

SAFE HEALTH REPORT

Scientific Data ... Informed Choice ... Actionable

June 2024

Official Newsletter for MrGineaPig

Issue 23

Please repeat once before proceeding: **He Can Do It, She Can Do It, I Can Do It!**

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Case 17: 64-year-old male with uveitis. Could This Be You?

Fish Oil: Study Finds More Harm Than Good

Your Ticket to Exuberant Health for the Next 5 Years

New Evidence on Fish Oil:

A large long-term study found that the regular use of fish oil supplements could increase your risk of heart problems. The study, published in the journal, *BMJ Medicine*, looked at more than 415,000 people in the United Kingdom over 11.9 follow-up years. Specifically, the consumption of fish oil was associated with a 13% risk of developing atrial fibrillation (abnormal heart rhythm) and a 5% greater risk of stroke if

you are a healthy normal patient. However, people with a history of heart disease had a 15% lower risk of progressing to more severe heart disease.

The study findings are:



Ike Kim
Editor

Objective: The study aimed to examine the effects of fish oil supplements on the clinical course of cardiovascular disease, from a healthy state to atrial fibrillation, major adverse cardiovascular events, and subsequently death.

Design: A prospective observational cohort study conducted using data from the UK Biobank study, with follow-up from January 2006 to March 2021 (median follow-up of 11.9 years).

Participants: A total of 415,737 participants aged 40-69 years were enrolled in the UK Biobank study.

Main Outcome Measures:

Incident cases of atrial fibrillation, major adverse cardiovascular events, and death were identified through linkage to hospital inpatient records and death registries.



The study investigated the role of fish oil supplements in different progressive stages of cardiovascular diseases, including transitions from healthy status (primary stage) to atrial fibrillation (secondary stage), major adverse cardiovascular events (tertiary stage), and death (end-stage).

Findings:

Among participants without cardiovascular disease, regular use of fish oil supplements was associated with:

- Hazard ratio (HR) of 1.13 (95% confidence interval [CI] 1.10 to 1.17) for

the transition from healthy status to atrial fibrillation.

- HR of 1.05 (95% CI 1.00 to 1.11) for transition from healthy status to stroke.

For participants with a known cardiovascular disease diagnosis:

Regular use of fish oil supplements was beneficial for transitions from:

- Atrial fibrillation to major adverse cardiovascular events (HR 0.92, 95% CI 0.87 to 0.98).
- Atrial fibrillation to myocardial infarction (HR 0.85, 95% CI 0.76 to 0.96).

Heart failure to death (HR 0.91, 95% CI 0.84 to 0.99).

Conclusion:

Regular use of fish oil supplements might be a risk factor for atrial fibrillation and stroke among the general population.

However, it could be beneficial for the progression of cardiovascular disease from atrial fibrillation to major adverse cardiovascular events and from atrial fibrillation to death.

Further studies are needed to determine the precise mechanisms related to fish oil supplement use and cardiovascular disease events.

References:

Chen G, Qian Z, Zhang J, et al. Regular use of fish oil supplements and course of cardiovascular diseases:

prospective cohort study. *BMJ Medicine*. 2024;3(1):e000451.

Actional Plan:

- **Discuss with your PCP about stopping fish oil if you are healthy**
- **Fish oil may still benefit those with a history of heart disease**

Mercury Exposure in Fish and Fish Oil

Mercury is a harmful metal that can make you very sick. It's found in nature and can get into the ground and water, and from there into animals like fish. The most common way people get mercury poisoning is by eating too much seafood that has mercury in it.

