

How to Avoid Unwarranted Fear From Manipulating You A Special Interview With Gavin de Becker

By Dr. Joseph Mercola

Dr. Joseph Mercola:

Welcome, everyone. Dr. Mercola, helping you take control of your health. And today, we are joined by Gavin de Becker, who is probably, and maybe not probably, who is the leading security resource expert in the world. And he happens to lead the resource team for Bobby Kennedy in his efforts for running for a candidate for the president this year. So welcome and thank you for joining us.

Gavin de Becker:

Thank you very much, doctor. I'm a big admirer and grateful to be with you.

Dr. Joseph Mercola:

Yeah. And you're out in Maui.

Gavin de Becker:

Yes.

Dr. Joseph Mercola:

Yes. And another resident Maui who you wrote a book with recently is Ed Dowd. Great book.

Gavin de Becker:

Yes.

Dr. Joseph Mercola:

I actually interviewed him for that book, and it was a wonderfully done book that really exposed a big portion of the fraud, which is that people are dying. And the book is not that long, but a lot of it is mostly pictures, I think. And it's well-designed to communicate the message that there is some nefarious play going on here and messing with reality and trying to confuse and deceive people. So, maybe a few words about that. And then I want to talk about what's on your radar now because you have some very interesting insights on what's happening in the world.

Gavin de Becker:

Thank you. Well, I'll talk about "Cause Unknown," which has a 2023 edition coming out right now. It originally covered sudden deaths among healthy young people in 2021 and 2022, and now, it includes 2023. All over the world, in the Western world in particular, you see a massive

increase in all-cause mortality. All-cause mortality is a measurement that governments use without regard to the cause of death or the supposed cause of death. So during COVID, you have people dying of COVID presumably, but that might be flu, ultimately it's pneumonia. And in Canada, for example, 71% of all the deaths attributed to COVID were people who were residents of nursing homes. So, had we understood in the beginning, "Hey, there's a virus and those of you who are not old, those of you who are not already sick, likely have very little risk." We know in America the comorbidities, meaning the other fatal conditions, was 3.7 other fatal conditions among people who died, whose deaths were attributed to COVID.

So, what "Cause Unknown" does, this book, is raise the question about why there is such an increase in young Americans' all-cause mortality. Young Americans [are] dying at a rate not seen since the Vietnam War. In fact, we've lost more young Americans in 12 months after the mass vaccination program than we lost in 12 years in Vietnam. These are working-age Americans. Insurance companies reported that they were seeing increases that they had never seen before in deaths among insured people, meaning working Americans. And then, above all, doctor, the notable thing is that in my entire life and yours, we've never known anyone who we called a friend and they said, "Oh, Timmy, our 14-year-old was found dead in his bed." We've never known anyone who says, "Oh, I was at the kid's basketball game and a kid collapsed and died in front of all of us."

And yet, in the last three years, there are hundreds and hundreds of those cases that have been reported in local newspapers, almost never reported in the national news, but reported in local newspapers. So, what we did is start to capture those cases and we wanted to find out because people say, "Well, athletes have always fallen down and died during games," even though it's a very rare event. In fact, we found the key study is the [University of] Lausanne study done in Switzerland. It looked at 37 years of sudden deaths among athletes and found that there were annually, I think, it was 29 annually over 37 years. Well, we had single months in 2022 and 2023 in which there were more than 29 sudden deaths among athletes. And while it's becoming normalized and people think, "Oh, that's somehow a normal thing," the reality is that healthy young people do not just stop functioning [and] drop dead, where they can't even be resuscitated, because remember at all sporting events, there's somebody there with an AED (automated external defibrillators), there are paramedics there. And yet, case after case after case, these people fall down and they can't be resuscitated and they die.

And so, we gathered these cases together and basically make the presentation that something is causing these highly uncharacteristic deaths among healthy, athletic people. Most people historically died in the hospital and something is causing deaths that happen in the supermarket, and in bed, and in the middle of a conversation, and while driving, and while playing sports. And what could the things be? First of all, it's a fact that it's happening. So, that's irrefutable. The question then becomes, did it always happen like this? And I encourage readers of that book to go do your own Google searches, pick a year and see how many you can find that are reported in the news of some young athlete at a high school or a college dropping dead in front of the spectators. And it wasn't always happening to this degree, that is obvious. I went through high school and college and my entire youth, and I never knew of a single case where somebody just dropped dead. Some healthy person just dropped dead at 14 or 15 years old. So that's the first part.

Dr. Joseph Mercola:

It's SADS, sudden adult death syndrome.

Gavin de Becker:

Yes, exactly. And by the way, sudden adult death syndrome, we discuss in the book, because for a few weeks, major media companies floated that idea, even saying that people's death was caused by SADS, sudden adult death syndrome. Of course, it's not a cause of death, it's a description of a death when no cause can be identified. That's when it's called sudden adult death syndrome. Anyway, we wanted to simply get the reader – That book is quite short. You can read it in 90 minutes, I would say. And we wanted to get the reader to understand that this is happening and then to ask themselves what might be the causes. And the Wall Street Journal did a story on this subject of the 40% increase in deaths among working-age Americans, and they identified eight possible causes, four of them related to COVID — delayed diagnosis, late effects from COVID, fear of COVID.

But they identified these eight issues, suicide, et cetera, and they didn't bother with a ninth. And the ninth would've been, could it possibly be that a new vaccine product mass vaccinated by compulsion on the population, could it have anything to do with it? If you had a hundred kids die, one of the questions you would ask is, what do they have in common? Did they all attend that same event where the air conditioning had a virus in it? Did they all take the same street drug, for example? Well, in this case, we know that the overwhelming majority of young athletes were vaccinated, and typically two or three vaccinations. And you can't exclude that one possible cause when we know for an absolute fact that the mRNA vaccines do cause myocarditis and pericarditis. It's acknowledged by the CDC (Centers for Disease Control and Prevention).

