

Guillermou

Excellent report that shows the serious damage that vaccines cause to our dear children and by extension they constitute true crimes against humanity while providing great benefits to the BigPharma with the approval of government institutions. Big shout out to Dr. Suzanne Humphries for proving the truth of vaccines. She says "Vaccines did not save humanity and they never will." Like most doctors, I carried a blind belief for many years that vaccines were necessary, safe and effective. Vaccines are dangerous and should never be injected into anyone for any reason. There are many more sustainable and benevolent solutions instead of vaccines -----1) Why vaccines are often contaminated with unknown viral strains and why the vaccine industry has covered up known contamination of vaccines -----2) Why parents should worry about the serious harm of vaccines -----3) Why the fairy tale that "vaccines eradicated polio" is a false mythology: This is what really happened.

-----4) Why the smallpox vaccine has never been proven to be effective. -----5) Why the vaccine industry's research is extremely weak and ignores rigorous standards of scientific evidence. The vaccine industry's extravagant and unscientific behavior is causing an erosion of credibility throughout "science." -----6) Why the vaccine industry doesn't test vaccines on unvaccinated children (they are terrified of the results).

-----7) Why children caught in measles outbreaks are often the same children who were vaccinated against measles! ----8) Why vaccines can actually suppress the immune system and cause increased vulnerability to future infections. ----9) Why many childhood infections like chickenpox are perfectly natural, normal and even HEALTHY. ----10) Why many of the people pushing vaccines have financial ties to vaccine companies.

Posted On 05/22/2024

Guillermou

VIDEO: VACCINATED CHILDREN VERSUS UNVACCINATED CHILDREN. DR. PAUL THOMAS There is a reason why in 100 years of vaccinating children there have NEVER been retrospective studies done. THEY WOULD PROVE 100% without a doubt that vaccines not only DO NOT prevent infections and transmission, but they also seriously harm children, especially in the case of allergies, middle ear infections, autism, respiratory problems, sinusitis, respiratory infections , eye infections, gastroenteritis. eczema and behavioral problems. Vaccines transform the immune system into allergies and autoimmunity, and there are more and more infections of other types. In short, what does this mean?

It means that vaccines DESTROY a child's immune system, each vaccine is different with different live viruses and toxins and will really affect a child with a weaker immune system first.

www.globalresearch.ca/video-vaccinated-children-versus-unvaccinated-ch.. (02/04/2024).-- 400 CRITICAL VACCINE STUDIES PARENTS AND PEDIATRICIANS SHOULD KNOW ABOUT, Dr. MERCOLA. childrenshealthdefense.org/community-forum/400-critical-vaccine-studie.. (05/15/2024).— SIX VACCINOLOGY-ILLITERATE US PRESIDENTS HAVE PROMOTED BIG PHARMA'S FAST-TRACKED EXPERIMENTAL VACCINES The Story About Fast-tracked Vaccination Fiascos - and Others Yet to Come www.globalresearch.ca/six-vaccinology-illiterate-us-presidents-promote.. (05/18/2024)

Posted On 05/22/2024

elixir.can

It is really quite simple - Show me the incentive and I will show you the solution.

Posted On 05/22/2024

juststeve

Gui, it is one thing to possibly accept early on based on their Old Science to consider Vaxxx's may have prevented and achieved the promoted purpose. But as pointed out as each 'magic potion' has been added to the schedule so many other dis-ease and negative outcomes exploded. Going from #1 in the world for health outcomes, to at the very bottom with third world countries. When we add on all the now massive chemical offenders, loss of quality foods, lifestyles and how they interact and ramp up each other's negative outcomes, setting up conditions for an excuse to expand the very things causing the problems in the first place. Only allow very old science as a metric and refuse, deny any attempt to engage newer, advanced researched science. A Snake Oil Salesmans dream.

Posted On 05/22/2024

Guillermou

Thank you elixir and Just. Indeed: "A Snake Oil Salesmans dream". "PEDIATRIC INFECTIOUS DISEASE GROUP (GPIP) POSITION PAPER ON THE IMMUNE DEBT OF THE COVID-19 PANDEMIC IN CHILDHOOD, HOW CAN WE FILL THE IMMUNITY GAP?" YOU CANNOT, IT IS NOW DAMAGED, RSV IS EXAMPLE. We have damaged children's innate immunity & the needed training with the 3 years of non-sensical lockdown lunacy, legacy of Fauci & Birx & Francis Collins, pain & death of our children, now with vaccine. The COVID vaccine has failed and no statistical zero risk child must be in receipt of these shots. None. No healthy child has died from COVID post infection. Parents should understand [this.palexander.substack.com/p/pediatric-infectious-disease-group?utm_sourc..](https://palexander.substack.com/p/pediatric-infectious-disease-group?utm_sourc..)

Posted On 05/22/2024

Guillermou

THE VACCINE MAFIA IS GETTING NERVOUS. MERYL NASS They have a lot of \$ to lose if the WHO treaties don't go through. So their manure and their lies just don't stop. I love their desperation. Look who the first 8 authors are of this hit piece, claiming we are the disinformationists! Sarah Gilbert was a coinventor of the Astra-Zeneca COVID vaccine that killed thousands of young women with brain clots, including a BBC radio presenter. Instead of crawling into a hole and hiding herself, she is begging to be allowed to invent yet more disastrous vaccines for the world.

merylnass.substack.com/p/the-vaccine-mafia-is-getting-nervous?utm_sour.. (05/22/2024),..

