

## stoneharbor

The statistics are going to get worse every year now, so it's best to just grab our shovels and rakes and head to the garden. Then take a nice energetic walk. I don't think we need to wait for more articles on this Subject. We learned that lesson from covid. They just keep publishing as part of the mind control which shortens life all by itself. As juststeve says, Focus on local things that you can control and ignore the global dynamics that you can't. We all wasted thousands of man hours on scare tactics for four years now. Longevity is important but let's not waste the life we have on useless, negative pursuits when there is so much positive We can do with our time. Thank you Dr. Mercola for this one sufficient wake up call.

Posted On 03/02/2024

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## Guillermou

Good advice, stoneharbor. Blue nails provide us with a good example of longevity. L Okinawa Island (Japan). Home to the world's oldest women, these South Pacific islands offer many secrets to longevity. They meet every day to drink sake and gossip. Okinawans also attribute their longevity to the ancient Confucian mantra said before meals "Hara Hachi Bu," which reminds them to stop eating when they are 80% full so they do not overeat. They have a strong sense of purpose in their family. One centenarian described the feeling of holding her great-grandson in her arms as "jumping into heaven." A mix of things makes these places so unique.

Genetics can explain a change of up to 30% in life expectancy among humans, but that does not explain the great dissimilarity between the residents of these five areas compared to the rest of the world. Modifiable factors, such as physical activity, diet, smoking cessation, and midday naps, may represent the "secrets" to long life; These findings propose that the interaction of environmental and behavioral characteristics may regulate longevity.

Their longevity is considered to be largely due to lifestyle, mainly their traditional diet, which is low in calories but rich in nutrients, mainly phytonutrients (polyphenols). Most people in blue zones practice some type of fasting, whether for religious reasons or intermittent fasting while working during the day. Calorie restriction (CR), not associated with malnutrition, is definitely the best characterized non-genetic intervention that increases maximum lifespan and improves lifespan. [www.mdpi.com/.../htm](http://www.mdpi.com/.../htm) (2021)

Posted On 03/02/2024

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## stoneharbor

Yes, Blue Zones was a great lesson in how life is extended and enhanced via lifestyle. Life can be so much richer when we focus on our home and community, on foods, exercise, and simple pleasures. I have ordered my garden seed and look forward to planning and planting. And eating and sharing some of the best and freshest food on the planet.

Posted On 03/02/2024

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## juststeve

Thank you Stoneharbor, when we do Peaceful things, Peaceful things happen. When we do Healthy things, Healthy things happen. When we do Helpful things, Helpful things happen. To focus on what we can actually do, whether in our homes, neighborhoods, community's whatever, wherever is our best use of our personal energies. When we actually engage in getting together and really being together, the cross pollination of life experiences expands our Local Communities to be able to respond with better answers then demands from those who don't begin to have any of our best interest at heart.

This also expands our individual abilities to reach our best potential. Done properly, a healthy community produces a healthy individual, one supports the other. Yes, we need to understand the environment we witnessing as best we can and keep up with it. Just not so consumed as to ignore the positive, healing things we can do. This makes for short, stable, secure, supply lines and for the power to ignore, see threw the Bull Spit of Fear Porn, Scream Memes, would be New Gods.

Posted On 03/02/2024

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## stoneharbor

Just, I Like your "cross pollination of life experiences". Beautiful! And I agree with all the rest of your post. Focus on local community should always be paramount, NOT global word crafting.

Posted On 03/02/2024

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## Guillermou

Recent studies have shown that happiness promotes and increases life expectancy. These studies have brought to light the popular knowledge that the existence of a protein called SIRT1 present in the brain slows down the aging process. The research published in the scientific journal Cell Metabolism was carried out on a sample of mice and revealed that the presence of this protein promotes neuronal activity in the hypothalamus, triggering radical physical changes and increasing vigor and longevity. A delay in the age of mortality was also observed in the manipulated rodents with cancer. The research leads one to think that if the effect proven in mice were the same in humans, we would be talking about an increase in life expectancy of 13 years in women and 7 in men.

The SIRT1 protein regulates emotional life as well as vegetative functions. The hypothalamus is therefore responsible for building, among others, our feelings of happiness, and the SIRT1 protein is responsible for ensuring that this activity does not decline. In parallel, more than 160 scientific investigations into the relationship between good mental mood and longevity claim to have found convincing evidence that happier people have longer life expectancy. One of the analyzes focused on investigating the behavior of 5,000 university students over more than 40 years.

The result was that the most pessimistic people tended to die sooner while the most optimistic people reduced their levels of hormones linked to stress and strengthened their immune function. The conclusions were so revealing that scientists defend the connection between life expectancy and happiness, explaining that the evidence is even more convincing than that linking obesity with mortality, according to an article published in Applied Psychology: Health and Well-being.

[www.ncbi.nlm.nih.gov/.../PMC3927802](http://www.ncbi.nlm.nih.gov/.../PMC3927802) (2015).--- [wjpr.s3.ap-south-1.amazonaws.com/article\\_issue/d02198d067105d73c98a3de..](http://wjpr.s3.ap-south-1.amazonaws.com/article_issue/d02198d067105d73c98a3de..) (2023)

Posted On 03/02/2024

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## juststeve

We, the People have to figure out how to invest in these things locally. We have to build it. The 1% are not going to do it. They want the whole world as theirs and theirs alone with a white picket fence around it. [childrenshealthdefense.org/defender/ivor-cummins-war-on-farmers-threat..](http://childrenshealthdefense.org/defender/ivor-cummins-war-on-farmers-threat..)

Posted On 03/02/2024

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## healingartist

Agree 100%

Posted On 03/02/2024

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## grulla

I keep hearing/reading more and more of colorectal cancer showing up increasingly in younger people. [www.nbcnews.com/health/cancer/colon-cancer-young-people-describe-signs..](http://www.nbcnews.com/health/cancer/colon-cancer-young-people-describe-signs..)

Posted On 03/02/2024

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## Guillermou

Albert Einstein, in addition to establishing himself as a renowned scientist and physics expert, is currently remembered as one of the greatest sources of wisdom of all time, his advice still being widely disseminated and valued. Throughout his life, the physicist shared a large number of suggestions that today encourage reflection and serve as a kick to be happy in any situation. In a letter dated February 1930, the physicist wrote the following advice to his son Eduard, which was immortalized in history as one of his most iconic phrases.

"Life is like a bicycle. To maintain balance, you must keep moving" Throughout his life, the Nobel Prize winner in Physics Einstein left other phrases that allow us to glimpse what the scientist understood by a happy life. Those papers have been baptized as the theory or formula of happiness. In one of them he says: "A humble and quiet life brings more happiness than the pursuit of success and the constant restlessness that it implies." On the other: "Where there is a will, there is a way." Some of the best phrases of genius that express these ideas: 1) "Life is a preparation for the future; and the best preparation for the future is to live as if there were none." .----- 2) "The search for truth and beauty is an activity that allows us to remain children all our lives." .----- 3) "The measure of intelligence is the ability to change." .----- 4) "Creativity is intelligence having fun." .----- 5) "Only a life lived for others is a life worth living."----- 6) "It is not possible to maintain peace using force; it can only be achieved through understanding

Posted On 03/02/2024

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## Guillermou

Yes Grulla, REPORTS FROM THE FRONT LINES OF THE VACCINE CATASTROPHE. By PIERRE KORY, MD, MPA Troubling reports describing the plight of patients, doctors and hospitals over the last 9 months. Docs and nurses are "waking up." Oncologists are seeing tons of "turbo" cancers. It's real. "As a heme/onc doc, it's been alarming to see so many COVID vaccinated young patients with very aggressive, widely metastatic cancers. These cancers metastasize to unusual places and are refractory to therapy that usually works, and the outcome is often heartbreaking. I've also seen an uptick in patients newly diagnosed with several different types of cancers simultaneously, which was previously a pretty rare phenomenon.

