

The Truth About COVID

Analysis by [Dr. Joseph Mercola](#)

✓ Fact Checked

STORY AT-A-GLANCE

- › I was a guest on Mikhaila Peterson’s “Opposing Views” on the topic of COVID-19, which provides two opposing viewpoints on controversial issues
- › Important topics are covered, including Event 201, The Great Reset, manipulation of case numbers, risks of lockdowns and more
- › The other guest featured was Jeremy Kamil, Ph.D., an associate professor of microbiology and immunology at LSU Health Shreveport; I respond to some of Kamil’s statements, which I didn’t get to do during the interview
- › I also shared how best to stay healthy; one key strategy is to be metabolically flexible, and my primary recommendation is to remove linoleic acid from your diet; get plenty of sunshine to optimize vitamin D and nebulized hydrogen peroxide can help against viral illness

I recently had the opportunity to be a guest on Mikhaila Peterson’s “Opposing Views” on the topic of COVID-19. Open debate and sharing of information from all sides is so important, especially now that censorship of certain groups, organizations and individuals – in direct violation of Constitutional law – is rampant.

The other guest featured was Jeremy Kamil, Ph.D., an associate professor of microbiology and immunology at LSU Health Shreveport, who has studied the herpes virus for two decades and has a passion for studying how viruses work. Peterson said

she emailed 20 doctors to get views from the conventional medical community on COVID-19 – and Kamil was the only one who agreed to be on the show.

I encourage you to watch the video in full and make up your own mind about what you hear, but as I didn't get a chance to respond to Kamil's statements directly, I'd like to do that now, as well as provide a recap of some of the most important take-away points from the interview.

A Trial Run for COVID-19, a Lab-Engineered Virus

When talking about COVID-19, it's important to start at the beginning – not the start of the pandemic but Event 201, which took place in October 2019.

Representatives from the World Economic Forum, the Centers for Disease Control and Prevention, Johns Hopkins University Population Center, the World Bank, the Chinese government and vaccine maker Johnson & Johnson were among those at the event, which was organized by Bill Gates and, too coincidentally, simulated a worldwide pandemic triggered by a novel coronavirus.^{1,2}

Mirroring what is now occurring, social media censorship was a prominent strategy used at the event to protect the dissemination of vaccine propaganda and the narrative surrounding the global event. If you are considering brushing this off as “conspiracy theory,” you can read about Event 201 for yourself at its official site.³

Peterson and I discussed a bit about Gates, and you may be wondering why I'm bringing him up. It's part of understanding the immense power and control being wielded by private individuals and the ultimate goal of technocratic tyranny. When the U.S. withdrew funding from the World Health Organization in 2020, Gates became the biggest funder of the WHO.

The two – Gates and the WHO – have been instrumental in pushing for a **global vaccination campaign**, and Gates has a great deal of money invested in these vaccines. The WHO is the tool that was used to implement a global shutdown – a catastrophe –

in 2020, with the end goal being wealth transfer, economic destruction and societal reformation.

It is also interesting that Gates and company have restricted access to this highly profitable vaccine only to countries that can afford it. The patents have not been shared with other countries so they could get this “lifesaving” vaccine, which clearly emphasizes that the primary purpose of this vaccine is not to save lives but to make large profits.

Gates isn't the only player – there are many others, including [Google](#) and founder and executive chairman of the World Economic Forum (WEF) Klaus Schwab, who first started circulating the idea of [The Great Reset](#). Kamil said he wasn't familiar with the term, which is something I'd urge him to read up on as he formulates his opinions.

I also touched briefly on the overwhelming evidence suggesting that SARS-CoV-2 is an engineered virus that leaked from the Wuhan Institute of Virology (WIV), which was conducting [gain-of-function research on coronaviruses](#), funded by Dr. Anthony Fauci.⁴ It's a lot to take in, I know, especially if this is the first you're hearing about it, but as the pieces of the puzzle come together, it becomes obvious what is really going on.

