SAFE HEALTH REPORT

Scientific Data … Informed Choice … Actionable

August 2024 *Official Newsletter for MrGineaPig* *Issue 25*

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

Inside …

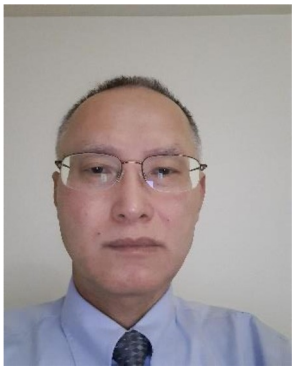
Blue light causes optic damage

Your Ticket to Exuberant Health for the Next 5 Year

Introduction

Human vision relies on the retina, a crucial part of the eye that converts light energy into electrical signals, which are then transmitted to the brain via the optic nerve. However, the retina is not immune to damage, and one of the most concerning conditions affecting it is glaucoma. Traditionally considered a disease of the elderly, glaucoma is now increasingly affecting younger individuals, a trend partly attributed to excessive exposure to artificial light.

Glaucoma is a complex retinal disease influenced by environmental, genetic, and other factors. It involves damage to the optic nerve, often due to increased intraocular pressure, which can lead to vision loss if untreated. Recent studies have highlighted the detrimental effects of blue light on the retina, particularly on the mitochondria within retinal ganglion cells. These cells, which are essential for transmitting visual information, contain numerous mitochondria that require significant energy to function.



Ike Kim
Editor

In 2006, Osborne and his colleagues confirmed that blue light adversely affects the mitochondria of retinal ganglion cells. Blue light damages enzymes related to the mitochondrial electron transport chain, such as flavin and cytochrome C oxidase

(CCO). This damage leads to the production of photochemical effects and reactive oxygen species (ROS). While antioxidants typically regulate ROS, in eyes affected by conditions like ischemia or myopia, blue light exposure results in excessive ROS production and mitochondrial DNA damage. This cascade of events ultimately causes cell death and loss of the visual field.

Further research has shown that under ischemic conditions, blue light exposure reduces ATP production, damages retinal ganglion cells, and inhibits mitochondrial energy metabolism. This highlights the importance of understanding the impact of light on eye health, especially as artificial light becomes more prevalent in our daily lives.

In summary, blue light induces mitochondrial apoptosis in retinal ganglion cells, leading to optic damage. Conversely, red light has been found to increase cytochrome C oxidase activity in the electron transport system, reducing inflammation and promoting antioxidant reactions that aid in cell regeneration. As we continue to explore the effects of light on the retina, it becomes increasingly clear that managing light exposure is crucial for preventing retinal diseases like glaucoma and preserving vision health.

Actionable Plan:

- **Change the PC monitor to low blue light setting AND consider purchasing a blue light filter for cell phones.**
- **Taking a lutein supplement would work as well since lutein filters out blue light as well as act an antioxidant for eyes.**

References:

Ahn SH, Suh JS, Lim GH, Kim TJ. The Potential Effects of Light Irradiance in Glaucoma and Photobiomodulation Therapy. Bioengineering (Basel). 2023 Feb 7;10(2):223. doi: 10.3390/bioengineering10020223. PMID: 36829717;

Osborne N.N. Mitochondria: Their Role in Ganglion Cell Death and Survival in Primary Open Angle Glaucoma. Exp. Eye Res. 2010;90:750–757.

Wong NA, Bahmani H. A review of the current state of research on artificial blue light safety as it applies to digital devices. Heliyon. 2022 Aug 15;8(8):e10282.

Eye Floaters: Understanding Those Annoying Spots in Your Vision

Eye floaters are those tiny specks, strings, or cobwebs that seem to drift across your vision, especially noticeable against bright backgrounds like a blue sky or white wall.

While they can be bothersome, most floaters are harmless and caused by natural changes in the eye as we age. However, in rare cases, they can be a symptom of a more serious eye condition.

