MERCOLA
Take Control of Your Health

The Greatest Asset to Protect Your Freedom and Wealth

Analysis by Dr. Joseph Mercola ✔ Fact Checked | April 23, 2022

STORY AT-A-GLANCE

- Simple strategies with big health payoffs include avoiding seed oils, implementing time-restricted eating to become metabolically flexible, donating blood to lower your stored iron, strength training to build muscle, exercising in a fasted state, getting regular sun exposure and optimizing your sleep
- Building muscle is by far one of the most important strategies you can implement to improve and safeguard your health. The greater your muscle mass, the higher your survivability against all diseases, including cancer. It really optimizes you for longevity
- Sun exposure will trigger melatonin production in your mitochondria (from the near-infrared light), vitamin D (from ultraviolet B rays) and activate vitamin A, which is just as important as vitamin D for health, especially immune health
- Most men and postmenopausal women have high iron, as there's no pathway of elimination other than blood loss. Stored iron is damaging to all of your internal systems as it promotes oxidative stress. It's also one of the most common causes of fatigue because of how it impairs the mitochondrial production of energy
- The primary problem with seed oils is that they're loaded with linoleic acid (LA), which acts as a metabolic poison when consumed in excess. This is the topic of my next book, "The LA Diet"

In the video above, finance expert Mark Moss, coauthor of "The UNcommunist Manifesto" and founder of Market Disruptors, interviews me about simple strategies

with big payoffs, in terms of health, which I believe is the greatest asset of all. Without health, you won't be able to protect your freedom or enjoy your wealth.

I will be speaking at **Mark Moss' Market Disruptors Live event in Dallas, Texas, May 6 through May 8, 2022**. The conference will cover topics like how to increase your wealth using little-known alternative asset classes, how the central banks' plans will affect you, and how to increase personal freedom by bulletproofing your assets so you won't get caught up in The Great Reset.

So, if you want to connect with me in person, this would be a great opportunity as I will be there for the entire event.

The Oil Industry Vanquished True Medicine a Century Ago

In the beginning of the interview, I touch on how the medical industry was vanquished 112 years ago by John D. Rockefeller, who became the world's first billionaire after founding Standard Oil in 1870.

John's father was William Avery Rockefeller, an authentic "snake oil salesman" who conned people into buying his useless "Rock Oil" tonic for cancer — a mixture of laxative and petroleum. Avery once admitted he would cheat his children every chance he got, in order to "make 'em sharp."[1]

John D. learned the lessons of duplicity and fraud well, and by the time he was 40, he controlled 90% of the global oil refineries. Within another few years (early 1880s), he also controlled 90% of the marketing of oil, and one-third of all oil wells.

Together with General Motors, Rockefeller secretly bought up and dismantled the public transportation system in the U.S., to promote the need for a family car. They also replaced electric streetcars with gas-guzzling busses to expand their petroleum business.

In 1902, Rockefeller funded the establishment of the General Education Board, through which he intended to control public education. Other oil-backed schemes to mold and

reshape the American education system followed, including a scheme to alter the teaching of American history to promote a view of collectivism, as well as a program culminating in the transformation of the practice of medicine.

Naturopathic-based herbal medicine was the norm at that time, and Rockefeller set out to shift the medical industry toward using oil-derived pharmaceuticals. To this end, the Rockefeller Institute for Medical Research was established in 1901, headed up by Simon Flexner.

Simon's brother, Abraham, was contracted to write a report on the state of the American medical education system, and his study, The Flexner Report,[2] published in 1910, paved the way for Rockefeller to completely overhaul the American medical system.

Naturopathic and homeopathic medicine — anything that couldn't be patented — was abolished. Natural remedies and known cures were dismissed as quackery. The only medicines deemed reputable were patentable synthetic drugs, invented in the oil cartel's own research centers.

The Rockefeller Legacy of Monopolized Control

Around the same time, the oil cartel also found a way to take over and control the U.S. financial system, through the creation of the Federal Reserve, established in 1913. The Rockefeller's have been powerbrokers in the banking industry ever since. In the 1950s, James Stillman Rockefeller, the grandson of John D.'s brother, became the head of National City Bank, while David Rockefeller, John D.'s grandson, took over Chase Manhattan Bank.

They also sought to consolidate control over the global food supply, using philanthropy as their cover for the takeover. The Rockefeller Foundation funded the Green Revolution that led to the introduction of petroleum-based agricultural chemicals, which quickly transformed agriculture, both in the U.S. and abroad.

President Johnson's "Food for Peace" program actually mandated the use of petroleum-dependent technologies and chemicals by aid recipients, and countries that could not

afford it were granted loans from the International Monetary Fund and the World Bank. The Rockefeller Foundation also funded the "gene revolution" that brought us patentable genetically modified seeds.

Today, The Rockefeller Foundation is part of The Great Reset cast, which seeks to gain total control over every person in the world — financially, medically, physically and psychologically.

The Path of Health

I, like many other physicians, were thoroughly brainwashed in medical school. I bought the Rockefeller-invented paradigm hook, line and sinker, and ran a conventional medical practice, prescribing drugs and vaccines, for about five years.

