Are You Prepared for the Coming Food Catastrophe?

Analysis by Dr. Joseph Mercola Fact Checked

June 11, 2022

Next

STORY AT-A-GLANCE

- Across the world, experts and analysts are now warning of skyrocketing food prices and catastrophic food shortages. In mid-May 2022, United Nations chief Antonio Guterres said the world is facing years of famine
- Blame for this global food shortage is, officially, being laid at the feet of "climate change," the COVID pandemic and the Russia-Ukraine conflict, but other factors are also contributing to bring our food system to the breaking point
- Crop failures and low yields have caused several countries to reduce or halt food exports, and fertilizer, fuel and energy shortages further worsen this already strained food supply
- President Biden's decision to transition the United States away from energy independency by shutting down the Keystone pipeline, canceling offshore oil leases and freezing new leases and permits for federal oil and gas drilling doesn't help the situation in the U.S. It also doesn't help that the U.S. and U.K. continue paying farmers to not farm or to grow less
- Globally, food prices increased by 29.8% between March 2021 and March 2022, while meat prices rose 2.2% in a single month between March and April 2022

Across the world, experts and analysts are now warning of skyrocketing food prices and catastrophic food shortages. In mid-May 2022, United Nations chief Antonio Guterres said the world is facing years of famine, and urged Russia to "permit the safe and secure export of grain stored in Ukrainian ports" to ease shortages.[1,2]

Blame for this global food shortage is, officially, being laid at the feet of "climate change," the COVID pandemic and the Russia-Ukraine conflict.[3] But while all of those have played their role, other factors are also contributing to bring our food system to the breaking point.

Death by a Thousand Cuts

For example, between January 2021 and April 2022, at least 20 food processing facilities have gone up in flames,[4] and a string of barn fires has also impacted farmers.[5,6] While most of these fires have been blamed on equipment or safety failures, and fact checkers insist fires are common in these kinds of facilities, there were only two such fires in 2019, and at least some of the barn fires at the end of 2021 were suspected arson.

In 2020, wildfires also destroyed a number of farms,[7] and in in early 2022, bird flu outbreaks among poultry resulted in the culling of millions of chickens, ducks and turkey.[8]

In March 2021, a massive container ship became wedged across the Suez Canal in Egypt — blocking "an artery of world trade," triggering a rise in oil prices and leading to fallout that affected shipping around the globe.[9]

More recently, there was the U.S. infant formula shortage, precipitated by the Food and Drug Administration shutting down one of the manufacturing facilities that is part of the U.S. formula monopoly.

Russia is also withholding fertilizer exports[10] in response to the EU's decision to ban seven of the nine Russian banks from the SWIFT system,[11] and anyone who wants to buy Russian oil or gas has to pay in Rubles.[12]

On top of the fertilizer shortage and subsequent price increase triggered by Russia's ban on exports, Union Pacific (a key investor in which is BlackRock) is also restricting fertilizer shipments by train, causing shipment delays and higher prices.[13] A Canadian Pacific freight train carrying potash (a key fertilizer ingredient) also recently derailed in Alberta, Canada.[14]

President Biden's decision to transition the United States away from energy independency by shutting down the Keystone pipeline,[15] canceling offshore oil leases in Alaska and the Gulf of Mexico,[16] and freezing new leases and permits for federal oil and gas drilling[17] doesn't help either.

We need fuel to farm and to ship food and fertilizer, so rising prices at the pump automatically result in higher outlays for farmers and higher food prices. It also doesn't help or make sense for the U.S. and U.K. to continue paying farmers to not farm or grow less when a global famine is looming.[18] And, let's not forget the elephant in the room — out of control money printing — which is the real cause of inflation.

Shortages Are Predicted Everywhere

As reported by The Economist:[19]

> *"Ukraine's exports of grain and oilseeds have mostly stopped and Russia's are threatened. Together, the two countries supply 12% of traded calories. Wheat prices, up 53% since the start of the year, jumped a further 6% on May 16th, after India said it would suspend exports because of an alarming heatwave ...*
>
> *Nearly 250m are on the brink of famine. If, as is likely, the war drags on and supplies from Russia and Ukraine are limited, hundreds of millions more people could fall into poverty. Political unrest will spread, children will be stunted and people will starve ...*
>
> *Russia and Ukraine supply 28% of globally traded wheat, 29% of the barley, 15% of the maize and 75% of the sunflower oil ... Ukraine's food exports provide the calories to feed 400m people. The war is disrupting these supplies because Ukraine has mined its waters to deter an assault, and Russia is blockading the port of Odessa ...*
>
> *China, the largest wheat producer, has said that, after rains delayed planting last year, this crop may be its worst-ever. Now, in addition to the extreme temperatures in India, the world's second-largest producer, a lack of rain threatens to sap yields in other breadbaskets, from America's wheat belt to the Beauce region of France. The Horn of Africa is being ravaged by its worst drought in four decades ...*
>
> *All this will have a grievous effect on the poor. Households in emerging economies spend 25% of their budgets on food ... In many importing countries, governments cannot afford subsidies to increase the help to the poor, especially if they also import energy — another market in turmoil ...*
>
> *Since the war started, 23 countries from Kazakhstan to Kuwait have declared severe restrictions on food exports that cover 10% of globally traded calories. More than one-fifth of all fertilizer exports are restricted. If trade stops, famine will ensue."*

Food Prices Skyrocket Worldwide

Globally, food prices increased by 29.8% between March 2021 and March 2022, while meat prices rose 2.2% in a single month between March and April 2022. The map below, posted on Twitter by Marc Ross,[20] shows the areas of the world hardest hit by food price increases.

Not surprisingly, poorer countries notice price hikes the most, while people in wealthier nations can afford to pay more without tipping into starvation. Eventually, however, as inflation continues while salaries remain flat, even the middle-class will start to feel it. And, of course, at a certain point, it won't matter how much money you have because you can't buy food, at any price, if there is none.

Great Reset Is Underway

By now, you've likely heard about the World Economic Forum's (WEF) Great Reset and their plan for you to "own nothing and be happy" by 2030. We're now seeing this plan in motion all over the place.

For example, in the first quarter of 2021, 15% of U.S. homes sold were purchased by corporate investors[21] — not families looking to achieve their American dream. Seemingly without warning, we've entered an era where home ownership is becoming out of reach for many, and that's a first step to "owning nothing." As noted in a tweet by Cultural Husbandry:[22]

> *"This is wealth redistribution, and it ain't rich people's wealth that is getting redistributed. It's normal American middle class, salt of the earth wealth heading into the hands of the world's most powerful entities and individuals. The traditional financial vehicle [is] gone forever.*
>
> *Home equity is the main financial element that middle class families use to build wealth, and BlackRock, a federal reserve funded financial institution is buying up all the houses to make sure that young families can't build wealth ... This is a fundamental reorganization of society."*

Indeed, and it's right in line with plans for societal reorganization described under banners such as The Great Reset, Build Back Better, Agenda 21, the 2030 Agenda for Sustainable Development,[23,24] and the Green Energy movement. These agendas all work together toward the same goal, which is a global monopoly on ownership and wealth, with a clear separation of the haves and have nots; the owners and the owned; the rulers and the ruled; the elite and the serfs.

> **"If meat consumption, frozen foods, fossil fuel use, home appliances, air conditioning and single-family homes are 'unsustainable,' it stands to**

> **reason that the goal of any sustainable development scheme is to eliminate all of those things, and this process of elimination is now well underway.”**

In 1992 at the Earth Summit, under-secretary-general of the Convention on Climate Change and executive director of the UN Environment Program, Maurice Strong, stated that:[25]

> *“Current lifestyles and consumption patterns of the affluent middle class, involving high meat intake, consumption of large amounts of frozen and convenience foods, use of fossil fuels, appliances, home and workplace air-conditioning, and suburban housing, are not sustainable.”*

If meat consumption, frozen foods, fossil fuel use, home appliances, air conditioning and single-family homes are “unsustainable,” it stands to reason that the goal of any sustainable development scheme is to eliminate all of those things, and this process of elimination is now well underway.

It’s All About Creating Forced Dependency

Understand, The Great Reset involves the destruction of supply chains, the energy sector, the food supply and workforce, to create dependency on government, which in turn will be taken over by private interests and central banks through the collapse of the global economy. A large-enough war would accomplish all of these aims, which is why the possibility of world war cannot be discounted. An anonymous correspondent recently wrote about this on WinterOak.org:[26]

> *“Welcome to the second phase of the Great Reset: war. While the pandemic acclimatized the world to lockdowns, normalized the acceptance of experimental medications, precipitated the greatest transfer of wealth to corporations by decimating SMEs [small and medium-sized businesses] and adjusted the muscle memory of workforce operations in preparation for a cybernetic future, an additional vector was required to accelerate the economic collapse before nations can ‘Build Back Better.’”*

The article presents “several ways in which the current conflict between Russia and Ukraine is the next catalyst for the World Economic Forum’s Great Reset agenda, facilitated by an interconnected web of global stakeholders and a diffuse network of public-private partnerships.”

Disruption to supply chains fit right into this plan, while food shortages, driven by the many factors discussed and, perhaps, orchestrated attacks on food plants, will accelerate the acceptance of synthetic foods, such as lab-grown meat, which has also been championed by Great Reset front men like Bill Gates.

Solutions

There are solutions, but we have to jump on them now. In my previous article, “**Why Food Prices Are Expected to Skyrocket**,” I review how biodynamic farming can help us out of these dilemmas, as it doesn’t use synthetic fertilizers and requires far less water. I also discuss new investment opportunities that can support regenerative agriculture projects. On an individual, more immediate basis, however, some key areas of basic preparation include:

Food — Grow some of your own food, make friends with local farmers, create or join a local CSA, and shore up your long-term food stores. (Rather than panic buying mass quantities all at once, consider spreading it out and just buy a little more than you need for the day or week each time you go shopping. You can build up a backup supply rather quickly that way)

Water — Identify sources of potable water and make sure you have one or more ways to purify questionable water supplies
Power — Consider how you might power some of the essentials in your home if there are rolling blackouts, or the electrical grid goes down altogether
Firearms training for self defense and hunting — Learn how to use, store, carry and clean a firearm and work on your marksmanship. Other forms of self-defense training can also be useful, if nothing else, to make you feel more competent and confident in potentially high-risk situations
Communications — Give some thought to how you will communicate with friends and family if cell towers and/or internet goes down
Medicine — Stock up on nutritional supplements, medications, how-to books on alternative home remedies and first-aid supplies
Money — Keep cash on hand, including smaller denominations. Both power grid and internet outages can eliminate your ability to buy without cash. For more long-term protection against inflation, consider buying physical precious metals such as gold and silver

Remember to consider and include analog devices and manual tools in your preparation. We're so used to having unlimited electricity and continuous wireless communications, it can be difficult to imagine the restrictions you'll face without them. If need be, turn off the breakers in your home for a day or two, ditch all wireless devices, and see what challenges come up. Then, figure out what you need to solve them.

Also, consider keeping hardcopies of useful books and important documents, such as your most recent bank statements, asset statements, the deed to your home or car and so on.

Entire books can, and have, been written on prepping, and some will take it to extremes. But while you probably won't need an underground bunker stocked with a decade's-worth of food, everyone, at this point, really ought to be preparing, to some degree, for food and energy shortages.

My list above is merely a summary of some of the key areas of focus. The details of how to go about each one, however, are manifold. As a community, we can help each other with this.

So, please, share your personal ideas for basic (and not so basic) preparation in the Vital Votes comment section below. If you have questions, be sure to post those too, so the community can help answer them. Of course, building supportive communities into a variety of people can bring their skills will become paramount, so don't just rely on online relationships. Get to know your physical neighbors too.

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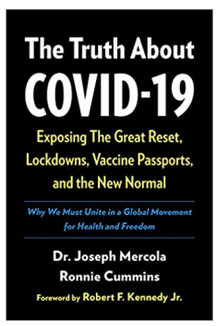

The Truth About COVID-19

by Doctor Joseph Mercola

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Cabochon

Joined On 10/7/2018 12:45:48 PM

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As posted on yesterday's comments, I will be restoring the lifestyle as far as possible as it was in the 1940's - we are used to so many conveniences that simply didn't exist then, but somehow we survived: forgoing central heating, installing a wood or smokeless fuel burning stove; growing some root veg and saving rain water for garden plants; turning a conservatory into a greenhouse; using old fashioned or herbal remedies instead of drugs; cleaning with ordinary basic materials as far as possible, having fewer wash days and drying clothes outside; reviving those sewing, knitting and mending skills; charity shop shopping for cards, toys, clothes, equipment is key; keeping car use only for essential journeys; continuing to buy only grass fed, pastured meat for as long as possible and limiting portion size; planning plain but nutritious meals.

It's two years now since the mind control box in the living room became history, saving 152 UK pounds sterling annually in licence fees. Maybe if we hit the energy companies where it hurts most, they will change their tune - energy saving strategies will be essential. Mobile phone, internet, buying real books instead of kindle, rereading old hard copies of books, switching off appliances, reviving those old woolly jumpers to keep us warm, ditching card usage and paying in cash or saving up for items and budgeting. We already have a thriving goods and services exchange in our local area to avoid buying new and getting repairs done by trusted local small businesses. Slow food, not fast food, cutting waste and plastic plus DIY where possible. Living within your means can be a challenge rather than a series of treats.

Reply | Mark as Spam | Posted On 6/11/2022 1:24:03 AM

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johnpage

Joined On 9/24/2021 2:40:16 AM

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Nice to know this is being done in the uk although i have seen nothing in my area yet how did your "thriving goods and services exchange" start up and i love the idea of the box on the wall becoming history and well done for making it real in your local area. A good strategy, maybe its time for the rest of the world to take note.

Mark as Spam | Posted On 6/11/2022 5:34:03 AM

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Otorongo

Joined On 4/16/2008 12:33:32 AM

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Cabochon: Luckily we live in a place where the power goes out constantly. As a result we had a wood stove put in. Not the pellet kind. We have tall trees that die and we burn them to heat the house all winter, instead of having them hauled away. We had a hand pump put over our artesian well. Hence we'll have water. Easy enough to make a Rocket Stove. Take a galvanized bucket. cut a 4" or smaller square out, on one side, near the bottom. Find a round grate or grill that fits just above the opening that you've cut. Then make a mixture of mud and straw and press it around the inside about 1" thick.

Let it dry then put lit wood that fits between the grate and the top of the bucket. Put another grate on top for your pot and wallah. I've been cooking from scratch and taught my children how cook and can. There is lots of foraging available here. Watch out squirrels. You're going to have competition for the nuts, berries and wild edibles. I guess God had a plan for me when I was growing up in harsh conditions. Hope I can be of help to others. Time to pay it forward. Glory be to God!

Mark as Spam | Posted On 6/11/2022 6:22:50 AM

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Cabochon

Joined On 10/7/2018 12:45:48 PM

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Not sure how the exchange started, john, but the suburb was once a separate town and still has a strong community feel, small shops and not many supermarkets. The website name re secondhand goods and services adds to community feel. We have had to buy very little brand new baby equipment, books, toys and baby clothes - goods are free if you can collect them or sell for a nominal sum. Tradesmen for roofing, garden maintenance, electrical installations are by word of mouth recommendation from your neighbours or via the website. Charity shops do well here. The local one sells furniture. The district I moved from also had small food shops and a charity shop offering posh coats, handbags etc for a few pounds.

Small is beautiful in my book as you are in control and cash is king. You can start your own exchange business by leaflets through doors in your area, might have to hire premises or build a website. The screen in the living room you can live without, trust me. There was no TV here til about the 1950's. Take up an active hobby instead - bowling, painting, charity work, singing, swimming. As children we played in the garden, the park, the beach, by the local stream, in the street as there were few cars.

But it wasn't all moonlight and roses. There was still real poverty and nutritional deficiencies in the aftermath of wartime; child rearing was a full time occupation and a mobile phone would have been a godsend to a mother worrying if her child had missed the bus home from school. Yes, incredible as it seems now, children went to and from school independently, unless very young. But the coal fire in the living room was the centre of family life in winter. We can revive community spirit and foster it, using technology to enhance, not to dominate our lives.

Mark as Spam | Posted On 6/11/2022 7:46:17 AM

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Cabochon

Joined On 10/7/2018 12:45:48 PM

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Thanks for your tips, Otorongo. Confess I am no expert but I understand if there is a flue or a chimney which is clear, then that can be used to place the stove with a stone hearth as a base. Local suppliers can deliver smokeless fuel and wood can probably be obtained too, then dried out in preparation for winter. The ashes collect in a tray and hopefully will help the garden soil. Yes, squirrels pinched the buds off my pear tree, the little varmints. I will cover it with wire next season. Anything is worth a try to limit the power of the totalitarian take over. I found out my energy company were lecturing their customers on that other pack of lies about "climate change". That puts them squarely in the same camp as the Schwab/Gates criminal fraternity and their "build back better" agenda.

Mark as Spam | Posted On 6/11/2022 8:03:35 AM

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Islander

Joined On 3/26/2007 12:55:12 AM

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Cabochon has nailed it! Yes, in fact I am old enough to remember the 40s, when people were more independent and self-sufficient. But I also live in Maine, a primarily rural state where people are accustomed to growing their own. A lot of us took advantage of the digital world with all its technological shortcuts and so many convenience features for the busy hard-working family... But when the pandemic struck in 2020, folks immediately reverted to survival methods that their parents and grandparents depended on. I wouldn't be far off the mark to say that every Maine family with any kind of yard grew a vegetable garden and bought a pig that spring.

Greenhouses and nurseries were prepared for the demand and were still sold out early! Folks who knew how (like me) taught basic skills of canning and freezing to those who were eager to know. While the women were learning how to use a pressure canner, the menfolk were out back learning how to slaughter a pig and cure hams and bacon. Is it hard work? Isn't anything? The only difference is, instead of a piece of paper money from a corporation, you are creating your own wealth with a digging fork and a collinear hoe. I have no worries about the effect of inflation, for my cellar is full of home canned fruits, vegetables, fermented sauerkraut and homemade wine, and my freezer is full of meat, poultry, fish, berries and vegetables that don't can well.

