

The Latest Updates on the Achievements and Goals of the Informed Consent Action Network A Special Interview With Del Bigtree By Dr. Joseph Mercola

Dr. Joseph Mercola:

Welcome, everyone. Dr. Mercola helping you take control of your health. And today we're joined by Del Bigtree, who has been a strong advocate in the education for helping people understand the truth about vaccines and many, many other things. He was a great leader in the COVID nonsense and helped provide some clarity in this, and really one of the leaders in this. So, welcome and thank you for joining us today.

Del Bigtree:

Joe, it's always a pleasure and an honor to get to speak with you. You've just been a real thought leader in so many ways. And I always say this every time we get to talk, I started on the CBS talk show, The Doctors, and there were seven producers on that show and we'd always be fighting for the best breaking health news story because there weren't that many. But my secret weapon was Dr. Mercola, Mercola.com. I knew that none of the other pharma-driven college students I was working with really knew the stories that you were covering. And so, it was sort of my secret weapon. So, it was great. Yeah.

Dr. Joseph Mercola:

Yeah. Well, thanks. A lot of people started to understand that. But it's just a matter of – I was an insider, still am an insider because I went to medical school, I had the inside scoop, and so many that go are optimally or properly motivated. But then when they get in, they get into debt, and they get propagandized and brainwashed, and almost all of them universally turn around 180 degrees and it's a really sad commentary.

It's a reflection of some really clever and sophisticated engineering done by the Rockefellers and Carnegie over a hundred years ago that really just transformed the whole medical education system, which is astonishing, but it's in for a reformation. Reformation is coming. I can assure you guys, it is coming. I can tell that with a high degree of confidence. So, I'm really excited that it is coming because we got a lot of desperate – The true misinformation that's misleading people and directing them away from the truth and confusing them and giving them the true misinformation that are essentially lies directed to inflate corporate greed and benefit these industries. But anyway, that's a tangent.

Del Bigtree:

Yeah, well, I don't think it is. I think it's actually really important because it is the death of what was once really a noble profession. And you're right. So many people, I know that they go into university, I have friends that went to become doctors-

Dr. Joseph Mercola:

Most, yes.

Del Bigtree:

They want to help people.

Dr. Joseph Mercola:

They sincerely do, no question.

Del Bigtree:

But they come out the other end and they end up being the ones spreading the misinformation and they hold such a powerful position in people's lives, have been trained – I consider it almost like a clergy of a religion now, the medical establishment. And one of the things that – I wonder if you see it similarly, I asked [Dr.] Suzanne Humphries who wrote “Dissolving Illusions”-

Dr. Joseph Mercola:

Oh, I just interviewed her for her new book.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

I wrote the foreword for her new book.

Del Bigtree:

Oh, fantastic. Yeah, great, great doctor. And I asked her once, “What is it about medical school that brainwashes people so that they just lose all critical thinking?” And she said, “Actually, on the contrary, I think it's something different.” She says, “I think the education system is designed to weed out people who are critical thinkers.” If you're challenging the establishment or you're asking questions instead of just cutting and pasting what's in the textbook and putting it in your tests, you'd have a really rough time getting through medical school. You're supposed to just do what you're told, repeat what was already written, don't think for yourself. And she says, “So, I think, really, it just sort of creates an army of people that tend to just carry the authoritarian message.”

I don't know how you see it. And I think that's changed a lot, too. Medicine's changed. It used to be, the patient knows best. They know their own body, listen to the patient. Now it's forget the patient, don't listen to the patient. Just ask whatever the symptoms are, go to the CDC (Centers for Disease Control and Prevention) or whatever, the FDA (Food and Drug Administration), and whatever the hot new drug is, that's what you give them, and we're all moving on. I mean, I think that doctors are turning into a kiosk basically.

Dr. Joseph Mercola:

Essentially, yeah. And they're slaves. Most of them are slaves, the majority, because they have this enormous amount of debt. Many of them don't come from wealthy families. Some of them do, of course. But those that don't, half a million dollars in debt is not uncommon. And then that's just their educational debt. That includes medical school education and their home debt. So, if they fail to earn an income, they're on the street essentially.

Del Bigtree:

Right, yeah.

Dr. Joseph Mercola:

So, they have very little authority – autonomy, essentially. Not authority [but] autonomy to implement, even if they were fully educated, not brainwashed to make those choices, because there's so much pressure just to survive.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

So, in many ways they're this victim of circumstances, that very cleverly engineered system designed to do this-

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

-with great precision. So, it's a massive thing that we're going – and you can get some doctors here and there, but you have to put the sword to the throat of the entities that created this mess. It's not the doctors. Many times [they're] just innocent victims of it.

Del Bigtree:

Yeah, I agree. I think that-

Dr. Joseph Mercola:

As I see it.

Del Bigtree:

I think you're right that-

Dr. Joseph Mercola:

Yeah, I mean-

Del Bigtree:

The difficulty I have, as I was going to say, is just that, how do we – In order to get to that power system, though, you sort of have to confront what's right in front of you, which is where the lot of the work that I'm doing is, I'm telling people you can't trust your doctors anymore. You got to start asking questions. You got to start doing your own investigation. You have to do your own reading.

Dr. Joseph Mercola:

But Del?

Del Bigtree:

Yeah?

Dr. Joseph Mercola:

You are 100% correct, but it's limited. You can't just trust your doctors. You can't trust your politicians. You can't trust your leaders. You can't trust anyone but yourself.

Del Bigtree:

That's true. Yeah.

Dr. Joseph Mercola:

That is the only one you can trust. Don't trust me, don't trust you. Do your own homework. Figure it out. You have to figure [it] out yourself. Sometimes you have to rely on other people, but ultimately the mistake that people make is they don't trust themselves.

Del Bigtree:

I completely agree with that. It also, though, ends up being the difficulty of creating a movement for change, which is something that I'm passionate about. We're all going to have to come together. But it gets really difficult because I get the same message on my show. I said, "Look, I'm not asking you. In fact, I don't want you to just trust me. I'm handing you all my evidence." Every single week we hand out everything, the documents where we're getting our information from so people can investigate for themselves. I always say, "I'm not telling you what to think, I'm trying to show you how to think, where to find your information-"

Dr. Joseph Mercola:

Perfect-

Del Bigtree:

"-what should set off the red flags." But it gets very difficult, because we're creating a world of skepticism, where you're skeptical towards everything and-

Dr. Joseph Mercola:

You need to be.

Del Bigtree:

-it also means you're really fickle. You're a fickle friend, you know what I mean?

Dr. Joseph Mercola:

Yeah, yeah.

Del Bigtree:

In the end, there's always the next thing that you're moving on to, and it gets hard to keep people focused on politics or their doctor or the hospital. What are they trying to do to make a difference? Then who do they trust? That trust is always wavering. And so, in some ways, I think we're moving back to sort of a Wild West-type perspective. Not to mean that in a violent way, but just in the way that we really are. It's like every man for himself right now.

Dr. Joseph Mercola:

Yes. Yeah.

Del Bigtree:

Is that how we should always live? Is that the birth pangs you have to go through to get to finding those people you can trust again and building systems that have integrity built inside of them?

Dr. Joseph Mercola:

I think it's because – My belief, my passion in life has been to understand biology and optimize it, and I do pretty good at it – probably one of the better people in the world, [if] I just say so myself-

Del Bigtree:

Yeah, I would say so too.

Dr. Joseph Mercola:

-to figure this out. And the consequence of that is realizing that the vast majority of people don't do that, and there is a consequence of not doing it. And that tends to dissociate you from your critical thinking skills and your ability to connect to consciousness.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

That's a challenge, but it's hard to get into this vicious cycle. But I want to offer you a metric that you may want to consider integrating into your approach.

Del Bigtree:

Sure, great.

Dr. Joseph Mercola:

Because I just love what you're doing. You're doing the right thing. That is the central core of what needs to be done, to give them the tools to figure it out for themselves. But another tool that will be really useful to consider is that we were designed to be joyful.

Del Bigtree:

Yes.

Dr. Joseph Mercola:

If we make choices, whether it's ourselves or trusting someone else, and we're not joyful, it might take a moment just to ponder, "Maybe that wasn't such a good choice. Maybe I want to reflect on that a bit more." And if you make a lot of choices, you do it pretty rigorously rather than get stunted and stop making any choices, then you're not going to grow. But if you make a choice and you're not joyful, then you can make another choice. Once you start getting more joyful, then you're probably going in the right direction. It's a simple thing.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

And someone's perception of joy is different.

Del Bigtree:

Right, yeah.

Dr. Joseph Mercola:

Actually, I could show you, I could show you. I've got a new joy in my life.

Del Bigtree:

Oh, what a cutie.

Dr. Joseph Mercola:

His name is joy.

Del Bigtree:

Wow.

Dr. Joseph Mercola:

It's a Pyrenees. He's 50% Pyrenees. This dog almost never barks. Quiet, meditative, it's just amazing. So, anyway, I'm just passionate about Joy now.

Del Bigtree:

So am I. Well, look, I think about our founding fathers.

Dr. Joseph Mercola:

Oh, God.