No Flu Cases Because 'Masks Are Really Effective'?

When asked about the mysterious [disappearance of flu](#) during the 2020-2021 season, Kamil stated it's because “masks are really effective [at] suppressing viral transmission.” If that's the case, then why didn't COVID-19 cases similarly disappear? The next rational question is, were flu cases and deaths simply reallocated as COVID-19 deaths?

Up until around July 2020, the U.S. Centers for Disease Control and Prevention (CDC) counted flu and pneumonia deaths separately, but then began reporting a combination of pneumonia, flu and COVID deaths, under a new category listed as "PIC" (Pneumonia, Influenza, COVID), via their COVIDView webpage.⁵

February 12, 2021 – toward the end of peak flu season in the U.S. – COVIDView was replaced with the COVID Data Tracker Weekly Review, which no longer appears to

mention flu and pneumonia.⁶

As for the effectiveness of masks – and the absurdities surrounding their use during activities like [swimming](#) – there’s a wealth of evidence that masks are ineffective. Only one randomized controlled trial has been conducted on [mask usage and COVID-19 transmission](#), and it found masks did not statistically significantly reduce the incidence of infection.⁷

A working paper from the National Bureau of Economic Research⁸ found that nonpharmaceutical interventions, such as lockdowns, quarantines and mask mandates, have not significantly affected overall virus transmission rates.⁹

Proper Response ‘Must Be Driven by Case Numbers’

When asked what the “proper” response to the pandemic would be, Kamil said, “It has to be driven by case numbers.” This sounds good in theory, provided the case numbers you’re basing recommendations on are accurate – and the resulting recommendations are in line with the severity of the disease and individual risk assessments. But, in the case of COVID-19, they most often were not.

What evidence is there that the case numbers were manipulated? PCR tests recommended by the WHO used to be set to 45 cycle thresholds (CTs),¹⁰ yet the scientific consensus has long been that anything over 35 CTs renders the test useless,¹¹ as the accuracy will be a measly 3%, with the other 97% being false positives and artificially driving up case numbers.

Then, one hour after Joe Biden’s inauguration as the 46th president of the United States, January 20, 2021, the WHO – suddenly and out of the blue – lowered the recommended PCR CT,¹² which automatically guaranteed that the number of “cases,” i.e., positive [PCR test results, would plummet](#).

And this isn’t even getting into how the CDC [changed how COVID-19 is recorded](#) on death certificates in March 2020, de-emphasizing preexisting conditions and

comorbidities, and basically calling all deaths in which the patient had a positive SARS-CoV-2 test a COVID-19 death.

‘Look to People Who Aren’t Making a Buck Off It’

Another one of Kamil’s points was to avoid getting data from “someone trying to sell you something.” I would agree, only Kamil used the example of someone “selling a health supplement online,” ignoring the fact that the real profiteers in this pandemic are not people selling supplements online but **billionaires who are only getting richer**.

Stéphane Bancel, CEO of Moderna, now has a net worth of \$5.3 billion,¹³ to give one example. He joined the billionaires club April 2, 2020, when news that phase 2 trials of Moderna’s COVID vaccine were set to begin, driving up its stock.¹⁴

Meanwhile, Pfizer’s COVID vaccine has already generated \$3.5 billion in revenue in the first three months of 2021,¹⁵ and the company said it expects “durable demand” for the vaccine to continue in coming years, similar to flu vaccines. Estimates suggest revenue will reach \$26 billion for Pfizer’s COVID vaccine by the end of 2021.¹⁶

So, following Kamil’s own advice, Pfizer and Moderna would be among those to not trust, based on their making billions, which is exponentially more than any supplement manufacturer is making. But even putting profits aside, as I told Peterson, one point that should give anyone pause before trusting a company would be if it has a criminal history of fraud and selling dangerous products – of which both **Pfizer** and **Johnson & Johnson** can attest to.

