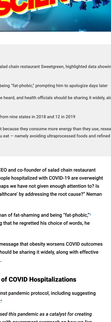
Sen. Warren Threatens Amazon to Ban The Truth About COVID-19
ORDER NOW

CEO Canceled for Calling Out Obesity Impact in COVID Outcomes

Analysis by Dr. Joseph Mercola ✓ Fact Checked

September 27, 2021
Download PDF



STORY AT-A-GLANCE

- In a now-deleted LinkedIn post, Jonathan Neman, CEO and co-founder of salad chain restaurant Sweetgreen, highlighted data showing that most people hospitalized with COVID-19 are overweight or obese
- Backlash quickly ensued, with media accusing Neman of fat-shaming and being "fat-phobic," prompting him to apologize days later
- The message that obesity worsens COVID outcomes is one that needs to be heard, and health officials should be sharing it widely, along with effective methods to help people lose weight and maintain it
- There are now 16 states where at least 35% of the residents are obese, up from nine states in 2018 and 12 in 2019
- Instead of the "energy balance model," which states that people gain weight because they consume more energy than they use, researchers recommended the "carbohydrate-insulin model," which focuses on what you eat — namely avoiding ultraprocessed foods and refined carbs — instead of how much

In a now-deleted LinkedIn post, Jonathan Neman, CEO and co-founder of salad chain restaurant Sweetgreen, highlighted data showing that most people hospitalized with COVID-19 are overweight or obese. "Is there an underlying problem that perhaps we have not given enough attention to? Is there another way to think about how we tackle 'healthcare' by addressing the root cause?" Neman wrote.[1]

Backlash quickly ensued, with media accusing Neman of fat-shaming and being "fat-phobic," prompting him to apologize days later. While stating that he regretted his choice of words, he added, "I stand behind the intent of the post."[2]

As Kim Iversen states in The Hill video above,[3] the message that obesity worsens COVID outcomes is one that needs to be heard, and health officials should be sharing it widely, along with effective methods to help people lose weight and maintain it.

Overweight and Obesity Involved 79% of COVID Hospitalizations

Neman was "canceled" for daring to speak out against pandemic protocol, including suggesting that "no vaccine nor mask will save us" and adding:[4]

> *"What if we focused on the ROOT CAUSE and used this pandemic as a catalyst for creating a healthier future?! We clearly have no problem with government overreach on how we live our lives all in the name of health; however we are creating more problems than we are solving.*
>
> *What if we made the food that is making us sick illegal? What if we taxed processed food and refined sugar to pay for the impact of the pandemic? What if we incentivized health?"*

Neman's message was lost in the backlash, but the fact is that obesity increases the risk for severe COVID-19 illness — significantly. A CDC study involving 148,494 U.S. adults found a nonlinear relationship between body mass index (BMI) and COVID-19 severity, with the lowest risk found among those with BMIs in the healthy weight category and nearing the threshold to overweight.[5] Risk then increased as BMI rose.

Among the adults who were hospitalized with COVID-19 from March to December 2020, 28.3% were overweight and 50.8% were obese — over 79%.[6] Both overweight and obesity were risk factors for mechanical ventilation, while obesity was a risk factor for hospitalization and death, particularly among those aged 65 years and older. Even the CDC noted that these findings highlighted the need for "policies to support healthy behaviors."[7]

Neman is far from the first or only person to call for efforts to focus on healthier living during the pandemic. In July 2021, Joel Hirschhorn, member of the Association of American Physicians and Surgeons and America's Frontline Doctors, also stated that governments have missed a public health opportunity by not issuing recommendations for effective and sustainable weight loss to lower your risk for severe COVID-19 infection and death:[8]

> *"As someone who has spent most of my waking time for the past 17 months researching the pandemic, I started to think: Why have we not seen the public health establishment mount an aggressive national campaign to get Americans to protect themselves from COVID by losing weight?*
>
> *Especially because weight gain during the pandemic limitations on food freedom as well as shutdowns and school closing being acknowledged as curtailing physical activity.*
>
> *Would not fighting obesity qualify as a valid prevention approach to curbing the ill effects of the COVID pandemic? Could the reason for government's lack of aggressively pursuing an anti-obesity campaign be a bias for promoting vaccines? It seems a likely explanation."*

Even Mild Obesity Doubles Risk of COVID Complications

Researchers from the Alma Mater Studiorum University of Bologna in Italy also looked into BMI and COVID-19 outcomes.[9] Although BMI can be misleading in determining whether or not you're at a healthy weight for your body — in part because it does not take muscle mass into account — it's the most commonly used measurement for defining obesity.

If your BMI is between 25 and 29.9, you are considered overweight and anything over 30 is considered obese. However, obesity is often divided into categories, with class 1 defined as a BMI of 30 to < 35, class 2 as a BMI of 35 to < 40 and class 3 defined as a BMI of 40 or higher, and considered "extreme" or "severe" obesity.[10]

Patients with mild obesity had a 2.5 times greater risk of respiratory failure and a five times greater risk of being admitted to an ICU compared to nonobese patients. Those with a BMI of 35 and over were also 12 times more likely to die from COVID-19.[11]

"Whereas a BMI > 30 kg/m2 identifies a population of patients at high risk for severe illness, a BMI ≥ 35 kg/m2 dramatically increases the risk of death," the researchers explained.[12]

Why Obesity Raises COVID Risks

As for how obesity raises risks, the chronic, low-grade inflammation it causes is a likely factor. Inflammation triggered by obesity may be responsible for a threefold greater risk of pulmonary embolism (blood clots in the lungs) in COVID-19 patients who are obese,[13,14] according to separate research.

Dysregulated lipid synthesis triggered by obesity may also aggravate inflammation in the lungs, contributing to increased disease severity during respiratory viral infections.[15] Leptin receptors are also expressed throughout your immune system, and leptin, typically associated with hunger signals, helps regulate both your innate and adaptive immune responses.[16]

Obesity is also frequently associated with insulin resistance, and higher blood glucose levels play a role in viral replication and the development of cytokine storms.[17,18]

Pandemic Led to Weight Gain, Drove Up Obesity in Children

It's no secret that Americans are facing an obesity crisis. The latest figures from the CDC state that 42.4% of Americans were obese in 2017 to 2018, an increase from 30.5% in 1999 to 2000.[19]

It's possible that the pandemic has made these numbers even worse, as 42% of U.S. adults who responded to the American Psychological Association's 2021 Stress in America poll said they had gained more weight than they intended since the pandemic started.[20]

The average weight gain among this group was 29 pounds, with 10% stating they gained more than 50 pounds during the pandemic.[21] Children have been similarly affected, with significant increases in the rate of BMI change noted during the pandemic among 2- to 19-year-olds, according to the CDC, which translates to weight gain. The CDC noted:[22]

> *"The COVID-19 pandemic led to school closures, disrupted routines, increased stress, and less opportunity for physical activity and proper nutrition, leading to weight gain among children and adolescents.*
>
> *Among persons with overweight, moderate obesity, and severe obesity, pandemic rates of BMI increase more than doubled, compared with prepandemic rates ... similar effects were observed for weight change ...*
>
> *Compared with other age groups, children aged 6-11 years experienced the largest increase in their rate of BMI change ... with a pandemic rate of change that was 2.50 times as high as the prepandemic rate."*

September 15, 2021, the CDC also announced that the number of states with high obesity prevalence — defined as at least 35% of residents with obesity — has nearly doubled since 2018.[23] There are now 16 states where at least 35% of the residents are obese, up from nine states in 2018 and 12 in 2019.