Interestingly, they just did release something for FOIA (Freedom of Information Act) a day before yesterday, the CDC did, [a] 140-page report on myocarditis and pericarditis associated with the vaccines. Every single page redacted, every single page. So what is the government's – Why do the CDC ever have secrets? That's supposed to be the organization that keeps us informed. So, that's a brief discussion. I want to say one more thing on that book. That book is for someone you love who needs to be awakened. That book is a book you can hand somebody you love who you've been unable to reach, and it's just possible that they might choose not to vaccinate their 14-year-old kid or they might take a different attitude and not take all nine of these injections that are currently recommended by the CDC. We are on injection number 10 will be the next one, currently recommended by the CDC for Children.

Dr. Joseph Mercola:

Thank you for your efforts to help educate the public about that. But this is not a new venture for you because you've done that for quite some time and you have very popular books that preceded that, “The Gift of Fear” being one of the most popular, which was written over a decade ago, wasn't it?

Gavin de Becker:

It's written 25 years ago.

Dr. Joseph Mercola:

That's over a decade. That's a quarter-century.

Gavin de Becker:

Yes. Yes. Yes, it is.

Dr. Joseph Mercola:

Quarter-century.

Gavin de Becker:

Your math is correct.

Dr. Joseph Mercola:

It was a real gift to the world because you helped really provide a framework to understand that most of us ignore our gut feelings, our inner wisdom. And I just had some challenges with fear because fear is really – It's actually the exact opposite of what you're seeking because fear is all in the mind. It's not your gut, it is not your gut. Your gut is out of your mind. It's like connecting to your spirit almost. And that's what gives you the wisdom. That's what you're so eloquently describing in that book. And you're so spot on. It's exactly precise and you give so many wonderful illustrations and how that connection can easily save your life, but you have to listen to it and honor it and embrace it, and most people don't. So, I'm sure you've saved many, many lives with that book. So, maybe give us a few words on that into the subsequent series, but then I want to dive into what's current because that's a quarter-century old.

Gavin de Becker:

Indeed. Well, thank you for the nice comments on the book. That book, “The Gift of Fear,” is still the No. 1 bestseller in the world on violence after all these years, and it is very gratifying. I took two years off to write it. I'm probably one of the only authors who lost money on a bestseller. I didn't expect it to be a bestseller and it turned out to be. Oprah did a show on it. And then she did a show commemorating its 10-year anniversary, and then she did two shows on it in her last year on the air. And I know it affected and helped a lot of people and I'm grateful for that. Just to tell you that while I was writing it, I learned – A great deal of that book is about intuition, which is what you're talking about, the sort of inner voice or gut feeling.

And the word intuition, I learned, means the root of it, “in tueri,” means to guard and protect. And that's what it does for us. It is the sense, we could say, the sixth sense that keeps us safe, sort of our nuclear defense system. And indeed, the gut has lots of neurons, more than a dog has in fact. And there's a form of thought, if you will, or connection to the universe that when we just know something without knowing why, when we don't use logic, we just say, “Go back to the

house. Call the house. Move away from this person. Get out of this underground parking lot. Don't call this person back. Don't date this person. Don't stay late with this manager of this restaurant when he asks you." Whatever it may be. Sometimes, the overwhelming majority of times, people are not sinister toward us and don't mean us harm, but sometimes they do.

And when you get that signal from intuition, it is very, very important to listen to it. And I say that intuition is always correct in at least two ways. One, it's always about something. And number two, it always has your best interest at heart. Now, it might be that the information that you deduce from an intuitive feeling of hesitation or fear or curiosity, maybe your interpretation will be wrong, but the fact that you listen and give it a hearing is very important. And I want to just talk for a moment about fear because there are two distinct kinds of fear. One is, as you said, in the mind, that is the building of a narrative. If this happens and that happens and it's linked to anxiety, which is, "Will this thing happen, and to what degree will it happen?"

But the other fear, what I call true fear, is the automatic immediate reaction of the body. "Something is wrong here." I see a snake or a tiger, right away, I have a physical reaction. And that fear should always be listened to. The unwarranted fear, like the fear of I'm boarding a plane and I think, "Oh, this plane's going to crash, don't get on it." If that's based on a news story I saw two weeks ago about a plane crash in Brazil, that's going to be unwarranted fear in the category of anxiety. But if it's based on seeing the two pilots stumble out of the bar drunk at the airport, that's something I might want to listen to. So, you at least ask yourself the question, "What's this about?" Many of us have had that feeling about – "Don't get on this airplane," for example. And sometimes, it's hard to act upon, and sometimes it will be unnecessary or misinterpreted. But if you ask yourself, if it's based on memory or imagination, that is not true fear.

If it's based on something in your environment, something you see or smell or hear or feel, that is often true fear and should be listened to. And that's why the book title says that, "The Gift of Fear." Fear does have a gift for us and no animal in nature, even the strongest lion that's suddenly afraid, will say, "Oh, it's probably nothing." But we do that. A woman will be standing at an elevator in a building late at night, an office building, and the elevator doors open up and there's a man in there who causes her fear. We don't know why. Only a human being will get into a steel soundproof chamber with someone who causes them fear. An animal won't do it. And so, we override, we prosecute our own intuitive feelings. And my life is full, and yours too, of people who said, "I knew it, but I still did such and such. I knew I shouldn't have, but I still hired that person," or "I knew I had a feeling about that environment and I stayed in it." That's a little brief recap of "Gift of Fear."

Dr. Joseph Mercola:

Well, you're very kind and humble because what you don't – And I'd like you to expand on it now. Give us a brief history of your experience in this area because you have some experience with it as being a pretty profound understatement. You're one of the world's leading experts in this and you've had probably – More than any other person on the planet, people come to you to solve these cases and to identify that. So, why don't you give us your history where you're at, because many people don't know who you are?

Gavin de Becker:

So I have a company that is a consulting company. I developed an expertise and fascination with assassination and not so much the stories of who conducted assassinations, but rather the physical and the physics of it and how to prevent assassination. So, I have a big company. It's been up to a thousand employees, we're now about 600 employees, that advise public figures who are at risk of assassination. So, we advise on anti-assassination strategies and provide all the services that are linked to avoiding tissue damage. So, that's the very blunt way of putting it. We're not into protecting reputations or protecting empty houses or that kind of thing. We're in the business of preventing tissue damage. And that is sometimes a complicated endeavor depending on what adversaries a person might have and how committed they might be. Sometimes it's random mentally ill people, and sometimes it's organized adversaries or opponents that try to kill someone.

