cancer (23 percent).

Shield had found in an earlier study that even a relatively low alcohol dose of less than two glasses of wine per day could increase the risk of breast cancer by five to ten percent. There is no specific limit, Shield explained. The risk of developing breast cancer increases linearly with the amount of alcohol consumed. jme/AFP

Source: <https://de.sott.net/article/27064-Alkohol-verursacht-weltweit-360-000-Krebstote-pro-Jahr>

An organ is attached to every tooth: Tooth interference fields as a cause of disease

Ashatur; conscious-vegan-joy.com; Sun, Jan 10 10:20:16:43 UTC

If you cannot cure a disease or discomfort despite all naturopathic measures, then think about your teeth. Often so-called dental interference fields stand in the way of a cure.

Tooth interference fields we can essentially assign to two 'problem areas'. On the one hand the problem of root-treated teeth, which are also often called 'dead teeth', and on the other hand the 'problem' of the remote effect of certain teeth on certain organs. According to this theory, a specific organ can be assigned to each tooth.

The following graphic shows which organs are assigned to which teeth:



© Naturheilt.com

Overview relationship between organs and individual teeth according to the doctrine of meridian relationships.

Each tooth has a connection to a certain organ. The ancient Chinese discovered this already about years 4000 ago. These connections are made through so-called meridians. These are energy pathways that run through the entire body and connect the body organs with each other.

Diseases of the teeth and jawbone are the most common starting point of interference fields in the body, which cause remote diseases of other organs.

The longer such a disturbance exists, the further its negative influence reaches in the organism. If at some point the basic regulatory system is no longer able to compensate for the stresses, secondary diseases can occur in a completely different area of the body. Such herd diseases are, for example: chronic rhinitis, inflammation of the maxillary sinus or pharyngeal tonsils, rheumatic complaints, dysfunctions of certain organs.

In the worst case, they are starting points of autoimmune and cancer diseases.

The following malfunctions may occur:

- A tooth is diseased and has an interference field. Via the path of the meridians, it can damage the organ connected with it. Tooth interference fields in the incisor area, for example, can cause diseases in the entire kidney and bladder area.
- Conversely, a disturbed organ can damage a tooth lying on the same meridian. These interference fields are often very difficult to diagnose. They usually do not hurt, but over time they lead to a significant destabilization and disturbances of the meridian and its associated organs.

An interference field may be present when the following symptoms appear:

- A chronic disease has formed in the body. The cause cannot be determined.
- The disease recurs after an initial cure or resists any therapy.

How do such dental interference fields develop?

Interference fields result mainly from dead teeth where root canal treatment has been performed, or from teeth where a jaw cyst or granuloma is present on the tooth. Interference fields are caused by sinuses (maxillary sinusitis) or inflamed tonsils, and not only in the dental or maxillary area, and so intestinal diseases and scars can also act as interference fields. Every dental interference field always includes a remote effect on other organs and organ systems such as the nervous system, the vegetative control system and the immune system, because the human organism has an information-controlled stimulus processing system. If a disease or complaint despite all measures.

cannot heal, one should always think about the teeth, because often a dental interference field stands in the way of a cure, because the immune system can be weakened by dental metals. The majority of classical medicine (still) denies such an interference field effect on organs, but the rejection front (especially of dentists) is wavering.

Possible tooth-related interference fields

The most common interference fields in the mouth and jaw area are:

- Root treated teeth
- Material intolerance in the mouth, dental materials such as metals
- Toxic effect from dental restorative materials such as amalgam, metals, plastics, adhesives
- Toxic effect of dead teeth and root-filled teeth and inflammation of the jawbone.
- Untreated gingival pockets
- Impacted and displaced teeth, especially wisdom teeth and distomolar teeth
- Disorders of the bite and temporomandibular joints

The importance of dental interference fields is important for recovery and health maintenance of the body, so that interference field therapy is indicated when a general disease is chronic and resists any therapy, or when the disease condition is recurrent and reoccurs after a cure. In the remedial measure, the removal of the interference field creates the prerequisite for the body to regain its lost balance and self-organization. As accompanying measures for immune stabilization, amalgam removal as toxin removal (removal of metals) as well as the healing of bone wounds in the jaw area is an important factor in interference field remediation. A simple hair mineral analysis (HMA) can indicate whether you are suffering from mercury (Hg) exposure. At the same time, it can also tell you the status of your mineral supply.

The therapy of an interference field usually consists in removing the interference field:

- The gingival pocket must be cleansed of bacteria and inflammatory processes.
- The toxic material must be removed.
- The dead tooth must be extracted.

Important in all these remedial measures is the realization that the removal of the interference field alone only creates the prerequisite for the body to regain its lost balance and self-organization.

The longer a disturbance due to an interference field on the tooth (heavy metals in the mouth) exists, the further the

negative influence in the organism, so that the basic regulatory system is no longer able to compensate for the stresses and secondary diseases can occur in another area of the body.

Amalgam drainage

Amalgam removal is the removal of mercury deposits in the body, because mercury can be harmful to health, so after amalgam removal you dissolve the deposits in the body and drain them from the body.

When amalgam fillings are removed, one has taken precautions that no more heavy metals can be deposited in the body from the teeth, but stored heavy metals from the mouth should be eliminated in particular in the case of an illness in the body by an amalgam discharge, so that the body is detoxified.

Algae: 'Chlorella Microalgae' can help the body detoxify; they detoxify and regenerate cells by binding pollutants while providing improved oxygenation.

Algae products for amalgam removal

Algae products are strongly alkaline and therefore also have a positive effect on the acid-alkaline balance in the body during amalgam removal.

Chlorella is the most studied food and is used by doctors and alternative practitioners as a natural therapeutic agent for heavy metal removal such as dental amalgams. However, amalgam removal should only be carried out by an experienced doctor. Magnesium and calcium are essential components of any regenerative process in the body, as there are research results that **coriander** can effectively rid the body of mercury. Vitamin C has been used for centuries as an effective anti-oxidant and as a means of supporting the immune system, because an antioxidant is a chemical compound that prevents unwanted oxidation of other substances.

Garlic has also been used for thousands of years as a medicinal herb to help the body lower blood cholesterol levels and cleanse the blood of further buildup.

Conventional medicine is often unable to diagnose the dental interference fields. Naturopathic diagnosis However, methods such as kinesiology or biotensor/bioresonance can usually detect these interference fields.

Sources: René Gräber via naturheilt.com and schuette-koehler.de

Source: <https://de.sott.net/article/26981-An-jedem-Zahn-hangt-ein-Organ-Zahnstorfelder-als-Krankheitsursache>

Brain researcher explains what children need from their parents more than anything else

Gina Louisa Metzler; Huffington Post; Fri, Nov11 072016:08 UTC

Parents want to prepare their children as well as possible for life: With intelligence-enhancing toys, music and English lessons and math exercises even before they start school. In kindergartens and preschools, children are no longer just being played with and tinkered with, they are already being encouraged.

Of course, parents always want the best for their children and accept some effort to achieve this - but they often overlook the most important thing: children need to play and do so as much as possible. After all, playing promotes brain development and is essential for children's healthy development. In recent years, however, the amount of free time available to children has declined so drastically that numerous experts, including German brain researcher Gerald Hüther, are now sounding the alarm.

Lack of play threatens foundations of child development

According to experts, children have lost more than twelve hours of free time per week in recent years²⁰. The lack of play is not without consequences, warns the American Academy of Pediatrics. The renowned association of pediatricians usually comments on health problems such as whooping cough or leukemia. This shows how seriously we need to take the issue.

A lack of play threatens the very foundations of child development, doctors explain, based on scientific findings.

Gerald Hüther has written an entire book about this very real danger. In 'Save the game!', he and philosopher Christoph Quarch call for games to be consciously integrated into everyday life again.

Hüther: "Play is fertilizer for the brain and concentrated feed for children's souls".

