

pipblanc

Thank you for this list; probably one of the most useful posts in a while, if only because this kind of information is empowering. It's best to be prepared. One of the supplements I have considered is Serrapeptase because of its anti-inflammatory and antithrombotic qualities, amongst others. I published a poem recently called "Integrity" for the Solstice; it is about staying in the light in these difficult times. Love, light and blessings to you all at the season of good will. Namaste. I have posted a text version of Integrity below. It is also available on Amazon as an illustrated book.

Posted On 12/22/2021

moineau

I'd love to read your poem, Pip, if you would like to paste it or give a link. ~Laura xooxoox

Posted On 12/22/2021

moineau

ps. I'm taking Natto-Serrapeptase.

Posted On 12/22/2021

Cabochon

I am replying to your post, pipblanc, to return your good wishes in this season of good will and in order to highlight some information as a 'good news' Christmas present to all fellow mercola.com readers to encourage them not to abandon hope. Good news for a merrier Christmas! Cheer up fellow mercola readers! (1) Dipali Ojha (attorney of law of the supreme court of India) is proceeding with the murder case against Gates and has been interviewed by Reiner Fuellmich www.bitcute.com/.../KRQ2iQLol6rb . This has been previously circulated on this page by myself and others.

(2) Not so well known that a team of knowledgeable lawyers, scientists and others from the UK has formally lodged an application to the International Criminal Court Office of the Prosecutor in the Hague against named individuals for violation of the Nuremberg Code, the Treaty of Rome and crimes against humanity. As far as can be established, the application became necessary as the normal first option choice of reporting crimes to the police and the courts had failed to result in any action being taken. Let's leave these actions to proceed without hindrance. Merry Christmas!

Posted On 12/22/2021

lovestosing6

Pip - would love to read your poem as well. I'm literally making a list and going to check it twice here - it's almost it's own diet for these times, and I'm feeling totally on board! :)

Cabochon - thank you for the links - I'm encouraged!! Can it come soon enough? yeesh!

Posted On 12/22/2021

tanya_marquette

I use Firefox and do not have the option to save as a Pdf so easily. Wish I could. However, I have a Firefox Add on button that takes me thru a few steps to save as a pdf file. I also make sure the Sources list is open as well as the comments which I also find interesting and invaluable. Then I do a copy/paste into a word document so it is saved on my computer. I can then file the article or save as a pdf from my word processing program. I use Word Perfect . I also bought a subscription to Mercola's Substack web site for ability to search and save what I may miss. Finances are really lousy but these articles are so important to save that it seemed most important to support the effort.

Posted On 12/22/2021

janskyg

I also would love to read your poem. We need anything positive right now so lay it on us. Namaste to you also.

Posted On 12/22/2021

Cabochoh

You might want to read a message of hope from Catherine Austin Fitz, janskyg.
home.solari.com/reflections-on-our-future-december-2021

Posted On 12/22/2021

ABC_111

Instead to use teas/plants that contain Shikimic acid, why don't we use shikimic-acid supplement instead? And what about homeopathic remedies, there are already nosodes for each vaccine.

Posted On 12/22/2021

MoMac46

Pipblanc Thank you for your good wishes, I wish you a happy Christmas, love, light and many blessings for a healthy year to follow. Cabcochon thank you for the interesting information on the law suits and happy greetings to you too. To all my friends and other posters on this site and to Dr. Mercola and staff, I am thankful for all you give in advice and knowledge all year. My best wishes for a joyful festive season and a happier peaceful healthier year to follow.

Posted On 12/22/2021

plastictekkie

Tanya, I, too have Firefox, and it is quite easy to print to PDF if you download a small file called "Cute PDF Writer". I apparently downloaded it for free in 2015, and it works just like any other printer! So select that as your printer, and use the print dialog as you normally would. Then, after a few seconds of working, it asks where it should save it, and it proposes a title for the document. Two clicks and it is done.

Posted On 12/22/2021

allunoisrong

This article would be correct if one replaced Spike Protein with nano graphene, what these damned things really are.

Posted On 12/22/2021

dividingcricker

Think about Boron ...many sought after foods ight have a root mineral ...boron .

Posted On 12/22/2021

GoldCoaster

Cabochon; Thank you for that video link.(Goes for 35.5 mins) So good to hear some good news about fighting the govt and Gates evil. Also the Vaccine Testimonials website, being restored by Google after taking it down, after receiving a legal notice from the lawyer in India. She's doing a lot!

Posted On 12/23/2021

mesah87

Love, light, and blessings to you as well. I also find this article uplifting and helpful as well and came to the comments to say as much. Something we can "actually do" and many of the items listed are low cost in addition to being natural in most cases.

I have taken serrapeptase in the past for scar tissue. Don't know if it helped that much (probably did me good though the issue I was trying to treat didn't turn out to be scar tissue and has since resolved haha) but I can say that I had absolutely 0 side effects or anything with it.

I had a great solstice ceremony as well, outside all day long even in the rain!

Namaste and Happy Holidays.

Posted On 12/23/2021

nothingsound

Yesterday an article was posted in the National Pulse: Pfizer is purchasing Arena a Utah Company that has a whole department dealing with cardiovascular and inflammatory diseases. The purchase tag: 6.7 billion. Yup. They will now make money from the side effects their jab is causing. Where are the bells ringing? Evil knows no bounds...but yet, but yet, hope arrives and thrives!

Posted On 12/22/2021

rrealrose

Of course in a capitalist society, that's the point! >> First use interventions to create health issues; then looking like a seemingly white knight, rush in with suppressive "solutions" that are taken for life. Describes their winning protocol, major aspect of the continuous income stream these corporations are working to create for the next 20 to 30 years. >>>Sometime after the first 120 days of rollout, Moderna announced this summer they are returning to studying and promoting their chemo-alternative cancer therapy (their initial product development plan). And thereafter?

Posted On 12/22/2021

pipblanc

Like Tobacco Companies and nicotine patches and Vapers.....

Posted On 12/22/2021

versatile

This post is stunning! One of the best Mercola posts I have seen to date. The references and links are also invaluable. Many of the comments provide added value. I see this as a sign that the world is waking up. Sunshine, the source of all life and health is the ultimate disinfectant. Let's make 2022 the year we beat "COVID - the pandemic" with the simple application of truth and light. We need to share this information in as many ways as possible. We need to examine and study its depth and breadth from many perspectives. Don't let it disappear. Fight!

Posted On 12/22/2021

lovestosing6

Agreed! And I'm on board!!!

Posted On 12/22/2021

Ringer2

Dr. Thomas E. Levy, MD, JD, wrote the following article: orthomolecular.org/.../v17n24.shtml

Posted On 12/22/2021

stoneharbor

Wow, thank you Dr. Mercola. This is a blockbuster article. The very thing that those who have received the vax and were subjected to their own body manufacturing Spike proteins should be looking for. Additionally, thank you for mentioning the CD147 receptor, not often mentioned as an additional, and very important binding site for the spike protein to make entry into our T-cells, and even our red blood cells neither of which have Ace 2 receptors but which do have very attractive CD147 receptors.

For those interested in why Covid-19 is attacking both our immune system at the T-cell level, and our circulatory system, by breaking apart red blood cells, read the following link which explains why Covid-19, by binding to the CD147 receptor of red blood cells, not only stops delivery of oxygen to cells, but also releases damaging iron from the hemoglobin into the blood serum, making the virus more dangerous, as the free iron in the serum acts as a damaging agent when it is oxidized. medium.com/microbial-instincts/overlooked-receptors-could-explain-quir..

Posted On 12/22/2021

COVID vaccines are not traditional vaccines. Rather, they cause cells to reproduce one portion of the SARS-CoV-2 virus, the spike protein. The vaccines thus induce the body to create spike proteins...And it is the spike protein that research found is toxic in and of itself (along with the added effects of Lipid Nanoparticles which are also shown to be highly inflammatory).

According to the research, binding to cells like ACE2 is found to not be necessary to cause the harm shown from the spike protein as recent publications confirmed that CD147 receptor signalling is activated by the spike protein alone, without infectious virus, and without any direct infection/binding to the cells themselves required! HERE, THE SPIKE PROTEIN ALONE CAUSING THE HEART PROBLEMS THROUGH ACTIVATION OF CD147 RECEPTOR SIGNALLING, AND NOT ACE2, including the cytokine storm doi.org/.../ehab724.3383

Covid-19 illness has been found in research to be caused by the spike protein ALONE, without infectious virus. So the spike protein alone is showing to be PRODUCING all the exact same symptoms of the very illness it is supposed to be protecting the people from, including the cytokine storm along with research showing the spike protein alone is capable of causing heart inflammation, blood clotting and other negative effects and this spike protein is what the vaccine is meant to make in your body.

the S1 subunit of the SARS-CoV-2 Spike protein ALONE was enough to induce the very same COVID-19-like symptoms including severe inflammation of the lungs and cytokine storm-EVEN WITHOUT THE PRESENCE OF INTACT VIRUS - it produces biochemically, immunologically and histologically evident COVID-19 like Acute lung injury (ALI), including the "cytokine storm". scitechdaily.com/sars-cov-2-spike-protein-alone-may-cause-covid-19-lun.. Full study: journals.physiology.org/.../ajplung.00223.2021

Posted On 12/22/2021

datadragon

It was a research team lead by Dr. Barney Graham from the Vaccine Research Center at the NIH NIAID who created an engineered form of the spike protein that was said to be unable to make the shape change required to effectively bind to cells like ACE2 making the spike protein "safe" for vaccination, but that can be considered wrong information or misdirection to promote false safety of the vaccines because binding to cells like ACE2 is now found to not be necessary to cause the harm shown from the spike protein of SARS-Cov-2 through activation of CD147 receptor signalling. This spike is not just in use in Moderna's COVID-19 vaccine, but also in the COVID-19 vaccines by J & J, Novavax, Pfizer/BioNTech, and CureVac. blogs.mercola.com/sites/vitalvotes/archive/2021/07/21/guess-who-develo..