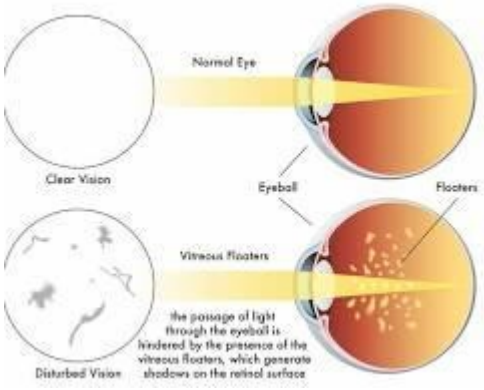
Benign Eye Floaters: A Sign of Aging

The vitreous humor is a clear, gel-like substance that fills the inside of your eye. Over time, this gel can begin to shrink and develop clumps of protein. These clumps cast shadows on the retina, the light-sensitive tissue at the back of your eye, appearing as floaters in your vision. These benign floaters are typically:

Small in size (dots, lines, circles)

More noticeable in bright light

May initially be bothersome, but the brain usually adapts over time



When Floaters Turn Serious: Pathological Eye Floaters

While most floaters are benign, a sudden increase in floaters, accompanied by flashes of light or vision loss, can be a sign of a serious eye condition. These conditions include:

Vitreous Hemorrhage: Bleeding within the vitreous humor can cause floaters.

Retinal Detachment: This occurs when the retina separates from the underlying tissue, which can lead to vision loss.

Inflammatory Eye Conditions: Certain eye inflammations can lead to the formation of floaters.

It is crucial to seek immediate medical attention if you experience any of these symptoms. Early diagnosis and treatment can help prevent vision loss.

Maintaining Eye Health: Regular Eye Exams are Key

Regular eye exams are essential for maintaining good eye health and detecting any potential problems early on. During an eye exam, your doctor will examine your eyes for signs of floaters and other eye conditions.

If you notice any changes in your vision, consult your eye doctor to determine the cause and discuss any necessary treatment options.

Beyond the Basics: A Deeper Dive into Eye Floaters

The following section delves deeper into the science behind eye floaters, their causes, and potential treatments. This section is intended for readers with a strong interest in understanding the intricacies of eye health.

The Science Behind Floaters:

The vitreous humor is composed of collagen fibers and a gel-like substance. With age and other factors, this gel can liquefy and disorganize, leading to the formation of floaters.

Causes of Floaters:

While age is the most common cause, other factors like high myopia, blue light exposure, and oxidative stress can also contribute to floaters.

The Impact of Floaters:

Severe floaters can affect vision quality, causing difficulty with tasks like reading and driving. They can also lead to psychological distress for some individuals.

Treatment Options for Floaters:

Currently, there are limited treatment options for floaters. Observation is often the recommended approach for benign floaters. For more severe cases, laser treatments or surgery may be considered, but these carry potential risks.

Future Directions:

Research is ongoing to develop safer and more effective treatments for symptomatic vitreous opacity (SVO), a severe form of floaters that significantly impacts vision. Pharmacologic vitreolysis, using medications to liquefy the vitreous, is a promising area of exploration.

Understanding eye floaters and their potential causes can help alleviate anxiety and empower you to make informed decisions about your eye health. Remember, regular eye exams are vital for early detection and treatment of any underlying eye conditions.

References:

Fruit Enzymes for Eye Floaters?

Article Title: A New Pharmacological Vitreolysis through the Supplement of Mixed Fruit Enzymes for Patients with Ocular Floaters or Vitreous Hemorrhage-Induced Floaters

Study Design:

The study titled "A New Pharmacological Vitreolysis through the Supplement of Mixed Fruit Enzymes for Patients with Ocular Floaters or Vitreous Hemorrhage-Induced Floaters" was a prospective, randomized, double-blind, placebo-controlled clinical trial investigating the efficacy and safety of a mixed fruit enzyme supplement for the treatment of ocular floaters or vitreous hemorrhage-induced floaters. It involved 224 patients with monocular symptomatic vitreous opacities (SVOs) recruited between September and December 2017. Participants were randomly assigned to either the treatment group (receiving the enzyme supplement) or the control group (receiving a placebo). The primary outcome was the change in the number of floaters at 12 weeks post-treatment.