Posted On 05/22/2024

elixir.can

Quoting from above: Hooker told the roundtable research shows “that for every one child that is saved from death from COVID-19, there are 30 child deaths associated with the COVID-19 vaccine. . . My question is how can you prove why a child was saved from death from Covid - this does not make sense. In Britain the politicians keep saying - the vaccine saved millions of people from death. How do they know why someone didn't die? I think the arguments must be kept simple: 1- Pandemics do not exist (if pandemics existed for what is an acute respiratory illness then humans would have become extinct by now). 2- All vaccines are unsafe, untested and ineffective. (This is axiomatically true until proven otherwise). Q.E.D.

Posted On 05/22/2024

Guillermou

And now the “vaccines” against C-19. Why should it be administered to vaccinate 6-month-old babies or 10-year-old children through an experimental vaccine that sends a genetic code to their cells, but without safety data and based on trials that were not carried out with the duration required to adequately evaluate the safety of the vaccine? There is no reason to do this because the risk of harm to a child is negligible. Data from the American Academy of Pediatrics showed that “children accounted for nearly 0% of all COVID-19 deaths, and 10 US states reported zero child deaths.

COVID PANDEMIC WAS A FRAUD, A LIE, A HOAX! THERE WAS NEVER EVER A PANDEMIC, NEVER MET THE THRESHOLD OF A PANDEMIC AND WE WERE LIED TO DELIBERATELY FOR NEFARIOUS REASONS BY GOVERNMENTS- Our governments and their health officials, alphabet health agencies with their incompetent political malfeasant leaders and officials, the legacy swamp media, the medical doctors, academic scientists, television talking heads etc. DID kill. Not the virus. No no no, we lost most not from COVID virus, we lost most due to: www.globalresearch.ca/.../5856519 (06/05/2024).--

Posted On 05/22/2024

juststeve

elixir.can, how can you prove why a child was saved from death from Covid? It can't be proven; it is Slick Sales Dog Marketing and Messaging used because most are going to be blind to the ludicrous reality of it all. Same goes well yeah, I got the C-19, but it would have been worse if I hadn't had the Jab. No way to prove one way or the other but perfect to fog, cloud, convince people to stand in line with the rest of the herd.

Posted On 05/22/2024

Krofter

elixir - Agreed. What we've been witnessing for the past several thousand years (more so over the past four years) is the Hegelian Dialect, masterfully employed by the powers that shouldn't be. The Hegelian Dialect = problem, reaction, solution. In the case of covidcon, the created "problem" was covid. The "reaction" was fear. The "solution" was the jabs. This is how the elites have been generating profit while culling the masses for thousands of years. Think back to any war, any plandemic, any major event that killed a lot of people while generating massive profit for the puppeteers. In the case of war it's those who run the military industrial complex. In the case of plandemics, it's those who run big pharma. More recently it has involved geoengineered weather events like hurricanes, floods and the winds that fueled the fires on Maui. HAARP and other goengineering technologies are in the hands of a very few elite. We did not give our consent to any of this.

Posted On 05/22/2024

warriormom

I am a proud anti-vaxxer. Starting back in 1983 after the birth of my son with refusing silver nitrate caustic eye drops and the Vitamin K shot (hospital had me sign notarized paper stating I would be responsible for any diseases he acquired!) then after he almost died at six weeks from misdiagnosis of blocked ureters and subsequent surgeries to save his kidneys, I refused to let them vaccinate my baby. Common sense told me that his immune system was now fragile and needed a rest. After researching what was in the vaccines I became a " pro-safe vaccine" advocate. Never vaccinating but supporting research and advocates of those finding ways to build natural immunities. I am grateful to Mothering Magazine, The Well Being Journal, the old Prevention magazine, Dr Lendon Smith, Dr Terry Friedmann, Dr Robert Mendelson, and others who had the courage way back when to challenge the status quo.

I went through 4 pediatricians, was called a bad mother to my face, jumped through hoops every year to get religious and medical exemptions for my children. No regrets and every year I am validated more and more. Not sure where I read this but it hit home. "The same women who won't eat a tuna fish sandwich for fear of damaging their baby with mercury, will without hesitation, jab them with multiple doses of vaccines that contain mercury, aluminum, PEG, etc." Think about that.

Posted On 05/22/2024

beejay3

Congratulations! Sadly, most people are inclined to believe experts and most do not have the resources, time or intelligence to do their own research. Because of my religion, I'm trained to go for the most natural treatments (and behaviors) I know about. I also developed the attitude of "if it works, don't fix it" and since I rarely got sick as a child, I have great trust my immune system to get through almost anything it's challenged with. I skipped the fouchi ouchie and am so glad I waited to see what was going on.

when I saw how they pushed so hard for those shots I suspected something was up and stuck my heels in. I am bewildered at how many sick and obese children we have in this country - and to me that speaks loudly of something very amiss in our food supply and health care. And doctors are still giving weight loss advise that is based on old information that we know is faulty! Sadly, it feels like we're basically on our own these days and have to seek out the Mercola's to try to figure out how to manage our health.

Posted On 05/23/2024

arturoroco

As well you should be proud. It's difficult to stand up to incredibly strong pressure to take these untested potentially harmful shots. I don't know why people are such fanatics when it comes to pressuring people to adhere to the same health protocols that they do. It defies logic.

Posted On 05/27/2024

forbiddenhealing

Confused people, confused immune systems.