CD147 is also involved with cancer and a tumor's malignant progression, invasiveness, and metastasis www.ncbi.nlm.nih.gov/.../PMC4227170 ~ www.nature.com/.../srep32804 ...So on quick glance, looking at any potential for CD147 inhibition: Resveratrol, Quercetin, EGCG, Berberine, Green Tea (has EGCG and Quercetin also), Curcumin and Black Tea (Teas with no sugar or milk) all might be promising to consider. www.karger.com/.../447923 ~ file.scirp.org/.../15-2603072_75022.htm ~ www.academia.edu/60221867/428_Morin_Quercetin_Rutin_Gallic_Acid_and_Re..
~ www.researchgate.net/publication/51421334_Resveratrol_inhibits_EMMPRIN..
~ pubmed.ncbi.nlm.nih.gov/19561311 ~ www.ncbi.nlm.nih.gov/.../PMC8093865 ~ pubmed.ncbi.nlm.nih.gov/28261097

Posted On 12/22/2021

rrealrose

Datadragon, Hi and Thanks! already clipped the links in your first posting, and your suggestions. Have started on more berberine and found long-forgotten puer-eh black tea. Also listened to Dr. Henry Ealy suggestions, he is saying l-arginine may dissolve spikes - no time to look into this in detail...this also makes sense, yes?

Posted On 12/22/2021

stoneharbor

datadragon, thanks for many great links. You are always a great resource and have in depth knowledge of the subjects discussed. Yes, we have learned since research has been done on the effects of the fake vaccine that the spike protein is injurious all by itself, and the fake vaccine only compounds that problem because the inoculation causes any cells receiving the mRNA dose to start producing extremely high quantities of the spike protein. However, the significance of the Covid-19 attack via the CD147 receptor is that had that been well known from the start, the disease could have received much better treatment because the CD147 receptor is either the only one present in certain cells (as in red blood cells, T-cells) or is present in greater quantities than ACE2 receptors in other cells such as bronchial epithelial cells www.ncbi.nlm.nih.gov/.../PMC7714896

and this would have made it clear why it would eventually be determined that SARS-CoV-2 was such a threat primarily to the immune system and the circulatory system, and secondarily to the respiratory system. SARS-CoV-2 wiped out the T-cells that were supposed to be fighting it, and also caused the release of destructive free Heme released from the hemoglobin of destroyed red blood cells so that, without sufficient ascorbic acid available to restore the valence of the released iron ions, there would utter destruction of the circulatory system from the oxidized iron in the serum circulating throughout the body.

Posted On 12/22/2021

Ringer2

Here's what Dr. Thomas E. Levy, MD, JD, wrote: orthomolecular.org/.../v17n24.shtml

Posted On 12/22/2021

Almond

There are people much more educated than me who have degrees in psychology and know how to manipulate others. I will not say they are smarter than me or have better values, but they have sat their butts in certain classrooms longer. Perhaps viewing the world through that distorted lens has limited their compassion and humanity. It has blinded them to all that is natural and good.

When I fought against advanced cancer I had to learn to be rational and confident enough to stand alone. One lesson I learned is that when circumstances begin to become challenging only 5% of the population will resist. When they become extremely oppressive, that number falls to half. Perhaps only 1% will refuse to go along no matter what. The numbers fall as pressure to conform to group think and standard treatment increases.

I am observing the psychological harm done to those who have been coerced into submission--not the brain-dead zombie sheeple. They hang their heads in shame when admitting to being jabbed. They know they have acted contrary to their value system. It leaves a deep emotional wound to know they have given up their autonomy for a job or survival. I think they also know that this is not the end. Once they have demonstrated their submission, they will never again be safe from tyranny. I see my friends and relatives succumbing. They try to make excuses... maybe saying, "I will only get one shot and it will then be ok." It never is. Life does not work that way.

Getting only one shot increases personal risk and places the individual in the same category with the unvaxed. On a more positive note... those who refuse are now being vilified in the most despicable and persecuted manner. (Expect it to get worse.) However, this is a demonstration of how desperate those in power are. The resistance is growing daily and getting so strong that they can only control it thru brutality. Every act committed against humanity just adds to resistance and buyers' remorse. Numbers grow.

Posted On 12/22/2021

AaronF

Almond, did you have some alternative ways to fight your advanced cancer? (How did you stand alone?) I hope you were successful! I have always thought that if a cancer stricken person accepted the standard of care for that disease, his prognosis would be forced into the expected profile for patients being treated in that way. But if he tries alternative methods, he would be making more likely other more positive outcomes unheard of by most doctors treating cancer these days.

Posted On 12/22/2021

Raythe4th

I will not comply...count me in as the 1%, even if I lose all family, friends, income, and eventually my life....My foundation is in Jesus, and my faith will remain true to my God, my rock, my savior, my redeemer, the one who already died for me. If I have to return the favor, I'll gladly lose my head for Him. Let all the earth fear the Lord: let all the inhabitants of the world stand in awe of him. For he spake, and it was done; he commanded, and it stood fast. The Lord bringeth the counsel of the heathen to nought: he maketh the devices of the people of none effect. The counsel of the Lord standeth for ever, the thoughts of his heart to all generations. Blessed is the nation whose God is the Lord; and the people whom he hath chosen for his own inheritance.

The Lord looketh from heaven; he beholdeth all the sons of men. From the place of his habitation he looketh upon all the inhabitants of the earth. He fashioneth their hearts alike; he considereth all their works. Behold, the eye of the Lord is upon them that fear him, upon them that hope in his mercy; to deliver their soul from death, and to keep them alive in famine. Our soul waiteth for the Lord: he is our help and our shield. For our heart shall rejoice in him, because we have trusted in his holy name. Let thy mercy, O Lord, be upon us, according as we hope in thee. Psalm 33:8-15,18-22 As the preacher in the movie, Coming to America once said: " I love The Lord....and if loving the Lord is wrong, I don't wanna be right"

Posted On 12/22/2021

Almond

Aaron... I used many natural therapies. How did I stand alone? Oh my. So many ways. I cannot remember or list them all. I was not a compliant patient. I refused so much they wanted to do to me.

If I did not get my way, I did not go along. I refused one kind of surgery altogether because they would not do it my way. At one point, I was being brutalized and not getting my way, so I got up and walked out of the operating room--that gave doctors time to come around to my way of thinking.

I refused hospital food and had my meals brought in to me. I disagreed with the hospital contract, so I crossed out and rewrote parts of it and initialed and dated the changes. I got permission to speak before a consortium of doctors--they thought I would be complementary... instead, I berated them for their greed in seeking federal funding that was spent on themselves and did nothing to help patients. When I had problems with "the system", I started my protests at the top instead of working my way up from the bottom--I had very clever ways of getting people's attention.

They often had more to lose than I did and were unwilling to put their jobs at risk. I scheduled medical appts with some of the greatest doctors of all time, esp. wanting to hear what those who were litigating over the loss of their licenses had to say. I obtained natural meds that I could have been imprisoned for having in my possession. There was one doctor on the run from authorities because he acted as a mule for cancer patients, bringing forbidden drugs in from abroad.

I spoke out and met with other cancer patients, esp. those who found their way to my doorstep. This drew unfavorable attention from the local medical community. I was bad for business. Back in those days, we saw many dramatic recoveries. I was safe from prosecution because I knew too much. They knew if I was was prosecuted, I would be on the witness stand spilling all the dirt I knew about corruption. That is enough for now.

Posted On 12/22/2021

Randyfast

Almond; I just want to let you know that I read your posts. You are an amazing individual! You are compassionate and empathetic and you understand what's going on and think clearly, with logic and reasoning; and you have great insights. You have taken total control over your own health/life. You also have a strong desire to help others; so there's no doubt that you are a good person. I lack a "formal" education; although, for me at this point and considering how fast this society is being destroyed by Dark Money - I consider it a plus. I have this strange habit of thinking for myself. "Higher education" probably would have "cured" me of that!

Posted On 12/22/2021

rrealrose

Hi Almond, Just 4 you? Dr. Vladimir Zelenko: Chilling Warning and Call to Action! - www.bitchute.com/.../U0PqZIHsrgny

Posted On 12/22/2021

balhawk

Wow, great work, Almond! We're certainly doing much, much better than a few %. But my read of history has shown that a determined minority can also prevail, as in the American Revolution, slavery abolitionists in some decades later, and India against the crown.

Posted On 12/22/2021

bee70578

Almond That is so true. I have friend (with CFS) whom I warned about the dangers of the jab, which she took seriously, then one day her local news offered tempting easy access to a jab at a local store and she took the Pfizer shot. A day or so later her carer mentioned that three of her elderly patients had died shortly after 'vaccination' and she would never take the shot herself. My friend is now so freaked out about what she has done that she can barely listen to what needs to be done to detox it. Her whole personality has been diminished by it.