Interventions and Dose Escalation

Participants were divided into two main groups based on the etiology of their SVOs: spontaneous (experiment 1) and secondary to vitreous hemorrhage (VH) (experiment 2). Each group was further randomized into four treatment groups:

Placebo Group: Received oral vitamin C.

Low Dose Group: Received 1 capsule per day of mixed fruit enzymes (MFEs) containing 190 mg bromelain, 95 mg papain, and 95 mg ficin.

Middle Dose Group: Received 2 capsules per day of MFEs.

High Dose Group: Received 3 capsules per day of MFEs.

Results:

Experiment 1 (Spontaneous SVOs)

Placebo Group: Minimal improvement in vitreous opacities.

Low Dose Group: 55% disappearance rate of SVOs.

Middle Dose Group: 62.5% disappearance rate of SVOs.

High Dose Group: 70% disappearance rate of SVOs.

Statistics: The results showed a significant dose-dependent improvement in the disappearance rate of SVOs (total $p < 0.001$).

Experiment 2 (VH-Induced SVOs)

Placebo Group: Minimal improvement in vitreous opacities and corrected distance visual acuity (CDVA).

Low Dose Group: Moderate improvement in vitreous opacities and CDVA.

Middle Dose Group: Significant improvement in vitreous opacities and CDVA.

High Dose Group: Most significant improvement in vitreous opacities and CDVA.

Statistics: The high dose group showed the most substantial improvement, with a significant difference compared to the placebo group ($p < 0.001$).

While the study design is robust, the long-term efficacy and safety of the treatment need to be evaluated in larger and longer-term studies. Additionally, the mechanism of action of the mixed fruit enzyme supplement remains to be elucidated.

Summary

Reducing Eye Floaters: Taking mixed fruit enzyme supplements may help reduce eye floaters, which are common in older adults.

More Effective with Higher Doses: The treatment works better with higher doses of the enzymes. This means adjusting the dose can help get better results for different people.

Better Vision for Certain Cases: For those with floaters caused by bleeding in the eye, the enzyme treatment can significantly improve vision. This is especially helpful for more serious vision problems related to aging.

High Satisfaction with Easy Treatment: Taking these enzymes orally is a simple and non-invasive treatment that many patients find satisfying. This is particularly appealing for older adults, offering an easy and comfortable way to maintain eye health without surgery or other invasive procedures.

Actionable Plan:

- Mixed fruit enzymes (190 mg bromelain, 95 mg papain, and 95 mg ficin) may potentially be helpful in patients experiencing floaters.
- Discuss with an ophthalmologist for optimal outcome.

References:

Wang, Y., Li, Y., Zhang, Y., Li, X., Liu, J., & Zhang, J. (2022). A New Pharmacological Vitreolysis through the Supplement of Mixed Fruit Enzymes for Patients with Ocular Floaters or Vitreous Hemorrhage-Induced Floaters. Journal of Clinical Medicine, 11(22), 6710.