In many ways I live like my Amish neighbors, with no TVs, with laundry hanging on the line outdoors. I have no car payments because I've bought all my cars with cash. You don't buy the car of your dreams and spend years paying interest on the loan; you buy the car you can afford while you save up against maintenance and repairs, and maybe your savings will add up to an even better car next time. And that's this morning's advice for independence from one who's very likely the oldest person on this board!

Mark as Spam | Posted On 6/11/2022 8:05:30 AM

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mirandola
Joined On 6/27/2014 7:00:58 AM
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Cabochon, what wisdom! Thank you for sharing your thoughts and tips. Once upon a time the conveniences and electronic life didn't even exist! And people survived, with gardens of their own! So let me hereby offer a tip that Almond posted years ago, which benefited my garden just....immensely...and nothing less can be said! Burying organic (only) kitchen scraps in the soil where you are going to garden the next year, as Almond suggested, completely transformed our soil. I am not talking about a compost pile and adding this as amendment, though we do that too, at planting time. But the garden soil itself, after only one winter of this treatment, transformed from heavy clay to light, hummusy, sweet, dark and fragrant earth, thanks to much earthworm activity.

There is absolutely nothing like composting directly in the garden soil! I grew three varieties of tomatoes and guess what? All three of them reached six feet high, I took photos! This is true!!! Super abundant, wow! Well it was not just the soil alone that was responsible. The combination of that, plus use of mycorrhizal fungi on the seeds when planting, made them super abundant. The mycorrhizal fungi glom on to plant roots, forming an underground network which absorbs water and nutrients from the soil.

This in turn, makes the plants more productive and conserves water (helpful in droughts, says Paul Stamets!) It was a very interesting experience one year, when planting seeds, when I ran out of the mycorrhizal fungi. In the same vegetable bed, the rainbow chard with the mychorrizae grew faster, taller, way more colorfully and lush than their untreated counterparts. So I am sure our super tall and super prolific plants were because of that, plus Almond's technique of preparing the soil. We buy our mycorrhizal fungi from Paul Stamets's entity https://www.fungi.com

Mark as Spam | Posted On 6/11/2022 8:48:48 AM
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mirandola
Joined On 6/27/2014 7:00:58 AM
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Let me hereby add this shorter post to make it easier to read. Dr Mercola, thank you for having written in the past about sprouting seeds in one's kitchen as a way to survive. This is a brilliant idea, very inexpensive, very simple, and easy to do, accessible to absolutely everybody in the cities and rural areas alike. In two days people can have nutritious foods. Maybe the world will cure itself of the GMO food craze by sprouting in their kitchen. Dr Mercola, please write more articles about this and suggest that they be widely seeded around. We must offer solutions so people don't become desperate. Necessity, as they say, really is the mother of invention, and this is one way to meet the need. Thank you so much.

Mark as Spam | Posted On 6/11/2022 8:53:47 AM
Like Dislike

Krofter
Joined On 6/2/2015 9:47:59 AM
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Cabochon - I've been writing about the things you mentioned for many years. Been going through some of the older articles, updating them and reposting them here - secularheretic.substack.com Hope you and others find the information helpful.

Mark as Spam | Posted On 6/11/2022 9:50:59 AM
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jul9051
Joined On 12/8/2020 9:57:14 AM
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All of what you stated is an absolute must! We have done the exact same thing and find quality of life soooo much better!

Mark as Spam | Posted On 6/11/2022 10:13:18 AM
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badboy2
Joined On 11/15/2010 5:08:52 AM
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In the cities the competition will be great, for all necessities. In the rurales it will be hike, bike, or hitch a ride from an Amish with horse and buggy, or whatever contraption someone has invented, that comes along. One problem I see with using gold/silver and such is that some may think that you may have more at home and this may bring danger to your family. Islander; I know I have you beat, kiddo! :) I also remember the 1940's and it was better living in the USA; for Europe after the war was a disaster. An example would be potatoes $5 a pound in the morning. $50 by noon and $500 by evening. Ridiculous amounts on new printed money, and some notes in the millions.

Some small towns unable to find any new money, would print their own, and some bills only printed on one side. All this un-redeemable money (no gold to support it) just added to more inflation. So dust off the bicycle, clean up the guns, turn off most appliances, batteries for the radio, candles and matches, seeds for sprouting and victory gardens, books for the reading, canned food for when you never know what will happen, bottled water, (bathtub full just in case) the water power goes off, (pumped wells need power too), A, B, C's of nutrients, and patience, prayers and promises as that old song goes. I changed poems to patience, though poems is good too.

Mark as Spam | Posted On 6/11/2022 2:59:15 PM

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Dordee

Joined On 5/22/2012 12:47:41 PM

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We need to go back to the Walton's way of life, like my grandparents lived during the depression and WWII. People need to learn they do not need "all that we want", It is not neccessary to life to buy every new gadget on the market, children do not need every new toy advertised on TV no matter how much they beg, demand. We do not need new furniture every year, a new car with the latest electronics. We can start handing down clothes to the younger children, as you say buy old, trade with other families for furniture for the new baby, use cloth diapers, wash them, hang on the line in the sunshine, it will bleach them out. A friend when her son was born, borrowed cribs, etc from friends , when they had a new child, they got them back.

Clothes were handed down from friend to friend. It is pride that drives us to want everything new, the latest. Babies do not know the difference, if their clothes are new or old, do not care unless parents tell them it is bad.. I only have a laptop, cell phone and both are second hand. That is all I need or want. As for clothes, I have not bought anything new for over 6 years. Since going keto, i have lost weight so now can wear the clothes i bought in the 70's and 80's. Any thing considered too large can be cut down, rsesized or swapped for something else I need.

True at 81, I do not need as much, but with age comes wisdom, i never needed all that much. From my grandparents I learned to use, reuse, then remake clothes in to rugs, quilts to keep warm. I crochet, have many afghans for warmth. My only concern is how do I get my vitamins from Dr Mercola if cannot use cards, go back to writing checks? That would take longer to get what I need to stay healthy. I had beginning diabetic retinopathy, read of a dr in Chicago who used herbs, stopped it in many patients, actually reversed it in 2. My eye dr knows him and I began taking eye support. My problem reversed, has been kept at bay now several years.

Mark as Spam | Posted On 6/11/2022 10:35:49 PM

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Cabochon

Joined On 10/7/2018 12:45:48 PM

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Funny you should say that, Islander, some of us here -instinctively, it seems - went back to home cooking and buying only essentials during the plandemic. Memories return of nutritious meals of herring in oatmeal with boiled new potatoes but there never seems to be a “herring season” now. Wonder where they went. We are not really a rural community - ironic, considering many place names here are named after the fishing industry (it died after the UK joined the European Union). We do not have your skills but the mindset of self sufficiency can be recovered - thrift vs instant gratification. Hire purchase agreements were ok but it was credit cards that started the rot.

You must be very disciplined to use them wisely. Saving accounts are out while interest rates are low or non existent. Seems like a set of gardening tools and basic home cooking skills would be great investments for the young and your knowledge is like finding buried treasure. Thanks. Your gardening advice is a revelation, Mirandola; buying organic to feed the soil makes sense - giving back what we took out. Less difference now in conventional vs organic pricing, so no excuse. Our garden soil is poor, lacks substance and probably nutrients so enriching it seems logical - grey and dusty rather than moist and crumbly so soil regeneration is key - seems obvious that the soil quality determines the health of the plant which raises concerns re mono-cropping and chemicalisation of the land in conventional farming.

They may look perfect but are they nutrient dense? Yet another hint from mother nature that we must work with her, not against her. I have books by Paul Stamets and remember selling medicinal mushrooms products in retail some years ago. Was the brand Host Defense, perhaps? Lion’s Mane mushroom is the favourite at the moment as a supplement. Loving the idea of sprouting seeds - perhaps another use for that conservatory?

Mark as Spam | Posted On 6/12/2022 1:50:51 AM

Like Dislike

Cabochon
Joined On 10/7/2018 12:45:48 PM
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Tried your link, Krofter, but it is being censored. Will try by another means. Thanks for your contribution to this topic. Yes, as Dordee and others have reminded us, there is a fine line between wants and needs. The former is determined by consumer culture, the latter by common sense. Quality of life, jul9051, depends on what you value in life - I value the sound of birds singing or bees gathering pollen more than I value all mod cons in a high rise in Dubai. Have experience of both, so can make an informed choice. There is a very astute send up of the famous sculpture by Rodin in a shop window in our city centre which bears the logo: “I consume, therefore I am” - originally cogito, ergo sum (“I think, therefore I am”).

Needless to say, the shop is permanently closed, similar quality shops replaced by e.g. “Kingdom of Sweets” to service the rampant consumer culture, the diabetes industry and the Council’s over-tourism adventure part of its “build back better” business plan. Enough said, we know where their allegiance lies and we council tax payers were never consulted. The war against humanity steps up.

Mark as Spam | Posted On 6/12/2022 2:00:05 AM
Like Dislike

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bevrivera
Joined On 11/1/2016 3:12:45 PM
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Dear Dr Mercola, I have read your articles for years! You are always ahead of the curve. You have always cared and taught us so well I would love to really meet you personally some time. But the best I can do is just say from the bottom of my heart THANK YOU for all you have done unselfishly in our behalf thru the years. Much Love

Reply | Mark as Spam | Posted On 6/11/2022 5:48:17 AM
Like Dislike

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donnar
Joined On 7/20/2007 4:30:04 PM
Add as Friend | Send Message

Amen to that! I am so grateful to Dr. Mercola for his years of advice and getting us through the last 2 years. I pray for his safety and continued good health.

Mark as Spam | Posted On 6/12/2022 10:10:31 AM
Like Dislike

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exhibitdesign
Joined On 6/19/2016 7:02:45 PM
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My comment may be somewhat unpopular here but I think should be said. Not only are "they" to blame for the current world situation and shortages but "we" are too. The world is only so big, here in the US we have had abundance that has been squandered because we were led to believe that everything was in endless supply. We easily accepted this notion. My parents, my father in particular was raised in a somewhat remote area where supplies were limited and you worked hard, and you certainly didn't waste anything.

I grew up with the same non-wasteful ethic. How many of us when wanting something just say "well lets just order it on Amazon"? We have become whores for convenience and I see it everyday. I still hang my clothes out on a line, yes even in the winter - I live in the Midwest of the USA, I never wanted to own a dryer, clothes last longer. I have also purchased foods that sat in my fridge untouched and had to toss them. Our culture has gone to making celebrities of people who pop out lots of children.

I haven't seen the numbers but would be interesting to know how much 1 person impacts consumption on the planet. We should have always maintained the ethic of consume less. I go to thrift stores first before hitting Amazon for books etc, or also local markets. Even in my business which requires large crates, my competitors send large crates off to the landfill. I always find takers for the free crates when I have them and offer to my community at no charge.

It does takes effort, all of this should be a lifestyle - NOT an emergency strategy. Drive through any neighborhood on large haul off day, it is amazing what we toss simply in the name of convenience. I have seen articles on both sides of the global warming issue, I don't know what to think except I do know our winters are not as cold as they used to be here, I don't know and just don't pretend to know. I do know that supplies/resources are not endless. We need to be good stewards in any case.

Reply | Mark as Spam | Posted On 6/11/2022 6:20:16 AM
Like Dislike

Sanbruno69
Joined On 10/2/2021 8:49:58 AM
Add as Friend | Send Message

We and all our family and friends dry our clothes outside. Never use a dryer.. Ever. No tv.

Mark as Spam | Posted On 6/11/2022 9:16:23 AM

Like Dislike

JoshandSarahsMom
Joined On 6/19/2006 9:02:09 PM
Add as Friend | Send Message

Exhibit, thank you for bringing this up. I agree so much. Some of our middle-class consumerism IS unsustainable. I am always amazed when I see people buying new appliances every few years, ripping out cabinets, tubs, sinks, carpet, etc. in their homes that are in just fine condition just so they can have something new and "updated". I have a friend that gets a new car every year or so, never paying off the car that she has. New cell phones every time a new one comes out. Expensive travel and vacations are the norm. A new wardrobe every season, much less every year! I am honestly blessed, I believe, that I have been a single mom on a pretty low income for the past 12 years.

I have had to learn to "live like the Amish" in a lot of ways. I could have chosen to work more hours or a higher-paying job, but I wanted to be there for more kids as their only involved parent. I spend my "free" time working in my garden growing my own food, walking and swimming to stay healthy, reading books free from the library, cleaning my own house, and socializing with real friends and family not on social media. I have made friends with one of my neighbors who works on old appliances, and he fixes my appliances from the 1990's for a very modest price. They are still going great, while my friends and neighbors have replaced theirs multiple times.

I have driven the same car for 12 years, and it is in excellent condition, even though I drive a lot for work. The only new clothes I own are ones I have received as gifts for Christmas or my birthday. Otherwise, I wear the same ones I bought 20 years ago. Still in good shape, and many have come back in style! LOL. I can't afford to go to extremes with emergency prepping such as buying a generator or buying gold and silver, but I do stock up on essentials little by little every time I go to the store. I am thankful to have a "leg up" on living simply. I would have no idea what to do with a lot of money

Mark as Spam | Posted On 6/11/2022 10:09:57 AM

Like Dislike

ScanKat
Joined On 1/9/2021 11:28:32 AM
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I agree. I remember by Grandparents who lived through depression times. They never threw anything away. They always stocked up on essentials especially when there were sales. They had enormous gardens and fruit tree's. I think the coming collapse was inevitable. My generation makes 4 times what my parents had to raise 4 kids with no collage and one high school diploma between them. We managed and I think we were much happier. We had intact families and in person communication. Kids played all day with other kids out in the world. they learned social skills. Kids today are most all bubble kids that have horrible diets and get no exercise. Is it no wonder the world is going hell?

Mark as Spam | Posted On 6/11/2022 11:46:25 AM

Like Dislike

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badboy2
Joined On 11/15/2010 5:08:52 AM
Add as Friend | Send Message

Or if broken, just buy a new one; it's cheaper! Which seems more of the rule now a days.

Mark as Spam | Posted On 6/11/2022 3:06:35 PM

Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
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Super markets throw away food that people do not buy. It could be given to those who cannot afford to buy it..Yes, i have been guilty of buying something, forgetting it until not edible. How much does one impact the planet? Some who think everything Is endless supply, have to have the newest, latest of everything, a lot, those who know how to cut bad spots out of vegies, fruit, reuse, repurpose things do not. We do not need the biggest hamburger, fries, soda but fast food companies tell us we do. I am still wearing clothes from 42 years ago. They are not worn out so why buy new?

Mark as Spam | Posted On 6/11/2022 11:44:26 PM

Like Dislike

Hope_FreedominChrist

Joined On 6/1/2022 2:46:39 AM

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We love you Dr Mercola from Dublin Ireland. If all fails don't forget the manna from heaven he's done it before he will do it again God bless you man of God I do believe whoever is against this evil is influenced by the Holy Spirit of God

Reply | Mark as Spam | Posted On 6/11/2022 3:02:22 AM

Like Dislike

ScanKat

Joined On 1/9/2021 11:28:32 AM

Add as Friend | Send Message

I think we are living in the 2nd most exciting time in human history on earth. The first was when God walked with us. He is coming again and he will win the coming war with Satin.

Mark as Spam | Posted On 6/11/2022 11:47:56 AM

Like Dislike

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bgybbv

Joined On 3/24/2009 12:55:33 PM

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I have found my favorite way to store food is dehydrating it, putting it into mason jars, then vacuum sealing it. I'm getting away from freezing food, in case the power goes out. Some food needs special prep before dehydrating but not frozen vegetables from the store. They have already been cut up and blanched. So you can put them straight from the freezer bags into your dehydrator. You can get an attachment for a vacuum sealer that will vacuum seal mason jars. Just remember that it's going to take a lot of water to rehydrate the food.

Reply | Mark as Spam | Posted On 6/11/2022 1:45:09 AM

Like Dislike

Hope_FreedominChrist

Joined On 6/1/2022 2:46:39 AM

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I've been thinking the same thing about dehydrated foods .. I have a ninja foodie and I've noticed it has a dehydrator as well as airfryer and bake .. this is what I'm going to start doing I'm unsure of how to store the food but thanks as you've given me some good tips

Mark as Spam | Posted On 6/11/2022 3:08:18 AM

Like Dislike

Linda N

Joined On 1/23/2007 1:50:32 PM

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Unfortunately I will just have to starve when this all hits the fan. With Severe genetic Histamine intolerance, my limited diet has to be very fresh or frozen. Plus no nuts, seeds, or beans allowed and tons of other foods are off limits as well. When I buy fresh organic chicken thighs I have to freeze them immediately. The same for any fresh veggies. I rely a lot on frozen veggies, buckwheat and quinoa. Dehydrating anything causes the foods to increase in histamine levels. I would assume many others on very special diets also won't survive the starvation plan either. Raising our own chickens is forbidden in this town, and outdoor gardens don' work in AZ for the most part. I already spend every day preparing all meals from scratch and it takes up most of my day already. Even canning is out. I am trying to prepare soul every day every day for the possibility of an earlier death. Things are very bad. The world is crumbling.

Mark as Spam | Posted On 6/11/2022 5:26:40 AM

Like Dislike

fvtomasch

Joined On 3/11/2017 7:33:24 AM

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Linda N -You may be aware of this but here's an article to look into. I cannot vouch on the validity but it seems reasonable. Most of our health problems start in the gut by altered bowel flora. I have UC pretty much controlled by taking probiotics/magnesium/Vit D/curcumin/etc. Always look at side effects before starting something new. I learned from Dr. Richard Becker "Your Health" show about Dr. William Walsh "Nutrient Power" on epigenetics which is a somewhat new field on various health problems. Hope this helps somewhat. www.factvsfitness.com/blogs/news/histamine-intolerance-treatment healinghistamine.com/blog/how-to-naturally-boost-production-of-the-his..

