

Guillermou

Gratitude and congratulations to Dr. Mercola for the moral and spiritual strength that he brings to his great research work, saving countless lives, providing ordinary people with the tools they need to control their health and avoid being victims of disinformation. Freedom of expression, very well represented by our hero Dr. Mercola, can never be subdued by the interests of those who destroy the truth. As Dr. Mercola has always expressed, our value is truth and resilience in the face of corruption. Many advances can be achieved with patience, strength, will and a desire to excel.

We need enthusiastic human beings, we are united in the desire to achieve ideals, pursue dreams and not abandon the path that leads to them. We need a world where justice and freedom reign. Enthusiasm moves the world and projects the great ideals, the great teachings, the great laws of life and the great truths that we are fortunate to have been offered by Dr. Mercola. Happy birthday and long life where your wishes come true.

Posted On 08/05/2024

Luvvy

Hi Gui! I second your genuine and well expressed wishes for Dr.M. !! Woot!!! Happy Birthday and Anniversary Dr.Mercola.. May all your Birthday cakes ~ candles, sugar, positive energy and love — add a slice of healing and joy to your life!!! God bless!

Posted On 08/05/2024

doubly.blessed

Dr. Mercola, STORY-AT-A-GLANCE was a wonderful and positive way for us readers to share in celebration of 70 years of you and 27 years of mercola.com of you gifting us with daily and free essential health information. Gui wrote the first post and how can I add to what he (and the other posters) said to thank you? I have grown in the years that I have been reading mercola.com and wanted to express that and the best way I can think of is quoting a line from the title song in the film "To Sir, With Love" where a female student is thanking her teacher for all she learned from him. "How do you thank someone who has taken you from crayons to perfume?" Always thanks, Doubly Blessed

Posted On 08/05/2024

juststeve

Happy Birthday Doc and prayers for many, many more to come!!! We have few if little way to Birthday Gift You to match your gift creating a space for us to pursue the Root Causes of Health. To prevent Dis-Ease, to reverse those we can. Thank you for this space where peoples of many kinds, many differences yet can meet up to share to discover those things we agree on and unite us, despite those needed differences. A space explaining of the who, what, where, when and how of the problems we all share despite those differences - But of Extreme Importance - Real Solutions for us to find That Size That Works For Us. An ability to take control of Our Health as best We Can. If you keep going the direction you have been going, in 27 years, your Biological age will be about 40 something. Keep aging in reverse as you celebrate your birthdays Doc. ;)

Posted On 08/05/2024

Its_All_Light

Happy birthday Dr. Mercola and congratulations. Thank you for all your hard work over many years to bring us healthy advice and products.

Posted On 08/05/2024

den83175

Happy birthday Doc. You are an example to all of us. All the best for your eighth decade.

Posted On 08/05/2024

mea18337

This was hysterical! As a follower of Dr Mercola since the 90's I feel like I know him. I am grateful for ALL I have learned from Dr. Mercola and my friends think I'm nuts because I know so much about what to do, and more importantly what not to do! One thing though I'd like to point out: I am biologically and actually younger in years, so I expect to still be reading Take Control of Your Health daily when I too am 120. (Oh and let me know when the Solspring Dark Chocolate Bars with Himalayan Salt are back in stock - it's my only treat and I can't live without them!) Let me know the next new thing to lose weight Joe! Happy Birthday!

Posted On 08/05/2024

ChrisColes

Congratulations to Dr. Mercola for reaching 70 years. Here, I am a decade beyond you as my life changed forever when someone I have never met suggested to me, to log onto your web site and read what you had to say every day about how to take control of my health; something I recommend to others regularly. Happy birthday, and many more to come. Thank you for your dedication to the health needs of humanity.