Not to mention the unusual clots, myeloproliferative neoplasms, HLH, and other strange hematologic complications post vaccine. Occasionally I'll get a referral for a post COVID vaccine patient with typical long haul symptoms who happens to have an abnormal CBC, and it's heartbreaking to hear how they have been suffering without any clear diagnosis or solution for months/years. So glad that your clinic can help these folks, and I will send them your way." [pierrekorymedicalmusings.com/p/reports-from-the-front-lines-of-the-ef4..](https://pierrekorymedicalmusings.com/p/reports-from-the-front-lines-of-the-ef4..) (09/26/2023)

Posted On 03/02/2024

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## LongTallTexan

and follow the anti-spike protein routine if you took any of the jabs

Posted On 03/02/2024

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## Otorongo

Excellent advice stoneharbor! Every time my husband looks up at the sky, he goes bonkers. I just tell him don't look up. Focus on what You can do. There are always people worse off than ourselves. The question we should asking is, what can we do individually to keep ourselves vibrant so we can help others? God Bless you Stoneharbor

Posted On 03/02/2024

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## rrealrose

Ya know, sticking ones head in sand does not exactly help either. Cannot tell ya how much vaxx fear porn is coming out, and many cannot tell the difference. On the other hand, some may be true, who knows? - - - Last week, Aaron Siri, Esq and Del BigTree reviewed the first batch of data acquisition of free field data in the V-safe system, the reporting phone app that the CDC developed and was used by over 10 million US kill/clot shot takers. From some early reports, you can see why the CDC would not release this information upfront. Here's a link to this segment: "FIRST BATCH OF VSAFE FREE TEXT DATA RELEASED" - - [thehighwire.com/ark-videos/first-batch-of-vsafefree-text-data-release..](https://thehighwire.com/ark-videos/first-batch-of-vsafefree-text-data-release..) - - - - - about 23 min segment - - - hang on this until Aaron starts giving several early injury numbers, much higher than any we have seen or heard.

subtext: Aaron Siri, Esq., ICAN Lead Counsel, discusses the first batch of brand-new COVID-19 vaccine injury data from the "free-text field entries" in the V-safe reporting app, which ICAN has obtained from the CDC. Hear just a handful of the first batch of entries and the disturbing injury statistics crunched from these initial reports, which may be the best reflection so far of the true safety profile of this experimental drug. To see the entries, visit [ICANdecide.org/v-safe-data](https://ICANdecide.org/v-safe-data)

Posted On 03/02/2024

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## **juststeve**

realrose, yes, don't stick your head in the sand, this not an either or deal. Heavy on what positive things are I can do, and a head's up on paying attention so as to know why & what personal and Local things should be pursued.

Posted On 03/03/2024

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## **WillieBe**

Well said, Stoneharbor. Speaking of the great outdoors, the increase and frequency of chemtrails being sprayed in our area lately is astounding. Every time we get a sunny day, the chemtrails start and within a few hours, the sprays slowly widen and blue skies turn cloudy. Not knowing what chemicals (or cloud seeding) are being sprayed into our atmosphere, I tend go back in the house when I see them.

Posted On 03/03/2024

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## **StarPowerVitD**

Live a long and content life by: Having something to do, Someone to love, and Something to look forward to.

Posted On 03/02/2024

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## Guillermou

Good ingredients for a good and long quality of life - While technology mogul Bryan Johnson, 45, has 30 doctors and spends two million dollars a year to achieve his dream of giving back his body at the age of 18, no You seem to know that successful aging consists of three elements: keeping your mind sharp, your body healthy, and keeping your soul nourished regularly. When you make this an integral part of your life, old age becomes much more enriching and rewarding. Older people with a positive attitude are wise, not senile. They feel more comfortable being themselves than before in life. They have better coping skills than younger people when faced with difficulties or negative circumstances.

Old age offers more time to achieve your dreams and spend more time with family and those you love. Positive aging is a time to move toward growth, self-love, and greater satisfaction. Many who practice positive aging discover a deeper sense of purpose in life by awakening to their true selves. Their goal is to make the world a better place by contributing to the lives of others. To enrich your soul. It's not just a matter of living longer, but of doing it as well as possible. And the biggest challenge we face is not adding years to our lives, but making those years count. In this way, we allow ourselves to live completely active, independent and happy.

Posted On 03/02/2024

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## fromseatoshiningsea

When I was growing up, my father used to say that everyone needs three things in this life: Someone to love. something to do, & something to look forward to.

Posted On 03/02/2024

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## Guillermou

A new study by experts at Harvard University revealed a new way to measure the biological age of cells. Beyond chronological age measured in years from birth, the body also goes through changes at the epigenetic level that accelerate or slow down aging. This “clock,” designed by a group of researchers at Brigham and Women’s Hospital, affiliated with Harvard, is an intelligent machine learning model, as reported in a press release. “Our clocks distinguish between changes that accelerate and counteract aging to predict biological age and evaluate the effectiveness of anti-aging interventions,” commented Vadim Gladyshev, the principal investigator of the study that was published in the journal Nature Aging.

He also explained that, although there are already clocks capable of correlating methylation patterns and traits that have to do with aging, they are not able to identify which of these traits age and which slow down aging. Kejun (Albert) Ying, a student in Gladyshev's laboratory, found causal relationships between DNA structures and observable traits in more than 20,000 CpG sites according to eight characteristics: “Lifespan, extreme longevity (defined as survival beyond the percentile 90), health span (age of first incidence of a major age-related disease), frailty index (a measure of each person's frailty based on the accumulation of health deficits over a lifetime), self-rated health and three broad aging-related measures that incorporate family history, socioeconomic status, and other health factors.” CAUSALITY-ENRICHED EPIGENETIC AGE UNCOUPLES DAMAGE AND ADAPTATION  
[www.nature.com/.../s43587-023-00557-0](http://www.nature.com/.../s43587-023-00557-0) (2024).--- [www.youtube.com/watch](http://www.youtube.com/watch) (2024)  
[www.biorxiv.org/.../2022.10.07.511382v2.full.pdf](http://www.biorxiv.org/.../2022.10.07.511382v2.full.pdf) (2024).--

Posted On 03/02/2024

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## Otorongo

Amen! StarPower!

Posted On 03/02/2024

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## josephunger

"When will they ever learn, when will they ever learn?" -Peter, Paul and Mary

Posted On 03/02/2024

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## Guillermou

"I know your works, your toil and your patient endurance, and how you cannot bear with those who are evil, but have tested those who call themselves apostles and are not, and found them to be false ".- Revelation 2:2

Posted On 03/02/2024

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## epi-cure

Pete Seeger's song, Where Have All The Flowers Gone, that became a PP&M hit during the early 1960s is the balm that helps unwind some of the rage enough so that I may redirect my focus on the quiet life and what goodness there is in the world. During my years that remain I hope to find fellowship with those who likewise will never forget what has been perpetrated upon our younger generations. Humanity is living in a quiet holocaust that's being swept under the rug when it should be shouted from the rooftops. And "all those men in uniform" need to repudiate the war machine, come home, remain soldiers, but soldiers in the crop fields while standing guard over a quiet revolution unlike any the world has seen before. [performingsongwriter.com/pete-seeger-flowers-gone](http://performingsongwriter.com/pete-seeger-flowers-gone)

Posted On 03/02/2024

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## panotx

greatest pro-peace song ever....

Posted On 03/02/2024

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As Dr Kory pointed out, to address what has really happened calls for those who launched it all have to investigate themselves, pass judgement and penalty on themselves. Is anyone holding their breath? Another thing to consider, preFaux Fraudci Flu health and death statistics were no great shakes either. Just found an old issue, (2010,) of Discover Magazine covering the Rockefeller Medical Mafia Machine, although they don't call it that. Starts on page 65 and goes into all the things Doc has been viciously attacked for over the years, things posters bring up on the regular how centuries the attempts to pursue the means and methods of excellent health have been perverted to chase the dollar all coming from the so-called Cream of the Crop directing things.

