MERCOLA
Take Control of Your Health

Get Prepared With Shelf-Stable Foods

Analysis by Dr. Joseph Mercola Fact Checked

Next

July 11, 2022
Download PDF

STORY AT-A-GLANCE

- It appears we're in a phase where global systems of food and energy production are being intentionally dismantled in an effort to force into effect what the World Economic Forum (WEF) calls The Great Reset and the Rockefeller Foundation calls Reset the Table
- Controlling food and shifting us away from a natural diet is an important part of The Great Reset. While the destruction of food production is being justified by the Green Agenda, the real goal is to eliminate naturally-grown foods and replace them with patented foodstuffs, frequently synthetic
- In addition to restrictions imposed by the Green Agenda, nearly 100 food production facilities in the U.S. alone have also mysteriously burned down since 2021
- The U.K. has even issued an "urgent warning" that gardening can cause heart disease by exposing you to harmful soil pollutants. So, now they're trying to convince you that growing your own food is harmful too
- Prepare for unavoidable food inflation, shortages and famine by stocking up on nutritious shelf-stable foods. A list of suggestions is included

It appears we're in a phase where global systems of food and energy production are being intentionally dismantled in an effort to force into effect what the World Economic Forum (WEF) calls The Great Reset[1] and the Rockefeller Foundation calls Reset the Table.

According to the WEF, capitalism is dead and we can no longer allow for free markets. Instead, we need a top-down governance, a New World Order (or One World Order), that can ensure "fair and equitable" distribution of dwindling resources. What they're really saying, however, is that soon-to-be-useless people are gobbling up "their" resources.

They see us — you and me — as an existential threat to their luxurious lifestyle. So, their decades-old plan is to seize control of it all, transfer all wealth and private ownership into their own hands, and centrally control who gets what and when.

Other terms that also describe or play a part in this "reset" agenda include but are not limited to Agenda 2030, the Green Agenda, the New World Order, Sustainable Development, Build Back Better, and the Fourth Industrial Revolution — which has an unmistakable transhumanist component (i.e., the merging of biological or physical technologies in the human body[2]).

Intentional Energy Shortages Are Being Inflicted

The unstated implication of this socioeconomic "reset" is that it's a global slave system. The world's resources will be owned and controlled by a technocratic elite, and you'll have to pay for the temporary use of everything.

You can learn more about this in my June 2022 interview with Patrick Wood, an expert on technocracy, featured in "It's Now Crucial to Understand What We're Up Against." The actual allocation of resources will be based on things like your personal carbon footprint, social credit score and vaccination status.

In looking at the goals of The Great Reset, it's easy to see why energy shortages are now suddenly being manufactured. They want to force a transition into "green energy" and they're openly admitting[3,4] that you will be made to suffer for as long as it takes to make this transition a reality.

The problem is that current green technologies are nowhere near efficient enough or prevalent enough to replace things like oil, gas, coal and nuclear power. We also don't have the necessary infrastructure in place, so the transition is premature by decades.

Why then are global leaders insisting on making the transition right now? Could it be because a lack of energy will weaken nations and make populations heavily reliant on government, which in turn will be run by New World Order leaders?

Intentional Crippling of Global Food Production

The reason behind the crippling of our global food system is less obvious, but make no mistake, controlling food and shifting us away from a natural diet is an important part of The Great Reset.

While the destruction of food production is being justified by the Green Agenda, the real goal is to eliminate naturally-grown foods and replace them with patented foodstuffs. While the Green Agenda sounds honorable and beneficial, the end goal is anything but.

It's all about population control through patented and highly processed food production. Think about it. If the only sources of food are private corporations, and your ability to obtain that food is dependent on being a "good citizen," you'll have no freedom whatsoever.

Genetically engineered crops have been around for decades, and now we're seeing a strong push to transition from real meat to various protein alternatives, including lab-grown cell-based meats, vegetarian "meats" and insects — all in the name of "saving the planet" by eliminating methane-, nitrogen- and ammonia-producing livestock.

The Netherlands is currently in an uproar over the government's decision to cut nitrogen pollution in half by 2030, which will drive farmers out of business.[5] As with energy shortages, the resulting reductions in farming are said to be an "unavoidable" part of the green agenda to improve air, soil and water quality.[6]

Infrastructure projects in The Netherlands have even been halted over "fears they would cause emissions that breach environmental rules," the Indian Express reports.[7]

Provincial authorities now have one year to work out how they're going to meet the emission reduction targets. In response, an estimated 40,000 Dutch farmers have gathered in protest, arguing the attack on farming is irrational and unfair, as other industries responsible for far greater emissions — such as transport, construction and aviation — aren't facing the same restrictions.

> "The U.K. has even issued an 'urgent warning' that gardening can cause heart disease by exposing you to harmful soil pollutants! So, now they want you to be afraid of growing your own food too. They're actually recommending you wear a face mask while gardening."

In addition to restrictions imposed by the Green Agenda, nearly 100 food production facilities in the U.S. alone have also mysteriously burned down since 2021 (see video below).[8,9]

An estimated 10,000 cattle also perished in Ulysses, Kansas, in mid-June 2022,[10] under mysterious circumstances. Fertilizer shortages, price inflation and restrictions on fertilizer transport further add to the growing specter of food inflation, food shortages and famine.

In what appears to be straight parody — but isn't — the U.K. has even issued an "urgent warning" that gardening can cause heart disease by exposing you to harmful soil pollutants![11] So, now they want you to be afraid of growing your own food too. They're actually recommending you wear a face mask while gardening.

Are You Prepared?

While it's difficult to predict just how bad it will get in any given area, it seems safe to say that everyone should prepare for some degree of food and energy shortages, regardless of where you live, as we're staring at a perfect storm of confounding factors that are global in nature and therefore can cause far-reaching and somewhat unpredictable ripple effects.

So, if you still haven't begun preparations, I urge you to reconsider. Those who fail to prepare are likely to find themselves in an incredibly difficult situation this fall and next year. I was a member of the Boy Scouts in middle school and it was one of the best experiences of my life. Their motto is to "Be Prepared," which has served me well most of my life, and I encourage you to consider it.

Prepare With Shelf-Stable Foods

Many say they feel unsure about how to prepare for food shortages and famine, having no real experience with that sort of thing. Modern life has also in many ways made us overly reliant on technologies that might not be available in an energy shortage situation. Foods that require refrigeration or freezing, for example, might spoil and go to waste if you lose electricity for more than two days.

While the solutions will vary from household to household, depending on your financial situation, location and skill level when it comes to growing and storing food, here's a list of shelf-stable and nutritious items that can help you get through hard times.

Ideally, you'd be eating these foods on a regular basis anyway. This way, you can easily rotate your supply rather than buying something once and then not touching it for years on end.

Many prepper recommendations fall short in that they primarily focus on large quantities of rice and beans, but unless you're willing to let your health go to waste, you'd be wise to focus on nutrition rather than carb-rich belly-fillers.

Animal protein — In my view, animal protein would be one of the most important supplies to stock up on. This would require the meat to be frozen. It would likely make sense to get another freezer to store enough meat for three to six months for your family. The key to making this work is to have a backup power supply, as there is a high likelihood the grid will go down and you will lose your investment.

The most economical way to do this would be to get ground bison, beef or lamb. Avoid pork and chicken due to high linoleic acid content. Ground meat is less expensive, but more importantly, takes up the least amount of space in your freezer

Canned wild Alaskan salmon, mackerel and sardines — All of these contain healthy fats while being low in toxic water pollutants and heavy metals

Tallow, ghee and coconut oil — These healthy fats are ideal for cooking and remain stable even without refrigeration

Organic beef broth and/or collagen powder — Beef broth is an ideal source of collagen, but organic grass fed collagen powder will stay fresh longer. Collagen is the most common and abundant of your body's proteins, and is required for bone health, tissue integrity and repair

Whey protein — Whey protein is rich in leucine, which helps stimulate muscle protein synthesis, thereby promoting healthy muscle. Without a regular source of meat, it can be difficult to achieve enough leucine to maintain body protein from diet alone. Fortunately whey can be easily stored and can serve as a resource to preserve your muscle mass

Rice — Rice is a gluten-free staple that can be stored for long periods of time. Interestingly, white rice (my favorite is basmati) is far preferred over brown rice as the antinutrients in brown rice impair its role as a clean source of carbohydrates. Ideally, place the bag in a food-grade bucket together with an oxygen absorber or two, and make sure the lid is well-sealed

Honey — In addition to being a natural sweetener, local unadulterated honey also has health benefits. For example, it's an effective cough medicine and can help combat respiratory infections and bacterial infections, including antibiotic-resistant bacteria

Macadamia nuts — Nuts are frequently recommended as a good source of fiber, protein and healthy fats that will stay fresh for a long time without refrigeration, provided they're in a sealed bag or container. However, the reason why this is a terrible idea is that all nuts except for macadamia are loaded with very high levels of the dangerous fat linoleic acid. So, storing any nuts would not at all be helpful as you would only be able to have around five a day

Canned beef — Look for varieties that use salt as the only preservative. Lehman's canned beef is one such option[12]

Organic freeze-dried fruit, vegetables and meats — For extra-long storage, you can also consider buying organic freeze-dried goods, which typically have a 25-year shelf life

Essential nutritional supplements such as: Beef organ complex, essential minerals, omega-3, vitamin K2, magnesium, vitamin B complex and astaxanthin

Other Suggestions

Other key areas of basic preparation include:

Water and water purification — Identify sources of potable water and make sure you have one or more ways to purify questionable water supplies

Energy backups — To prepare for eventual energy shortages, brownouts, rolling blackouts or a complete shutdown of the power grid, consider one or more power backups, such as gas-powered generators and/or solar generator kits such as Jackery or Inergy.

Scale up and diversify according to what you can afford. Ideally, you'd want more than one system. If all you have is a gas-powered generator, what will you do if there's a gas shortage and/or if the price skyrockets into double digits? On the other hand, what will you do if the weather is too overcast to recharge your solar battery?

