

Mercola 25th Anniversary – Sneak Peek

August 08, 2022

It's now been 25 years since we started this journey together, when, in 1997, I combined my two primary passions in life – health and technology – and made it my mission to share exciting new developments in natural health with you.

Thanks to you, this site has become the world's No. 1-ranked Natural Health website for nearly two decades. Because of your loyal support, we've slowly but surely awakened the world to the false promises of the fatally flawed conventional medical view, which claims disease is best treated with drugs, and that the government knows what's best for your health and should be allowed to dictate your health options.

My motivation has always been to help make you as healthy as you can possibly be by sharing knowledge that allow you to combat the tyranny being imposed on our personal freedoms, while sharing simple tools to help you Take Control of Your Health.

To commemorate these 25 years together, we've put together an anniversary lineup beginning Monday, August 8 of never-before-seen content, videos, presentations and fun! I've included a sneak preview below.

Remember all of the content is absolutely FREE for all Mercola.com subscribers so if you have not subscribed, please take a minute to do so below.

Celebrating Health Freedoms for 25 Years

Monday August 8th

As many of my long-time followers know, I've stopped seeing patients over 10 years ago, as I focused on growing my site in order to reach a much wider, global audience.

And together with our nonprofit partners, we've also made outstanding progress in a variety of health advocacies. One of our most recent milestones is the growing global support in ending the use of mercury silver fillings.

This upcoming article will discuss some of our achievements in detail – along with the obstacles we encountered.

My goal in these difficult times is to do everything I can to help you take control of your health by exposing the fraudulent practices of the opportunistic elite Global Cabal. I believe that the only way you can preserve your health is by being independent from these authoritarians.

The past few years have been quite a ride, and I overcame so many challenges that almost put myself and Mercola.com in peril from being stalked by CNN outside my home to The New York Times incorrectly labeling me as a leading source of COVID misinformation. I even sued a U.S. Senator after she pressured Amazon to stop selling my book.

I invite you to read this article in its entirety, because I believe that even if these challenges are unfortunate and difficult, they are necessary. We need to stand up for our rights, and we should not let them take away our freedoms.

Spend a Day With Dr. Mercola

Tuesday August 9th

I recently had the pleasure of filming a new documentary, "A Day with Dr. Mercola," where a camera followed me around and I gave insight into a number of current/upcoming initiatives. I even included a tour of our 100% solar-powered building in Cape Coral, South Florida, including the Mercola Market and Café.

I'll also give recommendations on how you can maximize your sun exposure to get enough vitamin D, something which I'm very fortunate to be able to do here in sunny South Florida. You'll also be able to see what goes on in the Mercola headquarters, and

see some of my wonderful staff in action. So please make sure to watch this video when it comes out!

25 Health Tips for 25 Years

Wednesday August 10th

In the past 25 years, I've provided you with some of the key foundational strategies to always keep your health in the best condition, such as eating healthy foods, getting enough sleep and exercising regularly.

But the world is constantly changing; hence, I make sure to also tweak and modify my health recommendations based on new information I gather, so I can share them with you to help you take control of your health. Here are a few of my most important long-standing tips:

- **Eliminate seed oils and other dietary sources of linoleic acid** — Linoleic acid, the primary fat found in polyunsaturated fatty acids (PUFAs), including vegetable/seed oils, accounts for about 80% of the fat composition of vegetable oils. It's found in virtually every processed food, including restaurant foods, sauces and salad dressings, and even in "healthy" meats like chicken and pork.
- **Reduce your eating window** — Timing your meals correctly can go a long way toward improving your health. Most people eat more than 12 hours a day, which will push your body to nearly exclusively burn sugar as your primary fuel and increase your insulin resistance, increasing your risk for obesity and other degenerative diseases.
- **Manage your blood pressure through exercise** — Inactivity and blood pressure are closely related, with inactive individuals having a 30% to 50% increased risk of high blood pressure compared to physically active people. A comprehensive fitness program can go a long way toward regaining your insulin sensitivity and normalizing your blood pressure.

- **Get enough high-quality sleep** — You need enough sleep to maintaining biological homeostasis (balance) in your body, including metabolic homeostasis in your brain. Removal of toxins from your brain occurs only during deep sleep, making sleep deprivation a major risk factor for dementia and other neurological dysfunction.

More tips will be discussed in the article, so if you want the comprehensive guide, make sure to stay tuned!

25 Questions With Dr. Mercola

Thursday August 11th

"What time do you wake up in the morning?"

"What does your typical breakfast look like?"

"What are the best books you've ever read?"

"What are some things you are most grateful for?"

These are some of the questions I answered in this fun video, and I hope that it helps you get to know me a little better. I must admit that the past 25 years have been a spectacular journey, but my earlier experiences, before I turned fully to natural health, were also instrumental to who I am now.

Experience is a formidable teacher, and much of what I'm teaching today grew out of the lessons I learned as I tried to get healthier, and tried to get my patients healthier. I made plenty of mistakes, and fell for many of the lies, deceptions and confusion of conventional medicine. Fortunately, I was able to developed a whole different perspective on health and healing, turning to natural modalities instead of pharmaceutical remedies to help people heal.

Getting Stronger as You Age

Friday August 12th

Last July 8, I celebrated my 68th birthday, and I am proud to say that I am at the peak of my health and strength, thanks to the vigorous exercise routine that I follow.

I have been exercising for 54 years – since 1968. But the problem is that the first 43 years were exclusively cardio, particularly long-distance running. Unfortunately, I didn't realize that while cardiovascular exercise can lower your risk of heart disease, it is a highly catabolic activity and will actually lower your ability to build muscle. So instead, I ditched cardio and started resistance training.

In this article, I will share a few tricks that should significantly cut your time to get fitness results. So, if you're striving to reach the same fitness goals as I have, this is a must-read.

Must-Watch One-on-One Interview With the Epoch Times

Saturday August 13th

I was recently interviewed by the Epoch Times on their show "Facts Matter," where I delve deeper into how the Global Cabal is pushing toward global tyranny, and how they're planning total world domination beginning with the engineering of the COVID-19 virus and other crises, such as the food shortages.

We also went on the topic of how the CDC is now pushing toward vaccinating babies and young children, and how it is one of the most outrageous decisions in the history of medicine. It's truly an eye-opening discussion, and I'm so pleased I had the opportunity to share my views on these topics, so stay tuned for this interview.

My Deepest Thanks to YOU!

As the anniversary week wraps up, I'll provide a comprehensive summary of the approaches discussed and share my thoughts on where we are heading into the future.

It's been an enjoyable 25-year journey together as all of us have made the conscious decision to improve ourselves. I'm honored to be a resource you turn to in your desire to take control of our health. I'm looking forward to another 25 years!