Obesity Isn't Simply a Matter of Overeating

Efforts geared toward "cutting calories" to lose weight are misguided, as obesity often stems not from overeating but rather, primarily, from eating the wrong foods. The U.S. diet is focused on ultraprocessed with a high glycemic load, which causes fundamental changes in metabolism leading to fat storage, weight gain and obesity.[24]

Instead of the "energy balance model," which states that people gain weight because they consume more energy than they use, researchers writing in The American Journal of Clinical Nutrition recommended the "carbohydrate-insulin model," which focuses on what you eat instead of how much.[25]

Lead study author Dr. David Ludwig, endocrinologist at Boston Children's Hospital and professor at Harvard Medical School, explained that "reducing consumption of the rapidly digestible carbohydrates that flooded the food supply during the low-fat diet era lessens the underlying drive to store body fat. As a result, people may lose weight with less hunger and struggle."[26]

If you need to lose weight and/or want to reach optimal health, I recommend adopting a cyclical ketogenic diet, which involves radically limiting net carbs (replacing them with healthy fats and moderate amounts of protein) until you're close to or at your ideal weight, ultimately allowing your body to burn fat — not carbohydrates — as its primary fuel.

This includes avoiding all ultraprocessed foods and also limiting added sugars to a maximum of 25 grams per day (15 grams a day if you're insulin resistant or diabetic). Alternatively, the program I developed and detail in my book, "KetoFast: A Step-By-Step Guide to Timing Your Ketogenic Meals," combines a cyclical ketogenic diet and intermittent fasting with cyclical partial fasting to optimize weight, health and longevity.

Experts Recommend 'Quarantine' From Ultraprocessed Foods

Dr. Matteo Rotboll, lead author of the University of Bologna study, explained, "In the mid- and long-term, weight loss is the definitive answer to reduce the [COVID-19] risks in people with obesity."[27] Toward that end, eliminating ultraprocessed foods is essential and a step that will help bolster your health not only against COVID-19 but also against other forms of chronic and infectious illness.

While the CDC and other health officials aren't sounding the alarm about the risks posed by ultraprocessed foods and other toxic exposures, the scientific community is taking note. As noted by a team of researchers in the Journal Food and Chemical Toxicology, the role of toxic substance exposures, which includes ultraprocessed foods and poor diet, is under-reported in the COVID-19 pandemic.[28]

"In short, it is the pervasive, constant exposure to toxic stressors in our environment, in combination with genetic factors, that cause us to develop diseases that impair our immune systems and make us susceptible to serious COVID-19 infection," reported the Alliance for Natural Health.

As the researchers noted, this includes lifestyle factors such as inactivity, smoking, excessive alcohol consumption, poor diet including ultraprocessed foods and refined grains and chronic sleep deprivation — all factors that also affect your weight.[29]

In order to protect the public, a "quarantine" from toxins like ultraprocessed foods, environmental chemicals and more would be far more effective than quarantining from one virus,[30] and for long-term pandemic prevention, the researchers believe, and I would strongly agree, that toxicology based approaches should be given priority over virology-based approaches.[31]

The time to start protecting yourself from the toxic exposure of ultraprocessed food is now; the more you focus on healthy, whole foods instead, the faster you'll lose weight, the better your immune system will function and the healthier you'll be in the event of any viral exposure that may come your way.

Sen. Warren Threatens Amazon to Ban 'The Truth About COVID-19'

Since the publication of my latest book, "The Truth About COVID-19," which became an instant best seller on Amazon.com, there's been a significant increase in calls for censorship and ruthless attacks against me.

Most recently, so-called "progressive" U.S. Sen. Elizabeth Warren, D-Mass., in an outrageous, slanderous and basically unconstitutional attempt to suppress free speech, sent a letter to Amazon, demanding an "immediate review" of their algorithms to weed out books peddling "COVID misinformation."

Warren specifically singled out "The Truth About COVID-19" as a prime example of "highly ranked and favorably tagged books based on falsehoods about COVID-19 vaccines and cures" that she wants to see banned from sale.

Two days later, U.S. Rep. Adam Schiff, D-Calif., followed in Warren's footsteps, sending letters to Facebook and Amazon, calling for more prolific censorship of vaccine information. Even President Joe Biden has recently used a debunked report as his sole source to call for my censorship.

Sadly, these attacks are being based by the very people elected to safeguard democracy and our Constitutional rights. Essentially, what they are calling for is modern-day book burning. This is a democracy, not a monarchy.

#1 Best Seller In Books

"The Truth About COVID-19" exposes the hidden agenda behind the pandemic, showing the countermeasures have nothing to do with public health and everything to do with ushering in a new social and economic system based on totalitarian, technocracy-led control. So, it's not misinformation they fear. It's the truth they want to prevent from spreading. Pick up a copy of this best-selling book today before it's too late.

The Truth About COVID-19
by Doctor Joseph Mercola
2,942 ratings
ORDER NOW

Sources and References

Previous Article
COVID Jabs Are Killing Two People for Every Person Saved

Next Article
Do You Know the 14 Signs of Vitamin D Deficiency?

Hide Comments (57)
Post your comment

Sort Comments by: Top Rated | Newest | Oldest | Top Poster

Darzoun
Joined On 6/17/2015 8:47:49 AM
Add as Friend · Send Message

Fat shaming is not allowed, shaming and segregating the un-"vaccinated" seems to be okay. Questioning the covid injections is not allowed, censoring or disallowing viable alternatives seems to be okay. Not wearing the mask is selfish, mindless compliance seems to be okay. Small mom-'n-pop stores are dangerous virus hangouts, shopping at behemoth warehouse stores seems to be okay. Healthy life choices are not promoted, leaving health to pharma and the junk-food industry seems to be okay. Strong natural immunity is suspect, taking the experimental injection seems to be okay. Quoting and referencing dissenting experts and actual science is disinformation, listening to fauci or gates, and reciting vacuous vaccine platitudes seems to be okay. Getting the "virus" from the environment is to be avoided, taking an injection that turns your body into a spike protein factory seems to be okay. Getting sick from covid is an existential threat to humanity; getting maimed or killed from an experimental injection seems to be okay.

