

Difficult Times Ahead – How to Break Free From the System

Analysis by [Dr. Joseph Mercola](#)

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STORY AT-A-GLANCE

- › While natural medicine is often viewed with suspicion as something “novel” and “unproven,” it’s actually allopathic medicine that is the new kid on the block. Before John D. Rockefeller seized control over the medical industry 112 years ago, naturopathic-based herbal medicine, sun exposure and homeopathy were standard
- › Today, the Rockefeller Foundation is part of The Great Reset cast, which seeks to gain total control over every person in the world – financially, medically, physically and psychologically
- › Several crises are now converging, and all of them are life threatening to some degree, starting with the bioweapon they call the COVID “vaccine.” We also face supply chain issues, and shortages of food and energy. Maintaining good health will become a primary concern moving forward, as we’ll face many added stressors
- › Simple and free strategies that will improve and protect your health include getting regular sun exposure – the benefits of which include vitamin D production, vitamin A activation and, most importantly, subcellular melatonin production – and optimizing your circadian rhythm
- › Eliminating seed oils from your diet and implementing time-restricted eating are two simple ways to improve your metabolic health, reverse insulin resistance and reduce excess body fat

In the video above, I’m interviewed by Maria Zee of “The Shift.” As some of you know, I went through conventional medical training and started out as an allopathic osteopath,

prescribing both drugs and vaccines.

Basically, medical school works as an indoctrination program where you learn how to diagnose disease based on certain sets of symptoms. Any given diagnosis is then treated with a prespecified suite of drugs.

After about five years into private practice, I realized I was on the wrong path – that these therapies did nothing to address the root cause of any disease – and I started educating myself about nutrition and foundational health practices, which have been my focus ever since.

After I realized that, I sent letters to all my patients and let them know that if they weren't committed to getting off drugs they needed to find a new physician. I lost about 70% of my patients when I sent that letter, but those who remained and agreed to be treated with natural strategies such as nutrition and exercise fared well, and my reputation grew as a result.

Natural Medicine Is Not Unproven

I am in the process of writing my new book and the first chapter will be all about how Rockefeller captured the U.S. medical system over a century ago through a very clever campaign to clean up many problems it had in the 19th century.

He did this through the Flexner report and subsequent strategic investments which essentially gave him control over the entire medical system which would serve as tool for him to sell petrochemical-based pharmaceuticals to further increase his wealth. Most are not aware that even today Rockefeller owns 50% of the drug companies.

While today natural medicine is viewed with suspicion as something “novel” and “unproven,” it's actually allopathic or “conventional” medicine that is the new kid on the block. Before John D. Rockefeller seized control over the medical industry 112 years ago, naturopathic-based herbal medicine, sun exposure and homeopathy were the standard of care.

Such treatments only became “quackery” after Rockefeller’s successful infiltration. Understanding how Rockefeller corrupted medicine can be helpful in understanding current-day events a bit better as well.

How Medicine Was Corrupted

John’s father was William Avery Rockefeller, an authentic “snake oil salesman” who conned people into buying his useless “Rock Oil” tonic for cancer – a mixture of laxative and petroleum. Avery once admitted he would cheat his children every chance he got, in order to “make ‘em sharp.”¹

John D. learned the lessons of duplicity and fraud well, and by the time he was 40, he controlled 90% of the global oil refineries. Within another few years (early 1880s), he also controlled 90% of the marketing of oil, and one-third of all oil wells.

Together with General Motors, Rockefeller secretly bought up and dismantled the public transportation system in the U.S., to promote the need for a family car. They also replaced electric streetcars with gas-guzzling busses to expand their petroleum business.

In 1902, Rockefeller funded the establishment of the General Education Board, through which he intended to control public education. Other oil-backed schemes to mold and reshape the American education system followed, including a scheme to alter the teaching of American history to promote a view of collectivism, as well as a program culminating in the transformation of the practice of medicine.

As mentioned, naturopathic-based herbal medicine was the norm at that time, and Rockefeller set out to shift the medical industry toward using oil-derived pharmaceuticals instead. To that end, the Rockefeller Institute for Medical Research was established in 1901, headed up by Dr. Simon Flexner who, at the time, was a professor of experimental pathology at the University of Pennsylvania.

Flexner’s brother, Abraham, was contracted to write a report on the state of the American medical education system, and his study, *The Flexner Report*,² published in

1910, paved the way for Rockefeller to completely overhaul the American medical system.