Mark as Spam | Posted On 6/11/2022 7:10:28 AM

Like Dislike

Lollieme

Joined On 10/11/2008 10:39:41 AM

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Linda N ~ I would be in a similar situation because of Bile Salts Malabsorption from not having a gall bladder. I have twelve foods that I can eat ~ same meals day in and day out ~ no fruits or vegetables. If the Lord allows a food shortage, I believe He will provide what I need. I remember I Kings 17:5-6 "So Elijah did what the LORD had told him, and he went and lived by the Brook of Cherith, east of the Jordan. 6The ravens would bring him bread and meat in the morning and evening, and he would drink from the brook." And there is more to this story, if you care to read on from there. God will always provide for His children.

Mark as Spam | Posted On 6/11/2022 8:28:21 AM

Like Dislike

mihail

Joined On 9/2/2010 3:55:31 AM

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Any reliable sources of detailed information on dehydration and storing would be appreciated!

Mark as Spam | Posted On 6/11/2022 9:15:28 AM

Like Dislike

juststeve

Joined On 1/5/2012 11:13:54 AM

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mihail, I highly recommend the book Putting Foods By, by Ruth Hertzberg,, Beatrice Vaughan, & Janet Greene. It covers canning, freezing, making preserves, drying, root cellaring, curing, sprouting along with making lard, soap, sausage, pasteurizing milk, making cottage cheese, cheese water glassing eggs, some meat cutting, bacon, maple syrup. Also covering spoilage, food safety. My copy is from the mid 70's to 1980's. It is a little over the top on canning safety, some common sense is involved. It's where I first realized how Big Ag/Processed Foods standards were being imposed on small businesses or mom & pops. Here, we lost some of the best cheese one could want because Too Bigs owning Gov't enforced the standards necessary for their foods disconnected from life onto & into any & all competition, even in your kitchen. It takes a while to build the inventory to make all this simpler so clubs, church groups, garden clubs sharing resources may be some of the answer.

Mark as Spam | Posted On 6/11/2022 9:33:55 AM

Like Dislike

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mihail

Joined On 9/2/2010 3:55:31 AM

Add as Friend | Send Message

Thanks a lot juststeve, sounds like a rich source, and it carries the extra benefit of being on actual paper!

Mark as Spam | Posted On 6/11/2022 10:01:21 AM

Like Dislike

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mirandola

Joined On 6/27/2014 7:00:58 AM

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LindaN, consider what Dr Mercola wrote about previously: Sprouting foods on one's kitchen counter. Only the most healthy of food and no need to starve! Also research nettles/quercitin combination and ask your naturopathic doctor about it. Plus, I am thinking of WIndow Farming which started up in New York City, in which an intricate interconnected series of (unfortunately, plastic) pots were hung from the ceiling with plastic tubing dripping water from pot to pot. And this way these NYC people grew their own food, right in their apartments! where there is a will there is a way! One might also consider renting basement space in the cities and installing grow lights. One can even do rooftop gardening with permission and so long as a structural engineer checks it out to be sure that the building will support the heavy weight of the soil and water.

But there are ways, for sure! Squashes can be grown in (large) pots, tomatoes ditto. Chard can be cut and will grow back new leaves, grows year round and in many kinds of weather. It can also be grown in indoor pots. There are window sill gardens and also gardening outside one's window in long planter boxes. There surely are ways! The best time to start preparing is NOW!!! Maybe one of the silver linings of this is that people will no longer be so dependent on the government. What a wise idea! Very best to you, so long as we take care of ourselves all will be okay! :-)

Mark as Spam | Posted On 6/11/2022 1:57:14 PM

Like Dislike

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mirandola

Joined On 6/27/2014 7:00:58 AM

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Jussteve what an interesting book! I will get it, I love stuff like that. Fun and empowering, both in one! Also, my favorite gardening books are Golden Gate Gardening by Pam Pierce, though written for a certain area of the country, it also extends to areas beyond and states as much. She is a very good gardener and knows her stuff well! She offers trouble shooting info if seeds don't sprout, tips for growing each food plant and how they thrive best, a planting schedule,she knows the length of plant roots, how much yield to expect from each plant and how many of each to plant, and much more! Plus a few recipes that look nice. A very good book! I also just got a copy of Paul Stamets's Growing Gourmet and Medicinal Mushrooms.

These support the activity of the Th1 arm of the immune system, hence being useful as adjunct in cancer therapy. Plus they are easy to grow and tasty! Here's a toast to empowerment and increasingly widespread independence! Wouldn't that be a positive upshot? But we must empower others. I suggest start blogging, NOW, to point out the rising food prices and this alone is a good reason to start gardening and sprouting in one's kitchen. Pitch it as a way to supplement the food bill, and people will lend us more crediblity and still gain the empowerment message. Voila! All the best! :-) :-)

Mark as Spam | Posted On 6/11/2022 2:04:37 PM

Like Dislike

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badboy2

Joined On 11/15/2010 5:08:52 AM

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It may be interesting to some that WalMart as of a couple of days ago got rid of all their food and flower seeds. I asked why and the excuses I got was; 1. The season is almost over. This is the first time that I can remember that WM got rid of their seeds so early. 2. They gave the seeds to charity. Coincidence? Right!

Mark as Spam | Posted On 6/11/2022 6:49:36 PM

Like Dislike

imaginal110

Joined On 6/28/2010 9:16:52 AM

Add as Friend | Send Message

thx for the tip JustSteve, I just ordered Putting Foods By, used from ThriveBooks for cheap - they have more copies. I often look for used books from Thrive rather than Amazon.

Mark as Spam | Posted On 6/11/2022 9:53:16 PM

Like Dislike

sgoodstone

Joined On 6/27/2008 9:02:09 AM

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First of all, I cannot let this pass without saying something about it. Climate Change, C-19 and the Ukraine-Russia conflict have NOTHING to do with what's happening, as Climate Change is a HOAX, C-19 is a HOAX and the Ukraine-Russian conflict has only to do with Russia bombing bio-weapons labs that have been built to destroy human lives, globally so NONE of those things have anything to do with the coming shortages. The coming shortages were planned years ago by the criminal elite. They're just using those issues as the reason for what's coming but it's all a lie.

Now, for what should be planned for is to remember your pets. It's easy to stock up for them because Kibble comes in huge bags and canned food needs no preparation. Remember their meds, too. Also, I highly suggest you seek out any Amish or Mennonite farmers near you. They have product to sell and their stuff is much healthier than what you can purchase at a store. Just remember you'll have to pay in cash. Another item that might be worth a purchase is milk. Parmalat is sold in cartons and needs no refrigeration.

If your children are cereal eaters, they may appreciate this. It's important that children suffer minimal stress, if any at all, during this time. It can have life-long emotional consequences for them. Just ask anyone that went through The Great Depression, as children, and what it did to them. Above all, keep a positive attitude during this time and try to make a game out of it for your children so they see, when life throws lemons, it's just a hiccup. It's all about being prepared and attitude and we CAN control that.

Reply | Mark as Spam | Posted On 6/11/2022 4:21:53 AM

Like Dislike

Otorongo

Joined On 4/16/2008 12:33:32 AM

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sgoodstone: Great Point regarding our pets.. Mercola's dehydrated chicken and beef are being stored here, along with treats and doggie supplements. My Prissy eats a raw species appropriate dog diet and we want to continue that. The only way is with Dr. Mercola's Pet food. Thank you Dr Mercola & Dr Becker. You have helped so many of us and our pets in So many ways. Hopefully people have been slowly preparing for the last few years. The toilet paper in 2020 Should have been a wake-up call for those that are still asleep. Sadly we all have friends and family members that still are. So glad I'm not in or near a city, where people are not or maybe cannot prepare for this. There will be looting and crazyness as there was is the summer of 2020 but for different reasons. So far I have noticed people being nicer and more courteous. Hope it continues. Not looking forward to the dark side.

Mark as Spam | Posted On 6/11/2022 7:02:11 AM

Like Dislike

Dordee

Joined On 5/22/2012 12:47:41 PM

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One problem I see is kibble for cats and dogs, very little nutrional value to it. It is just convenient for the owners. Buy local, grassfed beef, pork, chicken, turkey for them. They will eat less, get full faster and be healthier. If in a rural area, they can hunt. My cats go out every morning, catch mice, shrews, voles, an occassional rabbit or snake. Canned foods unless you investigate it contians cancer causing ingredients. Since switching from the garbage, my cats are healthier. Science Diet almost killed my 12 rescues in 2008, ingredient from China killed over 7000 dogs and 6000 cats, kidney failure. Meds I would stock up on as I do for my vitamins, etc. Grow lemongrass for their digstion and tea, cooking for you. Catnip with lemongrass make a great flea and tick repellent. Remember, pet food companies are only out for the bottom line, not our pets, sa,e as processed food, etc.

Mark as Spam | Posted On 6/12/2022 12:53:36 AM

Like Dislike

Hadassah77

Joined On 5/16/2021 8:46:58 AM

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Precious Dr. Mercola, You truly are a hero in my eyes and I praise God for your courage and willingness to stand for what is right and good. Thank you for all the ways you are helping us prep for what appears to be a rough road ahead. I pray God continues to surround you with His protection, provision, presence, and encouragement! Thank you for marching on!

Reply | Mark as Spam | Posted On 6/11/2022 8:39:42 AM

Like Dislike

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memeKnight1

Joined On 11/14/2011 7:03:07 AM

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Possibly a tad off subject but my primary concern is water. By creating a means of catching rainwater and a passive means of filtering it, the one thing that will be most needed might be available.

Reply | Mark as Spam | Posted On 6/11/2022 1:01:22 AM

Like Dislike

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juststeve

Joined On 1/5/2012 11:13:54 AM

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In a survival situation the top three must haves are good shelter, heat source, & water. Everyone panics over food but we can survive relatively long periods without food. Water, not so much, it can be in days & the ability to function drops rapidly. Death by thirst is brutal. so no matter where one lives, urban, suburban or rural a good water purifier for water from less than desirable sources is a good idea. Off subject? Nope, spot on.

Mark as Spam | Posted On 6/11/2022 4:34:36 AM

Like Dislike

DebbyW

Joined On 5/27/2010 9:07:35 AM

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I have a swimming pool in my yard, at least until mid-September. But I also have at least six neighbors who have in-ground pools or ones they keep water in all year. There's also a pond that has a brook that flows through it in the woods behind my house. I just need to make sure we can drink any of that water.

Mark as Spam | Posted On 6/11/2022 9:03:20 PM

Like Dislike

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sgoodstone

Joined On 6/27/2008 9:02:09 AM

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AND...one other thing. IVERMECTIN! I bought a supply from AllDayChemist.com, without a prescription. I bought the 6mg for my dogs. My Boxer had a severe cold so I gave him one pill a day for three days. Cold all gone. One of my French Bulldogs had worms. I gave her 1/4 of a 6 mg pill for five days, worms gone. If I get the flu, I will take two 6mg pills/day for about four or five days...until I feel much better. Turns out, IVERMECTIN even kills cancer cells. It's literally a miracle drug. The doctor that invented it won the Nobel Prize for it. They won't take credit cards...only personal check or bank check. Between my check clearing and the order being processed and shipped...I got my order one month later. They are the cheapest company I've found. I highly recommend you have stock on hand, no matter who you buy it from. This company sells Ivermectin in various dosages so if you have horses or lamas, they carry the higher dosages.

Reply | Mark as Spam | Posted On 6/11/2022 4:41:15 AM

Like Dislike

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californiawoman

Joined On 5/5/2010 5:13:51 PM

Add as Friend | Send Message

@sgoodstone . I have used Alldaychemist.com in the past and was worried at first about using my bank account number. They never abused it but it does seem risky so if you have time to wait, a check might be the answer. It seems to be a decent company and a good alternative to the restraints we have in this country. However, I just want to clarify one of your statements. While ivermectin is a great remedy for many things, it did not help my husband's sarcoma. It may help other people with cancer, but it's just not a panacea.

Mark as Spam | Posted On 6/11/2022 5:41:59 AM

Like Dislike

Pony55

Joined On 7/3/2021 8:27:38 AM

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I ordered my Ivermectin from the same place. I was hesitant on giving my banking info, but keep an account with a tiny balance just for online purchases. The delivery time to the U.S. was one month for me too. I ordered a second time and added essentials I needed for my first aid kit (antibiotics, topicals, more ivermectin, etc). I recommend All Day Chemist dot com to anyone interested in filling their medical kits. The prices are much lower than the $10 per Rx I have to pay the VA. What is crazy to me during all of this is the amount of farm lands I now see full of solar panels instead of crops. They are leasing out the land for the solar panels and per the agreements they can't even let animals free range the grass in these fields.

For water storage, I purchased a food grade 275 gallon tote, painted it black to prevent algae growth, put it next to my chicken coop to fill up with rain water from the gutters. I purchased calcium hypochlorite powder (more shelf stable then sodium hypochlorite) to treat the water when necessary. The chlorine pool tablets are another option for shelf stable chlorine storage. I've found it is necessary to treat the tote of water about once a year to keep it from smelling like stagnant lake water. God bless everyone on this site. I'm grateful for you all!

Mark as Spam | Posted On 6/11/2022 6:08:12 AM

Like Dislike

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fromseatoshiningsea

Joined On 3/7/2021 2:40:06 PM

Add as Friend | Send Message

I have also used ALLDAYCHEMIST for my supply of Ivermectin & had no problems at all. I sent a personal check.

Mark as Spam | Posted On 6/11/2022 8:16:25 AM

Like Dislike

Arlen1

Joined On 8/1/2020 1:45:38 PM

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Anywhere that sells livestock feed sells Ivermectin (Farner's COOPs) and places like Tractor Supply. There's an Atwoods near me that combines the best of Tractor Supply with the best of Bass Pro with the best of Home Depot (man store) that sells Ivermectin. Atwoods is the one stop shop for men. You can get your Ivermectin, welding supplies, food, clothing, hardware, plumbing, ammo, and guns all under one roof.

Mark as Spam | Posted On 6/11/2022 9:31:29 AM

Like Dislike

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reb3043

Joined On 8/29/2013 11:29:01 AM

Add as Friend | Send Message

I got a prescription for ivermectin a year ago from a nearby dr "just in case". Two weeks ago I awoke in the night with a huge headache; I never get headaches so I knew it was something very wrong. I was out of town and it ended up persisting til I was able to take a test for c-vid that next evening. Test was positive so I took one capsule of my prescription and I have got to tell you--it was like a light switch! That 17 hour headache evaporated within 15 minutes. That was it, no more symptoms. I am not one to take chemical drugs-that was my first prescription pill in 26 years--but I had studied in detail and trust ivermectin as one of the safest drugs made. Interesting that it treats parasites; doctors who treat vax injuries are treating folks for parasites..hmmmm.

Mark as Spam | Posted On 6/11/2022 1:52:15 PM

Like Dislike

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shampoo1

Joined On 8/4/2021 5:21:25 PM

Add as Friend | Send Message

I ordered from alldaychemist for the 3rd time today. You can input anything for the bank acct numbers. When it doesn't work, they will email you a link to pay by credit card. It works like a charm! They are now quoting 20 days from the date of payment. Customer service by phone is excellent.

Mark as Spam | Posted On 6/12/2022 12:57:25 AM

Like Dislike

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tallulah3

Joined On 4/21/2021 9:26:59 AM

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Besides food, water etc, I'm thinking about buying a manual lawnmower that doesn't use gas. The yard is pretty large, but I could do that for about an hour every day and get my vitamin d while doing it.

Reply | Mark as Spam | Posted On 6/11/2022 7:55:25 AM

Like Dislike

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davidle

Joined On 5/7/2011 7:38:57 AM

Add as Friend | Send Message

Good luck with that.

Mark as Spam | Posted On 6/11/2022 8:17:06 AM

Like Dislike

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tallulah3

Joined On 4/21/2021 9:26:59 AM

Add as Friend | Send Message

If there's no gas, that's an option. Also adding a couple of goats to it. They eat everything

Mark as Spam | Posted On 6/11/2022 9:30:56 AM

Like Dislike

imaginal110

Joined On 6/28/2010 9:16:52 AM

Add as Friend | Send Message

Or maybe plant something in it? I know someone else might eat it but growing food everywhere is a good thing. Lawns we don't need so much at this time!

Mark as Spam | Posted On 6/11/2022 9:59:50 PM

Like Dislike

Dordee

Joined On 5/22/2012 12:47:41 PM

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Just a little bit at a time gets it done. Better yet, I plan to convert my yrd into a garden, part will be a wildfoods/meds garden with plants foraged from woodlands, clean pastures not contaminated by chemicals.

Mark as Spam | Posted On 6/12/2022 1:09:18 AM

Like Dislike

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mirandola

Joined On 6/27/2014 7:00:58 AM

Add as Friend | Send Message

IMPORTANT! Dr Mercola, when you wrote about barns burning as an ongoing pattern, my jaw dropped. I had a talk with some farmers while staying in a hotel out of state. They said that the Feds are making it difficult and "trying to squeeze the farmers" and that for them to keep going is a difficulty. I urged them to keep at it. But I must say, I really have wondered if there is an agenda afoot to usher in the GMO drought/aluminum tolerant seeds, and if the fires might have something to do with it.

The California "Wild"fires, while in some cases burning god knows how many sweeping landscapes of trees, also have often hit vineyards and agricultural areas. Please note that California, due to its temperate and sunny climate, grows 1/3 of the nation's produce. A likely target for a jealous GMO industry! Similarly, Oregon is lush and rainy, also a good produce growing area. Lo and behold, when driving on vacation through Oregon last year, I stopped to photograph an incredible rainbow overarching a wide, sweeping area of fields bordered with trees.