So, my main company does that. In my public education work, then I write books and that's to take the strategies that are used to protect senators, congressmen, presidents [and] governors, and make them available on an accessible level to regular people. The reason being that a public figure in America is attacked about once every five years, but a woman is killed by a husband or boyfriend about once every five hours. And so, I wanted to take what I had learned and say, "Well, what are the ways that there's this crossover so that regular people who are subject to victimization and targeting can be safer?" And that's where the public education part works. But otherwise, my company advises people and [has] developed threat assessment systems for the U.S. Capitol Police and the U.S. Supreme Court Police and the CIA (Central Intelligence Agency) and the governors of 12 states. So, that's been my main area of work on my professional side. And then there's the public education side, which includes talking to you today.

Dr. Joseph Mercola:

Would you say it's fair to state that you're probably the leading expert in this area and that most public figures or celebrities, politicians who want protection seek your agency?

Gavin de Becker:

Yes, probably more than any other location that they can seek these services. We protect about 70 American families and individuals who you would know every name and they are at-risk individuals. And then when people have challenges, we're certainly the main place they come. If they don't already have, for example, Secret Service coverage if they're a president or vice president, or they don't already have protection if they're a governor.

Dr. Joseph Mercola:

This would be like kidnapping too, right?

Gavin de Becker:

It includes kidnapping, but that's way down the list. But yes, it does.

Dr. Joseph Mercola:

That's an issue for some.

Gavin de Becker:

Yes.

Dr. Joseph Mercola:

All right. Well, that's a good summary. So, it's probable, I suspect, that your book is a series of books, the primary one, "The Gift of Fear," but a series of them. Then I'd strongly encourage you, especially if you're at risk and are a woman or female, this book could save your life, possibly even more likely than the COVID book. Because you already know, if you're watching this, you're not deluded into believing that this was some regular unusually potent virus, but it was [a] bioengineered weapon that was used by a certain group of people to really destroy us. And especially not so much the vaccine itself, but the potential cure for the vaccine, which was even worse. And you well-documented [that] in your book.

Gavin de Becker:

You mean not necessarily the virus itself, but the potential cure for the virus? You said vaccine.

Dr. Joseph Mercola:

Oh, yes.

Gavin de Becker:

Yeah. Yeah.

Dr. Joseph Mercola:

Absolutely.

Gavin de Becker:

I understand.

Dr. Joseph Mercola:

It's much worse. Yeah, I think it's – [inaudible 00:19:41] is pretty good at compiling statistics and there's no way to know. It's just a projection, but it's approaching 20 million people died from the jab now, 20 million people. That's a lot. That's a lot more than killed by the vaccine for sure.

Gavin de Becker:

Yes.

Dr. Joseph Mercola:

So it was a risk. So anyway, you scan the news all the time. You're a really astute observer of reality. And it's unusual for me to be able to connect with someone like you and I would really be interested in your take on the state of the affairs in the world right now, especially. I think there's a generalized perception that this fall is going to be challenging because as we're speaking, I think, earlier today, the two candidates for the presidency have been confirmed. There was no surprise, Biden and Trump, it's a repeat of the last election, and it makes no rational logic that Biden would win.

It's just he couldn't, with what his record is, and he's demented, and it makes no rational sense that he would win. But if he wins, oh boy, it almost screams of overt fraud and has the potential to cascade in almost a revolution, a rebellion against that and an objection to this, the fraud that would likely occur as a result of that. So, that's my superficial impression, but you are a much more astute observer of this and can give us a lot [of] keener insight as to what might be happening.

Gavin de Becker:

Well, I want to start with something that is the case for human beings throughout history, and that is that all governments and all leaders have used fear as an instrument of control. And all governments also benefit from division in their countries. And the reason that they benefit from division in their countries is if you can picture the king and the queen and they're standing behind the castle wall, and there always is a wall, and they're looking at their subjects and the subjects are fighting with each other over one subject or another, that's good news for the king and the queen because it means they're not coming over the wall. You want people to be energized in their focus on each other and not on those in power. And so, it is not new that fear is used as a way to control and manipulate populations. Here we've had, in my lifetime, of course, you've had fear, you'll remember, many people won't, of Y2K.

Dr. Joseph Mercola:

Oh, yeah, well.

Gavin de Becker:

Y2K was a giant when most people don't even know, but that was the year 2000 that the belief was when the calendar clicked over that all technology would stop functioning. Airplanes would have to be grounded, and every U.S. carrier did ground their airplanes. Nobody flew at midnight on Y2K. I happened to be on a flight to England with British Airways and there were 22 people on that giant plane that holds nearly 400. And the captain in those days, he could walk along and say hello to you. And as he walked by me, I said, "Why are you guys flying when American [Airlines] isn't and United isn't and Continental isn't and TWA (Trans World Airlines), around that time, isn't?" And he said, "Because it's on the schedule."

So, the Brits who had had more experience of bombing, for example, they had the stiff upper lip, the ability to continue to function in the face of fear. Americans really don't have that ability. So

that after we were afraid – After 9/11, every big office building suddenly implemented security procedures where you had to show ID to get into the building. Now, we have to remember, you didn't need ID to fly an airplane into the building. The security response was absolutely unequal to what had actually happened. Airplanes have been flown into buildings. That's one kind of thing, intruders trying to get in your building, and documenting everybody, and passes. And we became a national security state over fear of terrorism. Then you have killer bees was another thing that was posted on the public.

And terrorism is an interesting thing because you start with an enemy like a country. It's a real country, there it is, it's Russia, it's China. Then you go to communists. Communists are the problem. Then you go to communism is the problem. Now, you're getting down to a very fine, almost talcum powder, and then you go to terrorists are the problem. Then you go to terrorism, which is an idea, is the problem. And finally, we have landed on the smallest possible particle, the virion, the virus. Virus is the problem. Now, they had tried this in 1975, President Ford announced that every man, woman and child in America would be vaccinated against swine flu. About 40 million were vaccinated before it was withdrawn from the market because of serious adverse effects on some people who took the vaccine.