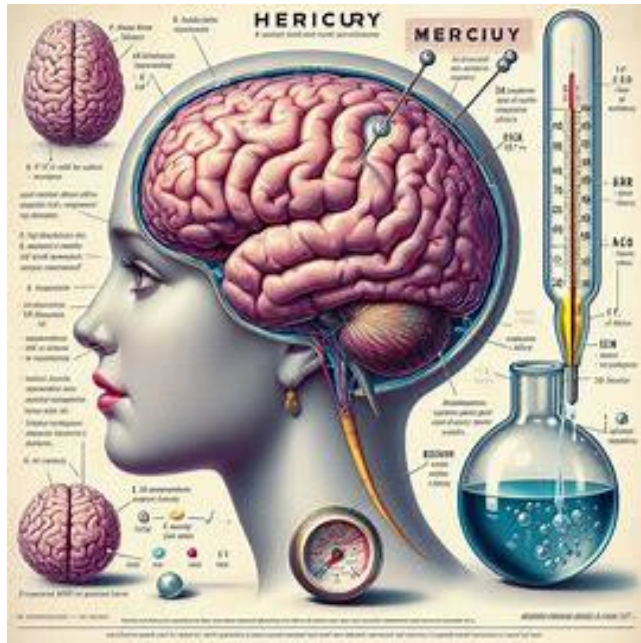


Figure 1 Mercury and Speech

A study in the *Current Pollution Reports* journal looked at how mercury moves through the ocean and how it ends up in animals. They found that mercury in the air

can get into the ocean water. This mercury can come from places like factories and oil companies. Once in the water, the mercury can get into fish, which can be harmful to people who eat the fish.

Eating fish that have mercury in them is still a big problem. This is especially true for people who eat a lot of fish that are known to have high levels of mercury.

For example, Robert F. Kennedy Jr., who ran for president, found out he had mercury poisoning around the same time doctors found a worm in his brain. He thinks he got mercury poisoning from eating a lot of tuna and other fish. He said the amount of mercury in his blood was more than 10 times what the Environmental Protection Agency says is safe.

So, while eating fish and seafood can be part of a healthy diet, it's important to know that there can be risks if the seafood has mercury in it. That's why it's recommended to not eat too much of the types of fish that usually have higher levels of mercury.

The types of fish that are known to have the highest levels of mercury include:

King Mackerel

Shark

Swordfish

Tilefish (from the Gulf of Mexico)

Marlin

Orange Rough

Bigeye Tuna

Barramundi

Gemfish

Southern Bluefin Tuna

Please note that mercury levels can vary depending on the specific type of fish and where it's caught. It's always a good idea to check local advisories and guidelines when consuming fish. If you're pregnant, nursing, or feeding young children, it's especially important to avoid high-mercury fish. Always consult with a healthcare provider for personal health concerns.



Additionally, the study titled “Mercury Content in Fish Oil Food Supplements and Associated Health Risk” aimed to evaluate the health risk of mercury exposure through the consumption of fish oil supplements¹. The researchers analyzed

the total mercury content of 42 fish oil supplements available in the markets of the Republic of Serbia and the Republic of Srpska¹.

The study found that the total mercury content in the supplements ranged from 0.001 to 0.0057 mg/kg, which is significantly below the maximum level for food supplements of 0.1 mg/kg¹. The average mercury content was 0.0019 ± 0.0009 mg/kg¹.

The researchers conducted a risk assessment for the adult population, considering the recommended intake of supplements and the toxicological profile of methylmercury. Since methylmercury accounts for up to 75–98% of the total mercury content in fish, the researchers applied the precautionary principle, meaning that the total mercury content was considered equal to methylmercury.

In conclusion, while the mercury content in the analyzed fish oil supplements was found to be below the maximum level, it's important to be aware of the potential risks associated with mercury exposure. Always consult with a healthcare provider for personal health concerns.