Del Bigtree:

They really grappled with the pursuit of happiness. I've been discussing this a lot in some of the work that I'm doing with people. What is it – If we wanted something in return, what is the truest value that we hold in the United States of America? We've been grappling with it. Is it freedom? Is it liberty?

We keep coming back to this, the pursuit of happiness, the right to follow your bliss. And as you said, it's different for everybody. Freedom is sort of a general principle that I think we can all share in, but the pursuit of happiness is that individual pursuit. That mine's going to be different than yours, but I need the parameters and the freedom in order to express that uniquely.

Dr. Joseph Mercola:

But happiness is passive. Joy is active. That's the difference.

Del Bigtree:

Right.

Dr. Joseph Mercola:

The result of rather than seeking it. It's a big difference, really. So, it's simple though. It's a very intriguing and simple metric that you don't have to pay anything for it, to buy anything. Just figure it out and help you guys. Anyway, it's a tangent.

Del Bigtree:

Well, I don't know, but I mean-

Dr. Joseph Mercola:

I'm writing a whole book about this.

Del Bigtree:

Oh good, I love it. And it's really important because people ask me, how do you do what you do? I would say it's exactly that.

Dr. Joseph Mercola:

A hundred percent. Especially-

Del Bigtree:

I check in every day.

Dr. Joseph Mercola:

Right. A hundred-

Del Bigtree:

Am I feeling joy? I live by that Native American proverb – I have some Native American in my background, which is what gives me the last name Bigtree – but, you know, that it's a good day to die, right?

Dr. Joseph Mercola:

Yes, yes.

Del Bigtree:

I really like to reflect at the end of my day and say, “Am I feeling joy? Was I passionate? Did I express myself?” I really feel so blessed in my life, Joe, that I get to live a passionate life. I get to pursue the things that, for me, make my life feel like it's making a difference in other people's lives and I'm bringing joy and thought to other people.

But at the end of the day, when I look back, every day I want to be able to say – and I want my children to watch as an example that I was living my truth and I wasn't suppressed, I wasn't dark, I wasn't angry. And we all have to check in at these times.

Dr. Joseph Mercola:

Oh sure.

Del Bigtree:

We get frustrated, we get angry. When I start really feeling that, I've got that internal mechanism that fires up that red flag and says exactly what you're saying, “Del, get back to your joy.”

Dr. Joseph Mercola:

Yeah.

Del Bigtree:

There's no reason if you're frustrated-

Dr. Joseph Mercola:

Yeah. The reason you were able to do that, you didn't trust other people. You trusted yourself.

Del Bigtree:

Right

Dr. Joseph Mercola:

You're a living example of doing it.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

And I think that's probably the most powerful way to teach it is to lead it.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

To lead by example. And you've done it.

Del Bigtree:

Well, it's true. I even say it about my show. I say to people, "Look, if you're watching my show and this information I'm giving out leaves you with some sort of dark feeling or it's just overwhelming, then stop watching my show." Like I really, I go out of my way to try and create a sense of hope, but I'm trying to say that in a way – Now, for some people, it's a lot of intense information that I'm sharing. The same is true for CNN and Fox and MSNBC.

Dr. Joseph Mercola:

True.

Del Bigtree:

Turn that off. If you're finding yourself having a negative outlook on the world, a sense that it's all insurmountable and there's darkness overtaking everything, then the most important thing you have to do right now to become a light, to get to your joy, is to turn that crap off.

Dr. Joseph Mercola:

Yeah.

Del Bigtree:

Being informed means nothing if all it does is sucking the life out of you.

Dr. Joseph Mercola:

Yeah, because it's not really being informed because you can be absolutely certain – and I don't really say that very frequently – but absolutely certain that if this information is causing you fear, you got to seriously reconsider it because the truth doesn't cause fear. It may cause concern, like you're going to a red light [and] you want to stop. That's not afraid of the red lights. That's just

recognition of a danger there, but it's not fear. It's not fear. Fear is totally different. If someone's creating fear in your life, you really need to run the other way.

Del Bigtree:

Yeah, it's a perfect delineation actually. Fear is what manipulates us.

Dr. Joseph Mercola:

100%, yes.

Del Bigtree:

Fear is how everyone controls us. Even when we look at any decision that we're making now, whether it's politics, whether it's the school we're going to choose or our teachers or our medical practitioners, if they're using fear to make me think I need them, I'm out. I'm out.

Dr. Joseph Mercola:

Yeah.

Del Bigtree:

I want people that are creating a magnetic energy around themselves, that are being dynamic and saying, "Look, if light is what you're looking towards and you're attracted towards that, then this may be something you would enjoy. This may be something you want to be a part of." I mean, we really have got to start looking to positive role models, powerful individuals, especially if we're looking for guidance, whether it's a religious leader, your church leader or, again, your medical professional. So many people leave the doctor's office terrified.

Dr. Joseph Mercola:

Yeah.

Del Bigtree:

And I'm just like, "Then why are you going to that person? That's not health. It's never going to get you to health."

Dr. Joseph Mercola:

Well, you're so spot on. You're really, in some way, shape or form, been able to navigate to some really profound truths. So, I appreciate your-

Del Bigtree:

Yeah, thank you.

Dr. Joseph Mercola:

-navigating there because you're teaching really good stuff. So, thanks. That's what needs to be done. We need more people like you to do this because there's not many of us out there that are

sharing this message. So, I want to go diverge now. So, thank you for allowing me the platform to pivot to that because it's fun.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

You've been doing some really amazing things with your work, which is initially and primarily motivated through vaccine awareness. I know you're a big fan of Barbara's as am I, Barbara Loe Fisher. And you just did a recently beautiful documentary on her that essentially highlights some of her great life's achievements in this area. But the key issue is making people aware of it. And she doesn't like to use the word "anti-vax" at all.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

She abhors that term. And it's vaccine awareness, vaccine choice that's a big issue. And as you do too, you embrace that. So why don't you share with us some of the amazing victories you have, especially in Mississippi?

Del Bigtree:

Sure, yeah. To begin with, we all grapple with that, right? This anti-vax, "I'm not anti-vaccine." I always wanted to state my perspective on that. I don't like making that statement either, not because I'm afraid of it, because a lot of people are like, "Why don't you just state it right up front?" Because the work that I do, and I know the work that you do, we are trying to enroll and wake people up to the reality and the truth, especially medical professionals and scientists.

And at the heart of the error that has taken place is the death of the scientific method. And the idea that the science has never settled on vaccines and these things. They become dogmas because scientists and doctors are allowing themselves to believe that the science is settled. So, for me, if you make the statement "I'm anti-vax," that means you've settled your science, "I am convinced that vaccines are the worst thing on the earth and I'm never going to touch them."

I prefer to say that currently there's not a single childhood vaccine or vaccine that I've seen that's been properly safety tested. I make a habit of not putting things in my body or the bodies of my children that haven't been safety tested. And so that's why I'm currently not going to be using any of the vaccines on the market. Does that mean I will forever be anti-vaccine? I don't know, but I have to keep open the idea that there may be a scenario out there where a product is so brilliantly tested. Maybe it's made with no adjuvants. They find a more natural way to do it. I don't know. And perhaps there's a disease where people are bleeding out of their eyeballs. I mean-

Dr. Joseph Mercola:

Yeah, yeah, [inaudible 00:18:05]

Del Bigtree:

At that moment, let's revisit it.

Dr. Joseph Mercola:

Disease X.

Del Bigtree:

But in order to communicate with those across the aisle, I have to play by the same rules. And I'm asking you to keep an open mind. And so, I do too. I don't lose my skepticism. I'm not going to just jump ship on my ideals, but I'm always going to keep an open mind. I'm not really into saying never. I think that we've got to always just keep looking at the new information as it comes. So, that's sort of the basis of my work. And I think people that watch The Highwire, every once in a while, I'll surprise them because I think those of us that are in some form of a leadership role, or at least a role of bringing truth and reality to the conversation, I have to remain skeptical.

I'm skeptical on all sides of these issues. I'm as skeptical – I use as an example right now, I'm doing investigations into chemtrails. I know a lot of people look up at those lines in the sky and they're like, "I just got to get rid of those lines." I know that there's weather manipulation happening. I know this, but I'm still not convinced yet that those lines are all in a sprayer on a plane. I have to see the evidence, I'm looking for that evidence.

So people assume I'm a conspiracy theorist. The truth is I don't buy into something just because it sounds good. It makes me want to look into it. But then I start doing the research and saying, "What can we actually prove?" And I find we get ourselves in very dangerous territory a lot, especially in the medical freedom or the health awareness or vaccine awareness space when we start jumping to conclusions without the full evidence and proof of what we're saying.

We may be right, but until you can prove you're right, you better be careful what you're saying. Because any mistake – of course, we know that the other side makes mistakes all the time, but for us, we've really got to be immaculate in our understanding of the truths that we're sharing. So, I try to maintain that posture and it's worked fairly well. So, as you've pointed out, I think the real – I couldn't do the work that I do without Aaron Siri, who's the lawyer that I teamed up with back at the very end of 2016, just as I was starting my nonprofit. He's just been so dynamic. I would say probably the most successful lawyer working with our nonprofit ICAN (Informed Consent Action Network) in the medical freedom space that I know, especially in this space of bringing awareness to vaccines. We've won lawsuits against the NIH (National Institutes of Health), CDC, Health and Human Services (HHS), really all the medical regulatory agencies.