The disaster dumped onto us has revealed to most likely the largest, and worldwide audience yet, the demented designs of all the would-be Globalist Dictators and the alphabet WEF/WHO's what not. Their desire to Depopulate on a massive scale, their opinion it's all for me, and not for thee. The disconnect from themselves, Humanity, Nature fueling an irrational hate and behaviors. A fascination with the mechanical, to reduce all into not just numbers, but digital zeroes or ones, on or off.

Totally blind to the Human experience of our emotions, to experience and understand beyond simplistic Black or White, either, or. Those things that cannot be Known, but Experienced, especially the Spiritual. Which is most likely what they fear most as it can't be understood, it has to be experienced. Words cannot completely cover such things, as even as we experience them, we are limited so our perceptions will still be incomplete. Words at their best only can point one in a direction to follow the Hero's Journey to understand to one's personal understandings and abilities.

Posted On 03/02/2024

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## Guillermou

Right words, Just: "Words at their best can only point one in a direction to follow the Hero's Journey to understand one's personal understandings and abilities." Humanity faces terrible measures as part of the WEF Great Reset, associated with transhumanism, the WEF cyberpolygon, war crimes, killer vaccines, the vaccine passport and contraceptives like Premarin. All of them threaten an intrusion into the lives of citizens as part of eugenics following the movements of Thomas Malthus, Charles Darwin and John D. Rockefeller Jr.. Individual identity, freedom, rights, privacy and even will They are destroyed as the Global Elite implements their designs.

As Dr. Mercola has noted: "Today, eugenics has been rebranded as transhumanism." From Malthus to the Club of Rome and a whole host of eugenicists who crossed the path, there is no shortage of people who believe they should "regulate" the reproductive tendencies of other people. This background is in continuity with the events currently related to the WHO. On April 25, 2009, the WHO, headed by Margaret Chan, declared a Public Health Emergency of International Concern (PHEIC). And a couple of weeks later, the "Good Club" met in New York at the height of the H1N1 swine flu pandemic, which turned out to be a scam.

In May 2009, the billionaire philanthropists met behind closed doors at the president of Rockefeller University's home in Manhattan. Participants included the late David Rockefeller, Warren Buffett, George Soros, Michael Bloomberg, Ted Turner, Oprah Winfrey and many more. This secret meeting was sponsored by Bill Gates. They called themselves "The Good Club For more than ten years, billionaires described as philanthropists have held meetings to reduce the size of the world's population culminating in the 2020-2022 Covid crisis. [www.globalresearch.ca/secret-may-2009-meeting-of-the-good-club-billion..](http://www.globalresearch.ca/secret-may-2009-meeting-of-the-good-club-billion..) (01/10/2023).-----

Posted On 03/02/2024

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## stoneharbor

Yes, just, the AMA Could have never been conceived and we would have been left with a much healthier set of health practitioners in the United States and might have had 2 or 3 more years of longevity by this time after a hundred and twenty years of AMA dictates pushing drugs, drugs, drugs, which plan is proven to kill a few hundred thousand each year. If we only had chiropractors, Naturopaths, Dr. Mercola, And bio dynamics for the last 100 years We would be one healthy, vibrant population now.

Posted On 03/02/2024

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## Guillermou

Events show that “depopulation” is an integral part of the so-called Covid mandates. Neil Ferguson, supported by the Gates Foundation whose father has a eugenicist tradition, designed the coronavirus lockdown model (launched March 11, 2020). As we remember, that mathematical model of March 2020 was based on “predictions” of 600,000 deaths in the United Kingdom. Consider Hitler and his henchmen victimized an entire continent and exterminated millions in their pursuit of the so-called “Master Race.” The concept of a dominant, white, blonde, blue-eyed Nordic race did not originate with Hitler.

The idea was mobilized in the United States and cultivated in California, decades before Hitler came to power. California eugenicists carried out a campaign of ethnic cleansing of the American eugenics movement. During the early decades of the 20th century, California eugenicists included powerful but little-known racial scientists such as Army venereal disease specialist Dr. Paul Popenoe, citrus magnate and Polytechnic benefactor Paul Gosney, banker of Sacramento Charles M. Goethe, as well as members of the State Board of Charities and Corrections and Board of Regents of the University of California.

Eugenics would have been such strange armchair talk if it had not been for extensive funding by corporate philanthropies, specifically the Carnegie Institution, the Rockefeller Foundation, and the Harriman Railroad fortune. They were all allied with some of the most respected scientists in the United States, coming from such prestigious universities as Stanford, Yale, Harvard and Princeton. These scholars embraced race theory and racial science, and then falsified and distorted data to serve the racist goals of eugenics. [www.globalresearch.ca/horrifying-american-roots-nazi-eugenics/5784668](http://www.globalresearch.ca/horrifying-american-roots-nazi-eugenics/5784668) (2022)

Posted On 03/02/2024

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## juststeve

May I add, is it possible another factor to consider in these dismal statistics is longevity was already suffering pre-Fauci Flu. If the memory is working driven down by poor results from our young women, babies dying from childbirth complications. Yet currently we have what should be the younger, healthier strata dying from unknown causes. Some of this may well be, as those say mid 70s' and up are among the last to have remnants of an actual acquired immune system. Grew up in far less a toxic environment, had real food, had exposures to a more complete microbe profile, hadn't had immune disruptors whether medical or environmental to severely undermine them. Goes a long way explaining even among those older who have been said to have died from C-19 were above the expected death rate. (What a bug, it doesn't actually seem to kill the oldest, but the Jab given to prevent it seems to kill the younger, lest expected to be sick, let alone die.)

Posted On 03/02/2024

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## Guillermou

Very true Just. The journal Nature Reviews Clinical Oncology published a study last year showing that cancer rates among people aged 50 and younger have increased dramatically in recent decades. Causes vary and include everything from chronic exposure to cancer-causing toxins, poor diets and lifestyle habits, morbid obesity, and environmental carcinogens, including chemicals sprayed on industrial agricultural crops. We know that things like ultra-processed foods, genetically modified organisms (GMOs), artificial flavors and preservatives, and other toxic food additives are largely to blame. As for environmental carcinogens, these include air pollutants, water contaminants, ionizing and non-ionizing radiation, a variety of hazardous chemicals, and occupational hazards.

"Airborne pollutants include particulate matter, volatile organic compounds (VOCs), and polycyclic aromatic hydrocarbons," the reports explain. "Certain particles and air pollutants are linked to an increased risk of lung cancer, respiratory diseases and other cancers." "Water contaminants such as heavy metals (cadmium, chromium, lead), organic contaminants (polychlorinated biphenyls, polybrominated diphenyl ethers), and pesticide residues are associated with an increased risk of various types of cancer." [www.theepochtimes.com/health/cancer-rates-on-the-rise-in-young-and-mid..](http://www.theepochtimes.com/health/cancer-rates-on-the-rise-in-young-and-mid..)

Posted On 03/02/2024

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## Guillermou

Another serious and growing problem with Covid injections is the cancer they cause, particularly in young athletes and especially young male athletes who are now dying at a staggering rate from what Dr. William Makis describes as testicular cancer. "Turbo". Makis has been warning the world about the increasing number of injuries and deaths resulting from Fauci's injection of flu vaccines. In Canada, where he lives, Makis has been tracking not only athletes who became ill and/or died after receiving the injection, but also doctors, at least 32 of whom died suddenly after receiving the injection(s).

stab(s). Now, Makis is sounding the alarm about the dozens and dozens of young male athletes who died months or even days after being diagnosed with post-vaccination testicular cancer. The rapidly spreading version of the disease tends to kill young men much more quickly than traditional testicular cancer. [sonsoflibertymedia.com/diagnosis-to-death-days-or-weeks-testicular-tur..](https://sonsoflibertymedia.com/diagnosis-to-death-days-or-weeks-testicular-tur..)