If the social engineers keep incentivizing the worst options, let's not be surprised with the kind of world we wake up to tomorrow.

Reply · Mark as Spam · Posted On: 9/27/2021 12:56:33 AM
Like · Dislike

Guillermo
Joined On 6/17/2015 8:47:49 AM
Add as Friend · Send Message

Great truths, David, that represent the inertia to which people are being subjected . . . . . reject that we are facing a terrorist attack against health and accept that the virus is the culprit, seems to be fine. Dr. Lee Merritt, a renowned surgeon, at the Association of American Physicians and Surgeons (AAPS), says his predecessors in the AAPS saw the corruption of AMA. In 1943, several physicians and surgeons parted ways with the AMA to form to form the Association of American Physicians and Surgeons AAPS, as the former aligned itself with the government.

Merritt, tells Alan Keyes during his "Let's Talk America" show on Brightcove.TV that people need to have a situational awareness of what is happening in the world right now. "We need to realize the situation. THIS IS A WAR, IT IS NOT JUST A VIRUS," says Merritt. "If you think you are fighting a virus, then you will be a victim." . . . "We no longer see doctors taking oaths to their patients and doing their best for them. They're taking an oath to the CDC and NIH and CDC guidelines, and it's powered by money."
https://brighteon.tv/

Mark as Spam · Posted On: 9/27/2021 2:36:59 AM
Like · Dislike

Guillermo
Joined On 6/17/2015 8:47:49 AM
Add as Friend · Send Message

The medical and political tyranny promoted by the pharmaceutical mafia and health entities are imposing the most criminal procedures to achieve a true genocide on humanity: 1. The use of a Covid mask that causes people to contract lung infections and pneumonia from deadly pathogens, which adds to the risk of dying from covid in previous pathologies. In addition to serious mental development problems in children. 2. The most prestigious medical journals are publishing bogus research, research conducted by the Pharma industrial complex, promoting deadly emergency "treatments" and controlling narrative, along with other media and the invasion of fake news and hate. digital

3. Ventilators only further damage lung tissue, killing patients. 4. Vaccines with toxic spike proteins that mimic viruses throughout the vascular system, organs and brain, in addition to the risk of ADE. 5. And now the need for so-called "booster injections" for Covid that enhance the decrease in natural immunity and cause blood clotting which will cause diseases and disorders due to vascular prions. Injections every 6 months, a true crime against humanity.

These are some of the weapons of a planned genocide of a tyranny that is reaching inconceivable limits, such as that imposed by Biden with the increase in pressure on the unvaccinated- Companies face fines if their workers reject the jab. It has also tightened the rules for federal employees, saying they have 75 days to get vaccinated or they will lose their job. Gates and Fauci are the gods of evil, who supported the creation of a terrorist weapon. Now Biden is the architect of medical tyranny.

Mark as Spam | Posted On 9/27/2021 4:50:46 AM

Like Dislike

WillCat
Joined On 2/3/2021 7:46:24 PM
Add as Friend | Send Message

Amen to all you have said and perhaps not too surprising all of the alternatives that lead to and maintain good health are inexpensive and very doable. Hence they don't generate huge profits for the illness profit industry so anyone promoting alternatives must be evil....

Mark as Spam | Posted On 9/27/2021 7:21:49 AM

Like Dislike

---

juststeve
Joined On 1/5/2012 11:13:54 AM
Add as Friend | Send Message

More of that, That Shall Not Be Named. Toxic chemicals soaking our soils, embedded in our foods, killing not only ourselves in a slow kill, but species we are co-dependent on or species they are co-dependent on. Waters poisoned by the same along with our 'we don't have a cure but we can dampen the symptoms until you die', becoming evermore concentrated downstream until ultimately out & into the ocean & seas making dead zones of what should be, always have been lush food sources.

Plastics plugging up nearly anything walking, crawling or swimming. Processed foods actually who knows what shaped into food like addicting stomach filling just one step away from bark eating, but making all kinds of $$$ making opportunities for a Rockefeller/Gates Medical system. Countless industry's spewing toxic fumes into the life support atmosphere affecting all Creatures Great & Small. A Legacy Media bought, owned & controlled to prevent all of the above & more from ever reaching your eyes or ears. And the Band Plays On - small consolation, I guess we are in First Class.

Mark as Spam | Posted On 9/27/2021 7:57:13 AM

Like Dislike

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

Right on target, David! You have pointed out many of the fallacies, irony and idiocy of this Global PsyOps. I predict that within a week, the predators will have approval to maim and kill 5-11 year olds! Hitler would be proud!

Mark as Spam | Posted On 9/27/2021 8:30:37 AM

Like Dislike

Kanadian45
Joined On 3/17/2021 8:48:36 PM
Add as Friend | Send Message

FUBAR

Mark as Spam | Posted On 9/27/2021 9:38:26 AM

Like Dislike

---

the1913triogmail.com
Joined On 9/27/2021 9:35:01 AM
Add as Friend | Send Message

My husband is an ER nurse, and I can confirm that hands down obesity is a huge issue!! We have not seen anyone that is not elderly admitted to the hospital with covid that wasn't also extremely obese (and a smoker as well too usually). We have also yet to see a patient admitted to the hospital with covid that wasn't already full vaccinated.There's no way the stats they are pulling out about it being a pandemic of the unvaccinated are true. My husband works in a county with a very low vaccination rate overall, yet they have far fewer issues with covid than counties that are highly vaccinated. We think the vaccine is worsening rather than helping.

Even the last death seen was in a fully vaccinated, severely obese individual in their early 40s. We get a lot of flack for trying to educated the public that their risk with covid varies significantly based upon age and health factors. Those that are really afraid want to be terrified even when they have no due cause, and are more at risk from the flu (which they never gave two hoots about before). It is frustrating seeing that obesity, alcoholism, and car accidents are three of the biggest health issues we see, yet people tend to hyper focus on problems they are much less at risk for while neglecting the things that really do matter more. Obesity is no joke medically!