Cooking backups — You also need some way to cook water and food during a blackout. Here, options include (but are not limited to) solar cookers, which require neither electricity nor fire, small rocket stoves, propane-powered camping stoves and 12-volt pots and pans that you can plug into a backup battery. If you have backup power, then a pressure cooker like Instant Pot makes a lot of sense as it can serve virtually all of your cooking needs

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

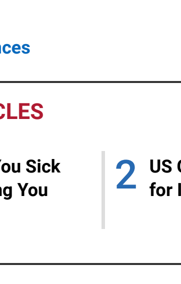
Remember to consider and include analog devices and manual tools in your preparation. We're so used to having unlimited electricity and continuous wireless communications, it can be difficult to imagine the restrictions you'll face without them. If need be, turn off the breakers in your home for a day 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, in case electronic records become unavailable.

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 #1 Bestselling Book – Now on Paperback!

My latest book, "The Truth About COVID-19," is an instant bestseller. After thousands of reviews it has a nearly perfect 5-star rating, so grab your copy today before it's too late!



The Truth About COVID-19
by Doctor Joseph Mercola
6,827 ratings

ORDER NOW

+ Sources and References

TODAY'S FREE ARTICLES

1 How Masks Make You Sick Instead of Protecting You
2 US Gives Pfizer $3.2 Billion for Ineffective COVID Vax
3 Whitening Strips or Soda? Which Is Worse for Your Teeth?

Hide Comments (175) Post your comment

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

mirandola
Joined On 6/27/2014 7:00:58 AM
Add as Friend | Send Message

Some things may be difficult to believe, but unfortunately people are capable of light and dark, a fact known since Adam and Eve. Being prepared certainly never does hurt. Perhaps decentralizing is part of the solution. Get good gardening books. Thankyou Dr Mercola for writing about sprouting previously, doable easily and anywhere...period. Water runs by pressure, not gas or electric, will not readily be cut off. Consider cooking in your grill or hibachi , foraged dead wood can be used if charcoal is scarce. Take out the garden hose to wet down the yard around the area where you light up the grill. Use a vented cover on your grill, to arrest any flying sparks.

Fireplace cooking was the norm in Renaissance civilization, as was growing a garden in just about every home. Fast forwarding to modern times, if people could grow hydroponic food in their windows in New York City, then similar things can be done anywhere. duckduckgo.com/?q=window+farming&t=newext&atb=v251-1&ia=we.. If this family grew enough food on 1/10th of an acre to feed two parents + three teenagers, plus enough produce left over to sell an excess of $20,000 each year from their doorstep, then it can be done anywhere! www.youtube.com/watch Note not only all the raised beds, but also the trellises with hanging food baskets and the vertical gardening fences.

Combining all those, given know-how, it's amazing how much can be grown in a small space. The Navajo considered the squashes as symbols of abundance: Pumpkins are giant, each vine yields about five or up to seven if the soil is fertile, butternut squashes are similar. Zucchini won't stop giving, are easy to grow, tomatoes ditto. Chard, kale will grow in sub zero weather given mulch, one can cut them and they keep growing back. Green beans are easy to grow. Consider rooftop gardens (Cities), window boxes and hip height redwood boxes filled with soil. Self sustaining is more possible than most people think! God bless.

Reply | Mark as Spam | Posted On 7/11/2022 2:02:39 AM

Like | Dislike

---

mirandola
Joined On 6/27/2014 7:00:58 AM
Add as Friend | Send Message

Please note in the Urban Homesteading film, that they also practice self sufficiency in multiples of ways, this film will inspire and empower! Mycorrhizal fungi can greatly increase yield, plant size, plant rigor and health, all alike https://www.fungi.com Regarding growing pumpkins and squashes, they need tons of space to sprawl out their vines. For urban gardeners, consider vertical gardening, build fences for them to climb. Get books about vertical gardening. Look for books and internet articles with instructions not only how to grow, but also, how Not to grow food and how to minimize losses by mistakes. Use netting to cover sprouting and new plants, to protect from foraging birds, rabbits and other wild animals.

The netting sold in nurseries will keep birds out, but will not keep out rats and mice. Use fine netting, such as tule, purchase from your fabric shop or on the web. Dig raised beds underlaid with heavy duty gopher wire (gophers eat right through chicken wire) attached to the wooden bedframes. With know-how,gardening can be very fun and rewarding, and very empowering. There is nothing so peaceful as the sun on one's face and hearing the birds sing, with produce tasting better than anywhere else and the most fresh and local that exists....just feet away from your doorstep!

Kids will love watching things sprout and grow, will take pleasure in watering and will develop a special relationship to the food they have grown. Enjoy and share your knowledge to empower others. Post gardening and survival tips to your Next Door site. If you don't want to mention shortages, the skyrocketing food prices will be enough motivation. If we all network to share the solutions, there will be less looting and rioting, greater peace and wellbeing. We can be part of the solution! The internet is lightning fast, networking is exponential. There is hope! God bless!

Mark as Spam | Posted On 7/11/2022 2:35:16 AM

Like | Dislike

---

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

Excellent resources Mirandola, thank you & another thank you for Doc & Staff for the same. Things got nuts in the mid 70s through the 80s, many especially in rural areas like here leaned back into the older ways. Gardening, smaller scaled local farming at a more human scale took off. People would raise enough pork, beef so as to offset the cost, so their personal share was less expensive, not looking for huge profits. Definitely not looking for Profits of Scale. So, in dusty yard sales, estate sales, old bookstores one might pick up informational books, pamphlets from those times. I've culled through mine and passed some on to a young person's good works project.

Many should have helpful basic information to convert to what we here have found the superior, healthy Biodynamic Permaculture techniques. Try not to be overwhelmed by the Monopoly Ag systems images of massive fields, weed free, & actually short of life & life forms. It's a revelation how much can be produced in small areas. With some produce, if the veggie can be grown say six inches apart in long skinny rows, some can also be planted in Wide Rows. Several rows, parallel also whatever apart. Some like beets will grow leaves to become canopies shading, crowding out weeds.

Saves time, water, weeding. Long time visitors here have read many times over the need to pull back from depending on the convenience of using the Predator$ Modern food supply system & using grocery stores as your pantry. How far we have fallen. We've gone from the Victory Gardens of the Great Depression & WWII, to Grandma was vicious disease spreading radical. Who knew, she seemed so nice & compassionate. Black has become white, Up is Down, Right is Left. Vampire Para$itic Predator$ are turning this all into the UpsideDown.

Mark as Spam | Posted On 7/11/2022 5:08:35 AM

Like | Dislike

---

mirandola
Joined On 6/27/2014 7:00:58 AM
Add as Friend | Send Message

hi Juststeve thank you! Yes, if people start to grow their own then collectively, we can greatly lighten the load come any possible food shortages. As regards growing in a small space, I am amazed at how much our 8X14ft raised bed can produce. Planting squashes about two feet apart, so long as I train them to trail their length alongside each other instead of criss crossing, I have now fit: Two zucchinis, a spagghetti squash (trails long but is making six fruit now, with two larger than footballs already), an acorn squash, two tomatoe plants, two cucumber plants, some eggplant, about ten bell pepper plants, and there is still room to squeeze in rows of carrots or parsnips!

Plus I have two rows of green beans and a row of fennel plants getting started now, where the sugar snap peas are finishing up. We have it all planted in square yard areas, tying string to mark one foot pathways between each one yard square. I grow borage as nitrogen fixer after all crops have eaten up the soil's nitrogen supply , use occasional fish emulsion to replenish the soil given nitrogen-gobbling squashes and tomatoes, and I also companion plant.

(Caution, borage is hard to get rid of, it overgrows, but the bees love it and the flowers are edible and beautiful too!) Composting in the soil miraculously changed our soil texture, in one single winter, from heavy clay to light, hummusy and richly productive! For herbs, grow oregano and let it flower, the bees LOVE it. Increases gardening productivity, helps bees, win-win!

To extend our garden, we made long hip height redwood boxes in which we have leafy greens and more peppers and tomatoes growing, very happily. Make sure the boxes are made of solid UNTREATED wood and not separate boards, so the water doesn't run off and the plants have plenty of moisture. I also found that gophers don't like the squashes very much, so I feel comfortable planting some of them right alongside the raised beds. We love our garden! It is fun and very rewarding!

Mark as Spam | Posted On 7/11/2022 5:40:24 AM

Like | Dislike

---

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

While in general this year's garden is best when prep work is started last year, or even the year before. It doesn't do a lot of good to get hung up on perfection or seduced by Gardening Sources be they garden magazines or seed catalogs pretty perfect pictures of acres of weed free crops. An image most likely produced by using a boom having someone cut any high tower weeds spoiling the illusion only Chem Ag can produce foods for Germaphobes. Speaking of leaving chems, while I prefer cover crops, if an extreme need to jump start to clean up a space is needed, an organic weed killer to prep your space is 1/2 gallon of 30% acidic vinegar, 1/2 cup of plain salt with about a tbls of Dawn Dish Soap.

It whacks everything. You can use store bought 5% vinegar, but you'll have to spray over, & over again. The stronger solution wipes out the most common weeds, but the stronger weeds coming from roots will have to be sprayed multiple times. Using a weak 5% won't make it happen. If your troublemaker has been calmed down, oyster shells usually used for chickens, or liming for a neutral ph.

is good. Cover crops are great green manures & weed cleaners. I like Buckwheat followed the next year by wide rows of bush peas & beans to prep for tomatoes. Here, Buckwheat usually gets a minimum of two plantings. The last is chopped down & the litter left. The next spring with roots left in the soil, the Buckwheat litter is pulled back to plant wide rows of bush beans & bush peas.

When they are done, mowed down leaving the roots in the soil, then this is followed by again by Buckwheat. The following year those beds with now the Peas, Beans & Buckwheat roots still intact so the soil life can restore the soul in the soil, is charged for tomatoes. Some will get hung up on cost but, the process of using Buckwheat in general is more bang for the buck. It eliminates weeds, conditions the soil, reduces the need for fertilizers, the improved soil makes healthy plants so less bug killer junk.

Mark as Spam | Posted On 7/11/2022 6:33:59 AM

Like | Dislike

---

davidle
Joined On 5/7/2011 7:38:57 AM
Add as Friend | Send Message

Good advice.