And as you pointed out, really perhaps our biggest win to date – and it was a bucket list moment when we started this work – was we knew we would be moving into a new dimension when we actually took on an offensive position. When we finally stopped defending ourselves against the bills and the laws that were coming at us, but started reversing or pushing back and writing bills that benefited us. And so, Mississippi just last year, we won back the religious exemption from

vaccinations that had been gone since I think 1979. And it was the first state in the union to lose that ability to opt out. And I think that the shared mission, you know-

Dr. Joseph Mercola:

Yeah, I think when I was practicing, there were only two states, and Mississippi was one that didn't have that exemption. Yeah.

Del Bigtree:

Yeah, so it's growing in California that really got me into this fight. I was living in California when they passed SB 277 and joined Mississippi and West Virginia. Maine has recently moved that in direction. Connecticut. So those are sort of the recent signups to, really, the destruction of human sovereignty and personal freedom. And as you know, the end of the first rule of the Nuremberg Code, which is the voluntary consent of the patient is absolutely critical. That transformed medicine as we know it.

In the modern world, the Nuremberg Code was to make sure that the patient always maintained control so that we never found ourselves being experimented upon despite whatever leadership thought they were trying to discover. So, to watch these states and watch President Biden mandated a vaccine on people [and] say, "You can't go to work without a vaccination," is really terrifying when you think that it's erasing probably the most important step in modern medicine that we've seen, which is ensuring that the patient is always in control of their destiny. And so that was what's really critical to us. And so, winning that exemption back for Mississippi took years and years in the process. It was actually quite fascinating. COVID delivered the way forward on that actually, Joe. I'm not sure-

Dr. Joseph Mercola:

I was just going to ask you about that because the silver lining of COVID is that it woke a lot of people up.

Del Bigtree:

Yeah, it did and it actually-

Dr. Joseph Mercola:

I definitely want you to touch on that because you're deep in this. You focus a large percentage of your work on this. And that's why you have a very helpful, enlightened view on this more so than most people. So, I really want to get your take on this.

Del Bigtree:

Yeah. So, what's interesting, we all know that COVID woke so many people up. Just the fact that I think only somewhere around 10% of the people that are eligible for the booster shots are getting them, which means-

Dr. Joseph Mercola:

I thought it was single digits.

Del Bigtree:

Well, it may be below. I'm always extremely conservative with my numbers. It might be as high as 10%, but meaning 90% have left the CDC's recommendations. That's a huge, huge shift in consciousness in this country. And of course, you had at least 30% that never got the vaccine at all underneath one of the most incredible onslaughts of propaganda. The Biden administration said publicly they spent \$10 billion on advertising and, really, using sitcoms and shows to brainwash us to get the vaccine.

So, the fact that 30% of our country really resisted that is dynamic there. Changes in political systems have usually happened with less than 30% of the driving force of the nation. But what really was unique was actually how the courts had to wake up, and it was forced by – What happened was, we'd been attempting to fight the power of your religious rights, but as you know, we lost that with Jacobson all the way back in 1905, I think it was, when Jacobson versus Massachusetts, when the Supreme Court ruled that Jacobson would have to pay a fine for not getting his smallpox vaccine. He fought it for religious rights, and the Supreme Court says, “You don't have the religious right to opt out.” Ironically, he didn't have to get the vaccine, he just had to pay the fine. But from then on, we have been dealing-

Dr. Joseph Mercola:

Which was only \$5.

Del Bigtree:

Which was only \$5, exactly.

Dr. Joseph Mercola:

But it was a lot more back then, for sure.

Del Bigtree:

I had a debate with Alan Dershowitz on the vaccine issue during COVID and I sort of pointed that out to him, but I don't want to get off track there. But what was interesting is, it's been harder to win these cases just based on the straight “I have the religious right to opt out.” But what happened was, because of some of these churches that were shut down across the country, we were watching these legal cases that were starting to win around the country saying that essentially you kept Walmart open, or you kept a bar open, or even in some crazy cases strip clubs were left open, while churches were forced to shut down. And they had an equal risk, right?

There's still people walking around close together, whatever the case. And so, we started watching the court make this decision that wherever there is a secular right, there must also be a religious right. And so, it was winning a court saying you can't open up Walmart to say that that's a necessity for people and then say, “But I can shut down a church,” which is a necessity for people. And wherever you're opening up because of any reason – for this case, it was the right to

go and buy food or furniture shop or whatever it was, or buy alcohol – then you have to allow people to practice their religion. That's the way our constitution was set up.

So, we actually mirrored that argument and brought that to Mississippi, saying wherever there's a secular right, there must also be a religious right. And we pointed to the medical exemption. What we said is, “Look, there is a group of people that are claiming that they can opt out of this vaccine program for medical reasons.” So, that's a secular reason. Where there's a secular reason, our constitution says there must also be a religious protection, too. And that's how that won. So, without COVID, I'm not sure that precedence would have been out there.

But this is just one of the many things where when people are like, “Oh, COVID went exactly like they planned it. We didn't win. They've got us right where they want us.” I really don't believe that's true. I think we caught them by surprise. And I think that they made some serious mistakes in the loud openings in the legal system by which we can take advantage and really start to shift some of this authoritarian pressure around medical decisions. We can shift it back in this country. So, it's a lot of the work that I'm doing. We're calling it “Free the Five.” Our nonprofit's very focused now in those remaining states, Connecticut and New York and California and Maine [and] West Virginia. I hope to see within the next year or so that we really give the right back to opt out of this vaccine program.

Honestly, I hope that at some point we really get leadership in this country that will allow for the removal of medical mandates. And I think that if there's one thing, I've been at many conferences where all sorts of thought leaders come together on this issue, and we disagree a lot on exactly what it is we're going for. But I remember one conference, there were about 30 or 40 of us in a think tank, and what we all came to the conclusion was – you know where we do agree? We all want to see the end of medical mandates, mandated products in any way by the government in the United States. And so that's sort of the overarching theme to the work that I do is to try and see that end. So yeah, Mississippi was a great case.

Dr. Joseph Mercola:

Yeah, so from my view, it seems that the biggest mistake that they made with COVID is that it created a sense of awareness in large portions of the population, probably the majority, even though they may not have openly stated or they took the vaccine. They really created some problems. And it's not just legal, that they're not going to be as effective the next time around.

They're not going to be as compliant to lockdowns, as compliant to mandatory vaccines. And people are going to make some different choices. A lot of people have made some brave and courageous choices last time. They lost their jobs. Their salary might've been reduced by 75%, 85%. [They] had to radically change their lifestyle and commitments. Maybe even went bankrupt, I don't know. But they chose not to take that. Essentially, a potential death sentence for so many, if not permanent disability, which would be even worse in some cases. As you well know, it is exposed, I'm sure.

Del Bigtree:

Yeah. Well, those were the real heroes of COVID, even more than you or I. I was working in a space where my job wasn't threatened. In fact, we were thriving because we were bringing the truth. But my heart goes out to those people that had to make that choice to stand their ground, they had to face not feeding their families. And I'm really happy to report that also a lot of the work that we did with our – because of our nonprofit, because of the support of the people, we were able to fight for the military. We won cases in the Air Force, in the Army, keeping many of them from getting kicked out of the military for not taking the COVID vaccine. We've won cases against employers. We had brought a case against airlines forcing people to mask, but that ended up a large case, won that. But just like you're saying, there's actually now precedence that has been set. We have won these cases showing that those were illegal actions by our government. In fact, we showed that the Biden mandate was illegal. And I think in almost every situation except for healthcare workers. I believe that they still sort of hang in the balance and they've sort of maintained that you could tell health care workers that [they] are going to have to vaccinate.

But everyone else, the over 100 employees, wins there. So, it is going to be much harder for them to ever attempt to do this again. And I agree with you, I think we're 30% resisted. I would think you would have a solid 50%. I think half of our country. I'm not sure about the rest of the world. But you know, we still have that rebellious nature, that blood still pumps through us that makes America great. And I think it's part of when we're waking up and the work that we're doing is you're saying, "Question everything." And that really comes from a place of recognize how powerful you are. Recognize that you live in a nation where you're endowed your rights to life, liberty and the pursuit of happiness by God, not by the government. This is something that we really got to get focused on because I think people, and maybe the education system, has really shifted the truth on us where we think that the government somehow gives us our rights. They don't. The Constitution-

Dr. Joseph Mercola

It's not an education system, it's a propaganda system.

Del Bigtree:

Yeah, it is a propaganda. It's exactly what it is. Yeah.

Dr. Joseph Mercola:

It's not education. It's been perverted for many, many decades, if not longer.

Del Bigtree:

Yeah, yeah, absolutely. So those-

Dr. Joseph Mercola:

I mean, there are some anomalies that don't follow that, of course. It's not an absolute, but for the most part, that's what it is.