References:

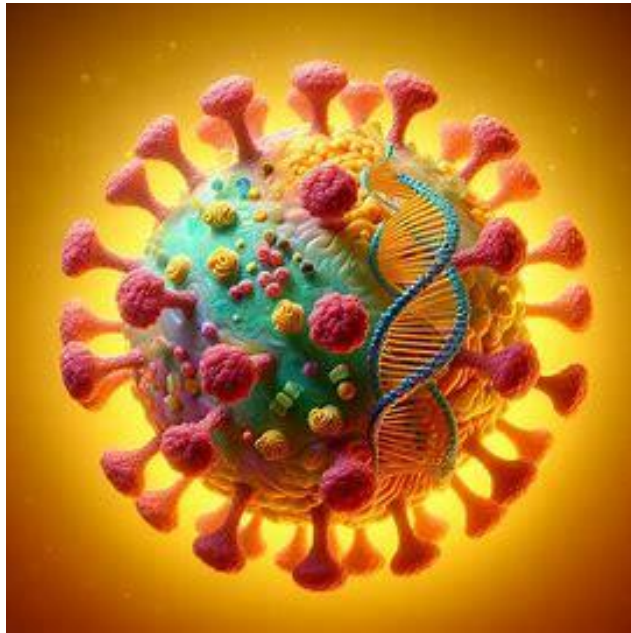
Torović, L., Fuentes, J.B., Stanojković, N., Lukić, D., Djermanović, M. (2022). Mercury Content in Fish Oil Food Supplements and Associated Health Risk. *Proceedings*, 91, 364

Actionable Plan:

- **Discuss with your PCP about mercury poisoning from eating fish especially if you are pregnant, nursing, or feeding young children with developing brains.**

Emerging Concerns on Bird Flu: Time to Worry?

Bird flu, also known as avian influenza, is a viral infection that primarily affects birds but can occasionally infect humans. The most common cause in humans is the H5N1 strain of the virus. It can cause severe respiratory symptoms, and people who work with poultry, waterfowl (like geese and ducks), and livestock are most at risk.



The toll of bird flu on animal populations is significant. Since the outbreak began in 2022, over 92.34 million birds have been killed. In one instance, more than 4 million chickens in Iowa had to be culled after a

case of the highly pathogenic bird flu was detected at a large egg farm.

The prospect of a bird flu pandemic in humans is a serious concern. If the virus mutates to become more contagious between humans, it could potentially lead to a pandemic. The current mortality rate of bird flu in humans is around 50%, although this rate would likely decrease if the virus gained the ability to infect cells in the upper respiratory tract, a prerequisite for efficient human-to-human spread. As of now, the Centers for Disease Control and Prevention (CDC) assesses the health risk to the U.S. public as low.

In conclusion, while the current risk of a human pandemic from bird flu is considered low, the impact on animal populations is significant, and the potential for a future human pandemic exists. Therefore, ongoing monitoring and research into this virus are crucial.

References:

Centers for Disease Control and Prevention (CDC). (2024, May 22). "CDC continues to respond to the public health challenge posed by a multistate outbreak of avian influenza A (H5N1) virus, or "A (H5N1) virus," in dairy cows and other animals in the United States."

Human Vaccines & Immunotherapeutics. (2024, April 15). "Vaccines will be best defense against bird flu, experts say."

Nature. (2024, March 22). "Why unprecedented bird flu outbreaks sweeping the world are concerning scientists."

Scientific American. (2024, March 22). “Why Unprecedented Bird Flu Outbreaks Are Concerning Scientists.”

The Guardian. (2024, February 28). “The bird flu vaccine is made with eggs. That has scientists worried.”

The New York Times. (2024, January 15). “Clues from bird flu’s ground zero on dairy farms in the Texas panhandle.”

The Washington Post. (2023, December 20). “How the current bird flu strain evolved to be so deadly.”

U.S. Department of Agriculture (USDA). (2023, November 10). “USDA is reporting that 63 dairy cow herds in nine U.S. states have confirmed cases of A (H5N1) virus infections in dairy cows.”