Dr. Joseph Mercola:

Well, literally dozens of deaths as opposed to millions.

Gavin de Becker:

Yes. Yes. Yes.

Dr. Joseph Mercola:

They're a little more sensitive to people dying from vaccines than they are now.

Gavin de Becker:

That's true. That's before the PREP (Public Readiness and Emergency Preparedness) Act and other things that have made it such that companies and governments don't have to worry so much. Then in 2006, Fauci tried again to vaccinate everybody in America also for swine flu, and it just didn't take. But this fear was exploited very, very well. You'll remember that there were stories of refrigeration trucks parked outside of hospitals. Well, that same thing happened in 2017 because of a very serious flu season. We had refrigeration trucks parked outside of hospitals. And I always ask people, "Where do you think those refrigeration trucks come from? You think they were built because of the coronavirus?" They existed. They're in a warehouse in a garage until they're needed. I was at a hospital when my sister died. There was a refrigeration truck outside because they ran out of space for bodies. It's not that remarkable. But all of it was tuned and aimed like a laser at this one specific virus.

And very early in March of 2020, I had to do a report for my clients on the actual risks of COVID. And what I learned out of Italy, which was the first country to give us good statistics, is that [a] tremendously high percentage of people, more than 90% whose deaths were attributed to

COVID, were elderly and already had, in those days, 2.7 other fatal diseases. So, if you didn't have a fatal disease, if you weren't old, if you weren't unhealthy, the odds of dying from COVID were very, very remote and very low. And so, I knew very early in March, "Wait a minute, this thing is not something to be afraid of and to be afraid of in the way that they were hoping people would be." And then, of course, you learn that for children, bee stings would more likely kill them. And an injury, of course, far more likely, or drowning, far more likely.

So, fear was used. To answer the question about what's going on is that as governments face greater and greater challenges to deliver what the public wants, order, order maintenance is very important, enough food for people, enough jobs for people. When these things are in peril, governments always go to war. And this was a war. This was a war by governments on citizens. And it completely shifted the power in perhaps a permanent way, one hopes not, but it might be, such that you could accomplish with words getting billions of people to stay in their homes, getting everybody in America to not go to work. Hundreds of thousands of businesses closed forever. Restaurants and family-owned businesses closed forever. If an enemy tried to do that to us, they would need a nuclear onslaught. But we did it to ourselves and we did it to other Western nations. And it reoriented power in Western nations such – Go ahead.

Dr. Joseph Mercola:

Well, I would counter that, we didn't really do it. We allowed it. It was done to us. [inaudible 00:28:23].

Gavin de Becker:

Well, I mean, we as a nation, I don't mean the citizens. I mean, the-

Dr. Joseph Mercola:

Yeah, citizens didn't do this at all.

Gavin de Becker:

No, no, no.

Dr. Joseph Mercola:

They allowed it, other than allowing it, and capitulating, surrendering.

Gavin de Becker:

And what happens when you're afraid is that you'll take any train that's leaving the station even if it's not going where you want to go. And that's what America did. Many Americans had reason to trust, they thought, the New York Times and CNN and even Fox, and to believe that this is all true. And there's the evidence, and there are the pictures, and everybody's wearing masks, so it must be true. And people believed that they were in danger. The reality is that very, very few people were in danger and it should not have been used to lock down societies and close schools

and these things that were tremendously damaging to young people and ultimately to all people. So, this was a power move. It will always be something — terrorism, communism, terrorists, Russia. It will always be something. And the U.S., in particular, dearly needs Russia as an example, because without that adversary, NATO (North Atlantic Treaty Organization) falls apart and our weapons manufacturing companies that rely upon new countries joining NATO. When a new country joins NATO, they have to switch over all their ammunition and all their weapons systems to American weapons systems.

So right away, it's a multi-billion dollar thing just for joining NATO. And if you don't have Russia and you don't have Putin, you don't have the narrative that supports the fear, which is that he's going to come across one country after another in Europe. So this is just old. It's not new stuff and we're experiencing it. I think the one thing that's new, doctor, and then I'll finish this long answer, is that technology has introduced — There are always new technologies throughout history that change things. The gun obviously being a major change over weapons that you had to throw or blunt force weapons like rocks and what have you. So, the gun was a very big one. Remote control bombs are a very big one, but technology has now introduced something which is allowing narratives to be created and injected into our minds in a much more compelling and automatic way through social media, ultimately through AI, through our iPhones, et cetera, or cell phones rather.

And so throughout history, countries have worked on perfecting the methods of control. And I fear with some sadness that we might be pretty close to it being perfected, where revolution that might normally have been the reaction of the public is less likely because people believe the narrative or they believe that they can't do it or they can't communicate with each other. There was a Facebook group, 370,000 people who considered themselves vaccine-injured. Facebook just shut it off. Suddenly, all those people couldn't communicate. You had your share of just being absolutely shut down in terms of information. And so, we're living in a post-truth reality now where truth is not the center of information. And it's more than “1984.” “1984” is brilliant, by the way, brilliant. And I'll tell you an interesting thing. In 2020, “1984” became a bestseller again after 70 years, it became the No. 17 best-selling book in America. It warmed my heart because it told me, “Well, maybe people are paying attention more than I realized.”

Dr. Joseph Mercola:

Yeah, it was pretty prescient, [George] Orwell. That's some interesting insights. As did Ayn Rand in “Atlas Shrugged,” which preceded that book.

Gavin de Becker:

Yes.

Dr. Joseph Mercola:

Yeah, it's pretty interesting. So do you have any concerns about civil unrest in the fall?

Gavin de Becker:

Not just in the fall. When 2020 and lockdowns happened, there were 12,000 demonstrations in America, 12,000. Most were not reported in the news, in the national news, because if you report it, of course – If you have a million-man march on D.C. and nobody reports it, it basically doesn't work. It's not effective. And so, we are already living with civil unrest. We are living with, in the big cities, crime at a level never before perceived even. These flash mobs of 70 or 80 people that break into a department store and run out, and the local prosecutors won't prosecute anything that's under \$1,500 of loss. So, when you spread that over 50 or 60 or 70 thieves, nobody is stealing more than \$1,500. In San Francisco, Walgreens, which is a national chain like CVS or Longs, had 13 stores, they now have one with a guy with a gun outside.