Del Bigtree:

Yeah. And so, we think that the Constitution is what the government uses to control. Actually, it's only written for the government. It's designed to tell the government what it's allowed and not allowed to do to us, and to sort of protect our power. So, that's a lot of the work that we're doing. I think you were asking the big cases. The other thing that we're really excited about is we spent a fortune suing the FDA over the data from the trials of the Moderna vaccine, of the Pfizer vaccine, and then ultimately the V-Safe data from the CDC. I mean, remember-

Dr. Joseph Mercola:

And this is with the initial rollout that got the original authorization for the use?

Del Bigtree:

Yeah, that's right. So, with the emergency use-

Dr. Joseph Mercola:

The extensions?

Del Bigtree:

-authorization, they promised that they – Look, they knew they were skipping the safety trials. This thing should have been trialed at least two years. Between you and I, we both know that this is potentially a DNA-altering experimental gene product-

Dr. Joseph Mercola:

Not potentially. It is.

Del Bigtree:

Right, right.

Dr. Joseph Mercola:

Wait, wait, wait, wait, [inaudible 00:33:30] potentially. It is. You need that potentially out of there. "It can," no it does, for sure. But even if they did the two-year study, or the 10-year study, they're not going to do it in a way that proves it safe-

Del Bigtree:

Correct.

Dr. Joseph Mercola:

-because they then manipulate the trial design.

Del Bigtree:

Indeed.

Dr. Joseph Mercola:

And as you alluded to, there's never, ever, ever been a study that's been safe and effective, that shows a vaccine, never done.

Del Bigtree:

No, there hasn't because you – first of all, prior to COVID vaccine, there was never a placebo group. I mean, that's one of the things that we've proved in court. None of the childhood vaccines had a placebo group. So, you really can't actually establish causation. People don't get this when they say, “Oh, autism or Tourette's or ADD (attention deficit disorder), ADHD (attention-deficit/hyperactivity disorder) or asthma.” You know, “I feel like my child's asthma is caused by the vaccine.”

They'll always say, “Well, that's correlation, not causation.” What people don't know is the only way to establish causation, the only moment that can happen is during that placebo-based trial. Once you're out of a trial where you have a control group that's receiving a placebo, that is the only space by which you can establish causation. So, when they don't do that, it doesn't matter if a hundred people die immediately after getting the vaccine, they will state correlation not causation because you don't have a control group to point against. It could be obvious, but they're allowed that language. And so, they are avoiding doing the studies so that they never have to tell you that. But all that being said, we were promised that the FDA [and] CDC would be very transparent. They knew they were rushing on the market without any long-term trials.

Now you and I both know, and Barbara Loe Fisher knows, they've never done a long-term trial on any of the vaccines. But this is the first time anyone in the world really became aware of that because it was happening right before their eyes. And they promised, “Oh, we're going to be transparent.” So as soon as we used FOIA (Freedom of Information Act) to say, “Okay, we would like to see all the trial data that the FDA used to approve the EUA (Emergency Use Authorization.” They suddenly said they needed 75 years to collect all of that data and hand it over.

So, we fought them in court, and we ultimately won both, against Pfizer first. We won all the trial data, and they were supposed to release it over a year. Joe, they actually lied about the amount of data that was going to be. So, they set the pages at like 55,000 pages a month, they thought-

Dr. Joseph Mercola:

Yeah, right.

Del Bigtree:

-something like that, so that it would, by the end of the year – Well, we got to the end of the year and the documents just kept coming. And so, we went back to court and said, “How many documents are there? Because you promised us that with 55,000 a month, we would hit the number.” And as it turned out, it was like, it was astronomically more pages of data than they had said, which really turned the judge against them, and that was the same judge that then had our Moderna case. And so, we won the Moderna data and the childhood data. And all of this, Joe,

just so that we can hand all of that data to the independent scientists around the world to start seeing what happened inside of these trials.

And as you know, there's lots of great work coming out from that showing that death rates were much higher in the vaccine group than they ever let on — myocarditis, [inaudible 00:36:46] pregnancy, and the trials and all the things they saw around that. And then recently the V-Safe data. The V-Safe data was the app that people had on their cell phone when they got the COVID vaccine. And really Joe, that's the closest to anything you're ever going to get as far as a cohort study because we know exactly how many people were in the group. This is the problem with VAERS (Vaccine Adverse Event Reporting System). All of these post-marketing surveillance systems, you'll see currently, I think, it's over 30,000 deaths from the COVID vaccine, but out of how many? What is the overall denominator and what are we looking at? So, it's hard to determine.

But in this case, we know that just over 10 million people were on this app. And so, when we see that nearly 7% of those, about 700,000 people, all claimed to have to seek medical care after vaccinations. Now we can say 7% of the population that receives this vaccine needed medical care. That is far cry from the one in a million that get injured that we're always told. And then there were other categories that showed that people could not go to work. These were all check-the-box things that were going on this app. And so, we showed that nearly 30% of people were somewhere between not being able to work, not being able to perform daily functions or having to seek medical care, 30%. That makes that, at least as far as we know, one of the most tragic and dangerous vaccines ever made. But here was the trick.

The CDC had played a trick on everybody where they really only ask questions like, “Did you have a headache? Did you have fever? Did you have swelling in the arm area?” All things that if you say, “Yeah, I did,” they say, “Good. That's a sign the vaccine's working.” We saw through FOIA that the working group that was working on the V-Safe app knew that what they should really be looking at, the adverse events of special interest, were all the things you and I were really worried about. The myocarditis, and the anaphylaxis, and the Bell's palsy, and the strokes, and the blood clots. It wasn't blind to them. They were seeing that too and those were on the list, but they ended up not putting any of those questions on this app, which shows you they were trying to avoid that.

But instead they left this open box text field that if it didn't fit into your check the box space, just write in what happened to you. There are over 7 million open box text fields that meant that people had injuries going beyond what they were being asked about. We did not win that. We got all the open box check field. But Aaron Siri has gone a step further and stayed in court for a year, and just won the case that the CDC is going to have to hand over all 7 million open fields. And so, we think that's where we're going to see the people going to the hospital with chest pains and strokes and heart attacks. I really believe that we may be about to see the smoking gun. And so that's a really, really big win there. And I think it, it really may be the revelation needed to put an end to this entire conversation on if vaccines are safe and certainly whether COVID. I'm an eternal optimist.

Dr. Joseph Mercola:

Well, there's already enough information to reach that conclusion. It's nice to have the others, but it's really not necessary. Now, you mentioned, and I thought that's really interesting, if not odd, that the COVID vaccines did indeed have a real control in their trial.

Del Bigtree:

Yes.

Dr. Joseph Mercola:

But they bastardized almost every other aspect of the trial, which absolutely made it fatally flawed. It was never a valid trial, never. The way they controlled it.

Del Bigtree:

Well, yeah.

Dr. Joseph Mercola:

And then even beyond that, it was massive fraud going on. They would manipulate things, and it wasn't blinded, and there's a whistleblower, and I forget her name, Johnson or Jackson?

Del Bigtree:

Yeah, yeah, yeah.

Dr. Joseph Mercola:

Brooke Jackson, that's her name.

Del Bigtree:

Well done, yes.

Dr. Joseph Mercola:

Brooke Jackson. And I'm sure you had her on your show, there's no doubt. I don't know the current status of her litigation, but boy, she just blew the whistle on what they were doing. It was just a classic illustration of how they just engineered the whole thing and perverted the trial at its core.

Del Bigtree:

Well, the biggest perversion is really what they did – You're right, it was manipulated all along. They were saying things like – First of all, they picked like the superheroes to be in the trial. People that don't drink. They even said they didn't want people having intercourse during the trial, which brings up a whole set of questions. We never seen that in a trial before-

Dr. Joseph Mercola:

They were younger adults too, I believe, weren't they?

Del Bigtree:

Right, yeah, so-

Dr. Joseph Mercola:

Yeah, they weren't [inaudible 00:41:49] the target.

Del Bigtree:

No, they weren't the elderly. They weren't allowed to be obese. They weren't allowed to have any of the comorbidities that were making you susceptible to the virus. So, why wouldn't we be testing if it made you susceptible to the vaccine since it was the core? The spike protein was the core of the vaccine and it was the most problematic part of the virus. All of that can be said, but what really is the game that's played was once they passed that emergency use authorization, then they play this game that they always play, right? Which is [inaudible 00:42:15], then they decide – Moderna and Pfizer say, “Well, look –” And we're only months into these trials, right? It was only just about a month after that second shot for most of the people in the trial, 45,000 in one and 30,000 in the other. Half of them receiving the vaccine.

But we weren't anywhere near two years. I don't even think we're at the six-month mark, but then Moderna and Pfizer say, “Well, look, hey. Now that the entire world is allowed to get the vaccine through emergency use authorization, it's unethical to keep this placebo group. They're the only ones going to be blocked from being allowed to have this lifesaving measure. That's not fair.” And so, they went and because of that, vaccinated the entire placebo group. So, we will never know, we'll never be able to say over two years [if] more people died of heart attack than died in the placebo group. More people had myocarditis, more people had cancer. All things that we see skyrocketing right now around the world.

Dr. Joseph Mercola:

It's so clear that was their plan all wrong.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

That was the design, the true studies done that were concealed from the public.

Del Bigtree:

Yeah, yeah, exactly.