Recent FDA Medication/Supplement Recall

Recall Date	Brand Name	Product Description	Recall Reason Description	Company Name
5/3/2024	Planters	Honey Roasted Peanuts and Deluxe Lightly Salted Mixed Nuts	Potential to be contaminated with <i>Listeria monocytogenes</i>	Hormel Foods Sales, LLC
5/6/2024	HyVee	Plain Whipped Cream Cheese, Plain Cream Cheese, and Cookies & Cream Mix	Potential to be contaminated with <i>Salmonella</i>	Hy-Vee Inc
5/10/2024	First Street, Gelson's, bulk at Down Home Goods and Thorp Fruit	Yogurt covered pretzels	Potential to be contaminated with <i>Salmonella</i>	Texas Pecan
5/10/2024	Ethicon Megadyne	Mega Soft Pediatric Patient Return Electrode	Reports of patient burn injuries	Megadyne Medical Products Inc.
5/13/2024	Great Value	Organic Chia Seeds	Potential Presence of <i>Salmonella</i>	Natural Sourcing International
5/22/2024	Hospira	Buprenorphine Hydrochloride Injection Carpuject Units and Labetalol Hydrochloride Injection, USP	Device & Drug Safety – Potential Packaging Defect	Hospira Inc.
5/25/2024	Crecelac and Farmalac	Infant Formula	Food Compliance Programs – Baby Formula	Dairy Manufacturers Inc
5/29/2024	Sagent	Docetaxel Injection, USP	Potential presence of particulate matter	Sagent Pharmaceuticals

What's the probability of 5-year survival for this 64-year-old male with newly diagnosed uveitis?

The following real-life case examples are hypothetical stories in palliative or hospice care settings, imagined by the author with the help of artificial intelligence. Frailty scores are commonly used not only to decide if a patient should be placed in palliative or hospice care but also to assess whether the patient is a suitable candidate for major surgery in the case of surgical intervention. Unfortunately, patients with low frailty scores often do not survive five years after a major health crisis. No one is no exception since everybody eventually succumbs to the law of gravity.

Patient Profile: James Watson

Age: 64 years

Gender: Male

Diagnosis Date: May 16th, 2024

Chief Complaint: Worsening eyesight

History: Right shoulder pain over last 6 months

Initial Visit: Costco (for testing new glasses)

Optometrist's Alert:

Finding: Left eye ocular hypertension

Pressure: 33 mmHg

Follow-up:

Appointment: Same afternoon with an ophthalmologist

Treatment and Response:

Initial Administration:

Mr. Watson received a single drop of dorzolamide/timolol (20 mg/5 mg per ml).

The purpose was to assess his dose-response to the medication.

Remarkably, his ocular pressure responded favorably, measuring 24 mmHg from 32 mmHg.

Prescription:

Based on this positive outcome, Mr. Watson was prescribed a regimen of dorzolamide/timolol to be given 1 drop

James Watson

*All patient data is fictional and imagined by the author with AI assistance. Safe Health Report complies fully with US HIPPA regulations.

Age:64

Sex:male

Weight:140 pounds

Height:5 feet 8 inches

Activities of Daily Living (ADL) components: transfer, bed mobility, toileting, and eating

▪ 0 – Independent: If the resident completed the activity with no help or oversight every time during the 7-day prior period.

▪ 1 – Supervision: If oversight, encouragement, or cueing was provided three or more times during prior 7 days.

▪ 2 – Limited Assistance: If resident was highly involved in the activity and received physical help in guided maneuvering of limb(s) or other non-weight-bearing assistance three or more times during the last seven days.

▪ 3 – Extensive Assistance: If resident performed part of the activity over the prior 7 days, help of the following type(s) was provided three or more times: ▪ Weight-bearing support provided three or more times. ▪ Full staff performance of activity during part, but not all, of the prior 7 days.

▪ 4 – Total Dependence: If there was full staff performance of an activity with no participation by the resident for any aspect of the ADL activity. The resident must be unwilling or unable to perform any part of the activity over the entire prior 7-day period. ▪ 7 – Activity occurred only once or twice: If the activity occurred but not 3 times or more. ▪

8 – Activity did not occur: If, over the prior 7-day period, the ADL (or any part of the ADL) was not performed by the resident or staff at all. ADL support measures the most support provided by staff over the prior 7 days.

*Adapted from Minnesota Department of Health Guideline

James' ADL Score 0

twice a day.

Additionally, he received fluorometholone 0.1% ophthalmic suspension to be given 1 drop twice daily.