[In] San Francisco almost every department store, almost every European high-end store has closed. And [in] Los Angeles, New York, Seattle, Portland. There is profound civil unrest in the places I just mentioned. Now, with regard to whether we would have a revolution, I think an organized revolution is probably not likely. I think a resistance movement is more likely, but it's very hard. It's very hard to accomplish when even our means of communicating – Let's say we have a particular website we go to, might be yours, where we have particular website we go to get information, it's very hard to know what's true, what's organized by the government, what's infiltrated by the government. In the U.K. for example, there is a cyber warfare unit as we have, the cyber warfare unit in the U.K. was assigned to work on websites in the United States. And what websites? Websites that were encouraging or might encourage vaccine hesitancy.

So, the marketing campaign, [the] \$15 billion marketing campaign funded by the U.S. government for getting shots into arms, as they said, is the largest and most successful marketing campaign in world history for the most successful consumer product in world history, more than Coca-Cola in terms of revenue. And so, we're living in a very precarious time, and I fear that when you can force people to take a material into their body that they don't want – And we've had just this week two very bad losses in court cases where one was a school that vaccinated a kid against his parent's wishes and the courts didn't take the case. They're saying the PREP Act allows that. Another was-

Dr. Joseph Mercola:

Of course, it does.

Gavin de Becker:

Yep. And another was a woman who went to get a flu shot and they also gave her a COVID shot just because they wanted to. She didn't want it. So, that's where we are, is you can in effect compel people by force and fear to take a material that changes your body that we now know has particulate matter from SV40, has SV40 particulate matter in this enhancer. SV40 was the cause of an early vaccine being withdrawn. SV is simian virus. Man, that's not something you want to inject. And yet millions of people have, maybe billions. And so, I think skepticism is a very valuable thing to encourage, let people make their own decision. And as Bobby Kennedy says, and he's an alternative to Trump and Biden by the way, he is running as an independent, as he says, he wouldn't stop anybody from getting a vaccine product they want and he wouldn't force anybody to get a vaccine product they don't want.

Dr. Joseph Mercola:

Yeah. So, you paint a pretty bleak picture, which is not surprising that it's pretty accurately summarized what's been going on. But you also have [the] knowledge to encourage people to consider alternative resources to address that fear. Because the last thing we want to do is create fear. We want to empower people and inspire them to action's sake and resources, where they can be proactive and they don't have to succumb to this. So, what strategies would you advise because you're an expert in this area?

Gavin de Becker:

Well, notably, I recommend that people not watch the news, not watch the television news. Particularly local news channels are 40 hours a week of original content designed to get your attention with fear. And when you do your own research, when you seek out your own information, it is delivered without the drama, without the alarming images. And those of us who are parents, imagine that the puppy that our kids love got hit by a car, would we rather they see that happen or would we rather that we inform them of what happened? And so, you can give yourself the same gift, which is do not accept the visual imagery and presentation style of CNN and Fox and your local affiliates, but rather go and get the information. And particularly when you read, reading allows you to decide what happens to your body.

Whereas seeing something alarming does not allow you to decide what happens to your body. The body does not understand media, meaning when I see a terrible thing on the news, a horrible car accident or a body of a child mangled or great suffering, I have no way of knowing whether it's close or far away. I have no way of knowing whether it's true or not true. And I have no way of knowing whether it's dated or recent. But in all cases, just like a movie, it will cause alarm. You'll recoil from it. When you read something, even something alarming, you can decide how it is brought into your system and how you deal with it. So, I really encourage people to seek their own information when they're curious and not allow television producers to decide what's important in your life and much of what's on the news and EWS (early warning system), I say nothing [is] ever worth seeing, much of it has no value for us.

What difference does it make? Somebody put a snake in a mailbox 3,000 miles away and a mailman – so what? Or there's a fire in a high-rise building in Caracas. I'm not in Caracas, Venezuela. We don't need to know about the awful things that befall people all over the world. In fact, it brings me to something else in answering your question to say another great gift that's available to us is to work on subsidiarity. Subsidiarity is a word I only learned in the last couple of years, but that is government at the most local level possible and living at the most local level possible. And somebody I read the other day, he called it “ the great nearby” instead of “ the great beyond.” If I think about what's going on all over the world and I begin to think in global terms like, say, Bill Gates does, I'm as nutty as he is.

I don't live in a global relationship. I live with the people in my life, the people in my community, the people I know, and the people I choose of which you are on that list. We chose each other. We chose to engage with each other. You weren't foisted down my throat by a news organization or a government. And so, it's fine to think globally, but to remember that every time there's a global crisis that only lends itself to a global solution, that is power telling you what to

do, because you can't do anything about the global crisis or the global solution. These are used to control conduct. And so, living as locally as we can is a very wonderful antidote for the fear that is being sprayed at us out of a fire hose 24 hours a day.

Dr. Joseph Mercola:

And developing a community that when things or if things fall apart – there's a high likelihood that that will occur. If you're in [a] dense urban area, that's going to be a particularly serious problem. And I've always encouraged people to seriously consider relocating because if the infrastructure breaks apart, those are going to be the most seriously damaged segments of the population. No question about it. There's no other rational conclusion. But you had suggested to not look at the news and research it yourself. That becomes particularly problematic in the first quarter, towards the end of the first quarter of the 21st century, because Google has attained dominance. They have owned 95% of the search engine results. And that is absolutely censored 100%.

It's almost impossible to find natural news information. Fortunately, the good news is, and I'm sure you're aware of this, that the advance of the large language models and artificial intelligence is going to bypass that. Google is the largest search engine in the world, [but] that's changing. It is absolutely changing. In the next few years, we will not be using search engines. You can take that to the bank. You're going to get an answer, and hopefully, it's from a non-prejudiced, uncensored language model that will – To give you an idea, it's so much better. I would say 90% to 95% of the time I need information, I'm using a language model, not a search engine at all.