Dr. Joseph Mercola:

That was done in advance. That was not just thought up at the last minute because it's a perfect example of-

Del Bigtree:

Oh, it's genius. No, I mean-

Dr. Joseph Mercola:

Yeah, it is smart. It's pretty strategically clever.

Del Bigtree:

Yeah, I have no problem tipping my hat to my opponent. I've said, in true Mohawk fashion – my mother's Mohawk from upstate New York, Native American – but I said like, “I will honor Tony Fauci by tearing out his heart and eating it.” That's what the Warriors used to do, just to fully respect how much I appreciate my opponent. It's amazing how brilliant they've been at manipulating people, and manipulating these trials, and manipulating these studies.

Dr. Joseph Mercola:

You got to be careful. He's been jabbed a lot and he's actually taking-

Del Bigtree:

That's true.

Dr. Joseph Mercola:

-malpurin? The one that they were taking for recurrence of it, that actually caused it.

Del Bigtree:

Like molnupiravir?

Dr. Joseph Mercola:

Molnupiravir, yeah. That's the generic name, but I forget the brand name of it, but it was-

Del Bigtree:

Is that Paxlovid? Is that the same thing?

Dr. Joseph Mercola:

Paxlovid is what it was. Yeah, exactly what it was. And it was like a thousand bucks and like almost everyone that took it, they got a recurrence, including Fauci himself and the president at the time.

Del Bigtree:

Yeah. It's terrible. It's terrible. It's a comedy of errors. But not so comic as we watched over 150,000 people crest that excess death mortality space in America, meaning if you sort of aggregate the average of the 2015 to 2019, we had 150,000 people above that line die in [the] last year, in 2023, after COVID. So I think that those are the places that – and more and more, like [the] European Union, a lot of – and even our own Congress is starting to ask questions about this excess mortality rate. So, I know that people get upset with us sort of harping on COVID and

want to think it's in our rear-view mirror, but I think we really need the Nuremberg trials now over what happened, or it will just repeat itself. We'll find ourselves in that position again.

Dr. Joseph Mercola:

Yeah, since you're so deep in the weeds in this topic, and very objective and skeptical at the same time, which is a good combination to have, have you reached any conclusions in your exploration of two areas of the vaccine that some of the vaccine skeptics are concerned about? Which is graphene, which I don't believe is accurate. Maybe some of them are, but most likely it is not an antenna for 5G. That is a delusion.

Del Bigtree:

I'm glad to hear you say that because I would hate to have to disagree with you, but I do agree. In fact, one of the things that we did, I went into a laboratory, and first of all, we put it under a microscope, we studied a lot of the different vaccines, but we had over 100 vials that we put through electron spectrometry to get all of the sources-

Dr. Joseph Mercola:

Oh, that was with the pathologist from Minnesota?

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

Yeah. Ryan Cole.

Del Bigtree:

Ryan Cole, yeah, yeah. And so, all I can say is this, out of the over 100 doses we put through the finest study an electron spectrometry can do, there was no graphene oxide to be found. Now, does that mean there's no graphene oxide? I suppose, but we didn't have every vial. But now I am going to state publicly that I don't believe there's graphene oxide there until you can do a study better than what we did-

Dr. Joseph Mercola:

Yeah, I agree.

Del Bigtree:

-and show its existence.

Dr. Joseph Mercola:

Thank you, thank you for doing it. Now that you're mentioning it, I do remember that brilliant documentary that you did, that was a really good service. So as an extension of that, and slay another dragon of misinformation is that "There is no such thing as a virus. There's no such thing

as a virus. This is all a fraud. It doesn't exist.” I had a discussion with that, with Suzanne Humphries.

Del Bigtree:

You said we weren't going to get political, but you just went into like-

Dr. Joseph Mercola:

No, no, that's not political. That is fact.

Del Bigtree:

No, but this is just as dangerous as anything in politics. I have so many people that come up to me on this issue. I mean, look, you know-

Dr. Joseph Mercola:

Anyone who posts it on my site is not going to post again. That's for sure.

Del Bigtree:

Yeah, yeah.

Dr. Joseph Mercola:

It's a lie, it's a delusion, it's a fraud, and I will not allow that on my site.

Del Bigtree:

I will say this, that I have always said I'm open to a conversation. I offered a couple of the leading voices in that terrain theory, “there is no virus” space, the opportunity to come on my show. I haven't even said this on the show, and I'm probably getting in trouble by saying this, but they came to me and said, “We will only come on your show to disprove germ theory. We are not there to prove a theory of our own.”

And I don't think people recognize that that's where this is at. Like they speak with such authority as though, “We've got evidence of terrain theory and exosomes and this entire workaround to how we're sharing energetic experiences.” But the truth is they know there's not enough science to prove that. And I just say this, Joe, I am a skeptic and I'm not against – I will look at anything. I will look at-

Dr. Joseph Mercola:

Yeah, it's just like me, 100%.

Del Bigtree:

I'll look at this-

Dr. Joseph Mercola:

We're open-minded. We're not closed-minded.

Del Bigtree:

Right, right. So I'm not-

Dr. Joseph Mercola:

We're willing to examine the evidence.

Del Bigtree:

Right. I'm open to having my mind changed, but you have to have evidence. And I've looked at the evidence on this conversation. And for instance, in one of the books, I remember asking the question, "Well, why is it when my child gets sick at the daycare and they come home and have the sniffles, do I have the sniffles two or three days later?" Or measles is a really good example. Measles is so highly infectious-

Dr. Joseph Mercola:

Yeah, exactly. That's the one, that's what Suzanne Humphries used. She used exactly that example.

Del Bigtree:

Yeah. If you have an island that hasn't had measles in 50 years or something, and measles hits that island, almost everybody that didn't have prior immunity is going to catch it. It's highly-

Dr. Joseph Mercola:

How does terrain theory explain that one?

Del Bigtree:

Right. I'll tell you-

Dr. Joseph Mercola:

What type of toxins do they use in measles?

Del Bigtree:

I'll tell you, in one of the descriptions, they say it's like guitar strings. If you have two guitars sitting next to each other and you pluck one guitar string, that same note rings on another guitar. It's like resonance. So, we're resonating this energetic experience with each other, which at that point, I'm like, "To me, then it's just a different delivery system, but I'm still getting infected by you. So, please stay back." You know what I mean? I just-

Dr. Joseph Mercola:

Yeah, yeah. There's an infectious agent there.

Del Bigtree:

Right, there's an infectious agent of some kind-

Dr. Joseph Mercola:

Whatever you want to call it.

Del Bigtree:

-whether it's harmonic or not.

Dr. Joseph Mercola:

It's not a toxin. It's not a toxin.

Del Bigtree:

Yeah. But here's the most important thing, Joe, for me. And this is where I'm at, and I've said this. I'm not guided in my work to make the destruction of germ theory my core mission.

Dr. Joseph Mercola:

No, of course.

Del Bigtree:

It's just not.

Dr. Joseph Mercola:

You just want the truth. You just want the truth.

Del Bigtree:

Right. And I'm also trying to stop the injection of what I believe are incredibly toxic and dangerous products just being injected at high levels into our children, into humanity. I'm trying to stop that. I'm trying to get to a place where our government doesn't mandate that anymore, to show how little science is around that. That's my core mission. That is what I'm dedicated to, is eradicating manmade disease and stopping the use of this product that I think is certainly a giant contributor to this acceleration of autoimmune disease from about 12% of the population prior to the 1980s when this vaccine – then it explodes, this program, from 10 vaccines to now like 72 by the time you're 18. We've seen that 12% chronic illness go to over 54%. And I think the last data ever collected is 2012, really, on that. So, God knows how bad it is now.

But the point I want to make is even if this germ theory, with enough science and funding and everything, and there are holes in it, they can show that there's some other delivery system. It's not my hill. It's not what I'm guided by God to be a part of. And if somebody – if that's your life, go ahead and do it. But-

Dr. Joseph Mercola:

Yeah, yeah, they're free to choose. Everyone can make their own choice. Absolutely.

Del Bigtree:

Right, but here's what I say to people, I'm winning the argument using their germ theory. I didn't I didn't go to med school. I'm a journalist. And really, I didn't even grow up with germ theory because my parents were real health nuts. I never got vaccinated. My parents were into mind over matter, and Edgar Cayce teachings, and whatever you hold in your mind is represented through your body. So, people who want to get really out there, they can look at how I was raised.

But I learned germ theory and I learned how they talked about it through my journalistic career and working at The Doctor's television show and Dr. Phil and all of those things. But here's what I can say, that using germ theory, their vaccines are falling apart. I'm beating them. So it's like we're in the Super Bowl and we're in the stadium, and the millions of people are watching worldwide, and I'm playing by their rules and winning. If I'm going to switch to, "Oh, there's no germ." That's like, I got to move everybody to a different stadium.

Dr. Joseph Mercola:

Right.

Del Bigtree:

I got to see a whole new set of rules, you know?

Dr. Joseph Mercola:

Wait, wait, wait. No, I think it's a different universe, Del.