Follow-up Evaluation:

A week later, a repeat measurement of his eye pressure revealed continued improvement.

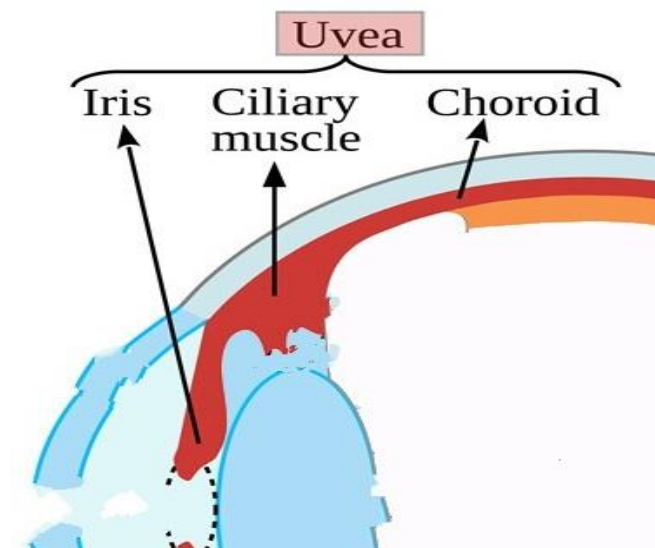
His left ocular pressure now stood at a reassuring 10 mmHg.

Uveitis

Uveitis is a condition where the uvea, a layer in the middle of the eye, becomes inflamed. This inflammation can be caused by an infection or it can occur without any known cause. The uvea is divided into two parts: the front part, which includes the iris and ciliary body, and the back part, which includes the choroid. Uveitis can affect any of these parts and may also involve other eye tissues like the sclera, retina, and optic nerve. Often, the cause of uveitis is unknown, but it can sometimes be triggered by genetic factors, injuries, immune system reactions, or infections.

Acute front-part uveitis may include:

Pain, generally symptoms showing up over a few hours to days



Redness

Light sensitivity

Blurred vision

Increased tear formation

Chronic front-part uveitis may present as blurred vision and mild redness. Patients have little pain or light sensitivity except when having an acute episode.

Back-part uveitis presents may include:

Blurred vision and floaters

Absence of symptoms of anterior uveitis (for example: pain, redness, and light sensitivity)

The presence of symptoms of back part uveitis plus redness and pain may need to rule out 1) anterior chamber involvement, bacterial endophthalmitis, posterior scleritis.

Intermediate uveitis may include floaters without pain, decreased vision, no light sensitivity or external inflammation

Physical Examination and Findings by an ophthalmologist may include:

Lids, lashes, and lacrimal ducts

Conjunctival examination

Visual acuity

Extraocular movement

Pupillary examination

Pupillary miosis

Slit-lamp examination

Cornea exam via direct illumination with a broad beam

Epithelium exam for abrasions, edema, ulcers, or foreign bodies.

Stroma exam for deep ulcers and edema.
anterior chamber exam.

Findings:

Keratic precipitates (white blood cells) on the endothelium may indicate iritis.

Ciliary flush, a violaceous ring around the cornea may indicate intraocular inflammation.

Corneal edema and vitreous haze (large collection of inflammatory cells in the vitreous).

Intraocular pressure may be normal in acute phase owing to decreased aqueous humor production, but may be elevated as the inflammation subsides.

Opacities of the lens (cataracts) may be present.

The aqueous humor in the anterior chamber is optically clear.

In uveitis, an increase in the protein content of the aqueous causes an effect upon exam.

White or red blood cells in the anterior chamber with grading of:

Grading of blood cells in the anterior chamber is as follows:

0 - None

1+ - Faint (barely detectable)

2+ - Moderate (clear iris and lens details)

3+ - Moderate (hazy iris and lens details)

4+ - Intense (fibrin deposits, coagulated aqueous)

Diagnosis

Lab tests are unlikely to help diagnose mild, unilateral uveitis in the setting of trauma, known systemic disease as in this case.

