



MONTHLY UPDATES



SCIENCE

(June 2024)



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- **★ TRANSHUMANISM TRAP: “We Are Waging War Against Our Own Nature”**
“I would suggest that, actually, we’ve been living in the transhumanist era for 50 years or more. We’re half a century into the transhumanist age, and really, it began with the contraceptive pill.” Mary Harrington is a self-described “reactionary feminist”, contributing editor at UnHerd, and author of “Feminism Against Progress.” We sat down together at the Dissident Dialogues Festival to discuss the intersection of progress, individual freedom, technology, and, ultimately, transhumanism. “What that opens up is a whole theoretically infinite spectrum of engineering of ourselves—if you like—of seeing human nature itself as a set of problems to be solved,” says Ms. Harrington. She believes that believing a “progress narrative” leads to the misguided attempt to create heaven on earth.”
* [link](#)
TRANSCRIPT: [list](#)
- **“How to Easily Eat Enough Soluble Fiber and Lose Belly Fat”**
“The more we discover about the human microbiome – the population of microbes that live in the human body – the more we see the connection between gut health and overall body health. What kind of fiber nourishes the microbes in the gut? The (fiber) nutrient in question can also play a crucial role in helping you to lose weight, particularly from the belly region. But not all fiber is the same! We explore how you can get the right amount of the ‘right fiber’ easily – on #VitalSigns with Brendon Fallon.”
* [link](#)
REPORT: [www.jandonline.org/article/S2212-2672\(16\)31187-X/fulltext](http://www.jandonline.org/article/S2212-2672(16)31187-X/fulltext)
REPORT: pubmed.ncbi.nlm.nih.gov/26514720/
- **“What Does Autism’s Biochemistry Reveal About Its Cause and Potential for Treatment?”**
“The cells of those with autism show unique biochemistry. What does it reveal about autism’s root cause and the potential to treat it? Dr. Dayan Goodenowe has spent decades researching the biochemical mechanics of disease. He has invented and patented technology that identifies prodromes (early symptoms) for a range of conditions—including autism—to aid diagnosis and treatment. “Different diseases have these prodromes. They have these things that come before. The program for autism is mitochondrial insufficiency. And that’s what leads to the gender bias, the three times more boys have autism versus girls.” He returns to VitalSigns with Brendon Fallon to highlight the link between autism’s hallmark biochemistry and potential triggering events.”
* [link](#)
INFORMATION: drgoodenowe.com/category/autism
- **“Doctor Shares Why His Patients Don’t Have Heart Attacks”**
“Cardiovascular disease is the leading cause of death in America. Total cholesterol is often demonized in modern medicine, but it is important to understand that it is not inherently bad. Cholesterol is essential for hormone production. Lowering cholesterol below levels like 175 or 150 can impair hormone production. My patients who increased their fat intake did not experience heart attacks, chest pain, or other issues. They felt energized because fats provide 50% more energy and cause 50% less

oxidation than other macronutrients. One reason for the prevalence of cardiovascular disease is the inadequacy of standard medical checkups, which typically include only two pages of lab tests. In my clinic, we conduct 10 pages of lab tests at a reasonable cost, covered by PPO insurance. These extensive tests provide a comprehensive baseline, which can be updated annually. Regular checkups typically measure HDL, LDL, total cholesterol, triglycerides, glucose, and sometimes hemoglobin A1C. However, they rarely measure insulin, which is crucial for understanding heart disease.”

* [link](#)

- **“Why Animal Foods Are Essential for Brain Health”**

“Colorful fruits and vegetables are dietary superheroes—no doubt about that. But a growing number of experts are saying that forsaking all animal products could starve the brain of crucial nutrients. Strictly vegan regimes lack nutrients such as complete proteins, certain healthy fats, zinc, and iron and may fail to adequately nourish the brain, potentially hampering mood, memory, and cognitive prowess.”

* [link](#)

REPORT: www.sciencedirect.com/science/article/pii/S0002916523295635?via%3Dihub

Laurence

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