Posted On 03/02/2024

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## juststeve

Gui, the twins in promoting Global Pandemics to never be, Fauci & Neil Ferguson. Decade to follow decade these two were used for advice mostly feeding Big Phrama wallets, causing major disruptions for Humanity, and now seen in the rearview mirror as test runs for the C-19 shenanigans. With very likely to follow Next Pandemic Gates has warned we will pay attention too. Virus X, currently being cooked up? But not as Gain of Function but Directed Function, a Definition without a Distinction.

Posted On 03/02/2024

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## sue2613

Gui, and others. This article is older, but it brings home the suddenness of deaths in France in 2022. [markcrispinmiller.substack.com/p/in-memory-of-those-who-died-suddenly-..](https://markcrispinmiller.substack.com/p/in-memory-of-those-who-died-suddenly-..)

Posted On 03/02/2024

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## maxxon

Lets get real for once. THERE ARE "NO" UNINTENDED CONSEQUENCES related to Covid-19. The things being called "unintended" were intended and planned when we stop calling the "JAB" a gene therapy or a vaccine. It was neither of those. Lets also call it what it is. Many people were infected by Covid or more appropriately a modified SARS-Cov-2 virus that had a very low fatality rate and survived if they didn't get the "JAB". The government, media and Big Pharma deliberately created the product and scam to scare the population into allowing themselves to be inoculated with a "death serum". It was called an experimental drug. The only thing experimental about it was to see how many people it could kill off. It was government institutionalized murder. And so far we have allowed it and it's co conspirators to get away with it. If we sit and do nothing about this it will happen again.

Posted On 03/02/2024

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## Carlsdad

Here, in the UK, my concern is the growing practice of introducing rapeseed oil into a wide variety of baked food products, bread, biscuit, cookies, pies of all descriptions, butter, spreads and ready-made meals. Originally grown as a bio-fuel product, rapeseed is one of the most highly processed cooking oils on the planet. One of the ingredients of rapeseed oil is Eruric Acid, which is known to cause damage to the Myelin sheath which protects the nerves. The acid also interferes with the bodies utilisation of Vitamin E. Because of this, the use of rapeseed was banned by the FDA in 1956. It was reintroduced into the food chain in 1970, supposedly in a less harmful form, but this hasn't proved to be the case. Rapeseed oil is also sold under the name of Canola. I avoid it like the plague.

Posted On 03/02/2024

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## **joeanddonna**

Every bit of it is true! I see death all around me now. And I see how it is rationalized as well as ignored. I see people suffering from the toxic covid vaccines. I see them stand in line for another booster too. It's a scam and we were bamboozled in 2020! I look forward to reading Dr. Mercola's new book. His unwavering steadfastness and clarity of thought continue to inspire.

Posted On 03/02/2024

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## **lordoftheflies**

God grant me the serenity to accept the things I cannot change. Courage to change the things I can. Wisdom to know the difference.

Posted On 03/02/2024

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## Andrew2084

Warning: Jacques Attali, 1980s [aphadolie.com/2021/05/10/https-aphadolie-com-2021-05-10-jacques-attali..](https://aphadolie.com/2021/05/10/https-aphadolie-com-2021-05-10-jacques-attali..) "In the future it will be a matter of finding a way to reduce the population. We will start with the old, because as soon as they are over 60-65 years old, people live longer than they produce and they cost society dearly. Then the weak, then the useless who bring nothing to society because there will be more and more of them, and finally the most stupid. Euthanasia targeting these groups; euthanasia will have to be an essential instrument of our future societies, in all cases.

Of course, we cannot execute people or set up camps. We'll get rid of it by making them think it's for their own good. Too large a population, and for the most part useless, is something economically too expensive. Societally, it is also much preferable for the human machine to come to an abrupt halt rather than gradually deteriorate. Nor will we be able to pass intelligence tests to millions and millions of people, you can imagine! We will find something or cause it, a pandemic that targets certain people, a real economic crisis or not, a virus that will affect the old or the fat, it doesn't matter, the weak will succumb to it, the fearful and the stupid will believe it and ask to be treated.

We will have taken care to have planned the treatment, a treatment which will be the solution. The selection of the idiots will thus be done by itself: they will go of themselves to the slaughterhouse." Dennis Meadows (Club of Rome) suggested 1 ~ 2 billion survivors and the Georgia Guidestones suggested only half a billion alive in total. [www.bitchute.com/.../OJAEAzMjQpSR](http://www.bitchute.com/.../OJAEAzMjQpSR)

Posted On 03/02/2024

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## Guillermou

Yes, Dennis Meadows wants to reduce the population more than Bill Gates. With the feeding of false meat and the transgenics and pesticides, they will surely achieve it. WORLD ECONOMIC FORUM AND CLUB OF ROME MEMBER DENNIS MEADOWS SAYS 86% OF THE POPULATION NEEDS TO BE REDUCED. "We could [ ] have eight or nine billion, probably," he says of the world's growing population. "If we have a very strong dictatorship which is smart and [people have] a low standard of living," Meadows says as he explains how the population reduction agenda could be triggered. "But we want to have freedom and we want to have a high standard of living so we're going to have a billion people. "And we're now at seven, so we have to get back down. "I hope that this can be slow, relatively slow, and that it can be done in a way which is relatively equal, you know, so that people share the experience." AUTHOR COMMENTARY: [1] The transgression of the wicked saith within my heart, that there is no fear of God before his eyes.

[2] For he flattereth himself in his own eyes, until his iniquity be found to be hateful. [3] The words of his mouth are iniquity and deceit: he hath left off to be wise, and to do good. [4] He deviseth mischief upon his bed; he setteth himself in a way that is not good; he abhorreth not evil. Psalms 36:1-4  
[winepressnews.com/2023/05/04/world-economic-forum-and-club-of-rome-mem..](http://winepressnews.com/2023/05/04/world-economic-forum-and-club-of-rome-mem..) (05/04/2023)

Posted On 03/02/2024

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## juststeve

Just as the WEF expresses, You will own nothing and You will be happy. Not We will own nothing, and We will be happy. Meadows says "But [we] want to have freedom and [we] want to have a high standard of living so [we're] going to have a billion people." Soulless Death-eater.

Posted On 03/02/2024

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## therealjones

We do own nothing. All that we have is on loan from God, not the rich or the government. Have faith in God!

Posted On 03/02/2024

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## Otorongo

Andrew, It's unfortunate that demons, which is what these people are inhabited by can conclude such nonsense. No matter the age or the infirmity, everyone has a gift and a purpose. Even if it is to touch the life of one person. Who does the small menial jobs that no one else wants? The infirmed! Who spreads wisdom and teaches the young ones? The old/grandparents! Who's the cog in the wheel that keeps society turning? The stupid? Which I find to be a repulsive word. We are all ignorant in some form or another. but we all have a part. Some of us may only be a small part, but all parts equal the whole. We may be frustrated at the people that are blind and not awakened, but we can look at that differently. We are the strong ones, put here to protect them from themselves. We may fail but we may also succeed.

Posted On 03/02/2024

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## grulla

With real estate property taxes the way they are, we already don't own our homes, we rent them from the government. Watch what happens if you miss a property tax payment. :-)

Posted On 03/02/2024

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## hisgarness

I see only three options available to right the extensive wrongs of the plandemic. Political activism in the form of attending all available relative public meetings, ( particularly your local Board of Health, speaking when an option and writing to your political and medical representatives. Advertising in the form of t-shirts, magnetic vehicle signs and bumper stickers. Lastly voting for the precious few candidates that are not captured by the system and campaigning for them. A child would be better than the current administration, but RFK, Jr. is the only candidate I have heard who offers answers, not empty promises, for our totally corrupted health care system.