Posted On 05/22/2024

Guillermou

Yes Randall confused by fear and deception. The clinical reality of myocarditis, blood clots, and other medical disasters caused by the COVID-19 vaccine appears much greater than the reports available in the medical literature. Because the vast majority of academic physicians producing the world's universe of medical manuscripts start from a pro-vaccine position, publication bias undoubtedly exists. Publication bias means that doctors who comply with the rules of the institutions that mandated COVID-19 vaccines are not incentivized and may be implicitly prohibited from studying and reporting side effects of the vaccines. Even compelling articles describing new and important life-threatening diseases may not be approved by the institution and never make it to the journal.

www.globalresearch.ca/vaccine-bias-reports-serious-adverse-events/5857.. (05/13/2024)

Posted On 05/22/2024

Toholdthetruth

The information above is more readily available to all parents today for them to make an informed consent on whether or not to give their child(ren) all, some, on a different slower schedule, or none at all. Today for a parent to say they never heard; is pure laziness on their part. After Covid EVERY SINGLE person should be questioning their doctors as to the why of things. So disheartening to know that so many are so lazy in guarding their children's health.

Posted On 05/22/2024

beejay3

Is it really lazy or just being unable to discern who to trust? not to mention the pressure parents get from health care experts, the education system and society in general.

Posted On 05/23/2024

Aluminum generates a heightened Immune Response? How does this translate into a higher immune response for the dis-ease the vaxxx is supposed to be targeting? If anything, it would generate a higher immune response to Aluminum! As always, just why do vaxxed people have to have unvaxxed people jabbed in order to be fully protected??? With the current vaxxx schedule the enormous amount of vaxxx's given has somewhat been hidden in how so many are combined into one session. There are all of 72, but they are divvied out in 14 sessions. Steve Kirsch and other sources report as of yet not a single case of Autism has been found among the Amish.

A group who prefers to stay isolated from harassment of the Modern Civilized can have higher cases of inbreeding. This strongly suggest any fingers pointed at heredity being a source are pointed in the wrong direction. When those who took the Jab yet weren't considered Jabbed until two weeks later, many of those who suffered much of anything were labeled Unvaxxed - Unjabbed. Parlor tricks and games are not Science, no matter how fast they move. At this point a serious look at all this is more than welcomed as the denied real world conditions and the children, people who have suffered from them would fill a very large book.

Posted On 05/22/2024

Guillermou

Thanks Just, references worth mentioning. CAFO foods, fake foods, toxic environmental toxins and vaccines to make people sick from childhood. The Amish also have better “remedies” than “vaccines” to avoid ASD and long-term covid and many diseases of modern societies. A report by Dr. Mercola referenced an Amish farm threatened by the US federal government for refusing to abandon traditional farming practices to a Miller rancher who for nearly a decade has faced constant harassment from the USDA for providing food healthy your community the way you believe God . -----
----- HOW FOOD GIANTS GET KIDS HOOKED ON JUNK FOOD – AND HOW TO STOP THEM
Parents are protectors of their children. They have to be especially on guard to protect their children from pervasive direct mass marketing, using influencers, peer groups and abduction of their youngsters into the Internet Gulag.

childrenshealthdefense.org/defender/food-giants-kids-hooked-junk-food-.. (05/14/2024). ----

VACCINES COST LIVES: CHILD MORTALITY IS HIGHER IN DEVELOPED NATIONS THAT REQUIRE MORE VACCINES NEW STUDY A new peer-reviewed study published in the Cureus Journal of Medical Science finds that infant mortality is HIGHER in developed countries that require more doses of neonatal vaccines www.cureus.com/articles/164423-neonatal-infant-and-under-age-five-vacc..
rates#!/

Posted On 05/22/2024

juststeve

Yes, Gui and the latest greatest pile of Bull Spit - Bird Flu, either to be the next Planned Panic or fertilizer for whatever the next Planned Panic is Billy Gates has already warned us to pay attention to. Also, currently high on the list of what Bird Flu is all about is attacking Raw Milk and Proper Farming Practices. Fear, Fear, Fear Porn. Scream Meme's so as to get a long line for those captured to get more Jab's based on mRNA Tech and never-ending nearly monthly boosters. Probably add the two together so it will all be all so convenient for us.

Posted On 05/22/2024

Of course it's the vaccines!! VACCINES are not only not necessary, but they ACTUALLY CAUSE the very diseases they CLAIM to prevent. It's one of the BIGGEST MEDICAL SCAMS IN HISTORY!! 1871-2, England, with 98% of the population aged between 2 and 50 vaccinated against smallpox, it experienced its worst ever smallpox outbreak with 45,000 deaths. During the same period in Germany, with a vaccination rate of 96%, there were over 125,000 deaths from smallpox. (The Hadwen Documents) - In Germany, compulsory mass vaccination against diphtheria commenced in 1940 and by 1945 diphtheria cases were up from 40,000 to 250,000. (Dont Get Stuck, Hannah Allen) - In the USA in 1960, two virologists discovered that both polio vaccines were contaminated with the SV 40 virus which causes cancer in animals as well as changes in human cell tissue cultures.

Millions of children had been injected with these vaccines. (Med Jnl of Australia 17/3/1973 p555) - In 1967, Ghana was declared measles free by the World Health Organisation after 96% of its population was vaccinated. In 1972, Ghana experienced one of its worst measles outbreaks with its highest ever mortality rate. (Dr H Albonico, MMR Vaccine Campaign in Switzerland, March 1990) - In the UK between 1970 and 1990, over 200,000 cases of whooping cough occurred in fully vaccinated children.