Mark as Spam | Posted On 7/11/2022 8:34:15 AM

Like | Dislike

Krofter
Joined On 6/2/2015 9:47:59 AM
Add as Friend | Send Message

Good to hear from some experienced gardeners. Livestock - especially chickens for you backyard gardeners - can and should be a part of the picture as well. They can make good use of exces garden produce as well as control bugs and clean up garden debris at the end of the season... and turn all of that into very nice fertilizer. In addition to chickens, I also raise pigs and goats here. Three of my pigs are in several freezers spread between my neighbor and myself. My freezers are solar powered so if things go way south, I'll still have meat and lard. The goats are out on pasture and mostly make a living off of that. See my post below for how I use chickens.

Mark as Spam | Posted On 7/11/2022 8:42:28 AM

Like | Dislike

Sue12Cross
Joined On 10/31/2009 3:22:30 AM
Add as Friend | Send Message

Don't forget quail! The eggs are not only nutritious but a well-documented medicinal, if you raise them on their wild diet and keep them in a roomy outdoor space (a partly wire-roofed greenhouse is great). It's always best to keep your protein on the hoof as it were and you can also freeze surplus eggs and they are good for a year. This is my set up if anyone is interested and I am also running a series of videos right now on how to raise quail with a hen, this is the first stage in getting them back to their natural behaviour, as they learn from Mama: holistic-hen.blogspot.com/2021/11/creating-safe-quail-habitat-nesting-.. If you are going to the trouble of keeping animals and/or birds, you need the very best life and food for them otherwise you are producing 'supermarket quality' food for a lot of hard work.

Plus and more importantly, you owe them that for the produce they give you and also the joy of keeping them which we should not forget is part of being self-sufficient.

Mark as Spam | Posted On 7/11/2022 9:05:20 AM

Like | Dislike

Lee1959
Joined On 9/13/2021 8:36:46 AM
Add as Friend | Send Message

You are right on!!!! I don't need to say more. You said it all. We pretty much have all the bases covered. Now my husband thinks I am going off the deep end trying to find local artesian wells and ways of filtering water. We have a private well in our present home and also at our cabin, and we do have a portable generator. But I want to know for sure that my water is clean to drink.

Mark as Spam | Posted On 7/11/2022 9:12:09 AM

Like | Dislike

Lee1959
Joined On 9/13/2021 8:36:46 AM
Add as Friend | Send Message

I knew a fellow master gardener who let her pumpkins and squashes grow up her tree, using it as a trellis. In the fall she had dozens of HUGE pumpkins hanging from her tree. It was an amazing sight. And very practical and useful also.

Mark as Spam | Posted On 7/11/2022 9:54:28 AM

Like | Dislike

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

Lots of good advice here. A lot of it was prompted by the conditions of COVID-19, encouraging folks who had abandoned the old ways years ago to once again grow a garden, raise a pig and get some layer chicks. Just remember to pen those birds before your garden begins to bear! Granted I've skimmed through this series of posts on gardening but nowhere did I notice anyone mention preserving the harvest. If you've gone to the trouble of raising every vegetable you'd like on your table, the next step is to grow enough to preserve them over the winter, and for this you need a 9 pint pressure canner (or if you have a larger family, larger canners that will hold quarts). If you aren't Amish, canning your winter supply over a wood-burning stove in August, you can escape the heat of your kitchen if you use your canner on an outdoor barbecue.

Just remember that you have to watch the temperature judiciously. I know families here in Maine, both organic farmers and indigenous people, who can all their chickens and moose. Is it a lot of work? Anything that's worth the trouble is a lot of work, whether it's growing and weeding or hunting and butchering. Remember, many hands make light work and if your children haven't been trained to do their chores as family members, it's never too late to start. With a cellar like mine, packed with fruits, vegetables, meats and homemade wine, you'll have no fear of power loss or starvation/inflation.

Mark as Spam | Posted On 7/11/2022 12:40:35 PM

Like | Dislike

---

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

Water. While having a well its pump is a submergible electric. I have for bad scenarios an old fashion hand pump. I would just have to drill a hole in the well cover, drop down a plastic pipe fairly deep into the well, hook up the said pump, than prime it and taa daa - potable drinking water. For toilet, if its brown flush it down, if its yellow let it mellow. There is a pan hanging from a foot bridge across my creek. It is used when extended power outages call for drawing water from the creek to use to flush the toilet. Boiled water from the creek is fine for a sponge bath.

Needing to find a day when I'm not supposed to be in six places at the same time so I can find the water purifier I'm satisfied with. Doc mentions the Lehmans catalog. A source for the Amish and crazy English - like me. They have not only excellent water purifiers for extreme or isolated circumstances, but many quality tools and other neat stuff Grandma, who would be all of 125 years old today, would recognize and wonder why you don't have these on hand. Just saying.

Mark as Spam | Posted On 7/11/2022 12:44:53 PM

Like | Dislike

Robert from Alberta Canada
Joined On 1/6/2007 6:51:17 AM
Add as Friend | Send Message

Ricardo Delgado VACCINES, GRAPHENE Oxide, NANOTECH and 5G (most important ne plus ultra most important) www.bitchute.com/.../LgR6Sj85WCpb Dr. Vernon Coleman [Herr Doktor Vorausschauend]- We have 8 months [of "relative" freedom left [forecast in Apr.2022and it's mid July now so giddyup]. The Great Rest is almost Complete! brandnewtube.com/watch/we-have-eight-months_QzsLAZijYCWizPs.html www.bitchute.com/.../n2FB2PB2jCs0 Ready for the BIG KILL Dr Vernon Coleman 11 Jul 2022 (8 hrs ago) brandnewtube.com/watch/ready-for-the-big-kill_5sJT4WmEolmHELy.html brandnewtube.com/@DrVernonColeman As above... Get Prepared With Shelf-Stable Foods [and Essentials]

Mark as Spam | Posted On 7/11/2022 10:38:08 PM

Like | Dislike

---

phoenix999
Joined On 5/5/2016 5:32:03 PM
Add as Friend | Send Message

Thanks Mirandola for the great crop ideas and video link. I love that chard is tolerant of both heat and frost, a true unsung hero. Some roots such as carrots, beets and turnips are actually 2-3 veggies in one (all parts edible). (It should be noted that leaves of nightshades such as tomato, potato etc. are NOT edible.) Contrary to white potatoes, sweet potatoes are two veggies in one (the leaves can be a spinach substitute) and the progeny of one store-bought sweet potato can be produced in perpetuity! Just search 'sweet potato propagation' on YouTube. Sweet potatoes are low-glycemic and paleo friendly despite their name. Entire tribes live off of a mono-diet of this superfood (apparently their gut bacteria produce all the fatty acids they need) so it's great insurance in times of food scarcity.

It's easy to make your own fertilizer in perpetuity, also, by composting everything from kitchen scraps to weeds to scrap paper, thanks to the worms, beetles, bacteria and other organisms in the soil which are always at our service. Wild edibles never stop springing up from the soil, too. We need never fear. While you can, I recommend watching gardening videos by YouTubers James Prigioni, Millenial Gardener, David the Good, GrowVeg, Huw Richards, Charles Dowding and many others. Cheers to all growers, from this newbie!

Mark as Spam | Posted On 7/11/2022 10:59:45 PM

Like | Dislike

---

mirandola
Joined On 6/27/2014 7:00:58 AM
Add as Friend | Send Message

Thank you all! You are all just wonderful! What treasure troves of great information! Much appreciation!!! :-)

Mark as Spam | Posted On 7/11/2022 11:16:53 PM

Like | Dislike

BeatriceW
Joined On 6/20/2006 7:25:32 AM
Add as Friend | Send Message

On Twitter this morning. #BreakingNews A large grocery facility in Almelo #Netherlands owned by Bill Gates has suddenly caught fire in the dead of night. The grocery delivery company specialized in synthetic meat products. #FarmerProtest
twitter.com/.../1546298995504553986

Reply | Mark as Spam | Posted On 7/11/2022 1:21:41 AM

Like | Dislike

---

fszaf56
Joined On 12/20/2010 12:20:23 AM
Add as Friend | Send Message

The Netherlands farmers understand what's happening!

Mark as Spam | Posted On 7/11/2022 8:05:48 AM

Like | Dislike

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

I will file that one under Positive News!

Mark as Spam | Posted On 7/11/2022 8:10:31 AM

Like | Dislike

DebbyW
Joined On 5/27/2010 9:07:35 AM
Add as Friend | Send Message

This is one food facility fire that sounds like it's a benefit for the people.

Mark as Spam | Posted On 7/11/2022 8:59:47 AM

Like | Dislike

---

dfarrich
Joined On 3/28/2016 1:46:04 AM
Add as Friend | Send Message

Such a pity. NOT!

Mark as Spam | Posted On 7/11/2022 9:37:17 AM

Like | Dislike

Mercola_Fan
Joined On 1/11/2009 12:28:23 AM
Add as Friend | Send Message

Synthetic meat burns. But Gates wouldn't target his own demonic facility.

Mark as Spam | Posted On 7/11/2022 10:20:24 AM

Like | Dislike

otis101
Joined On 7/10/2010 6:30:32 PM
Add as Friend | Send Message

"Never be afraid to raise your voice for honesty and truth and compassion against injustice and lying and greed. If people all over the world...would do this, it would change the earth." William Faulkner. Just look at the change taking place with the reversal of some of the climate change fraud. Now they (great resetters) are saying nuclear & gas are "green energy". We are winning this diabolical battle against these psychopaths. A lot are narcissistic sociopaths. btw a psychopath is born while a sociopath is a learned behavior. When it comes to taking down synthetic meat products I say right on, & right on.

Mark as Spam | Posted On 7/11/2022 10:23:44 AM
Like | Dislike

Krofter
Joined On 6/2/2015 9:47:59 AM
Add as Friend | Send Message

More information on that story - secularheretic.substack.com/.../netherlands-picnic-food-facility

Mark as Spam | Posted On 7/11/2022 10:30:09 AM
Like | Dislike

RedRavenSounds
Joined On 8/9/2021 12:25:52 PM
Add as Friend | Send Message

The farmers in the Netherlands are fighting back! Blocking roads, and spraying feces manure on government buildings. These "Satan's reset" b*stards are pushing the public too far - and they have forgotten the lessons of heads rolling with Madame Guillotine. Effectively what these satanist pedophiles maniacs are doing is weaponizing the weather. making people AFRAID to grow their own food, afraid of the fall and winter. When people have nothing they have nothing to lose. These satanist pedophiles think they "own" our little blue spherical spaceship hurtling around our star? Jesus says - hold my beer.