Posted On 12/22/2021

AaronF

Almond, thanks for your comments and for your answer to me! I hope you have or will publish your story for others to read! I am fascinated by your way of thinking. I often think that way, but feel powerless to affect the need for change in this current environment of medical misfeasance and malfeasance! Of course there are remedies about cures and alternative methods for healing cancer, etc; but it is quite a different story if one wants help from the medical establishment, where one might find himself when other options are not available, when he is in great stress and/or pain.

Posted On 12/22/2021

Almond

ballhawk and all... This is why, with persistence and commitment, we will eventually win... Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has. --Margaret Mead www.theguardian.com/science/2021/oct/20/jane-goodall-on-fires-floods-f..

Posted On 12/22/2021

Almond

Aaron and all... You begin by standing up for yourself and doing what is right. It is very empowering. You will also inspire others. As I mentioned previously, most people will lack the confidence to confront you directly. (You still need to be concerned about back stabbers, but many of them will do themselves in given half a chance.) At the very least, you will gain the respect of your adversaries instead of cowering in fear. One thing I learned from an Apache friend. "You have to fight your own battles if you want to enjoy the spoils of victory. Do not expect someone else to do it for you." No, it is not easy. But it is easier than cringing and engaging in nonproductive behavior.

OK, so I do not mean to act foolishly with disregard for your welfare in situations where you will inevitably be harmed. There is so much you can accomplish if you stand up, act and speak out, though. The year is almost over. How many individuals and businesses are doing year end taxes. If you are considering for a place to donate, consider Frontline Doctors. Support those who support you. As the saying goes, there are 2 ways to make money--men at work and dollars at work--the same is true of acting to promote change. Either you will choose how your tax dollars are spent or the govt will decide, but the choice is yours.

Posted On 12/22/2021

Almond

bee and all... I have observed what you say happened to your friend. I notice that those with buyers' remorse could be coerced to accept the job because they have still not learned to stand up for themselves. Knowledge without action does not give power. They are still trapped in their minds and afraid to act on their own, even to take life-saving action to ameliorate the effects of the job. I am more concerned about the mental-emotional-spiritual aspects of intimidating people to get jabbed... as terrible as the physical consequences are.

I suppose many people think of going along to get along as a survival mechanism in modern society where most people are dependent on others for sustenance. A couple hundred years ago, there was no such thing as guaranteed jobs or social safety nets... most people were rural and had no option except to solve their own problems and be self-reliant. With a shift of demographics to cities and mass production, people's lives changed. People have become psychologically and socially conditioned to act against their own best interest. They have been lulled into complacency by a false sense of security.

I observe that I am most likely to see courage where it has been previously tested and experienced. People who have already confronted their own death under dire circumstances. One example is how I stood immobilized the first time I saw a raging apartment fire. As it happened, when I was young, we were forced to move suddenly. Our only option was a large apartment complex. There was a lot of crime and unsupervised children. The children would play with matches and set many fires. After awhile, we got used to seeing fires and knew what we had to do to react immediately. I recall running thru hallways and banging on doors to get people out. One couple, both in wheelchairs bravely said, "Help the others, we can get out on our own." Never live above a second floor... You can always "hang from a window and drop" or lower a baby in beddings

Posted On 12/22/2021

Almond

realse and all... Contact your legislators on the first day of the new year that the legislature meets-- the date is different in each state. Many activist groups are planning protests at state capitols. At the very least, if you cannot travel and participate, call your congressmen and demand action on reversing mandates.

Posted On 12/22/2021

fvtomasch

Almond. A good book to read is Foundations for Healing by Dr. Richard Becker. Has lots of info on cancer and natural treatments. You can find it at www.bioinnovations.net

Posted On 12/22/2021

abe5680

Yes, I remember seeing an article from Dr Leonard Coldwell the other day, in which he claims you can arrest any cancer in about 6 weeks! I was also listening to a doctor from South Africa a couple of weeks ago, when they announced the Omicron variant there. The majority of her patients were cancer patients or cardiovascular patients, mainly with high blood pressure. She was saying how 100% of her cancer patients had been in remission.....UNTIL they all took the jabs. She now reports that not one of them has remained in remission and, in fact, not only is their cancer now 'back', but these cancers are now metastasizing. She said she cried herself to sleep most nights once she realized this. So, I'm glad to hear that you are still standing strong in your own power, Almond, and I know you would never be naive enough to fall for the jab.

Also, I suspect they may be lying about the percentage of people who have been jabbed - likely upping the numbers to make the unvaxxed feel like they are a very SMALL minority. I suspect there are more unvaxxed than reports show. Something then came out recently to say that the real numbers of unvaxxed in the UK are actually much higher than has been reported. I was SO happy to hear that.

Posted On 12/22/2021

janetr

My suggestion is save any of Dr Mercola's wonderful articles on your computer - as they are only available for 24 hours. That is what I am doing.... that way I can still refer back to them. Merry Christmas everyone.

Posted On 12/22/2021

kappert

Yes, good advice! And distribute. For example with the Firefox browser you can choose "Save to PDF" in the print menu (menu symbol with three stacked bars in the upper right). PDF is a convenient format to keep texts.

Posted On 12/22/2021

AaronF

Hi Janetr, I am doing that too. Saving these articles as pdf's on my computer. However, it is sometimes difficult and time consuming to do that, because when I right-click at the top of each article to open the dropdown menu, and click on save as pdf, all I get is a blank pdf! Not all the time, but enough to make it a problem. What I then do is just highlight the whole article and copy and paste; that works, but I have to reduce the margins and set it for landscape orientation for it all to fit on the pages. Do you have a more convenient way for saving these articles?

Posted On 12/22/2021

Randyfast

AaronF; I ditched microshaft windoze a long time ago; so I'm not sure what the options are there. In Linux; what I do, if I don't see the PDF option, I simply copy the entire article into LibreOffice Write, clean it up a bit; then "export as pdf". It's a very simple process. I also use VideoDownloadHelper in Firefox, to download the videos. I have hundreds of these PDFs and videos in my library.

Posted On 12/22/2021

ragus

I agree @janetr, we have to make our own copies. The easiest way I have found, which also preserves the formatting is SingleFile for Firefox (addons.mozilla.org/.../single-file) which saves an entire webpage including images, styling, frames, fonts etc. as a single HTML file. Remember to expand "Sources and References" and "Comments". Ask here or message me for help.

@Randyfast: "I also use VideoDownloadHelper in Firefox, to download the videos." Embedded videos in articles ought to have the source URL listed below them, so we don't have to look in the source code for the URL. Check out github.com/.../yt-dlp to make a local video copy.

Posted On 12/22/2021

versatile

Yes, save the posts. I take this a step further. I view the post, and open the comments on the evening before the post is deleted. Then I save the file as a mhtml file - webpage complete. This ensures I have the entire post, including all links and comments in a single file. Saving as a PDF with the print menu, or by the Safe as PDF link on the page often misses some links and never includes the invaluable comments. to your health, tracy

Posted On 12/22/2021

ord6070

Thanks Versatile, much better than saving pdf's.

Posted On 12/22/2021

HealthiestChoices

Hi there, versatile ~ Do you make house calls?

Posted On 12/22/2021

AaronF

Thank you RandyFast, Linus ... OK, I will try that! Thanks! But that does not seem very easy to do, at least at first. It would require installing it. I do not want to get rid of my Windows, because I already have so much on it!

Posted On 12/22/2021

Ringer2

48 hours maximum

Posted On 12/22/2021

abe5680

Good advice, Janet. I've been saving medical articles for over 20 years on my computers and devices. I always intuited that medical censorship would arrive - so, I started out early! Very glad I did.

Posted On 12/22/2021

GoldCoaster

I thought is was 48 hrs they're available

Posted On 12/23/2021

Ronmus

When it comes to cinnamon...may I suggest one type over another: Cinnamomum verum (Ceylon Cinnamon) ...over ...Cinnamomum cassia (Saigon Cinnamon).

Posted On 12/22/2021

bet6559

By publishing these articles, Dr Mercola provides a humanitarian service, I am in Brazil translating them and sharing them with family and friends. Congratulations Dr Mercola.

Posted On 12/22/2021

Ambereyes

I have been doing this for years, too!

Posted On 12/22/2021

abe5680

And a big thank you to all translators and sharers!

Posted On 12/22/2021

It's pretty straight forward. Eat real food, maintain a healthy weight, exercise, and get 8 hours of sleep. Supplements are not necessary if you do those 4 things. There is one thing that I didn't see mentioned in today's report that I find it rather surprising. Garlic has a long reputation for fighting off and preventing respiratory infections, especially colds. At least half of your colds are caused by coronaviruses. Here's a PubMed report on garlic and it's potential for preventing/treating Covid-19:

www.ncbi.nlm.nih.gov/.../PMC7673072

I'm not sure what else I could contribute my 10+ years without a cold to except maybe eating 100 times more garlic than I did 15+ years ago. I never consumed much garlic prior to 2000. I caught a cold at least once every 3 to 5 years. After meeting my wife, who is Korean, I had to learn to eat a lot of things I would have never been able to stomach. Kimchi is at the top of that list!!! Korean-style kimchi is full of garlic and it is loaded with Vit-K. I was already getting Vit-K from green leafy veggies, but Kimchi is like a gold mine for Vit-K. Last, but not the least, is Nattokinase from fermented soybean paste (natto). I never knew of such a thing prior to embracing a S. Korean diet. Nattokinase is an enzyme that's formed when fermenting soybeans into natto (soy paste). It is a powerful anticoagulant!