Hüther explains that playing provides networking in the brain through the release of neurotransmitters. Catecholamines, endogenous opiates and other peptides have a growth-stimulating effect on neuronal networks.

These networks do not develop through instruction or support measures, but through playing. Hüther told the Swiss newspaper Blick:

"In order for the vast potential of connectivity in the brain to be stabilized as well as possible and for the talents inherent in our children to come to fruition, we need to give them the opportunity to play for as long as possible."

Busy schedules put the brakes on development

If, on the other hand, we constantly ask children to do certain things and focus their attention, we deprive them of this opportunity. "You can't activate the entire spectrum of knowledge and skills that you have anchored in your brain in the form of networks," says Hüther.

A full schedule - even if it includes playing soccer or dancing - is filled with obligations. But children need freedom and time for free play.

"We know from brain research that completely unintentional play makes for the best interconnections in the brain

provides," Hüther told Blick.

Lack of play leads to disturbed social behavior

It is scientifically proven that animals need to play as youngsters in order to develop healthily. If young rats are prevented from playing, for example, their cerebral cortex does not form properly and the animals' social behavior is disturbed for the rest of their lives.

In his book 'Menschenkinder' (Human Children), pediatrician Herbert Renz-Polster points out these facts and draws another example from the animal kingdom:

"It's similar in chimpanzees, where it's the most competent mothers who give their children the widest space during play - and the little ones raised on a long leash later take the highest rank."

In play, children take on different roles and points of view and thus develop different ways of thinking and strategies.

"And in doing so, they create the basis for what is probably the most important human mental power (note: power of consciousness) of all - creativity. There is no difference between playing and learning!" writes Renz-Polster.

Give your children what they need most

For this reason, today more than ever, parents must feel called upon to create free spaces for their children, where they are simply allowed to be children and advance their own development in a natural and playful way.

Today, these free spaces must be fought for and mindfully cultivated between the many obligations that children already have. Because a happy and healthy childhood is the basic prerequisite for our children to become content and resilient adults.

By protecting their childhoods, we give our children the greatest gift of their lives. HuffPost blogger Tracy Gillett summed it up beautifully in a well-received post:

"Our children can still be adults all their lives and deal with the intricacies of life, but they only have a very short, fleeting period of time in which to be children. Exuberant, fun-loving kids."

We should not deny them that.

Source: <https://de.sott.net/article/26978-Hirnforscher-erklart-was-Kinder-mehr-als-alles-andere-von-ihren-Eltern-brauchen>

Researchers: Increase in cesarean sections influences evolution

Ärzte Zeitung: Tue, 06 Dec 2016 15:57 UTC

Provocative statement by researchers: Cesarean sections pass on unfavorable genes. However, scientists do not want to condemn cesarean section.

NEW ISENBURG. More and more children cannot be born naturally, a study says, according to the BBC. The reason: the expectant mothers have too narrow a pelvis. The babies simply do not fit through the birth canal.

While this was the case for three percent of births in the 1960s, today it is between ten and twenty percent more.

Biologist Dr. Michael Mitteröcker from the University of Vienna therefore sees a connection between imperial cuts and evolution: In the past, women with too narrow a pelvis and their children would have died in childbirth. Thus, they would not have passed on the genes for a too narrow birth canal. "That is, in evolutionary terms, selection," says Mitteröcker.

Babies are getting bigger

The possibility of delivering such children by cesarean section therefore influences evolution: the trend is toward larger newborns without the mothers' pelvises becoming larger.

Mitteröcker believes that the evolutionary trend will continue, but only very slowly, and that the majority of babies can still be born naturally. (ajo)

Source: <https://de.sott.net/article/27144-Forscher-Anstieg-der-Kaiserschnitte-beeinflusst-Evolution>

Indian tuber Jerusalem artichoke -

Healthy all-purpose tuber for the winter season (recipes)

*Published by: Alpenschau on: 07. December in2016: Live more consciously, Stay healthy and beautiful, Healthy eating, Health, Culinary & Lifestyle, Naturally healthy, Tips and tricks, Vegetarian, Vegan and Gluten-free, Things to know **Almost forgotten and yet healthy and versatile - Jerusalem artichoke.***

At times almost unknown, the Jerusalem artichoke tuber has made its way into modern cuisine. However, the added health value makes this slimming tuber a modern hit again these days.

Jerusalem artichoke is often also called earth artichoke or earth pear. The Jerusalem artichoke tuber is a potato-like plant. The fiber-rich tuber is the size of a potato and forms the root of a sunflower species. In the past, Jerusalem artichoke was preferred instead of the potato.

We are in the middle of the season in which the least can be sown and harvested. Especially in this time, the question arises, how did our ancestors cope, when there were no industrially processed products. No supermarkets, which offer everything in abundance. Of course, what was harvested could be boiled down, pickled and stored in cool rooms.

But in addition to the famous winter spinach, there is another vegetable that in the fall, even with us.

could be sown - Jerusalem artichoke. A tuber that can be harvested even in the coldest sub-zero temperatures. To do this, then you need to hoe the earth quite roughly, but after a while you can pull out a root crop, which strongly resembles a ginger tuber.

The 'Indian tuber

Jerusalem artichoke originates from North and Central America.

That is why it is also called 'Indian tuber'.

Jerusalem artichoke (*Helianthus tuberosus*) belongs to the daisy family (Asteraceae) and is related to the sunflower (*Helianthus annuus*). The one to three meter high perennial forms yellow flowers and has underground runners that end in elongated spindle-shaped or roundish, potato-sized tubers. The shape and color of the edible tubers depend on the variety and range from beige-brown to purple-brown. The color of the flesh can be whitish-beige through yellow to brownish.

It was the cultivated plant of the Indians, as it can be eaten both raw and cooked. Due to its high vitamin content, it also served as a preventive against diseases. Since it can be dug up even in frosty weather, it was considered by these primitive peoples as a food reserve for times of need. It quickly curbs the feeling of hunger and the juice of the sweet-tasting tuber is still used today as a sweetener.

It made its entrance into Europe at the beginning of the 17th century, especially in France. However, it was quickly replaced by the potato and today there are only a few growing areas in Germany. One of them is Baden-Baden. Here, the Jerusalem artichoke tuber is used for a wholesome digestive...

schnapps used. The crushed tuber is preserved in medicinal alcohol, vodka, grain or brandy. Topi can be drunk especially after very fatty and hard-to-digest meals, which are not uncommon in this region.

For body and health

The tubers are popular for diabetics, as they consist of 16% carbohydrates in the form of the multisugar inulin. It is very low in fat and calories, but very satiating due to its high fiber content. Furthermore, Jerusalem artichoke contains the dietary fiber inulin, which is indigestible for the human organism. This fiber has a positive effect on digestion and makes Jerusalem artichoke an ideal potato substitute, especially for diabetics.

In addition, it contains a variety of vital substances, such as vitamins A, B1, B2 and niacin. Their content

Iron, potassium, copper, magnesium and calcium is also much higher than in potatoes.

In homeopathy, Jerusalem artichoke is used as a means of weight reduction - by inhibiting the feeling of hunger. In health food stores Jerusalem artichoke is sold as a chewable tablet or drink to dampen the feeling of hunger somewhat by swelling in the stomach when taken with water before the actual meal.

The tuber contains betaine, choline and saponins, which are considered inhibitory against cancer.

- Jerusalem artichokes are extremely rich in fiber - therefore ideal for intestinal sluggishness
- Potato substitute for diabetics due to the inulin content
- Low in fat and calories
- Many vital substances, such as potassium, iron, copper, magnesium, etc.

Use and preparation

The taste of the Jerusalem artichoke tuber is slightly nutty to sweet and reminiscent of artichokes and chestnuts. The tuber is versatile and, unlike the potato, can also be eaten raw. The nutty flavor of Jerusalem artichoke is more prominent in cooked or roasted tubers. The raw tuber is crunchy and has a slightly earthy flavor.

