

#### roadmaster

I begged, pleaded, & cajoled friends and relatives NOT to get the Covid vaccine. They all got the jabs anyway, and my beautiful niece, who was the most adamant about it, ran out and got poked every time a new "booster" was available. At this moment she is dying - severe heart pains, extreme shortness of breath, bedridden, and doesn't have Jesus. 43 years old, and this life is almost over for her. Doctors don't have answers (or aren't admitting to any), so that tells me she either has Baffled Syndrome (BS) or Mysterious Ailment Disease (MAD).

What really angers me is, for months she relentlessly pressured her mother (my sister), until she capitulated. Now Sis has severe tachycardia, and same as her daughter, doctors are puzzled (supposedly). My wife and I despise BIG Pharma & BIG Medicine and except for supplemental regimens recommended by Dr. Mecola, for example, we assiduously avoid, eschew, refuse the poisons they peddle. I'm 74, and she is 69. This week at a church dinner, one of the least healthy persons we know commented on my overuse of salt on the especially tasteless entre - something that isn't a habit unless I'm served bland food prepared for old, sick people with sensitive, compromised systems.

A lady seated next to the commenter told her, "Doesn't seem to bother him. He and his wife are the healthiest people we know..." And there it is. I predict many funerals in our future, and it is so sad and needless. People's blind trust in doctors is dang near unbreakable. The Missus and I trust God, the Great Physician.

### Guillermou

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, she 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. They are not the answer to infectious diseases. 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 (and knowingly sold contaminated vaccines for use on the public).

-----2) Why the entire vaccine industry should be questioned and why a new effort is needed to scientifically evaluate whether vaccines are truly safe or effective. -----3) Why parents should be concerned about vaccines after noticing kidney failure in patients who recently received vaccines -----4) Why the fairy tale that "vaccines eradicated polio" is a false mythology: Here's what really happened. ------5) Why the smallpox vaccine has never been proven to be effective.

----6) Why the vaccine industry's research is extremely weak and ignores rigorous standards of scientific evidence. (Using inappropriate placebos designed to minimize the occurrence of side effects, for example). ----7) Why the vaccine industry doesn't test vaccines on unvaccinated children (they are terrified of the results). ----8) Why children caught in measles outbreaks are often the same children who were vaccinated against measles! ----9) Why vaccines can actually suppress the immune system and cause increased vulnerability to future infections.

Posted On 03/31/2024

### **Guillermou**

----10) Why many childhood infections like chickenpox are perfectly natural, normal and even HEALTHY. ----11) Why the vaccine industry's outlandish and unscientific behavior is causing an erosion of credibility in all of "science." ----12) Why many of the people pushing vaccines have financial ties to vaccine companies. detenganlavacuna.wordpress.com/.../dra-humphries .----- es.sott.net/article/34336-Dra-Suzanne-Humphries-Las-vacunas-son-peligr.. .-- www.brighteon.com/9666215a-f314-45fd-bad4-3c28b4568b35

### juststeve

Insane genius minds taking data and what it actually shows to then turn around and promote products to deliver more of the same dis-ease, if not more things of similar dis-ease and sell, sell. Use pennies on the thousands of dollars gained to attack any and all other actual measures, or people who have a Real Deal. This is where the real need of some kind of 'Vaccine" needs to be developed to short circuit the madness.

Posted On 03/31/2024

### Guillermou

That's right, Just, This article is very interesting and has the opinions of many doctors about it.:

POLIO = DDT!!. Now we know where Polio originated from and Cancers from the ModRNA. vaccines.

Dr. Suzanne Humphries suggests that "there is strong evidence pointing to the likelihood that experimental polio vaccination is linked to the sharp increase in acute flaccid paralysis (AFP)." Polio was not defeated, the symptoms of the disease were simply reclassified under new names and the diagnostic criteria changed to make it a much rarer diagnosis.

Edward Shaw and Hulda Thelander of San Francisco Children's Hospital were also exasperated by the situation: "All aspects of polio have been the subject of intense study over the past two or three decades, yet the doctor has not been presented no inescapably sound doctrine about its epidemiology and transmission, its precise pathogenesis, or the details of diagnosis and treatment.... There has been a tendency to move away from an early theory that the disease is spread by direct contact." Young children exposed to DDT were shown to develop a limp that lasted from 2 or 3 days to a week or more.