Recent FDA Medication/Supplement Recall

Recall Date	Brand Name	Product Description	Recall Reason Description	Company Name
07/03/2024	Urban River Spirits	Nonalcoholic drink mixes	Potential for under-processing	Urban River Spirits
07/09/2024	Hill Country Fare	Mustard Potato Salad	Potential Hard Plastic Foreign Material	Reser's Fine Foods
07/10/2024	Baxter	Life2000 Ventilator with an attached battery charger dongle	Potential Battery Charger Dongle Damage	Baxter International, Inc.
07/12/2024	Supercore Products Group	Dietary Supplements for Male Sexual Enhancement.	Tainted with Sildenafil and Acetaminophen.	Supercore Products Group
07/12/2024	Al'Fez	Tahini food beverages	Potential to be contaminated with Salmonella	AB World Foods US, Inc.
07/22/2024	Hikma	Acetaminophen Injection 1,000 mg per 100 mL (10 mg/mL) 100 mL	Potential presence of Dexmedetomidine HCL Injection (400mcg/100mL)	Hikma Pharmaceuticals PLC
7/22/2024	Stutz Packing Company	Shelled walnuts	Potential Foodborne Illness - Listeria monocytogenes	Stutz Packing Company
7/26/2024	ALB Flavor	Ground Cinnamon Powder	Potential Metal Contaminant - Lead	ALB-USA ENTERPRISES

What's the probability of 5-year survival for a 61-year-old female with a risk of colorectal cancer?

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.

Colorectal Cancer Risk:

Yasmin Watson

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

Age: 61
Sex: .....female
Weight: .....110 pounds
Height: .....5 feet 5 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-nearing 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

Yasmin's' ADL Score 0

A 61-year-old Asian female with a medical history of osteopenia and hyperlipidemia requests her risk of colorectal cancer**.** She is afraid of colonoscopy due to perforation risk. **Using the National Cancer Institute's Colorectal Cancer Risk Assessment,** this patient's absolute risk of colorectal cancer is 0.2% (https://ccrisktool.cancer.gov/calculator.html).

This implies there is a probability of 2 people getting colorectal cancer for every 1000 people with her characteristics for the following five years. It is lower than the average risk of 0.3% for a patient of the same age, gender, and race/ethnicity from the general US population. This patient's estimated risk for developing colorectal cancer over their lifetime (to age 90) is at 2.2%, which is lower than the average risk of 2.9% for a patient of the same age, gender, and race/ethnicity from the general US population.

Screen for Colon Cancer:

Screening for colon cancer is highly effective in reducing mortality. Early detection through screening allows for the removal of precancerous polyps and early-stage cancers, significantly improving outcomes**. Common screening methods include:**

Colonoscopy every 10 years: Considered the gold standard, colonoscopy allows for direct visualization of the colon and removal of polyps. Offers the highest sensitivity and specificity, allowing for both detection and removal of polyps. It is recommended every 10 years for average-risk individuals aged 50-75.

Annual fecal occult blood test (FOBT): Detects blood in the stool, which can be a sign of colon cancer. Less invasive but less sensitive option. They may require more frequent testing.

Annual fecal immunochemical test (FIT): Similar to FOBT but more sensitive and less affected by diet.

Cologuard every 1-3 years: A newer, non-invasive test that analyzes DNA in stool samples for signs of cancer. It is gaining popularity as a screening tool.

Evaluation of Risk for 61-year-old Female

Eye of the Tiger Test for Yasmin 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

Yasmin's Frailty Score 0

The patient, a 61-year-old healthy female with a favorable lifestyle, presents with a below-average risk for colon cancer. While her risk factors are minimal (no obesity, smoking, alcohol, diabetes, inflammatory bowel disease, and regular exercise), the increasing incidence of colon cancer in women and the general population necessitates screening.

Recommended Screening:

Given her age and below-average risk, the patient should still undergo colon cancer screening. The specific test can be chosen based on personal preference, convenience, and access to care.

It is crucial to discuss the benefits and risks of each screening method with the patient to determine the most suitable option. At this point, Cologuard is an alternative to gold standard coloscopy.

Importance of Adherence

Consistent adherence to screening recommendations is essential for early detection. Factors influencing adherence include patient knowledge, access to care, and cost. Addressing these barriers is crucial for improving screening rates and reducing colon cancer mortality.

References:

Imperiale, T. F., Ransohoff, D. F., Itzkowitz, S. H., Levin, B., Zauber, A. G., & Winawer, S. J. (2012). Screening for colorectal cancer. New England Journal of Medicine, 366(25), 2385-2395.