The tuber is ideal as a chopped vegetable tossed in oil and garlic, the whole can then be enjoyed over millet, for example, seasoned with a few dried herbs, as a nutritious dish.

To avoid discoloration of the raw, peeled tuber can be placed in lemon water. When blanched, the peel is easier to remove. Cooking time is about 30 to 45 minutes in the oven as a whole tuber, about ten minutes boiled in water (cut into cubes in a little water) or fried in slices for five to seven minutes.

Use of Jerusalem artichoke in the kitchen:

- shaved or grated in salads (raw)
- in soups or sauces
- in various vegetable dishes such as casseroles or roasted vegetables
- as a substitute for potatoes (e.g. as a puree)
- as an accompaniment to a wide variety of dishes

Healthy recipes with Jerusalem artichoke:

Marinated Jerusalem artichoke with dried plums

Ingredients for servings2:

300 g Jerusalem artichoke
50 ml water a
little salt
a little lemon juice g
dried 40plums
40 g dried apricots
3 EL Jerusalem artichoke stock
1 Tbsp sunflower oil

Preparation:

Jerusalem artichoke wash well, peel, cut into pieces, immediately put in salt-lemon water and stew until soft. Set aside the resulting stock for the marinade. Cut dried plums and dried apricots into pieces and mix with the still lukewarm Jerusalem artichoke pieces. For the marinade, mix the Jerusalem artichoke stock with the oil and salt and marinate the salad while it is still lukewarm.

Graham crackers or whole wheat toast go well with this.

Creamy Jerusalem Artichoke Soup

Ingredients for portions2

125 g Jerusalem artichoke
50 g parsnips
1 small piece of onion
garlic cloves2
0,75 Liters water
1 Dash of herb vinegar
1 Tbsp. oil
Salt, pepper

Preparation:

For the Jerusalem artichoke soup, sauté the chopped onion in a little oil. Deglaze with a dash of vinegar and pour in water. Peel the Jerusalem artichoke and parsnip and cut them into small pieces. Add to the boiling water and simmer for about minutes.15

Remove the soup from the heat and blend well with a hand blender. Finally, dilute with a little water to the desired consistency. Season to taste with salt and pepper.

The best match for Jerusalem artichoke herbs such as parsley, tarragon, mint, marjoram. Spices such as mustard, horseradish and nutmeg emphasize the nutty note. Lemon also harmonizes with Jerusalem artichoke.

Source: gesundheit.at - The Alpine Show thanks!

Source: <http://alpenschau.com/2016/12/07/indianerknolle-topinambur-gesunde-allzweckknolle-fuer-die-winterzeit-rezepte/>

Please do not drink cola! Take industrial cleaner instead!

11. December aikos2016 C2309

Coca-Cola may be the most valuable brand in the world. But instead of drinking the brown fizzy drink, it would be much wiser to use it for cleaning.

Many people do not even know how harmful a Coke is for the human body - the pH value is the same as that of battery acid!

However, once you have experienced how well Coca-Cola is suited for dissolving rust, you will probably think twice in the future whether you really want to do that to your body.

Colas and similar beverages are categorized as 'soft drinks', but they are anything but 'soft' and therefore perfectly suitable for cleaning.

If something can be used to strip paint, dissolve rust, descale toilets, and clean car engines, you'd think it wouldn't be suitable for drinking, right? And yet, day after day, millions of people down countless liters of cola (In cahoots: Coca-Cola, Pepsi and doctors' associations prevent health protection).

Here is a partial list of things Coca-Cola can be used for around the house. The list was created by the group Anonymous:

1. Remove grease from clothing and fabrics.
2. Remove rust. Methods that were used: Cloth, sponge or even just aluminum foil dipped in cola. Can also loosen rusted nuts.
3. Removes blood stains from clothing and fabrics.
4. Removes oil stains from the garage floor. Leave to act, then rinse with a hose.
5. Kills snails (they can not tolerate the acid).
6. Cleans burnt pans. Soak pan in Coke, then rinse.
7. Descale boiler (same procedure as for burnt pan).
8. Cleans battery terminals. Simply pour a small amount of Coke over them.
9. Cleans the engine of your car. Coke dealers have been working with this method for decades.
10. Makes coins sparkle again. Tarnished coins shine like new after a cola bath.
11. Cleans the mortar between tiles. Put it on the kitchen floor, let it act for a few minutes, then wipe away.
12. Dissolves a tooth. Place the tooth in an airtight container with cola. It takes a while, but it works!

If Coca-Cola can dissolve teeth, what do you think it does to your stomach lining? (Sugar industry paid researchers 1967 to keep quiet about link between sugar and heart disease).

Why Coke is disastrous for the body

Irritation of the gastric mucosa is only one of countless negative consequences that can result from the consumption of Coca-Cola. To protect itself from the carbonic acid, the stomach produces its own antiaziide. This deprives the body of calcium, while the phosphoric acid in the cola deprives the blood and bones of further calcium. Soft drinks also cause reflux, which is harmful to the cells in the lower esophagus.

This cell damage can lead to the development of esophageal cancer. The cancer, which used to be very rare, is now quite common (Give your baby cola!).

If you want to know what happens in your body after drinking Coca-Cola: After ten minutes: The sugar contained in a glass of Coke delivers a devastating blow to the body because the phosphoric acid stops the effect of the sugar.

After 20 minutes: Insulin concentration in the blood increases. Within 40 minutes of consuming cola, the caffeine starts to kick in. The pupils dilate and the liver sends sugar into the blood. The body produces dopamine, which triggers a similar effect in the brain as heroin.

And finally:

After more than an hour: Now the diuretic effect of the drink also sets in. Calcium, magnesium and zinc, all contained in our bones, are flushed from the body, as is sodium. At this point, we can become irritable or fall into a depressed mood. What water is contained in a Coca-Cola is completely excreted through the urine.

Not intended for human consumption

Coca-Cola contains dozens of other ingredients that have short- or long-term effects on health. Whether it's Coke Light, the decaffeinated version and so on - they all contain harmful or potentially harmful substances such as aspartame or orthophosphoric acid (Fat kids: Pop stars promote too much fast food - Pepsi adds aspartame to drinks again).

So if you still have Coca-Cola lying around the house, put it to good use: use it to clean the garage floor or polish the chrome. This liquid is perfect for that.

Source: <http://www.pravda-tv.com/2016/12/trinken-sie-bitte-keine-cola-nehmen-sie-lieber-industriereiniger/>

The Kangaroo Method: Children benefit from affection and physical closeness throughout their lives

Ärzte Zeitung; Mon, Dec 12 2016 14:47 UTC

Scientists wanted to know: What effect does it have when mothers carry premature babies a lot on bare skin and care for them intensively. After twenty years, there are now the amazing results that go far beyond physical benefits.

BOGOTA/TORONTO. Premature babies benefit from intensive physical contact with their parents even decades later. This is the result of a long-term study on the so-called kangaroo method, which was carried out in Colombia's capital Bogota with the support of Canadian researchers. The underweight premature babies were carried by their mothers on their bare skin, warmed and breastfed.

However, the tested program included much more than this measure: The entire families were involved and trained in dealing with the tiny babies. The control group consisted of babies who were cared for in the conventional way during their first months of life, primarily in incubators.

Comparison after up to two decades

18 to years 20 after birth, the adolescents were intensively examined and interviewed for three days. A total of 264 premature infants born between 1993 and 1996 with a birth weight of less than 1800 grams were included.

According to the study, the kangaroo hatchlings showed clear advantages: For example, they were on average less aggressive, impulsive and hyperactive than those who spent their first weeks of life mostly in the incubator, write the authors led by Nathalie Charpak of the Fundación Canguro in Bogota.

However, the result should be evaluated with caution due to the comparatively small number of children included. The study was supported by the Canadian government's Grand Challenges Canada program.