Reply | Mark as Spam | Posted On 9/27/2021 9:42:00 AM

Like Dislike

Tsylatac
Joined On 10/15/2009 6:02:01 AM
Add as Friend | Send Message

Oh so no-one must "fat-shame" anyone now? I am a smoker and take full responsibility for any adverse health consequences and do not inflict my habit on any one else. I am 76 and have never been ill nor am I on medication. My credit with the NHS is very high because I haven't needed to see a doctor for any reason for over 10 years. I am the same weight as I was when I was 30 - slightly under the suggested healthy weight for my height and build. I walk my dog for about 2 hours a day and attend to my two horses. If I was obese these healthy activities would be impossible.

I am used to being "shamed" from every possible angle (not that I care nor am I ashamed). However it seems it's ok to demonize one section of society but not another. The hypocrisy and double standards that are commonplace these days are quite extraordinary and IMO very, very suspicious. Obesity has massively increased in the UK since the drive against smoking - I'm not an advocate of smoking nor would I encourage any one to start the habit but it seems that one form of addiction has been replaced by another with disastrous consequences. I am anticipating, maybe wrongly, condemnation for my chosen habit even in this enlightened forum.

Reply | Mark as Spam | Posted On 9/27/2021 5:54:03 AM

Like Dislike

---

craigcam
Joined On 7/2/2021 6:11:08 PM
Add as Friend | Send Message

Ordinarily I wouldn't comment, but since you're asking for it... Do you expect a prize because you beat the odds. Something like 67% of people who smoke die from smoking related disease. Same is true for alcohol, in the U.S. alcohol related diseases are one of the three leading causes of death. I can smell cigarette smoke (meaning I'm breathing it) when I'm 10-15 yards downwind of someone who's smoking. Smoke contains a vast amount of polluting material and poisons and seems to me to be a far greater concern than cow farts. Having said that, I hope you live a long and healthy life (except for the smoking). In the U.S. a person receives discounts to their health and life insurance if they are a non-smoker, but the cost of nasty habits is one of the reasons health care is so expensive, and whether you are in country with socialized or private health care, everybody ends up paying the bill, even if they don't have the habit. You're also setting a bad example for others who may not be as strong (or lucky) as you .

Mark as Spam | Posted On 9/27/2021 6:27:24 AM

Like Dislike

WillCat
Joined On 2/3/2021 7:46:24 PM
Add as Friend | Send Message

Unlike craigcam I trust in your right to live your live as you chose. I hate the attitude that he represents which is you are responsible for my health and wellbeing. Money out of my pocket when, not if, because of your so called flagrant disregard for your health I will suffer consequences that I will now can blame on you. Someone told me of an older couple who had lived a very careful life of saving and wise health choices and who were very critical of all the irresponsible folk who did not. Within months of each other they developed life ending disease but they were well positioned and had no debt. Life is complicated and my spiritual belief is that no one dies until it is their time, until the oversoul calls one home but of course if you worship science then all that is nonsense. So smoke on brother enjoy your fags so long as I don't have to smell it!

Mark as Spam | Posted On 9/27/2021 7:34:59 AM

Like Dislike

---

fundamentalassumptions
Joined On 4/1/2009 12:17:58 PM
Add as Friend | Send Message

All things are lawful, but not all things expedient. I found it interesting that some docs were reporting that due to nicotine's affect & interaction within the body with cleavage sites & so forth, there was proving to be a statistically significant protection from serious viral infection. Generally speaking, it's been my experience over a slightly shorter lifetime than yours, that many substances as God designed & created them, used in moderation, aid in fighting disease & maintaining health & productivity. Biblically we call it well-stewarding the temporal tent of the soul & spirit, the body, & the goal is to maintain soulish mastery over the addictive tendencies of the flesh through wise choices, freely made, accepting personal responsibility for the outcomes, consequences with regard to these things.

Without predictable consequence & outcome, or what men call natural law...described biblically in Romans 1, Colossians 1, & Hebrews 1 as being rooted in God's faithful character with good will toward men, he holding all things together by his word...knowing & science are not possible. But men seek to escape responsibility pointing them toward God as the solution, Romans 1 and Galatians. Law being the schoolmaster pointing men to God, exposing the need & only solution in Christ according to the scriptures.

Before the days of additives to make tobacco more addictive, and cancer-promoting, there was some truth to the use of tobacco being helpful. When coercive controls and deceit handling the full truth of the matter for power & greater, easier obtained profit came into the picture....the light was shaded & corrupted, the waters muddied....and the blame and shame show was on! The Bible calls that sorcery & witchcraft manipulation & exploitation, & bondage. Matthew 23 exposes its religious form, 1 Corinthians 1 & 2 Peter 2&3 its deceptive 'scientific/neutral' form...just as religious, both anti-word, anti-whole truth, anti-christ.

Mark as Spam | Posted On 9/27/2021 7:54:46 AM

Like Dislike

IzzyKitty
Joined On 4/9/2020 10:54:30 AM
Add as Friend | Send Message

Hello Tsylatac - good for you! We all have our vices whether it's smoking, drinking, eating or whatever. I commend you on your great health and your wonderful attitude of life. My mom passed this year from several different ailments and her vice in life was 'denial' of everything dr's told her. I can laugh at it now because she lived like she wanted and her end came quickly, I miss her but I'm glad she's not here to witness this backwards b.s. I don't smoke nor does the smell of smoke bother me, in fact there's far more issues to be concerned about IMO besides the smell of smoke. Please smoke on and be happy as you seem to be.

Mark as Spam | Posted On 9/27/2021 12:20:43 PM

Like Dislike

Raythe4th
Joined On 7/16/2012 8:10:52 AM
Add as Friend | Send Message

I agree with you on the hypocrisy. As far as the opinions of this forum, I can only speak for myself, but I believe in freedom, and I think that goes for the majority that post here as well. We should all have the freedom to make our own choices in life, as long as others aren't harmed by our actions. None of us perfect in the eyes of God. The shaming and hypocrisy is just a form of manipulation that thankfully many of us still recognize. My grandparents were both alcohotics and chain smokers until they died. Both lived into their 90's, and never had any issues with cancer, heart disease or lung issues. They both ate garden produce daily, and I'm certain that it added many years on to their lives.

Having said all of that, the Bible says that are bodies are the temple of the Holy Spirit and he who pollutes his body, God will destroy. I believe these MRNA vaccines do indeed defile the body. No Christian should be putting dead fetal cells from another human being into themselves. This isn't acceptable to God, and everyone who doesn't care will perish.

Mark as Spam | Posted On 9/27/2021 11:08:30 PM

Like Dislike

---

umfuli
Joined On 4/6/2011 2:17:00 AM
Add as Friend | Send Message

Obesity like Cancer is big business. Ketogenic diet has worked perfectly for me. But for diabetic people it seems more complicated than that. To be the correct weight feels so good, it is worth the effort.