History and physical not suggestive of systemic disease

Lab Tests to Rule Out Systemic Inflammatory Disease

Complete blood cell (CBC) count

Erythrocyte sedimentation rate (ESR)

C-reactive protein (CRP) test

Antinuclear antibody (ANA)

Rapid plasma reagin (RPR) for syphilis

Venereal Disease Research Laboratory (VDRL) for syphilis

Purified protein derivative (PPD)/QuantiFERON

Lyme titer

HLA testing for ankylosing spondylarthritis

Chest X-Ray to assess for sarcoidosis or tuberculosis.

Urinalysis (for red blood cells or casts)

Infectious workups such as HIV, HSV, CMV, toxoplasmosis.

Summary

Uveitis is a condition where the uvea, a layer in the middle of the eye, becomes inflamed. This inflammation can be caused by an infection or it can occur without any known cause. Uveitis is categorized based on which part of the eye is affected: the front part (iritis, iridocyclitis), the middle part (involving the vitreous), the back part

(chorioretinal involvement), or the entire uvea (all three parts inflamed). Certain inflammatory diseases like ankylosing spondylitis (AS), psoriatic arthritis (PsA), and reactive arthritis (ReA) are often accompanied by other symptoms outside of the joints, including uveitis, which occurs in 22% to 24.5% of cases.

Other Possible Factors For Uveitis

In the aftermath of his second visit to the ophthalmologist on May 20th, 2024, the patient experienced a sudden recollection—one that shed light on the origins of his eye ailment.

Eye of the Tiger Test for James Watson
*All patient data is fictional. Safe Health Report complies fully with US HIPPA regulations.

Clinical Frailty Score

- 1 – Very Fit: Very fit for their age with no disease symptoms, very active, and exercise regularly- 5 days a week
- 2 – Fit: Still no active disease as in 1 but exercise only occasionally – three times a week or only seasonally
- 3 – Managing Ok: Disease symptoms are well managed. Not able to exercise at all other than walking.
- 4 – Very Mild Frailty: Symptomatic disease. Not dependent on others for daily activities but disease symptoms slow down their activities. May need a cane for walking occasionally for example
- 5 – Mild Frailty: Symptomatic disease limits daily activities. Needs walkers. Needs help with walking and shopping.
- 6 – Moderate Frailty: Needs help with walking, shopping, climbing stairs, and bathing with disease progression.
- 7 – Severe Frailty: Completely dependent for personal care and daily activities but seem stable and at risk of death within the next 6 months.
- 8 – Very Severe Frailty: Same as 7 but unstable and even mild illness is likely to cause death.
- 9 – Terminally Ill: As in 8 but not likely to live next 3-6 month.

*Adapted from [Rockwood & Theou 2020](#)

James' Frailty Score 3

Approximately six weeks prior, a minuscule insect had unwittingly invaded his left eye, prompting an involuntary reflex: he rubbed his eye for nearly twenty minutes. Now, newly aware of this crucial detail, the patient is encouraged to share it with the ophthalmologist. The goal? To eliminate any lingering suspicion of trauma-related injury or uveitis to the left eye.

Also, in the past 3-6 months, he has made a lifestyle change by replacing his daily protein source with various types of beans. This change could potentially impact his intestinal microbiome. The intestinal microbiome plays a crucial role in the development of acute anterior (front-part) uveitis. It could cause a general loss of intestinal tolerance, leading to an inflammatory response to ocular autoantigens. For instance, gut bacteria control the number of Th17 cells, which could make a person more susceptible to inflammation caused by the immune system. It was discovered over two decades ago that a bacterial antigen could mimic an autoantigen. Moreover, a change in gut bacteria could change intestinal permeability, allowing bacterial products to spread. If these bacterial products become lodged in the uvea, they could trigger an innate and/or adaptive immune response. Intestinal microbial imbalance, or dysbiosis, occurs in the aforementioned systemic inflammatory diseases, with about 50% of patients experiencing subclinical gut inflammation.