Posted On 03/02/2024

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**020202**

It obviously took years to plan this and implement it... and we know there must have been someone who got wind of it and tried to stop it. Q

Posted On 03/02/2024

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## **Barbara Charis**

Our whole world has turned from a faith based trust in Our Creator for the answers we need...to trusting mercenaries whose primary desire is to exploit others in the treatment of health concerns. J.D Rockefeller set this up over 100 years ago in order to promote his petroleum-based drugs. He had men in his employ get on the boards of medical schools in order to control the curricula, which eliminated any type of healing without drugs in the curricula. This is the primary role in the first stage of treatment, when people go to med school educated doctors today. They don't leave the office without a prescription, which will bring them back into the office for another health lowering prescription. J.D.s father was a snake oil salesman and so was he. Today, office visits are set up with 15 minute time slots per patient, in order to get as many patients in daily as possible. All patients will leave with at least one prescription...and this is called health care?

Posted On 03/02/2024

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## **juststeve**

Embrace - quick, follow the crowd and see where they are going so I can lead them. Extend - (Bill Gates, following Rockefeller's template,) we'll give it away for free and figure out how to make money off it later. Exterminate - First behind the scenes, buy, steal, destroy real competition but present it all as competition and declare need for regulations any real surviving competition can't comply with. Then once achieved, use the same Power and Control to cry too much regulation, laws and reduce as many measures as possible to cement the most Power and Control for themselves. Financials, Oil, Energy, Manufacturing, Education, Media, to the extent as to High Jack honest grassroots territories, so the real intent is papered over with Green Washing.

Posted On 03/02/2024

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## stoneharbor

Great summary, just! JDR started it and Gates is refining it. The Pied Piper Plan can't be beat. Don't think twice, it's alright. But now someone says "Question everything". Hmm. I have heard that thousands of limmings can run off a cliff. Maybe questions are good?

Posted On 03/02/2024

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## Guillermou

Yes, the science of allopathic medicine rejects and/or ignores Natural Medicine, it is a science that is governed by protocols and allopathic doctors do not want interference with what they are taught in the teaching and Congresses sponsored by BigPharma. It is science outside the domains of ethics, the domains of nature and the designs of the Creator, imposed by Rockefeller where support rests on the pharmaceutical mafia and the corruption of institutions, linked to Big Pharma. The religion of the State is that imposed by large corporations through many years of domination of the media that are owned by bankers, large corporations and philanthropic organizations such as that of Bill and Melinda Gates.

In support of the media there are scientists and universities of the Rockefeller current that support the dominant paradigms of allopathic medicine that are built by elites based on a domain that only seek their benefit. It is the historical tradition of the billionaire families who run Davos and the new world order, through the control of the global financial systems, the absorption of all monopolies and companies.

The tyranny imposed on the world creating this "pandemic" and developing draconian measures, which have constituted the ideal scenario to deliver the final death blow to the world economy. As illnesses and deaths continue to grow and life expectancy is compromised in the future as these undesirables continue to line their pockets. It is the commitment to genocide and the tyranny of the Great Reset. .

Posted On 03/02/2024

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**juststeve**

As the comments suggest the most likely result of WEF and the others actions will more likely be the collapse of the Global Economy, only underscores the need for We, the People, to Make it Real Locally if there is going to be any chance of some kind of useful economy left!

Posted On 03/02/2024

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**swabiengmail.com**

I live on the North Shore of Boston on Cape Ann in massachusetts. Not exactly Rural America but an ecological Wonderland in so many ways. These past 4 years I have done everything I have possibly could to protect and enhance my own health. I am 57 years old and my body feels cleaner and is working better than it ever has. I spend so much time in nature, in the woods and near the ocean. I eat many different plants that come from these areas. Also there is so much abundant Animal Life in these areas. We all eat the same plants. There is one plant in particular that grows out of the rocks in the ocean coves that all of the animals line up to eat at low tide, the Ducks the geese, the swans, everybody.

The expression the canary in the coal mine is so apt right now. All of the wildlife in my area seems to be flourishing. The animals look so fit and healthy and they are active all the time and that is how I feel. When you get back to a natural way of life (and somehow detox from the s\*\*\*) you can truly restore your health. The Earth is in great shape right now. If humans weren't so stupid we could have hundreds of millions of years of gorgeous weather and abundant good health for those who seek it.

Posted On 03/02/2024

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**020202**

I don't understand... we hear that everyone on earth was pushed into getting the vax, but we hear that these "newcomers" at the border have NOT gotten the vax. What happened, was this coordinated? Were these young males chosen to come overwhelm us?

Posted On 03/02/2024

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## **brodiebrock12**

This is truly the biggest or perhaps saddest reality. There are STILL people asking WHY or WHAT happened. Its been 100% deliberate and intentional, and not ONE of psychopathic entities who brought it all upon humanity on the entire planet earth has remotely been held accountable for ANY of it. Its just "allowed" to continue unabated. March 2nd 2024 and not ONE! All the same players are in all the same positions and still people ask WHY. It's astonishing...

Posted On 03/02/2024

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## **020202**

is Trump right when he says these "newcomers" are from prisons and mental institutions --- and that is how they got away with not getting the vax? This was a plan extraordinary and look at all the complacent people, the media, doctors, politicians...

Posted On 03/02/2024

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## **riskybiz**

I was going to say something similar but decided to check the comments first to see if already said and yes, I believe it is, at least in part, a population/culture replacement strategy.

Posted On 03/02/2024

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**rrealrose**

Illegal aliens are here as part of a UN Agenda, they are using US taxpayer funds, donations to give to their 60 NGO affiliates in Panama to organize illegals travel and pay the Mexican Cartels to get them to the Southern Border. Their purpose is to de-stabilize the US middle class and destroy the US government. They will take jobs at half the rate, the US union workers are threatened, no one seems to care that 2.5 million green cards have been handed to illegals giving them the ability to work in the US. - - - - - The Democrats think they will allow them to vote, creating a uni-party system in the US, creating Fascism/totalitarianism across the country...However, Americans are waking up that we have criminals here from Venezuelan prisons, others from Afghanistan, Iran, Pakistan, India, the Congo and other countries around the world.

Several PLATOONS of CCP/Chinese army militia have also entered the country. No one is saying much, they seem to be regrouping in Idaho, taking target practice. - - - - - Its sad this had been outlined in the WEF/UN Agenda 2020 and now in Agenda 2030 for years now.

Still this has been allowed to happen. Each time they show Biden eating an ice cream cone, you can tell his mind is beyond hope. Reports are Biden has been "on vacation" 40% of the time he has been in office. Rumors abound that someone else is making these decisions, my guess is Blackrock employees and other WEF graduates have infiltrated the Executive Branch of US Govt. The damage is ongoing, but that may be what it takes to wake up more Americans?

Posted On 03/02/2024

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**jamNjim**

You are seeing the "replacement theory" conspiracy play out in real life.

Posted On 03/02/2024

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## DumberFarmer

The biggest factor that is missed by most is that we need to protect ourselves from various toxins before any of the nutritional support will help. We also need to rid ourselves of parasites before our immune system can optimally function. The environment of our microbiome cannot be overstated as the toxins and harmful frequencies can quickly overcome their beneficial function. Once we have corrected and given support to the environment in our bodies, then it is simply about mineral sufficiency and balance, flourishing beneficial microbes, and maintaining optimum frequencies. Using nature is your strongest tool, things like exercise, sunshine, grounding, consuming whole food vitamin C is key to sourcing bioavailable copper, Humic and Fulvic acid are essential for detoxification, as well as getting some animal fat in your diet as a source of retinol vitamin A is key to creating energy. To find the truth, you need to seek and desire it first.

Posted On 03/02/2024

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## Carlsdad

I am a strong advocate of grounding. Made a huge difference to my life. I'm now in my 90th year and fit as a butcher's dog. Two things, first, it works, secondly it's free.