It was shown that DDT can cause degeneration of anterior horn cells in the spinal cord in experimental animals. Exposure to DDT early in life causes decreased growth, mortality, decreased levels of muscarinic acetylcholine receptors in the brain, increased spontaneous motor activity in adulthood, and decreased learning. "christine257.substack.com/p/polio-ddt?utm\_source=post-email-title&.. (02/2024).---

### **Antisandman**

Our most famous "polio" victim was FDR. Back then it was called infantile paralysis because mostly infants or the very young got it. If you read the account of the timing of his "infection", it is evident that he was poisoned with lead arsenate, a common insecticide used against moths such as the gypsy moth, coddling moth and white linden moth which was attacking the forests of the Northeast at the time. FDR was on a family retreat at the Montebello Estate. He went on an canoe or boat excursion with some kids. On the trip home they witnessed a fire on a nearby island.

FDR stopped to fight the fire. He succeeded, but when he got back to Montebello, he quickly got sick and became paralyzed. It is likely that the woods where FDR fought the fire had been sprayed with lead arsenate and he inhaled fumes. We are all lead poisoned thanks to John D. & his ilk. chem.beloit.edu/classes/Chem117/lead/The%20Secret%20History%20of%20Lea.. Personally, I could defintely use the 6-10 IQ points that is estimated lost due to lead. Years ago when I first read Wikipedia's article on lead poisoning at the end of the very long article where most people would not have read, it stated that the symptoms of lead poisoning can exactly mimic infantile paralysis.

In todays article that info is omitted. Also omitted in the article with 311 references at last reading is the Lancet article on lead poisoning leading to many thousands of premature deaths written by Prof. Bruce Lanphear that was referenced by Dr. Joe in his article on that subject. There are two other references among the 311 by Prof. Lanphear in the Wiki article. Fortunately for Dow and Dupont, DDT was able to replace lead arsenate. Others here have discussed DDT's relationship to infantile paralysis.

Posted On 04/01/2024

### RichJedi

I've been sharing this information for nearly 20 years online. 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 and LIES 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")

Posted On 03/31/2024

# josephunger

THANKS for your reading list! Another piece of evidence is described by the brilliant medical historian, Harris Coulter PhD in his book, "A Shot in the Dark".

### srg03462

I am positive that my child developed an allergy to extreme temperatures from her childhood vaccines, although no doctor would admit it. My other child developed shingles at 3 years old from her chicken pox vaxx which I was hesitant to give. I stopped them after that but they had the majority when they were young. It's sickening how they make you feel like you are an incompetent parent if you refuse them. When I refused the meningitis, the doctor looked at my daughter and said "You could die." Like I would ever put my child in harm's way! I left the practice after that.

Posted On 03/31/2024

### **CMT367**

You were right to leave that practice. I avoid mainstream MD practices. They are all captured in the medico-pharma-industrial-complex, addicted to ideas exposed as wrong by Dr. Suzanne Humphries. Make sure you daughter understands why that doctor was incompetent.

#### mandibular

At the risk of appearing hard-hearted rather than a simple pragmatist, one must pan back and admit that much of this evil/treachery is made possible by the people themselves. They've had the abiity to think objectively "bred" out of their systems. People simply will not accept the obvious if it increases the risk of being ostracised. One look at the repulsive splinter groups - Seriously? LGBTQ? "Trans" gender? BLM? ANTIFA? etc. etc. I mean, "evil Russia"? A nation which recognized the deviant nature of one George Soros and chased him out of their country as opposed to this, where he's allowed to roam at will, financing these splinter groups, then stepping back and watching the confusion?

"Media"? One gang in control of it all, caught countless times manipulating public perceptions? Still, the majority simply refuse to even investigate as long as it has; NBC, CBS, ABC, CNN, etc. stamped on it because their talking heads are "pretty" or "handsome" Add to that, the destruction of the family unit, where parents would rather be BFF with their kids than accept the responsibility of parenting/teaching/protecting because; heaven forbit their child become angry with them. Even a simple and obvious thing like the destruction of our currency, truely competetive business, HONEST elections rather than CORRUPTED (s)elections.

Thomas Jefferson on private banking; "I believe that banking institutions are more dangerous to our liberties than standing armies," Jefferson wrote. " If the American people ever allow private banks to control the issue of their currency, first by inflation, then by deflation, the banks and corporations that will grow up around(these banks) will deprive the people of all property until their children wake up homeless on the continent their fathers conquered." "The issuing power of currency shall be taken from the banks and restored to the people, to whom it properly belongs. (John 8: 44) (Rev 2: 9) (Rev 3: 9)

Posted On 03/31/2024

### **Martix**

We call that Stockholm Syndrome, just saying !!!