The result of this report is that virtually every natural medical therapy was criminalized and all practitioners were put out of business and replaced with “scientific” doctors. This was the very beginning of “trust the science”. Natural remedies and ancient effective cures were dismissed as quackery. The only medicines deemed reputable were patentable synthetic drugs, invented in the oil cartel’s own research centers.

Rockefeller’s Plan to Monopolize Medicine, Banking and Food

Around that same time, the oil cartel also found a way to take over and control the U.S. financial system, through the creation of the Federal Reserve, established in 1913. The Rockefellers have been powerbrokers in the banking industry ever since.

They also sought to consolidate control over the global food supply, using philanthropy as their cover for the takeover. The Rockefeller Foundation funded the Green Revolution that led to the introduction of petroleum-based agricultural chemicals, which quickly transformed agriculture, both in the U.S. and abroad.

President Johnson’s “Food for Peace” program actually mandated the use of petroleum-dependent technologies and chemicals by aid recipients, and countries that could not afford it were granted loans from the International Monetary Fund and the World Bank.

The Rockefeller Foundation also funded the “gene revolution” that brought us patentable genetically modified seeds. Today, The Rockefeller Foundation is part of The Great Reset cast, which seeks to gain total control over every person in the world – financially, medically, physically and psychologically.

Unfortunately, a majority of people are still unaware of The Great Reset and what it actually entails. According to Mattias Desmet, Ph.D., who popularized the concept of “[mass formation hypnosis](#)” as an explanation for the insanity we saw during the first two years of the pandemic, an estimated 30% of the population are completely hypnotized and unable to see or accept the truth.

About 10% never fell for the hypnotic propaganda, while the remainder are basically “fence sitters” who go along to get along. To prevent The Great Reset, it’s crucial to educate these fence sitters so they realize the danger in going along with the official narrative.

Now’s the Time to Get Healthy

As I note in this interview, several crises are now converging, and all of them are life threatening to some degree, starting with the bioweapon they call the COVID “vaccine.” The COVID shot has already killed hundreds of thousands of people, and more likely millions, and will continue to cause premature death and disability over the next several years.

We also face supply chain issues, and shortages of food and energy. Maintaining good health will become a primary concern moving forward, as there will be so many added stressors. On top of that, hospitals are also more dangerous than ever.

The good news is that getting and staying healthy is fairly simple. Your body is designed to heal itself, given the chance. If you’re new to this, be sure to sign up for my online newsletter and start reading. You can also find my [articles archived on Substack](#).

In the interview, I explain why I had to create a fee-based Censored Library on Substack. For clarity, you can read all of my newsletter articles for free for 48 hours. If you want unlimited access, you’d need to join my Censored Library, which is \$5 per month.

Health Tip No. 1: Sun Exposure

So, what are some of the strategies that can help keep you healthy that don’t cost a fortune (or anything at all)? One of the most basic ones is to get regular sun exposure, as its benefits include vitamin D production, vitamin A activation and, most importantly, subcellular melatonin production.

Ninety-five percent of the melatonin in your body is actually produced in your mitochondria in response to near-infrared light. Mitochondria are responsible for cellular energy production, and mitochondrial dysfunction is a root cause of most chronic disease.

Melatonin, meanwhile, is a very powerful antioxidant that reduces oxidative stress. By mopping up free radicals, melatonin reduces damage to the mitochondria and helps them work optimally.

Melatonin also helps increase glutathione, which is a major detoxification agent. Importantly, virtually none of the melatonin created in your mitochondria will ever make its way into your blood. Oral melatonin can also help your chronobiology and regulate sleep, when taken at the appropriate time (in the evening, shortly before bed).

Health Tip No. 2: Cut Seed Oils From Your Diet

If you're worried about getting sunburn from all this sun exposure, this next talking point will offer relief, because the No. 1 cause of sunburn is excessive intake of seed oils and other foods high in linoleic acid (LA). This includes oils like canola, safflower, corn oil and many others.

The LA actually gets incorporated into your cellular membranes, and if you have high levels of LA in your cells, you're going to be more prone to both sunburn and skin cancer. While LA has a half-life of about two years, and can take up to seven years to get rid of completely, many will notice a difference in the amount of sun they can tolerate fairly rapidly once they cut this fat from their diet.

That said, sunburn may be the least of your problems if you're consuming high amounts of LA, as it acts as an overall metabolic poison.³ This will be one of the major subjects of my next book. I am actually hoping to give it to you for free in celebration of our 25th anniversary.

