



MONTHLY UPDATES



SCIENCE (November 2024)



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- ★ **“Collapse of Science”**

“Science is in its worst state since the burning of Giordano Bruno (1600) and the trial and conviction of Galileo (1633). The wounds it has suffered are largely self-inflicted. Science advances by questioning the current state of knowledge and by attempting to fill the gaps identified by examination of the germane data pertinent to the discipline. Any attempt to stifle vigorous—even if heated—debate is an assault on science. Over the past three decades dissent from what some consider orthodox scientific theories has been ridiculed rather than refuted.”

* [link](#)

- “When It Comes to Science, Nothing Can Be Taken for Granted”**

“As with Poe’s purloined letter, the most obvious things can sometimes be hardest to see. Thus I spent a week in Baku, Azerbaijan, for COP29 but only on my return home did an emailed question open my eyes to something conspicuously missing there: science. Which evidently the delegates and activists also totally failed to see. When I speak of “missing” science I don’t mean the participants disagreed with me about it. Of course, the vast majority did, with only a small group of skeptics lurking about corners of the hall. But my point isn’t that correct science was missing. It’s that there were no sessions on science at all. Not even ones intended to hammer home the supposed worldwide consensus that certainly was 97 percent wall-wide at that conference.”

* [link](#)

- “A Single Test Can Diagnose Most Diseases With Nearly 90 Percent Accuracy”**

“A new genomic test detects multiple pathogens with a single analysis, showing potential for faster, more accurate disease diagnosis.”

* [link](#)

REPORT: www.nature.com/articles/s41467-024-51470-y

REPORT: www.nature.com/articles/s41591-024-03275-1

- “Limiting Calories Won’t Sustain Weight Loss, as Hormones Run the Show”**

““I’m eating fewer calories and exercising more, but I still can’t lose weight.” As a nutritionist, I hear this frustrated complaint so often. If you’ve struggled with weight loss despite carefully counting calories, you’re not alone—and more importantly, you’re not failing. The real story of weight management is far more complex than simple arithmetic. Your hormones will affect your energy balance. In real-world scenarios where you’re aiming for weight loss, the close connection between your hormones and food cannot be ignored.”

* [link](#)

REPORT: www.sciencedirect.com/science/article/abs/pii/S0195666323000284

REPORT: [www.cell.com/cell-metabolism/fulltext/S1550-4131\(17\)30609-5](http://www.cell.com/cell-metabolism/fulltext/S1550-4131(17)30609-5)

REPORT: pubmed.ncbi.nlm.nih.gov/29576534/

- “Mitochondrial Imbalance Linked to 90 Percent of Chronic Diseases”**

“Many chronic diseases can be traced to mitochondrial dysfunction, according to Chen Junxu, a natural medicine expert at Bastyr University. After reviewing more than 500 research papers and drawing from

his extensive clinical practice, Chen developed a comprehensive theory about the relationship between mitochondrial health and chronic disease”

* [link](#)

REPORT: [pmc.ncbi.nlm.nih.gov/articles/PMC4566449/](https://pubmed.ncbi.nlm.nih.gov/articles/PMC4566449/)

- **“Unseen details of human brain structure revealed”**

“A team of researchers, led by Dr. Jeff Lichtman at Harvard University and Dr. Viren Jain at Google Research, used electron microscopy (EM) to image a cubic millimeter-sized piece of human brain tissue at high resolution. The tissue was removed from the cerebral cortex of a patient as part of a surgery for epilepsy.”

* [link](#)

REPORT: [link](#)

- **“Why has Earth's axis tilted by 31.5 inches and what does it mean?”**

“Humans may have significantly shifted the Earth’s rotation by 80 centimetres to the east due to large quantities of water being pumped out of the ground. Findings published in Geophysical Research Letters revealed that between 1993 and 2010 alone, water extraction led an estimated 2,150 billion tonnes to be sucked up from beneath the Earth’s surface.”

* [link](#)

REPORT: agupubs.onlinelibrary.wiley.com/doi/10.1029/2023GL103509

- **“These scientists couldn’t believe it – they discovered a giant submarine ocean 700 km under the earth – and this is what they found in it”**

“Imagine an ocean so immense that it triples the size of all the oceans on the Earth’s surface. Now, imagine that it’s not where you thought it was, but 700 kilometres underground. No, it’s not the plot of a science fiction movie, but a real discovery that has left scientists speechless. This discovery not only raises questions about the origin of water on our planet, but it could also change the way we understand the water cycle and the history of the Earth itself. What other secrets does our planet hold in its depths?”

* [link](#)

REPORT: www.newscientist.com/article/dn25723-massive-ocean-discovered-towards-earths-core/

- **“Vertigo: Symptoms, Causes, Treatments, and Natural Approaches”**

“Distinct from dizziness, vertigo is the sensation of movement or spinning despite nothing moving. It affects up to 10 percent of people at least once.”

* [link](#)

REPORT: [link](#)

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