Gavin de Becker:

Understood.

Dr. Joseph Mercola:

I mean, I've rarely used a search engine, so that's what's coming. But what I wanted to mention, out of all technology, I'm sure you're familiar with it, I would want to encourage people to consider it, it's called RSS. Are you familiar with it, right? No, you're not?

Gavin de Becker:

Not by those letters.

Dr. Joseph Mercola:

Okay. It's real simple syndication and it's a technology that was literally responsible for the success of my website, the technical success. And what is RSS? It's a simple technology developed in the 20th century that essentially allows you to take a feed that is generated from the HTML code in a website and it will essentially give you all the new content and feed it into a congregated area, a news reader essentially, so that you can go to one application. And I literally have a hundred different feeds that I look at. And none of them – I mean, there are some that are censored news because I know they're censored like [the] New York Times just to see what

they're saying. So I know this because you can almost trust [that] everything the New York Times says, it's Orwellian doublespeak and the exact opposite is true.

It's okay to look at it, but you look at it with not blinded eyes. So, RSS is just magnificent. And actually, Google had the best RSS reader out there, and I think they took it down 10 years ago. Yeah, about 10 years ago, it was called Google Reader. And they abolished it and they abolished it for a good reason because they recognize it as a threat to what they're doing. If you have the ability to identify trusted authorities, not authorities, but respectable journalists that you know tell the truth, and I can think of a large number of them that I would trust implicitly that they're unbiased, they're absolutely spot on, and I would almost believe every word they say, and if you get this collection, you're going to know what's going on.

So, the key is that you're in control. You select the sources, you select that you want to listen to it or not listen to it. All you have to go to is one app. You don't have to go to dozens of websites and it all comes, because some websites, they don't have a post and update for maybe once a month. Others are three or four times a day. So it doesn't matter how frequently, it's all in one place and I go through maybe 200, 300 posts a day based from all different sites, and I know what's going on because of that. So, I would offer that as a solution for many to consider. And all you have to do, if you never heard of RSS, you just go – I mean, Google is just an atrocious entity. And thankfully, they're on their way out.

I don't know if you're aware of this, but Microsoft will pass them. There's no question. They're going down. They had the undisputed advantage. They purchased DeepMind in 2014 for half a billion dollars, which is a bargain. They had the collection of the leading AI, 70% of the AI scientists in the world were in DeepMind, and they purchased [it]. It was brilliant on there. But they're such an intrinsically disconnected organization that they let that advantage go. They didn't take advantage of it. They did not take advantage of it. And OpenAI, ChatGPT just beat them. They just trumped them in spades and they have such an advantage that they can't catch up, thank God, because they're going down and Microsoft is going up.

And Microsoft isn't the best thing. That's Bill Gates. But Bill Gates doesn't have control over Microsoft now. He has shares, but he doesn't control it, which is good. But anyway, that's my take on it. And it's just to understand that these are challenges we have. I've written a lot about Google and their surveillance mechanisms and, really, contribution in controlling everything. They control a big percentage of the world's elections because they do it through bias and censoring of information that comes up for the searches, and it is done. It's called ephemeral experiences. So they can't even be tracked. It's fleeting. There's no record of it. It's not like an ad that's shown. It's just very ephemeral.

Robert Epstein, I think he's based out of Harvard, or I think it was Harvard, but he's got an independent project and it actually guards some of the elections going on and documents the fraud that they're doing and manipulation through control. They're abusing their control. So anyway, that's just my take on it. But RSS is just a wonderful opportunity to [get] the news. And I couldn't agree more, when I was in med school last century, I embraced watching the nightly news. I would go home, I would record it on the video because I wouldn't get home until after it was on, and I'd watch it and just enjoy it and think it was the best thing since sliced bread and thought I was keeping up. Little did I know as being brainwashed. Absolutely brainwashed.

Gavin de Becker:

Yeah. We thought it was being a good citizen. You would want to be informed. And look, it's always state media basically. And it's a good point you made that if you read something these days, when I hear a message from [the] government, the very fact that they want me to hear it makes me suspicious. And that's okay because skepticism is a key part of a healthy society. We're not a healthy society now. You said a moment ago that you are concerned about civil unrest and the decay, social decay and order decay in the cities. I would argue that's already well underway.

Dr. Joseph Mercola:

I'm sure.

Gavin de Becker:

The large cities are-

Dr. Joseph Mercola:

Well, I'm talking exponentially from what's already happened.

Gavin de Becker:

That's true. That's true.

Dr. Joseph Mercola:

And all of these distraught-

Gavin de Becker:

It's a very thin line. It's a very thin line because when it falls, it falls fast. And we see that in times of civil emergencies, earthquakes, et cetera. And so, I agree with not living in cities. I think it's not good to live in big cities, but I don't have to preach that anymore because it's obviously not good to live in big cities. You take a drive through Los Angeles, it's apparent.

Dr. Joseph Mercola:

Especially in blue states, especially in blue states.

Gavin de Becker:

Yep.

Dr. Joseph Mercola:

But even in red states because big cities are intrinsically politically left. That's just the nature of the beast.

Gavin de Becker:

That's true.

Dr. Joseph Mercola:

It's very rare to find a big city that's not.

Gavin de Becker:

And they're vulnerable.

Dr. Joseph Mercola:

Even Florida. I mean, Miami is left.

Gavin de Becker:

And cities are vulnerable. There's so much infrastructure that needs to hang together. And it really relies – It's a little bit like money and currency. They rely on a narrative. You buy into this, this \$100 bill, you say, “Oh, I’ll take that \$100 bill because I considered that other people will want it and exchange something of equal value.” These are all stories, right? Money is not a real thing. Food is a real thing, but you can't eat money. And so they're just their ideas and that's how societies are held together by ideas and narratives. And I think we all have a responsibility to be skeptical. If you – What's his name? Carl Sagan, one of the early pages in that book, “Cause Unknown,” has a quote from him in which he says that the founding fathers required skepticism. You had to participate, otherwise, you were just handing power to someone.