### **Almond**

Most people would rather be dead than different. it has only become worse during the advent of modern society. Self-reliance and productivity used to be required on the frontier and farms. When population demographics shifted to cities and assembly line manufacturing, people discovered they could profit by going-along-to-get-along and not rocking the boat. Independent thought was bred out of people. Instead, marketing began using psychological techniques for mind-control, advertising and messaging. This encouraged people to make snap judgements without taking time to think things thru. people have lost their ability to think and do not want to be bothered learning the skills to do so (gathering evidence, being informed about current events, memorizing basic facts for future reference, etc.). For example, how often do students ask, "Do we need to know this for the test?" Very sad as people have lost sight of the value of critical thinking and self-education.

Posted On 03/31/2024

### **Almond**

There is reason to be cautious about what enters the energy field of the human biome. The body is largely made of water. water is a biological liquid crystal. As such, it has the ability to transmit and receive frequencies (energies). These energies are embraced by cells. When a cell "vibrates" (resonates) at it's appropriate frequency, the material substances must be in harmony as matter and energy are inseparable under the laws of Newtonian physics. That means that cells must be properly structured and performing the functions for which they are intended. All forms of ingested meds are merely very crude carriers for energy. If balanced energy patterns could be reestablished by technological or esoteric means, there would be no need for MDs outside of surgeons for trauma cases.

Doctors would become energy workers. Just imagine if health classes taught in schools were about real science. many cultures once practiced energy- based medicine... the acupuncture meridians of Traditional Chinese medicine... the didgeridoo using sonic frequencies... the laying on of hands by certain Christian ministries, etc. How can you doubt the presence or interaction of human energy fields when you are clearly uncomfortable just being in proximity to certain individuals or knowing when a loved one away from home is in trouble?

#### Nat

I have a copy of the book, although an earlier edition and it joins the many books that I have accumulated on vaccines over the last twenty five years. I said to my wife, when the Covid injections first rolled out, that these injections may well be the final nail in the coffin of vaccines and that is still my hope. My eyes were first opened by looking at public health figures, showing the decline in the incidence of infectious diseases prior to the introduction of vaccines. They had been all but eliminated due to improvements in public health measures, such as clean water, sewer, washing of hands, refrigeration and better nutrition. We sopped vaccinating our children at that point.

Posted On 03/31/2024

### **Almond**

My husband and I knew 5 individuals who died shortly after being vaccinated. What are the odds of that for a vaxine that is "safe and effective"? After that, and even now, we continue to observe many probable adverse events that are typical of the vaxine. It is my observation that many symptoms first show up in the legs... difficulty walking, tremors, blood clots. This would make sense due to findings of obstruction to the circulation (the large fibrous blood clots) found on autopsies. I was taught that the 2 major causes of poor health (other than trauma) related to obstruction to the flow of blood or qi. It appears both of these are affected by the vaxine. problems can have a domino effect downstream leading to more illness.

Posted On 03/31/2024

### sue2613

Almond, I know many people who are having problems with their legs since the whole Covid thing started. None were vaccinated but were around people who did get the vax. What you said about energy is so true and mystifying.

Posted On 04/01/2024

### hea3921

I took the 3rd Pfizer booster shot. Just before I had an extensive blood test, my kidney was at 86%. After the shot within 4 month the kidney function dropped to 56%, 3 month later to 33% and I am now at stage 4+ kidney failure. I also have a condition similar to Polycythemia Vera with all the symptoms, like sweating, itching, high uric acid, ulcer, dizziness, fatigue, blurred vision, tinnitus etc. Forcing the population into those vaccines and suppressing ivermectine was the crime of the century, all money driven.

Posted On 03/31/2024

### **Antisandman**

The people who were behind the curtain were members of the dynastic bankster families. Money is not their motivation. Control of the 99% is and one of their tools is control of the money. They can create almost infinite amounts digitally as was evident during the plandemic. Now they are forcing inflation to impoverish more.