(Community Disease Surveillance Centre, UK) - In the 1970s a tuberculosis vaccine trial in India involving 260,000 people revealed that more cases of TB occurred in the vaccinated than the unvaccinated. (The Lancet 12/1/80 p73) - In 1977, Dr Jonas Salk, who developed the first polio vaccine, testified along with other scientists that mass inoculation against polio was the cause of most polio cases throughout the USA since 1961. (Science 4/4/77 "Abstracts") - In 1978, a survey of 30 States in the US revealed that more than half of the children who contracted measles had been adequately vaccinated. (The Peoples Doctor, Dr R Mendelsohn)

Posted On 05/22/2024

RichJedi

- In 1979, Sweden abandoned the whooping cough vaccine due to its ineffectiveness. Out of 5,140 cases in 1978, it was found that 84% had been vaccinated three times! (BMJ 283:696-697, 1981) So what are some of the true reasons why disease decreased and disappeared in the last century? From his book Health and Healing` Dr Andrew Weil said it best with the following statement; "Scientific medicine has taken credit it does not deserve for some advances in health. Most people believe that victory over the infectious diseases of the last century came with the invention of immunizations. In fact, cholera, typhoid, tetanus, diphtheria and whooping cough, etc, were in decline before vaccines for them became available - the result of better methods of sanitation, sewage disposal, and distribution of food and water." "Historical Data Shows Vaccines are Not what Saved Us"
www.naturalnews.com/042729_vaccines_historical_data_decline_in_disease..

Posted On 05/22/2024

fromseatoshiningsea

In addition to Dr. Suzanne Humphries' insightful book, "Dissolving Illusions", three other good books on the subject are, "The Autism Vaccine", "Crooked: Man-Made Disease Explained", "The Moth in the Iron Lung, & "Unvaccinated" - Why Growing Numbers of Parents are Choosing Natural Immunity for their Children - all by Forrest Mearady. The last book is a quick read & I would highly recommend it to new or soon-to-be new parents who may not have the time to read a longer & more complex book. It provides basic information & is only 100-pages long in a larger print.

Posted On 05/22/2024

rheidary

Add The Poison Needle by Eleanor McBean, written in the 1950s. Completely exposes the corruption and fraud back then. Horrific details of the polio vaccine. Same playbook.

Posted On 05/22/2024

Almond

The more I distance myself from civilization, the healthier I become. No vaccines, no processed food, no municipal water. Upon reflection, all of the medical problems I have previously suffered in my life result from 2 sources. Intolerance of modern life (fluorescent lighting, processed food, environmental exposures, etc.) of accidents due to the negligence of others. Very sad to realize that I was born strong and healthy, but that my health was under attack from even before I was born. it has takne me many years to recover and isolate myself from the effects of civilization.

Posted On 05/22/2024

elixir.can

Almond, you may think of yourself as a soul worthy of respect, but Big Money (including all corporate power) thinks of you as a commodity - we are all just a means to an end for them.

Posted On 05/22/2024

Almond

elixir... We are considered profit units. Our data is mined, our bodies appropriated, our possessions and land envied.

Posted On 05/22/2024

spp3369

You're a heretic and a danger to public health. Prep and Pray and enjoy as much as we can, the Monster Machine (MM) registers people like us as a category. Source Energy Objects (SEO) to be measured and managed based upon some super secret sauce risk & creativity/productivity/usefulness probability profile algo. If our numbers grow to large, the MM will take appropriate action to reduce that number to optimize the ratio in order to maintain control and stay in power mode.

Posted On 05/22/2024

Almond

spp and all... That is why many govts are eliminating farmers. Their independence and ability to feed themselves are seen as a threat. They are also enablers to those who are resistors by feeding them. It is easier to control starving people who have not planned ahead. People on the land have always been difficult for tyrants to control because govt needs what they produce more than they need govt. Control-igarchs have foolishly decided that people are no longer necessary and they can automate everything. (Have you followed the news on major supermarket chains planning to use robots in wide aisles to restock shelves and making bagged groceries available only by preorder at drive up stations? If you think the quality of produce is bad now, just imagine not being able to choose it yourself.

One further step in the decline of customer service and accountability.) That works until something breaks down and you need a person to fix it who has creative-problem-solving-ability... something not encouraged under dictatorial regimes. The more technology you have, the more likely it is to break and malfunction. During times of uncertainty, there is less maintenance and fewer replacement parts. If there was no electricity when you woke up tomorrow, major cities would implode. There would be no water, heat, hot food and eventually, no gasoline. Dependency on people who are not dependable is not a good plan. Start with a Plan A. Move on to a Plan B as a backup--and even a Plan C.

Posted On 05/22/2024

Almond

I am disgusted with society and how civilization has evolved. It is obviously imploding upon itself. I often feel am under attack from all directions (esp. a corrupt govt) and it becomes more difficult every day to remain healthy, sane and whole. Foodstuffs have been adulterated to a dangerous level in addition to being denatured and nutrient-poor. I cannot consume most foods which are heavily processed. Toxins are dumped into the waterways and environment and raining down on us from the skies. It becomes more and more difficult for productive people to compete in the marketplace against large corporations due to obstacles imposed by govt—which is the long arm of industry, protecting large corporations.

Crime is increasing and rampant—I see bizarre behaviors wild animals would not engage in. The Soviet-style medical system has become harmful to health. Customer service is apathetic, rude and antagonistic at many businesses. Salespeople are clueless and uninterested in learning about the merchandise they are selling. Employees are not trained or knowledgeable. There is a very poor work ethic among many young people. Many drivers on the roads are impaired or have no understanding of the rules of the road, many coming from foreign countries where driving is a bumper car sport.