Only one house in sight, wide panorama. The fields were overgrown with tall, dry grasses, framed by trees. GADZ!! Atop the levy by the roadside, where no driveway and no roadway could access it, and about car roof height above the road, was a tiny tractor, and a teepee-like structure of wooden sticks, dug into a hole in the dried grassy area, spewing smoke...unattended! HEH??? This HAD to be arson, there was no way around it!

Just try accessing the field atop that levy! Framed with evergreens,+ tall grasses, it was the perfect setup for a wildfire! I called the fire department. I just couldn't believe my eyes! Who came in with that tiny tractor and left it there? That' s the only way someone could have accessed it. Expensive to burn a tractor: WHO would do this and WHY? While one single arson fire does not underscore a pattern, I suggest it is prudent to be watchful. Keep written logs, file reports, blog, write articles. Thanks

Reply | Mark as Spam | Posted On 6/11/2022 9:02:36 AM

Like Dislike

Arlen1

Joined On 8/1/2020 1:45:38 PM

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Good job Mirandola! More people need to get outdoors and explore. If more people would get off their couch and out of their cars and TAKE A HIKE, a lot of these fires would be prevented. Just the presence of more people is a deterrent to would-be arsonists.

Mark as Spam | Posted On 6/11/2022 9:21:05 AM

Like Dislike

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mirandola

Joined On 6/27/2014 7:00:58 AM

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Good point Arlen re presence of people being a deterrent, thank you! I also want to underscore that if we keep track of the patterns, where a fire happens, circumstances, take photos, and contact underground journalists, then the more reports come out with actual patterns as underscore, the more we can deter this and save lives, landscapes, land integrity, etc....thank you all! this is really important. Much appreciation for your help!

Mark as Spam | Posted On 6/11/2022 9:26:21 AM

Like Dislike

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gaylezpc

Joined On 7/31/2009 10:47:11 AM

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Great points and the comment about a jealous GMO industry triggered another benefactor of drought/climate change in California. Poseidon is the Global/Israeli company with the potable water "solution" of seawater desalination. The billion dollar project in San Diego is creating a goldmine for them while only serving 10% of the population there.

Mark as Spam | Posted On 6/11/2022 12:23:27 PM

Like Dislike

Dordee

Joined On 5/22/2012 12:47:41 PM

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They burden organic farmers with excessive rules and regulations. Dairy farmer cannot sell butter because do not have alicense to "manufacturer it"? We need to find ways around these rules. Maybe barter?

Mark as Spam | Posted On 6/12/2022 1:21:19 AM

Like Dislike

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juststeve

Joined On 1/5/2012 11:13:54 AM

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Already passed on a multitude of information to a Local young person who is developing a community-based truck organic operation years ago. Going from garden to tables. Some is taken to a farmers market to share the whys and what for's of Organics, Permaculture and community. Much of the information in the personal library were redundant so they were given in the spirit of share it & pay it forward. From any earlier time, some of the information has to be updated to Regenerative, Sustainable methods, but the information being Organic much of the basics are there. With Gates & others buying farmlands, Blackrock gobbling up private property's, rural & suburban efforts will be more a challenge than needs be.

All of it no doubt to make conditions so unnaturally extreme as to create & solidify we can only feed the world through the good graces of our Grand Masters. While it is best to start this years garden last year, if we get caught in the weeds of don't move until conditions are perfect, generally our notions of perfect never happen. It's the Just Do It, do the best you, we can. Parasitic Predator$ messaging usually saturates us with what if's, can't do's based on it doesn't cover 100%. Keep focused on some can do 10%, others accomplish 40%, others maybe more, collectively shorter, more stable supply lines enough to add up to push further into independence from monopoly's Too Big not providing or feeding us health anyway.

A discussion about suburban, but similar can be applied in a rural setting too. (Meaning here the last hold outs for family farms were mostly extended family efforts combined over several farms, currently many have converted from diary to Grass Fed Organic Beef. Sharing equipment, better use & management of land, water & forest has been achieved.) Rogan/Salatin interview, 9 min. a starting point only limited by your, our creativity. www.youtube.com/watch

Reply | Mark as Spam | Posted On 6/11/2022 5:05:12 AM

Like Dislike

Otorongo

Joined On 4/16/2008 12:33:32 AM

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Juststeve: Great Advise! I've been doing the gardening thing for years and it's a slow process so anyone deciding to do this, just hang in there. Since I'm doing it alone, I really need to keep believing in myself. When I'm taking on a new challenge it seems overwhelming and more than my abilities will allow. But I've been surprising my self, making mistakes and learning from them along the way. It's a continuous process no matter what stage of learning you are at. Hence, I encourage anyone that is just starting to keep a calendar type diary: What did you plant, where did you plant it, when did you plant it, how did it grow, did it produce, what was the weather like this season ,rainy, dry, cool or extremely hot, and last but not least what do you need to do differently next year.

Don't forget to read your seed packets or seedling instructions. You can grow in container pots, porch, patio, roof top if you don't have a yard, or a sunny window. But you must plan and constantly evaluate how it's going. Herbs are easy and most of them are perennials. Don't forget the dandelion, chickweed, purslane, wild garlic, violets, black walnuts and wild mustard are all edible. A word of caution if you are going to eat wild. Make sure you are 101% sure of any given plant's identity before it goes into your mouth. There are poisonous look a likes for many plants. You can find everything you need online. The information age is great! Everything is at our fingertips. Just be careful of your sources.

Mark as Spam | Posted On 6/11/2022 5:51:59 AM

Like Dislike

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juststeve

Joined On 1/5/2012 11:13:54 AM

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Otorongo, Thomas Jefferson is said to say it would take seven lifetimes to become a master gardener, I believe it. There are no mistakes, it's all lessons learned, broadening a menu of awareness of what may be possible. If one is not losing a little bit in the Spring or in the Fall, then we're not starting early enough or sticking with it late enough. As one increases their experiences in their personal efforts & soil eventually one can pick up companion planting, or succession plantings and alternative ways to plant. Certain plants if they can grow 6 inches apart in a long vertical row, they can be grown with additional rows of the same plant beside them horizontally.

Cabbage, broccoli, cauliflower, are planted here in 2 then 1 pattern repeated or 3 then 2 plant patterns. (Best to get the soul of the soil built up for best result with this method.) Carbon is the first fertilizer, but it takes a while for the soil life to establish itself for more intense production. The main thing is just do it, learn and expand as what works for what you have to work with. I've had neighbors with longer growing seasons on both side of my garden give up gardening, (bear in mind, fatter times,) out of embarrassment theirs didn't 'look' as good. Luck would have it my spot is a frost pocket with 60 days growing without frost many years, however as you gain experience you find certain plants can take temps in the mid to upper twenties and still have good outcomes.

Some years the grow time expands into the fall, but again don't get wrapped up in every single plant making it. You may find your soil is best for onions, but lousy for something else. It's all good, that's what trading, neighbors and community are for. My onions for your eggs, or whatnot. The trials and tribulations of gardening can provide revelation how to live & connect with Creation. Do your best, & if & when you can learn better, than switch & do that.

Mark as Spam | Posted On 6/11/2022 6:15:32 AM

Like Dislike

Kassie

Joined On 9/21/2006 5:59:48 AM

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Since we were asked to share, I wanted to add that I planted swiss chard for the first time ever and to my great delight, my plants are compact and very bountiful! Huge upright leaves on bright red stems! This is a super-healthy and easy to grow vegetable and it just keeps growing! I did notice some big holes in some of the leaves and caught two fat gray caterpillars munching them. I picked 'em off and continue to look for new ones every day. These delicious greens are fast-growing and highly nutritious, and I will not be without them in my garden again!

Mark as Spam | Posted On 6/11/2022 1:11:54 PM

Like Dislike

Dr. Mercola

Joined On 12/21/1997 7:06:45 PM

I made the same mistake 23 years ago when prepping for Y2K. Swiss chard is very high in oxalates. Not recommended for human consumption. sallyknorton.com/swiss_chard_hazard

Mark as Spam | Posted On 6/11/2022 1:32:16 PM

Like Dislike

Ronald_H

Joined On 7/10/2010 1:38:54 AM

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Doctor Mercola said: "I made the same mistake 23 years ago when prepping for Y2K. Swiss chard is very high in oxalates. Not recommended for human consumption. sallyknorton.com/swiss_chard_hazard" I've heard to consume a calcium supplement with the consumption of anything high in oxalates for it to form the insoluble calcium oxalate in the digestive system to not be available to be absorbed into the body and be eliminated. But I need to know more. Perhaps the unknown amount of effectiveness is not so important for spinach, but I have restored the distance and close focus abilities of my eyes after totally losing it with chaga.

It's amazing! After two decades of huge amounts of astaxanthin without reversing the loss of my eyes ability to change focus, chaga restored it and even made it quick focus for fast moving things and did that in only two weeks! I suspect it will have other healthful effects, but I stopped using it while having a huge supply in bulk to resume after I learn how to mitigate the extraordinarily high levels of oxalates in the chaga to not cause other problems.

I figure it is chemistry and need to learn how to prepare the chaga with the oxalates made unavailable for absorption. I think the answer might be for it to sit mixed with a most reactive form of calcium but will need to know either what has been tested to work or I will need a means of testing that oxalates are down to a level safe to consume after experimenting. Anyone know about this? RonaldHLevine4548@yahoo.com

Mark as Spam | Posted On 6/11/2022 4:52:47 PM

Like Dislike

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rrealrose

Joined On 11/10/2011 8:59:01 AM

Add as Friend | Send Message

Hi Ron, thanks for the tip! will be playing with my chaga chunks when I get a chance. - ~ ~ ~ as I often get a reaction to oxalates, had researched and came away empty handed assuming food preparation needs special attention (something Donna Gates mentioned years ago). More recently, Dr. Gundry said some tidbits about preparing foods with lectins got me looking into traditional pairings: spinach and tomatoes in chicken bone broth soup (with fat barely skimmed), arugula and bacon or panchetta stir-fried. Beet slices with mozzarella and (skipped the anchovy). There's something about Italian and traditional French pairings that seems to minimize reactions. Could also be called "overcooking the offender", then drenching in fats or oils. Am still messing around, light steaming helps but not as much as using bacon bits (from real bacon), coconut oil or lotsa butter to coat steamed broccoli. Assume this will be different for everyone.

Mark as Spam | Posted On 6/11/2022 8:37:27 PM

Like Dislike

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imaginal110

Joined On 6/28/2010 9:16:52 AM

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Yes to Just Do It gardening. It's actually a fundamental (FUN? MENTAL? I don't know :)) skill to just do it. I've a lot of experience in overplanning, overthinking. Can't grow couch potatoes . . . Get those seeds in the ground. Do something asap. I have a friend who is an incredible gardener and his whole life is go do it. He doesn't talk about it.

Mark as Spam | Posted On 6/11/2022 10:05:51 PM

Like Dislike

Dordee

Joined On 5/22/2012 12:47:41 PM

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So right, if we believe them, we surely will fail. Never believe anyone who says you can't, just go ahead and try it, might surprise yourself and succeed.

Mark as Spam | Posted On 6/12/2022 1:13:59 AM

Like Dislike

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sfl6453

Joined On 10/25/2015 4:51:12 PM

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Thank you very much Dr Mercola for you insight into our future. I am totally in line with you. I am starting to implement plans for me and my family future, who by the why think I am totally crazy. I am soon making a major move. I pray to God for guidance and strength. I believe with all of my heart that our Lord Jesus son of God has sent me to your web site. God be with you and our country. Thanks be to God!

Reply | Mark as Spam | Posted On 6/11/2022 2:24:19 AM

Like Dislike

Dordee

Joined On 5/22/2012 12:47:41 PM

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He sure does, guides us to the right people, plants . He sent me here in 2000 and with guidance, God, I did not die in 3 months as drs, told me I would. 2001, went into remission.

Mark as Spam | Posted On 6/12/2022 1:16:23 AM

Like Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

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"while people in wealthier nations can afford to pay more without tipping into starvation". That is a very ignorant statement! I told people, years ago, that Canada (Vancouver, BC, to be specific) was fast becoming a haven for the super rich. That's exactly where we're at today. Most of the people here (they're all rich immigrants) have no worries about the high cost of living; although, there are still millions who can barely afford the essentials of life! I've heard from the media of countless children who are going to school hungry - in one of the most expensive cities on the planet! Sky rocketing food prices isn't coming; food shortages aren't coming...it's already here!

Everything that's happening in the world today, has been planned for many decades and it's all part of the Great Reset/New World Order. Covid is no exception. I've been 'trying' to tell people, for a long time, that an entire generation of children is being destroyed by the covid masks. Now, there are a number of studies out, saying that children who are being subjected to the masks are now experiencing developmental delays in schools. Big surprise! Those idiotic masks are useless, yet detrimental to all of us! Am I the only one who sees the obvious? That "heat wave" in India?

I'll say it again: geoengineering is destroying the planet - and us! The ozone layer is thinning and the UVC rays are coming through! All this talk about 2030/40/50...forget about it. The biosphere is collapsing - and that's the biggest "elephant in the room (sky)" ever! We only have a few years left - if that! Very few people seem to understand the power and control that the oligarchs have over this entire civilization. Am I the only one who notices the out of control construction/developments? Tearing down entire communities to replace them with high rises, luxury homes, etc.. Build Back Better, indeed! Global transfer of wealth!

Reply | Mark as Spam | Posted On 6/11/2022 4:25:33 AM

Like Dislike

Otorongo

Joined On 4/16/2008 12:33:32 AM

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Randyfast: Totally agree with you. In my area, they are tearing down communities and building more and more huge warehouses. You are correct. The planned shortages of all things are here. People in third world countries that are not self sufficient, People in the cities and people on limited incomes no matter where they live will be and are the most affected. No matter who you are or where you live, we must all create community and create a community plan with our neighborhoods and then connect with other neighborhoods. We all have different skills and resources that MUST be shared for the health and safety of all of us.

When everything as we know it crashes, we must have alternatives in place or in the process to take the place. The things that we think are out of our control, be must contact our officials that are awake and willing to do something about. Or, become those officials. WE have to be the heroes that we are searching for. No one is going to save us except for God. That being said, he has already given us what we need. We just need to acknowledge it and use it.

Mark as Spam | Posted On 6/11/2022 4:58:44 AM

Like Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

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Thanks, Otorongo. The Dystopian Nightmare is right around the corner. How many are prepared for what's coming? How many, even have any idea of what's coming?

Mark as Spam | Posted On 6/11/2022 5:49:20 AM

Like Dislike

Sunshine955

Joined On 11/5/2011 8:08:04 PM

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I totally agree Randy. I live near you and can't believe all the building in town and further into the valleyit's astounding and everything appears to be going on as "normal" apart from the fact some of us are prisoners in this country. I shake my head and think I'm in lala land or will wake up soon. Watching the sky has also been interesting, chem trails and very strange and different, though sometimes beautiful, cloud formations. More people are telling me that people are getting sick with Covid (yeah, right) and there's a real uptick in cancers, heart problems and so on but none of it is connected to you know what! We are older and much of it is because if this, don't you know!!

I have noticed that younger people are now reporting the same things though. People have really changed as well. Very self-centred, generally. There has been masterful manipulation of behaviour. It's amazing what fear can do and how quickly society "unravelled". Thank you Dr M and all of you who share your wealth of knowledge. I've been preparing since a couple of months into this mess (although not enough, I'm sure) and am a source of amusement for my husband. At least he's not been saying that I'm going to have to get the jab at some pointI think it's starting to dawn on him that this wasn't the best idea. Much love to you all.

Mark as Spam | Posted On 6/11/2022 8:14:41 AM

Like Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

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Sunshine; thank you for the reply. It's probably even worse than you think. Those cancers, HIV and other diseases, are retroviruses that are hiding in that Lipid Nano Particle envelope in the nanobot shot. I keep referring to them as nanobot shots; because that's exactly what they are! It's all part of the plan! Everything that's going on today has been meticulously planned. I don't know where you live; but you probably know about the Broadway Skytrain plan. Have a look at the photo! Everywhere I go, I see DETOUR/ ROAD CLOSED/SIDEWALK CLOSED! They are also rebuilding all the malls into what will resemble a small city! Building, building, building - Build Back Better!

I live in Richmond and sometimes have to go to Broadway or 41st in Vancouver and they keep moving the bus stops, due to the construction. There was an article in the "Province" yesterday and regarding this out of control insanity; they said exactly what I knew they would..."The economy is picking up/thousands of new jobs; blah, blah, blah. The average worker already can't afford to live here. From today's article: -- "The plan considers how almost 500 city blocks along the Broadway subway line now under construction will change in the next 30 years, including significant increases of residential and commercial density." -- You should read the entire article.

theprovince.com/opinion/columnists/dan-fumano-bike-lanes-towers-renter.. There are going to be hundreds of new high-rises, town homes, etc. along Broadway. There are already hundreds on every major street! They are tearing down entire blocks in order to Build Back Better! Vanguard and Blackrock come to mind. They keep talking about 30/40/50 years from now. People will find out just how idiotic those projections are, before the end of this decade - if we make it that far! -- geoengineeringwatch.org has all the scientific data to prove that humanity doesn't have much time left.

Mark as Spam | Posted On 6/11/2022 8:51:21 AM

Like Dislike

Veganarchist

Joined On 11/29/2014 4:24:02 AM

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Randyfast: Totally agree with you! Same thing is happening here in California, where more people are now leaving the state than moving into it. Good posts, Randy!

Mark as Spam | Posted On 6/11/2022 8:57:56 AM

Like Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

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cont'd --Dane Wigington has another podcast today; if anyone is interested in what's really coming. So far this month, it's been mostly cloudy and raining from the spraying. If we get a week or so of sun during this summer; it's going to mean another "heat dome". It's going to get really hot! Watch out for the UVC rays.