Mark as Spam | Posted On 7/11/2022 10:33:06 AM
Like | Dislike

---

otis101
Joined On 7/10/2010 6:30:32 PM
Add as Friend | Send Message

Wave of farmer's protest spreading across Europe. Netherlands, Germany, Poland, Italy, & Spain. Some great short news clips in this link. take a look. thedeepdive.ca/farm-to-road-wave-of-farmer-protests-spreads-across-eur.. ~~~~~~ www.globalresearch.ca/video-european-farmers-fight-back-against-global..

Mark as Spam | Posted On 7/11/2022 10:49:41 AM
Like | Dislike

---

epi-cure
Joined On 5/12/2012 7:02:04 PM
Add as Friend | Send Message

Yes, by all means necessary make my Bill Gates chemical "meat" well done, really well done, extra, extra crispy. Frequent Dutch national reader/contributor on this forum, Pete.Smith, said recently that most inhabitants of the Netherlands don't realize yet what is the core issue, that is, The Globalists' attempted takeover. They believe this is but the latest round of accommodation to the European Union (EU) "green" agenda going back two decades as revealed by this well-spoken Dutch politician, Thierry Baudet: www.theepochtimes.com/manufactured-food-crisis-elites-great-reset-plan..

Mark as Spam | Posted On 7/11/2022 12:05:12 PM
Like | Dislike

---

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

mrecola fan - it would not be surprising if synthetic meat could be used to start fires. Whoops, maybe it did, spontaneous combustion - we'll see if Legacy Media blames the fires on that. ;)

Mark as Spam | Posted On 7/11/2022 12:48:01 PM
Like | Dislike

---

epi-cure
Joined On 5/12/2012 7:02:04 PM
Add as Friend | Send Message

juststeve, don't give "them" any ideas. When "they" realize that their meat has met its match "they" might decide to repurpose it into nanoparticulate waste and aerosolize it along with the other incendiary elements used in the ongoing weather/geoengineering program.

Mark as Spam | Posted On 7/11/2022 1:02:04 PM
Like | Dislike

---

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

In the 1970's when the oil companies were not unloading the oil tanks on the docks, so that the tankers at anchor could not unload, (which created a fake oil shortage, and huge price increases), someone set fire to a large Mobile Oil Co. above ground tank. The tank blew up and was endangering another nearby tank. Less than a week later gas prices dropped dramatically across the country, and magically there was enough gasoline to go around.

Mark as Spam | Posted On 7/11/2022 7:21:15 PM
Like | Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend | Send Message

This is one of the best articles I have seen on the subject.

Reply | Mark as Spam | Posted On 7/11/2022 11:35:47 PM
Like | Dislike

---

susancactus
Joined On 12/24/2011 12:26:20 PM
Add as Friend | Send Message

ORGANIC STORABLE FOOD CENTRAL MILLING FLOUR AND GRAINS https://centralmilling.com COUNTRY LIFE FOODS https://countrylifefoods.com EDEN VALLEY FOOD UTAH https://edenvalleyfood.com Highest Quality Storable Food www.youtube.com/watch FOOD STORAGE GUYS www.foodstorageguys.com/.../usda-certified-organic GONE GREEN gonegreenstore.com/.../organic-storable-food Organic Storable Food HARMONY FOODS ORGANIIC BULK www.harmonyhousefoods.com/search.asp \ HEALTH RANGER STORE www.healthrangerstore.com Vegan organic powders and dried vegetables and more. HONEYVILLE https://shop.honeyville.com Bulk grains, baking and food storage search organic IHERB https://www.iherb.com Variety of food and organic resources LONGHORN PASTURED STORABLE MEAT - LIMITED AVAILABILITY http://head2tail.com MOTHER EARTH PRODUCTS motherearthproducts.com Dehydrated and freeze dried foods NORTH BAY TRADING COMPANY www.northbaytrading.com \ Bulk organic dried vegetables and herbs NUMANNA https://numanna.com/organic/ Organic storable food PLEASANT HILL https://pleasanthillgrain.com \ STARWEST BOTANICALS www.starwest-botanicals.com Largest supplier of organic herbs.

SUN ORGANIC FARM https://www.sunorganicfarm.com Certified Organic Food Products WilD ZORA https://wildzora.com High quality Paleo choices not for long storage. WILDLY ORGANIC http://www.wildly-organic.com Sue Thomas freethinker20@yahoo.com

Reply | Mark as Spam | Posted On 7/11/2022 8:06:51 AM
Like | Dislike

---

grulla
Joined On 1/17/2012 8:03:55 AM
Add as Friend | Send Message

EDEN VALLEY FOOD UTAH https://edenvalleyfood.com , not to be confused with Organic BPS free Eden Foods of Clinton, MI, yet another good option, where one can have their food products shipped by the case load. www.edenfoods.com/about/integrity.php?eID=l9gdleuncindou6mjj6slvrf5

Mark as Spam | Posted On 7/11/2022 9:51:24 AM
Like | Dislike

---

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

It just keeps getting wilder & wilder. It's like watching the wicked witch of the West meltdown. They're throwing everything they have against the wall to see what sticks. The bag must be getting low on chestnuts.

Reply | Mark as Spam | Posted On 7/11/2022 4:44:48 AM
Like | Dislike

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

Just; our illustrious PM - trudeau, is currently at the Calgary Stampede whooping it up and spouting off about how we all have our "freedom" back after 2 1/2 years of (?)...let's all remember that a couple of months from now, when the mandates return! Never underestimate the power of evil!

Mark as Spam | Posted On 7/11/2022 8:15:05 AM
Like | Dislike

---

jca652041
Joined On 8/25/2014 12:54:54 PM
Add as Friend | Send Message

Canadians have their freedom if they're vaccinated. I used to spend enormous amounts of time in Canada but can't go there now because I'm unvaccinated. So whoop it up vaccinated, triple boosted Canada!!

Mark as Spam | Posted On 7/11/2022 8:34:57 AM
Like | Dislike

---

bfr27915
Joined On 9/26/2021 5:38:22 PM
Add as Friend | Send Message

A must view by all. Justin Trudeau takes oath of office. https://youtu.be/xA92oPwKK70

Mark as Spam | Posted On 7/11/2022 8:42:11 AM
Like | Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend | Send Message

jca and all... I don't expect to ever travel to Canada again, either. At one time, I studied in Canada and attended medical conventions there. Those days are over for me. I learned little in the socialized medical system--in many ways, it was surprisingly outdated. I found many seminars regressive and confusing considering recent research and advancements in medicine. I used to hunt and fish in Canada. At least when out in the wilderness, protein was not a problem. I also learned at which border crossings screeners were courteous and helpful and which were belligerent when entering Canada with firearms to hunt. I got a bellyful of socialism, seeing resources squandered on people who would not help themselves while working people did without.

This is not to say we do not have many of the same problems in America. I recall it was nearly impossible to find real fresh food in restaurants--sad to say, that is also now the case in most large cities around the globe. So much food was fried or made with solvent-processed oils, too. I abhor Tim Horton's. I recall one trip where I ate all my meals in a Russian restaurant where everything was homemade. Needing medical care, I was able to rely on a doctor of Chinese medicine in Chinatown who did not speak English, although we both spoke some French. Not sure if this person was even licensed, but I was after results, not credentials.

The care was amazing! I no longer have any incentive to travel. TSA, vaccinations, lousy airline food, travel disruptions and all. Merely annoying. Why should I leave my personal paradise and subject myself to something like that? However, when I did, I was often grateful to have packed some sealed ready-to-eat food. Many days, friends and I would pick up fresh fruit and "picnic" on what I had packed. I do not blame the Canadian people. Like our own govt, the Trudeau administration is out-of-control. What I say may not be popular, but I am old enough to speak my mind

Mark as Spam | Posted On 7/11/2022 9:30:24 AM
Like | Dislike

Madthorn
Joined On 8/16/2007 9:52:24 PM
Add as Friend | Send Message

The problem for me is ... i AM Canadian and stuck here with a fascist government. I've never worn the mask and the jab will be on my dead body. The last few years have been disheartening. Love and read all the info daily. Grateful for this site.

Mark as Spam | Posted On 7/11/2022 12:40:40 PM
Like | Dislike

---

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

Randy - I remember when it was just two weeks to flatten the curve.

Mark as Spam | Posted On 7/11/2022 12:49:26 PM
Like | Dislike

---

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend | Send Message

Randy, he has the most punchable face I have ever seen.

Mark as Spam | Posted On 7/11/2022 1:40:42 PM
Like | Dislike

---

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

Once this precarious system breaks-down, it will not return to normal maybe ever...You can prepp for a year, but beyond that it will take a network of hunter/gatherer/farmers to persist and survive other networks of scavengers...How long will you stay in a hole with a mountain of MREs? Better stop this idiocy now or be featured in the next season of "Naked and Afraid; Global Edition."

Reply | Mark as Spam | Posted On 7/11/2022 7:01:50 AM
Like | Dislike

---

steelj
Joined On 6/19/2006 11:43:25 PM
Add as Friend | Send Message

I agree, most people aren't thinking this through logically. If things break down they aren't going to spontaneously regenerate. We could be in a broken non-civilization unable to generate the goods and services needed to sustain our population levels or even come close. People never stop to think of all the working parts that go into sustaining 330 million Americans and a 7.8 billion world population that depend almost entirely on food and energy supplied by the very systems that we expect to break down. What then? Unless you live in a VERY isolated area or in a community of well-prepared and well-armed collaborators dedicated to mutual defense, starving mobs will be roaming.

Do you really think your neighbors will leave your garden and livestock unmolested and lie on their couch until they starve to death? If they know you have a stash of food and they don't will they just say "good for you"? Some yes, many will do anything to stay alive - it's called the self-preservation instinct. Rampant cannibalism can be expected - the available protein will all be walking around on two legs. I'm a hunter and would love to think I can just kill game to eat but the game, especially large animals like deer, will be gone in a month or two. This could be a nightmare scenario.