Cartels and syndicates are increasingly controlling the economy. The fastest growing industries seem to be cannabis shops, tattoo parlors and overpriced coffee shops. I cannot turn on the radio without being preached to by some political or special interest group, talkie or people yelling at each other. (On a clear day, I can get a C&W station, though.) I don't need to listen to ads about erectile dysfunction, loss of bladder control or hair loss all day long. -continued-

Posted On 05/22/2024

Almond

-continued- I miss the sunny summer mornings of my youth when I would wake up to a radio alarm clock of rock&roll and happy music. What a farce for what passes for education, entertainment and fashion. Govt steals our present and future every day in terms of inflation and high taxes that only grow govt fiefdoms. Politicians treat us like imbeciles and lie to us constantly. I have come to the conclusion that I must withdraw from society. Living my life behind a locked farm gate for as long as I can hold the land. Expanding my network of cooperative like-minded people sharing the fruits of our labors. (I am overwhelmed with the amount of incoming food people are sharing with us and each other even though it is still springtime and gardens are only being planted.) I tell renters to at least put a kiddie-pool-garden on their patio and they look at me like I am crazy to even suggest they grow some of their own food.

(A pool could raise lots of salad greens. Add a patio tomato in a bucket, another bucket with a bush zucchini, a pepper plant, some trellised cucumbers and some kind of fruit?) I realize the benefits of trade and not needing to do everything myself, but as systems collapse, I see no better opportunity to maintain a reasonable standard of living than by self-reliance.

Technology and foresight have allowed us to develop our land to a great extent so that it will support us from now on. We are now reverting to the lifestyle of our great grandparents because it is sustainable. We realize there will be major impact on our diet as we eliminate commercial foods that are now toxic, but at the same time, we introduce new foods that thrive in our climate. Ultimately, it is also good for our health. Because of Apeel, we no longer buy shiny fruits or vegetables, even organic produce, and consume only what we grow or forage. We work outdoors, get dirty and expose ourselves to the sun and elements. -continued-

Posted On 05/22/2024

Almond

-continued- We hunt, fish and garden, no longer purchasing supermarket meat. Our annual vacations include a day or 2 of fishing several times a year and a trip out-of-state to visit friends while we take care of “business”. No extravagant resorts or foreign travel. We do our own butchering. We rely more heavily on what nature provides from the wild as this is a tremendous resource that is often overlooked. We can rely on wood heat. A dependent lifestyle where we must rely on corporations to provide the necessities of life and have cash to pay for everything no longer works for us. During the good times, I set aside many gently worn items of clothing and workboots—jeans, t-shirts, sweatshirts, hats and work coats always work on a farm--also household goods and medical supplies.

I also spent time educating myself and developing skills. I have contempt for people who say they will not try something new they have never done before because they don't know how—when they refuse to take advantage of the many opportunities to learn. Because they fear failure, they take the risk of learning. So what, if your first attempts at butchering are clumsy—steaks that are cut unevenly are still edible. Govt pretends they are concerned about the health and safety of our homegrown food. We are often not allowed to sell it. It is about the benjamins because we are still allowed to give it away as long as we do not compete with corporations. -continued-

Posted On 05/22/2024

Almond

-continued- So many people find themselves in desperate straights because they spent too long a time in denial expecting that they would never experience hard times. They waited until their cupboard was bare instead of putting food up seasonally and rotating it when it was available. They wasted time and money on things that did not matter that much. They did not search out and take advantage of what was free when times were good. Libraries, craigslist free, DIY videos, county extension, Fish&Game (and foraging info), self-help and sportsman's or gardening organizations, elders as mentors, etc.

One of the most important things to do at a time like this is to maintain your health and sanity. That is not possible if you pursue a stressful modern lifestyle. Every day, you must take one step closer to achieving your goal of self-reliance. It takes work and planning. It will not happen all at once, anymore that you can expect to harvest apples the first year you plant a tree. -But each positive action you take brings you closer to your goals. You may discover it takes more persistence, planning, resourcefulness and hard work than money.

Posted On 05/22/2024

Biffie

Totally agree with you Almond, for I am disgusted as well. Everything is such a ridiculous challenge of red tape now, with everyone wanting to put their hand in your pocket for their "share". It is totally understandable why such a large percentage of people now feel they'll never be able to afford a house! My son is currently selling a house and buying one with more property. Every day it's another inspection, another certification, another this, another that. It makes me sick! And the healthcare system is beyond saving. But I'm still hopeful for health freedom, which is why I'm seriously considering voting for RFKJr.

Posted On 05/22/2024

epi-cure

As I'm reading your diatribe I'm looking for flaws. The only one impertinent me can find is the incorrect use of the word "straights" / "desperate straights" :-) (desperate Straits) Everything else hits the bullseye and leaves me with the selfish yearning that I wish you and your husband were our neighbors. I've been away from here primarily because there's much, seemingly endless, work to be done down here on our farm. Between the birdsongs, the wonder of all things flora and fauna that grow and thrive, and the community of like-minded others here at on a similar path here at Mercola.com, the labor while physical is not toil because I'm in good health, am rewarded with sound sleep, and feel connected to the grand design of our Creator. And your words of disgust are to me words of encouragement.

Posted On 05/22/2024

sue2613

My living conditions do not allow me to have a garden, but I grow sprouts and micorgreens. and prepare many fermented foods, as well as dehydrate healthy food. Reading your comments, as well as others, give me hope that a least there are people out there who are doing the right thing.

Posted On 05/22/2024

Almond

epi-cure... blessings to you for the choices you have made. At the end of some days, I too am exhausted. then, I am reminded of the power of what an elderly long-deceased friend used to call "righteous thinking". I am grateful to be strong and healthy enough to do the work so I can enjoy all the good things it brings.