This is important in treating a covid-19 infection and/or covid-19 vaccine side effects as both cause blood clots. Here's a good summary/report on Nattokinase: www.linkedin.com/pulse/possible-solution-blood-clot-caused-covid-19-bs.. You can buy it as a supplement, but I highly recommend natto instead as a dipping sauce for celery, Romain lettuce, or zucchini slices. We spice it up with tiny bit of red chili paste & roasted sesame oil. A little bit goes a LONG WAYS! The blood thinning effect is phenomenal. People on blood thinners would sue their doctors if they knew about nattokinase

Posted On 12/22/2021

HealthiestChoices

Hi, jamNjim~ You are correct about the garlic as well as it rarely being mentioned in the topics. I posted once or twice back awhile when the Covid was still fairly new. Garlic has so many healing properties that helps all types of ills. I haven't seen him for awhile but there used to be a poster here - thegarlicmeister.wordpress.com/.../garlicmeister - who shared lots of benefits and healthy tips for different issues. I haven't seen him posting for a long time, but he offered wonderful information.

Garlic is in the onion family and contains sulfur compounds as well as allicin. Sulfur is great for skin, boosting collagen (sags & wrinkles anyone?) also working with Vit. C to help build new tissue. A bit off topic here, but look into MSM (methylsulfonylmethane) for many other benefits. Two of my nieces and husbands are taking it and said they can't believe how it improved several issues. I also take it. I used to take the recommended amt. on the jar, but my nephew (quite large) said he's taking 3 TBSP. a day. I'm small, but have upped my amount. Allicin also has too many benefits to list here - just research it.

The best way to take advantage of garlic's benefits is to finely chop the amt. of needed cloves and let sit for up to 15 min. for the allicin to develop...VERY healthy compound. Research to find LOTS of tips. Another thing to mention: when using it in a cooked/baked dish, I don't add it until the very end so as to keep it mostly raw. Also, while prepping for a meal I do a little extra and pop bits into my mouth to chew, followed by a little water. Chewing gets it into your blood stream. I read swallowing w/out chewing it won't linger on your breath. :::CONTINUED:::

Posted On 12/22/2021

HealthiestChoices

::CONTINUED:: One more thing: Growing your own garlic is SO easy, requiring little care and you know it has no chemicals. Also, IF buying, be certain it's grown in the USA (Organic if possible) as a lot of it these days is from China. Make sure it's labeled. Also, a lot of garlic is irradiated for longer shelf life, so if buying, local farm markets are best, but ask about sprays, etc. as not all farmers are into organic.

Garlic is also a great antifungal, so is effective in foot soaks or for bathing...helps heal many types of sores but could sting a bit. Start with a few CRUSHED cloves 4-7 - size may determine how many you want, or how much water in the tub, but I would start with maybe 3 at first. The more smashed & juicy, the better. Let sit for about 15 min. to develop the Allicin, then add to a qt. or two of water and let sit for about 30 min. but not too long. Then strain it into the tub. This prevents bits of garlic that 'could' burn the skin, or from going down the drain. This bath is so rejuvenating and energizing, but at first might burn a little, but isn't harmful. If it's too much, just add a little more warm water. It's safe for the whole body.

Posted On 12/22/2021

Randyfast

Once again; unless I missed it...no mention that the Spike Protein in the nanobot shot (let's call it what it is!) is SYNTHETIC! This virus has never been isolated. As long as I'm hearing about "covid infections"; I think I'll just move on! People are being infected with the cold or flu...unless they really did disappear within the past two years. Coronavirus is a "cold" virus - nothing more. The toxic Gene Editing, nanobot infused medical device - is a totally different matter! I'm going to go our on a limb here; and offer the truth.

The main purpose of the shot, is to reprogram human DNA...if not; then why did the top scientist of Moderna make the statement: "We are hacking the software of life"? Is that not clear enough for people? Sometimes; people aren't as "awake" as they think they are. This is a war on humanity! Shouldn't we at least, try to get the facts straight? No offense to anyone; especially Dr. Mercola. He is a tireless warrior for truth. I've just gotten so fed up with this Global PsyOps.

Posted On 12/22/2021

wannabeaknowitall

I guess you missed reading that people who do get Covid die due to hypoxia, then there lungs getting filled with fluid then die (if they're not treated). So it's not just a regular cold or flu. And yes, the vaccine is designed to reprogram your DNA, which has the nanobot spike protein that will give you Covid if you're in poor health. People with comorbidities, are overweight or have poor health appear to be the targets of the virus. It's the mRNA molecule that's being injected that was designed to attack the mitochondria if it gets that far. If your body can't fight it and it gets there the effects are detrimental to your life.

Posted On 12/22/2021

lovestosing6

Wannabe - but hypoxia is also the case with pneumonia - this is how my son died - a viral infection that looked like a tornado on the Xrays - terrifying! However, we have a friend here, older male, who was diagnosed covid-pneumonia and they used nebulizer and 3% hydrogen peroxide (minus the iodine) and cured him - so do people die from being in the hospital???

Posted On 12/22/2021

rrealrose

Hi Randy, Here ya go! Actually for the Brits on the blog: "It's beginning to look a lot like genocide everywhere you go" - www.bitchute.com/.../ec7P0a72t2b3

Posted On 12/22/2021

Randyfast

Rreal; it's already in my collection. Thanks anyway. It looks like a classic to me!

Posted On 12/22/2021

MaxDuncan

Randyfast - you are absolutely right! Call it what it is - a synthetic mRNA lab created nanobot injection. It is not a vaccine and it really can't be called a gene therapy - I'd say it needs to be called "gene editing" software. Those who have accepted it are the guinea pigs in the ongoing "clinical trial". The synthetic code was developed by Ralph Baric at the Univ of NC Chapel Hill. See Patent 7279327 filed 19 April 2002. www.citizensjournal.us/patents-prove-sars-cov-2-is-a-manufactured-viru.. ~ www.bitcute.com/.../002twteL0LQT ~ patents.google.com/.../en

I suggest two things are happening and investors are diving in to profit from: 1) the insane desire to program the human species using complimentary DNA (cDNA). 2) Reduction of the world's human population based on the insane premise that humans cannot survive the future because of climate change. www.youtube.com/watch cDNA is a chimeric mRNA code using artificial (synthetic) genetic sequences found in cross-species genomics. The US Supreme Court ruled in October 2012 (ASSOCIATION FOR MOLECULAR PATHOLOGY ET AL.v. MYRIAD GENETICS, INC., ET AL.) that cDNA can be patented.

Here is the ruling: www.supremecourt.gov/.../12-398_1b7d.pdf Based on this ruling, if your DNA(individual unique genetic code) is altered by cDNA, you could be identified as not a "product of nature" but a lab creation and can be patented. Add in the WEF plan for the 4th Industrial Revolution and the Great Reset. Profit and control of all living things on this planet. About the push to "Bar Code Life": phe.rockefeller.edu/.../TenReasonsBarcoding.pdf

Posted On 12/22/2021

rrealrose

Hey Randy, you are too quick for me. Check out the 2014 interview from Alex Jones, posted below. We have worldwide an amplification of an existing program and marketing approach being used for years, running counter to reality. Adding fear and hype, suppose anything could be in these vials and called whatever they think will garner acceptance. Existing brews being programmed and psy-oped.

Posted On 12/22/2021

jamNjim

Here's the first isolation performed in the USA on Covid-19 Patient #1:

www.ncbi.nlm.nih.gov/.../PMC7239045

Posted On 12/22/2021

jamNjim

In S. Korea the first patient sick with covid-19 like symptoms was hospitalized and they isolated the virus and did a genome of the virus: www.ncbi.nlm.nih.gov/.../PMC7036342

Posted On 12/22/2021

jamNjim

Later, the University Of PA created an enhanced isolation method: www.pnas.org/.../7001.full.pdf

Posted On 12/22/2021

Randyfast

Max; thank you for your post. Everything contained in it is 100% accurate. I also do my due diligence and I'm quite sure that I already have the info you posted and linked to; however, I'm sure that some others could benefit. You've obviously been listening to Dr. David Martin! Allow me to quote this - from memory: "The money will follow the hype; Investors will follow, if they see profit at the end of the process".

Actually; that's not quite verbatim; I'm not on all cylinders yet; so, I will give the original quote: "To sustain the funding base beyond the crisis, we need to increase the public understanding of the need for medical countermeasures, such as a pan-influenza or a pan-coronavirus vaccine. A key driver is the media and the economics will follow the hype. We need to use that hype to our advantage to get to the real issues. Investors will respond if they see profit at the end of the process." This is obviously not about health! I'll get back to the computer later. I have to go to my dental appointment now.

Posted On 12/22/2021

jamNjim

Finally, you can go to BEI Resources and actually PURCHASE Sars-Cov-2 isolates for research. There's just one prerequisite. You have to be a Level 3 or higher lab to purchase any of the several different isolates they have. www.beiresources.org/Catalog.aspx?f_instockflag=In+Stock%23%7e%23Tempo.. It can't get any clearer than that. BEI Resources is who the CDC directs you to when you make a request for Sars-Cov-2 isolates. Here is the CDC's web page that focuses on the isolation of the Sars-Cov-2 virus: www.cdc.gov/coronavirus/2019-ncov/lab/grows-virus-cell-culture.html At the top of the CDC's page is says: "SARS-CoV-2, the virus that causes COVID-19, was isolated in the laboratory and is available for research by the scientific and medical community." So can we please move on from this insane notion that there is no Sars-Cov-2 virus??