Reply | Mark as Spam | Posted On 9/27/2021 12:43:29 AM

Like Dislike

Traveller108
Joined On 7/31/2020 11:55:03 PM
Add as Friend | Send Message

You are absolutely right. Many people don't realize that obesity is a *huge* business in the USA, up to $210 billion per year in healthcare costs. And that doesn't even count lost work days because of obesity-related illness. A whole food, plant-based diet is also incredibly effective for normalizing weight.

Mark as Spam | Posted On 9/27/2021 8:43:38 PM

Like Dislike

---

versatile
Joined On 10/16/2007 4:23:09 PM
Add as Friend | Send Message

Obesity is fundamentally a disease of chronic compound malnutritions. We often think of malnutrition as not eating enough, and of obesity as eating too much, so it's easy to be confused. There are two basic types of malnutrition, NEGATIVE - not eating enough of some necessaries, and POSITIVE - eating too much of some foods. Obesity requires BOTH to be present over a long period of time - chronic. Each malnutrition comes in many flavours. . Yes, obesity is caused by eating to much of certain types of foods. However, eating too much of some foods leads to not eating enough of other foods - both types of malnutrition at once. Not eating enough of some health foods is sensed by our body, which pushes us to eat more.

Negative malnutrition causes positive malnutrition which causes negative malnutrition. Obesity is a downward malnutritional spiral. And COVID? COVID is a malnutrition disease. When our bodies are malnourished, COVID is more dangerous. When we are well nourished, COVID is trivial, easily handled by our bodies. And the pandemic? The pandemic is caused by truth malnutritions and freedom malnutritions. Too many lies. Not enough facts. Too much nonsense and a deficiency of common sense. Too much propaganda parroting and not enough individual thinking. Too many following the COVID crowd, not enough freedom to decide.

Too much distancing and not enough hugs. Too many masks, not enough smiles. Too many drugs and vaccines, not enough health. Too many treatments that don't even try to cure and not enough cures. Too many DEAD counts and not enough CURED counts. We don't need to shame malnutrition, we need to cure it. And it's not trivial. There is no one cause. There is not one "type" of cause. And there cannot be "one cure". Life is complex. Malnutrition is complex. Labels, like OBESE, like the words COVID and PANDEMIC are intended to be simple, designed to manipulate us. Obesity is an illness. We should be ashamed to see it, not indignant. To your health, tracy

Reply | Mark as Spam | Posted On 9/27/2021 7:42:57 AM

Like Dislike

---

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

Wise words versatile, but I'm not so sure on the insinuation of linking obesity to just another illness of humanity. I'm from the mindset the vast "majority" of obesity could be dealt with rather simplistically by applying simple measures of caloric daily balance of real food, adequate sleep consistent bodily movement, spiritual grounding and healthy relationships...all thru self reflection and personal responsibility for ones life. We only get one body and life and there is no one other than thyself responsible to take care of oneself in the end...

Mark as Spam | Posted On 9/27/2021 8:17:27 AM

Like Dislike

Jodee
Joined On 4/12/2008 7:28:27 PM
Add as Friend | Send Message

There are a lot of comments here critical of people "letting themselves" get fat. And in some cases, that is true. However, in making your generalized statements, you completely overlook something referred to in the video: food deserts. When financially poor people do not have access to fresh clean produce, and nutrient dense foods, and their only choices are processed foods, they will very likely become fat, because cheap food is fattening, for several reasons. For many of those people Dollar General or Dollar Tree is their only choice for groceries.

They can't afford to drive or ride an hour to a fully stocked grocery store that from which they then cannot afford to purchase adequate amounts of healthy food. That's why obesity rates tend to be higher in poor communities. Have some compassion, people. Government agencies in which for generations citizens have been programmed to trust have utterly betrayed their charter and the people they were supposed to serve/protect. That kind of programming takes a long time to undue.

Don't forget, it was politicians from big grain growing states who influenced the Food Pyramid many of us grew up with. Remember what was on the bottom? Processed grain products like breads and cereals, most of which were/are loaded with sugar and denatured to the point of needing to be "fortified" in order to sell them. How many of you critics are growing some of your own food? Of those who are, how many of you are sharing it with financially challenged people in your community? Judging people will never solve the problem. Put your words into constructive actions.

Reply | Mark as Spam | Posted On 9/27/2021 4:55:48 PM

Like Dislike

---

fundamentalassumptions
Joined On 4/1/2009 12:17:58 PM
Add as Friend | Send Message

There are no bounds to the extent of self-righteousness on both sides of these issues once men abandon the true balance of truth & the grace of God's word freely offered& received, for the crafted 'fixes' of men tending to lawlessness & the attempt to become a law unto themselves & over others , 'ye shall not surely die' & 'ye shall be as gods'...oldest deceptive craft, binding spells in the creation!

Offense& division are givens for the handlers& steerers to manage& merchandise w/ the 'obesity celebration'& 'obesity shaming' game of the self-worshipper cut off from truth: the deceiving& being deceived. It's just damnation & semantic sorcery! Creating grievances, offenses, bondage & merchandising out of thin air w/ words like that oldest spirit of deception, impurity & merchandising, that fallen cherub!

On the heels of that bondage comes the root of bitterness, assumptions of superiority & abuse, the supposed 'victor' & 'victim' game which is bondage, loss & destruction to all who are caught up in it. Sin, when it conceives brings forth death whether men acknowledge it as truth or not, & whether men use it to entrap & exploit others in their sins (sinning themselves in another fashion).

The key is truth, of course....seeking, receiving & applying it; even when men seek to purposely lie, hide & manipulate it for ill-gotten gain & power. John 8 freedom bringing truth, the pattern also revealed in Romans 1-8 to be freely received or rejected of men, all being w/o excuse & answerable to God regardless of what other men choose & do reveals the existence & glory of God, the limitations & need of men.

Rejecting the world's lies & seeking truth, understanding the root cause, or causes, of weight gain & permitting free speech & the sharing of ideas, teaching both humility to promote teach-ability & the realization that no man is a god, that all are fallible & corruptible....& true critical thinking w/ the ability to test & prove ideas & assumption are keys

Reply | Mark as Spam | Posted On 9/27/2021 7:21:34 AM

Like Dislike

MagnumOpus
Joined On 3/12/2014 4:33:40 PM
Add as Friend | Send Message

Obesity means metabolically they are overloaded with deuterium, a metabolic poison connected with toxic fat ceramides. Such causes cell pH to drop, shut down mTOR signaling and lysosome functions. That then put obese folks at greater risks for a lot of

things, including 115, flu, cancer, et al. It is a fact Jack, the medics denials of the etiology is a problem in public health.