Posted On 05/22/2024

Almond

Sue and all... I am glad my words did not discourage you. Each of us can find some way to take steps to help ourselves if we try. Windowsill gardens. Indoor plant towers. Patio or balcony gardens. Community gardens. Seed swaps. If there are none in your area, start them. Foraging and gleaning. Set up a seasonal calendar for fish runs, berries, mushrooms, nuts, herbs. Keep a map of locations. Fishing, even if you cannot hunt. Find a buddy or mentor if necessary. Maybe a senior? Learn to butcher, even if it is just cutting up a whole chicken, as it is cheaper to buy that way. Not to overlook sales and stocking up. Also, learn to use what foods are available--new recipes and methods.

For example, I learned to make lentil bread with almost no flour. (even green lentils) It is surprisingly good, esp. with melted cheese. Get creative. We will soon be transitioning to hot lunches at home, many of them soup which will also save money. Bone broth from game meat and many different kinds of vegetable soups, some with a tomato, vegetable stock or homemade miso base, if not alternative dairy products that I often find on sale. You can make a soup out of just about anything, inc. pan drippings and leftover veggies. There is no virtue in wastefulness. Learn to cook and use up leftovers without a recipe.

Follow craigslist free--hope it is good in your area--esp. for gardeners sharing surplus at harvest time--and gleaning opportunities. Follow the seasons and be aware of when foods are harvested. Put foods up in season--do not wait until your cupboard is bare to lament your situation. Give away and share anything you have an excess of or do not need to friends and neighbors--it will come back to you a thousand-fold and help you develop a network. Someone else may need an item you do not. You will discover that, the more you do, the more you can do. Keep learning and experimenting. Consider your failures a cheap education. Persist. Don't quit.

Posted On 05/22/2024

Almond

Biffie... I hesitate to talk politics as much as religion. I will go out on a limb--as my grandmother would say, "I am old enough to speak my mind". Age/experience obligate me. I would like to see RFK Jr. in a position where he can continue much of his good work, esp. with vaccines, health and individual rights. -Or a position where he could use his background and knowledge of "who's who" to clean up the swamp. I believe he is an honorable man, but do not agree with him on some things.

I do not wish a derogatory harrangue, but will objectively share my reasons not to vote for him. I do not support his policy of reparations for blacks--this is not even workable. There is always a possibility that a president will not complete his term in office--esp. as we have seen with other Kennedys. I would not want to see his running mate as president--I believe this was a very bad choice. When you vote for a president, you are also voting for the VP. None of this is to say that I am satisfied with the current political situation or candidates.

It is all a big mess. Procrastination can be a great labor-saving-tool. Not to do too much work too early or give much thought until more is known. There is usually an October surprise. (Also, expect a temporary improvement in the economy giving you a final chance to stock up.) I am not giving too much thought to the election at this time as I expect there will be a lot of water under the bridge, yet, between now and the next election--if there is an election.

I wonder how many people have noticed the Biden administration is drawing down the oil reserves to lower gas prices and look favorable around election time? We can expect many more shenanigans. I also expect the purpose of the Biden-Trump debates is to show Biden is incompetent so the democratic party can claim a mandate from democrat voters to replace him. Maybe with Newsome, so he can do to the rest of the US what he has done to California? Wait and see. Expect lies, not miracles

Posted On 05/22/2024

sevenkids

ALMOND,. I AM 93 AND STILL UPRIGHT, CAN I COME LIVE W/YOU AND YOUR FAMILY???? BIRTHED 6 AND HAVE SO MANY GRAND/GREAT GRAND CHILDREN NOW. I USE A CART/WALKING KIND, BUT GET AROUND PRETTY WELL, STILL COOK,. DO MY OWN CLEANING, TRASH TAKEN OUT, LIVE ALONE? AFTER ALL THESE YEARS STILL TAKE CARE OF MYSELF BUT READ DR. MERCOLA AND GUI DAILY. SEND AN AIRPLANE FOR ME PLEASE. I'LL BE WAITING AT THE AIRPORT? HUGS TO ALL, MOTHER OF 7

Posted On 05/22/2024

imaginal110

Trust the Spirit! It's safe and effective! Spirit doesn't work by coercion though so people remain free to explore their choices. I try to remember that other people's actions, including bad choices are there's and I'm under no compulsion to obey or agree. Or be afraid. This is a good time to wake up and live the gifts of spirit, all as available as ever. In some ways more so because the laughable falsity of coercion and dumb-ass mind control are plain to see.

Posted On 05/22/2024

pjucla

Couldn't agree more , bravo ! To add saw a patient yesterday and asked her to explain her 3 meals and snacks of the day . " Fruit Loops (ha ha low fat milk) Taco Bell with a coke . Dinner hamburger helper and boxed Mac and cheese and snack at night cookies and cream ice cream. My goodness .

Posted On 05/22/2024

BiomedMom1

Just the thought of eating any/all of that makes me ill ...

Posted On 05/22/2024

Almond

The Holstein Association has been hacked by Killing Group (sp?). (A mercenary hacking group.) They have downloaded all research, banking, pedigrees and personal info. Website is blocked pending \$ransom\$. Threatening to delete or make public all data.