Mark as Spam | Posted On 6/11/2022 8:59:05 AM

Like Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

Add as Friend | Send Message

Thanks, Vegan. It's amazing, how oblivious the masses are to what's really going on!

Mark as Spam | Posted On 6/11/2022 9:01:29 AM

Like Dislike

Arlen1

Joined On 8/1/2020 1:45:38 PM

Add as Friend | Send Message

When there's nothing for them (the rich) to buy they will come after anyone that's self sufficient. You will be forced to SHARE your food with everyone who didn't have the foresight to prepare and be self sufficient.

Mark as Spam | Posted On 6/11/2022 9:02:13 AM

Like Dislike

Randyfast

Joined On 5/6/2010 8:42:42 PM

Add as Friend | Send Message

Thanks, Arlen. That's just the tip of the iceberg. I chose not to get into that aspect of it. The oligarchs also won't take kindly to people being self-sufficient.

Mark as Spam | Posted On 6/11/2022 9:16:26 AM

Like Dislike

nbox4me

Joined On 11/10/2010 8:07:11 PM

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Trying to connect energy independency to shutting down the Keystone pipeline, canceling offshore oil leases and freezing new leases and permits for federal oil and gas drilling is right out of the Big Oil propaganda book. They are gouging all of us right now - we feel it, millionaires don't. High gas prices are engineered, therefore record corporate profits, therefore happier American oligarchs, their politicians and their lobbyists. Since Keystone has nothing to do with more supply, it's propaganda. Since Big Oil is sitting on thousands of acres of unused petrol leases, that's just more propaganda. Trying to connect President Biden's Build Back Better plan to any of this fascist chaos, corporate pollution and record profits of right wing corporations proves their propaganda works.

Right wingers have the main goal of getting your money and your vote, so they can transfer even more of our treasury into billionaire tax cuts. There is no way the millionaire class is doing anything Earth- loving that has been shared on this thread. President Biden's BBB is about giving the have-nots decent housing, decent education, decent health care, and decent green jobs that will help balance everything that's been talked about here. Right wingers want less corporate accountability and less taxes for the rich. Progressives want some help for, as Jesus described, "the least of us". Just say no to the propaganda drug of the corporate right wing.

Mark as Spam | Posted On 6/11/2022 1:52:07 PM

Like Dislike

Martix
Joined On 10/19/2007 4:48:18 AM
Add as Friend | Send Message

Agree with you big time, samething here in Whitehorse YT, and on top of that, the Yukon is an unstainable state (Winter are to long) Period, but nobody saw the "Writing on the Wall "

Mark as Spam | Posted On 6/11/2022 2:46:56 PM
Like Dislike

Randyfast
Joined On 5/6/2010 8:42:42 PM
Add as Friend | Send Message

Martix; how can they not see the writing on the wall! It's like graffiti on a 5 story building...kind of hard to miss.

Mark as Spam | Posted On 6/11/2022 3:00:31 PM
Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

What I do not understand is why they cannot see that destroying the planet for us also destroys it for them. They cannot survive if there is no food and I am sure they will not want to eat synthetic steak made by Gates.

Mark as Spam | Posted On 6/12/2022 1:25:56 AM
Like Dislike

Randyfast
Joined On 5/6/2010 8:42:42 PM
Add as Friend | Send Message

Dordee; the fact is that the oligarchs have their underground bunkers (cities), which I have no doubt, are self-sustaining, with food crops, waterways, magrail trains, etc. We already know that "they" have a gigantic store of the world's seeds. It's probably the best kept secret of all time! I have no doubt that these cities are already populated to an extent and they have had their mad scientists down there, working on more ways to take down humanity. We already know that they've had huge boring machines for a couple of decades, at least; and it doesn't take long to build infrastructure these days - above, or below.

Mark as Spam | Posted On 6/12/2022 4:33:23 AM
Like Dislike

GodsWorkInProgress
Joined On 11/5/2017 12:46:20 PM
Add as Friend | Send Message

Some wild edibles we have in our yard are purslane, red clover, dandilion, and especially those tiny clovers with the little yellow flowers that grow near sidewalks.. I'm careful what I mow- especially leaving clumps of various wildflowers for the pollinating insects to enjoy. Dandilion greens are awesome in Mediterranian salads, and those tiny fairy-like clovers that grow along sidewalks are very high in vitamin C... and also great in salads. They have a citrus lemon taste to them. Purslane has alot of omega fatty acids and also good in salads. Just don't use any weed killers and pull out actual invasive non-native weeds the old fashioned way. As for perrenials, I love growing garlic , leeks and chives in my backyard native plant garden... They're beautiful & pollinating insects love them.

Reply | Mark as Spam | Posted On 6/11/2022 8:08:26 PM
Like Dislike

wendyb.
Joined On 4/27/2011 5:42:34 PM
Add as Friend | Send Message

So, any clover is edible? You made special mention for the yellow ones. Do they taste the best? Okay - I should just go out and try them, ha! I particularly like the beautiful curly doc seed fronds in the fall. I have a coffee grinder I use for those seeds and add a scoop to my porridge.

Mark as Spam | Posted On 6/12/2022 1:09:00 AM

Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

So many wild greens you can forage and bring to plant in your garden. learned from my grandmother to identify them. I never use poisons in my house or yard, have cats, they hunt mice. if they catch a mouse that has eaten poison, they might also die.

Mark as Spam | Posted On 6/12/2022 1:54:57 AM

Like Dislike

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myw2616
Joined On 2/15/2021 8:20:40 PM
Add as Friend | Send Message

I have published a bulletin call the Fresh Food gazette that focus on producers of clean organic food. We conduct interviews with them and feature farmers and companies so we can get to know that people you are getting food from to feed our families. We host a food swap program. the groups focus is to share food with each other through buying, barter and trade. I also host a call in show to talk a little bit about what we are experiencing today but the shows main focus is to share and help implement solutions. If anyone is interested in learning more about any of the above email me at myworldviewparti@yahoo.com

Reply | Mark as Spam | Posted On 6/11/2022 3:49:33 PM

Like Dislike

Momtad
Joined On 8/2/2021 9:54:13 AM
Add as Friend | Send Message

Although gold and silver have always been a store of value, I don't think in the coming scenario they will be. I think the most valuable thing to have now both as a personal practical item and to be able to trade with is food.

Reply | Mark as Spam | Posted On 6/11/2022 12:55:25 PM

Like Dislike

Lynnfay
Joined On 9/17/2009 9:48:02 AM
Add as Friend | Send Message

I've been preparing for most of this for months. I suppose cash would be a good idea. I grew most of my garden from seed but need to expand it. I have a few more plots I can use if I pull out some ornamental shrubs. My mother did square foot gardening back when and her garden was amazing. We have a short growing season in Michigan, though. I'll plant more lettuce when it cools some. Thank you Dr. Mercola. You've helped us for years and you continue to. Trying to figure out the best things to grow in my garden and trying to figure out a small greenhouse kind of arrangement, maybe something even portable. Need some ideas on that.

Reply | Mark as Spam | Posted On 6/11/2022 4:40:44 AM

Like Dislike

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sgoodstone
Joined On 6/27/2008 9:02:09 AM
Add as Friend | Send Message

When the weather is too cool yet for your seeds or for some existing small plants, I use those plastic gallon water bottles as a mini-greenhouse over the seed or plant to keep it warm. I cut the bottom off of the jug. I anchor the jug by punching a small hole on two opposite sides, near where it will rest on the ground and run a thick wire through it, that's been bent in a U-shape to secure it to the ground. Giving the seed/plant a good watering before putting the jug on them, keeps the moisture in for a few days and helps the seeds to germinate faster. I use the original caps that came with the jug to keep the atmosphere inside the jug enclosed. Good luck!

Mark as Spam | Posted On 6/11/2022 4:51:13 AM

Like Dislike

Dordee

Joined On 5/22/2012 12:47:41 PM

Add as Friend | Send Message

For veggies that like warmth, you can grow many in pots, bring them inside in the fall. I have been doing this and have tomatoes into March. Love picking my homegrown tomatoes for a BLT in the winter.

Mark as Spam | Posted On 6/12/2022 1:49:43 AM

Like Dislike

MMaster

Joined On 8/14/2021 1:37:23 AM

Add as Friend | Send Message

Just be aware that if you have solar power, it will not work if the grid goes down UNLESS you have battery backup. If you do not, and can afford it, it would be wise to provide this as soon as possible.

Reply | Mark as Spam | Posted On 6/11/2022 11:50:19 PM

Like Dislike

CarlyGirl

Joined On 8/10/2021 9:08:29 AM

Add as Friend | Send Message

MMaster, what about solar panels for a solar generator? I am looking into buying a solar generator and once I decide which one is right for my situation I will buy extra batteries. I live in Vermont and we do get plenty of sun for the solar panels. I'm looking at Bluettes, Titan's, Delta EcoFlow, etc.

Mark as Spam | Posted On 6/12/2022 5:48:12 AM

Like Dislike

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robertgipsoncomcast.net

Joined On 9/5/2020 3:09:31 PM

Add as Friend | Send Message

A large part of food shortages and skyrocketing food prices is a fertilizer "shortage" mwhen there's not really a serious shortage. What has happened is that Union Pacific Railroad drastically cut fertilizer shipments. Deliberately.

Reply | Mark as Spam | Posted On 6/11/2022 4:46:26 PM

Like Dislike

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teachermom

Joined On 6/19/2006 8:02:56 PM

Add as Friend | Send Message

Truly horrible what's happening now. Biden is helping it all come to pass and is a tool of the enemy. Pray for our nation, America. Pray for the people around the world who will starve. Pray for peace and provision from God the Father.

Reply | Mark as Spam | Posted On 6/11/2022 3:07:43 PM

Like Dislike

joeanddonna

Joined On 9/7/2011 9:14:26 PM

Add as Friend | Send Message

"The human 'wrongs' - war, poverty, graft, lies, and shoddy work"...C.S. Lewis. We can dialogue and debate all the wrongs forever or we can trust our guts, history, and the advice of our visionaries who care about humanity like Dr. Mercola...and GET TO WORK! Water catching and storage, solar power (if possible), generator (w/stored fuel), grow our own livestock, can fish, grow vegetables and fruits then can or dehydrate (my favorite), and ferment foods (easy! and with excellent shelf life), cellar food storage, cured wood for fires for warmth from a fireplace and cooking outside (if necessary), GUT health (get off the pharmaceuticals if possible).

Move the whole body daily, get natural sun exposure, learn CPR and first aide, learn a hand gun with the idea that it is a determent modality not a killer, be mindful and pay attention to the quality of our initiatives, do something every single day (no matter how small) in preparation (it is also a way to "practice" the forthcoming reality), think of others, share where we can, educate when and where we can, make our choices last, and know that goodness is not a weakness. "The smallest good act today is the capture of a strategic point, from which, a few months later, you may be able to go on to victories you never dreamed of." C.S. Lewis. Thank you, Dr. Mercola..as always and forever..You're my guy :)

Reply | Mark as Spam | Posted On 6/11/2022 1:42:29 PM

Like Dislike

Momkastner

Joined On 6/16/2009 11:07:02 AM

Add as Friend | Send Message

I'm always surprised as to how many friends say they have stocked up--by filling their freezer. Head-slap here..... We had an old & very dear friend - "born again" - and very wise, who told us 20+ years ago that "Mark my words, in time, a box of bullets will be more valuable than a bar of gold". It also makes sense to "stock up" on goods for bartering - alcohol for making health tinctures - as well as survivalist books.

Reply | Mark as Spam | Posted On 6/11/2022 12:35:14 PM

Like Dislike

ScanKat

Joined On 1/9/2021 11:28:32 AM

Add as Friend | Send Message

The Survival Podcast is a wealth of information on these topics. I recommend him and he has many others that teach living in freedom and on your own for when it all goes.....

Reply | Mark as Spam | Posted On 6/11/2022 11:50:54 AM

Like Dislike

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islander129

Joined On 1/17/2017 6:23:35 AM

Add as Friend | Send Message

" Russia is blockading the port of Odessa ..." Wrong. Russia is not blockading Odessa. In fact, Russia has swept mines from Mariupol harbor so that shipping is under way from there. It is Ukraine that has strewn floating mines in the Black Sea. Russia (and perhaps Turkey) is trying to remove them.

Reply | Mark as Spam | Posted On 6/11/2022 10:49:42 AM

Like Dislike

BLUEEYESMC

Joined On 12/30/2015 7:59:34 AM

Add as Friend | Send Message

To save laundry money, I use laundry balls and always a COLD wash. My whites are as white as anyones. I've been doing thi for years, saving electricity by using only cold water. If you MUST use washing powder, dissolve it first, then place in washer.

Reply | Mark as Spam | Posted On 6/11/2022 10:33:47 AM

Like Dislike

Krofter

Joined On 6/2/2015 9:47:59 AM

Add as Friend | Send Message

secularheretic.substack.com/p/will-the-next-plandemic-be-food-born?s=r

Reply | Mark as Spam | Posted On 6/11/2022 9:53:16 AM

Like Dislike

tallulah3

Joined On 4/21/2021 9:26:59 AM

Add as Friend | Send Message

Thanks Krofter. I always like to read your articles

Mark as Spam | Posted On 6/11/2022 10:43:47 AM

Like Dislike

Krofter

Joined On 6/2/2015 9:47:59 AM

Add as Friend | Send Message

tallulah - Glad you liked it.

Mark as Spam | Posted On 6/11/2022 12:13:37 PM

Like Dislike

dfarrich

Joined On 3/28/2016 1:46:04 AM

Add as Friend | Send Message

Spot on Doc - spot on! And do it QUIETLY. No need to advertise that you have stores of food. Don't forget common first aid supplies, extra batteries, a pair of walkie talkies just in case you have two cars and need to "bug out" in order to remain coordinated. I started this 3 months ago and like doc said, a little at a time really piles up fast. Find non-perishables at discount food stores. The "best by" dates are a farce. I've just opened cans of beans that were five years old and as flavorful as the day they were processed. Pressure can soup, stew and meat for use as MRE's. Look up how to make pemican. The list goes on and on. Yah, it's a bit late to go the "true survivalist" route but not too late to apply common sense and up-stocking of your commonly used essentials.

Small bore firearms for game hunting and one larger for self-defense. Lear how to dress game. Yah, they're cute but you may just be too hungry for cute. I do everything from buying to preparing to maintaining and everything in between. I have all the tools for most trades but a basic tool kit that includes gaffer's tape (gorilla tape), a roll of rebar tie wire and paracord is indispensable when SHTF. Extra propane tanks and ten gallons of gasoline for each car so you can go further away or get back home; a charcoal grill and several bags of charcoal for outdoor cooking. You get the idea. Gear up for long-term camping. Now go forth and prep!

Reply | Mark as Spam | Posted On 6/11/2022 9:41:26 AM

Like Dislike

brodiebrock12

Joined On 9/18/2008 1:31:51 PM

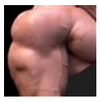
Add as Friend | Send Message

Add as Friend | Send Message

Buckle up buttercup. We are fast moving into survival of the fittest era. Learn to shoot, grow your own food and become a part of a strong tribe of survivors

Reply | Mark as Spam | Posted On 6/11/2022 7:42:26 AM

Like Dislike



MuscleGuy

Joined On 10/8/2010 7:14:37 AM

Add as Friend | Send Message

If you live in the USA and live in a large city, step up plans to move to a more rural area now.

Reply | Mark as Spam | Posted On 6/11/2022 7:40:16 AM

Like Dislike

Arlen1

Joined On 8/1/2020 1:45:38 PM

Add as Friend | Send Message

Not just live rural, but learn to survive off the land. Resources are a premium. Having land that will grow food and access to water is imperative!

Mark as Spam | Posted On 6/11/2022 8:29:19 AM

Like Dislike

AuntTammie

Joined On 9/4/2020 7:38:43 PM

Add as Friend | Send Message

muscle guy, not only is that impossible for a lot of people (for many reasons), but if we all could & did do that, the rural areas would no longer be rural

Mark as Spam | Posted On 6/11/2022 1:32:41 PM

Like Dislike

Iloveteatime

Joined On 6/4/2022 1:22:33 PM

Add as Friend | Send Message

I agree with Aunt Tammie. It's not practical to think everyone can just pick up and move rural. And let's remember, not many land owners would be offering free space to share with strangers. So us city dwellers will need to find our own way to survive. I don't think we're necessarily doomed.. Those street smarts we've accquired will pay off when we know exactly what shops to scavenge for any remaining supplies. Think Walking Dead city survivor scenes lol. Anything is possible I guess.

Mark as Spam | Posted On 6/12/2022 1:49:00 AM

Like Dislike

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galegalek

Joined On 9/28/2014 5:34:57 AM

Add as Friend | Send Message

Thank you Dr Mercola! Do you remember when there was a rash of naturopaths and homeopaths dying suspiciously. Were all of these deaths to silence so that we would not have the knowledge or physician to visit when we had the pandemic?

Reply | Mark as Spam | Posted On 6/11/2022 7:23:02 AM

Like Dislike

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brianallen1

Joined On 8/7/2021 10:12:38 AM

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Death by a thousand cuts is correct. When these things occur by themselves over time, the agenda is not as noticeable. When the good doctor lists them all together, it is quite a different picture. He who has eyes to see and ears to hear, take heed.

Reply | Mark as Spam | Posted On 6/11/2022 7:06:16 AM

Like Dislike

Kitera

Joined On 7/26/2007 6:24:19 PM

Add as Friend | Send Message

My grandparents and my husband's grandparents could mostly live off the land - and did. My parents possessed the knowledge but mostly chose to move to a comfortable lifestyle some elements of sustainability. We are urban dwellers who,while having some knowledge, and doing things like eating wild sustainable foods, are so far away from being able to survive that this next reset will likely wipe us out- just being realistic. Does anyone really believe hunting will be a source of good sustainable protein? . Two seasons will likely wipe out the large game herds.