Reply · Mark as Spam · Posted On: 9/23/2021 4:49:36 AM

talhalo3
Joined On 4/21/2021 9:26:59 AM
Add as Friend · Send Message

I grew up in the 60s and 70s. It was very rare back then to see an obese person. Nowadays just go to Walmart and thats about all you see. I just don't get it. Why in the world do people let themselves get so fat? I don't even see how they can be comfortable. It's as if they don't care or have given up on themselves

Reply · Mark as Spam · Posted On: 9/23/2021 10:42:02 AM

dejure
Joined On 8/23/2009 2:38:11 PM
Add as Friend · Send Message

Not everyone thinks the same way. Too, no one gets fat overnight. Just as no one grows old overnight. It sneaks up on you. Add to that, consider the guy who fell off your roof, installing new shingles. His broken back plaques him for the rest of his life. How about the signal man/woman on the highway hit by a motorless driver? Perhaps we are talking about a G.I. who paid the price for our oil wars. It could be a fireman injured in a fire, or a cop who was stabbed or shot. Then there is PTSD, which can come from any number of things. Be it war memories, the loss of loved ones in a flood or what have you. In the end, judging someone is done in ignorance. We could ask why do people live off just Social Security in their old age? They could have put aside a little here and there, which would have changed their lives. But how many even know what the Rule of 72 is?

Mark as Spam · Posted On: 9/27/2021 12:15:40 PM

Reply · Mark as Spam · Posted On: 9/27/2021 12:13:40 PM

tejay129
Joined On 6/3/2015 10:49:19 PM
Add as Friend · Send Message

When I see someone who at a glance obviously doesn't seem to give a whit about their body or their health wearing a mask, I know their re-education is complete.

Reply · Mark as Spam · Posted On: 9/27/2021 9:27:16 AM

brodieknox12
Joined On 9/18/2008 1:31:51 PM
Add as Friend · Send Message

Just another example of the entitlement coddled society now perpetuated based primarily on how you "feel" and emotion than science and logic. The sun rises in the east...no it doesn't! feel it rises in the west therefore you are sun shaming me if you feel otherwise. What a world...what a world lol

Reply · Mark as Spam · Posted On: 9/23/2021 7:56:23 AM

mdbrown7111
Joined On 3/7/2013 1:31:20 PM
Add as Friend · Send Message

These comrads need to stop apologizing. I'll say it. Fat is disgusting and typically a choice people make. Take responsibility for your bad choices.

Reply · Mark as Spam · Posted On: 9/27/2021 7:42:42 AM

fundamentalassumptions
Joined On 6/1/2009 12:17:58 PM
Add as Friend · Send Message

Pride is disgusting. It is also a choice which people make rooted in self-righteousness.....just like giving in to other detrimental urges, feelings, selective knowledge etc. Both lead to bondage, bitterness & destruction in the end.

Mark as Spam · Posted On: 9/27/2021 8:05:00 AM

Like · Dislike

craigcam
Joined On 7/20/2021 6:11:08 PM
Add as Friend · Send Message

These reporters seem to think that the U.S. government is interested in keeping people alive and healthy. Hospitals get financial incentive for characterizing people as Covid and additional for placing Covid patients in ICU. Patients are dying in U.S. hospitals because ivermectin is not part of their Covid "protocols" in spite of patients in the same hospital receiving Ivermectin for other reasons. It has a long record for safety in humans (as well as horses) and is being used all around the world and the countries where it is used have seen remarkable reductions in mortality. There is lots of information available all over the web but you won't find most of it in the mainstream media. I like the commenter where we mentioned the American Association of Physicians and Surgeons and America's Frontline Doctors are mentioned. They are a couple of the only medical associations still with ethics in the U.S. Thanks to Dr. Mercola for an excellent and informative web site.

Reply · Mark as Spam · Posted On: 9/27/2021 6:45:44 AM

brodieknox12
Joined On 9/18/2008 1:31:51 PM
Add as Friend · Send Message

There is no money in a healthy society. Big Pharma has always known this...

Mark as Spam · Posted On: 9/27/2021 7:39:06 AM

Like · Dislike

Randyfast
Joined On 9/5/2010 8:42:42 PM
Add as Friend · Send Message

Obesity is enough of a health threat on its own. It doesn't need covid to help destroy a person's health. Their "health" has already been destroyed. It's time to take "covid" out of the conversation...That is going to be a monumental task for us!

Reply · Mark as Spam · Posted On: 9/27/2021 8:23:24 AM

forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
Add as Friend · Send Message

The blanket label "obesity" is misleading: overweight conditions are not all caused by sedentary garbage eating, but stress/shame and the cortisol-sympathetic connection. Poor metabolic output and the destruction of metabolic output through stress both arrive at low voltage hypoxia and every chronic disease, even in those of "normal" weight. "Normies" are dying from media installed fear of covid just like metabolically efficient but fat shamed folks. Networks and shitty doctors are oblivious to the stress factor, much less the ego dominated/propaganda punished public...but not Bruce Lipton! www.youtube.com/watch

Reply · Mark as Spam · Posted On: 9/27/2021 6:37:19 AM

bethking28utmail.com
Joined On 4/25/2021 2:34:08 AM
Add as Friend · Send Message

So now we have to worry about the words "fat phobic" or "obese-phobic"?? First of all the word PHOBIC means having an irrational fear or aversion to something. In my opinion, people aren't irrationally afraid of overweight people. Should you call people names or make fun of them? Absolutely not. But my God, why are anipulated limbs due to diabetes atrap? Why is artery clogging cholesterol, fatigue, swollen joints, arthritis, stroke, heart attacks, blood clots, skin conditions, trouble breathing, fatty liver, kidney disease and certain types of cancers all okay? If anything, we should have a fear or aversion to the above health conditions and do the best we possibly can to live a long and healthy life.

Reply · Mark as Spam · Posted On: 9/26/2021 9:24:15 AM

Like · Dislike

kirbyeyston
Joined On 6/30/2012 8:23:21 AM
Add as Friend · Send Message

So now we have to worry about the words "fat phobic" or "obese-phobic"?? First of all the word PHOBIC means having an irrational fear or aversion to something. In my opinion, people aren't irrationally afraid of overweight people. Should you call people names or make fun of them? Absolutely not. But my God, why are anipulated limbs due to diabetes atrap? Why is artery clogging cholesterol, fatigue, swollen joints, arthritis, stroke, heart attacks, blood clots, skin conditions, trouble breathing, fatty liver, kidney disease and certain types of cancers all okay? If anything, we should have a fear or aversion to the above health conditions and do the best we possibly can to live a long and healthy life.