Posted On 05/22/2024

rrealrose

Several big issues for you! The CDC tracks wastewater to determine where this outbreak exists. Its the end of flu season, so something else may be spreading this, like feeding dairy cows chicken/poultry litter. And the USDA shows a map of counties affected, but its the size of some of these enterprises that is the dead give-away. Most events are in CAFOs, not all, but most. Here's the USDA link to livestock: www.aphis.usda.gov/livestock-poultry-disease/avian/avian-influenza/hpa.. - you'll need to go backwards for their overall statements and recommendations. Here's the CDC main page, linking to the USDA page: www.cdc.gov/.../avian-flu-summary.htm - - 2 cases in humans so far. * * * * * Here's the CDC's main monitoring page, www.cdc.gov/.../h5-monitoring.html - - if you scroll down, you will find the chart showing 2023-24 flu season clearly ending (already ended?), and continuing down the number of findings is low, scattered locations, not medium or high.

Whatever this is (Dr McCullough is reporting this H5N1 strain is GoF from the USDA lab in Athens GA where they were experimenting with Mallard ducks), it is not hitting all chicken houses in one county, much less in one state. The maps can be deceptive unless you take the time to read what they are reporting, an interactive map shows how many cases reported per county, cannot find it again...you'll get enough from CDC pages as flu season is or has already ended.

Posted On 05/22/2024

Almond

realrose and all... You are prob correct about feeding dairy cows chicken/poultry litter. My suspicion all along. that is why I say, it is good to move higher up the mountain and drink the water first. That is not always the case as wells can be contaminated from hundreds of miles away, though. But it improves your chances of clean water. Always test your well thoroughly, even if it is an added expense. Municipalities pretty much just tell you your water is wet and whether or not turbid or contains bacteria. until recently, few have tested for pollutants and industrial chemicals. is history repeating itself? During the times of the pueblos in the southeast, many people died prematurely because the water contained arsenic.

Just different contaminants today. I am not sure how much Avian Flu actually exists due to false positives on testing or the capacity to jump species and then to humans. I'd hate to see it enter into wild game animals upon which we depend. Man's avarice would become a crime against nature. Then, it would be so easy for govt to step in and tell us they were providing us all with lab-grown meat and abolishing domestic meat. I still feel fairly safe consuming what is raised on small farms with good ag practices. When we lived in MT, we used to carry glacial run-off for drinking water. That was the best!

Posted On 05/22/2024

Malanka

I wish we could live like Almond. Unfortunately, it is impossible. I grow as much as I can in my small yard and also in pots i.e. tomatoes, cucumbers, etc. I do shop at the farmer's market to buy my eggs, chicken, beef and the vendor claims to be organic and grass fed. No one sells butter, milk, etc. so I purchase organic butter, almond milk or coconut milk from the store., It would be wonderful if all of us could live like Almond's family. Here in northern Alberta we do not have the weather to grow too much. Thanks Almond you are an inspiration to everyone.

Posted On 05/22/2024

Truther4trump

When I was about 6 yrs old I literally ran from the polio shot. Kids my age ended up with short arms and legs later on after the polio vaccine at a young age. Call me crazy but I have always been anti jab of any kind.

Posted On 05/22/2024

catladyjan

I have been noticing over the past 3-4 years the number of young girls in mid-to late teens and early 20s morbidly obese.....I cannot believe it is because of their diet or lack of exercise, although that may somewhat contribute....My opinion is all these damn shots given to children have disrupted their endocrine system and their hormones are completely out of whack resulting in metabolisms that are not normal and resulting in obesity, mental issues, etc just to name a few.....

Posted On 05/28/2024

smiller352

I showed houses to two different families in two different counties in one weekend. Each family consisted of a mom, dad and three offspring. One family's offspring were adults, the other were juveniles. In both cases, all the offspring were described by the parents as either medically sensitive, delayed, autistic, and/or special needs.

Posted On 05/27/2024

jenmeli46

This is SO NEWS WORTHY! Of course, it's crickets as far as mainstream media goes. Excellent article!

Posted On 05/23/2024

honeybee22

As a new mom my baby only had ONE set of VAX in 1978 but I learned early on to not VAX from a close group of health oriented friends. My daughter grew up super healthy and very resistant to all disease incl flu colds especially. On the plus side she is still hearty. On the minus she was MAD at me for "neglecting" this very important 'medical support' and got them for her little boy who sadly shows signs of a weakened immune system. SAD.

Posted On 05/23/2024

MrPlod

This Very Informative Report has highlighted what We Have All Known for Some Time, (There Are No "Good Vaxxines") But we're Unable to Prove. Due to pHarma Propaganda perpetrated by the Corrupted Drs and Scientists. Who have Turned a Blind Eye to this "Crime against Humanity." And Vilification of Anyone Daring to "Question their Narrative". The CDC, FDA, NIH, are Complicit in this ScamDemic created by Fauci and His Cabal.! They Need to be Held Accountable for their Lies and Deceit . They Knew it was wrong.! But Did it Anyway to Make \$illions for Albert Bourla CEO of Pfizer and the other "Snake Oil Suppliers.!" Bill Gates is Also complicit with his Eugenic Program, testing on African Children's, that He Sees as a Sub Species and Thus "Expendable".

I pray for the Day "NUREMBERG 2" is Set Up to Treat Those Involved with "Extreme Prejudice" and "Utmost Contempt". Give them Enough time to Contemplate their Dastardly Deeds, in the confines of a Concrete Box, after their Doses of Toxic Vaxxines, that Non of them Had or Ever Intended too.!