Mark as Spam | Posted On 7/11/2022 8:44:15 AM
Like | Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend | Send Message

The real solution is to become more self-reliant and make it an ongoing way of life. Replace foodstuffs seaonanlly and rely more on wild harvesting. Then, it never becomes an issue of prepping, just the way you live. There would be so many benefits to victory gardens and seed saving. One thing that shocked me when I traveled to certain countries in the world was the lack of plant and seed nurseries. Here in the US, every town has at least one and often several. Seeds are sold in every hardware store, supermarket and corner drug. When looking for organic heirloom seed, don't forget to check bulk bins and produce departments are health food stores... beans, potatoes, sweet potatoes, whole squash (with seed), dill seed, etc. Then, save your seed. Know your heirloom varieities.

Mark as Spam | Posted On 7/11/2022 9:05:05 AM
Like | Dislike

---

steelj
Joined On 6/19/2006 11:43:25 PM
Add as Friend | Send Message

Almond, I like your ideas, but I'm worried gardens will be pointless except for those living in remote areas since starving people will be searching for food. Large wild game will be gone quickly. Small game will last longer, and people may have to revert to eating robins, grackles, possums, etc. But it takes a lot of ammo and time to shoot enough squirrels and starlings to feed a family for an extended period. Still it doesn't hurt to do as you say in case it doesn't reach the true nightmare level. Our garden has never looked so ratty now that we're letting plants go to seed! We've had a self-sustaining sweet potato operation for decades. There's no point even in good times in buying the slips. We save a couple small ones and put in a glass of water with toothpicks around January and by May they're growing nicely and ready to plant. Two potatoes like this produces a year's worth for 3 of us in normal times.

Mark as Spam | Posted On 7/11/2022 9:24:39 AM
Like | Dislike

Lee1959
Joined On 9/13/2021 8:36:46 AM
Add as Friend | Send Message

That may or may not be true. If you have a cabin in the middle of nowhere, and people have no idea even how to get there, swamp on both sides, and a million trees, maybe you have a fighting chance. I do believe, but I also believe that God wants us to use our brains to help ourselves however we can. God wants us to get off our corpulent butts and help ourselves. Also it does not hurt how to use a gun. Almond is right on when she says to make it a way of life. Yes and my husband hunts. Where our cabin is, believe me, there is more than enough game. And the town our cabin is near is like, 80 population.

Mark as Spam | Posted On 7/11/2022 9:26:35 AM

Like | Dislike

---

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

The "steel mill" in Mariupol with its miles of underground tunnels and biolab provides a recent case study...hundreds of people lasted a few months in hell, suffering for a corrupt hard-nosed dead-ender. Idealogs will die in their beliefs when free thinkers stand a slim chance...No more Disney, no more TV, no more toasters and dishwashers....Maybe take a lesson from the real insurrection in Sri Lanka? Enough is enough.

Mark as Spam | Posted On 7/11/2022 9:51:16 AM

Like | Dislike

---

steelj
Joined On 6/19/2006 11:43:25 PM
Add as Friend | Send Message

Lee, you have the right setup that can actually work. Sounds like you are not a hunter yourself so you might not know how big game populations work. Whitetail deer were exterminated in many states that currently have an abundance of them. Subsistence hunting is entirely different from the managed systems we have in place. There was very light human population density when they were exterminated. As isolated as your spot is, you won't end up with a pocket of abundance with all the deer in the surrounding countryside gone.

Your deer will disperse into the now unoccupied adjacent habitat and be killed. Your area sounds like it should avoid the total extermination of the deer but you can bet the numbers will change drastically when the entire population is wanting deer meat year-round. When theirs are gone, they'll come to your area, unless you're isolated by hundreds of miles. Local populations of small animals in areas like yours will be fine. Not the migratory species like ducks though.

Mark as Spam | Posted On 7/11/2022 10:29:49 AM

Like | Dislike

---

hos2291
Joined On 10/29/2015 2:46:10 PM
Add as Friend | Send Message

If it gets that bad, who is going to want to live anyway. Not me.

Reply | Mark as Spam | Posted On 7/11/2022 9:53:46 AM

Like | Dislike

Divenire
Joined On 5/8/2017 3:00:48 PM
Add as Friend | Send Message

We have to fight for the kids. This is our duty. As my friend told me when I was having a bad moment: this is our destiny now. We cannot shirk from it. If it were just me, I might feel the same as you Hos, but it's not. There are innocent children that we must try to do right by. I will not go to my grave knowing I was a coward who would not fight with everything I have for the future of our civilization. I have this nightmare that my now 4 year olds grandbaby may not be able to get the food she needs as she has several life threatening food allergies. She was the reason I bought a home freeze dryer.

Mark as Spam | Posted On 7/11/2022 12:06:58 PM

Like | Dislike

---

cdbevis1
Joined On 7/10/2010 9:47:44 AM
Add as Friend | Send Message

I just read all the comments and the article. What is that saying?... Man plans, God (the Universe) laughs. Everything is waves of energy in constant motion vibrating at different frequencies. We are not separate from one another. I would feel really selfish if my neighbors were starving while I had my hoard (and I do when I hear of famine anywhere). There was/is so much fear mongering. May we not fall into that trap. Fear is the mind killer. There is still power in positive thinking, in visualization, in faith, hope, and love. Love may be the highest vibrational frequency. We could all visualize people cooperating, sharing, and caring. Energy flows where attention goes.

Reply | Mark as Spam | Posted On 7/11/2022 3:26:41 PM

Like | Dislike

---

bfr27915
Joined On 9/26/2021 5:38:22 PM
Add as Friend | Send Message

Many great comments. But when that SHTF moment arrives - the most vital preparation will be one's mindset.

Reply | Mark as Spam | Posted On 7/11/2022 8:49:36 AM

Like | Dislike

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

True...did anyone watch the Mad Max movies?

Mark as Spam | Posted On 7/11/2022 8:58:19 AM

Like | Dislike

---

steelj
Joined On 6/19/2006 11:43:25 PM
Add as Friend | Send Message

Not sure how you mean for that to work. I guess if you have done no preparation yourself but have a mind willing to kill your neighbors and take their stashes that will work quite well. Historically this has been very adaptive behavior. Which is probably one reason we are ruled by such a prosperous and heartless, bloodsucking, predatory elite class.

Mark as Spam | Posted On 7/11/2022 9:34:49 AM

Like | Dislike

MoMac46
Joined On 3/8/2021 3:24:35 PM
Add as Friend | Send Message

Its great most of the comments here have land / farms / big enough gardens. Or are allowed to hunt. There are many great solutions if you have that type of space. In the UK - 4 small nations, land is mostly owned by absent landlords. Most belongs to the royal family and other titled or privileged people Some have guns but strict laws of private shoots. Depending in which nation you live it would not be possible to grow much, as the season is too short. (In parts of Scotland) New build houses are so close to one and other and are mostly garage and driveway, not much garden.

Older houses have better garden space but still too small to be really productive - and livestock wouldn't be allowed. Even a couple of chickens would likely have me up in court, or they would be targeted by the vast amount of domestic cats in my area. The future here i think will be grim. Doesn't stop me from at least trying to do the best I can in my tiny greenhouse and small garden. Most of my neighbours are oblivious as to whats to come.

Mark as Spam | Posted On 7/11/2022 1:57:50 PM

Like | Dislike

---

bfr27915
Joined On 9/26/2021 5:38:22 PM
Add as Friend | Send Message

MoMac46 - you have a "rock solid" mindset.

Mark as Spam | Posted On 7/12/2022 7:28:39 AM

Like | Dislike

---

tallulah3
Joined On 4/21/2021 9:26:59 AM
Add as Friend | Send Message

Don't forget to stock up on pet food too

Reply | Mark as Spam | Posted On 7/11/2022 8:21:41 AM

Like | Dislike

---

dungeonrat10
Joined On 11/6/2018 2:26:19 AM
Add as Friend | Send Message

When people get hungry, they get ugly. In my view, the fatal flaw in the elites plans for their "new world order"; is that they are very likely going to find themselves out numbered, conservatively, 10,000 to 1. They will need armies of soldiers armed to the teeth, just to keep the so called "squalid masses" from overwhelming their security and reducing them to little more than dog meat! This "Great Reset" is a recipe for civil war on a world wide scale. As I relate this, there are despotic totalitarian governments (China comes to mind) that despite their seemingly unchallenged control over their populations, secretly cower in fear, that unless they are very careful, their people having decided that there is nothing for them to lose, rise up and destroy the tyranny oppressing them.

People who are angry enough will fight with sticks and stones if they have too. In a fight, size matters, but the willingness to fight matters more. The arrogance of the elites will provide all the motivation needed to be their undoing!! Personally, I despise violence, but history is replete with examples, where a small group of people oppressed a very large group of people, and brought up on themselves revolutions that changed the world.

Reply | Mark as Spam | Posted On 7/11/2022 9:38:04 AM

Like | Dislike

---

dia1910
Joined On 12/31/2020 8:08:47 AM
Add as Friend | Send Message

DELETE the ELITE!!

Mark as Spam | Posted On 7/11/2022 12:24:57 PM

Like | Dislike

---

triathletetrain
Joined On 2/14/2010 5:55:48 PM
Add as Friend | Send Message

THANK YOU, one and all, for leaving these helpful, fantastic comments. Also, remember that most common weeds are great for food and medicine--just don't harvest near the roadside or under power lines. May God Bless you and keep you well, and also your Beloved Ones along with you.! We'll get through this nasty mess, and begin something better.

Reply | Mark as Spam | Posted On 7/11/2022 6:57:20 AM

Like | Dislike

Lee1959
Joined On 9/13/2021 8:36:46 AM
Add as Friend | Send Message

Yes, as a master gardener, one of my fellow MG's made a salad out of purslane, When asked where she got it, she replied, "Over there in the parking lot."

Mark as Spam | Posted On 7/11/2022 9:21:11 AM

Like | Dislike

Chimonger
Joined On 2/6/2008 10:00:29 PM
Add as Friend | Send Message

Did I miss mention of the NAIS laws, that got passed, despite huge pushback against them? It was a package of stepwise laws, to be implemented over more than 10 years' time. Passed in early 2000's. The last few laws are about making it hard or impossible for folks to raise foods in their yards (victory gardens). And here we are, at about that point. PharmaChem has spend over 100 years, deceiving public, destroying knowledge, & forcing those writing medicinal herb references to label many medicinal plants toxic. Same has committed literal scorched-earth to destroy creosote/chaparral shrubs all over the SW of the country, & colluding w/State regulators, to get medicinal & food plants listed as "noxious weeds" (like milk thistle, etc.). Be aware. Be forewarned. Learn to recognize & sustainable harvest wild foods. Cultivate edible weeds at least in your back yards, & maybe in your house.