Posted On 04/01/2024

### pecanroll

I love Dr. Humphries. I have both her books. Dr. Suze, if you're reading the comments, I was a nephrology RN. I am an iatrogenic mess from a flu shot in 2000 and subsequent MRI's with magnevist, omniscan and gadovist. Finally figured it out in 2019. I had many MRIs of my brain. I was poisoned. Its in my brain. The MRI glows pre contrast after a 12 year washout. I am still going through chelation. We now have ICD 10 Codes for gadolinium toxicity. Yet, doctors I listen to want the system to collapse. I do in a way, yet I want it to turn around. The doctor that figured it out knows Dr. M. I am, along with the gadolinium victim community are at a loss as to why gadolinium is still on the market as a "dye" when as you know, but for those that do not, is a Rare Earth Heavy Metal...lanthanide.

Its toxic. It is all over pubmed. How many legs did I assess (you can see the leather, cobblestone pattern, sores, severe skin break down) as a nurse and how many of my patients had NSF undiagnosed. All of the ESRD on dialysis or peritoneal dialysis. I am SICK of how I bought into this absolute nightmare. I have not lost my kidneys yet. They are affected. But I have other problems now I won't get into. It is a soft kill that is going on.

As Toby Rogers says, iatrogenocide. We did not learn from the past with thorotrast or thorium an actinide. Another past "dye" contrast medium that was removed from the market that caused liver failure. Instead, the manufacturers came up with GADOLINIUM, which can be contaminated with thorium and other lanthanides. It's written about contamination in pubmed. So as Dr. Larry Palevsky repeats on 5 docs show: Same play book, different decade/century and different poison. All Gadolinium does is create an "elegant' picture. Do your own due diligence on this topic if you are one of those that face having to have MRIs

### **Antisandman**

RFK Jr. said in an interview that when the act to protect vaccine manufacturers from legal liability, that the CDC was obligated to do a study. The CDC never did the study. It is my understanding that all US school districts keep attendance records. They also keep vaccination records. To my admittedly simple mind, it seems that simply comparing vaccination and attendance records over the last almost 40 years could give a valid epidemiological study on vaccine safety and effectiveness. Real world real time. It does not need to be a national study. The study could be done school district by school district then accumulated by county and state.

Local PTAs might be able to do it themselves. Think of the numbers in such a cohort. If vaccines are safe and effective, it would be obvious. So simple and easy, yet it has not been done. The federal government has attendance records over decades to allocate federal funds to schools. Combine those records with vaccination records, which are also required, and we have all the data to indicate just how safe and effective the vaccines are. No further medical records or control trials needed. The info is right there in local schools.

Posted On 03/31/2024

### **JGW1950**

There are vaccinated and unvaccinated members of my family, and even one who gets a Covid booster every four months, and we all got Covid anyway, at least twice. But Dr. Zelenko's protocol fixed us all right up: zinc, quercetin, vitamin C, and vitamin D. He was from Ukraine, so like many of his countrymen, he recently died of cancer thanks to Chernobyl, but his company is still around: Z-Stack.

### minimaniac1111

You can go to CDC dot gov and search "symptoms of Covid-19. What pops up is an EXACT description of the common flu. NOT EVEN ONE so-called "virus" has ever been purified or isolated, by any lab anywhere in the world. Do not confuse "viruses" with bacteria. A while back Dr. Robert O. Young mailed letters to hospitals, clinics and medical agencies all over the world asking them if they had any evidence for the existence of SARS-CoV-2. He included readable screenshots of every letter mailed out and readable screenshots of every letter received back. NOT EVEN ONE had any proof of its existence. All the information is on his website: DrRobertYoung dot com.

During the Spanish Flu researchers tried everything they could think of in an effort to understand what was going on. They took samples from the noses and mouths of sick people and swabbed them into the eyes, noses, ears and mouths of healthy people. NOT EVEN ONE person became sick. Viruses do not exist in nature, floating around, just waiting to infect someone. Viruses are created INSIDE the body and only exist INSIDE the body as a means of fighting something that is not right INSIDE the body, like an acidic pH caused from eating man's chemical-laden garbage, so-called "food" or from the EMFs of 3G, 4G and 5G radiation.

### forbetterhealth

I normally do not post comment's, but in recent years I had recieved the first booster of the recommended vax, May 2022. My reaction was deadly. I felt like I had been poisoned. (Stinging sensation throughout my body, burning in legs, high fever.) It was worse than the covid itself. Why was it necessary after already having it? This was actually my 2nd round of covid prior to the roll out of the vaxes. This recent time, Omicron, was two years ago after my dad died of covid. It was suggested I get the booster 90 days after my covid symptoms subsided with no fever. (Pharmacist recommended.) I had contracted covid after my father passed aeay in his home with me as his full time caregiver.