Probably another season for smaller animals like rabbits. Canning your own fish will discriminate the fish populations but so few people know how to do that. So a few extra years from that source. It is not like anyone is going to apply for hunting and fishing licenses and obey limits to ensure survival of the populations of animals and fish. My husband's grandparents immigrated and were alloted a quarter section of land, 100 pounds of flour and sugar,l and a good ax. I am seriously going to miss my electric toothbrush.

Reply | Mark as Spam | Posted On 6/11/2022 7:05:16 AM

Like Dislike

Arlen1

Joined On 8/1/2020 1:45:38 PM

Add as Friend | Send Message

For those that own muzzleloaders the answer is yes. If the Dems have their way, gun ownership will go away. Muzzleloaders aren't traced. You can just walk into any Walmart or Bass Pro and buy one. Hogs are literally overrunning the planet right now. A large hog will provide a few month's worth of protein.

Mark as Spam | Posted On 6/11/2022 9:08:44 AM

Like Dislike

Wirralinittogether.blog

Joined On 4/6/2021 4:01:37 AM

Add as Friend | Send Message

Some sound advice here. In particular, switching the power off for a day or two and getting into that zone. Almost certainly, if the power goes off in my street with no end in sight, it won't be long before folks start running around like headless chickens. So some cool heads will be needed to provide leadership. Keep a copy of Kipling's "If" close at hand.. If you can keep your head when all about you, Are losing theirs and blaming it on you, If you can trust yourself when all men doubt you, But make allowance for their doubting too; If you can wait and not be tired by waiting, Or being lied about, don't deal in lies, Or being hated, don't give way to hating, And yet don't look too good, nor talk too wise, If you can dream - and not make dreams your master; If you can think - and not make thoughts your aim; If you can meet with Triumph and Disaster, And treat those two impostors just the same; If you can bear to hear the truth you've spoken, Twisted by knaves to make a trap for fools,

Or watch the things you gave your life to broken, And stoop and build 'em up with worn-out tools, If you can make one heap of all your winnings, And risk it on one turn of pitch-and-toss, And lose, and start again at your beginnings, And never breathe a word about your loss; If you can force your heart and nerve and sinew, To serve your turn long after they are gone, And so hold on when there is nothing in you, Except the will which says to them: 'Hold on!' If you can talk with crowds and keep your virtue, Or walk with Kings - nor lose the common touch, If neither foes nor loving friends can hurt you, If all men count with you, but none too much; If you can fill the unforgiving minute, With sixty seconds' worth of distance run, Yours is the Earth and everything that's in it, And - which is more - you'll be a Man, my son!

Reply | Mark as Spam | Posted On 6/11/2022 3:04:01 AM

Like Dislike

Otorongo

Joined On 4/16/2008 12:33:32 AM

Add as Friend | Send Message

Go to Christianbook.com They have some great books to help prepare for what's coming: "What to do when the Power Fails by Mary Twitchell $3.56" is a good starter.

Mark as Spam | Posted On 6/11/2022 7:23:02 AM

Like Dislike

Veganarchist

Joined On 11/29/2014 4:24:02 AM

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W...ah, Kipling's immortal poem, "If" should be read from time to time, especially in these times, when people are starting to feel the effects of the 21st Century "Great Depression" orchestrated by the oligarchs and rich filth.

Mark as Spam | Posted On 6/11/2022 9:02:59 AM

Like Dislike

Kassie

Joined On 9/21/2006 5:59:48 AM

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They won't just be running around like headless chickens. They will be forcefully breaking windows and doors to steal food from the neighbors to feed themselves and their families, and they will hurt whoever gets in their way. This is what frightens me, as a city dweller in a very expensive state who cannot afford to move.

Mark as Spam | Posted On 6/11/2022 1:00:53 PM

Like Dislike

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ghfinn

Joined On 2/9/2016 7:51:02 AM

Add as Friend | Send Message

As I continue to prepare, the spouse thinks I am a looney tune. Nice to be supported.

Reply | Mark as Spam | Posted On 6/12/2022 4:33:43 AM

Like Dislike

BryanUK

Joined On 8/14/2021 4:08:01 AM

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We are ready! It has not been too complicated to revisit life as experienced in war rationed Britain. My wife and I are both octogenarians and have: 1) allocated 250 square meters for a standard (since Anglo Saxon times) food allotment. 2) There is a well that my farming ancestors have used for 9 generations. 3) The large open front fire has been fitted with a multi fuel stove and we have enough cardboard/paper briquettes and wood for the winter. 4) A petrol powered generator for lighting and recharging batteries if needed. 5) 6 hens raised from our incubator that forage and have no processed feed (only germinated barley). 6) Preserving produce by lactose fermenting .

7) Preserving fruit and root crops by fermentation for wines and cider. It has taken time to settle on heritage varieties that work. But I had a head start from my late father who was a true countryman. Self reliance is satisfying, interesting and keeps us fit. I recently found the cook book of my great great grandmother who raised a family of six in this house. We know what they ate and how they cooked, brewed and preserved their produce. She had no central heating, electricity, running water or indoor toilet. A great lady who was never bored and reached the age of 96 in 1913. 'There is nothing new under the sun' Sharing ideas to beat this evil.

Reply | Mark as Spam | Posted On 6/12/2022 3:50:38 AM

Like Dislike

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wendyb.

Joined On 4/27/2011 5:42:34 PM

Add as Friend | Send Message

EVERYONE HAS TO SEE THIS - I'm in shock! Google nih' (the US government website, right?). When there, type in, covid-19 the truth'. Please poke Fake!' holes in it if you can!

Reply | Mark as Spam | Posted On 6/12/2022 12:49:55 AM

Like Dislike

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espavo

Joined On 6/19/2006 1:49:57 PM

Add as Friend | Send Message

I'm most interested in hearing all the ideas about Water Storage and Water purification. Also, suggestions for getting water from a well when No electricity. Thanks.

Reply | Mark as Spam | Posted On 6/11/2022 7:07:18 PM

Like Dislike

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san5129

Joined On 5/16/2021 4:10:10 PM

Add as Friend | Send Message

From April 2021 to now there have been 95 facilities destroyed....

Reply | Mark as Spam | Posted On 6/11/2022 5:13:23 PM

Like Dislike

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swabiengmail.com

Joined On 6/7/2021 1:42:54 PM

Add as Friend | Send Message

I am lucky to live close to the ocean where they are many varieties of delicious sea vegetables and the fishing is good.

Reply | Mark as Spam | Posted On 6/11/2022 2:14:14 PM

Like Dislike

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correspondencecommitte

Joined On 12/24/2020 10:00:25 AM

Add as Friend | Send Message

Looks like it's going to be everyone for oneself given little to no preparation for political resistance. Apparently, among the skills and practices of the past that have been lost within the cages of consumer capitalism have been those of active citizenship and democracy, which might have conceived something more militant than individualist survival schemes typical to bourgeois accommodation.

Reply | Mark as Spam | Posted On 6/11/2022 1:19:22 PM

Like Dislike

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walt3kgmail.com

Joined On 6/2/2022 1:19:40 PM

Add as Friend | Send Message

Funny how both UFOs and prepper ideology no longer seem like conspiracy theory, all in such a short amount of time.

Reply | Mark as Spam | Posted On 6/11/2022 12:22:09 PM

Like Dislike

tan2582

Joined On 3/19/2015 10:40:19 PM

Add as Friend | Send Message

It is forced. As far as I know, Ukraine holds some grain purpose. Tones of grain storage was burned in Donbas by Ukrainian ***, they destroy everything everywhere they go and retreat , like a locust... Lukashenko offered US help with Baby formula - no reply. But listening to Biden, I got an impression that Putin is the president of US .... apparently he is the one who is raising taxes and prices ... This is what I don't get - US and Europe basically said "don't give me anything, I don't want anything from you" and at the same time whining and blaming for not providing... Everything is available.

Reply | Mark as Spam | Posted On 6/11/2022 11:29:15 AM

Like Dislike

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radiance_iam

Joined On 4/7/2009 10:21:25 AM

Add as Friend | Send Message

I also recommend not keeping large amounts of money in the banks. Once you put it there it is the banks' not yours. Purchase hard assets that are worth more than the U.S. dollar if you need to sell, barter or use yourself. Always keep some cash in a safe place.

Reply | Mark as Spam | Posted On 6/11/2022 11:14:58 AM

Like Dislike

CeceliaAnn

Joined On 8/30/2010 1:35:07 PM

Add as Friend | Send Message

Thank you Dr. Mercola for all your hard work. Here in the USA I believe in the "American Spirit". In my community I see people helping people every single day. We are good people even though our federal government is corrupt. I know when the *** hits the fan I can count on my family and friends. And they can count on me. In America we got through the great depression. We will get through this too. However, the Great Re-Set and WEF scares me, for my grandchildren and great grandchildren. When I try and talk to other family members they call me "Crazy Ann". I will keep trying though in my own way. Love and Hugs, from Arizona

Reply | Mark as Spam | Posted On 6/11/2022 9:30:46 AM

Like Dislike

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wallguy

Joined On 12/19/2015 10:23:35 AM

Add as Friend | Send Message

As was the importance for early American west bound wagon trains across the unknown landscapes to almost all early settlers who had the adventure zest of new desires/dreams/discoveries, some form of daily new skills must be learned in order to survive. In this New Frontier, the same exact thing applies. Prepare to meet the challenge of the New Frontiers. It is a mind and body experience to succeed it.

Reply | Mark as Spam | Posted On 6/11/2022 9:08:11 AM

Like Dislike

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zot.zot

Joined On 7/31/2010 8:25:06 PM

Add as Friend | Send Message

Rice and beans will be your long term survival foods, but eggs from a local source would be very handy. Food in freezers requires back up power and of course water is key. A couple of steel garbage cans full of grain (corn n wheat) plus a grinder will make a lot of bread. Don't forget yeast (it last well in the freezer.) Since generators take power plan on running them in cycles VS 24/7. A big garden with lots of storable staples (potatoes, sweet potatoes, squash, onions, etc) if you have a place to store them that is cool and dry will make a big difference in your available calories. The joke is in times of crisis precious metals (gold, silver, platinum, etc) are handy, but lead may become more precious than all of those. If you camped as a scout all the skills you learned may get dusted off and put to good use from open fire cooking to first aid. btw - first aid may require more than a band aid so prepping for an occasional bad cut with super glue or even sutures might save a life.

Reply | Mark as Spam | Posted On 6/11/2022 9:07:30 AM

Like Dislike

Kassie
Joined On 9/21/2006 5:59:48 AM
Add as Friend | Send Message

Thank you, these are all great ideas. I was listening to a prepper and took his advice. We picked up 2-10 lb. bags of organic flour from Costco for $14 and used the food saver to shrink wrap them for longer storage. I also ordered 2-2lb. bags of non-GMO powdered whole eggs from a place called Cinnamonster. They were around $91, but I thought it was worth it since they are killing all the chickens. My husband said when he was in the service, powdered eggs did not taste good, not sure about these, but I also ordered powdered organic cheese (Frontier Co-op) and powdered butter (Anthony's) to help make them yummy. I did order one of the last two from Amazon, but I try to avoid them whenever possible. These were some suggestions I heard and I thought they were good ones so thought I would share. Powdered whole milk, too. The idea is to get as many calories as you can for your money. This is survival prep, after all.

Mark as Spam | Posted On 6/11/2022 12:44:45 PM
Like Dislike

Arlen1
Joined On 8/1/2020 1:45:38 PM
Add as Friend | Send Message

The food shortages won't be because of the weather (climate change). That's a joke. The food shortages will be the result of farmers going bankrupt. Add to that the corporate food monopolies that will be forced to lay off most of their workforce as the result of upcoming economic crash. The crash is coming and will be the worst one since the great depression. It may have already started because the stock market just went below where it was when Trump left office and there's no reason to suggest it will rebound. Everyone needs to start planning for the crash. It is probably going to happen between Sep 2022 and Mar 2023. That's the worst time it can happen because people will literally be freezing to death in their own homes with no food, water, electricity, or gas. I have about a year's supply of food and I can easily get hog, deer, squirrel, and fish when I need animal based protein.

Reply | Mark as Spam | Posted On 6/11/2022 7:42:05 AM
Like Dislike

brodiebrock12
Joined On 9/18/2008 1:31:51 PM
Add as Friend | Send Message

100% intentional absolutely

Mark as Spam | Posted On 6/11/2022 7:43:15 AM
Like Dislike

Arlen1
Joined On 8/1/2020 1:45:38 PM
Add as Friend | Send Message

Yes BrodieBrook. If you wrote a book on how to destroy an economy and potentially send the world into a depression, you would just rewrite the Biden Administration's playbook and publish it. Yesterday was a prime example of "planned economic destruction". He addressed the ongoing energy/gasoline inflation. Biden's solution is to TAX the profits (even more) of the oil companies and lift all the Trump eror tariffs on China imports. Taxing the profits of big oil means they will raise the price! Higher oil prices means the price of everything goes up. No one is this stupid. This is deliberate destruction of the US economy.

Mark as Spam | Posted On 6/11/2022 7:49:40 AM

Like Dislike

bfr27915

Joined On 9/26/2021 5:38:22 PM

Add as Friend | Send Message

"Choices." Conform or think. Eyes closed or eyes opened. Stay on "Hopium" or get off "Hopium."
truthcomestolight.com/a-brief-history-of-hopium "Choices."

Reply | Mark as Spam | Posted On 6/11/2022 7:29:59 AM

Like Dislike

Veganarchist

Joined On 11/29/2014 4:24:02 AM

Add as Friend | Send Message

bfr27915: Yes, Corbett nailed it. Glad you posted it on Dr. Mercola's website. On Prez. W.W. and the First World War, he was "pressured" by the infamous bankers to get us into the European war as they were worried that if Germany and its allies won, the millions of dollars they lent to Britain, France, and other nations for the war effort, wouldn't be repaid. It had nothing to do with making the "world safe for democracy." Nuking civilian targets in Japan had nothing to do with "saving a million lives" but everything to do with showing the Soviet Union that we won't share Japan with you and if you try to split it, as was agreed to do to Germany once the "superman" (my moniker) was defeated.

And of course, after several decades, Uncle Sam finally admitted the so-called "Gulf of Tonkin" incident was a phony false flag operation. Great comments and very good advice from so many of you! Thanks, everybody, and Thank You Dr. Mercola and your staff! Just thinking about a movie I saw in the early 80's. Terry Gilliam's "Brazil" with Johnathan Pryce, and a funny cameo role with Robert De Niro.

IMO, not dated at all. Keep up the good fight, brothers and sisters and "teach" our fellow citizens about the "Great Reset" and so many other things that they have no clue on what is actually transpiring. The Anti-Christ, which is non-religious, is the sinister forces of greed, selfishness, money and power and as they have the upper hand, won't be easily defeated, but it is paramount for humanity, and the planet they are defeated and may the world unite in establishing a humane, egalitarian system of cooperation instead of confrontation.

Mark as Spam | Posted On 6/11/2022 8:49:59 AM

Like Dislike

brodiebrock12

Joined On 9/18/2008 1:31:51 PM

Add as Friend | Send Message

So much wild deer etc in my area to live off for life. Learn to tend to a massive garden as well and protect your family. All of us here knew this was coming and were warned repeatedly who was driving all of this within the global cabal. Gates and China own more land in the USA for a reason and we all know why

Reply | Mark as Spam | Posted On 6/11/2022 7:29:15 AM

Like Dislike

January21

Joined On 1/22/2020 11:50:09 AM

Add as Friend | Send Message

Thankyou Dr Mercola

Reply | Mark as Spam | Posted On 6/11/2022 6:14:32 AM

Like Dislike

msantine

Joined On 8/10/2006 11:58:38 AM

Add as Friend | Send Message

Chlorine dioxide/MMS)/CDS: watch the documentary "The Universal Antidote" on Brighteon and make sure you are stocked for self treatment of many ills.

Reply | Mark as Spam | Posted On 6/11/2022 5:29:37 AM

Like Dislike

Kassie

Joined On 9/21/2006 5:59:48 AM

Add as Friend | Send Message

I am on two channels on telegram about the Miracle Solution, and can't understand any of it. There seems to be so many variations and a person can hurt themselves if they don't know what they are doing. It does sound interesting and promising, though. If you are experienced and actually understand it all.

Mark as Spam | Posted On 6/11/2022 12:58:12 PM

Like Dislike

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ttwdem

Joined On 3/27/2012 5:30:50 PM

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For me, the most important thing is to stay out of the medical system. Anyone know of some "Bibles" of herbs and DIY natural medicine? I have been scrambling to figure out how to become self-sufficient outside of the medical system for a few weeks as I watch things deteriorate, but it is overwhelming. Most books do not seem useful. They use obscure herbs, or do not properly highlight cautions and contraindications, or how to match herbs for specific constitutions, or which herbs are best for specific geographic areas, etc. Any suggestions for books would be much appreciated.

Reply | Mark as Spam | Posted On 6/11/2022 2:03:46 AM

Like Dislike

Maritt

Joined On 12/14/2010 8:19:52 AM

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Also stock up on activated charcoal. It stops diarrhoea / food poisoning in less than an hour. For babies and young children, take it out of the capsule into a spoon, add a few drops of water / jam and give to them.

Mark as Spam | Posted On 6/11/2022 2:50:41 AM

Like Dislike

Micha_El

Joined On 4/23/2020 4:52:00 PM

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Obtain plants, be it for the garden or balcony; think of Sage, Rosmary, Lavender, Laurel, Thyme, Onion and Oregano. A great book that will start you off in terms of the healing properties of the various plants is The practice of Aromatherapy by Jean Valnet. And always have a good supply of lime and lemons!