Posted On 05/23/2024

robbie2u

This question and many others should be asked of the health industry. The concept and moral right to have “health freedom” is not just about choice of treatment but freedom to question and to debate civilly. This mindset is developing as the malaise in the community has been a lack of questioning and therefore a framework for good answers. I thank COVID for this changing mindset and the vaccine flop as opinion leaders like family doctors are more open now. Still more can be done through TV, cable and podcasts to inform those who are not that confident and do not know the right questions to ask about health and life in general.

Health Freedom is not just about mental and physical health but can scope many topics relating to hard questions about life and its end. It is about freedom to question public health even autism and where necessary for people of different opinions to inform and to learn from others by reasonable discourse. We try to develop a framework from which people can use to think about things. If we admit that we do not know it all then at some stage we were either wrong or naive so no one's ego need be defended or feel offended.

At some stage a new show will arise that will showcase nutritional and alternative health and the science and real-life results backed by numbers. A high standard is required and I am sure that the experience of Del Bigtree and Dr Oz would help. But I would think Dr Mercola would need to guide it. Such a show could elicit sponsors beforehand including politicians who believe in this and advertisers who would want to be seen for their high-standing in product quality which can be lab verified.

Posted On 05/23/2024

robbie2u

It is important to not have big pharma influence the hosting media and they should not as only alternative health and nutritional health would advertise here and perhaps health clinics. “Health Freedom” is emerging as a topic of interest. Who ever says “don't take my word for it check it out yourself” is expressing the concept of a person taking control of their health and decision making but this can only happen through developing competence and confidence. The goal will always be to help people to deal with stress constructively so that they can enjoy life or to make sense of it.

Posted On 05/23/2024

jef2091

Glad I was born in '62!

Posted On 05/22/2024

Bonbon62

So glad to have been born in '62 and not recently! Much less damaged than nowadays. Very sorry for the younger generations.

Posted On 05/22/2024

mdso379

On t.v. yesterday in N.S.W. Australia, 400,000 chickens supposedly affected by bird flu. All being put down. Get ready folks, here comes the next one. Also in the local Victoria paper and on t.v. various animals in Antartica, also being affected by some sort of flu. Get ready, sounds like here we go again.

Posted On 05/22/2024

harry201

It seems that my comment got lost in cyberspace, here's a second try. Important corrections concerning the article of Dr Thomas: 0.063% is an error, stemming from the original version of the abstract (correction in Int. J. Environ. Res. Public Health 2020, 17, 8674). As a matter of fact, 0.063% of the vaccinated wouldn't make a significant difference with zero of the 561 unvaccinated children. According to the corrected article abstract: "zero of the 561 unvaccinated patients in the study had attention deficit hyperactivity disorder (ADHD) compared to 5.3% of the (partially and fully) vaccinated." Another error of the first print was republished here concerning ASD.

The corrected numbers: "the overall rate of autism spectrum disorder (0.361%) in the cohort is one-fifth that of the US national rate (1.851%)." Note further that the publication was later withdrawn, but apparently for invalid reasons as shown in a follow-up publication by Lyons-Weiler and Blaylock (International Journal of Vaccine Theory, Practice, and Research 2(2), September 26, 2022).

Posted On 05/22/2024

ali9265

Wondering if anyone has any great recommendations on a dvd on vaccines that would be good for teens to watch? I have read so many books on this topic. This summer my teen boys agreed to learn more about vaccines but I know they won't have time for an in depth study. Looking for information for them in dvd format that is powerful and informative, but also wouldn't take a huge amount of their time. What was the name of the dvd where it was a man and wife who were researching and talking to each other as they discovered things about vaccines?

Posted On 05/22/2024

Cabocho

Is a DVD really necessary, ali? I doubt you would get a company to produce a DVD containing information that is effectively banned from mainstream media. Just relay one of the video links mentioned in today's comments to be watched on their own device in their own time, or if for a presentation to a group, your own Ipad/device attached to a larger screen or TV with a USB cable can relay a video which can then be followed by group discussion. One way to get young people thinking. Here are some ideas from Steve Kirsch plus a link to the McCullough video:

open.substack.com/pub/stevekirsch/p/my-secret-plan-to-expose-the-harms..

Posted On 05/22/2024

truthseeker7771

The truth about Vaccines, by Ty Bollinger and his wife.

Posted On 05/24/2024

harry201

Important corrections concerning the article of Dr Thomas: 0.063% is an error, stemming from a double error in the original version of the abstract (correction in Int. J. Environ. Res. Public Health 2020, 17, 8674). As a matter of fact, 0.063% of the vaccinated wouldn't make sense to mention as 0.063% of the 561 unvaccinated children would be about 0 children, making the groups similar! According to the corrected article abstract: "zero of the 561 unvaccinated patients in the study had attention deficit hyperactivity disorder (ADHD) compared to 5.3% of the (partially and fully) vaccinated." Another error was republished here concerning ASD.

Corrected: "the overall rate of autism spectrum disorder (0.361%) in the cohort is one-fifth that of the US national rate (1.851%)." Note further that the publication was later withdrawn, but apparently for invalid reasons as shown in a follow-up publication by Lyons-Weiler and Blaylock (International Journal of Vaccine Theory, Practice, and Research 2(2), September 26, 2022).

Posted On 05/22/2024

rrealrose

Must-watch for current events: 12 min interview on two WHO Agreements was posted recently, "Del Bigtree Interviews Senator Ron Johnson: The Dam Is Breaking!" - - rumble.com/v4w312t-del-bigtree-interviews-senator-ron-johnson-the-dam-..

Posted On 05/22/2024

P.s8822

Shocking that parents would allow this to happen to their children.. I would move to the farthest reaches of the earth before subjecting my children to 73 doses of vaccines

Posted On 05/22/2024