Reply · Mark as Spam · Posted On: 9/26/2021 9:24:15 AM

Like · Dislike

graceful&cool12
Joined On 4/11/2020 5:25:16 PM
Add as Friend · Send Message

Yet the media can blame all covid cases, variants and overcrowding of hospitals on the unvaxxed, yet I never heard the terms "unvaxxed-phobic" or "unvaxxed-shaming"...All they want is to ensure they have a chemically ill public that is dependent on their poisons. The irony of being 'woke'...you're actually dead asleep.

Reply · Mark as Spam · Posted On: 9/26/2021 8:42:45 AM

Like · Dislike

HealingMind96
Joined On 5/1/2007 5:34:02 PM
Add as Friend · Send Message

I believe the great reset masters want to normalize dementia too.

Reply · Mark as Spam · Posted On: 9/26/2021 2:16:45 AM

Like · Dislike

earthlover
Joined On 11/29/2006 8:37:25 PM
Add as Friend · Send Message

CDC itself said 78% of covid hospitalizations are from overweight or obese people. March 9, 2021. Sorry unable to upload video or screenshot of the same. There are many reasons why people are overweight or obese but regardless being overweight or obese is not healthy. Though there are some overweight people who are - they are usually extra heavy because of extra muscle not fat.

Reply · Mark as Spam · Posted On: 9/27/2021 5:10:01 PM

Like · Dislike

TravellerT08
Joined On 7/31/2020 11:55:03 PM
Add as Friend · Send Message

Here is Jonathan Neiman's LinkedIn page: www.linkedin.com/.../jonathan-neiman-9a28aa8 - Let's show him the support that he deserves!

Reply · Mark as Spam · Posted On: 9/27/2021 4:45:59 PM

Like · Dislike

Jodee
Joined On 4/13/2008 7:28:27 PM
Add as Friend · Send Message

This is the direct result of Theory Studies in academia. Fat Studies is a social theory based on postmodernism, which is itself based partly on one main tenet of Marxism, ie, there are only two social classes: the oppressors and the oppressed. It reduces all relationships to one of those two. Fat Studies theory equates obesity (a word they generally don't use) to race and sex/gender. Does anyone see a problem here? Race and gender are immutable characteristics. Obesity is not. Should we also not "shame" those who self mutilate? Should we consider that just another expression of humanity? The bottom line here is that those who desperately (in many cases) need help are both less likely to seek it and less likely to get it. This paradigm hurts EVERYONE!

Reply · Mark as Spam · Posted On: 9/27/2021 4:41:33 PM

Like · Dislike

parsi04
Joined On 4/17/2008 2:19:16 PM
Add as Friend · Send Message

I was at the hospital this morning with a friend who was having an outpatient procedure. It is amazing to see all the overweight hospital staff. Of the 7 people working there only i was normal weight. The others went from slightly overweight to very obese. This is a bad signal and the health care industry needs to "Heal Thy Selves" and trim down.

Reply · Mark as Spam · Posted On: 9/27/2021 3:42:29 PM

Like · Dislike

Jodee
Joined On 4/13/2008 7:28:27 PM
Add as Friend · Send Message

Look at their schedules. Look at the food available for them to eat while on the job. Most "healthcare" environments are set up to cause overweight and obesity, especially hospitals. Staff are on 12-24 hours schedules, grabbing sleep and food whenever they can and regularly being interrupted in both, punching on the adrenaline and cortisol to deal with whatever urgent situation just came up. The system is entirely broken and you're right, it is a bad signal, but it's not really their fault the majority of the time.

Mark as Spam · Posted On: 9/27/2021 5:01:41 PM

Like · Dislike

ThyroidGirl
Joined On 7/11/2011 5:56:36 PM
Add as Friend · Send Message

Kinda funny when you realize that obesity is actually not from lazy people eating too much, but rather a direct result from vaccines and medications.....

Reply · Mark as Spam · Posted On: 9/27/2021 12:46:12 PM

Like · Dislike

Jodee
Joined On 4/13/2008 7:28:27 PM
Add as Friend · Send Message

...and denatured food.

Mark as Spam · Posted On: 9/27/2021 5:02:47 PM

Like · Dislike

dejure
Joined On 8/23/2009 2:38:11 PM
Add as Friend · Send Message

Wow, utterly, stupid. I am obese by various standards. I don't like it, but it's fact. Many do not understand the danger being such condition puts them in. As such, it's a doctor's duty to mention it. On the other hand, it's an idiot medical professional who thinks just telling someone their problem equates to completing their duties in practicing medicine. Most people need some kind of help adjusting their minds to address such things (e.g., overeating, too little exercise, to much booze, drug use and so on). Even people in good physical shape have their issues. That could be being a workaholic, neglecting their family trouble moving out of a dead end job, racism, neglecting the maintenance of their vehicles and homes, and so on.

If all our minds were perfect, we'd have no jobs. There would be no Prisoners, Realtresses, Water on the Brains, or Shifty types. We'd all be rich. Trouble is, even medical professionals believe merely talking solves problems. Little effort is done in HELPING people on program themselves. That is, to change how they think. Changing how we think can be done via affirmations, hypnosis (self, group and individual), "Tapping" (another kind of suggestion hypnosis) and so on, but only a rare few pay attention to such things.

Reply · Mark as Spam · Posted On: 9/27/2021 12:06:43 PM

Like · Dislike

mommyvetch
Joined On 11/19/2010 8:00:17 AM
Add as Friend · Send Message

One would have to be dead, mute and blind NOT to see the link between obesity and the most severe cases of Covid!

Reply · Mark as Spam · Posted On: 9/27/2021 9:35:33 AM

Like · Dislike

blessthebeasts
Joined On 1/5/2010 10:10:41 AM
Add as Friend · Send Message

Most of the children who supposedly died with covid were obese. Totally preventable.

Mark as Spam · Posted On: 9/27/2021 10:06:45 AM

Like · Dislike

RebelsanWarrior
Joined On 1/29/2018 8:51:53 AM
Add as Friend · Send Message

and the real irony of it all is that most obese or morbidly obese people are not happy with being obese. It is a sad epidemic with most

and very serious health consequences well beyond the way it seems to aggravate the flu variant that has become known as COVID-19.

Reply | Mark as Spam | Posted On 9/27/2021 9:33:19 AM

Like Dislike

---

fundamentalassumptions
Joined On 4/1/2009 12:17:58 PM
Add as Friend | Send Message

Ignorance is not a sin. Willful ignorance, or seeking to keep folks in ignorance, selective & hypocritical handling of whole truth from any direction....are. Before conscience & God, not men so much who we know are fallible if we're truthful: just like each one of us!