Mark as Spam | Posted On 6/11/2022 2:59:39 AM

Like Dislike

Otorongo

Joined On 4/16/2008 12:33:32 AM

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ttwdem: I have an old copy of "The Handbook of Alternatives to Chemical Medicine" by Mildred Jackson, ND and Terri Teague, ND, DC. It was a good starter book for me. I have many herbal books on my shelf. Some are not well indexed. Others are Great. I was taking an herbal course and the school became Woke in the middle of my journey. I couldn't take the agenda so I dropped, but luckily I had a hard copy of the entire course printed, with all the recipes. And, luckily I grow most of my own herbs and dry them. What I don't grow I can get in bulk from Mountain Rose Herbs or Thrive Market. Keep Colloidal silver on hand. Dr Mercola sells a silver solution. I use it as a nasal spray every morning, and one drop in each eye every morning. I've cured my chickens of mycoplasm. It kills viruses, bacteria and fungus. Do your own research. There is lots out there to learn. You might also go to

Rumble.com and find "Homesteading Family" they also have a website. She, Carolyn goes through some common herbs you can grow for every day medicinal uses. Good Luck and have fun learning.

Mark as Spam | Posted On 6/11/2022 5:21:05 AM

Like Dislike

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tsw1460

Joined On 12/17/2015 7:36:17 AM

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Look into the books written by Stephen Harrod Buhner: Herbal Antibiotics, Herbal Antivirals and Natural Treatments for Lyme Coinfections. I have all three and are very well written

Mark as Spam | Posted On 6/11/2022 6:23:26 AM

Like Dislike

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exhibitdesign

Joined On 6/19/2016 7:02:45 PM

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The Lost Book of Herbal Remedies by Nicole Apelian

Mark as Spam | Posted On 6/11/2022 6:24:10 AM

Like Dislike

Otorongo

Joined On 4/16/2008 12:33:32 AM

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Peterson Field Guide to Medicinal Plants and Herbs of Eastern and Central North America by Steven Foster and James A. Duke. If you live in this area. Lots of pictures, descriptions and uses

Mark as Spam | Posted On 6/11/2022 7:15:36 AM

Like Dislike

Karolina99

Joined On 5/15/2021 8:43:59 AM

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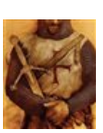
There is a great book written by the famous Maria Treben:www.herbalgram.org/resources/herbalgram/issues/26/table-of-contents/ar.. . I got an old version of her book Health Through God's Pharmacy in English. It differs from the book, which was printed later. There is more material about herbs. Another book is A Gentle Medicine by Hademar Bankhofer. He has written more books, such as www.bookdepository.com/.../Hademar-Bankhofer .

Mark as Spam | Posted On 6/11/2022 9:07:44 AM

Like Dislike



Jeremiah.8

Joined On 5/31/2022 10:37:50 AM

Add as Friend | Send Message

Doomsday Medicine by Ralph LaGuardia

Mark as Spam | Posted On 6/11/2022 1:23:33 PM

Like Dislike

Suzicreamcheese

Joined On 8/5/2012 10:44:32 AM

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Thank you Dr. Mercola, you are for ever in my heart. Blessings to you.

Reply | Mark as Spam | Posted On 6/12/2022 7:36:21 AM

Like Dislike

Alfurs

Joined On 8/27/2020 3:44:44 AM

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These are all great suggestions on how to cope the coming future, but the reality is that Bible prophesy will continue to come true. There is only one real solution out of this escalating mess: to accept Jesus as Lord and Savior... and do His will. Many blessings ot all of you.

Reply | Mark as Spam | Posted On 6/12/2022 3:21:29 AM

Like Dislike

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sandramarie108

Joined On 9/27/2021 2:34:28 PM

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Isn't climate change the scapegoat reason for the problems caused by pollution of the industrial age and industrial companies and the exploitation of resources, etc. All those things are the real reason for climate change which is why people need to become more self-dependent and work with local communities to create local economies. And get away from the globalization of products which I believe is only for the benefit of greedy stock investors, etc which create the wars, exploitation of resources and high prices, human suffering and other problems around the world.

Reply | Mark as Spam | Posted On 6/11/2022 3:51:03 PM

Like Dislike

AllanMacRae

Joined On 6/22/2021 6:48:20 AM

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NetZero, Carbon Taxes and other anti-CO2 measures were never justified scientifically or economically - they are the prattling of woke innumerates, promoted by deceitful, incompetent politicians and their “bought” scientists. By the end of 2020, the climate alarmists were proved wrong in their scary climate predictions 48 consecutive times. At 60:40 odds for each prediction, the probability of that being mere random ignorance is 1 in 13 quintillion; at 70:30 the odds are 1 in 13 septillion. It’s not just woke climate scientists being ignorant. They know they’re not telling you the truth.

"The ability to correctly predict is the best objective measure of scientific and technical competence." Our scientific predictions on Climate are infinitely more accurate than the mainstream narratives, which have been false and baselessly alarmist to date. Reference: https://correctpredictions.ca/ In 2002 and again in 2013 we published the earliest and most accurate predictions on climate and energy, as follows: 1. There is no real global warming crisis. 2. Green energy is not green and produces little useful (dispatchable) energy. 3. Climate is INsensitive to increasing atmospheric CO2 and the burning of fossil fuels.

4. Climate at the century-scale IS sensitive to small changes on solar activity. 5. Earth will start natural solar-driven cooling by ~2020 or sooner. 6. Grid-connected green (wind and solar) energy will prove a huge failure by ~2020. The Global Warming and Green Energy issues that the greens fret about are not relevant and not even real. The real issue now is natural global cooling that started circa 2016-2020, causing food and energy price inflation and shortages, exacerbated by the Ukraine War. Global famine is possible. Told you so 20 years ago! Regards, Allan MacRae energy-experts-international.com

Reply | Mark as Spam | Posted On 6/11/2022 7:10:10 AM

Like Dislike

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jland12

Joined On 10/23/2020 9:45:26 AM

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Three days without water will kill you. Water storage is good but a sustainable source is the only thing that will allow you to live long term.

Reply | Mark as Spam | Posted On 6/11/2022 5:56:34 AM

Like Dislike

Wirralinittogether.blog

Joined On 4/6/2021 4:01:37 AM

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Depressing though it is, here in the UK, if our normies' lovely pet cats and dogs start suffering and dying ... this will be the impulse needed for countless pennies to drop, tens of millions of TV sets to be smashed, and a collective rage to ensue. The government would be quickly overthrown, with an opportunity seized to pick up the pieces, "build back better" and start forging that journey to the sunlit uplands. Here we can begin carving out an honest, civilised society for ourselves and our children. It'll just be a shame that our perfect pets had to perish.

Reply | Mark as Spam | Posted On 6/11/2022 3:26:05 AM

Like Dislike

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sandramarie108

Joined On 9/27/2021 2:34:28 PM

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Everything continually changes and evolves. Stick to the basics and don't support the evil ways. There are people called Breatharians that live on very little food and water. We just have to condition ourselves to need less. Dont fall into the fear. Focus on all that is positive and what you are grateful for. Being grateful has more power and benefit than anything to dissolve the negativity. What every happens will all eventually pass. Just don't focus on things you don't wish for, because your thoughts will create the reality that will happen for YOU. Be Blessed.

Reply | Mark as Spam | Posted On 6/11/2022 4:21:53 PM

Like Dislike

Iloveteatime

Joined On 6/4/2022 1:22:33 PM

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I'm always surprised to hear people speak about Breatharians as if they're doing something good. They're not. They're insane and are only harming themselves. In fact, I think it's downright irresponsible to even mention them. Ever. They are not the type of people that can legitimately teach anyone about good health. We can learn to "condition ourselves", as you say, by daily intermittent fasting and thus prepare our bodies the safe, healthy way for any food shortages that occur.

Mark as Spam | Posted On 6/12/2022 12:36:29 AM

Like Dislike

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ina24275

Joined On 12/31/2013 8:14:27 AM

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The advice and responses are hilarious. I see millions of people turning into little farmers overnight, their ample storage rooms of their 2 bedroom condos filled with goodies for a rainy day, their firewood chopped and ready to heat the wood stove in their 10th floor apartment and their well water being pumped into their bathtubs. Their portable A/C units and their fridge are using their battery operated generators conveniently placed on the balcony. What could possibly go wrong with enough cash and gold bars stashed away in the hidden secret compartment of the bedroom closet?

Reply | Mark as Spam | Posted On 6/11/2022 3:31:03 PM

Like Dislike

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inka12406

Joined On 9/25/2007 9:21:07 AM

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I have been following Mercola for many years. I don't even know how long - maybe 15 years of so. I read a lot. And I like to read his perspective as one but I don't really think it's going to be all this gloom and doom. History repeats itself and we will see prices come down. Sure we all should have as much independence as possible - and stay away from control as much as possible, but it's not healthy to allow oneself to be over consumed with anything. I'm a DO like Mercola. I practice Functional Medicine too. I'm fellowship trained through the American Academy of Anti-aging as well as board certified in Family Medicine and Geriatrics.

I practice holistic medicine. There's a time and place for both holistic and conventional. I have my home and office in the city and a country home with 5 acres we escape to every month. I believe in firearms, my husband is a marksman but I am not. We have a generator and believe in self sufficiency and I've replenished a storage of water and food over the years. I just don't think it will be as bad as Mercola writes. He's a business man too and has been mistreated - so he's on one far side. Our current government administration is trying to ruin him and anyone like him.

But that will change. We will regain our government - if we aren't cheated. As for social media - we may have some chance of survival if Elon Musk gets his hands on Twitter - but otherwise it will take something similar for us to regain our rights on social media. Anyway... I'm a member of Mercola's private site - but I don't worry. We'll overcome. We will. There is injustice all the time in this world and there always has been. But hang in there - keep moving forward - prepare for some general things without getting obsessed - and you'll be okay.

Reply | Mark as Spam | Posted On 6/11/2022 3:43:29 PM

Like Dislike

CarlyGirl

Joined On 8/10/2021 9:08:29 AM

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I have been buying extra food (bags of rice, beans, flour, etc.) and kept in food storage buckets. As I posted before I started a garden early this summer (I live in Vermont). I also bought grow bags as I am growing cauliflower, extra green beans, onions, broccoli, etc. I have a huge apple tree in front of the house which I will collect and can (the deer can eat the rotten apples). When Biden was elected I bought an extra freezer and always kept it completely stocked with meats, chicken, fish, etc. What scares me more than food shortages is the loss of electric.

I am considering buying a Bluette Solar Generator or a Titan to keep our extra freezer working. I can spend about $3000.00 so if anyone has any recommendations for a solar generator please post. I am also a full time caregiver for my 96 year old mother. I need to keep her warm during the cold winters here in Vermont. Thinking of buying electric blankets if I buy the right type of solar generator. Any inputs would be welcome! Thanks!

Reply | Mark as Spam | Posted On 6/12/2022 5:43:18 AM

Like Dislike

CarlyGirl

Joined On 8/10/2021 9:08:29 AM

Add as Friend | Send Message

Thanks Dr. Mercola for reinforcing my thoughts and to most of the people who comment here. I have been reading this site for years and it has been a wealth of information! I did start a garden and it's growing now (heirloom seeds). I plan on canning and storing foods in my basement. I also have been seriously thinking about buying a solar generator. I live alone and take care of my elderly mother. If we lose electric, I would be okay but my mother would not. Does anyone have any recommendations? Note, we are on a budget. Thanks!

Reply | Mark as Spam | Posted On 6/11/2022 6:22:15 PM

Like Dislike

GodsWorkInProgress

Joined On 11/5/2017 12:46:20 PM

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If we lose electric, what you may want to start doing now is stocking up on batteries and LED lantern type lights- get a small propane camping stove to boil water in a kettle or a pot of soup- pick up some small propane cylinders at your hardware store to keep on hand. You may want to stock up on polartec blankets for your mother if she is elderly.. and a good warm pair of

bedroom slippers that will keep her feet/ankles warm... best kind are made from sheeps wool-shearling. In the Winter, she will need to be layered to stay warm. A Ski vest for her to wear over her sweater will insulate her in a cold house.

Mark as Spam | Posted On 6/11/2022 8:31:50 PM

Like Dislike

Kassie

Joined On 9/21/2006 5:59:48 AM

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I would just like to ask the community for your opinions. Do you think it would be wise to get out of the stock market and convert to cash before stocks/IRAs, etc. are potentially worthless in light of where we are so obviously heading? I only see disaster ahead for the stock market, the supermarket, the real estate market, every market. Does anyone have any wisdom or advice, please?

Reply | Mark as Spam | Posted On 6/11/2022 12:29:55 PM

Like Dislike

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katspoon

Joined On 9/8/2010 12:03:25 PM

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Hi Kassie, I got out of the market before it became volatile and put my money in cash value.

Mark as Spam | Posted On 6/11/2022 5:55:47 PM

Like Dislike

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lawyerlisa

Joined On 1/23/2012 2:26:07 PM

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Dr. MERCOLA I would appreciate looking at what I discovered on this topic. LawyerLisa and Hunger Games.
https://youtu.be/uWUDobJQDYE

Reply | Mark as Spam | Posted On 6/11/2022 6:31:52 AM

Like Dislike

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shampoo1

Joined On 8/4/2021 5:21:25 PM

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Dr Mercola - First, a huge Thank You for all you are and all you do! I don't like it when my friends are attacked. You are an absolute life saver. Screw them! Water... This is my concern of the day. Where I live, Nestle has bought up all the companies that deliver Spring Water. Most (or maybe all by now) purified water too. How absolutely terrifying is that??? A home purification system for everyday drinking water will get us away from those plastic bottles anyway. I'm hoping your followers have some good recommendations? We have purchased spring water for the great minerals since an article you wrote many years back.

It will be a shame to filter out all the good minerals. What is the best way to replace them? Is using an alkaline system for every day water a good idea, or is it not recommended? In a power outage a few years back, the water became so stinky as the processing plants went down and water backed up and overflowed (or something along those lines). I would recommend to also getting the straws, cups, or secondary system that can filter out bacteria in case of emergency. Thank you!

Reply | Mark as Spam | Posted On 6/11/2022 9:01:44 AM

Like Dislike

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frecely

Joined On 6/17/2011 3:14:42 PM

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Shampoo1, You can add Celtic salt or Himalayan salt to replace the minerals on your water, also you can add some organic molasses, I use a few drops of a solution of fulvic/humic acid; you have to watch for the quality on these ones. I buy Vital Earth Minerals, Mother Earth have great products. (No affiliation with those companies) Sometimes I juice veggies like celery, green apples, cucumber, sometimes beets and carrots and I mix it with my drinking water along with lime juice; occasionally I use apple cider vinegar. Eating plenty of vegetables will give you the essential minerals also. Another suggestion, you can make your own electrolytes solution with coconut water or vegetables. Keep handy a powder mix of Magnesium/Calcium/Potassium, and sea salt. My mother used to fine grate apples, carrots and beets and get the juice using a cheese cloth, the leftover fiber were added to soups or for baking. wish you the best!

Mark as Spam | Posted On 6/11/2022 10:14:01 AM

Like Dislike

Kassie

Joined On 9/21/2006 5:59:48 AM

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Just wanted to suggest looking into Clearly Filtered. I love the water and their website explains it all. I don't know if their filters would filter out a truly poisoned water supply, though. But they sure beat plastic and tap water and are far better than Brita.

Mark as Spam | Posted On 6/11/2022 12:50:24 PM

Like Dislike

Kelpticgoddess

Joined On 6/3/2012 10:41:05 AM

Add as Friend | Send Message

Linda N I also have HIT and MCAS U can sprout seeds to get your greens which will be fresh. I have a Facebook group Histamine Intolerance DAO Deficiency MCAS there are other things which can help U so do not despair or starve start learning to sprout and stockpile seeds

Reply | Mark as Spam | Posted On 6/11/2022 7:13:38 AM

Like Dislike

Dordee

Joined On 5/22/2012 12:47:41 PM

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I have a question, what about medical devices implanted in people? I have a pacemaker, could they sent high voltage surge to kil me. Should i get it removed? Can it be used to track me?I had been worried about EMPs, how would they affect me, but now I am more concerned about my government using it to kill off this useless senior of 81, especially if they decide I present a problem.

Reply | Mark as Spam | Posted On 6/11/2022 10:05:01 PM

Like Dislike

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imaginal110

Joined On 6/28/2010 9:16:52 AM

Add as Friend | Send Message

Don't know Dordee but wishing you well. I have my own list of unknowns. Let's keep singing while there's voice left.

Mark as Spam | Posted On 6/11/2022 10:21:05 PM

Like Dislike

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os00

Joined On 8/18/2010 3:11:24 PM

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Wish Dr. Mercola would promote subscribers to post signs by intersections and buildings simply stating: "Have you had a vaccine injury or failure leading to severe illness? Please have your doctor report it to VAERS" Simply seeing such a notice would be eye opening for many people...

Reply | Mark as Spam | Posted On 6/11/2022 9:36:33 PM

Like Dislike

Sanbruno69
Joined On 10/2/2021 8:49:58 AM
Add as Friend | Send Message

FYI. Another of countries are not playing. Mexico is giving the rats the middle finger. As is Brazil and many others!! Viva Mexico

Reply | Mark as Spam | Posted On 6/11/2022 9:24:51 AM
Like Dislike

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zoemamma8
Joined On 5/29/2014 10:17:52 AM
Add as Friend | Send Message

What books would you recommend to have on hand for reference? Also what's the best way to start learning the skills necessary to do it yourself?

Reply | Mark as Spam | Posted On 6/11/2022 9:22:57 AM
Like Dislike

Pappioso
Joined On 12/16/2021 2:43:24 AM
Add as Friend | Send Message

The Bible says that these things will come to pass. As important as it may be to prepare for it, it is infinitely more important to prepare for eternity. Jesus said I am the way the truth and the life, no man comes to the Father but by me. Forgiveness of sins is man's most critical need. Without it all these preparations are for naught. He died on that cross and rose again on the third day and paid the price for the sins of the world. That includes all who read this. He did it because of His great love toward you. He said that we are to repent and believe the gospel. That's what it means to be born again, the spiritual birth into God's family. When this happens all our cares of the things of this life are placed in His hands and we know that no matter what happen we will be with Him for all eternity. There is no other way. Receive Him now as Savior and Lord and be eternally happy!