Posted On 08/05/2024

mbmkwm

Mrs. M here. Thank you, Dr. Mercola, for all your hard work. 25 years ago I was desperately seeking help after being diagnosed with multiple sclerosis. I found your website and learned as much as possible. You didn't promote doom, but hope. Following your recommendations about Vitamin D, hormones, diet, etc., I felt so much better. I was able to avoid taking interferon, got my thyroid and other hormones balanced, Vitamin D levels up and have been completely symptom free since 2002. I always remember a comment you made about not having to be perfect, if I can only do 80 percent, do it and enjoy whatever 80 percent compliance can do.

Your positive and encouraging attitude showed through in your writings, and it benefited me greatly. I have followed you ever since, and you were a valuable resource during the 2020 health scare. I was not frightened, I was prepared and was able to help as many around me who would listen. We will never meet, but please know you are incredibly appreciated and have been such a blessing to me. Thank you again. Happy Birthday!

Posted On 08/05/2024

elixir.can

Hello Dr Mercola - as you enter your octave, keep playing the music. Wishing you a wonderful birthday and many more years of love, peace and good health.

Posted On 08/05/2024

opie123

Thank you Dr. Mercola for your dedication to your readers and your willingness to stand for truth even when it costs you in many ways. I have been a follower of your website, bought your books and supplements for most of the last 27 years. It was your recommendations during the COVID debacle that helped save my life, the life of my family members, friends and associates. It was also your suggestion on Methylene Blue that allowed me to return to work after 17 years of disability from Chronic Fatigue Syndrome (CFS). There really is no way for me to thank you enough for helping me to get my life back. Your efforts are changing lives! So much appreciated! Happy Birthday! May you have MANY more years!

Posted On 08/05/2024

yogaspirit

Happy Birthday, Dr. Mercola! i laughed through that whole video! Too funny!!! You have been my online mentor for over 20 years and still going strong!! I have told soooo many people about you.

Posted On 08/08/2024

relios19

Many Happy Returns of the day, Dr. Mercola!! We appreciate you for all you do. Looking forward to reading your new book and best wishes for the year ahead.

Posted On 08/05/2024

lyd9216

Happy Birthday 70" looks good on you Thank you for inspiring us to live a healthy life

Posted On 08/05/2024

roadrunnerisp

Happy Birthday, Dr. Mercola. I have I think every email newsletter you have sent, in my Mercola Folder on email. First one saved was from February 27, 2012. Still saved them, when access was removed for a while....I will be 71 at the end of the month, so I'm just ahead of you (only in that regard)...PS. Loved the video!

Posted On 08/05/2024

t c

Happy Birthday Dr Mercola!!! You have greatly affected my life. I appreciate all the knowledge and information that you share. I especially appreciate the fact that you are open minded and willing to contradict yourself and previous beliefs when you learn new information. There is no one else like you! Thank you.

Posted On 08/05/2024

elwolf101

Happy birthday, Dr. You Renaissance person. You are in my prayers until I die.

elwolf

Posted On 08/05/2024

christineamst

From the beautiful Laurentians in the Quebec Hills of Canada, I want to wish you a very happy birthday! What a journey! Thank you for all you are doing for health and happiness in people's lives. Christine Amstutz ... and yes, I am a Swiss Citizen (with Canadian addition) ...

Posted On 08/05/2024

PithHelmut

Congratulations to you Joseph Mercola on this 27th anniversary! That is no mean feat! Your work is stupendous and I'm so glad that you have every intention of continuing this work. You are one of the few I turn to. The main reason is you not only make sense and explain things thoroughly, but you allow comments, you listen to the other side. May your example ripple to others. This is the world I at least, would like to see as the norm. And best wishes on your 70th birthday!