Reply | Mark as Spam | Posted On 7/11/2022 2:32:52 PM

Like | Dislike

---

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

Just a FYI; If we need to get water from creeks, wells, rivers, a little drop of iodine will kill the bad bugs and save your health.

Mark as Spam | Posted On 7/11/2022 8:09:10 PM

Like | Dislike

---

man8850
Joined On 5/26/2021 10:36:10 AM
Add as Friend | Send Message

When you worship man and not Almighty God this is what it comes down to.

Reply | Mark as Spam | Posted On 7/11/2022 11:46:34 AM

Like | Dislike

---

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

What people truly will need is to have enough security to protect what they store, because people will we busting thru at all hours of the day trying to steal all you prepped to save so make sure you are amply protected

Reply | Mark as Spam | Posted On 7/11/2022 6:47:17 AM

Like | Dislike

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

Keep thinking outside the box, Brodie. No doubt, it will soon be illegal!

Mark as Spam | Posted On 7/11/2022 8:28:36 AM

Like | Dislike

---

steelj
Joined On 6/19/2006 11:43:25 PM
Add as Friend | Send Message

That's right Brodie. But easier said than done. Unless you plan to stay inside 24/7 an unscrupulous but smart starving neighbor will simply wait for you to walk outside, shoot you, and waltz inside to get what he needs unmolested. Many of the unprepared have guns too. People are living in a dream world if they think with an adequate stash of food and water, along with guns and ammo, they can ride it out. That's better than nothing, way better, and may get you through a short-lived crisis. But if it continues very long it won't be nearly that simple. It seems to me if things fundamentally break down there won't be a mechanism to start it back up. Food production can't be restarted and be cranking out calories in a week. Same with energy, fuel, etc. Well armed cops and military will be concerned with keeping themselves, their families, and comrades intact, the public welfare won't matter under a true SHTF scenario.

Mark as Spam | Posted On 7/11/2022 8:59:18 AM

Like | Dislike

---

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

common sense Rfast...not outside the box :)

Mark as Spam | Posted On 7/11/2022 9:22:42 AM

Like | Dislike

---

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

Steel the bottom line is do not go quietly into that good night. All you say is true. People need to know what they will do in making their last stand because in the end it's always a last stand. I know what I am prepared to do

Mark as Spam | Posted On 7/11/2022 9:27:22 AM

Like | Dislike

---

mirandola
Joined On 6/27/2014 7:00:58 AM
Add as Friend | Send Message

A) Let's hope all this is not true and is just a fear. But if it is true, then to arrest those involved in plotting and implementing this, is key.
B) It is noteworthy that drought and fire-stricken California grows 1/3 of the nation's produce, due to ideal climate and long growing season. Two plus two? Let's see what geonegineering scientist David Keith and the mainstream-liked (no longer trusted by me) Al Gore have to say (nanoparticles of aluminum, barium, strontium are sprayed to deflect the sun's rays, said to mitigate the problem of global warming. oops, double speak!

David Keith states that this "Causes droughts" as the upper atmospheres heat up and clouds evaporate! Helps global warming eh? And one problem with his statement too, is that aerosols are known to cause holes in the ozone layer! Ooops). www.youtube.com/watch
C) Given the linked film, let us ask: How did MOnsanto just so magically happen to come up with GMO drought and aluminum tolerant seeds? 2+2? Even Hilary Clinton said that the GMOs are drought tolerant: Could it be that the fires and droughts are to Monsanto's benefits, wanting their GMO seeds everywhere? I have wondered about this for a long time.

D) Driving through Oregon I saw a "Teepee" of sticks with a tiny fire burning, in the middle of a big field of dry, tall grass framed by trees. Not a house in sight. Totally abandoned. Tiny green tractor atop the levy where this was lit, no street leading to the levy or the source of the fire, which was at a roadside of a thoroughfare route. No way could this have possibly been anything but arson! I called the fire department. Oregon has lots of rain and lakes, another good target eh? I think it's time for some people to go to life long prison.

Reply | Mark as Spam | Posted On 7/11/2022 1:42:58 AM

Like | Dislike

Randyfast

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

Monsatan has had aluminium resistant and drought tolerant crops for years. The Stratospheric Aerosol Injections and other geoengineering techniques have been going on since 1948. Dane Wigington has been sounding the alarm on the thinning (holes) of the ozone layer for many years. Even the MSM (who normally wouldn't even mention the subject) are talking about an expanding hole in the ozone layer in the tropics! Dane has been sounding the alarm for well over 10 years. We're talking about UVC rays here! For those who have trouble understanding the difference...I will spare you the entire article; but think long and hard on the sentence: --- "UVC All UVC rays from the sun are stopped by the ozone layer; therefore, the only exposure humans get to UVC is from artificial sources such as lasers or welding torches.". -- It doesn't take a scientist to understand that the sun's rays are getting hotter - I can feel it! -- BTW: Those chemtrails now also contain nano graphene oxide/hydroxide...more food for thought.

Mark as Spam | Posted On 7/11/2022 8:56:57 AM

Like | Dislike

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

I forgot to mention all the methane deposits that have recently been releasing methane into the atmosphere...1,000 times worse than Co2.

Mark as Spam | Posted On 7/11/2022 9:13:01 AM

Like | Dislike

---

dianna1189
Joined On 3/29/2021 5:34:31 AM
Add as Friend | Send Message

I keep this quote in a frame on my wall for everyone who visits to read: "In our society growing food yourself has become the most RADICAL of acts. It is truly the only effective PROTEST one that can - and will - overturn the corporate powers that be. By the process of directly working IN HARMONY WITH NATURE, we can do the one thing most essential to CHANGE THE WORLD - We Change Ourselves." Jules Dervaes, urbanhomestead.org. Jules also added to his quote: "I can see the day coming when even your home garden is gonna be against the law. ---- Union Sundown - Bob Dylan. PS... An commercial organic farmer told me to store my seed packets in the fridge. Also, don't forget about a seed sprouting system: a quart jar, a sprouting lid, a packet of seeds and a bowl to drain them in. Peace out!

Mark as Spam | Posted On 7/11/2022 9:32:47 AM

Like | Dislike

---

dfarrich
Joined On 3/28/2016 1:46:04 AM
Add as Friend | Send Message

Oh, yes, the UK. Those socialist bastards are still about as intelligent as a doormat and our own government is right beside them.

Reply | Mark as Spam | Posted On 7/11/2022 9:51:16 AM

Like | Dislike

JudyCharl
Joined On 12/20/2020 9:05:06 AM
Add as Friend | Send Message

Please note, best to plant HEIRLOOM seeds. Most commercially available seeds are for hybrid plants, which do not produce seeds appropriate for planting next years crop. If you learn to gather and save seeds from heirloom plants you will always be able to sustain a viable garden year after year. If things get really bad, commercially available seeds will be scarce.

Reply | Mark as Spam | Posted On 7/11/2022 8:40:57 AM

Like | Dislike

---

katndognco
Joined On 1/1/2011 2:56:59 PM
Add as Friend | Send Message

Learn about ketosis today, immediately begin eating a low carb plan now. Why? Because fasting is much easier to do when you're in ketosis. Learning to fast once or twice a week is good for us on so many levels but aside from the good stuff it also helps your food go further!! I learned several years ago that I could eat a regular day of food go to sleep wake and enjoy my day without eating then have a delicious supper bc I'd just fasted 24 hrs. You don't have to fast 36 for it to benefit. A simple 24 hr fast a few times a week keeps you trim and saves food. I'm getting back to it myself. Even my dogs may have to skip a meal once a week. We've got small wildlife in the yard they kill periodically; they may have to start eating it too- In it to win it!! Exciting times for sure :)

Reply | Mark as Spam | Posted On 7/11/2022 8:11:02 AM

Like | Dislike

---

eastvirginian
Joined On 2/13/2010 7:10:29 PM
Add as Friend | Send Message

I'm practicing fasting too! Also wondering how anyone could starve in the suburbs with all these high calorie groundhogs... just need to find a neighbor willing to shoot some for me...

Mark as Spam | Posted On 7/11/2022 4:42:09 PM

Like | Dislike

---

katndognco
Joined On 1/1/2011 2:56:59 PM
Add as Friend | Send Message

Eastvirginian Get traps- much easier and self empowering-

Mark as Spam | Posted On 7/11/2022 8:51:18 PM

Like | Dislike

Leahoz
Joined On 2/2/2020 9:55:19 AM
Add as Friend | Send Message

Hello Dr Mercola, I practice many things you elude to as a 'prepper'. All Mercola commenters, take care and network well, locally. God bless you all.

Reply | Mark as Spam | Posted On 7/11/2022 2:40:22 AM

Like | Dislike

---

im4itnow
Joined On 1/22/2016 8:53:58 AM
Add as Friend | Send Message

If you are correct about a shortage, then you better have plenty of fire power, because those that don't have food will come after yours at any cost. It won't be pretty!

Reply | Mark as Spam | Posted On 7/11/2022 6:54:04 PM

Like | Dislike

---

wwalkerware
Joined On 11/13/2009 2:05:29 PM
Add as Friend | Send Message

I must have been discovered. this is the second Mercola article in three days, (out of hundreds which I have previously posted) I have attempted to post on facebook and been immediately denied.

Reply | Mark as Spam | Posted On 7/11/2022 2:16:52 PM

Like | Dislike

---

grossman.patraegmail.com
Joined On 7/11/2022 5:55:58 PM
Add as Friend | Send Message

Oh, yeah, you'll get banned. I was banned for a month for posting an article about diminishing sperm counts in men who had received the clot shot. We really need a better alternative than what is out there. I hate Zuckerschmuck, but his product is designed better than Parler, MeWe, Gab, etc.