Del Bigtree:

Yeah, different universe. And then start all over again. And frankly, Joe, we don't have time for that. We are really, really in a dangerous, precarious moment where we're about to lose all control over our bodies, our sovereignty, in so many levels. I mean being in an airport, and they got that facial recognition camera now they're asking to step in front of which I'm saying, "No, I'm going to opt out while I still can." And people should know you can opt out of that. And you know, people say to me, "Del, they already have your driver's license and you're putting that in. They track you wherever you go." I was like, "I don't care. I'm just going to be as big a pain in the ass when it comes to AI takeover of our lives." And by the way, all that camera, the one thing I know it's going to do is take away that TSA (Transportation Security Administration) worker's job because they won't need you there once cameras are doing it everywhere. They won't need a grocery store attendant. And so, we're just going to watch these cameras and everything just destroy our community and our interactions with each other and our humanity.

Dr. Joseph Mercola:

Well, I want to challenge you on this though.

Del Bigtree:

Okay.

Dr. Joseph Mercola:

From your perspective. Because it's not the technology that's intrinsically evil. It's just like a gun isn't intrinsically evil.

Del Bigtree:

Right.

Dr. Joseph Mercola:

Like even potentially a vaccine may not be intrinsically evil. If it was the right vaccine, done in the proper application, and was properly tested and proven to be safe. But it's the intent of the people behind that that's the problem. That's the issue.

Del Bigtree:

It's always the issue, right I still grapple with nuclear energy. This idea that's probably a good idea, it looks like, if we can figure out how to deal with a little bit of waste and make it as safe as possible. But the governments of the world take these technologies and they use them always for the worst scenario, right?

Dr. Joseph Mercola:

Yeah. It doesn't have to be that way though.

Del Bigtree:

No, it doesn't, I agree. And look, we're not-

Dr. Joseph Mercola:

And I think that's the focus. That's the focus. Because these technologies can be used for good.

Del Bigtree:

I agree.

Dr. Joseph Mercola:

Not necessarily vaccines because there's not much good, but you can go back to the foundational basics. When you restore biology to its optimum, when you're creating maximum amount of mitochondrial cellular energy with minimum distortion in that, creating very little cellular exhaust, you're going to be healthy. You're going to be resistant and highly resilient to almost any disease.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

Doesn't matter what. Even bioweapon diseases, like the [inaudible 00:55:22].

Del Bigtree:

Right. Well, I think we're all seeing how we fare right now under those circumstances, because I think this is a bioweapon. It's clear this came from a laboratory and there's some scary things. I've been talking to [Dr.] Peter McCullough and other doctors and scientists that are out there-

Dr. Joseph Mercola:

That's the other thing. Thank you for reminding me as you said that. I'm sorry for interrupting but-

Del Bigtree:

No, no.

Dr. Joseph Mercola:

I want you to shed your discoveries, I think would be the best term, of your exploration on this topic, because there's a lot of confusion on this. A lot.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

And I don't know that there is an answer, but I'm really interested in your feelings on this, and that is the topic of viral shedding.

Del Bigtree:

Yes. The people that I trust – again, I'm a journalist. So, the people that I trust, when I look at the work that Peter McCullough is pointing to, when I look at the study, I read the studies all around the world, the most – and I just had Pierre Kory on my show, who really speaks very clearly about this. You have these studies where they're testing children of adults – the parents got vaccinated, the children didn't get the vaccine, and the children have the vaccinal antibodies. So, they had the spike protein, but not the carrier like not the rest of the virus. So, we know that really they just got – Now, did they get an infection from that or was there somehow a shedding of the antibodies? I mean, there's a question on what is actually happening there, but clearly, clearly there's a transfer of some kind from the vaccine.

And when we look at all the anecdotal evidence, with the mountain of it when it comes to women's health and their periods changing when they're around people that are vaccinated, I just think at a certain point, a logical, the stronger reality, the hypothesis is we are seeing a market change in humans that haven't received the vaccine when they're around large groups of people that have. So, I think it's clear that there's shedding going on, though I'd like to see more science and evidence looking into that.

Dr. Joseph Mercola:

Sure, of course.

Del Bigtree:

But that's where I am. And I'm concerned about it. I'm concerned of how do I clear manmade spike protein and whatever this Frankenvirus is out of my system. One of the things I started doing is I have a consistent intermittent fasting program now because I'm trying to create cell die-off. And you talk, I know this is right in your wheelhouse, you know more than I do.

Dr. Joseph Mercola:

Well, actually my wheelhouse has changed.

Del Bigtree:

Yeah?

Dr. Joseph Mercola:

I've radically altered my view on this, yes. I'm happy to share it if you're interested.

Del Bigtree:

Please, yeah.

Dr. Joseph Mercola:

So intermittent fasting can be helpful. See, there's three things that destroy mitochondrial function. One is excess linoleic acid, which is seed oils, probably the most important. Secondly would be estrogen, which is pervasive in our environment, and is xenoestrogens, chemical estrogens. And then there's endotoxin, which is the result of aberration in the microbiome, essentially a perversion of the optimum beneficial bacteria to more of a pathological bacteria.

And it's a result of the first two effects, primarily the seed oils, and then it just escalates downhill. And the reason that's so important is because these pathologic bacteria – they're all gram-negatives, but the pathologic ones, when these gram-negatives die, there's this lipopolysaccharide called LPS or endotoxin that's embedded in their cell membrane and it's a poison. It's a mitochondrial poison. It destroys function. It's very, very dangerous. It can kill people from septic shock if it's in high doses.

Del Bigtree:

Wow.

Dr. Joseph Mercola:

So that's going on. And then you've got the linoleic acid. So, all those factors destroy health. And I forget where I was going with this now. What was that?

Del Bigtree:

Well, I was talking about intermittent fasting. Yeah, yeah, yeah.

Dr. Joseph Mercola:

Oh, intermittent fasting, yes. So, intermittent fasting can help because one of the things that improves mitochondrial function is lowering the endotoxin so that when you – Normally healthy food with fiber like fruits, a whole fruit is one of the healthiest foods on the planet, unless you have a perverted microbiome. So that extra fiber that normally is beneficial and feeds the good bacteria who are there in very small numbers, but the bad bacteria is, then it increases the bad bacterial growth and endotoxin goes up and you just get worse. It's this vicious downhill cycle. So, it can be useful in people who are sick. It's not useful for healthy people at all. And I'll tell you why.

This is something I didn't understand until the last year or two. And I think you would benefit from it. That is – we have to get [the] definition of intermittent fasting. Eight, 12, 16 hours is fine. I think it's fine. But when you go an extended, 36 [hours], 72 [hours], five-day fast, that is a major problem. And I'll tell you why it's a problem. And intermittent fasting can be a problem for many if you're in the subgroup of people who have impaired liver function. Why? It's all the mechanism for what's happening because the liver is the primary store of glucose in the form of a polymer called glycogen. And normally we have enough to last a day, but if you have liver disease like NAFLD (non-alcoholic fatty liver disease), which at least a third of the population has-

Del Bigtree:

Wow.

Dr. Joseph Mercola:

-and maybe higher, then your ability to store that glycogen is diminished and you are unable to supply that sugar to your blood. If you don't have sugar, you will die. You will go into a hypoglycemic coma and you will be dead. 100%.

Yes, your brain can thrive on ketones, it can thrive on lactate as alternative fuels, but it needs sugar. And the way your body reconciles this is that when your sugar level goes too low, you release stress hormones like glycogen, adrenaline, cortisol. And cortisol is a nasty puppy. I mean, thank God we have it and it keeps people alive. But this is so important because if your blood sugar goes down too low, you're dead. There's no debating that, you are just dead.

You have to have the blood sugar. So, the way that people do it are in these low carb diets or extended fasting, they release the stress hormones and ultimately that will help, but over time, the stress hormones destroy your body. Because it's an emergency strategy that you're using for [the] long-term. Not wise at all. So, you need healthy carbohydrates. But you have to resolve-

Del Bigtree:

What is a healthy carbohydrate?

Dr. Joseph Mercola:

Healthiest carbohydrate in the world is ripe fruit-

Del Bigtree:

Ripe fruit.

Dr. Joseph Mercola:

-if you don't have an impaired microbiome. If that's the case, then you have to have ultra-refined, which is not – this is only true for people who have unhealthy microbiomes, would be fruit juice without the pulp, which I don't particularly care for, but it's the only thing they can tolerate because the fiber, otherwise, will cause endotoxin release, and they have real serious problems with it. So, until you're healthy, you kind of have to use that crutch strategy to achieve that state.

Del Bigtree:

Okay.

Dr. Joseph Mercola:

Yeah. So anyway, that's a little tangent, but it's an important one. And then the other thing too is what you do for viral shedding. I would offer that you could – my favorite strategy is nebulized hydrogen peroxide, which is like, once you buy the nebulizer, it's virtually free. It costs way less than a nickel.

Del Bigtree:

Do you do that even when you're feeling good?

Dr. Joseph Mercola:

No.

Del Bigtree:

Because I've done that when I'm feeling ill, I definitely use that.

Dr. Joseph Mercola:

No, no, I don't-

Del Bigtree:

Okay.