Posted On 03/02/2024

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## MoMac46

What was a couple of weeks to flatten the curve, turned into a complete health disaster with no accountability from the despots who started this fake pandemic. Its true Andrew Bridgen MP in the UK is the only one asking about vaccine injured and he is demonised by the herd of MP's in the UK Parliment. Rishi Sunak the PM still upholds safe and effective benefits of the C19 jabs and an ongoing roll out of these are still happening. This is with a large numbers of excess and died suddenly deaths. However the government have decided to change the way they are reporting the deaths so that it halves the numbers and looks more acceptable. Britain is broken

Posted On 03/02/2024

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## juststeve

Yup, already the books are being cooked. The good old figures don't lie, but liars' sure know how to figure. [childrenshealthdefense.org/defender/united-kingdom-ons-excess-deaths-r..](https://childrenshealthdefense.org/defender/united-kingdom-ons-excess-deaths-r..)

Posted On 03/02/2024

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## Guillermou

The psychological terrorism and biological warfare waged against the British people by their own government confirms that COVID was a conspiracy of terrorism and biological weapons directed against humanity, designed to achieve vaccination to increase the wealth of the globalist elite, provide global depopulation and economic collapse. Yes, Covid vaccines are a weapon of global depopulation designed to exterminate humanity and collapse global economies. Hancock, former UK Secretary of State for Health and Social Care, showed that the entire Covid pandemic was, in fact, engineered from the beginning.

UK government officials actively conspired to carry out a "Truman Show" campaign of psychological terrorism against their own people. They also engaged in biological warfare, timing the release of variants, by their own admissions, to terrorize the public. [newstarget.com/2023-03-06-uk-health-ministers-leaked-messages-reveal-t..](https://newstarget.com/2023-03-06-uk-health-ministers-leaked-messages-reveal-t..) (03/06/2023)

Posted On 03/02/2024

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## Glastian

Hi MoMac from a fellow Scot. You know George Galloway's reputation as well as I do, but you cannot disagree that he is a well-informed eloquent speaker who has just won a landslide victory in the Rochdale by-election here in the U.K. While this may well turn out to be a protest vote (I hope not!), the result has surely shown that the U.K. public are catching on fast to our broken Britain, and who the culprits are. An apology of a Sky interviewer is torn to shreds by George in this interview, which should be given world-wide exposure. An ally for Andrew, perhaps? [www.youtube.com/watch](https://www.youtube.com/watch)

Posted On 03/02/2024

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## **epi-cure**

Here in the U.S. George Galloway has had my listening ear since the days of the Bush junior invasion of Iraq. May he at last gain an ever wider audience.

Posted On 03/02/2024

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## **rrealrose**

Hi MoMac, you may already be aware of your fellow Scotsman who confronted Rishi Sunak about the injured who have been left to rot. Somewhere I was reading the AZ shots had about 4 times the number of injuries compared to the mRNA shots, which is why these were eventually pulled off the market. Looks like Rishi Sunak had a \$500 million dollar investment in Mod RNA development funding, and his conflict of interest with the legal contracts to purchase shots is under scrutiny from the legal branch of UK govt. And there's a lot more as Jim Ferguson interviewed Andrew Bridgeon, MP last week - Here's a link: [x.com/.../1761393940874293335](https://x.com/.../1761393940874293335) - - somewhere I saw Andrew Bridgeon started a new website. You may want to check that out, bookmark it!

Posted On 03/02/2024

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## **Nottasheep**

"Men's reluctance to seek medical help and prevalence in high-risk behaviors likely contributed significantly to the observed life expectancy gap." I would think that not going to the hospital with Covid and refusing the vaccine would have the opposite effect!

Posted On 03/02/2024

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## Ronald\_H

Exactly. Their followers, now seemingly the voting majority, participate in their own demise to become of insufficient numbers to prevail in elections. The evil won't serve them well, yet will create the vulnerabilities that invite marauding invasions for hostile foreign nations to conquer and control.

Posted On 03/03/2024

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## my\_RNA\_DNA

Really hilarious how the CDC is spouting stats about lessening lifespans while they had an extremely heavy hand in promoting the very deaths that are causing them to fall. What a bunch of crackheads.

Posted On 03/02/2024

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## AlisonWunderland

When will people wake up to this problem, if ever, of deliberate and planned extermination that is written into. The "manifesto" called the Talmud. Look back in history, if you dare, as far back as Genesis chapter 34, to thre Russian revolution, two world wars 21years apart, setting white nation against white nation, killing out the best of manhood in 14-18 then the sons of the survivors in 39-45. 50 million Russians massacred by the Bolsheviks. Get with it people, the world is theirs and they intend to make it so.

Posted On 03/02/2024

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## bdmatt

Looking forward to reading your new book when it is available! Please let us know when/if it is available for pre-order. Thank you for all you have done and continue to do!

Posted On 03/02/2024

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## **pinklucygirl**

What does Dr. Mercola mean when he says that the primary factor in ill health is "the disconnection between ourselves and consciousness"?

Posted On 03/02/2024

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### **bdmatt**

The short answer is the state of our minds. I think that's what he's talking about. There is a Higher Intelligence in us all that we're not conscious of, that we are "disconnected" from. It can be recovered and activated though if we so choose. Hope this helps. There are many books and many enlightened masters that can help with our understanding of this.

Posted On 03/02/2024

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### **minimaniac1111**

Imo he may mean that our thoughts and feelings create the world we experience. This is a proven fact. Source: Gaia dot com, a series called Wisdom Teachings, don't remember which episode. When 1,000 people meditated on peace, crime rates around the world dropped dramatically.

Posted On 03/02/2024

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### **Segstar**

Perhaps the disconnect is between man and the true God.. Beware of the Xerxes of today they're ubiquitous.. [youtu.be/nQUJGceTH9I](https://youtu.be/nQUJGceTH9I)

Posted On 03/02/2024

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## Otorongo

Bingo Segstar!

Posted On 03/02/2024

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## DouglasJack

Transforming Pierre Kory's "Watching from the sidelines" to each being at the centre of decision-making. All humanity's worldwide 'indigenous' (Latin 'self-generating') ancestors understood clearly, how events among humanity are governed by 'economy' (Greek 'oikos' = 'home' + 'namein' = 'care-&-nurture'). Hence India in achieving 'Swaraj' (Hindi 'Self-rule') from 1917 to 1947, adopted 'Swadeshi' (H. 'indigenous' aka 'self-sufficiency'), which involves Indians being encouraged to produce essential goods & services among their 'Ashram' (~100 person Multihome, apartment, townhouse & village).

Mohandas Gandhi by 1917 had come to exemplify the transformative value of India's ancient Swadeshi. Indigenous goal is not to lobby, protest & ennoble British & other foreign parasite economy Raj ('rule'), but to simply replace it with Swaraj through Swadeshi. Hence with fake 'money' (Gk 'mnemosis' = 'memory') capture of our medical system & personnel into perverted 'iatrogenesis' ('Medical system & personnel caused illness'), we don't want to perpetually complain about Pharma-med & Government capture, but to replace them.

DO-WE-KNOW-WHO-WE-ARE-? [sites.google.com/site/indigenecommunity/d-participatory-structure/9-do..](https://sites.google.com/site/indigenecommunity/d-participatory-structure/9-do..)  
web-based Community-Circular-Economy software: A) CATALOGUE talents, goods, services, resources & dreams for individuals, businesses & whole communities as a set of complementary contributions.

[sites.google.com/.../7-membership](https://sites.google.com/.../7-membership) B) MAP local proximal collaborative relations for complementary economic concertation. C) ACCOUNT collective contributions, buying, selling & co-investment so people make a living & progressive investment in their own business individually & collectively with other stakeholders. [sites.google.com/.../c-relational-economy](https://sites.google.com/.../c-relational-economy) D) COUNCIL PROCESS Both-sided, Equal-time, Recorded & Published Dialogues for understanding, collaborative agreement & conflict resolution.

Posted On 03/02/2024

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**020202**

Maybe we should take note: death rate in Africa from covid is the lowest on earth... they all celebrate "Ivermectin Sunday", they all take one Ivermectin a week and have for many years, it was started to prevent malaria. Yet, in South America, where malaria is rampant, they haven't heard of it.