Reply | Mark as Spam | Posted On 6/11/2022 2:50:27 AM
Like Dislike

Hope_FreedominChrist
Joined On 6/1/2022 2:46:39 AM
Add as Friend | Send Message

Amen

Mark as Spam | Posted On 6/11/2022 3:04:02 AM
Like Dislike

Randyfast
Joined On 5/6/2010 8:42:42 PM
Add as Friend | Send Message

It's all laid out in Revelation, for anyone with "eyes to see and ears to hear". People can deny it all they want - we are in the End Times!

Mark as Spam | Posted On 6/11/2022 4:35:05 AM
Like Dislike

P.Sue
Joined On 6/27/2006 11:03:27 AM
Add as Friend | Send Message

AMEN! Part of the Tribulation -- The Great Reset (If you are a Christian before this happens, you will see none of this): Revelation 6 The Third Seal—Famine 5 When He broke the third seal, I heard the third living creature saying, "Come[c]." I looked, and behold, a black horse; and he who sat on it had a pair of scales in his hand. 6 And I heard something like a voice in the center of the four living creatures saying, “A [d]quart of wheat for a [e]denarius, and three [f]quarts of barley for a [g]denarius; and do not damage the oil and the wine.” The Fourth Seal—Death 7 When the Lamb broke the fourth seal, I heard the voice of the fourth living creature saying, “Come[h].” 8 I looked, and behold, an [i]ashen horse; and he who sat on it had the name Death; and Hades was following with him.

Authority was given to them over a fourth of the earth, to kill with sword and with famine and with [j]pestilence and by the wild beasts of the earth. *A denarius is a day's wage. Also, I understand that the "wild beasts" may be the microscopic kind -- viruses, bacteria, etc.

Mark as Spam | Posted On 6/11/2022 5:52:48 AM

Like Dislike

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recannon7

Joined On 7/31/2012 7:07:49 AM

Add as Friend | Send Message

You've got that nailed!

Mark as Spam | Posted On 6/11/2022 6:03:30 AM

Like Dislike

JNo8752

Joined On 4/22/2019 7:14:20 AM

Add as Friend | Send Message

Spot on!

Mark as Spam | Posted On 6/11/2022 6:24:05 AM

Like Dislike

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ldo5111

Joined On 8/21/2017 4:14:51 PM

Add as Friend | Send Message

Yes! Amen! Jesus is coming soon!

Mark as Spam | Posted On 6/11/2022 8:01:47 AM

Like Dislike

AuntTammie

Joined On 9/4/2020 7:38:43 PM

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Pappioso, Amen.....Jesus is THE ONLY way and yes, Randy, I agree with you completely- we are absolutely in end times

Mark as Spam | Posted On 6/11/2022 1:57:52 PM

Like Dislike

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healingartist

Joined On 1/17/2009 4:03:15 PM

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It should be 8 things, the first of which is prayer to the almighty God. Too often, this is a last resort, when infact, it should be the First.

Reply | Mark as Spam | Posted On 6/11/2022 8:34:06 AM

Like Dislike

AuntTammie
Joined On 9/4/2020 7:38:43 PM
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healingartist, totally agree.....and for some, prayer is literally the only one of the many suggestions that they can do (that's the case for a variety of reasons that have not been mentioned anywhere in the article or comments), so thankfully prayer is the very most important.....not that those who can do the other suggestions should not be doing them - of course they should, & they are great suggestions.....but again, they are not all possible for everyone (& for some none but prayer are possible & that is not an exaggeration).

Mark as Spam | Posted On 6/11/2022 1:30:59 PM

Like Dislike

Ronald_H
Joined On 7/10/2010 1:38:54 AM
Add as Friend | Send Message

healingartist, #10 - Prevention / politics. Our Creator is all powerful with miracles to do anything without us yet that is not His way as He uses us and picks the least likely people from our perspective knowing it will work and fit with His plans. We must do what is right regardless of impossible because there will be His miracles if it is His plan. I'm more into preparedness than anyone I know but some things have the potential to be so extremely harsh that no preparedness will be sufficient except for a most powerful and often overlooked aspect of preparedness which is prevention.

Here in my United States of America, we have under many guises many movements to essentially "fundamentally change" which means to me to end it and all that made us free, powerful and prosperous. Some hate us, even man including themselves, and vote for their own demise. Others are well-meaning yet have been duped and are still voting for their own demise. Prevention in this case is to be motivated to be politically effective and get people to vote to keep our EXCEPTIONAL Nation or the powers outside that created void will bring Luciferian global governance.

Preparedness for that will be quite a challenge IF even possible! Country living styles of preparedness will be overwhelmed. I prepare for the harsh times to come far beyond any preparedness I've seen with anyone and I'm very aware among the preparedness culture yet still I expect surviving, thriving and living with freedom will necessitate miracles from our Creator.

Am I worthy of that? My political activism to keep our United States of America as a gift from our Creator, as evident of how impossible it was yet with impossible only overcome by many miracles from our Creator that are well documented in our Founding history, means I can have faith that miracles from our Creator will combine with me doing my part. We are here for a reason, and it is not to be spectators! RonaldHLevine4548@yahoo.com be prepared, be very prepared

Mark as Spam | Posted On 6/11/2022 5:23:11 PM

Like Dislike

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lloveteatime
Joined On 6/4/2022 1:22:33 PM
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Could those of you with container gardening experience please post some useful info for the city dwellers that have no access to land? Any recommended links, books, tips?? Please be as specific as possible. I'm not on substack so hope someone replies before the article disappears here. Thank you.

Reply | Mark as Spam | Posted On 6/12/2022 3:22:51 AM

Like Dislike

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mrrobb
Joined On 6/15/2011 2:41:18 PM
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of the food maunfactoring plants.several were potato chip factories , several fertilizer plants, a few processed plants...Tyson Foods has hundreds of plants and buying dozens more.so a couple burn down...insurance pays and rebuilding...This Video sounds like more hype and PushDaPanicButton..... en.wikipedia.org/.../Tyson_Foods In 2001, Tyson Foods acquired IBP, Inc., the largest beef packer and number two pork processor in the United States., for US$3.2 billion in cash and stock.[19] Along with its purchase of IBP, it also acquired the naming rights to an event center in Sioux City, Iowa.[20]

Tyson has also acquired such companies as Hudson Foods Company, Garrett poultry, Washington Creamery, Franz Foods, Prospect Farms, Krispy Kitchens, Ocoma Foods, Cassady Broiler, Vantress Pedigree, Wilson Foods, Honeybear Foods, Mexican Original, Valmac Industries, Heritage Valley, Lane Poultry, Cobb-Vantress, Holly Farms, Wright Brand Foods, Inc. and Don Julio Foods. On May 29, 2014, the company announced a $6.13 billion cash offer to acquire all the shares in Hillshire Brands, two days after a $6.4 billion cash and shares bid for Hillshire by Pilgrim's Corp.[21] In June 2014, Tyson won the bidding war against Pilgrim's Pride, agreeing to buy the maker of Jimmy Dean sausage and Ball Park hot dogs for $8.5 billion.[22] On July 28, 2014, the company said it would sell its Mexican and Brazilian poultry businesses to JBS S.A. for $575 million and use the proceeds to pay down debt from its pending $7.7 billion purchase of Hillshire Brands Co.[23]

Reply | Mark as Spam | Posted On 6/11/2022 7:56:39 PM

Like Dislike

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mrrobb

Joined On 6/15/2011 2:41:18 PM

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Dean Banks, former Alphabet executive (October 2020- June 2021). He received a $1.2 million salary and received a $5 million bonus to move to northwest Arkansas by December 2020 or not voluntarily resign by the end of 2021 fiscal year.[68][75][76] On June 2, 2021, President and CEO Dean Banks resigned for family reasons. Donnie King, the former Chief Operating Officer (COO), served as President and CEO beginning February 2021 and is still in office. An alumnus of the University of Arkansas at Little Rock, he had worked at Tyson for 36 years, beginning in 1982. King was scheduled to receive a $1.2 million salary with stock options of $750,000 and restricted stock of $750,000.[76][77][78][79 and who really owns Tyson..... who? Blackrock has a lot of stock :)

Mark as Spam | Posted On 6/11/2022 8:05:56 PM

Like Dislike

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lyn7020

Joined On 10/17/2012 2:51:44 PM

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Dr Mercola I have been a big fan of yours for more years than I can remember. You are a true pioneer and genius. However, I am very surprised that you wrote this in the above article: "Firearms training for self defense and hunting — Learn how to use, store, carry and clean a firearm and work on your marksmanship. Other forms of self-defense training can also be useful, if nothing else, to make you feel more competent and confident in potentially high-risk situations" The use of guns?

Reply | Mark as Spam | Posted On 6/11/2022 2:56:57 PM

Like Dislike

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teachermom

Joined On 6/19/2006 8:02:56 PM

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Tell that to those who rely on guns to provide food for their families such as many native populations do. And self defense moves will not adequately protect your home from people invading because they haven't eaten in days. People will behave like animals when they're pushed to their limit.

Mark as Spam | Posted On 6/11/2022 3:14:28 PM

Like Dislike

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brianallen1

Joined On 8/7/2021 10:12:38 AM

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And what is wrong with guns??? Are you against hammers, also? Both are simply tools.

Mark as Spam | Posted On 6/11/2022 10:07:58 PM

Like Dislike

lloveteatime

Joined On 6/4/2022 1:22:33 PM

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Yes sometimes it's a necessary evil. I don't always agree with Mercola on some issues but his mention of self defense and proper use of firearms is spot on. I would rather know how to defend myself than to become a helpless victim. As long as those skills are used responsibly and wisely there's no harm in it.

Mark as Spam | Posted On 6/12/2022 12:56:06 AM

Like Dislike

DebraC043

Joined On 1/25/2019 7:47:03 PM

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I din't read all of this, but I have one comment. It doesn't help that we have had NO RAIN to speak of, in the western part of the US! We live in Arizona, and I have NEVER see it this dry! ! ! We used to get showers almost EVERY afternoon around 5PM and now. . . nothing! The last rain we got was in November of 2021.

Reply | Mark as Spam | Posted On 6/11/2022 11:05:25 AM

Like Dislike

seastars

Joined On 12/29/2010 2:11:59 PM

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And yet, in the Pacific NW, we are seeing it rain day after day. Temps low also. The gardens are growing like crazy.

Mark as Spam | Posted On 6/11/2022 12:59:07 PM

Like Dislike

fundamentalassumptions

Joined On 4/1/2009 12:17:58 PM

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This is just the beginning of sorrows. Lying liars who lie, serving that old father of lies & heaping up more sin calling it blasphemously of God, even Jesus, this antichrist global cultism reached through craft, deceit, dishonesty & theft, then crashing it all and blaming the dupes. Many little people will wake up, repent, turn to God in his word, come to saving faith, and He will effect the new birth by his power & election in response as written. They saving their souls not by blind faith or vain, not by gnosis, works, ritual, techniques, disciplines or all of corrupt science falsely so-called (real science is always in harmony with & upheld by the King James Bible, evident truth in the creation, witnessed by a conscience still adhering to truth, not taking the vain leap of rejection & presumption); but by faith in the finished work, words (all of scripture, the KJB preserved), and covering blood & righteousness of the only mangod, the Lord Jesus Christ, born of a virgin, hence man, yet still of the biblical Godhead who was and is and ever shall be.

....but the proud, the orchestrators, steerer & all those who think they're getting away with something, survivors, etc? Just God choosing their delusions as they sear their own consciences & go on dead in trespasses & sins to the same end as the spirit they serve. Robbing the people of the knowledge of God, corrupting his word & his people, apostate 'churches' hastening back to Mama Whore & her ecumenical coven, 4,000 innocents slain a day in America; multitudes of others groomed, merchandised & robbed of their innocence has more to do with the judgment of this nation than any of that ....& calling it all 'love' and 'righteous'...no wonder he vomits. Psalm 62; 2 Peter 2-3; Jude; Revelation 3 KJB/AV on the way to the rest of the fulfillment. He would save: but ye would not.

Reply | Mark as Spam | Posted On 6/11/2022 6:20:02 AM

Like Dislike

greenskycomcast.net

Joined On 11/25/2020 1:18:16 PM

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Interesting info, but Joe, your lack of knowledge about Keystone and other leases is startling. Biden has gone forward with oil leases in the Gulf and on federal land. The Keystone project would have sent virtually 100% of that oil overseas; none for the USA. And it would have accelerated the destruction of the boreal forests of Canada; our North American "lungs". It also would have posed a significant threat to the critical aquifers and rivers throughout the Great Plains. How you can persuasively push for regenerative agriculture and at the same time push for environmental destruction because we aren't drilling enough leaves me baffled.

Reply | Mark as Spam | Posted On 6/11/2022 7:27:46 PM

Like Dislike

Railyard

Joined On 2/29/2012 1:01:07 AM

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Climate change is real , And it is a Macro problem that will get worse ,, The political right governs from the Kaleidoscope of Obfuscation and distorted data.. .. Merchants of Doubt

Reply | Mark as Spam | Posted On 6/11/2022 2:57:36 PM

Like Dislike

Warriorlpn815

Joined On 1/12/2020 1:51:38 PM

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Preparation is good however they will confiscate everything eventually. What's happening in the world is spiritual warfare. If you don't have a relationship with Christ now is the time. You'll need to have faith more than ever because only God will be able to supply all our needs.

Reply | Mark as Spam | Posted On 6/11/2022 10:44:10 AM

Like Dislike

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llangotr

Joined On 4/22/2012 3:52:57 AM

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The "signs" are there and soon our freedoms will be gone with the wind. However, for more clarification, a good book to read is The Great Controversy by E.G. White, which can be found on Amazon. As for those people storing up food, don't you think there will be roving bands of hungry people who will be eager to take? The only way to survive is to behold your God, and to trust Him unquestionably. Then one's food and water will be assured.

Reply | Mark as Spam | Posted On 6/11/2022 3:09:43 PM

Like Dislike

Iloveteatime

Joined On 6/4/2022 1:22:33 PM

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Faith in God and preparing goes hand in hand. I see nothing wrong with stocking up but as with anything, moderation is key. People shouldn't stockpile too much food lest it goes to waste.

Mark as Spam | Posted On 6/12/2022 12:47:29 AM

Like Dislike

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wendyb.

Joined On 4/27/2011 5:42:34 PM

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I know canning food seems like an obvious go-to but, that uses glass jars. What if something happens causing the shelf-full to fall and break! Or freeze and burst!?

Reply | Mark as Spam | Posted On 6/11/2022 2:57:09 AM

Like Dislike

brianallen1
Joined On 8/7/2021 10:12:38 AM
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Really? What if you get hit by a car if you go outside? Do you then never go outside again because that could happen?

Mark as Spam | Posted On 6/11/2022 7:30:07 AM

Like Dislike

Islander
Joined On 3/26/2007 12:55:12 AM
Add as Friend | Send Message

Build well and plan ahead.

Mark as Spam | Posted On 6/11/2022 8:22:58 AM

Like Dislike

Arlen1
Joined On 8/1/2020 1:45:38 PM
Add as Friend | Send Message

Wendy, I have not personally tried this but I know it works because my grandmother did this every year. She didn't have a pantry. She had what was called a "fruit house". It was basically an outdoor pantry. It's still there and I own the property the house once sat on. She canned all her own foods and kept them year round in the fruit house and she never had one freeze and burst. She earthquake proofed the small 4'x8' wood structure by putting a 2" tall trim board around the edges of all the shelves. The shelves were just tall enough to barely get 1 pint jars in and out so they were packed like sardines (no wiggle room).

Most of the construction was made using cypress and cedar so it was weather, dry rot, mold rot, and termite proof. Wood is already earthquake proof. Mason jars are tempered at the factory so you can take them from the freezer to the oven without breaking them (but I don't recommend trying that). That's why they are so expensive. Tempered glass alao resist shattering/cracking on impact. So any sliding/banging around they do of the shelf during an earthquake won't break the glass. That's also the purpose of the wood construction. A mason jar dropped on a wood floor rarely ever shatters.

Mark as Spam | Posted On 6/11/2022 8:46:15 AM

Like Dislike

Railyard
Joined On 2/29/2012 1:01:07 AM
Add as Friend | Send Message

When Did u become Omniscient on world events , And Why should I believe ,that you Have A gateway to this info,that most people could acquire on there Owen . Stick to your original Profession

Reply | Mark as Spam | Posted On 6/11/2022 1:24:23 PM

Like Dislike

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angiemelzer
Joined On 3/14/2012 2:43:15 PM
Add as Friend | Send Message

No need to be rude and insulting to Dr. Mercola. He's a wealth of genuine information and care for those of us who read his information. Please adjust your attitude toward a beloved health warrior

Mark as Spam | Posted On 6/11/2022 1:43:27 PM

Like Dislike

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wendyb.

Joined On 4/27/2011 5:42:34 PM

Add as Friend | Send Message

angiemelzer, be gentle with him - he probably got the jab.

Mark as Spam | Posted On 6/11/2022 3:08:46 PM

Like Dislike

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brianallen1

Joined On 8/7/2021 10:12:38 AM

Add as Friend | Send Message

And who are you to demand another person who provides free information and instruction to change? If you dont like it, go elsewhere.

Mark as Spam | Posted On 6/11/2022 10:11:15 PM

Like Dislike

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maxandfrancis

Joined On 10/6/2006 2:41:23 PM

Add as Friend | Send Message

Liberal troll. Bet you voted for Biden!

Mark as Spam | Posted On 6/12/2022 9:06:27 AM

Like Dislike

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