Posted On 12/22/2021

bee70578

There is a serious infection going around referred to as P & I by John Cullen - pneumonia and flu. Two friends certainly had more than a cold or plain flu. They are ok now, and not vaxxed. One with 'long' symptoms' cleared them up with Hydroxychloroquine (from India) and then nebulised H2O2.

Posted On 12/22/2021

Cabochon

Brilliant, rrealrose! Have been looking for a Christmas song for ages that drives home the message that the sheople need to hear. Last year's was about the Wastemonster gang and their ridiculous mandates. This year's goes for the jugular and warns the criminals their days are numbered. I used to be against capital punishment, but am not so sure now. A rope and a handy tree outside Wastemonster and Holyrood look like an attractive option.

Posted On 12/22/2021

Mnestrev

Yes,your right. here is a study from Stockholm and Umeå University which shows the vaccine inhibits the rebuilding of the human DNA. www.mdpi.com/.../htm

Posted On 12/22/2021

wannabeaknowitall

Lovetosing6 My condolences for the loss of your son. Unfortunately, the protocol is to not treat anyone with COVID if they come into the hospital per CDC & NIHS. So yes, hospitals are in essence killing patients. Only those who have private doctors who oversee their stay make it out alive otherwise, if you leave it to the hospitals clinicians they do not have the authority to cure anyone of it unless the patient recovers on their own without intubation. My b-i-l got it but was sent home because he was able to breathe on his own with no oxygen issues. He felt no symptoms just a slight cold feeling but got over it the next day.

My sister got it and then got pneumonia, her doctor advised her not to go to the hospital, instead he treated her for pneumonia and she got cured. Everyone I know who's gone into the hospital for COVID doesn't make it out alive and ironically, everyone who's been treated by their physician lives to tell about it without ever going to the hospital. If the patient dies of COVID the government pays \$35,000 to the hospital for the death of that patient. It could be more but I do remember Cuomo said this back in the beginning of the pandemic.

Posted On 12/22/2021

toggerakinpm.me

Dr. David Martin prefers the term 'Bioweapon' versus Vax... because that's what it is.... Come on people, if we keep using their language they keep winning..

Posted On 12/23/2021

Randyfast

Togger; you're absolutely right. Words have meaning! Those, who aren't quite as awake as they think they are...just adding fuel to the already out of control fire. I hope they all enjoy the January Surprise!

Posted On 12/23/2021

tanya_marquette

This list of detox products is a bit overwhelming. Would love to have a more consolidated list of priorities. I also could not imagine suggesting all these products to someone as their eyes would roll and that would be the end of their listening.

Posted On 12/22/2021

clanharwood

TANYA-MARQUETTE In my opinion and I have suggested this to a couple people that are not so naturopathic-oriented as me, the most important in my opinion and that people can get their heads around is vitamin C, NAC, vitamin D3 quercetin and zinc. With such a short list, and for products that are easier to get, I have not had eyes rolled at me yet :-)) and some of them have actually listened and started buying these.

Posted On 12/22/2021

ScanKat

I agree with clan, those are the big ones. I would add the pine needle tea for good measure since its free growing everywhere.

Posted On 12/22/2021

otis101

I would agree with clan also. And would add when it comes to getting NAC I would recommend sooner than later. I think it is being pushed by the FDA to make it available by prescription only and at a much higher price. [suzycohen.com/.../say-goodbye-to-nac-supplements](https://www.suzycohen.com/.../say-goodbye-to-nac-supplements)

Posted On 12/22/2021

moineau

A friend of mine is vaccine-injured and I don't know how to tell her.

Posted On 12/22/2021

esecallum

With your mouth and tongue or write her a letter...

Posted On 12/22/2021

prune unit

How to tell her that she's injured? Or how to use advice from this article? You'd think she'd know if it's the former.

Posted On 12/22/2021

moineau

That's the thing: she's such a believer in the program. She can't see it. Neuro problems ("dizzy brain"), extreme fatigue, neck pain; now she is having heart palpitations and breathing issues and has been to emergency twice. She's hoping she has covid! But she can't see all the vaccines, the booster, and even a shingles vaccine just to top it off. How do you tell people they are destroying themselves?

Posted On 12/22/2021

HashiMama

Perhaps just share this article and let her know you are sharing this out of concern. It's difficult with those who have not sought out the truth, fall for the lies and act out of fear. Good luck!

Posted On 12/22/2021

CMT367

Laura, Dr. Larry Palevsky MD-pediatrics, says trying to advise vaxxed regretful people is like "following them into a burning house". I heard this on "Critically Thinking with Dr. Tenpenny and Dr. P" a weekly podcast. Subscribe on dr. Tenpenny's site.

Posted On 12/22/2021

Randyfast

Moineau; For what it's worth; from my experience, people who have fallen for the lies and deception, will cling to that belief, no matter what. Logic and reasoning will have no effect. It's called Denial and it is very powerful. They get the first shot; get sick; and then think that the next shot, or the one after that, will make it all better. I lost friends; a family, who I have known for over 40 years, simply because they totally refuse to believe anything that strays from the "official narrative".

Posted On 12/22/2021

rrealrose

My take from experience, an 85 yo woman I know developed speech delay sometime after the 2nd shot. Currently in speech therapy, and recently learned she got "boosted". This in-doctrination has been repeated and ingrained over years of marketing push by the CDC, FDA and doctors. Your inability? NO, nope, suspect over time we will all be facing similar. Stumbled across a 2014 interview, enlightening as it shows this deception has been going on for decades: Dirty Vaccine Secrets Revealed & Big Pharma Lies Exposed - Dr. Russell Blaylock - www.bitchute.com/.../Gj8acgZWY2Jf - (note how young Alex Jones looked 7 years ago!)

Posted On 12/22/2021

grulla

If you have a computer printer, then you could print a PDF hardcopy for your friend, and perhaps a few more hard copies as well. The article expires in 48 hours, so get the PDF link while you can, which is located just below the article date at the top of this page.

Posted On 12/22/2021

DebbyW

CMT367, it's harder to inform vaxxed people who don't regret. Those are the ones telling people to get the shot. They're lucky in the sense that they didn't have an immediate adverse reaction. But they don't know that their bodies are slowly dying from the shot.

Posted On 12/22/2021

Dharrahil

I have two friends who absolutely were and one who is a possible. One friend lost a good amount of hearing from one ear the day after her second shot. She changed Dr when he said it was due to the shot. One friend I simply asked her if she feels her heart attack was due to the shot she said no it could be the effects of Covid (she had it before she got the shot). I didn't ask or say anything after that. They don't want it to be the shot. The young lady who miscarried after her second shot I didn't say anything to. Ironically when the one told us she was going in for her booster she started rubbing her ear she lost hearing from. That tells me she subconsciously knows it's from the shot.

Posted On 12/22/2021

Arlen1

Moineau, it's a waste of time. No amount of evidence will ever convince these people they are suffering from vaccine side effects/injuries. They purposely redefined what a vaccine is so that everyone would get in line get an mRNA shot. Had these been called gene therapies no one would have volunteered to participate in this experiment. By calling these jabs vaccines almost no one questions their safety and effectiveness.

Posted On 12/22/2021

balhawk

The best way might be an offhand suggestion that it COULD be, with some pertinent references. But true believers will remain in denial to their graves. People have to come to that realization for themselves.

Posted On 12/22/2021

moineau

I want to thank everyone for their responses. I have two friends who are vaccine injured (and probably more that I don't know...) There's always an elephant in the room when you are trying to support them. I actually do believe that subconsciously they know. Anyway, it's something we're gonna be facing a lot. xooxoxo

Posted On 12/22/2021

mourningwarbler

Yikes! Dr. Mikovits warned against the pine needle thing.

Posted On 12/22/2021

Bitcopper

I believe she indicated that suramin is the active ingredient that one might want to ingest. I think one should be cautious about ingesting some random tea recipe. Turpentine is not healthful to ingest, and improper tea making can possibly brew poison just as well as it can produce magic healing potions. Boiling pine needles could result in over-extraction, as opposed to a short hot water soak. But I haven't tried it. I think there are safer alternatives unless you get yourself in desperate straits.

Posted On 12/22/2021

wannabeaknowitall

Yes, I saw this as not a good suggestion. Scratch it out. As well as St. John's Wort and Rutin. These last 2 need to be taken in very small quantities since both of these don't have good published data. SJW causes schizophrenic in people who have a family history of any type of mental condition, and Rutin caused my heart to race and I've had other ladies tell me the same happened to them when they took it. After I went to see my doctor she checked to see what type of studies had been done after I told her I had started taking Rutin basically for weight loss, and none had any control groups with scientific medical data. She suggested I stop taking it immediately, which I did and it solved my heart issue.

Posted On 12/22/2021

mourningwarbler

Dr. Mikovits said there was a fake Dr. Judy Mikovits web site recommending the pine needles.

Posted On 12/22/2021

solitairecat

Good of you to mention this! I found Judy stating this fact @18:49 forbiddenknowledgetv.net/judy-mikovits-phd-antidote-for-vaccine-toxin-..