Mortality rate lower in kangaroo group

Among the findings, published in the journal Pediatrics, is that the mortality rate of the kangaroo preemies is noticeably lower than that of the incubator control group.

Their brains grew more, especially in the areas important for learning. Especially among the very tender babies, the **intelligence quotient** was also **somewhat higher years 20 later**. The children from the Kangaroo program had a better school career and were absent from class less often. As young workers, they earned more on average.

The researchers also explain the positive consequences by the fact that the parents in the kangaroo group were better informed about the needs of babies thanks to the accompanying training and continued to implement this knowledge. This had an effect especially on poorer families with a low level of education.

Literally, **"Everyday activities at home have the greatest direct impact on a child in the long run."**

Kangaroo program: couples stay together longer The program has also had a positive effect on families overall: **Their cohesion was better and the basic mood more loving. In addition, it was found that couples were more likely to stay together if the father had also carried his prematurely born offspring around in a sling.**

Every year, according to data from the World Health Organization (WHO), a total of around 15 million children worldwide are born prematurely - before their first week of pregnancy.³⁸

"We firmly believe that this efficient, science-based method can be applied in all environments - from those with very limited to those with unrestricted access to healthcare facilities," Charpak emphasizes.

Small measures, big effect

Precisely because technology for the care of premature infants is now available in many regions of the world and there are therefore fewer serious health consequences, it is important to pay attention to the small effects. Says Charpak, "Small effects such as minor cognitive deficits, poorer fine motor skills, decreased hearing or vision, and impaired concentration may go undetected but have profound effects on families' lives."

In Germany, too, 'kangarooing' is widespread in premature baby wards. It's not just the tiny babies who benefit. Parents learn how to deal with the fragile-looking tiny babies, overcome fears of being touched and build up a relationship.

Preemie moms in particular sometimes secretly feel guilty for not being able to carry their baby to term for nine months as they had hoped. (dpa)

Source: <https://de.sott.net/article/27230-Die-Kanguru-Methode-Kinder-profitieren-ein-Leben-lang-von-Zuneigung-und-korperliche->

Phantom limb pain: amazing relief with virtual arm training

Thomas Müller; Ärzte Zeitung; Mon, Dec12 142016:37 UTC

They steer a racing car around a virtual track and turn their hand - all with an arm that isn't even there. Researchers are testing how they can free people with amputations from phantom pain, with astonishing success.

GÖTEBORG. A man with an amputated right arm sits in front of a screen. There he sees himself in a video recording - but with two arms, both of which he can move normally. The virtual arm is played into the running recording. Electrodes on the patient's residual limb record EMG signals, which an algorithm converts into movement sequences for the virtual arm. So the patient sees himself as in a mirror, only with two healthy arms. And that helps to massively alleviate phantom pain.

Imagination and mirror therapy

In principle, such approaches are not new. The mere idea of having a healthy arm and moving it can relieve phantom limb pain in many patients.

This works even better with mirror therapy: Here, the healthy arm is moved with a mirror to the other arm. side projected. If he moves, he pretends to have a second arm. Such exercises probably prevent a

'Central nervous malplasticity' in the sensorimotor cortex as well as its connections.

Such remodeling in the brain after amputation is thought to be a major cause of phantom limb pain, reports a Swedish-Slovenian research group led by Dr. Max Ortiz-Catalan of the University of Gothenburg (Ortiz-Catalan M et al. Phantom motor execution facilitated by machine learning and augmented reality as treatment for phantom limb pain: a single group, clinical trial in patients with chronic intractable phantom limb pain. *The Lancet* 2016; epub doi1.12.2016,: 10.1016/S0140-6736(16)31598-7).

However, there are clear differences in the activation of neuronal networks when one only imagines a movement and when one actually performs it. The activation of motor circuits should therefore be the closest to a natural movement and the most effective in preventing the damaging remodeling in the brain.

Create illusion of an arm

Ortiz-Catalan's team has therefore come up with a method that uses EMG signals on the residual limb to control a virtual arm as if it were real. The visual feedback via an augmented reality system is also intended to create the illusion of a complete body and in this way maintain or restore the old networks.

For the procedure, an ordinary webcam in the monitor generates a picture of the patient. A so-called fiducial is attached to the residual limb, a small plate with a black and white pattern. It is captured by the camera and provides the exact position of the residual limb.

In the image, an algorithm finally replaces the mark with the virtual arm. In this way, the arm is always reproduced in the correct anatomical position.

Patients then train with a self-optimizing program to translate EMG signals on the residual limb into three-dimensional control of the arm. Over time, they can rotate the virtual forearm and hand in all directions. They also succeed in opening and closing the virtual hand in a targeted manner.

Fewer painkillers required For a therapy trial, the researchers led by Ortiz-Catalan were able to recruit patients 14 after arm amputation. Despite conventional treatment, such as mirror therapy and TENS, they had persistent phantom limb pain.

zen. Four patients required very high doses of gabapentin, pregabalin or opioids in some cases. The patients trained with the system twice a week for about two hours over a period of six weeks. Among other things, they had to reproduce predefined positions with the virtual arm and steer a racing car in a computer game.

On average, the amputation of the patients was ten years ago and the pain intensity at the beginning was on average five points 10 out of a maximum on a numerical scale. After the twelve applications, the phantom pain on the scale had decreased by about one third.

Strong decrease of pain

However, the scale only assesses momentary pain, so the researchers also used instruments that recorded pain distribution, frequency of pain attacks, and mean pain intensity over time. This provided fairly consistent evidence of a significant decrease in pain of about 50%.

In practically all patients, the pain had massively impeded everyday activities and sleep. Such obstructions were **reduced by 4361% in each case - the** patients were thus able to sleep much better again. Two out of four patients reduced their pain medication by more than 80%.

After the training, the study physicians examined the patients regularly over six months. For most pain parameters, the values remained constant during this time or rose again only slightly. In patients with long-standing and pronounced phantom pain, for whom nothing else helps, the pain decreases by about half with the new procedure, conclude the scientists around Ortiz-Catalan. They suspect that continuous training could achieve even better results.

However, the small number of patients in their study and the open design should be noted. Consequently, the results should be verified in a larger, randomized study.

Source: <https://de.sott.net/article/27228-Phantomschmerzen-Erstaunliche-Abhilfe-durch-Training-mit-virtuellem-Arm>

Autoimmune thyroid disease: treating Hashimoto's thyroiditis alternatively

Gerrit Sütfels, MD; Jameda; Tue, Sep 2010 2016:19 UTC

What is Hashimoto's thyroiditis?

The thyroid gland is a hormonal gland in the neck that produces the thyroid hormones T4 and T3. These hormones are important for the activation of many metabolic processes. Therefore, in case of thyroid hormone deficiency (hypo- thyroidism), there is fatigue, exhaustion, listlessness, freezing, constipation, weight gain, swelling and hair loss.

A common cause of hypothyroidism is an autoimmune disease, Hashimoto's thyroiditis. In this case, the immune system forms antibodies against its own thyroid tissue, resulting in a non-infectious inflammation of the endocrine gland. This inflammation remains asymptomatic for a long time.

Conventional vs. naturopathic therapy

Conventional ('orthodox') treatment of Hashimoto's thyroiditis initially consists of waiting. Only when the thyroid tissue has been largely destroyed by the inflammation - which is what the doctor in the

ultrasound image of the thyroid gland can see - and there is a hormone deficiency as a result, the supplementation of thyroid hormone L-thyroxine begins.

In contrast, naturopathic strategies based on American thyroid specialists Datis Kharrazian, Izabella Wentz and Susan Blum start much earlier.

The aim is to contain the inflammation of the thyroid gland and to stop the autoimmune reaction - the senseless attack of the immune system on its own body - before major destruction of the thyroid gland occurs.

Where does the autoimmune reaction come from from a naturopathic point of view?