Posted On 08/06/2024

Pjmont

Happy Belated Birthday Dr. Mercola! Wanted to make sure I said something as I've followed you ever since you started in 1997 when my father who has passed sent me your emails along with Jenny Thompson's from HSI. When the dentist kicked me out with 170/100 blood pressure, we were connected well as you had Morley Robinson on "Interview The Experts" and I bought the Copper Cure book and was back to normal blood pressure in 3-4 months. I wished Morley a Happy Birthday on his 70th back then and he acknowledged so I wish you now (missed Clint Ober's 80th Birthday recently but never connected with him only used his earthing products via his 2007 discoveries while at his cable company). I have ripped vinyl weekly since 2008 for a blog with over 9000 preserved (albeit at 440 Hz fear frequency per your neighbor Rockefeller who switched it from 432 Hz--per the funny video birthday wishes as I had a couple good belly laughs) and every time I look at the GENTLE GIANT - self-titled prog-rock album from 1970 I ripped and posted-the drawing looks like you (without the beard of course) and I think of you.

I tell folks about you at the blog and OUR science you help unearth with permanent shout out to you (and your network of good peop's like Sally Fallon Morell, Ashley Armstrong, Georgi Dinkov, Dr. Robert Malone, Tessa Lena, Dr. John Day, Mark Kastel, Judy Mikovits, hoping to help others as you have done. Cheers!!!

Posted On 08/06/2024

carson24

Happy birthday Dr. Mercola! I will turn 70 in a couple of months. I've followed you for years and years. I love that when presented with new information, you're willing to rethink what you previously believed. I do the same. The video roast was such fun! Thank you and God bless you.

Posted On 08/05/2024

JTonline

Happy Birthday Dr. Mercola. Join the club :-) !

Posted On 08/05/2024

Anne.Kirsche

Congratulations and I look forward to more years of learning!

Posted On 08/05/2024

Whieldon

Happy birthday Doctor Mercola - and thanks for helping me reach the age of 86 still able to run up the stairs, stand on one leg for at least a minute etc - and think more or less straight.

Posted On 08/05/2024

rn53now

What a precious video from your friends! (and had me laughing and crying too). Thanks for sharing. Happy birthday and prayers for a great year for you. You have helped me in my adventurous journey and through me have also helped family members, friends and patients of mine. God bless!

Posted On 08/05/2024

joeanddonna

Happy Birthday, Dr. Mercola and Congratulations...full steam ahead! I look forward to reading your new book.

Posted On 08/05/2024

Gbergeron

Happy Birthday Doctor Mercola! Thank you for all you do!

Posted On 08/05/2024

denise.michelle.a

O M G !! =) I have not laughed so hard in a long while. That video celebration was hysterical. Thanks for sharing your personal friends with us. No doubt how much they love you. We've all been enriched over the past 27 years. A great percentage of my knowledge, and modifications of my lifestyle, have happened due to priceless info learning here. Your friends have absolutely nailed it regarding how often the winds of change happen here on Mercola.com. Yet, you've never been afraid to change and tweak previous advice given. Thank you. Live long Dr Mercola, we need you on planet Earth. <3 xo ~Denise, Florida USA PS: Special thanks for the firehose of information Georgi Dinkov shares with us in every interview. He's the ONLY guy I have to go back and listen to three times. Btw: Waiting impatiently for your new line of probiotics, Dr Mercola; need them! Hurry!!

Posted On 08/05/2024

jthomas1413

I was lucky enough to learn about Dr. Mercola when he was still in practice in Schaumburg IL and he helped me overcome a health issue I was having at the time. Over 20+ years later I'm still a faithful fan and love learning how to improve my life and health. Happy birthday and many many more!

Posted On 08/05/2024

amb5662

We live in a world where truth is obscured by a constant barrage of false information, and voices who challenge the status quo are silenced and censored. Despite these challenges, there are still beacons of hope—individuals who strive to cut through the darkness with integrity and courage. They work tirelessly to promote the truth. Dr. Mercola, you are one of these heroes whose unique insight and wisdom have touched and transformed countless lives. Thank you for being an inspiration and a guiding force for us all. Here's to many more years of your remarkable journey!

Posted On 08/05/2024

TheBearRuns

Happy Birthday! We both turn 70 in the same month! Another reason to keep you in my daily read!

Posted On 08/05/2024

Sue6876

Happy Birthday!

Posted On 08/05/2024