Reply | Mark as Spam | Posted On 9/27/2021 8:01:54 AM

Like Dislike

---

wallguy
Joined On 12/19/2015 10:23:35 AM
Add as Friend | Send Message

Shelf life.....We all have one. What you do today....might insure many better tomorrows. Plan on that!

Reply | Mark as Spam | Posted On 9/27/2021 7:52:30 AM

Like Dislike

Tsylatac
Joined On 10/15/2009 6:02:01 AM
Add as Friend | Send Message

Craigcam you have proved my point perfectly - I hope that your halo doesn't slip and cause you problems.

Reply | Mark as Spam | Posted On 9/27/2021 6:37:52 AM

Like Dislike

---

craigcam
Joined On 7/2/2021 6:11:08 PM
Add as Friend | Send Message

I'm far from an angel.

Mark as Spam | Posted On 9/27/2021 6:47:06 AM

Like Dislike

---

fundamentalassumptions
Joined On 4/1/2009 12:17:58 PM
Add as Friend | Send Message

Tsylatac alphabet soup hiding something: All men are corruptible. Only God in the Godhead is absolutely holy, holy, holy and incorruptible. Halos can't slip because they do not exist & are idolatrous inventions of those walking by sight alone, or seeking to manipulate those who do by craft as 'the masters', fostering superstition & ignorance, bondage & manipulations of men & devils. The manipulation usually relating to $$ as the world conceives of glory & power....1 Timothy 6 and James 4 KJB. The Bible, the preserved word of God, the King James Bible, pure Cambridge edition for English speaking people.... holds the key to freedom from the bondage of pride & lies. John 1,3 & 8; Romans 1-8; 1 Corinthians 15; Romans 10:17 & 1 Peter 1 for starters...with the contrasting anti-freedom counterfeit revealed in 2 Peter 2&3, 2 Corinthians 11 etc.

Though no man in this life achieves sinless perfection, being limited by the fallen flesh even if & when the soul & spirit are reborn & renewed by the word, will & Spirit of God....truth can be known sufficiently to pursue godliness in truth & freedom: there is liberty & light in Christ according to the scriptures which no proud truth denier or selective handler of truth will, or can, ever know. The final end of these things, & men, measured according to their conscientious soul's response to evident truth in the creation, conscience & the word of God, is found in 2 Thessalonians 2 and Revelation 13-22 KJB.

Mark as Spam | Posted On 9/27/2021 7:35:38 AM

Like Dislike

---

steve49car
Joined On 10/5/2020 3:37:55 AM
Add as Friend | Send Message

So who does the cancelling , what does it even mean ...are they even relevant? As the mass arrests continue first in USA and now moving globally (millions) .... the 'cancellers' are being taken down and mostly executed, there is no room in peaceful society for such people ... the same ones involved in global mass child abuse and trafficking ...and Adrenochrome! Did you know that Bill Clinton was found dead in his cell Friday ... was serving life?

Reply | Mark as Spam | Posted On 9/27/2021 3:49:33 AM

Like Dislike

---

fundamentalassumptions
Joined On 4/1/2009 12:17:58 PM
Add as Friend | Send Message

I don't know if you're obese or not....but the clues that you're on something mind-altering, or are a willful mocker & potential covert influencer seeking to manipulate & use those you think are stupid...just keep mounting & mounting.

Mark as Spam | Posted On 9/27/2021 7:58:47 AM

Like Dislike

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

As usual, Steve; you are just a little short on "references"! Do you actually expect anyone to believe what you write - with absolutely nothing to back up your words?

Mark as Spam | Posted On 9/27/2021 8:40:15 AM

Like Dislike

Kanadian45
Joined On 3/17/2021 8:48:36 PM
Add as Friend | Send Message

Steve! Where are you getting this info?

Mark as Spam | Posted On 9/27/2021 9:42:39 AM

Like Dislike

---

memeKnight1
Joined On 11/14/2011 7:03:07 AM
Add as Friend | Send Message

The video is pathetic! A slant that people have to eat potato chips and twinkies due to the neighborhood they live in? Get REAL!

Reply | Mark as Spam | Posted On 9/27/2021 2:15:37 AM

Like Dislike

WillCat
Joined On 2/3/2021 7:46:24 PM
Add as Friend | Send Message

Having grown up on eating some degree of junk such a chips and twinkies I can say that stuff is addictive. One craves the rush, the taste of chemistry that feeds the parasites in the gut. It took me years of gradual cleansing to change my diet and eliminate any desire for that death dealing crap. I had the money to buy good food, supplements and the interest in reading about good health. I think the single most important additive to my diet has been raw garlic and in these covid times social distancing take care of itself.

Mark as Spam | Posted On 9/27/2021 7:43:20 AM

Like Dislike

Post your comment

Previous Article | Next Article

Join the World's #1 Natural Health Newsletter for FREE!
Latest Trustworthy News from Dr. Mercola — delivered straight to your inbox!

Enter your email address | Subscribe Now!

CONNECT WITH DR. MERCOLA

Mercola proudly supports these charities and organizations.

Organic Consumers Association
National Vaccine Information Center
Mercury Free Dentistry
Regeneration International
Grassroots Health Nutrient Research Institute
Fluoride Action Network
Center for Nutrition Advocacy
Cornucopia Institute
Alliance for Natural Health USA
Institute for Responsible Technology
Organic and Natural
American Botanical Council
IFOAM - Organics International
Companion Animal Nutrition & Wellness Institute
MRSA Survivors Network
Rabies Challenge Fund
American Holistic Veterinary Medical Foundation
College of Integrative Veterinary Therapies

Inside Mercola.com

About Dr. Mercola
Contact Us
En Espanol
Health Articles
Media Inquiries
Mercola Community FAQ
Mercola Social Responsibility
Special Reports
Terms & Conditions
Updated Privacy Policy

Disclaimer: The entire contents of this website are based upon the opinions of Dr. Mercola, unless otherwise noted. Individual articles are based upon the opinions of the respective author, who retains copyright as marked. The information on this website is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Mercola and his community. Dr. Mercola encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional. If you are pregnant, nursing, taking medication, or have a medical condition, consult your health care professional before using products based on this content.

If you want to use an article on your site please click here. This content may be copied in full, with copyright, contact, creation and information intact, without specific permission, when used only in a not-for-profit format. If any other use is desired, permission in writing from Dr. Mercola is required.

Terms & Conditions | Updated Privacy Policy

© 1997-2021 Dr. Joseph Mercola. All Rights Reserved.