I eventually woke up, realizing these "remedies" did nothing to address the root cause of any disease, and started educating myself about nutrition and foundational health practices, which have been my focus ever since. It's a never-ending journey of learning, and I've experimented a lot through the years. Oftentimes, the devil's in the details when it comes to various strategies.

For example, as I mention in the interview, I focused my exercise almost exclusively on cardio during my youth and became a decent marathon runner. Today, I realize that was a big mistake, as you can get most of your cardio requirement through strength training, if done properly.

Building muscle is by far one of the most important things you can do to improve and safeguard your health. While there's certainly benefit to cardiovascular exercise — mitochondrial biogenesis, for example — resistance training is far more foundational to your long-term health, because skeletal muscle is the organ of longevity.

The greater your muscle mass, the higher your survivability against all diseases, including cancer. It really optimizes you for longevity. Why? Because you need protein reserves to survive serious disease, and most of your protein is stored in muscle. If you

have very little muscle, you're going to pass away prematurely because you have no amino acid reserves.

Your muscle is also a primary regulator of your metabolism. It's a primary site for glucose disposal because of the GLUT4 insulin receptors embedded in the muscle cell membranes. These receptors lower your glucose levels after a meal and decrease your risk for diabetes. It also interfaces with your immune system and helps optimize it.

It is never too late to start resistance training. You can build muscle mass after 60, which is about when I started, and last week, as you can see in the video below, I set a new personal record in the leg press for 600 pounds, which I believe is better than the 400-pound deadlift I did last year.

However, as I note in the interview, our ancestors didn't need a gym because they were engaged in heavy manual labor on a near-daily basis. That is certainly not something I do and I suspect few of you engage in, hence the need to substitute in regular exercise/work to stay healthy.

Our ancestors were using and strengthening their muscles well into old age. They worked on farms and in factories, they walked and bicycled distances most won't even consider nowadays. The only reason most people today need to schedule in exercise is because they're not doing manual labor; worse, they're barely moving at all.

How to Optimize Your Exercise Benefits

If you really want to optimize your exercise, implement time-restricted eating (TRE) and exercise while fasting. TRE involves eating all your meals and snacks within a six- to eight-hour window each day, making sure your last meal is at least three hours before bedtime, and then fasting for the remaining 16 to 18 hours. In this scenario, you'd exercise sometime in the morning, and then break your fast afterward.

TRE will also make you metabolically flexible, so that you can burn both fat and carbs. If you're constantly hungry, chances are you're metabolically inflexible and cannot efficiently burn fat. Your body is basically just screaming for another quick energy fix,

because carbs burn fast and when they're gone, you need more. Once your body can efficiently burn fat, hunger usually just disappears.

The Benefits of Near-Infrared

Directly post-exercise is also an ideal time to do sauna therapy. I advise caution when using cryotherapy together with exercise, because if you jump into an ice bath after strenuous exercise, you'll actually abort the production of inflammatory reactors of the exercise, and those inflammatory reactors are what trigger the benefits from the exercise.

> **"95% of melatonin is produced in your mitochondria in response to near-infrared light. By mopping up free radicals, melatonin reduces damage to the mitochondria and helps them work optimally."**

Sauna therapy has many important health benefits. For example, it can ease pain, kill disease-causing viruses, improve cardiovascular health and facilitate detoxification of heavy metals and other toxins.

My preference is near-infrared saunas rather than far-infrared, as it penetrates deeper and therefore can release toxins more efficiently. Even more importantly, 95% of melatonin is produced in your mitochondria in response to near-infrared light. The melatonin released by your pineal gland account for just 5% of the melatonin in your body.

Mitochondria are tiny organelles found in most of your cells responsible for cellular energy production, and mitochondrial dysfunction is a root cause of most chronic disease. Melatonin, meanwhile, is a very powerful antioxidant that reduces oxidative stress. By mopping up free radicals, melatonin reduces damage to the mitochondria and helps them work optimally.

Melatonin also helps increase glutathione, which is a major detoxification agent. Importantly, NONE of the oral melatonin you take will ever make its way into the mitochondria. Oral melatonin can help regulate sleep, when taken at the appropriate time (in the evening, shortly before bed), but it will not do anything for your mitochondria.

The only thing that will trigger that is near-infrared light. Of course, the best source of near-infrared light is natural sunshine, which brings us to another foundational health habit: sun exposure.

The Importance of Sun Exposure

While melatonin production is triggered by the near-infrared light in sunlight, ultraviolet B (UVB) rays trigger the production of vitamin D in your skin. Ideally, you would not take any oral vitamin D at all, getting you needs fulfilled from sensible sun exposure.

This is entirely possible if you live close enough to the equator. I've lived in Florida for nearly 12 years now and have not needed to supplement with oral vitamin D since I moved here from Chicago.

Sun exposure also activates vitamin A (retinol), forming active metabolites called retinoids. (Beta carotene, which many mistakenly believe is vitamin A, is a precursor to vitamin A.) Vitamin A is just as important as vitamin D for health, especially immune health, but it has to be the active form.