Ever since then I suffer from nerve pain, neuropathy in legs and feet. I am aggressive with detoxing, etc. Getting some relief. I have upped my Vitamin D3/K2, B Vitamins, Ketovore diet which seems to be helping. However, others are not so fortunate. My sister is bedridden with hideous pain and my brother in law is dealing with heart issues ever since. So many people I know are now dealing with heart issues and cancer at younger ages. Some dopping over dead, no previous conditions. Quite scary! There is something very bizzare about all of this. I heard Gates jumped ship and pulled his stocks out 2 years ago. So, time will tell just how deep this goes. Those spiked proteins are deadly...

Posted On 04/01/2024

## jag2076

I've been hearing this regarding Aspirin. So isn't aspirin the pharma version of white willow bark? Would that work as well?

### pmg1415

Here's a concern: from what I've read here a leading driver of viral diseases among people is poor hygiene. We also know that spreading disease in hospitals can be minimized with proper hand washing techniques. So how is that politicians and "leaders' and "influencers" don't see people living on the streets as a public health threat? Why go through the trouble of locking us all down over COVID and yet letting millions live in airport terminals, crowded shelters, and in tents on public streets. I cannot comprehend the sinister nature of all of this.

Posted On 03/31/2024

### **Antisandman**

A well nourished body is immune to all diseases. Even the black plague only killed 30-50%. Europe and Asia at that time was poorly nourished. The human immune system is very robust else we would not exist.

Posted On 04/01/2024

### **Cece2019**

Kindly leave a link for latest version of this book. Only seeing 2013 version.

Posted On 03/31/2024

# **DebbyW**

So, Henry Ford saved the world by replacing horses in big cities with cars, and he's not even lauded for it because it goes against the vaccine narrative.

### BiomedMom1

Just placed my order. Thank you.

Posted On 03/31/2024

### Fiona2

From whom did you order this? I want to be certain I get the new edition. Thanks.

Posted On 03/31/2024

### dan326985

My mother in law was 84 when covid came into the house. She had type 2 diabetes, congestive heart failure, high blood pressure, and lived a sedentary lifestyle, but at least she was unvaccinated. I gave her a myco-spectrum of wild mushrooms I gather and tincture, along with mullein, pine needle, and peppermint teas. She got a low grade fever for a day and a slightly scratchy throat for a couple days. Then she was fine, and still is at 86. The only family members who got very sick with covid were the ones in their 20s who had been forced to take the jab.

Posted On 04/04/2024

### iro5345

Thank you Dr Mercola and Dr. Humphries! I was a Cardiac Intensive Care Nurse quite a few years ago and I was ordered to get the Hepatitis vaccines. I talked to my oldest brother who is a doctor and he told me he never gets even a flue shot. So I didn't get the vaccines. It is not just the old who die from the COVID-19 vax. I live in the country and one neighbor 48 years old died from the vax. His children tried doing CPR on him, but it didn't work. Another neighbor got liver cancer from the vaccine. He sold all of his cows and was doing hay farming before his death from the cancer. I had a good friend share an anti vaccine book with my when I had young children. My last four children didn't have any vaccines. My first 2 were minimally vaccinated.

Posted On 04/02/2024

## **Chipintn**

Here is a terrific thread documenting the MYTH of the Polio and Polio Vaccine story that 95% of people will believe...you will read and say.....son of a B, I had no idea.

threadreaderapp.com/.../1005127713848463361.html

Posted On 04/01/2024

# Hopeful\_One

About the vaccine schedule. It seems that each state has their own schedule. They do not all rubber stamp the CDC and adopt their standards. Has anyone compiled the actual vaccine schedule for all the states? Note that stating the CDC schedule as if it is implemented by all states is completely untrue.

Posted On 04/01/2024

## **Mei\_Ling**

This might be of assistance to you: www.nvic.org/law-policy-state

Posted On 04/01/2024

### **Suzicreamcheese**

Roll Up! Roll Up! Get your Annual, Monthly, Booster Dose of Adjuvants...Mercury, Aluminium, Dead Animal DNA, Nano-particles of Graphine, All Good! All Good! Hurry up before we run out, because we're sending more to the undeveloped countries!