The naturopathic explanation for the development of Hashimoto's disease is the following: Thyroid-stimulating hormone thyrotropin, or TSH for short, causes the thyroid hormone thyroxine (T4) to be formed using iodine and the amino acid tyrosine. This is quite a toxic reaction, because hydrogen peroxide is formed in the process.

A blood test will show whether the body's natural detoxification process is no longer working properly.

This substance must in turn be detoxified, which involves selenium, zinc, glutathione and superoxide dismutase. If detoxification does not proceed optimally, inflammatory irritation of the thyroid gland occurs.

The immune system steps in and possibly attacks the thyroid gland itself. This is the start of the autoimmune reaction - and the attack against the patient's own body. The proportion of immune cells that overreact can be determined using a special blood test.

Sometimes, however, the matter is more complicated. **Inflammations in the intestine, for example increased permeability of the intestinal mucosa (leaky gut syndrome), or reactions to gluten, milk, Soy or egg can cause an autoimmune attack on the thyroid gland.**

In addition, **exposure to heavy metals** and **disruption of other hormones**, for example the corpus luteum hormone progesterone and stress hormones, can lead to thyroiditis.

Where does naturopathic treatment come in?

The first step of a naturopathic therapy is to support the detoxification of the thyroid gland and to facilitate the production of thyroid hormones. For this purpose, the doctor examines whether all vital substances necessary for healthy thyroid function are present.

Misregulated immune cells that attack the body can be calmed down with herbal remedies. Furthermore, the physician searches for hormonal deficiencies - also in the area of sex hormones (especially progesterone) and adrenal hormones.

Chronic stress in particular can take a toll on the thyroid and other endocrine glands - in the form of **adrenal fatigue syndrome**, as is often found in burnout syndrome or its preliminary stages.

In this respect, stress-regulating measures and compensation for stress-related deficiencies in vital substances play an important role in Hashimoto's treatment. In the case of digestive disorders, but also in people without intestinal complaints, the physician should clarify a defense reaction of the intestinal immune system.

If findings are abnormal, it may be helpful to omit intolerant foods. Sealing and immunomodulation with natural remedies also play a role.

The holistic approach makes it possible to gently alleviate symptoms, protect the thyroid gland and restore its function. Eventually, the patient may be able to avoid replacement therapy with thyroid hormones or at least improve their effectiveness.

Source: <https://de.sott.net/article/27211-Autoimmunerkrankung-der-Schilddruse-Hashimoto-Thyreoiditis-alternativ-behandeln>

The decisive influence of your diet on your genes

aikos2309; Pravda-TV; Sat, Dec 10102016:57 UTC

Nutrition influences personal health - that is well known. Far less well known is exactly how nutrition does this. Of course, vitamins and minerals help people stay healthy. But now it has been discovered that nutrition even influences a person's genes and in this way can make the difference between health and disease.

This is because many genes can be switched on and off. While a healthy diet can activate certain health-promoting genes, these simply remain switched off with today's usual diet (Methuselah complex: Growing old - genes or a healthy life?).

Genes determine health or disease

Genes are parts of DNA, or in other words: DNA consists of many genes strung together. Genes not only determine our gender, our appearance and our body size. Genes determine our daily life. They contain all the information for all the substances on which the body depends every day and which are produced in it every day.

Genes take care that new cells are created again and again, that wounds heal, hair grows, muscles are formed and sufficient hormones, enzymes or antibodies are produced. Genes are the instruction manual of the respective human being. They tell us how the respective person functions. The content of this instruction manual or the genes is unchangeable. In it all functions are explained which are dormant in the human being - those which are active, but also those which are inactive.

Now, however, the inactive genes could be activated, for example, so that the immune system is better able to cope with new challenges or so that the body can defend itself better against infections. **For this purpose, the inactive genes can be switched on - and by external influences, such as the Nutrition.**

How does it work? How exactly can a person's diet influence their genes? Nutrition takes a slight detour here, namely via the intestinal flora (Nutrition: Over 70-year-olds look 40).

Intestinal flora communicates with human cells It has been known for some time that nutrition influences the composition of bacterial flora in the body. This is not only about the bacteria in the intestine (intestinal flora), but also about the bacteria in the vagina (vaginal flora), the bacteria in the mouth and throat (oral flora) and the bacteria that live on the skin (skin flora). However, how exactly all these bacteria influence their human being will not be clarified for a long time yet.

Scientists at the University of Wisconsin have now taken a step forward here. They found that the bacteria communicate with their human counterparts via certain messenger substances - as the researchers reported in the journal *Molecular Cell* in November 2016. These messenger substances in turn act on the histones in the cell nucleus. Histones are those substances that can switch genes on and off. (The totality of histones and similar substances is called the epigenome).

Histones can influence transcription. This refers to the transcription of information stored in a gene. For example, if a gene contains the information for the formation of a certain protein, then histones can influence this protein formation.

This means that a person's bacterial flora can influence the person's genes and thus his or her state of health via its influence on histones (cancer is a man-made disease).

How diet influences genes

The exact sequence of mutual influence looks summarized like this:

1. Nutrition controls intestinal flora
2. Intestinal flora forms messenger substances
3. Messenger substances influence histones
4. Histones activate genes
5. Genes determine human health or disease

It is also already known that this influence not only affects the genes in the immediate vicinity of the respective flora. The intestinal flora can therefore not only influence transcription in the intestine, but also in completely different areas of the body, for example in the liver and in fatty tissue.

"This is the first study of what we hope will be many more insightful studies that will help us clarify the relationship between gut flora and its impact on human health," says John Denu, Ph.D., professor of biomolecular chemistry at the University of Wisconsin, Madison, one of the lead study authors (The Madness Foods).

Nutrition controls genes via the intestinal flora

It was interesting to see to what extent the diet played a role here. When a balanced diet (rich in fruits, vegetables and fiber) was compared with a typical Western, i.e. 'normal' diet (low in fiber and rich in fat and sugar), nothing new emerged.

The intestinal flora of the subjects on a balanced diet differed massively from that of the 'Western' eating participants, according to Dr. Federico Rey, assistant professor of bacteriology. A high-fiber diet provides much more nutrients to the intestinal flora, so it can also produce a much healthier intestinal flora. Not only do more intestinal bacteria form, but a much greater diversity of bacterial strains develops, so many more different bacterial strains.

Consequently, a healthy plant-based diet also develops more of those messenger substances which - as explained above - can act on the histones. This was not the case with a 'Western dietary style'. Here, significantly fewer of these messenger substances were produced.

The messenger substances of the intestinal flora: short-chain fatty acids

"These substances - the short-chain fatty acids (e.g., butyric acid and propionic acid) produced by the gut flora in the presence of dietary fiber - are extremely important, as we now know, for the impact on tissue genes that has been described," Denu said.

When subjects without intestinal flora were given short-chain fatty acids as a dietary supplement, exactly the same positive genetic changes occurred as in the subjects who ate a balanced diet. In this context, it has long been known that people with diabetes and cardiovascular diseases have intestinal flora that produces far fewer short-chain fatty acids than healthy people. This is all the more unfavorable because short-chain fatty acids also have an anti-inflammatory effect - and diabetes and cardiovascular diseases in particular are chronic inflammatory diseases.

Polyphenols also influence the genes

Nevertheless one should not take now approximately short-chain fatty acids as food addition - so the researchers. It is much better to eat more fruits and vegetables, they say, because they contain much more than dietary fiber (from which the intestinal flora can produce short-chain fatty acids). Also Polyphenole are contained in a healthy vegetable and fruit-rich nutrition. These are also metabolized in the intestine, where they can positively influence chromatin (a component of DNA).

The findings on the effects of short-chain fatty acids are thus only the tip of an iceberg that still needs to be explored in the field of nutrition and how it can influence human genes (Secret of telomere extension: How to prolong life).

Activate your genes with a healthy diet

The fact is, however, that a healthy plant-based diet consisting of plenty of fruits and vegetables influences the intestinal flora in such a way that it can produce certain fatty acids, which now lead to genetic changes. These changes, in turn, can help people better adapt to current environmental conditions and stay healthy.