The Danger of High Iron

Another crucially important health strategy is to make sure you don't have high iron. Most men and postmenopausal women have high iron, largely thanks to so many processed foods being "fortified" with dangerous forms of iron like iron fillings, and the fact that there's no pathway of elimination other than blood loss.

Stored iron is incredibly damaging to all of your internal systems as it promotes oxidative stress. It's also one of the most common causes of fatigue because of how it impairs the mitochondrial production of energy.

I first became aware of the danger of excess iron over 30 years ago when I diagnosed my dad with hemochromatosis. His ferritin level was close to 1,000. He had beta thalassemia, which predisposed him to iron accumulation. I inherited that from my father and my ferritin was also in the 100s in the 1980s.

I mentioned that mitochondria produce cellular energy, but they're also crucial recycling centers. Iron has a terminal destination in the mitochondria and must be recycled. However, for that to occur, you must have enough copper, and most people don't. As a result, the iron gets "stuck" and cannot be recycled.

So, a low ferritin level is not necessarily a sign that you need iron. You may already have too much stored, seeing how the average person accumulates about 1 milligram of iron a day, but it's not being recycled due to a copper deficiency. This is why many get into a vicious cycle. They're told they have low iron and need iron supplementation, but the problem is really a copper deficiency. So, they keep loading in iron, and their health suffers as a result.

The good news is that high iron is easy to address. All you need to do is donate blood. If donating a full pint (half a liter) of blood three to four times a year is problematic, you can remove blood in smaller amounts once a month on the schedule listed below. If you have congestive heart failure or severe COPD, you should discuss this with your doctor, but otherwise this is a fairly appropriate recommendation for most.

Men	Postmenopausal Women	Premenopausal Women
150 ml	100 ml	50 ml

A Recipe for Disaster

I now believe high iron may be the No. 1 most harmful health mistake, closely followed by seed oil consumption. Combined, they're a recipe for disaster. The primary problem with seed oils is that they're loaded with linoleic acid (an omega-6 fat), which acts as a metabolic poison when consumed in excess.[3] This is the topic of my next book, "The LA Diet," which should be out later this year.

Seed oils, courtesy of the LA, are incredibly proinflammatory[4] and drive oxidation in your body. This oxidation, in turn, triggers mitochondrial dysfunction that then drives the disease process.[5,6,7,8,9,10,11] Anything over 10 to 15 grams a day is likely to cause problems in the long run, and the average American is eating 80 grams a day.

A main problem is that your body breaks down LA into harmful sub-components called advanced lipid oxidation end products (ALEs) and oxidized LA metabolites (OXLAMs), which can cause significant damage at the cellular level. For example, an ALE called 4HNE is a mutagen known to cause DNA damage, and OXLAMs are cytotoxic, genotoxic, mutagenic, carcinogenic, thrombogenic, atherogenic and obesogenic.[12]

LA breaks down into 4HNE faster when the oil it is contained in is heated,[13] which is why cardiologists recommend avoiding fried foods. In addition to all of that, most seed oils are made from genetically engineered crops, making them a significant source of toxic glyphosate.

As explained in the interview, seed oils can also make sun exposure more dangerous. The LA gets incorporated into your cellular membranes (where they can remain for up to seven years), and if you have high levels of LA in your cells, you're going to be more prone to both sunburn and skin cancer. So, how do you cut seed oils out of your diet? Top culprits to minimize or eliminate include:

Vegetable oils or seed oils used in cooking	Processed foods, especially sauces, dressings and other condiments
All restaurant foods (not just fast food), as most will cook the food in seed oil,	Conventionally raised chicken and pork (both are high in LA due to being fed

not butter or lard	omega-6 grains[14])
Most seeds and nuts (most, with the exception of macadamia nuts are loaded with LA)	Bread and other grain products

Take-Home Summary

So, in summary, a handful of strategies that can go a long way toward improving and safeguarding your health, giving you lots of bang for your buck (figuratively speaking, as they're all free!) are, in no particular order:

Avoiding seed oils	TRE
Donating blood to lower your stored iron	Strength training to build muscle, and exercising in a fasted state
Getting regular sun exposure on large portions of your body	Optimizing your sleep

Sources and References

- [1] Corbett Report October 6, 2017
- [2] The Flexner Report 1910
- [3] YouTube, Omega-6 Apocalypse 2, Chris Knobbe August 25, 2021
- [4] J Surg Res. 2012 Sep; 177(1): e35–e43
- [5] STAT April 19, 2017
- [6] BMJ 2016;353:i1246
- [7] NIH Grantome, Dietary Treatment of Hyperlipidemia in Women vs Men
- [8] Atherosclerosis, Thrombosis and Vascular Biology 2004;24:498–503
- [9] Journal of Nutrition, Health and Aging 2018;22(8):885-891
- [10] British Heart Journal 1995 Oct;74(4):449-54
- [11] The Lancet August 29, 2017; 390(10107): 2050-2062
- [12] YouTube, Omega-6 Apocalypse 2, Chris Knobbe August 25, 2021, 6:05

- [13] Science Daily February 22, 2012
- [14] YouTube, Omega-6 Apocalypse 2, Chris Knobbe August 25, 2021, 15:01