Posted On 12/22/2021

BlueQuasilica

Thank you in a million Dr. Joseph Mercola and to your dedicated staff. 🙌❤️ This really would come in handy, like a Swiss Army knife, not only for those who had COVID-19 and/or the jab, but also I've learned a lot from the article also as always. Keep up the good work and always remember that you're not at all alone in this fight. ❤️

Posted On 12/22/2021

Nicole.74

I googled Baicalein. Interesting to see that it's from blue skullcap. I have already looked into blue skullcap as a treatment for rabies. It says it's from the roots, not necessarily the above ground parts, which is interesting to know, because that means it might not be in a very high dose in anything that's usually intended for tea. I don't have my blue skullcap growing at the moment - it's one of the flowers that I think I tried to plant in the past that didn't grow or something, I forget why - I've had a lot of gardening disasters. This adds support for the idea that maybe it really does help to treat rabies, you just have to use the right part of the plant, with the highest concentration of baicalein.

Maybe that's why other people could not replicate the experiments that were claiming that they successfully treated rabies with it. I'm excited to see that somebody somewhere has found a medicinal compound, and actually given a name to it, and knows exactly what it does to help you fight viruses. I don't know how rabies works, but maybe, when they were studying viruses from bats in caves, surely they also studied rabies and have been working with rabies there at the same laboratories - maybe it uses the same novel furin cleavage site or something, and they copied that to put it into sarscov2. I don't know. That's just a guess, and the novel furin cleavage site could have come from anywhere. But it's just intriguing to see something to do with blue skullcap mentioned in this list.

Posted On 12/22/2021

MF4Mark

Hey all. I wanted to point out something. The type of Vitamin K we should be supplementing is K2. We in the industrial world are deficient in it along with D, iodine, magnesium and trace minerals. I take all the above in addition to the ones in the article. I like many of the doc's supplements however in this case I use an all in one from a company that you'd think makes body armor. I recently added serrapeptase to my regimen. On that note y'all should check out LE bromelain. I found that one in passing on Axe website. In my research I discovered it's been shown to be good against clotting, pain (ACE2 inhibitor) and it breaks up biofilm. It's been shown to have ~50% better anti cancer activity than 5FU. It's also supposedly degrades the spike protein. That makes sense given its an enzyme. You guys should check out Revealed Films. They did a great documentary on the Kung flu. They've also done documentaries on crypto, and psychedelics.

Posted On 12/22/2021

otis101

As sawmill creek pointed out below the Mercola list shows Vitamin K in mg milligrams, this should be mcg micrograms.

Posted On 12/22/2021

davidle

YOU are responsible for your health.

Posted On 12/22/2021

moineau

That's right. Love that.

Posted On 12/22/2021

Bitcopper

It's too bad that the medical mafia didn't think of implementing an insurance premium along with every job. If every job cost \$100 premium (up front, user pay), then there'd have been an injury compensation fund of some sort to draw on. It is sad that millions of people have sacrificed themselves so the medical mafia could make 20 bucks per head. That's all you're worth to them! Sold your birthright for a mess of potage.

Posted On 12/22/2021

solitairecat

World Council for Health sound so N W O to me.

Posted On 12/22/2021

Ambereyes

To me too... Who are they?

Posted On 12/22/2021

otis101

World Council for Health is part of the United Nations. WCH has about 45 organizations under their umbrella. I would recommend taking the WCH's advice with a grain of salt. Could be good and could be convoluted propaganda. rightsfreedoms.wordpress.com/.../world-council-for-health

Posted On 12/22/2021

Randyfast

Evil entities are popping up like dandelions. They are all funded by DARK MONEY and they are "All in this together"! You had better believe that those entities are funded; at least partially, by billy boy! Speaking of our Dystopian Future; it is coming at us faster than you can imagine! The following article is, of course, paid for by microshaft! I really couldn't care less about who believes what I'm telling them or not. I do the research and I do know exactly where they are taking us!
theprovince.com/sponsored/news-sponsored/the-world-is-being-transforme..

Posted On 12/22/2021

solitairecat

Otis101 There are many different entities with similar names but I'm afraid they are scarier than the UN because they are using information from entities we know and trust like Children's Health Defence but are spreading misinformation like pine needle tea being a remedy.
rightsfreedom.wordpress.com/2021/12/03/world-council-for-health-state.. The pine needle tea remedy is falsely attributed to Judy Mikovits @ 18:49 minutes Judy Mikovits says "pine needle tea is not suramin! . . . it is owned by Bayer . . . you need a very small dose, but they took it away because it worked". forbiddenknowledgetv.net/judy-mikovits-phd-antidote-for-vaccine-toxin-.. I don't recognize any of the names in the World Council for Health worldcouncilforhealth.org/about I'm going to do some research to see if there's anything else on them.

Posted On 12/22/2021

solitairecat

Ippocrates is an affiliated organization worldcouncilforhealth.org/.../ippocrates There are only 2 press releases from the Ippocrateorg, one Dr. Robert Malone interviewed by Irina Boutourline ippocrateorg.org/en/2021/08/24/irina-boutourline-of-ippocrateorg-inter.. Strangely, Irina Boutourline appears to be on LinkedIn as a Product Manager in architectural and interior design fabrics. it.linkedin.com/.../irina-boutourline-young-28184a8a

Looking at the interview, I wonder if Ms Boutourline was provided questions to ask by Dr Malone so he could get his points out. Malone says “they didn’t know that at the time and they also didn’t know about all these toxicities, so we can’t really blame them, except that they kind of rushed it and they didn’t challenge each other and think very hard”. I have news for Dr. Malone, unlike BIG Pharma, we are responsible for the harm we do to others! In my opinion, the World Council for Health and Ippocrates are BIG Pharma’s attempt to re-herd us.

Posted On 12/22/2021

otis101

And another World Council for Health. This is a good one. I think.

daily.news.lifesitenews.com/link.php?AGENCY=LIFE&M=1991878&N=5..

Posted On 12/23/2021

solitairecat

Otis101 From the beginning I was leery of listening to the experts who are part of the vaccine cult, like Dr. Malone, because they will never abandon their belief that "vaccines have saved human lives. They have had a positive impact on our health" as stated by hdleague.online/resources , another organization affiliated with World Council for Health. Luc Montagnier says he justifies "the coronavirus manipulation by citing the probable intent of finding a strategy to attack and beat the HIV virus (which causes AIDS) and cancer cells". www.planet360.info/en/luc-montagnier-on-the-pros-and-cons-of-the-anti-.. and he recommends the Calmette-Guerin's BCG, "especially for small children".

The problem is vaccines haven't done what they claim. They haven't improved our health. Quite the contrary, it is vaccines that introduced HIV and increased cancer to epidemic levels. Many of us have various animal viruses living in us like Epstein-Barr which will lead to health problems if it hasn't already. I'm not taking even one more dose of their poison, but will spend the rest of my life trying to overcome what I've already taken in. Rather than introducing new experts, I'm going to stick with those I trust, like Sheri Tenpenny and Judy Mikovits.

Posted On 12/23/2021

GreenBeen

AaronF - Easy way to save as pdf - In MERCOLA title bar at top of article page, just left of "LOGIN", click the red pdf icon (sometimes you need to scroll down a tad from the top of the article, to see the red pdf icon). This displays a pdf file of the article without the comments and page headings. At top of pdf on right, click the download icon and you'll see a popup with options to Open or Save the file. BTW, I'm viewing the article on a Windows laptop using Firefox.

Posted On 12/22/2021

wannabeaknowitall

Thank you so much. What a headache it was to copy and paste I'm never doing that again now that you gave us the solution to copying this information. Never knew about this and btw it works just as well in any other browser since I don't use mainstream browsers.

Posted On 12/22/2021

jamNjim

GreenBeen, if you look at the top right of your browser you will see 3 dots or lines. Click that and a pulldown menu appears. Click on the "print" button. A printer window will open. Select "Save as PDF" and hit return. You may have to select a location the first time you do this. It saves the PDF file the same name as the report title. You may want to rename it. When you do this ALL of the report, links, and comments are saved. It will not save the video if there is one. You have to save that separately.

Posted On 12/22/2021

GreenBeen

jamNjim - Thanks, I see the "..." in Chrome, Firefox uses a different icon but Print option does save to pdf and include comments. Great! Would you please describe how save the video?

Posted On 12/22/2021

jamNjim

GreenBeen, to save the video you first hit the play icon on the video. Once it starts, right click over the video. A pop-up menu will appear. Click "save video as". A regular windows directory then pops up for saving the video. Select save as an MP4 video. It selects a random name for it. I change the name to match the name of the PDF of the report. So the name will be: "The Most Important Podcast You Can Hear About COVID-19.mp4". It should already be in the correct directory, but if it isn't select the same directory you saved the PDF in and hit save or return. That's it!

Posted On 12/22/2021

balhawk

Good on you for the pointers. I've been saving many of these articles lately, building up my personal library. Perhaps you can also straight PDF print it with ctrl-p, but I know the PDF has links to the references, which are key for many informational articles to have the original sources.

Posted On 12/22/2021

GreenBeen

balhawk - Thanks, hadn't tried straight PDF print with ctrl-p - works great to save with references/comments/links. Easy! Since I began saving Mercola articles, it helps to create folders by topic, so I can find the info again. Maybe back up the most important ones.

Posted On 12/22/2021

badboy2

You can take steps to improve the function of your immune system We've seen that many people are susceptible to Omicron, whether they are vaccinated or not. Those who have received a booster may have additional protection against Omicron, as some early data (that have not been published or peer-reviewed) from Moderna suggest. And the question of whether boosters make sense may depend on your age and health status—but that's a subject for another time. Given this, it's crucial that we all take steps to support and optimize our immune system. These include: Eating a nutrient-dense, whole-foods diet.