Posted On 03/02/2024

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## **Horsea**

A good article but maybe it doesn't go far enough; not sure. Anyway, regarding this statement, "For more than a century, U.S. women have out-lived U.S. men, attributable to lower cardiovascular and lung cancer death rates related largely to differences in smoking behavior". I mean, really! Men have had shorter lives whether they smoke or not. It is genetic, it goes back to the dawn of time. They are just built differently. The medical bunch always see us as blank slates at birth - everything and anything that happens must be caused by personal behavior or upbringing or "society". This is an excuse for more and more government control of our lives.

Posted On 03/02/2024

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## debking31

The Essenes (Zadok Priests) of the Dead Sea Scrolls prophesied that in the end days, humans life expectancy would drop. They also mentioned 75 years of age being normal age span in later days. Of course, the Essenes were reported to have lived to about 110-120 years, due to their lifestyle and location, even though other people in their area only had a lifespan of around 70. Their end time prophecy however, was about an average lifespan drop in the time after Jesus the Messiah, aka the Church Age, near the end of time (now). Not only are the Essenes and their community interesting to study from the perspective of extra biblical texts, copies of the Bible and biblical commentaries, but their own health practices are fascinating.

At least the ones we know about currently. Eventually, the Essenes and their communities blended into Christianity, as followers of the risen Christ. Scholar Ken Johnson's books are outstanding on all things Dead Sea Scrolls and Original Church Fathers. Josh Peck also has a book he co-authored with Ken Johnson about the Essenes.

Posted On 03/02/2024

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## Otorongo

Thank you Deb. Sounds interesting. I will look into these books.

Posted On 03/03/2024

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## goo6050

The plan is obvious. Illegals will be the replacement workforce since they were not required to take the job. Infants and children will soon be required to take multiple jobs which will eliminate many and sterilize the rest. The boomers will be eliminated through attrition. And, as this article emphasizes, the current workforce is dying off. Their diabolical plan to rid the earth of "useless eaters" is well underway.

Posted On 03/02/2024

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## Ronald\_H

We tend to look at diabolical plans of success proven billionaires as well thought out and to their benefit. But, they aren't really as smart as commonly attributed and instead their goals are Luciferian driven combined with them being duped and scammed by science fiction promises that are simplistic enough for credibility in fiction writings yet fail with the complexities of reality. We see scammers all around us with their clever tricks for tiny profits for little things. We also see science corrupted into the oxymoron / religion esteemed as "Consensus Science" that is also both coerced and rewarded for results supportive of desired political results.

Now, extrapolate what you know to imagine how much not so smart billionaires are targeted by scammers with technological promises of what they want to hear. Like all so fooled by scammers, there is an element of wanting to believe and with them wanting to believe new advanced technologies can restore youth perhaps even "downloads" of all that is their life essence into mythological future quantum supercomputers of science fiction to also give them commanding control of the world redesigned to serve them.

But instead, their depopulation is working against their followers and those coming for incentives of freebies paid by productive tax payers to leave in the small remaining population the rugged individualist sort that made my United States of America strong and prosperous which is a type that won't serve them nor take kindly to tyrannical control.

Posted On 03/03/2024

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## 020202

This isn't a new abnormality in health care.... remember they advised us to smoke cigarettes! Should we even go to the doctor again? On my last visit my doctor (who knows I didn't get the vax) advised me not to get a blood panel test, I felt he was steering me in the right direction, like maybe they were testing to see if I got the vax so they could put me in a data system. He works at a hospital, and they are still promoting the vax for everyone, especially the old.

Posted On 03/02/2024

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**onl91810**

Can't wait for Life Insurance applications to include this question: Did you get the Fauci shot? How many did you get? Etc.

Posted On 03/03/2024

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**nesanel**

"...there's a growing call for a thorough investigation into pandemic management" - It's called Nuremberg Trials! Fauci: Democratic Nazi (actually may be worse than Nazi in the death and destruction caused). There are actual Holocaust survivors who have made the parallel themselves. And another one who was in the hospital during Covid (and actually survived) said: "I was in Auschwitz, and I was in the hospital during Covid, and I'm telling you my experience in the hospital was worse." (His children came in and found him on the floor in filth - as hospital staff would not clean him, etc.

And we're not even discussing the starvations and purposefully placing them on the wrong machines - from which they earned much greater insurance compensation. A wealthy Jewish fellow in NY had heard of the holocaust taking place in the hospitals, and when he had a bad case of Covid, and was going in to the hospital (for some reason!), took with a bag of \$100 dollar bills, and for every cup of water the nurses brought him, he gave them one. That is what it took to SURVIVE in a HOSPITAL!!!

Posted On 03/03/2024

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## Ronald\_H

It seems universally accepted that the brain is where thoughts occur as if that is all it does, yet it is a chemical factory communicating with the body with chemical messengers as well as commanding. Perhaps I'm more aware of this with bicycle racing hundred mile bicycle races. Leading up to the eighty mile mark, racers including myself, are tiring, yet at that point a decision must be made that performance must be greatly increased to be at the finish line among the first to cross it. The reality is I was doing the most I could up to that decision. But, after that thought, reality substantially changes with a feeling of sudden energy and my current speed suddenly becoming near effortless and then I use that energy to quickly pass all the racers who had slowly passed me over the past hour.

Thoughts can command the brain to release chemical messengers to command the body, but what does that have to do with our subject? I have a theory. Perhaps there really isn't that elusive physical or nutritional or even lifestyle factor that we search to account for longevity. It's my observation that people are very accepting of conventional wisdom as I see it all around me, particularly noticeable to me such thinking as attributing much to normal signs of aging. What comes first the chicken or the egg? Are people attributing normal signs of aging to observation of aging?

OR Perhaps the body is following instructions from the brain to produce that aging as both accepted and programmed into thinking and group think which I also see as immensely powerful from my political activism. People really so strongly believe things. But, what if, in another land conventional wisdom is that people are expected to live long, healthy lives? Perhaps that is the elusive dynamic with those thoughts materializing in real chemical messenger influences and commands to the body. This is true for me as I'm not swayed by conventional wisdom especially knowing it to be erroneous.

Posted On 03/03/2024

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## avo7100

With all the toxic ingredients in the vaccines we were duped to take, a question arose about the damage done to those who took them. Because we still don't know the long term effects of the vaccine on the jabbed, it is clear there is no way of getting accurate numbers of the deaths and serious injuries which will take years to determine. With the coverups from everyone from our CDC to Big Pharma, effects of the vaccines will definitely not be accurately reported.

Posted On 03/02/2024

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jamNjim

The plandemic continues, just without a pandemic. The only thing that changed was the clot shots that got approved the second week of Dec 2020. If you recall, Dr. Mercola got a death total via the FIA, and with just 2 weeks to go, the USA was about 200,000 deaths UNDER the estimates for deaths. From March 1st to April 15th, 2020, I was sharing a link from the CDC's "death counter" website page, that updates live, and I was pointing out every day that the death counts were down from 2019! By April 15th, the trend line for the death totals was trending MUCH LOWER than 2019's!

So what did the CDC do? They took down their live "death counter" on April 16th, 2020. They waited until July of 2021 to finally update 2020's death total and it was 500,000 more than the Dec 14th, 2020 report that Dr. Mercola had received and shared on this forum,. So, we are supposed to believe 500,00 died in the last 2 weeks of Dec 2020? NOT! They COOKED THE BOOKS! That 500,000 excess deaths was the result of the Covid-19 shots rolling out the 1st 6 months of 2021. The CDC took those deaths and added them to 2020's death total! All of this was due to the mRNA Jabs.