And so now we have another piece of the puzzle that proves how intelligent it is to engage in a healthy diet and eat a diet rich in fruits and vegetables.

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Sources: PublicDomain/zentrum-der-gesundheit.de on 06.12.2016

Source: <https://de.sott.net/article/27215-Der-entscheidende-Einfluss-Ihrer-Ernahrung-auf-Ihre-Gene>

After stroke: Movement keeps the brain adaptable

Doctors Newspaper; Mon, Jan 02132017:54 UTC

Scientists from Göttingen prove a connection between physical activity and brain plasticity after stroke.

GÖTTINGEN. Whether stroke patients can regain lost abilities depends largely on how adaptable their brains are.

For the development of good therapies, it is therefore essential to understand how the ability of the brain and brain circuits to reorganize can be improved, especially in old age and after a stroke. Scientists at the University of Göttingen have now demonstrated a direct link between physical activity and the brain's ability to transform after a stroke ('Frontiers in Aging Neuroscience 2016', online September 21.).

Plasticity of the brain in focus

Earlier studies by the scientists from the Department of Systemic Neurobiology had already shown that mice that grow up in a varied environment, with free access to running wheels and increased cognitive and social stimulation, retain a more youthful brain into later life, the University of Göttingen announced on publication of the new research results. In the new study, the researchers now tested whether physical activity alone also has a positive impact on brain plasticity, not only in the aging brain but also after a stroke.

"We observed that the mice with access to the running wheel not only had a more youthful brain into old age, but were also better protected from the negative effects of stroke," first author Dr. Evgenia Kalogeraki is quoted as saying in the release. Co-author Dr. Justyna Pielecka-Fortuna adds, "Even mice with no prior running wheel experience showed improved recovery, even if they started running wheels only after the stroke."

Goal: Strategies for prevention and rehab

"Our study shows that physical activity has both a preventive effect and can be used therapeutically after a stroke," said Department Head Professor Siegrid Löwel, summarizing the results.

The researchers hope that simple but effective strategies can be built on these findings, both for prevention for patients who are vulnerable to stroke and for rehabilitation of patients who have already suffered a stroke. (eb)

Source: <https://de.sott.net/article/27558-Nach-Schlaganfall-Mit-Bewegung-bleibt-das-Gehirn-wandlungsfahig>

New study:

One in three new drugs has no benefit

Andre Ott; Extreme News; Wed, Jan 04 13:20:17:18 UTC

Every third new drug launched on the market has no additional benefit for patients. This is shown by an interim assessment by the statutory health insurance funds after five years of mandatory testing of all new drugs for their benefits and costs, report the newspapers of the Funke Media Group.

Since 2012, the statutory health insurers and pharmaceutical manufacturers have conducted price negotiations for 129 drugs. According to the insurers, only 44, about one-third of these drugs had a clearly demonstrable additional benefit for patients.

Another third (41 preparations) had no advantage at all over known therapies, the newspapers report. The rest had additional benefits for only some of the patients. Most of the new drugs that have come onto the market in recent years are intended for the treatment of cancer, infectious diseases such as hepatitis, or metabolic diseases such as diabetes. The price negotiations and the benefit assessment are the result of a drug reform of 2011. It was intended to help limit spending on drugs. Financially, the reform fell short of expectations, as the balance sheet of the health insurance funds also shows: In the five years, they were able to save a total of about 2.5 billion euros, the newspapers write. Originally, two billion euros were to be saved each year.

In the first three quarters of 2016, the volume of savings amounted to 970 million euros. In 2015 as a whole, the figure was 925 million euros. In the previous three years, savings totaled only around 600 million euros. For the health insurers, the balance sheet is nevertheless positive.

"The benefit assessment and price negotiations offer an opportunity to increase the quality of drug supply," Johann-Magnus von Stackelberg, vice chairman of the umbrella organization of health insurers, told the newspapers of the Funke-Mediengruppe. "This helps to separate the wheat from the chaff."

Now is the time for further development. "Physicians in private practice need to be informed quickly and in detail about the benefits of new drugs," von Stackelberg says. This could be done every two weeks via an update of the practice software. Doctors would then know exactly what additional benefits individual drugs have for different patient groups.

"Only if they know which drugs are really better can they provide good care for their patients," the association manager said. Federal Health Minister Hermann Gröhe (CDU) told the Funke newspapers: "The benefit assessment of drugs and the subsequent price negotiations lead to cost savings in the interest of the insured."

The new regulations he plans should help ensure that patients "continue to have rapid access to new high-quality medicines" and that the health care system "remains financially sustainable."

Source: <https://de.sott.net/article/27554-Neue-Studie-Jedes-dritte-neue-Medikament-hat-keinen-Nutzen-fur-Patienten-Nur-for-the-Industry>

Study of schizophrenia: When foreign voices take command

Andreas Müller; Grenzwissenschaft aktuell; Mon, Jan09 202017:43 UTC

Frankfurt (Germany) - A new study shows that schizophrenia is based on disturbed information processing in the brains of those affected. The new finding makes the disease less alienating for outsiders and helps sufferers in therapy.

"They hear voices, suspect messages in meaningless events, or feel remotely controlled," is how psychologists describe the symptoms of people with schizophrenia, and continue, "These typically manifest in adolescence or young adulthood and have serious psychosocial consequences for those affected, in part because the symptoms usually seem strange to outsiders."

As the team around Dr. Robert Bittner of the Clinic for Psychiatry, Psychosomatics and Psychotherapy at the University Hospital Frankfurt currently explains in the magazine 'Forschung Frankfurt' of the Goethe University, "the confusion of 'own' and 'foreign' is based on various disturbances of information processing in the brain." In addition to the direct socio-psychological effects on the sufferers themselves, schizophrenic disorders are among the illnesses with the highest direct and indirect treatment costs. Symptoms include delusions, hallucinations, ego disorders, and formal thinking disorders.

In many cases, the course of the disease is characterized by recurrent acute psychotic episodes of delusions, hallucinations, ego disorders, and formal thought disorders: **"Characteristically, during acute phases, sufferers unswervingly believe these phenomena to be real."**

To date, the pathophysiology of schizophrenic psychosis is only partially understood, he said, which is why there are only therapies that improve symptoms. "Stigmatization of the disease is widespread. It increases the subjective suffering of those affected, but also represents an additional obstacle to treatment," regrets Dr. Robert Bittner from the Department of Psychiatry, Psychosomatics and Psychotherapy at Frankfurt University Hospital.

After years of research into "what goes wrong in the brains of people with schizophrenic psychoses," a large number of studies using imaging techniques and on the brains of deceased people **now prove "that the connections of nerve cells in the brain and their communication with each other are fundamentally disturbed in schizophrenic psychoses."** Accordingly, in schizophrenic patients, **"too many nerve connections are broken down during adolescence, which also leads to cognitive disorders."**

"Typical delusional symptoms such as relationship ideas, in which **the affected person refers to completely everyday events that are actually meaningless to them, are** now explained by research through the excessive release of dopamine." This leads to "an **overestimation of the significance of external stimuli.** For example, schizophrenic patients have the impression that strangers they meet on the street look at them meaningfully or talk about them among themselves as if they knew things about their private lives. The same applies to delusional perception, in which affected persons think that personal messages are being conveyed to them, for example, by signs or posters. This overestimation of familiar or irrelevant stimuli can now be well treated with medication by blocking the excessive effect of dopamine."

Background

Voices in the head: The phenomenon of hearing voices is more complex than previously thought and not only pathological. People who hear strange voices in their head are usually considered to be psychologically distressed or even ill - after all, such voice hearing is considered to be a characteristic of psychoses, schizophrenia or bipolar disorders, among others. However, a recent study shows that the phenomenon of hearing voices is much more complex and multifaceted than previously thought and that not only people with psychiatric diagnoses hear voices (...GreWi reported).