Since just a teaspoon of sugar can shut down the immune system of an Adult, for up to 8 hours, stay away from it. Getting enough sleep, exercising regularly, and managing stress Maintaining a 25D (vitamin D) level of 50–60 ng/mL Ensuring adequate intake of vitamins A, C, E, and K2, and minerals like zinc with copper; 15 to 1 ratio. 45mg zinc to 3 mg of copper. Since they are an antagonist to each other, one will deplete the other and both zinc and copper are needed for health. Supporting gut health (since most of the immune system is in the gut, 70 to 85%) with bone broth, fermented foods, probiotics, and prebiotics. Over 50% of K2 is produced in the gut when you eat green leafy vegetables.

Posted On 12/22/2021

Ringer2

Far as I know, all the jabs for covid are harmful. Omicron reportedly is the mildest variant yet to be proclaimed. There's nothing to be afraid of, from Omicron. None of the shots prevent contraction or transmission, with the marketing claiming prevention of some severity, but that's manipulated statistics, anyway, as promoted by the profiteers and other interests, such as the eugenicists.

Posted On 12/22/2021

billstri

How important it is to get and store some Ivermectin? I don't like having to call some unheard of tele-doctor in another state and some unknown pharmacy in another state ship it to me. Also, since I have a vitamin-D level over 60ng/ml and daily take several other recommended supplements plus eat a diet that may benefit when I eventually get Covid, is Ivermectin really necessary? Or is it mainly for those who have not prepared their immune systems to get Covid?

As always, I don't think it is a one size fits all that everyone has to take every single supplement that some doctor has recommended in the dosage levels put on them, that each person should select several from the list that are easy to get. I am very glad to have information of what might help after getting a vaccine. If the President has the constitutional authority to vaccinate everyone, I can see the day coming that unvaccinated people will be put in jail or camps and not released until they are fully vaccinated. For that, I do like articles like this that suggest supplements to reduce the damage done by Presidential mandated vaccines.

Posted On 12/22/2021

rdj123

For saving these articles as a PDF I use OPERA web browser. Turn on the SOURCES and COMMENTS. Then right click and select "SAVE AS PDF". Very quick. If there are VIDEOS in the document, they are not taken. I find I can do this for the 3 articles each day and read them anytime in the future.

Posted On 12/22/2021

MannaFood

It seems to me that fasting would also help detox these spike proteins. Also, possibly taking digestive enzymes.

Posted On 12/22/2021

MF4Mark

I mentioned that in my comment. In this case it would be more accurate to call them systemic proteolytic enzymes. If you take bromelain and serrapeptase on an empty stomach, that's what happens. They aren't used up on digestion and pass into the bloodstream. I take bromelain and serrapeptase as they're inexpensive and readily available even with these supply chain issues.

Posted On 12/22/2021

forbiddenhealing

That's a strong, synergistic and comprehensive list. Many of those items find their way to the dinner table while others must be intentionally dosed and "overdosed" as with Vits C/D, Mg and NAC as per seriousness of symptoms. Regular use of H₂O₂/iodine and NAC inhalation via nebulizer is a powerful practice. With minor tweaks, every chronic/infectious condition is best prevented or treated in this manner to normalize physiology before any drug or surgical procedure is considered. Redox balance is always key; cell-powering antioxidant electron-energy vs immune oxidation of offending pathogens, cancers and senescent cells. zx4.bc9.myftpupload.com/forum-comments

The other overriding aspect is "How you feed your head!" While networks can't broadcast enough "BREAKING" scare propaganda as an incontinent "Pisser in Chief" tinkles on the Holidays, I spend very few moments ruminating over their mind control messaging. Besides harvesting citrus, hunting and looking after family and friends, I have been gathering ingredients for two weeks of feasting. On rainy days and evenings I have produced tens of dozens of cookies; every imaginable type from Linzers to Anise to pistachio to chocolate covered macarons. It makes me "Happy" to see them enjoyed... Happy IS Healthy! It is painful to watch the neurotic hypochondriac compliants masked and slinking through their hellish existence as psy-op casualties of this biowar. There are and will be actual consequences wrought upon us by a failing administration, but until that happens.....www.youtube.com/watch

Posted On 12/22/2021

otis101

fbh, thanks for the link. With 98,251,913 views of your youtube link I think there are a lot of "Happy" folks. Again thanks and thanks also for your years of health help.

Posted On 12/22/2021

Ringer2

How about: orthomolecular.org/.../v17n24.shtml

Posted On 12/22/2021

tallulah3

It would be so much simpler to not get the job

Posted On 12/22/2021

californiawoman

I agree that it is better not to get the job, but I started having symptoms just being around people who got the job. Go figure.

Posted On 12/22/2021

grulla

AMEN!

Posted On 12/22/2021

otis101

Thanks tallulah. I agree. Simpler words of advice.

Posted On 12/22/2021

Hummingbirdrose

Thank you for writing the TRUTH, even though I know its cost you a lot... but know this, you ARE saving lives...one article at a time. As Clif High shows in his data analytics the normies ARE waking up and they are ticked off. When the world gets through this Nazi regime, ALL the evil liars who manipulated this, will not be able to walk down a street. They will have to flee to

a deserted island. Hang in there many people are praying for you.

Posted On 12/23/2021

JERSEYTONY

American Heart Association study www.naturalhealth365.com/mrna-jab-link-to-heart-attacks-3485.html

Posted On 12/23/2021

dimitris_pagkarliotas

Please check the following articles regarding autoimmune diseases after SARS-CoV-2 vaccinations:

Autoimmune hepatitis triggered by SARS-CoV-2 vaccination:

www.sciencedirect.com/science/article/pii/S0896841121001189?dgcid=rave.. Severe aplastic anemia after COVID-19 mRNA vaccination: Causality or coincidence?:

www.sciencedirect.com/science/article/pii/S0896841121001906?dgcid=rave..

Posted On 12/23/2021

JERSEYTONY

I highly recommend Lee Rockwell's newsletter. It often publishes Dr. Mercola's articles which can be saved for future readings <https://www.lewrockwell.com/>

Posted On 12/23/2021

solitairecat

This is what is really happening watch-unto-prayer.org/eretz-israel-last-trump-noahide-laws.html

Posted On 12/23/2021

Willy234

Dr Mercola This is an excellent guide and very timely too. When you think about it, this is exactly what all those millions of people want to know when they come out of their "pandemic madness" trance and suddenly realize that they have been poisoned. This could potentially save millions of live. Well done Doc !

Posted On 12/23/2021

Extinguish

Went in to see my doc he was nervous and said he thought I should get the jab! Buy he followed up with unless it's a Biological weapon. He made this statement 3times in a row. He knows it is and so do I . They CCP and Faduci are in cahoots along with gates. I have been reading The Real Anthony Fauci by Robert F Kennedy. Today I got my separation papers from my job as a Bus Driver. It will be hard as I need the benefits both me and my beautiful wife but we are Christians and will not comply ! Merry Christmas and Happy New Year. Jesus is Lord

Posted On 12/23/2021

ein3989

Thank you so much for this information! I have family members who have taken the jab. I am praying God will open their eyes. Meanwhile, I will pass this info to them and keep a copy for me. It is a great comfort to have a professional who is willing to share the truth despite the extreme opposition. God Bless You!

Posted On 12/22/2021

kennygrossogmail.com

To the best of my recollection, In his commentary during his interview with Joe Rogan, Dr. Peter McCullough noted that none of the currently-available covid jabs had been fully approved by the FDA; they all were still administered under EUA guidelines. Since the Rogan-McCullough interview took place in early December of this year, and we all were aware of the FDA announcement made in August about the Pfizer/Bioentech-Comirnaty jab being approved, why is it so difficult to corroborate this story, one way or the other? What are the facts and how can I prove them to my skeptical co-habitators? Thanks very much.

Posted On 12/22/2021

dihirod

Reply to tanya_marquette, I also use firefox, and regularly use the print option to print pdf's. You may have to download a free pdf creator, that you can find online very easily. That'll allow you to print to pdf from any program. Hope this has helped.

Posted On 12/22/2021

SchaOn

In RE to Neem --- do NOT use longer than 30-days!

Posted On 12/22/2021

19j2362

Thanks Dr Mercola, It really means that those of us who have, for many years, followed the great advice you, and others like you, have given, will be better off to start with. Many of the natural protocols of the above, are part of our daily routine for many years past. BTW is there a truly safe test kit available for this so called disease?

Posted On 12/22/2021

Notmyarm.com

Another amazing post! Reposted at notmyarm.com/topic/367/world-council-for-health-reveals-spike-protein-..

Posted On 12/22/2021

bri123

When will there be justice. This is getting insane. I'm in Canada & the restrictions & fear are getting worse. People are rushing in herds to get their free boosters for 'freedom & protection'. I'm unvaccinated. I have a history of health issues & reactions but can't get exemption. I will be losing my job of 26 years. I've quarrelled & have lost friends over the vaccine mandate. Sometimes I wonder, are we wrong, should we be following as well. Other than my mother who got her 2 moderna shots, and a short time afterwards, she got huge blood clots on her legs, a mini stroke & heart issues. She passed away in August. When I asked her doctor treating her if the vaccine caused the clots & stroke, he shrugged his shoulders & that was the end of that. They reported she died from severe sleep apnea. All others I know, neighbours, class mates, coworkers, friends, friends & families of friends, family...non have reacted from the vaccine. They praise science government, doctors & the vaccine.