Seed oils, courtesy of the LA, are incredibly proinflammatory⁴ and drive oxidation in your body. This oxidation, in turn, triggers mitochondrial dysfunction that then drives the

disease process.^{5,6,7,8,9,10,11} Anything over 10 to 15 grams a day is likely to cause problems in the long run, and the average American is eating 80 grams a day.

Your body also breaks down LA into harmful subcomponents called advanced lipid oxidation end products (ALEs) and oxidized LA metabolites (OXLAMs), which can cause significant damage at the cellular level.

For example, an ALE called 4HNE is a mutagen known to cause DNA damage, and OXLAMs are cytotoxic, genotoxic, mutagenic, carcinogenic, thrombogenic, atherogenic and obesogenic.¹² In fact, one of the primary reasons for the obesity epidemic in the U.S. is the overwhelming amount of LA being consumed on a daily basis.

In addition to all of that, most seed oils are made from genetically engineered crops, making them a significant source of toxic glyphosate. Aside from cooking oils, the primary sources of LA are processed foods (any food containing or cooked in seed oil) and conventionally raised chicken and pork (as they're fed a lot of corn).

Health Tip No. 3: Time-Restricted Eating

A third strategy that won't cost you a dime, and may actually save you money, is time-restricted eating (TRE), a form of intermittent fasting where you eat all your meals and snacks within a six- to eight-hour window, and your last meal at least three hours before bedtime. This means that for 16 to 18 hours a day, you're fasting.

This schedule will give you virtually all the same benefits as calorie restriction with respect to longevity benefits, but without any of the downsides, the primary one being compliance.

In the U.S., 90% eat across 12 hours. Some will even wake up in the middle of the night to eat, and this is a surefire recipe for metabolic disaster and chronic ill health. One of the primary benefits of TRE is that it will make you metabolically flexible, so that you can burn both fat and carbs for energy.

If you're constantly hungry, chances are you're metabolically inflexible and cannot efficiently burn fat. Your body is basically just screaming for another quick energy fix, because carbs burn fast and when they're gone, you need more. Once your body can efficiently burn fat, hunger usually disappears.

Without hunger pangs driving your search for food, you'll also be able to simply not eat if you're in a situation where you can't find healthy food. This way, you're not "forced" to eat junk that will deteriorate your health.

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TRE will also help prevent excessive activation of the mechanistic target of rapamycin (mTOR). mTOR is found in every tissue and responds to different nutrients and stimuli, including dietary protein, insulin, carbohydrates and exercise, and is best activated twice a day in a pulsatile fashion. When you activate it continuously as most people do when they graze throughout the day, it can lead to an increase in risk in diseases like cancer.

Tip No. 4: Optimize Your Circadian Rhythm

Circadian rhythm optimization is another frequently overlooked strategy that can have a tremendously beneficial impact on your health. Your body is designed to fall asleep a couple of hours or so after the sun has gone down, and to wake up more or less with the sun.

Most adults need right around eight hours of solid sleep per night for everything to function optimally. In the evening, avoid blue light from your TV and electronic screens. If you need lighting, you could use red LED bulbs, low-wattage filament bulbs or salt

lamps. Alternatively, you could wear blue-blocking glasses. There are also various apps that will alter the color temperature of your screen at night.

These are but four simple strategies that cost you nothing and can make a huge difference in your health and well-being. There are dozens more, many of which I'll cover in a free e-book that's being published later this year. The truth is, your body is biased toward health and can heal from most anything as long as you give it what it needs and eliminate pernicious toxins that are jamming up your mitochondria and cellular machinery.

Become a Perpetual Student and Continue Your Learning

Last but not least, I mention in the interview that one of the most important traits you can develop if you want to be healthy is the mindset of a perpetual student. Pre-internet, learning was a laborious challenge that required physical trips to libraries and book stores, making photocopies and storing reams of paper.

As the internet took off, researching became incredibly easy. For about 20 years, you had the literature of the world at your fingertips. Today, censorship has stifled much of this intellectual freedom, and accessing information about health in particular is again a challenge.

Google, for example, is shadow banning and hiding valuable sites that contradict the official narrative so, unless you know where to look, you may not find them. Fortunately, I've been around for 25 years and have a large following that do know where to find my site. Newcomers, however, are at a distinct disadvantage.

So, at this point, it's very important to identify trusted sources, and to follow them regularly, as doing a Google search is not going to lead you in the right direction anymore.

Virtually all search results are directed toward Big Pharma-approved and "fact checked" sites that regurgitate the talking points put forth by the globalist cabal that seek to force

us into The Great Reset. One of my personal favorites that I follow regularly is [Dr. Robert Malone's GETTR account](#).

Sources and References

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