

HEALTH CORNER





Quercetin Is Part of a Winning Formula for Health

By Diana Gifford

Sir Arthur Conan Doyle, a physician, wrote, "It has long been an axiom of mine that the little things are infinitely the most important." If he'd had his fictional detective Sherlock Holmes investigate the mysteries of nature, he'd have found quercetin — an element of many plant-based foods that is often overlooked. Quercetin is a flavonoid, found in fruits, vegetables, and grains,

with particularly high concentrations in onions, apples, red grapes, berries, and green tea. It takes its name from Quercus, meaning "oak". So no wonder its strength. Quercetin has powerful immune-boosting properties that help the body fend off infections and reduce the risk of chronic disease. It enhances the activity of immune cells like natural killer cells and macrophages, which are a type of white blood cell that surrounds and kills microorganisms, removes dead cells, and stimulates other immune system cells. It's fair to say that quercetin plays a role in defending the body against pathogens and cancer cells.

Like vitamins A, C, and E, quercetin is a potent antioxidant, meaning it can neutralize harmful free radicals in the body. Free radicals are unstable molecules that can damage cells, proteins, and DNA, leading to aging and a host of chronic diseases, including cancer and heart disease. Quercetin is unique among antioxidants due to its ability to regenerate other antioxidants, such as vitamin C and vitamin E. This synergistic effect amplifies its protective properties and reinforces the body's defense mechanisms.

One of the ways quercetin supports heart health is by improving endothelial function. The endothelium is the inner lining of blood vessels, and dysfunction in this layer can lead to high blood pressure and atherosclerosis. Quercetin helps relax blood vessels, reducing blood pressure and promoting healthy circulation.

Moreover, quercetin has anti-inflammatory properties that can reduce inflammation in the arteries, which is a primary driver of heart disease.

Quercetin alleviates allergic reactions and improves respiratory health too. Its anti-inflammatory and antioxidant properties can help reduce the severity of allergy symptoms, such as sneezing, runny nose, and itchy eyes. It does so by inhibiting the release of histamines and other inflammatory compounds.

A consistent intake of quercetin is possible with a healthy diet, but using a daily supplement provides a guarantee. When taken in combination with vitamin C, studies show better absorption of quercetin. This is why I added it to my new heart health formula in CardioVibe, including it alongside vitamin C, lysine, magnesium, coenzyme Q10, and I-proline.

But it's not just your cardiovascular system that benefits from the combination. Diabetics and people with pre-diabetes will benefit. Numerous studies show that quercetin and vitamin C can help lower blood sugar levels by improving insulin sensitivity and glucose metabolism. Brain health is another consideration. Both these antioxidants protect neurological cells from oxidative stress and inflammation, which may be part of the battle in preventing the onset and progression of Alzheimer's or Parkinson's disease.

I recall patients who were perpetually plagued by colds every winter. They would try every over-the-counter remedy but never considered the simplest precaution—boosting their immune systems naturally. I recommended consistent daily supplementation with vitamin C, paired with a balanced diet. The next winter, no colds. Not only that, but their energy levels improved. One patient joked that I saved her marriage because she was no longer grumpy from being sick all the time.

Think of Aesop's tortoise winning the race against the hare by taking a slow but steady course forward without getting discouraged. It's this wisdom of thinking ahead and taking small, consistent actions to maintain health that will make the winners. Prevention isn't glamorous, but it's effective.

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Are bladder cancer patients running out of options?

I offer a choice

By Roger Farrell

I Just heard. There are 80,000 patients in Canada with bladder cancer. Are they all waiting for a surgeon? What a huge number. That's not counting less serious symptoms.

Over the past 60 years I have helped people get over that type of symptom quickly, as well as many other types of symptoms and ail-

ments.

What is not understood by partitioners is that cancer or ailment is providing a message. It's the body's cells way of telling its person he or she must change a certain opinion or attitude that is negative, and unhelpful. But healers, and others, prefer to pick away at the symptom.

Consider a restaurant operator that puts a lit sign up high on its main window that says "open." Clients don't try to enter through the sign. No. They enter through a door to the side. Neither do our cells expect us to be distracted by the cancer. The cancer is only a message. You can consider the symptom a decoy. Duck hunters use a decoy to attract real ducks. They won't be shooting the decoy. But that is what western medicine men and women seem to be doing. They intend to kill the messenger, the cancer. Literally it's a waste of time. If surgery occurred, a waste of an organ.

My style is so simple. I interpret the cells message which leads me to the source. The source that invited the symptom aboard. The source is the cause behind the symptom. It is most often invisible. That is why it is ignored by professionals. It isn't invisible to me. I've been dealing with invisible sources since I was 21— and still do.

The location an ailment sits in a body gives me a good hint of what type of source needs to be found. It is most often in one's head. In the thinking. I coach the individual into dumping the old way of thinking in favour of more suitable thinking. Thereby the person removes the symptom. It never slips into that mystical, non-existing, realm called "remission."

Let me provide you with an allegory that depicts my method and compare it to the medics. There are peanuts on the driveway. A squirrel comes and nibbles some. We will call the peanuts, the source, and the squirrel, poor thing, cancer. A doctor kills the squirrel, cancer, but

doesn't see the source, the peanuts. And if she or he sees it, it is meaningless. Another squirrel is attracted to the peanuts, the source, and chews on them. Cancer then erupts again sometime later. The doctor claims the cancer must have been hiding in remission, and I say, "No. It is a second cancer." And no it wasn't parts of the previous cancer left over. The source, the cause, remained.

That is as simple as I can explain things. I successfully remove the sources that are attracters of ailments. Remember, ailments don't arrive unless invited. And messengers don't need to be removed, or shot dead. – May I answer your questions?

Weekly I add a video to, YouTube Roger Farrell, about health and making life improvements.

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Can Cancer Be Reversed? YES! I've seen it happen

Roger, you say cancer is a messenger. What message does cancer have to tell us?

Based on its specific location in the body, it can tell us what opinions, beliefs, or attitudes we need to change to alleviate it.[RF1] [RF2] And by alleviating it, a scheduled surgical operation could be avoided.

Why does an ailment come to one person and not another? Just as bees are attracted to flowers that provide pollen, ailments are attracted to a body wherein the mind provides an opportunity.

For instance. The mind's type of thinking of the two people is different. One person's mind-set contains negative-like considerations and opinions. The [RF3] other person has a strong belief in being healthy.

I have been helping people develop their own ability to remove their cancer or symptom for 60 years.

How did you do it, Roger?

The way I did it was by coaching people into changing unhelpful opinions and attitudes that are the source of symptoms. It is important to understand that symptoms originate in a person's thinking. This, I explain when we meet. There could be enough time for you, or someone precious to you, to successfully apply my method. Contact me to discuss it.

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