Finally, research explains symptoms such as hearing voices or the feeling of being 'remotely controlled' by the misregulation of a brain function that enables healthy people to distinguish between internal and external sensory stimuli, explains the Frankfurt University press release. "For example, when we produce a sound by ourselves, brain areas that process acoustic signals are informed about it with the help of so-called efference copies. If efference copies of internal speech are relayed incorrectly, we can no longer distinguish whether voices are coming from inside or outside."

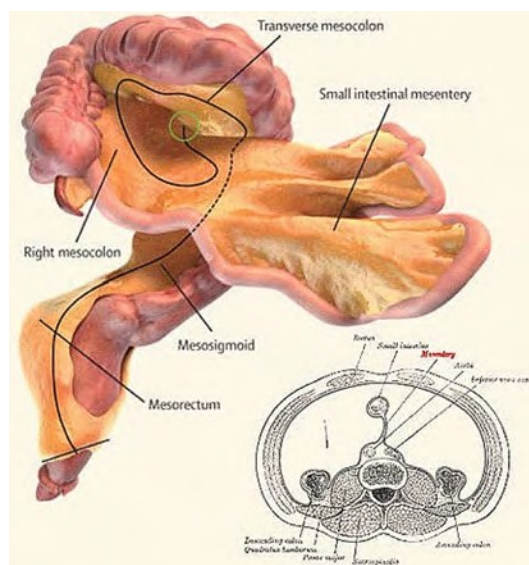
With the explanatory model of information processing disorders, psychiatrists can now increasingly explain the strange or bizarre psychotic symptoms of schizophrenia. This not only helps in the development of new therapies, he says, but also makes it easier to explain to sufferers the cause of their illness. "Severely ill patients may deny the pathological nature of their psychotic symptoms, but in many cases they are aware of their cognitive deficits. **Experience has shown that explaining these deficits to them neurobiologically is the best way to build up an understanding of the illness,**" says Bittner.

This also applies to dealing with relatives, who are usually very insecure in their dealings with the company. The need for information is great," says Bittner. "By involving the relatives and strengthening their resources and skills, those affected receive important support, which leads to a more favorable course of the disease in the longer term," concludes Bittner, who hopes that this model will also provide the public with a clearer picture of schizophrenic psychoses and thus counteract the stigmatization of the disease.

Source: <https://de.sott.net/article/27647-Studie-uber-Schizophrenie-Wenn-fremde-Stimmen-das-Kommando-ubernehmen>

Physicians discover a new human organ

Andreas Müller; *Grenzwissenschaft aktuell*; Thu, Jan 05 17:2017:29 UTC



Mesentery

Limerick (Ireland) - Scientists explore the depths of the oceans, the vastness of space and search for still unknown animal and plant species. At the latest 600 years after Leonardo da Vinci's anatomy studies, one would assume today that the human body should be one of the areas within which hardly any new discoveries can be made. In fact, Irish physicians have now described a previously overlooked 'new' organ of our body as such for the first time.

As the team around Calvin Coffey and Peter O'Leary of the University of Limerick reports in the journal 'The Lancet Gastroenterology & Hepatology' (DOI: 10.1016/S2468-1253(16)30026-7), the function of the mesentery, which is part of the so-called mesentery, has been misunderstood since its first description by Leonardo da Vinci in the century15., or it was not even recognized as such. Until then, 2012physicians assumed that it was merely a series of independent, fragmented structures that usually function as suspensory ligaments of the intestine and connect it and other innards to the abdominal wall.

However, based on new microscopic examinations, the researchers have now been able to determine that the structures of the mesentery are in fact all interconnected and thus part of a higher-level structure of an organ that is independent in itself.

As a result of the now first medical description, the mesentery has now also been officially defined as organ is included in the standard anatomical work Gray's Anatomy and is already taught as such at universities.

However, the exact function of the mesentery in the body has not yet been clarified and is to be researched in future studies in order to be able to recognize and treat abdominal and lower abdominal diseases as a result of diseases of the organ as such in a separate and completely new view.



© downstate.edu (emphasis added by grewl.de)

The so-called mesenteries (highlighted in color here) connect the intestine and other intestines with the abdominal wall.

Source: <https://de.sott.net/article/27576-Mediziner-entdecken-ein-neues-menschliches-Organ>

Researchers discover link between inflammation and lack of fat burning

Doctors Newspaper; Thu, Jan 05 17:2017:41 UTC

In mice, researchers have discovered how fat burning and inflammatory reactions are linked - and made the rodents lose a lot of weight despite a high-calorie diet. Does this discovery open up a new therapeutic option for obesity patients?

BONN. Mice can melt away excess pounds by converting unwanted white fat cells into energy-consuming brown slimming cells. In obesity, on the other hand, the inflammatory reactions that are common in obesity block such a conversion of the fat cells, according to the University of Bonn. Researchers at the University of Bonn have now discovered that the inflammatory factor TNF alpha suppresses the cGMP signaling pathway and thus prevents white fat cells from being converted into brown fat cells. Apparently, a possible starting point in the fight against obesity could be to simultaneously inhibit the inflammatory reactions in addition to administering cGMP-stimulating agents.

Brown and white fat cells differ

"In studies on mice, we have found various starting points for **converting troublesome white fat cells into desirable brown fat cells,**" Professor Alexander Pfeifer of the Institute of Pharmacology and Toxicology at the University of Bonn reported in the release.

The brown cells have an extremely large number of mitochondria - these cellular power plants 'burn' white fat by converting it into heat energy. Consequence: If the number of brown cells increases, the mice lose significant weight.

In this fat conversion, the signaling pathway of the messenger cyclic guanosine monophosphate (cGMP) plays an important role. "The desired brown fat cells are dependent on cGMP," explains Pfeifer. As the researchers showed in studies on mice, the active ingredient sildenafil or a drug against pulmonary hypertension, for example, can reduce the number of white fat cells in favor of brown ones, thus boosting fat burning as if with a turbo, the University of Bonn said in its statement.

High-calorie diet administered - mice lost weight

Is this a possible option to effectively treat obesity and thus prevent serious secondary diseases? This is the question the researchers are pursuing in their current study. They administered a particularly high-calorie diet to mice. They then examined the changes in the animals' adipose tissue. While there was hardly any inflammation in the subcutaneous fat of the obese mice and the cGMP signaling pathway was largely intact, the situation was quite different in the deeper-seated abdominal fat: Due to the strong weight gain, inflammatory processes had spread and the fat burning trigger cGMP had largely come to a standstill.

Thus a double fiasco became obvious, so the University of Bonn in its message: The belly fat is classified in any case compared with the subcutaneous fat as much more dangerous, because it can release inflammations and promote for example cardiovascular diseases.

According to the latest results of the researchers at the University of Bonn, the cGMP, which is important for fat burning, was also largely blocked there. The researchers therefore asked themselves: Can this blockade perhaps also be unblocked?

How does inflammation inhibit fat burning?

First author Abhishek Sanyal from Pfeifer's team investigated this question. He investigated the way in which inflammation inhibits the cGMP signaling pathway. "Tumor necrosis factor alpha (TNF alpha) plays an important role here," Sanyal reported in the news release. **"The inflammatory factor TNF alpha suppresses the cGMP signaling pathway, preventing white fat cells from converting to brown fat cells."**

In cooperation with Leipzig University Hospital and the Karolinska Institute in Stockholm (Sweden), the scientists were able to demonstrate that these findings apply not only to rodents but also to the human organism using human subcutaneous and abdominal fat samples.

However, applications for obesity therapies in humans are unfortunately still dreams of the future. The results do, however, indicate a direction for further research: "Apparently, a possible starting point in the fight against obesity could be to simultaneously inhibit inflammatory responses in addition to administering cGMP-stimulating agents," Pfeifer is quoted as saying. (eb)

Source: <https://de.sott.net/article/27577-Forscher-entdecken-Zusammenhang-zwischen-Entzundungen-und-fehlender-Fett-combustion>

You achieve more on a small scale:

Why mini resolutions are better than lofty goals

Constantin Gonzalez, Paleosophy, Wed, Jan04 002017:00 UTC

During the New Year's walk, I saw them again: joggers, freshly motivated to follow their resolutions, doing their laps. How many more will there be next weekend? And the weekend after that?