Mark as Spam | Posted On 7/11/2022 6:09:17 PM

Like | Dislike

---

annkees1
Joined On 6/19/2006 6:48:51 PM
Add as Friend | Send Message

I've always believed in quality over quantity. I live in SW Florida and am surrounded by thousands upon thousands of homes and people. I can understand preparing for up to a month for a hurricane but should our our system actually collapse for an extended period of time, total chaos will take place. You will not be able to keep your home and food secure unless you live in isolation in perhaps Alaska.

Reply | Mark as Spam | Posted On 7/11/2022 10:42:58 AM

Like | Dislike

---

weehen
Joined On 8/25/2010 2:09:20 AM
Add as Friend | Send Message

Home security is a huge consideration. It's hard to imagine it, but yes, total chaos, food riots, home invasion and total lawlessness could well lie ahead.

Mark as Spam | Posted On 7/11/2022 11:25:43 AM

Like | Dislike

Pony55
Joined On 7/3/2021 8:27:38 AM
Add as Friend | Send Message

With an urban 1/2 acre farm filled with gardens and chickens, I also am concerned about home security. My immediate neighbors will ban together with us to keep our street safe, but I don't grow/raise enough food to share with all of them. In fact, after purchasing a pressure canner from Lehman's, I realized we don't even grow enough food to can for later (according to the recipes in the All American pressure canner). Root vegetables (potatoes, carrots) and chickens/eggs could probably sustain my family. But, add in canning extra food to feed neighbors, well, that is going to be a problem. Despite that, my faith in God keeps me at peace knowing everything works out in the end. Praying for everyone here for a prosperous bounty.

Mark as Spam | Posted On 7/11/2022 8:50:42 PM

Like | Dislike

---

radiance_iam
Joined On 4/7/2009 10:21:25 AM
Add as Friend | Send Message

One thing hubby and I addressed is remaining in our home if all power is shut off. Even in Minnesota, we could possibly remain in said home in winter. At least you would be protected from the elements like wind and snow. Of course we would have to drain al water systems so they wouldn't freeze. We have warm winter clothing to wear during the day and the best made "Wiggys" sleeping bag systems for night. We added a non-electric whole house water purification system when we purchased our home and we have portable water filters like for camping.

Can cook in the attached garage on a propane gas grill or our smaller Weber camping folding grill that uses small propane units. We also have a generator to keep our fridge and freezer going for a while. Also, if you have a deck or unheated porch, how about keeping frozen food in coolers in winter All said.....we are in our 70's and were prepared in Northern Minnesota for Y2K. A wise woman told me years ago to be prepared but not to do it out of fear but to have peace of mind and live your life to the fullest.

Reply | Mark as Spam | Posted On 7/11/2022 9:24:45 AM

Like | Dislike

Lee1959
Joined On 9/13/2021 8:36:46 AM
Add as Friend | Send Message

How true! Prepping was done by pioneers on a regular basis (read the Little House series). It was the only way they could live through MN winters. I want peace of mind also. I also love the land, outdoors, animals, etc. I don't think most city people can appreciate how fun and rewarding it is to live in the country and be as self sufficient as you can be. It is also GREAT for mental health.

Mark as Spam | Posted On 7/11/2022 9:38:00 AM

Like | Dislike

---

hos2291
Joined On 10/29/2015 2:46:10 PM
Add as Friend | Send Message

Man, that's really living the high life.

Mark as Spam | Posted On 7/11/2022 9:55:42 AM

Like | Dislike

DebbyW
Joined On 5/27/2010 9:07:35 AM
Add as Friend | Send Message

It's hard to believe our country is coming to this--manufactured shortages of basic needs to enslave and kill. All for the 'good' of those in shadow power.

Reply | Mark as Spam | Posted On 7/11/2022 8:58:42 AM

Like | Dislike

---

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

Believe it because they have no concern for what you think

Mark as Spam | Posted On 7/11/2022 9:19:08 AM

Like | Dislike

---

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

I wonder if President Biden realizes that he may go down in history as The President Who Killed America.

Mark as Spam | Posted On 7/11/2022 7:27:32 PM

Like | Dislike

---

ianmac
Joined On 9/10/2007 9:55:48 AM
Add as Friend | Send Message

Are you sure that the gardening warning is to prevent food production? Isn't it more likely to be an alternative to the SAD story? Your heart problems are NOT from your vaccination, but from working in your garden without a mask!

Reply | Mark as Spam | Posted On 7/11/2022 7:54:25 AM

Like | Dislike

---

lovestosing6
Joined On 8/26/2013 8:44:35 AM
Add as Friend | Send Message

Thank you for the giggle!

Mark as Spam | Posted On 7/11/2022 8:58:41 AM

Like | Dislike

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

Those are all good suggestions; but won't help people who can no longer afford to live in a house - especially if they don't have a vehicle. Food prices are already rising exponentially! I stocked up on sardines a few months ago, when they were $1.00. Now, the cheapest is $2.00 and in some places, they are $3.00! Many food items that I buy, have doubled and tripled in price. It used to cost me around $20 total (minus the beef) to make a big pot of chili. I just paid $10 for the mushrooms, alone! Six dollars for two bell peppers! Organic protein bars were helping me to keep from losing too much weight, as I have no teeth to eat with. I haven't been able to purchase any for three months!

FYI: I puree my chili and veggies (to make soup) in a blender...only useful for as long as I have a place to live. -- On the BS covid front; the MSM now tells us that if we have a cat or dog; "Do not allow it to lick you, or sit in your lap; and don't cuddle with it"! They suggest always using a leash to keep it at a distance. This should infuriate any pet 'owner' who's still able to think for themselves. They're taking the fear mongering to a whole new level - about something that is really no threat at all! Better keep an eye on those goldfish also...wouldn't want to catch Mr. Nasty from them! I still take no precautions and I'm still not sick...most amazing!

Reply | Mark as Spam | Posted On 7/11/2022 7:54:09 AM

Like | Dislike

---

katndognco
Joined On 1/1/2011 2:56:59 PM
Add as Friend | Send Message

I have 3 dogs who give me daily kisses and sleep on my bed lol screw the fear mongers lol

Mark as Spam | Posted On 7/11/2022 8:13:32 AM

Like | Dislike

---

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend | Send Message

Heck, when this scam started, I went around licking door handles trying to maximize my immunity and never caught anything. Had to stop because they tasted horrible.

Mark as Spam | Posted On 7/11/2022 8:37:59 AM

Like | Dislike

jca652041
Joined On 8/25/2014 12:54:54 PM
Add as Friend | Send Message

My house is a biohazard with 4 dogs and a human who has better things to do than keep a spotless house. Oh I also prepare and feed raw to my dogs..in my kitchen.the horrors!!! Curious none of us is ever sick. Ancient dogs with no cancer. No vet bills ever.

Mark as Spam | Posted On 7/11/2022 8:44:32 AM

Like | Dislike

---

lovestosing6
Joined On 8/26/2013 8:44:35 AM
Add as Friend | Send Message

Brianallen - same here - well, not licking door handles, but eating trail mix upon leaving the grocery store where I touched everything imaginable. :)) Stop cleaning at home also, figure the best way to get germs is to not keep a sterile environment. It's a win win in so many ways hahahaa...

Mark as Spam | Posted On 7/11/2022 9:00:27 AM

Like | Dislike

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

That's the spirit! I cycle to the beach/park almost daily and get my "puppy love" from other people's dogs! I don't pay any attention to Liars and Deceivers.

Mark as Spam | Posted On 7/11/2022 9:01:06 AM

Like | Dislike

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

Brian; well I touched everything imaginable, I already had a sense that those door knobs would taste nasty. That metallic aftertaste is terrible! ;)

Mark as Spam | Posted On 7/11/2022 9:04:34 AM

Like | Dislike

---

jtscmiller
Joined On 11/18/2011 11:03:59 AM
Add as Friend | Send Message

brianallen1 LOL!!! Making me laugh so hard. Ah I needed that. When we were in lockdown being told to sanitize/disinfect ourselves and everything we own. I would demonstrate to hubby & kids that I would have to literally walk around touching and licking everything to prove how ridiculous this is! Who touches and licks everything? Fear not all, trust in the Lord.

Mark as Spam | Posted On 7/11/2022 9:54:23 AM

Like | Dislike

---

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend | Send Message

At the grocery store during the busiest times there is an employee sanitizing shopping cart handles (I guess the virus is so polite and courteous, it won't spread during off-peak hours). I ask for a non sanitized one to strengthen my immune system. "Sorry, I can't do that " is the typical response along with a reaction that they think I'm crazy dangerous.

Mark as Spam | Posted On 7/11/2022 1:23:54 PM

Like | Dislike

---

lindalonia
Joined On 4/22/2009 11:50:23 AM
Add as Friend | Send Message

I stocked up on sardines in olive oil. However, now I am concerned about whether the olive oil is mixed with seed oils.

Mark as Spam | Posted On 7/11/2022 8:58:41 PM

Like | Dislike

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

Linda; the only sardines I will buy, are packed in 'spring water'.

Mark as Spam | Posted On 7/11/2022 9:21:45 PM

Like | Dislike

---

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

Quite unfortunate its come down to one for all and all for one, but we knew this was inevitable for years since not ONE person responsible for orchestrating all of it has been remotely held accountable. These perps are simply allowed to execute their agenda almost unabated. The servants we elect and pay in the swamp all just enable it. Buckle up people and god speed. Lots in chaos, death and destruction ahead into 2030 WEF agenda completion. We will in fact own nothing, but not definitely will not be happy. Will be all about survival mode

Reply | Mark as Spam | Posted On 7/11/2022 6:43:39 AM

Like | Dislike

---

henrysmom
Joined On 9/8/2010 2:36:37 PM
Add as Friend | Send Message

I live in the suburbs and have a large garden but in reality it would only augment my other preps and add fresh fruit and vegetables. We have stocked up on food, fuel and supplies but water would be our biggest problem. We live in So Cal and no fresh water sources for many miles. So we've done what we can; have some means of defending but nothing too crazy. And yet I feel at peace. I am ready to go home with the Lord and only worry about my unsaved children. But have been reading about the effects of the jabs and wonder if some horrible fate awaits those gullible enough to have taken it. I've read about possible insertion of hemorrhagic viruses inside the lipid nano particles which could be broken open with a blast of 5g, leading to huge amounts of people succumbing to Marburg.