Posted On 04/01/2024

### **PathNotes**

Excellent book. Read it years before the Covid-19 pandemic thanks, in part, to Dr. Mercola's website.

Posted On 03/31/2024

### **Ant5157**

rkostoff, Thank you so much for taking your time to reply! A very useful paper indeed! I see items on this that I will now use! Juniper berries have always been interesting to me. They are also plentiful here in the desert!

#### cda8719

A great woman I wish more wheousing their head.

Posted On 03/31/2024

### cda8719

My Goodness what does an outh mean to them? This is so bad and sad

Posted On 03/31/2024

### **PatchWood**

HERE IS AN INTERESTING POST FROM TWITTER... I follow Clif High: clif @clif\_high -:- Received an email from a fellow in Turkey. His family grows medical leeches for EU market (who knew?)...anyway, people in EU are using leeches vs the vaxx in their relatives. Thing is that leeches are SUPPOSED to be a 'reusable' treatment item. BUT the email is saying that the vaxx blood is killing the leeches. Good for this family's biz though as the leeches are reported as having some positive effects even though they are dying after only 3 uses. So need for more leeches to be grown. and so it goes.... 8:58 AM Mar 30, 2024 - 113.9K Views

Posted On 03/31/2024

# bobby9

Highly recommend this information.....you won't even think about getting a vaccine...EVER vactruth.com/2009/07/21/dr-andrew-moulden-interview-what-you-were-neve..

## josephunger

Thank you for the expose. All you report is consistent with my training back in the 1970's and it is encouraging to have a voice of reason in the community. I invite any skeptics to thoroughly review the works of Harris Coulter PhD, A Divided Legacy vol I-IV, if you can find them. Harris presents as an unbiased medical historian, offering compelling information. Additionally, Dr Mercola presents conclusions consistent with my training in biology and physiology. Where did the wisdom and understanding of a half a century ago vanish to? I must wonder what the kids are being taught these days. (translation: I fear what is taught)

Posted On 03/31/2024

### rkostoff

"The primary focus for me is what people are putting into their mouths". That's part of the problem, but not the whole problem. Our studies have shown that elements from five major categories (Lifestyle, latrogenic, Biotoxins, Environmental/Occupational, and Psychosocial/SocioEconomic) can contribute to degradation of the Immune System, and other major bodily systems. Our protocol (developed to prevent and reverse chronic disease and, as we have found, is also applicable to preventing infectious disease) focuses on identifying the large numbers of factors that contribute to myriad diseases, and requires that these factors be eliminated as broadly, deeply, and rapidly as possible

(www.publichealthtoxicology.com/Prevention-and-reversal-of-chronic-dise.. ).

#### Ant5157

I love this study! Wraps it all up nicely! I am a success story of Dr T Wahls, mentioned in the article. So I can attest to this. I started her protocol around 2010, for a different autoimmune disease. It does indeed work. I am however, confused about your inclusion of various vegetable oils mentioned in Table 4 foods to choose: canola oil is listed in the polyphenols list, and the other seed oils listed in Oleic list. "I say 'your' inclusion, because I am assuming that you are the same R. Kostoff who authored the paper. I sincerely am curious, as Mercola has written about the dangers in general of seed oil, referring to them as poison.

One recent example here: media.mercola.com/ImageServer/Public/2024/March/PDF/canola-oil-health-..., stating that it actually contributes to brain declines in health, and other metabolic. I am really interested in the inclusion of canola oil, since it seems Mercola believes it contributes to these diseases. Do you have a different viewpoint or information on seed oil? Again, I am coming from a standpoint of knowing how important diet is, and am genuinely interested. Also, I am extremely grateful to you health warrior leaders out there, who have willingly made yourselves into pariahs AND placed yourselves in danger for the benefit of humanity! Bless you all!

Posted On 03/31/2024

### rkostoff

This is in response to the comment by Ant5157, since there is no Reply button to his comment. The paper was written about three years ago, and published about 2.5 years ago. I re-examined Table 4. If I were modifying the article today, I would make two changes. First, I probably would not include the seed oils (Canola, Safflower, etc.) in the list, based on information that has emerged in the last three years. Similarly, I would add caveats to the soy inclusions, given the possibility of potential adverse effects from the phytoestrogens in soy products. It can potentially impact the thyroid, and cause other hormonal problems. The jury is still out on the phytoestrogen issue; discussing it with one's doctor is probably the best approach.