Myth: It’s ‘Impossible to Die From COVID’ After Vaccination

Kamil made some statements that I strongly disagree with, one of them being that if you get a COVID-19 vaccine “it’s almost 100% impossible for you to die from COVID – even if you caught like the scariest variants we know of.” This is simply not true. As of April 26, 2021, there have been 9,245 reported cases of COVID-19 in fully vaccinated individuals, including 132 deaths.¹⁷ This is from the CDC’s own data.

There's also a risk of death from the COVID-19 vaccine. According to the U.S. Vaccine Adverse Event Reporting System (VAERS), as of April 23, 2021, there have been 3,544 deaths reported following COVID-19 vaccination.¹⁸ Past investigations have shown only between 1%¹⁹ and 10%²⁰ of adverse reactions are ever reported to VAERS, which is a passive, voluntary reporting system, so the actual number could be much higher.

Kamil also suggested that if you're healthy, it makes no difference in terms of getting sick from COVID-19 because "viruses like healthy cells" and "they love a healthy [cell] just like a person might, if you're a carnivore, might like a juicy steak."

This seriously undermines the power that you have to take control of your health, because, in reality, it's well known that people who are unhealthy, with underlying conditions, are far more likely to **contract and die from COVID-19**. Your state of health absolutely matters.

Kamil also seems to be seriously misguided about health organizations like the U.S. Food and Drug Administration, stating that it doesn't "make a dollar more" by approving a vaccine and describing it as "one of the best organizations, like, as far as protecting your health and watching out for, like, Americans."

While the FDA itself does not accept corporate money, it does receive **money funneled via a nonprofit foundation**, which in turn receives money from other nonprofits funded by private interests. It's really all a façade because the end result is the same. Those donating the money ultimately end up with the ability to pull strings, when needed. The FDA's conflicts of interest and **failures to act on behalf of Americans' best interests** are also well noted.

Fear Is the Most Powerful Emotion to Drive Human Behavior

The pandemic has succeeded in generating fear and controlling human behavior, and anything that counters its final solution of vaccination is being censored – this is a clue that shouldn't be overlooked. Vaccine passports are also being offered as part of this solution, as a tool to get your freedom back, but it's at the price of – your freedom.

Imagine a world in which you cannot travel, go to a sports event, enter your workplace or even a grocery store unless you have the proper credentials. If it sounds like [history repeating itself](#) in the most horrific way, you're not far off. Even open debate is being silenced, and it's impossible to give informed consent to vaccination if you only know one side. When you only have one side to the story, then that's propaganda, not real information.

What Should You Do to Stay Healthy Against COVID?

Peterson asked me one very important question, which was what should people be doing to stay healthy. One key strategy is to be metabolically flexible, and my No. 1 recommendation to do so is to remove linoleic acid from your diet.

Omega-6 [linoleic acid](#) (LA) is a pernicious metabolic poison that is highly susceptible to oxidation, and as the fat oxidizes, it breaks down into harmful subcomponents such as advanced lipid oxidation end products (ALES) and oxidized LA metabolites (OXLAMS). These ALES and OXLAMS also cause damage. To avoid LA, which is linked to chronic degenerative disease, you need to avoid all vegetable oils and eliminate virtually all processed foods and restaurant foods from your diet.

Other strategies to build immunity include optimizing vitamin D. My peer reviewed study, published in the journal *Nutrients* in October 2020,²¹ demonstrates the clear link between vitamin D deficiency and severe cases of COVID-19.

I also recommend familiarizing yourself with [nebulized hydrogen peroxide](#), which can be used not only to improve symptoms but as a routine maintenance strategy to support optimal health. You can hear the rest of the interview in its entirety, including the unique risks posed by [mRNA vaccines](#), by watching the video above.

Sources and References

- ¹ [The Defender, March 11, 2021](#)
- ² [Event 201 October 2019](#)
- ³ [Center for Health Security, Event 201](#)
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