Every time I tell anyone about VAERS & the numerous reports from adverse reactions, their response is 'vaers & other similar sites debunking vaccines are not credible sources to follow & are made up to create fear over vaccines'. They say anyone can voluntarily report adverse reactions which doesn't mean they are true. They go on & say 'these sites with such reports are lies & are to scare people from getting the vaccine which are created to protect them.' I can't win with them. They're totally brainwashed! But they tell me I am. They're telling me the unvaxxed are contributing to these variants & that we are prolonging this pandemic; Shame on us, we are killing lives because we are uneducated on how science works. They disagree that there is foul play. It's scary what the government, WHO, CDC will do next. What new mandates & restrictions will they force in the new year. Can't believe the villains have been getting away with murder. And no one can stop them.

Posted On 12/22/2021

Karolina99

Sorry for your loss. Stay strong, the truth will win, and criminals will go the hell.

Posted On 12/23/2021

dpcolburn

"The resource cannot be displayed because the file extension is not being accepted by your browser."
What does this mean? This is what comes up when I try to download the pdf. I have not had trouble in the past. Anyone know?

Posted On 12/22/2021

far5780

What should an Unvaccinated person take if living with vaccinated people in the house. I noticed a change in my health after the last person took 2 shots within a few weeks apart. Should I detox as well?

Posted On 12/22/2021

ghfinn

For anyone who may still be worry-sum of catching Covid, this is definitely a Christmas gift from U of FL scitechdaily.com/two-common-over-the-counter-compounds-reduce-covid-19..

Posted On 12/22/2021

JERSEYTONY

It's beginning to look a LOT like GENOCIDE? www.bitchute.com/.../sqTd8LtViqI0
~ www.bitchute.com/.../ZhFZIOppSDUJ You Can click continue after each clip.. There are MANY clips in the series! Funny but unfortunately it may be all true? Also I see a lot of suggestions for Vit D3.. But No mention of K2 which MUST be taken to direct the Calcium into the bones..Besides MK7 I also take MK4 15 grams every few days

Posted On 12/22/2021

swabiengmail.com

Would the culling of the sick and the weak and the elderly in our country be taking place at the same rate if otherwise healthy individuals would agree to take mRNA injections up to three to five times a year? As I Wade through the absolutely ridiculous and confounding messages from the folks on top going on year two of this I am trying to arrive at some kind of formula of what the government wants me to do! This way I can plan on making dinner reservations and going to the Super Fun concert after working my shitty job where I have to be injected every 3 months.

Posted On 12/22/2021

Ringer2

Sarcasm?

Posted On 12/22/2021

totinme

Thank you Dr. Mercola. I have been waiting for these information. I will spread the word to save the people that can still be saved. Lots of love to you and to the subscribers to your website.

Posted On 12/22/2021

Really!

Thank you Dr. Mercola, and all of you who have posted since this article. Invaluable information which I'm hoping/praying may bring two divided families back together. It's strange how things work sometimes, isn't it?

Posted On 12/22/2021

Gertrue

Why are the additives ignored. Worse than Spikeproteins could be Graphene Oxide that is added to the vaccines and according to Andreas Noack impossible to remove from your body and working like razorblades.

Posted On 12/22/2021

otis101

Good question Gertrue. Andreas Noack was murdered within days of exposing Graphene Hydroxide in the jabs as microscopic razorblades.

Posted On 12/22/2021

Sanbruno69

Hola. We live in the Yucatan state of Mexico. A rare tree in America but gaining recognition is the Guanabana tree which grows here and other tropical regions of the world. We have several trees at our home. Here is a link to many benefits of the Magic fruit as we call it.. Enjoy drhealthbenefits.com/food-beverages/beverages/tea/health-benefits-of-g..

Posted On 12/22/2021

swabiengmail.com

Thanks so much, I had never heard of this. Stay healthy my friend!

Posted On 12/22/2021

Sanbruno69

All of the medicines are OTC in Mexico. And inexpensive especially in the Yucatan state.

Posted On 12/22/2021

Ringer2

!Gracias!

Posted On 12/22/2021

ElizabethHope

THANK YOU FOR THIS!!! You're a lifesaver!

Posted On 12/22/2021

Charly ali

Okay, I want to add my two cents, for what it's worth. I think the comprehensive list is good because it gives people a choice. Some may be familiar with certain things, and people will be drawn to them. I agree that some products, are not as good, for some people. I have taken many things and found that they don't work for me, as an individual. I think Dr. Mercola put emphasis on the best. I love the comments today! I wish everybody a nice holiday!

Posted On 12/22/2021

gre3764

Thank you, Dr. Mercola, for quality products and for your articles.

Posted On 12/22/2021

balhawk

Much appreciation for this important information. Was interesting to see I'm already on it to a great degree, maybe that's why I got over the bug easily and haven't been noticeably affected by contact with others who got the jabs?

Posted On 12/22/2021

Enolla

{}{}{}{}{}{} I really wish He would have put to >>> TRY YOUR BEST TO ELIMINATE SUGAR & GLUTEN & YOU WILL TAKE THE FOOD A VIRUS and/or CANCER THRIVES ON {}{}{}{}{} , love you dr mercola and thank you for being a Valiant Warrior

Posted On 12/22/2021

WaahlgaaJaad

So appreciate this. What would be even more helpful however, since your material no longer remains available indefinitely, would be to share the link where this information is located on the World Health Council website! Thanks for bringing this to our attention.

Posted On 12/22/2021

GreenBeen

jamNjim, thanks for clear steps - will often come in handy. I successfully saved a Mercola article video as mp3. Yay!

Posted On 12/22/2021

aaastinkie1

My next door neighbor has shingles, he was healthy as a horse, I told him shingles was a side effect of the shot, he said it came after his 3rd shot at Thanksgiving. I just printed this information and will give it to him. Thanks to Dr. Mercola my vitamin "D" level was 58 at my last checkup, I use my sauna every day now and my Photobiomodulation lights also. Thanks Dr. M, I don't worry about any virus.

Posted On 12/22/2021

ScanKat

Also to add get the forced shot as far from the heart as possible. Lower part of thigh. Take Dr Cowan's heart supplement to prevent terminate heart damage. drtomcowan.com/.../strophanthus-1

Posted On 12/22/2021

endicott11

Thank you. I will keep and share. Most vaxxed people I know are still convinced they are completely righteous and safe from Covid. I know this protocol is an evolutionary process and I am so grateful great doctors and scientists are working on healing the people of the world who have taken this toxin. However, I would not use the word "simple" to describe this. It's pretty overwhelming. Thanks again.

Posted On 12/22/2021

ghfinn

Well this is the greatest accumulation of facts in one spot since the 'cure' began. Thank you Dr M. This addresses the spike, I look forward to your addressing what I fear the 'big brother' to spike, graphene. I think back to the researcher who first brought it to light and asked "what/why is this in all the vaccines?" only to have pharma exclaim that they had no idea of how it got there. Excuse me but; yeah right! From my reads it is described as micro razor blades. I no longer do research; but the analytical habit remains. When I envision this razor and relate it to blood circulation and the damage that it is doing, I relate this to at least some of the clotting.

Another thing that rings alarms is when individuals who are in extreme physical activity, drop. This I have fears of laws of physics, force. When blood is circulating during extreme physical activity, it is being pumped with greater force and the graphene (razor blade) and probably the spike too, causes more damage on impact with tissue's they encounter. Maybe there should be a warning about physical activity. This just brought to mind, "what is the correlation to pilots and altitude that has caused many of them to die?" Can you help with the metallic detox side of this equation?

Posted On 12/22/2021

Martix

MMS or Chlorine dioxide is a powerful heavy Metals detoxifier !!!!!

Posted On 12/22/2021

janskyg

I knew about pine needle tea but this is one fantastic article. I have saved it and will share it with anyone I can. I thank everyone who has posted articles, websites, links and any other informative information. It just floors me to see how many people just stick their heads in the sand and do not want to hear anything but the narrative that they are being fed, then only when we end up in a totalitarian society do they pull them out and say " How did we get here?"

Posted On 12/22/2021

californiawoman

Comprehensive and Unbelievable information . I printed the PDF for future reference. Thank you, Dr Mercola.

Posted On 12/22/2021

StarPowerVitD

Folic acid disrupts the furin binding site preventing attachment of the spike protein.

pubs.rsc.org/.../d1ra03299b

Posted On 12/22/2021

Ambereyes

Interesting... No comment about this....

Posted On 12/22/2021

weehen

What a wonderful post! Thank you Dr. Mercola and the World Council for Health!

Posted On 12/22/2021

sgfattouh

Folks, do your home work. I am allergic to pine and I presume any thing related. Always do your homework I know it gets exhausting, that is why I appreciate Doc for compiling all this info for us, to start. I cannot pdf this one either. I will print it if I have too. Very important. Love to All

Posted On 12/22/2021

ThirstyLotus

This article's collection of resources is incredibly timely and most useful for forwarding to those who have taken the experimental gene therapy bioweapon and are now suffering some doubt or even side effects. I was scrambling to find this information from several sources before this came out. Thank you, Dr Mercola and team. You, and this wonderful community, are a real treasure in these dark times.

Posted On 12/22/2021

Ringer2

Here's more helpful info by Dr. Thomas E. Levy, MD, JD: orthomolecular.org/.../v17n24.shtml

Posted On 12/22/2021

que1888

Most are also antifungal.

Posted On 12/22/2021

AaronF

??? What are more antifungal?

Posted On 12/22/2021