Posted On 03/02/2024

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## **giles22**

And yet they still keep getting away with it, bastards, I don't get why they face no repercussions, that's it I'm crossing over, time to become a villain, if you can't beat them, join them, hmm I need to calm down and not cross over to the dark side just yet. Sitting in the library here in Auckland, NZ and still people are wearing masks, drongos, hmm drongos is not a word What am I trying to say, when will these people be held accountable, the world seems to be unnecessarily tough, corrupt, shallow, mean and the people causes the problems are untouchable ok rant over Wait, what it caused here in NZ is a lawless society, when you feed people lies and then they slowly wake up, it makes them feel cheated and when you have been cheated you react by not following the rules, add in economic problems, health problems and now a complete lack of trust in the media, you now have a depressed society trying to find hope and trust in society.

I don't think I made any profound point here, it's just what i feel and see, but am tired of trying to convince people of the biggest scam in history, I'll just let it happen. Yours sincerely Non complaint, but drain homo sapien

Posted On 03/02/2024

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## **airsurfer**

In short, we need to resist and prevent any law to take our human rights away. We need to have the right to disagree with laws we don't approve, have it taken into notice (or not as it's debatable on what should be considered private opinions) and act accordingly. It's no use trying to put criminals on trial years afterwards, that doesn't change the past, let alone if the victims of the past are still alive. So the whole system of allowing governmental crime is criminal. If we don't have the right to resist immediately being abused, we don't have the right to live, simple as that.

Posted On 03/02/2024

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## **badboy2**

Controlled de-population. To make up the slack, the borders were open wide, to help contribute to the tax loses, and cannon fodder, for future wars and future de- population. When you have a flood at your front door, one does not open the door to let all the water in, along with all the debrie that comes with it.

Posted On 03/02/2024

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## **Danmo43**

The genocide shot was not instant active.

Posted On 03/02/2024

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## **Almond**

It's not only the excess deaths from "young working age people" who faced vaxine mandates or job loss. These are the continuing loss of life due to adverse effects of the vaxines. Deaths have also increased due to illicit drug use which is a sign of social malaise and collapse. Further, many people are struggling financially as the economy also collapses. The majority of people are supermarket dependent. Food shortages, supply chain issues (food not fresh) and higher prices are resulting in nutritional deficiency. We will see the effects of nutrient deficiency among today's children for many more generations. Certain corporations have been more interested in profits than human life and well-being. Much of what has gone on is nothing more than a transfer of tax revenue to corporations... to enrich a few at the expense of many.

Posted On 03/02/2024

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## Almond

Perhaps once in the last year have I gone to town and not encountered an ambulance. It does not seem to matter what hour of the day, what day of the week or where in town I go. It is not unusual to encounter several ambulances even if I am in town for only a couple of hours. It was never like this before covid. I can only conclude that things changed after the vaccine was released and mandated for many. I started hearing insider reports from hospital staff about seeing turbo cancers and unusual fertility disorders among previously healthy and fertile individuals with no history or disease. We are facing even greater problems as healthcare increasingly becomes a monopoly and remaining practitioners leave private practice.

Many are just waiting for early retirement. Many are dying. Those who remain may have been co-opted not the system of supporting vaccines because they are vaccinated and no longer morally capable of acting in a patient's best interest. Individual health care options and access are dwindling for many people. If you want an appt for a vaccine, you will be seen promptly, but for everything else, you will need to wait a long time to be seen. Just gaining access is not the same as receiving appropriate medical care. Prevention is your best strategy. You cannot afford to be sick. The best way to do this is to live in a more traditional manner and distance yourself from mainstream society.

Reduce or eliminate any dependency on many of the systems that are collapsing. Do your best to find a clean place to live and way to earn income. Do what you can to provide for your basic needs. Network with like-minded people. It is not like this has all come about without warning. How many years under the bridge where many people still have not created gardening options and do not own canning jars (recyclable lids? saving heirloom seed?), sturdy work clothing, still wasting money on expensive vacations and entertainments? Totally unprepared.

Posted On 03/02/2024

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## Almond

[www.youtube.com/watch](https://www.youtube.com/watch) Work, pay your taxes, then die. It's a trap. Bjorn Talks. If you are short of time, start at 8:00.

Posted On 03/02/2024

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## epi-cure

Bjorn's quality video reflections tell stories much like those I keep encountering over here too. If you've got more than a little time and live in the U.S. then this might also be of interest:

[www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 03/02/2024

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## Horsea

Must be 40 years ago, a food philosopher/healer from the Orient said that Amerika will fall not from wars or anything like that, but from biological degeneration. This degeneration was occurring before any corona 19 killshots. The killshots just accelerated things.

Posted On 03/02/2024

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## kdshell1

Reducing world population has been a major (unspoken) goal of world elites for decades. They've finally produced legal means to that end: deadly virus(es), deadly "solutions," reduced energy production, reduced food production, illogical (insane) wars, etc.

Posted On 03/02/2024

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## vmt6498

[winningthefight.org/the-silent-epidemic](http://winningthefight.org/the-silent-epidemic) The silent epidemic says it all. Yes, Covid brought this travesty to the surface by suppressing the immune system and allowing latent pathogens to flourish and cause symptoms primarily by borrelia sl.

Posted On 03/02/2024

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## carolsag53

I recently read in a medical journal that a high percent of doctors in the US something like 73% have their own blood tested for vitamin D and supplement as needed but only a small % around 20% of the same doctors offered or asked their patients if they wanted to have a blood test for vitamin d even if they were elderly or lived in the northeast etc. what happened to the Hippocratic oath?

Posted On 03/02/2024

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## wareagle82

Thl video raises the obvious question of why this isn't getting the attention it needs. It's because the "why" of the deaths is not a mystery and it implicates the culprits. We can't have that. So the data is ignored, memories fade, and a short attention span society is distracted by the next shiny object.

Posted On 03/02/2024

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## brodiebrock12

Its such a rinse and repeat cycle for sure and those who perpetrate the crime are allowed to plan and perpetrate the next. Its all simply allowed, but hey one thing is certain...there will be endless ongoing article-studies telling us what we KNOW day after day.

Posted On 03/02/2024

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## bobby9

Like rust, the spike protein never sleeps.....NO OFF SWITCH!

Posted On 03/02/2024

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## LongTallTexan

that would be - young vaccinated adults

Posted On 03/02/2024

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## epi-cure

There was/is a bumper sticker that says: Think global, buy local. This has never been an endorsement for global government and today the meaning is clearer than ever that all humans are faced with the same challenges and have the same enemy in common, namely their governments that would oppress them if we stand by and do nothing. Think globally, buy locally, ACT(ion) locally. Here's a good interview, Lex and Tucker: [www.bitchute.com/.../W6yWTZSPKGCg](http://www.bitchute.com/.../W6yWTZSPKGCg)

Posted On 03/02/2024

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## MuscleGuy

Out of all the issues detailed here, the one least to be addressed is the death rate gap between the sexes in our highly feminized western societies. First, they castrate most men with the crap they put in the water, food and environment. They refuse to do anything to address the opioid crisis or homelessness, which mostly impacts men and then come up with a jab that impacts men more than women. It's all by design. The ironic part is that our "enlightened" rulers are now looking for war but whom do they expect to fight it?

Posted On 03/02/2024

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## epi-cure

I had a dream that all the high-risk behavior young males sublimated their erstwhile Fentanyl habits into a jihad against those who murdered their peers. They were rewarded with mountains of the drug instead of harems awaiting them in the afterlife :- )

Posted On 03/02/2024

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## Horsea

It is difficult to not notice that there are so many fewer male children being born over the past generation. Everyone around here has 2 girls and a few have a girl and a boy.

Posted On 03/02/2024

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## Eri90218

Another data set overlooked or at least not talked about is workplace data. They have data as to who was vaccinated and who had an exemption. Connect that data set to before 2021 and after of sick time taken. It's astronomical growth. Everyone is sick so much that workplaces have muddied up their leave policies almost so you can't use this for tracking.

Posted On 03/02/2024

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## DwayneOxford

Lucifer's media, covering for lucifer's pharma/entertainment.

[www.simpletoremember.com/articles/a/jews-in-the-media-hollywood/](http://www.simpletoremember.com/articles/a/jews-in-the-media-hollywood/)

Posted On 03/02/2024

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