Which is why we had a revolution against the British, was to get away from a king. And he said that if we lose skepticism, then somebody in government is controlling us. And that's just the way that is. And you're right that it might sound fairly dark. I'm not very hopeful about the future returning to the way things were. I do want to tell you the hopeful part. In a resistance movement, in a movement of people who disagree and push back against orthodox narratives, you find many wonderful friends and people to love. And while you see the dark sides of humanity, you also see the very light sides of humanity in that I could come and knock on your door and you would say, “Come on in.” Just by virtue of the fact that we are both on this side of the government orthodoxy or the narratives of those in power.

And so for me, it's led to a great deal. We think, “Oh, we'll lose many relationships,” and you do, or you think we'll be harmed in some way. I did Tucker Carlson or Joe Rogan. And then you think, “Well, isn't that going to destroy your career and all the things that are at stake?” But you also gain extraordinary relationships and great closeness. And I do think we're in for a lot of transition. We're in it, we're experiencing it. It's just that we're the frog in the boiling water. Things happen fairly slowly and the public doesn't really recognize it.

Dr. Joseph Mercola:

So yeah, definitely some challenges. So what's new on your horizon for the rest of the year?

Gavin de Becker:

Let me see. I don't pay much attention to – Robert Kennedy is a very good friend of mine, and I'm very glad that he might provide an option that might actually work. Meaning it's possible, it's likely that the hold on power, the grasp on power will assert itself. I'm talking about the unity party, Republican, Democrat and its lack of differentiation. I don't put a lot of stock in politics. It's not a big interest of mine. Bobby is an interest of mine because I respect him a great deal and because he's been an active warrior and resistance member, if you will, for a long time. And he's paid his dues as you have. So, I'm focusing on that for that reason.

I've got three books I'm working on and I'm trying, really trying to cure myself of where I started during the COVID drama, which is where I started was, “Catch them out. Oh, they're lying. Oh, he said this. Oh, it is actually that.” I could see that something intuitively wasn't right and I was focusing on every event. And now, I've taken that helicopter much higher up and say, “This is happening. I don't have to prove it anymore. This is actually going on.” Powers have been asserted over the United States population that were never intended by the founding fathers, obviously, none of us – Well, I shouldn't say none of us. Some people don't want freedom. Some people are more comfortable handing it over to somebody. But those of us who do want freedom, the change is underway.

There was no freedom in 2020 and 2021. You were not free to decide in the United States or in Canada whether you could travel, you needed that vaccine card, whether you could go to work, you needed that vaccine card, whether your kids could go to school when school finally started. A divorced parent couldn't even have the children go to the other household because it would be households mixing. In Hawaii, all forms of transportation were prohibited. All forms of transportation, except for the so-called essential workers, and all businesses were closed and only essential businesses were allowed to be open. And one of them that was allowed to be open was fabric stores. Can you guess why fabric stores were allowed to be open?

Dr. Joseph Mercola:

Masks.

Gavin de Becker:

Masks, but they couldn't have customers come right in. The governor's orders said that you had to book it online because if you had more than three people standing out in front of your store, of course, they'd all get COVID and die right away. You couldn't surf. You couldn't sit on the beach in California as well. And we were not free. And I would submit we're still not free. And it's not just because of COVID. It likely was always an illusion. We had certain freedoms or the illusion of certain freedoms, but we mustn't fool ourselves to think that any power that is ever used will be given up. It will never be given up, the powers that the country has ceded to the government.

Dr. Joseph Mercola:

Yeah, I agree. So there's no reason you would necessarily remember, but I spent many winters in Maui, which is where you're at. Where do you live in Maui? On the east side?

Gavin de Becker:

I live in Kula.

Dr. Joseph Mercola:

Kula, okay.

Gavin de Becker:

Which is near the North Shore.

Dr. Joseph Mercola:

Yeah, the North Shore. Okay. So I spent many winters there. Most of the winter in the '90s, I say from the mid-'90s to the late-'90s is where I was hanging out because it's so much better than Chicago. So I'm familiar with the area. I was on the west side mostly by Kaanapali, which is very close to Lahaina. So, I'm wondering, obviously that was a big issue six months ago when they had those fires, which didn't seem to be of natural causes. And you're pretty good at investigating that stuff, and I wonder if you reached any conclusion on that, because from the evidence I've seen, it seems like it was a directed energy weapon.

Gavin de Becker:

Well, I really haven't reached any conclusions, and I find the topic frustrating because we are subject to waiting for information from [the] government that is not providing the information. That site is still closed. You're not allowed to stop near it or photograph it.

Dr. Joseph Mercola:

Lahaina?

Gavin de Becker:

Lahaina.

Dr. Joseph Mercola:

You can't get into Lahaina?

Gavin de Becker:

No. I mean, the parts that aren't burned, but the parts that are burned are closed and guarded. They just signed a multimillion-dollar contract for guards at the entrances. And physical barriers are up so that you can't photograph into the area and the government is withholding all kinds of information.

Dr. Joseph Mercola:

That seems suspicious at a minimum.

Gavin de Becker:

Well, it's the new way of government, which is, "We just don't have to tell you." But what's frustrating is we rely so much upon information from [the] government and local officials and what have you, and when none of it can be trusted, we're left with having to choose a theory or choose to speculate a great deal, and it's frustrating. In the case of COVID, it was a little bit easier because even their own information made clear that this was old sick people. And guess what old sick people always do? They die sooner. Yeah, they die sooner than others.

And so, if you weren't old and sick, you really shouldn't have been afraid. And by the way, what did they die of? Pneumonia, flu disappeared whilst in COVID. It's nearly impossible to figure out except to know that it was not a kind of emergency pandemic, nor has there ever been a virus in the world that threatened humanity. We have – Well, you know more about it than I do. We have immune systems, and if we're healthy, we have a very good chance of prevailing through most kinds of natural disasters. This indeed was not natural. No question.