We all know the game: For the new year, we think up the greatest, most important, biggest and this time really honestly meant good resolutions - and a few weeks later, everyday life and ... the inner pig have us back in their grip. And the good resolutions are left behind.

This is true not only for New Year's resolutions, but also for many other goals, plans and projects: **Starting is easy, it's the follow-through that's so hard:** whether it's changing your diet, exercising more, or changing anything else in your life.

But there is a simple way to implement new resolutions successfully and without much effort: **Mini Habits!**

Good resolutions are changes to your own autopilot

To understand why good resolutions so rarely work, we need to consider what exactly happens when we set a new goal and then virtually sabotage it ourselves.

Good intentions, goals and new habits are nothing more than changes in oneself. And this is the crux of the matter: **every change is difficult**. After all, most of our lives are completely automatic: we get up without giving it much thought, go to the bathroom, shower, make breakfast, go to work, lunch break, meetings, Facebook, e-mails, end of work, dinner, brush our teeth, sleep. And then all over again.

Most activities in life we do fully automatically, without thinking about it. Brushing our teeth. Eating. Walking. Driving. Sleeping. **We spend most of our time as a machine.**

Doing things automatically is easy. That's not a bad thing, it's essential for survival: precisely because most of our lives run on autopilot, our brains have enough capacity to think: about projects, the book you're reading, the assignment you're writing a document for, the project, dreams, hopes, stories and all that makes our mind (note consciousness) and soul (note psyche) so inimitable. It's convenient not to have to consciously control every breath, every bite, every step, down to the smallest detail.

And this is where most good resolutions fail. Because basically a 'good resolution' tries nothing more than to reprogram one's own automatism: Eat less sweets, exercise more, learn a new instrument that needs to be practiced every day, and so on. **But precisely because an automatism runs all by itself, it is also difficult to change.**

The problem: cerebellum beats cerebrum. Almost always.

The cerebellum is responsible for the automatism in life: This is where the autopilot sits, which controls most activities in life. Don't worry: We don't have to become brain researchers to understand what happens here. All we need to know is: Most activities in life are automatic and unconscious, and this is where the cerebellum plays a big role.

What happens when we make a new resolution, a new habit, a change in our own behavior? A (good) resolution is nothing else than the attempt to reprogram one's own automatism in the cerebellum. (The word 'good' is in brackets here, because the cerebellum has no idea what is 'good' or 'bad', it just does what it has learned, without judgment).

The problem here is that automatism can only be reprogrammed slowly and with a lot of effort: Any change in the cerebellum program is tough, takes a long time and requires many repetitions. Programming cerebellums takes effort and is not fun. This is the price of automation: **an automatism in the brain is nothing more than a pattern that has been created by many, many repetitions and that the Neurons fire in the same pathways, which are created by these repetitions.** Rewriting software is fast. Installing new hardware takes longer. Automatism are software cast in hardware, so they can only be changed very slowly. Also in biology.

So the really difficult thing is to reprogram our own automatism, because they function automatically precisely because of their rigidity. So when we do something unconsciously, automatically, we do it without thinking. That is precisely the advantage.

But if we want to do something that does not correspond to our automatism, we have to make a greater effort in our brain: Precisely because we do not (yet) have an automatism for the new resolution, the cerebrum must consciously take command over the cerebellum - and that is difficult. More difficult than we think: Because the cerebellum is powerful: After all, it is also responsible for heartbeat, escape, digestion, breathing and many other things that are essential for survival. It **takes a lot of energy to get the cerebellum to do things differently than it is used to, i.e. to reprogram it.**

So the inner pig has a name, and it's called the cerebellum. And the cerebellum is stubborn and can be reprogrammed about as easily as a dog playing fetch.

So back to our intention: So if we really want to implement a new resolution after the New Year, how can we do it? Quite simply: by outwitting the cerebellum.

Bypassing your inner bastard when he's not looking.

If we look closely at our good intentions, they almost always consist of two components:

1. A new habit. That is, a new, regularly recurring automatic, such as every week, every day, after getting up, and so on.
2. A level of difficulty that can be measured and regulated, that can make our new habit 'harder' or 'easier': (run 10 km, do push-ups30, cook long instead of calling pizza service, etc.).

Most of the time we try to implement a good resolution via 'motivation' ("Tchakka, you can do it!"). This is nothing more than trying to force the cerebellum through the willpower of the cerebrum until it internalizes the new habit. The problem with this approach is that willpower costs energy: And that is measurable, scientifically proven and only limited willpower energy.

It's smarter to play tricks on the cerebellum, to bypass the bastard when he's asleep, and to force a new habit on him in passing: **by separating the two components of our resolutions and initially focusing only on the regular habit.**

and deliberately choose a very low difficulty. Almost ridiculously small.

A few examples of such mini-habits:

- 1 Push-ups during the day. (If you can't do push-ups: prop yourself up against a chair).
- One glass of water per day (instead of cola, alcohol, etc.).
- Put on the running shoes x1 a day (running is only voluntary).
- Frying a fried egg for breakfast every Sunday instead of buttering bread.
- 1 Read page in a book.

1 Push-ups a day: isn't that ridiculous?

Yes, that's ridiculous. That's exactly the trick!

The joke with such mini-habits, after all, is to make them so small that your own cerebellum doesn't notice that it's changing. The first push-up is not noticed. Nor does the second one the day after. **But after days100 of push-ups, a new pattern has been programmed in, a new automatism has been established. crept.**

Suddenly we wake up just before falling asleep because we almost forgot our push-ups. Quickly do the push-ups for the day!

Trick number comes 2immediately after: It rarely stops at just one push-up (or whatever you set out to do). **Because the hardest part of doing something new is always just getting started. Once the first pushup is done, you can do a second one. Or a third. Or ten?**

Conquering the cerebellum with mini-habits.

Try it out for yourself! Find a good resolution and minimize it to the smallest possible. Something so ridiculously simple that your subconscious can safely ignore it. **Something so simple that the mere thought of not doing it takes more energy than just doing it.** And if you can't think of anything, then just start with one push-up a day. Then maybe it will be two, or three, five, ten, or a hundred? The most important rules:

- Make your mini-habit so small that there's no excuse!
- When you've completed your minimum, you're done: you've made it! Chakka! You are the hero! You can celebrate! Everything else is optional.
- Be 100% consistent. Not 99%. Don't skip a single time. **If there was a reason to skip a day, the mini-habit wasn't small enough.** There really can be no more excuses and the goal is 100% success.

If the new habit has become as natural to you as brushing your teeth, then you have the cerebellum successfully on your side. Then you can start to do more, perform better, or raise the bar in some other way. It may well happen all by itself.

In the summer I read the book: *Mini Habits: Smaller Habits, Bigger Results** (In German: *Viel besser als gute Vorsätze: How to Experience Maxi Success with Mini Habits**) and immediately started doing push-ups1 a day. Now I'm at days129 where I've persevered without skipping a single day. Sometimes5, I did push-ups 110,only.

I'm sure this sounds like a ridiculous feat to the power athletes among you (it is), but that's not the point: I'm all about the habit, the automaticity, the self-programming. I'm sure I've managed more consistency with this 1 push-up habit than 95% of my acquaintances. **The way is paved, my cerebellum is wired, now I just have to tread the existing paths.** (I have already shown enough performance. The breathtaking number of repetitions I will give later).

What mini-habit are you starting today? What have you always wanted to 'create' that didn't work out, and how can you make it so small that you 'create' it every day? **Maybe you start something very small today that can add up to something very big over time?**

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