Levin, B., Lieberman, D. A., McFarland, B. F., Andrews, J. S., Brooks, D., Church, T. R., ... & Zauber, A. G. (2008). Screening and surveillance for the early detection of colorectal cancer. Journal of the American Medical Association, 299(22), 2627-2631.

Semelka, R. C., & Sternbach, M. L. (2014). Colon cancer screening: A review. American Journal of Gastroenterology, 109(11), 1674-1686.

Zauber, A. G., Park, Y., O'Brien, M. S., Zauber, C. N., Schaaf, L. A., Roth, A., ... & Levin, B. (2012). Costs and benefits of colorectal-cancer screening. New England Journal of Medicine, 366(25), 2396-2407.

Rex, D. K., Johnson, D. A., Anderson, J. C., Baxter, N. N., Bond, J. E., Bush, J. T., ... & Zauber, A. G. (2017). Colorectal cancer screening: Recommendations for physicians and patients

from the U.S. Preventive Services Task Force. Journal of the American Medical Association, 317(14), 1420-1431.

Zauber, A. G., Landi, D., Simon, M. A., Raine, K. D., & Levin, B. (2016). Screening for colorectal cancer: An update on current strategies. Gastroenterology, 150(1), 129-140.

Imperiale, T. F., Itzkowitz, S. H., Ransohoff, D. F., Levin, B., Zauber, A. G., & Winawer, S. J. (2014). Screening for colorectal cancer: A review. American Journal of Gastroenterology, 109(11), 1674-1686.

Levin, B., Lieberman, D. A., McFarland, B. F., Andrews, J. S., Brooks, D., Church, T. R., ... & Zauber, A. G. (2008). Screening and surveillance for the early detection of colorectal cancer. Journal of the American Medical Association, 299(22), 2627-2631.

Semelka, R. C., & Sternbach, M. L. (2014). Colon cancer screening: A review. American Journal of Gastroenterology, 109(11), 1674-1686.

Zauber, A. G., Park, Y., O'Brien, M. S., Zauber, C. N., Schaaf, L. A., Roth, A., ... & Levin, B. (2012). Costs and benefits ofolorectal-cancer screening. New England Journal of Medicine, 366(25), 2396-2407.

Bird Flu: An Evolving Threat

Avian influenza, or bird flu, is a highly contagious viral infection that primarily affects birds. While many strains cause mild or no symptoms in birds, some, such as the H5N1 and H7N9 subtypes, have led to significant concerns due to their potential to infect and cause severe illness in humans.

The emergence of avian influenza has been a subject of increasing global attention. Several factors contribute to its potential to cause widespread disease. First, the high mutation rate of the influenza virus enables it to evolve rapidly, potentially acquiring the ability to transmit efficiently between humans. Second, the increasing frequency of contact between humans and poultry due to globalization and intensive farming practices creates opportunities for the virus to jump species. Finally, the lack of widespread immunity in the human population to these novel strains increases the risk of a pandemic.

Recent outbreaks of bird flu have underscored the ongoing threat posed by this virus. For example, the H5N1 strain has caused significant mortality in poultry populations worldwide and has been detected in a growing number of human cases, often with severe outcomes. While the virus has not yet acquired the ability to transmit efficiently between humans, the possibility remains a constant concern.

To address the challenges posed by avian influenza, a multi-faceted approach is necessary. This includes enhanced surveillance of both avian and human populations, rapid response to outbreaks, development of antiviral drugs and vaccines, and improved biosecurity measures in the poultry industry. International cooperation is also crucial for effective prevention and control of this disease.

Should the Average American Worry About Bird Flu?

While the current situation surrounding avian influenza, or bird flu, is undoubtedly concerning, the Centers for Disease Control

and Prevention (CDC), as well as other infectious disease experts, generally agree that the risk to the general public is low.