Synopsis:

The eye specialist concluded that the patient has ocular hypertension, which could be due to uveitis or potential glaucoma, and also observed a moderate cataract. The initial treatment includes a corticosteroid (fluorometholone) eye drop to lessen inflammation and dorzolamide/timolol to manage ocular pressure. However, it's important to further investigate to identify the primary cause of uveitis, as it's the fourth most common reason for blindness. At this point, the patient's prognosis for the next 5 years is quite positive, while the underlying cause of uveitis is still being

determined. Since the patient has stated his right shoulder pain is nearly gone with physical therapy on May 31st, 2024, uveitis may be related to more recent eye trauma than systemic inflammation.

References:

Jacquot R et al. Targeted therapies for uveitis in spondyloarthritis: A narrative review, *Joint Bone Spine*, Volume 91, Issue 5, 2024. <https://doi.org/10.1016/j.jbspin.2024.105697>.

MrGineaPig's Core Long-Term Trial

LONG-TERM TRIAL	SUPPLEMENT	START DATE	
Muscle Weakness	Hyaluronic Acid	07/01/2019	50 mg-1 capsule daily
Back Pain	Pantothenic acid	09/1/2022	500 mg 1 capsule daily
	Pantethine	09/01/2022	450 mg 1 capsule daily
Mealtimes	Breakfast 09:00 -Lunner (13:00)	01/07/2023	+Salad with Balsamic Vinegar Lunner = Lunch + Dinner
BPH Prevention	Lycopene	01/31/2024	20 mg daily
BPH LUTS	Lycopene	04/27/2024	20 mg three times a day (<\$6 per 60 gelcaps)
	Magnesium Citrate Solution	04/27/2024	1 tablespoonful mixed in water twice a day (<\$2 /per bottle)
	Zinc 50 mg	04/27/2024	1 tablet every other day (\$4.99 per 200 tablets)

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If you have a medical emergency, call your doctor or 911 immediately.

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Risk Factors for Premature or Unexpected Death

Immediate Risks	Internal Threat	External Threat	Other Topics
<ol style="list-style-type: none"> 1. COVID-19 2. RSV 3. Flu 4. Fentanyl death 5. Drug shortages 6. Gun violence 	<ol style="list-style-type: none"> 1. Poor diet 2. Smoking 3. High blood pressure 4. Obesity 5. Sedentary Lifestyle 6. Suicide 	<ol style="list-style-type: none"> 1. War 2. Microplastics 3. FDA recalls 4. Meat preservatives 5. Trans fatty acid 6. Pesticides 7. Heavy metals 	<ol style="list-style-type: none"> 1. Shortness of breath 2. Back pain 3. Hemorrhoids 4. Incontinence 5. Joint swelling 6. Fibromyalgia 7. Health Insurance

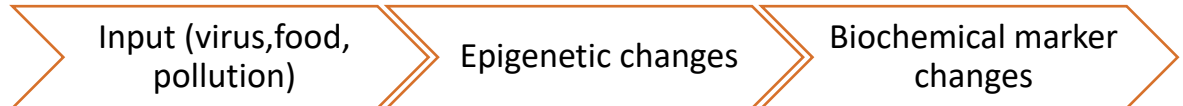
Topics Chosen: Covid-19 update, Clostridium difficile, Search of Best Diet Series

Format of Safe Health Report

Section 1: Conditions or internal environment that increases the risk of premature death or pose an immediate danger to your health (both mental and physical) as in an avalanche.

Section 2: External environment that increases premature death, FDA recalls.

Section 3: Case examples of premature death. If you are in a similar situation, remove yourself out of harm's way! Can we extend **our expiration dates** when in the eye of the storm before disease strikes at a tissue level. Remember epigenome is what activates a specific set of genes.



Purpose of Safe Health Report

If you feel you are being used by someone or somebody or institution or institutionalized philosophy or even by your parents or siblings or your coworkers or even your boss, you are a GineaPig. This newsletter is designed to empower GineaPigs in the area of human health and possibly decrease the risk of **premature death**.

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