Dr. Joseph Mercola:

-but I will offer a consideration. The best time to do it is the earliest. So, the moment I have a sniffle or I'm sneezing when I shouldn't sneeze, I'll do it instantly. I have friends who wake up in the middle of night and do it, and the reason is, then you only have to do it once and you don't get sick. You do not get sick.

Del Bigtree:

Right.

Dr. Joseph Mercola:

It is the most effective way to abort the illness in this early phase because the viruses – Unless you believe in germ theory or whatever. The nonsense that we're discussing – But they get embedded in your upper airways, in your nasal sinuses and upper throat. That's where you have to put the nebulized peroxide. So, with a mouthpiece, it won't work. That's why you have to use a facial mask to get it in those sinuses. You get it right away and then it doesn't have time to replicate, because these have pretty rapid replication time.

Del Bigtree:

I was shocked. I do nebulize when I'm – but I've been using the one in my mouth, not through my nose. I tend to, I've sprayed-

Dr. Joseph Mercola:

Yeah. Just get a mask to like, they're-

Del Bigtree:

My thing is like some colloidal silver. I've had colloidal silver up my nose. I'm not sure what you think, but-

Dr. Joseph Mercola:

Yeah, I'd say [[crosstalk 01:04:12](#)]. Maybe use iodine, but don't use colloidal silver. It's a little bit too dangerous and not necessary. It's just not necessary. And the peroxide, it's cheap. It's going to cost you a penny or two. That's it. It's almost free.

Del Bigtree:

The one thing I've started doing just from all the people during COVID was just gargling some mouthwash, like really gargle every time I feel any scratchiness-

Dr. Joseph Mercola:

No, let me offer another thing.

Del Bigtree:

Okay.

Dr. Joseph Mercola:

When I'm saying nebulized peroxide, by implication – but not necessarily if you don't know the protocol I'm recommending – is with a hyperosmotic saline solution. And the saline solution [is] not normal saline, which is 0.9%. I'm talking about 1.5% saline, which is about a tablespoon and a half of salt in a pint of water. Not very much, but that by itself will kill the virus, independently of the peroxide.

So, if you're nervous about peroxide, which you shouldn't be at that concentration, because it's one-thirtieth of the one that you buy in a store, it's 0.1%. But just the saline by itself and the combo is like a killer.

Del Bigtree:

Good to know.

Dr. Joseph Mercola:

So, 1.5% saline solution and the hydrogen peroxide at about 0.1%, not 3% that they sell in the pharmacies. So, it's one-thirtieth [of] that concentration. It's really diluted. You don't need much. In fact, too much may be counterproductive.

Del Bigtree:

All right. This is always a hard interview to do, Joe, because I really just want to interview you every time I'm with you. Usually I feel like I'm the smartest guy in the room on most interviews, but you really have been such a guiding light through all this.

Dr. Joseph Mercola:

Well, thank you. I just love it because that's my passion. And I want to thank you too for another guiding light in the COVID area. And you took the – I so admire and respect this – you took time out of your schedule. You took the income it took to go out there. You flew out to Florida and interviewed Leila Centner, who is a brave hero who made the courageous choice to fire teachers in her school because she is passionate about education. She's passionate about farming. And now she's passionate about health too, because she developed a wellness center. Did you check out her wellness center when you were there?

Del Bigtree:

I did. I think she was just getting it started.

Dr. Joseph Mercola:

Yeah.

Del Bigtree:

I think she's got more and more things in there. I know people have gone and been healed. I really look forward to that future where what I'm reporting on are more solutions than just pointing out the problems.

Dr. Joseph Mercola:

Yes. Yeah.

Del Bigtree:

That would be really excellent. That's sort of where we're focused on with The Highwire. And we're looking at doing more shows and getting more voices, but also having programs that can talk about solutions more than just pointing out the issues. But as you know, that's difficult. It's just as hard as finding that doctor locally. How do you, as a journalist, find people that aren't full of it, that really are delivering? I can't tell you how many people come up to me and say, "I've got this new spray that'll do whatever." I was like, well, I don't have a lab. I don't have the ability to do some double-blind study of my own. And so, it's hit or miss.

Dr. Joseph Mercola:

Well, most of the time there isn't a magic bullet. That's the thing.

Del Bigtree:

Right.

Dr. Joseph Mercola:

There's the foundational basics that once you give it to your body or take away the poisons and toxins like linoleic acid, make sure you get sun exposure, make sure you're moving every day, make sure you're sleeping. These are basic things. And the other thing is light. Sunlight is so amazing. Way less than 1% of the people understand that. If they did, they wouldn't be living so far north and they would be moving south so they can have the opportunity to go outside because most people who even live in the south don't implement it. They're working all day long, they're inside, and they're not getting sun on their skin. And the failure to do that causes serious biological damage. It really does. It doesn't cause skin cancer. Do you know what's causing skin cancer? You probably don't.

Del Bigtree:

I, well-

Dr. Joseph Mercola:

And I don't want to embarrass you. I don't have the study to prove this, but it's really obvious, it's the seed oils, the omega-6, that put these highly perishable fatty acids embedded in your cell membranes in your skin. And when the UV hits it, it causes this cascade of oxidative damage. It just causes local cancers. Now, most of them are not melanoma. Melanoma typically isn't caused by the sun. It's typically basal [and] squamous cell. But once you reduce linoleic acid, you don't get skin cancers and you don't get sunburned because that's what causes the sunburns, the linoleic acid.

Del Bigtree:

Wow, interesting.

Dr. Joseph Mercola:

So, you see, it's just simple, basic things. It's not the magic gadgets that people are approaching you with. It's not the bells and whistles, or \$200,000 to \$300,000 devices that's going to cure you. It's the basics. It's the fundamental basics.

Del Bigtree:

Great information, Joe. I mean, those are the things that it does. Very early on, I just thought the attack on people out in the sun, the slathering ourselves in suntan lotion – and I just thought, I feel like it's-

Dr. Joseph Mercola:

Which does cause cancer, most of them did.

Del Bigtree:

Totally. Well, and they're seed oils. What are they made out of, right? Like most of them just like, you know.

Dr. Joseph Mercola:

Well, I don't know. They've got pretty sophisticated chemicals. There are full-on chemicals. There may be seed oils in some of them, but I don't think that's the case. Usually [**crosstalk 01:09:37**].

Del Bigtree:

I remember thinking, are we being taken over by vampires? Be afraid of the sun, you know? And in some ways, I think metaphorically, we are. It's like it's [the] invasion of the body snatchers or the vampires. And I know we've probably got to get this wrapped up, but it's actually where you really – The show that I did that I would say set me on course for all the work that I do now was a story I found on your website with Dr. David Ayoub, who was a radiologist.

Dr. Joseph Mercola:

Oh yeah, I love David. Yeah, yeah, yeah.

Del Bigtree:

The radiologist, I remember something like-

Dr. Joseph Mercola:

Good guy.

Del Bigtree:

-your headline was like child abuse is really rickets or something like that. I was like, “What?” And I did a show on that on The Doctors. It was one of the most mind-blowing things I've ever investigated. I spent months putting it together, took a lot of work to convince the team at The Doctors to let me do that show. But it was really shocking.

Dr. Joseph Mercola:

Yeah.

Del Bigtree:

It was exactly what you're saying, really, was this story of thousands of people having their kids taken away from them, their babies for infantile abuse. They tend to be African-Americans, they tend to be up north. And what David discovered was this wasn't child abuse, these fractures that doctors were seeing in the bones was vitamin D deficiency or rickets.

Dr. Joseph Mercola:

Rickets.

Del Bigtree:

They were being born with rickets. A fascinating story and probably-

Dr. Joseph Mercola:

Yeah. I think that story, I think I published it like at least 15 years ago, maybe 18.

Del Bigtree:

Yeah, yeah. It was really, really powerful and definitely set me on course that was-

Dr. Joseph Mercola:

Yeah, it's just tragic. You know, when you fail to acknowledge physical realities, basic physics and science, your body, it doesn't care. It has to honor these are rules of life, rules of biology. And if you fail to follow, there are consequences. Just like walking off a roof, a 10-story roof is going to have a consequence if you fall.

Del Bigtree:

Right.

Dr. Joseph Mercola:

It's just inevitable and is predictable.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

It's crazy not to do that. But the problem is there's so much confusion and misdirection and ulterior motivations and greed involved that it just becomes enormously challenging to do that. So that's why it takes people like us to help pull back the veil and expose the truth. And I really respect and honor your work. You've done a magnificent job, commitment and dedication. And I want to acknowledge that you are doing it. You are trusting yourself. You are taking that.

And you have an internal joy meter. You said it. When you get up in the morning, you are joyful or happy. You are joyful. And that's because you're doing what you trust your body to do. If everyone did that, the world would change in a heartbeat. A heartbeat.

Del Bigtree:

It's one of the things I've really been sort of – I do a lot of public speaking. You and I have been on stages together. But lately, I'm telling audiences, “Stop walking up to me and saying, thank you for your sacrifice.” I have a really blessed life. I live with joy. I express myself, as I've said. I think that's part of the problem, is people have been convinced that somehow, if you're a person that speaks your truth, and stands in your integrity, and doesn't get pushed around, that somehow life is harder on you or there's a sacrifice of some kind. Nothing could really be further from the truth. I really want to see people saying that less. It's a mindset that I think is part of the brainwashing.