Dr. Joseph Mercola:

Yes, especially if you live in subtropical environments like you do and you take advantage of it. Because there's many people that do live there, but they choose to work indoors, which we never really did historically, [in] the last 100 years or so. And I perceive one of the solutions to this mess is embracing the consequences of AI, which will inevitably increase unemployment to pretty massive levels. Maybe 25% of people working out will lose their job. But I think that's a good thing. You want to know why I think it's a good thing?

Gavin de Becker:

I'm going to take a guess, that people return to the land and to farming and to nature.

Dr. Joseph Mercola:

Perfect. Exactly. Because the No. 1 occupation in 1900 in the United States was farming. And now, industrial agriculture has manipulated the system to essentially allow normal single farms, small farmers to be extinct. It's on the road to extinction, probably within the next decade. But I'm committed to changing that and destroying industrial agriculture. And I think AI is going to facilitate that because it's going to give an opportunity to go back to the land and produce the thing that absolutely every single living person on this planet needs, which is real food, real food. Synthetic crop is produced by monocrop industrial agriculture. It's just unacceptable.

Gavin de Becker:

Well, I certainly endorse, I very much agree with you, and it gets to that word I use, “subsidiarity,” which is getting your governance down to the most local level possible. And if that is communities, here in Maui, for example, it's not legal to sell milk because it's not pasteurized. And soon eggs will go the same way. You won't be able to have a chicken. In New Zealand, there have been laws recently during the COVID period that outlaw smaller farming under the guise of food-

Dr. Joseph Mercola:

That's where revolutions warrant it, it absolutely is. They cannot usurp your right to eat healthy food. They just can't. Then you're in prison. You are absolutely in prison and you're radically accelerating your departure from this planet.

Gavin de Becker:

Yeah, I really agree.

Dr. Joseph Mercola:

[Inaudible 00:59:32].

Gavin de Becker:

Local farming is a key component and industrialized farming is a nightmare. I remember something that Bobby said that local farming is poetry and industrialized farming is science fiction. And so I'm very much with you. And indeed it may be that people form into more cohesive communities that are based on values and food.

Dr. Joseph Mercola:

That's what we need. Yeah. There's a lot of land in this country. There's a lot of land. You don't have to live in the cities for sure. It's a different living, but I think it's a healthier living, [and] produces more joy ultimately.

Gavin de Becker:

Yes, I agree. With your help, I'm outside much more often, and I take very seriously your teachings on vitamin D and sunlight.

Dr. Joseph Mercola:

Yeah, I'll just end there because it's not just vitamin, and in fact, there may be something that is equally important. I'm actually writing a paper and doing some research to prove the theory, but it's actually the near-infrared, which composes maybe two to three times as much of the radiation that we get. And that's a very narrow frequency of about 600 to 900 nanometers. But it does

something called biological magic that has a scientific name. It's called photobiomodulation, which essentially is [a] transducer. It converts your body as a transducer. And I know the mechanism now, and I'm actually proving it, and I'm not going to disclose it here because it's going to be Nobel Prize at some point.

But essentially, your body transforms this energy from the sun into a storage form of energy in your body and uses that throughout the night when you're not exposed to sunlight, to power your body and actually increase mitochondrial energy production. So, it's more than vitamin D. It's much more than vitamin D. It's actually this near-infrared [that] is equally as important as a vitamin D. And people not living in Maui or Florida understand that and they take vitamin D. But there's not a pill you can take to get near-infrared, there is not. You have to expose yourself. And fortunately, there are some novel devices, and I'm actually in the process of revising and developing them. So they actually produce therapeutic doses of this nutrient. And it is a nutrient, it's a light nutrient.

Gavin de Becker:

Red light therapy on that list?

Dr. Joseph Mercola:

Well, no, red is a little bit lower in the spectrum. It's below 600 nanometers or very close, maybe a high 500s, low 600s, but a little – It's more than 600, actually 700 to 900 is really the active range. And they both work. But the near-infrared works better and it's nothing near in the mid, which is higher than 900 nanometers. So, it's this very specific set of frequency that induced this powerful, powerful effect that is virtually unknown of in the scientific world. There's [a] small number of researchers who understand it and people, but virtually no one does. And it's just-

Gavin de Becker:

We were built to be outdoors.

Dr. Joseph Mercola:

Yeah. You don't need a magical device. They help if you live in the north. But all you need to [is] to go in the subtropics and take your shirt off, go on a solar noon and you got it. It's free. There's no charge for it. That's what we were designed to do, what our ancestors wanted to do – not wanted to do, they did. And they were outside farming. So, they had this. They weren't inside doing desk work at solar noon, which almost everyone does. So, you actually physically have to understand that and compensate for it and get your body outside. If you're inside working on a computer, it will not work. I don't care where in the world. If you live on the equator, the exact equator, it will not work. You have to be in the sun.

Gavin de Becker:

Yep, I hear you.

Dr. Joseph Mercola:

Otherwise, it doesn't work. And it's so simple, so foundational, so basic. And it's just a shocking testimony to the irresponsibility of the human brain to not understand that, that basic fact that every one of our ancestors had this exposure, how could we have the audacity to think that we don't, we're somehow special and we don't have this requirement.

Gavin de Becker:

And even to discourage it, of course, on the guise of skin cancer, yes.

Dr. Joseph Mercola:

Actively discouraged. Every dermatologist would have my license removed. And the Surgeon General at one time was a dermatologist and fought me legislatively and fined me for selling tanning beds because he disagreed with me. So anyway, that's what the price we pay for telling the truth.

Gavin de Becker:

Yes.

Dr. Joseph Mercola:

But anyway, you've done a great job of telling the truth. You've saved many, many people's lives. And I would encourage anyone who has a relative or neighbor [or] friend, who doesn't understand COVID yet to pick up your book and your other book too, "The Gift of Fear," and it's just a wonderful read. I think if you haven't read it now, even though it was 25 years old, it's really evergreen. You could read it anytime. Those are everlasting principles of human behavior that will not change this century or next century or last century. It's the same, it's the same thing. The words are describing accurately. That is [an] essential component of human behavior. So, thank you for articulating that in such an effective way and helping so many people. I really appreciate it.

Gavin de Becker:

Same to you. Thank you so much.

Dr. Joseph Mercola:

All right. Bye now.