The majority of human cases have occurred in people with direct exposure to infected birds or poultry, such as farmers, poultry workers, or those who handle wild birds. The virus has not demonstrated sustained human-to-human transmission on a significant scale.

However, it's essential to remain informed and cautious. The situation is dynamic, and the virus can evolve unpredictably. Experts continue to monitor the situation closely and conduct research to better understand the virus and potential risks.

Key Points from Experts and Health Organizations:

Low risk to the general public: Most people are not at risk of contracting bird flu.

Focus on high-risk groups: Efforts are primarily directed towards protecting those who are at increased risk, such as poultry workers and individuals who handle wild birds.

Continued surveillance: Health organizations are diligently monitoring the situation for any changes in the virus's behavior.

Importance of prevention: Basic hygiene practices, such as handwashing and avoiding contact with sick birds, can help reduce the risk of infection.

While it's understandable to be concerned about emerging health threats, it's crucial to rely on information from reputable sources like the CDC and to avoid undue alarm. By staying informed and following recommended precautions, individuals can protect themselves and contribute to public health efforts.

Prevention and Symptoms of Bird Flu

Prevention

As of now, the avian influenza situation remains dynamic and concerning. While the risk to the general public remains relatively low, there have been continued outbreaks in poultry populations worldwide, and the virus has shown a capacity to evolve. While the risk to the general public is low, it's essential to take precautions to protect yourself and others. Here are some key prevention measures:

Avoid contact with sick birds: This includes wild birds and poultry.

Practice good hygiene: Wash your hands thoroughly with soap and water after handling poultry, eggs, or wild birds.

Cook poultry thoroughly: Ensure poultry is cooked to an internal temperature of 165°F (74°C) to kill any bacteria or viruses.

Protect yourself when handling poultry: Wear gloves and protective clothing when handling raw poultry.

Avoid contact with surfaces contaminated with bird droppings: Clean and disinfect any surfaces that may have come into contact with birds.

Symptoms of Bird Flu

Symptoms of bird flu in humans can vary but often include:

Fever

Cough

Sore throat

Muscle aches

Headache

Diarrhea

Vomiting

Pneumonia

Difficulty breathing

It's important to note that these symptoms are similar to other respiratory illnesses, so it's crucial to consult a healthcare provider if you experience these symptoms and have been in contact with sick birds or poultry.

Remember: The best way to protect yourself is to stay informed, practice good hygiene, and follow the guidance of health officials.

MrGineaPig's Core Long-Term Trial

LONG-TERM TRIAL	SUPPLEMENT	START DATE	
Muscle Weakness	Hyaloronic Acid	07/01/2019	50 mg-1 capsule daily
Back Pain	Pantothenic acid	09/1/202	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)

Risk Factors for Premature or Unexpected Death

Immediate Risks	Internal Threat	External Threat	Other Topics
1. COVID-19	1. Poor diet	1. War	1. Shortness of breath
2. RSV	2. Smoking	2. Microplastics	2. Back pain
3. Flu	3. High blood pressure	3. FDA recalls	3. Hemorrhoids
4. Fentanyl death	4. Obesity	4. Meat preservatives	4. Incontinence
5. Drug shortages	5. Sedentary Lifestyle	5. Trans fatty acid	5. Joint swelling
6. Gun violence	6. Suicide	6. Pesticides	6. Fibromyalgia
		7. Heavy metals	7. Health Insurance

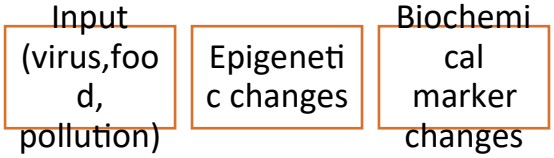
Topics Chosen: Covid-19 update, Clostridium difficile, Search of Best Diet Series

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**.

For New FREE Subscriptions: Please click https://9health.com/user/login or scan the QR code below for e-mail notification of new monthly **FREE** issues.

For New FREE Weekly 9Health Report: https://9health.substack.com