Dr. Joseph Mercola:

Well, well, it's really difficult, because I have the same experience every time I go out. That happens. There's a lot of crying when I'm out going to public speaking.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

It's a result of their inability to do it themselves because they've been damaged. And it boils down – I've studied this very deeply. It's the core of my new book. I'm actually writing 10 books at the same time.

Del Bigtree:

Wow.

Dr. Joseph Mercola:

I will have probably six or seven books out this year. A whole new direction I'm taking. And it's integrating consciousness in biology. And they're intimately connected. But the problem is, and why so many people do that to you and me, is the tragic commentary on our existence, is that only 2% of the people had parents that loved them, 2%. And when they love you, it gives you this inner confidence, this ability to retain your connection to your truth. And they lost it. They're part of the 98% that lost it. They can get it back, but it's hard. And that's really the purpose of the book I'm writing, is to help them get it back.

Del Bigtree:

Wow.

Dr. Joseph Mercola:

They're looking at you as an example and they know they can't do it themselves. So, the intention is to help get a bridge so they can make that choice. The same choice you made. The difficult choices you and I both made that look difficult to others, but it's just like falling out of bed. It's so easy, right?

Del Bigtree:

Yeah, well, I mean, I had my trials and errors and finally – but yeah, and it's interesting you say that. I mean, I-

Dr. Joseph Mercola:

Yeah, but [it] wasn't hard to do. It was not hard to do.

Del Bigtree:

No, no.

Dr. Joseph Mercola:

No second thoughts, no regrets, nothing.

Del Bigtree:

No.

Dr. Joseph Mercola:

I would never change it in a heartbeat in my whole life, right?

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

They can't do that.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

Because they don't have the experience that you and I have. And it's tragic.

Del Bigtree:

Well, it's interesting you said love, because I didn't know that. I didn't really think that the love from your parents-

Dr. Joseph Mercola:

It's not obvious.

Del Bigtree:

-or having that experience is that big a deal. We didn't talk about this, but I do say all the time that I don't win any pity parties when people start talking about their parents. I had extremely conscious parents-

Dr. Joseph Mercola:

Yes.

Del Bigtree:

-that really did love me and instilled me with a belief in myself.

Dr. Joseph Mercola:

Del, you are a screaming lighthouse to that fact. You are. You would never and I would never have been able to do what I'm doing-

Del Bigtree:

That's interesting.

Dr. Joseph Mercola:

-if my parents didn't love me. [For] 98% of people that's not the case. One out of 50. 49 to 50 don't have that. That's the problem. That is the problem.

Del Bigtree:

Very interesting.

Dr. Joseph Mercola:

They are physically unable to make that connection

Del Bigtree:

Yeah. Well, then I guess parenting is where we have to really focus.

Dr. Joseph Mercola:

You know what my next book is on?

Del Bigtree:

I'm good to guess. Yeah.

Dr. Joseph Mercola:

Parenting.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

That's why I'm aligned with Leila because that's a passion of hers too. She has a school, as you know, you visited it. Really excellent. And I can assure you with the highest degree of confidence, with an absolute certainty, it will be the best school system in this country. And it will be similar to Waldorf, except better. And I can tell you privately what would be the case. And it will be spread out just like these clinics will be. It's going to change the country.

Del Bigtree:

Fantastic. I love that.

Dr. Joseph Mercola:

Yeah. Isn't this an inspiring and hopeful interview?

Del Bigtree:

It is.

Dr. Joseph Mercola:

It's better than you thought it was going to ever be, didn't you?

Del Bigtree:

I was expecting good things. I know I'm good to have to spend a little time with the master, Joe, and it's truly great. And what I love is that I am inspired. We can look at a lot of the negativity going on, but there's so many great things that are happening.

Dr. Joseph Mercola:

Oh yeah.

Del Bigtree:

There's so many people waking up. There's so much opportunity right now.

Dr. Joseph Mercola:

Do you want me to tell you a secret?

Del Bigtree:

Sure.

Dr. Joseph Mercola:

It may not be a secret, but heads up, I know this with confidence, we win.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

We win.

Del Bigtree:

Yeah, I agree. I agree.

Dr. Joseph Mercola:

That's not delusional fantasy. That's truth.

Del Bigtree:

Yeah, I totally agree with that. I have, as the litmus test, my own life and the experiences that have guided me to this moment, and more and more of us are realizing we're part of something much bigger than ourselves. And it's truly magnificent.

Dr. Joseph Mercola:

Yeah. You don't know how true that statement was [that] you just made. You were guided.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

You were.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

Thanks for listening.

Del Bigtree:

Thank you, Joe. Thanks for all the work that you've done. And again, thank you for your mentorship and your guidance in being a part of my journey. It's really been spectacular.

Dr. Joseph Mercola:

Well, Dell, we couldn't do it without guys like you. There's no question. You're a big part of the picture. And thank you for – You don't discount. You did make brave and courageous choices. No question about it. It just didn't seem like it because you have your parents.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

You would never have done it. I can assure you with the highest [inaudible 01:18:38]-

Del Bigtree:

I think you're right.

Dr. Joseph Mercola:

-you would never have done it in a million years, a billion years, a trillion years, it wouldn't happen. It's again physics. It's a simple reality that we can't see and understand because it's at a different level. It's not in biology, it's at a different level.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

But it's true. It doesn't mean it's not true. It's still true. All right, so we're obviously like-minded spirits here.

Del Bigtree:

Indeed.

Dr. Joseph Mercola:

On the same path to help rescue the world because it needs rescuing, deeply because of lots of things that are going on. And we're addressing the core. I'm hoping with the work I'm doing is addressing it at a more foundational level so that the information that we've previously – that I previously shared and you share – is able to be accepted. Because I'm sure you know so many people, you can give them all the truth, you can give it to them on a silver platter, and they don't do anything with it. You can live with them. Every day, every minute you're telling them, and they simply are unable to make the choices they need to make. Can't do it.

Del Bigtree:

Well, I mean, and that's one of the things that-

Dr. Joseph Mercola:

I know you've seen it your whole career.

Del Bigtree:

I do.

Dr. Joseph Mercola:

Yeah.

Del Bigtree:

I think you have to make hard choices at these times. I sort of liken it to getting on the Ark-

Dr. Joseph Mercola:

But they can't. That's the problem. They can't.

Del Bigtree:

That's why I say to people, though, you can't waste your energy. If you're in this space, you can't waste your energy on the people that aren't going to move.

Dr. Joseph Mercola:

Right.

Del Bigtree:

There's so many people that are moving right now. They're waking up.

Dr. Joseph Mercola:

A hundred percent.

Del Bigtree:

Go to them. Go to them. Get them onto the Ark. Get them into this new space. We need them now.

Dr. Joseph Mercola:

Right.

Del Bigtree:

Just because you're related to somebody doesn't mean that it's worth all of that life energy when you just know deep down that they can't hear it, they can't feel it, they can't move with it. Somebody else that is really your brother and your sister in spirit needs you right now. Conserve your energy, deal with those people that are open.

Dr. Joseph Mercola:

Man, you are [inaudible 01:20:23]. You are so spot on. Everything you're saying is accurate, 100%.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

I don't say that very frequently-

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

-but man, you just you are dialed in. This is great you got it. You're a warrior.

Del Bigtree:

Yeah. Well, we've got to win, right? We're going to win this but-

Dr. Joseph Mercola:

Well, we're going to win.

Del Bigtree:

Yeah, but it takes some strategy.

Dr. Joseph Mercola:

Yeah, yeah, for sure.

Del Bigtree:

It takes efficiency, you know? So, yeah.

Dr. Joseph Mercola:

Yeah, yeah, we're definitely highly, highly aligned.

Del Bigtree:

I love that.

Dr. Joseph Mercola:

So, we'll probably have to talk to expand this strategy.

Del Bigtree:

I look forward to that. Great.

Dr. Joseph Mercola:

Okay, well, it's been awesome. I was going to say awful – no, it's been awesome.

Del Bigtree:

It has been.

Dr. Joseph Mercola:

So, thank you for everything you've done.

Del Bigtree:

Thank you.

Dr. Joseph Mercola:

And are your parents still alive?

Del Bigtree:

They are, they are. I still check in with them. I'm very glad – I'm going to call them right now. I'm very blessed.

Dr. Joseph Mercola:

Yeah. You have got to honor and acknowledge that love. You've got to share it, because they're going to be gone. They'll probably be gone soon.

Del Bigtree:

Yeah.

Dr. Joseph Mercola:

I didn't have the opportunity to do that with my parents, but man, I just encourage everyone to do that, especially if they loved you. I don't think it's an issue for you. I didn't understand it when my parents were around. But yeah, just acknowledge them and love them to death because they deserve it.

Del Bigtree:

I will.

Dr. Joseph Mercola:

Everyone deserves it, but your parents did such a magnificent job with you. Oh my gosh.

Del Bigtree:

I agree, I agree.

Dr. Joseph Mercola:

You're just a screaming, screaming – okay.

Del Bigtree:

All right, I love you, Joe. Take care.

Dr. Joseph Mercola:

All right, you too. Bye now.