Their deaths would be very nasty but quick. I fear that the real issue we face is not bands of marauders but rather the horror of watching our fellow humans die around us in vast numbers, including children, friends and family. I feel I am ready spiritually but of course the reality may be so devastating that I may not be able to handle it. Praying for strength of endure what's coming, no matter what it may be.

Reply | Mark as Spam | Posted On 7/12/2022 1:37:03 AM

Like | Dislike

---

jrh6690
Joined On 5/14/2017 8:42:59 PM
Add as Friend | Send Message

Very infomative. I printed it out, thanx doc!

Reply | Mark as Spam | Posted On 7/12/2022 1:04:51 AM

Like | Dislike

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

Regarding: "Essential nutritional supplements such as: Beef organ complex, essential minerals, omega-3, vitamin K2, magnesium, vitamin B complex and astaxanthin." Being very much into preparedness, I've stocked up in a big way on supplements though perhaps risking the unknown actual shelf life versus the listed expiration date.

Reply | Mark as Spam | Posted On 7/12/2022 12:10:53 AM

Like | Dislike

VTSkier
Joined On 10/14/2011 1:06:38 PM
Add as Friend | Send Message

My late brother Mat Stein wrote two useful books. When Technology Fails: A Manual for Self-Reliance, Sustainability, and Surviving the Long Emergency and When Disaster Strikes: A Comprehensive Guide for Emergency Prepping and Crisis Survival. Both are very good, the second should be in your "grab and go" kit.

Reply | Mark as Spam | Posted On 7/11/2022 7:49:14 PM

Like | Dislike

---

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

Time to break out the guillotine and let them eat cake.

Reply | Mark as Spam | Posted On 7/11/2022 7:23:42 PM

Like | Dislike

---

coolmist
Joined On 5/20/2022 5:54:30 PM
Add as Friend | Send Message

Food for thought A few executive orders EO #13010 (signed by Clinton) Critical Infrastructure Protection states "The Department of Defense shall perform the functions of the President. EO # 10995 Seizure of all communications media in the US by the Federal Government. EO # 10997 Seizure of all electric power, fuels, and minerals both public and private by the Federal Government. EO # 10998 Seizure of all food supplies and resources, public and private, all farms and farm equipment by the Federal Government. EO # 10999 Seizure of all means of transportation, including personal cars, trucks or vehicles of any kind and total control over all highways, seaports and water ways by the Federal Government.

EO # 11000. Seizure of all American people for work forces under federal supervision, including the splitting up of families if the government has to EO # 11001 Seizure of all health, education and welfare, facilities both public and private by the Federal Government. EO # 11002 Empowers the Postmaster General to register all men, women, and children in the Federal Government. EO # 11003 Seizure of all airports and aircraft by the Federal Government. EO # 11004 Seizure of of all housing and finance authorities, to establish forced relocation. Designates area to be abandoned "unsafe" establishes new locations for populations, relocates communities, build new housing with public funds.

EO # 11005 Seizure of all railroads, inland waterways, and storage facilities, both private and public by the Federal Government. EO # 11051 Provides the Office of Emergency Planning (F.E.M.A) complete authorization to put the above orders into effect in time of increased tension or economic or financial crisis. We are certainly being told the some sort of food crisis is eminent, but it would seem as though our government has been making preparations of it's own. I remain open to other interpretations

Reply | Mark as Spam | Posted On 7/11/2022 7:15:49 PM

Like | Dislike

Pony55
Joined On 7/3/2021 8:27:38 AM
Add as Friend | Send Message

There is a hill most of us are willing to die on. If the government comes to my home to take anything listed above in those Executive Orders, they will be met with death. Luckily, I live in a constitutional state that allows me to defend my family, home and belongings. We spoke to our county sheriff to verify all of this before he was elected. In the U.S., your sheriff is the most powerful elected official; he/she decides what laws will or won't be enforced. Study up on the history of Germany during the wars. Understand what happened to their economy and currency. Also, understand what the Jews could have done differently to stop the mass killings before and in the concentration camps.

Mark as Spam | Posted On 7/11/2022 9:11:33 PM

Like | Dislike

---

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend | Send Message

The sheriff does have the highest office in the land.

Mark as Spam | Posted On 7/11/2022 11:01:45 PM

Like | Dislike

Olddude
Joined On 7/11/2022 6:23:04 PM
Add as Friend | Send Message

hello everyone here's a small tip on gardening. learn how to raise good soil .one thing is try not to compact soil around plants,roots grow in spaces in soil .

Reply | Mark as Spam | Posted On 7/11/2022 6:36:40 PM

Like | Dislike

---

debbieerickson1
Joined On 3/9/2013 8:41:43 PM
Add as Friend | Send Message

What is the best canned meat company? I am particularly interested in canned beef. Looking at Survival Frog? Does anyone have any experience with canned beef for long-term storage?

Reply | Mark as Spam | Posted On 7/11/2022 5:14:48 PM

Like | Dislike

---

mat1933
Joined On 5/7/2021 8:23:28 AM
Add as Friend | Send Message

Include a Rape Whistle for in case of an encounter with Bill Peta Gates and Klaus a.k.a. BUTT Schwab.

Reply | Mark as Spam | Posted On 7/11/2022 5:07:26 PM

Like | Dislike

---

my_RNA_DNA
Joined On 4/26/2021 9:21:23 AM
Add as Friend | Send Message

Seriously, how much food can you store for 3-5 years or longer before things maybe get back to normal? Are people just going to lope around waiting to starve to death? I would think the perps like gates would be under attack by the pitchfork mobs.

Reply | Mark as Spam | Posted On 7/11/2022 2:24:02 PM

Like | Dislike

---

brianallen1
Joined On 8/7/2021 10:12:38 AM
Add as Friend | Send Message

Where would anyone find them? They will be hidden virtually underground.

Mark as Spam | Posted On 7/11/2022 11:02:59 PM

Like | Dislike

---

lim4293
Joined On 5/30/2021 9:17:29 PM
Add as Friend | Send Message

You seem unaware that thousands of globalists have already been sent to guantanamo for trial and execution. Gates is one of them. What you are seeing is a clone or double. There are hundreds of doubles that appear to be the real famous person in all fields. The Clintons, Obama's, Bush's, Vatican mucky mucks, many high ranking entertainers, child sacrificers/traffickers--are all, gone. There are sadly many child rapists who are Democrats, Republicans, entertainers, high ranking officials, business executives, past and present presidents, etcetera. "Pedo" is a sanitized word, like "autism" versus brain damage.

Mark as Spam | Posted On 7/12/2022 7:59:32 AM

Like | Dislike

---

canary_ingoldmine
Joined On 12/5/2021 8:19:38 PM
Add as Friend | Send Message

Almond, as a Canadian it's interesting to read your comments about your travels here. With exceptions they mimic my own visits to the US which amused me! As a child I remember being astounded by both the size of the people and the portion sizes of fried, greasy food in the restaurants! I was also stunned by how littered the streets were. We've caught up size wise in the last 50 years. And now it's the rare restaurant here that doesn't cook everything in canola oil as it's the least expensive. Is that different in the US? Perhaps when Trudeau lets me leave the country again I'll come see for myself. But probably not. There is much to improve in most every developed country given that they have been controlled for decades by the very same people. I'll likely stay here and work on my little corner of the planet.

Reply | Mark as Spam | Posted On 7/11/2022 12:51:11 PM

Like | Dislike

JeannieM
Joined On 9/15/2009 9:41:00 AM
Add as Friend | Send Message

Excellent advice! I agree that animal protein warrants concentration, but there's another alternative to freezing, which is pressure canning. Meat is about the easiest thing of all to can! It MUST be done safely, however. I follow guidelines at USDA and the National Center for Home Food Preservation at Univ of GA. I currently have many pounds of $1.79/lb pork loin waiting for me to get busy with. CAUTION, however: there are many good, solid YouTube videos (RoseRed Homestead and SuttonsDaze are 2 of my favorites) demonstrating and promoting safe canning, but there are many more that present decidedly unsafe practices.

A good place for new canners to start is with local Ag Extension offices throughout the country. There are also some really good Facebook groups dedicated to home canning, as well as some "rebel" types producing things I wouldn't eat on a dare. But I LOVE having home-canned meat on the shelves! I generally don't can veggies because I don't like the post-canning texture, so I dehydrate and vacuum seal those. Home-preserved food = the ultimate (and healthy) fast food!

Reply | Mark as Spam | Posted On 7/11/2022 11:35:16 AM

Like | Dislike

weehen
Joined On 8/25/2010 2:09:20 AM
Add as Friend | Send Message

Wise words and vital information. Personally, I have been preparing myself and my family for the past 6 months. In addition to the great tips here, start to make print copies of important information or documents, buy some gardening, recipe and basic first aid books, and get some potassium iodide tablets, just in case. Another important consideration is home and personal security and being discreet with your preparation. If you are in an urban environment and no one around you is preparing you may not want to advertise your own moves, beyond informing and persuading them to get started. If you have the option to get out of a big city consider carefully when and how you might do that.

Reply | Mark as Spam | Posted On 7/11/2022 11:20:15 AM
Like | Dislike

wildgoose0
Joined On 8/3/2020 5:40:24 AM
Add as Friend | Send Message

Here in the UK I don't know anyone taking the 'soil can harm you' message seriously. I saw a small article in a paper, and it came round on Fb. Vegetable growing is alive, kicking and becoming more and more popular :)

Reply | Mark as Spam | Posted On 7/11/2022 11:06:17 AM
Like | Dislike

weehen
Joined On 8/25/2010 2:09:20 AM
Add as Friend | Send Message

Great to hear! But that fact they even attempt this ludicrous gaslighting is telling, isn't it?

Mark as Spam | Posted On 7/11/2022 11:22:07 AM
Like | Dislike

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

wildgoose0, isn't that the craziest statement? If gardening was/is deathly I should have died over 50 years ago!

Mark as Spam | Posted On 7/11/2022 12:52:00 PM
Like | Dislike

kanajelly
Joined On 5/21/2018 10:29:35 AM
Add as Friend | Send Message

beforeitsnews.com/canada/2022/07/dr-david-martin-alarming-interview-to.. In Canada Bonnie Henry knew the shots caused clots and continued to push this on the population. This is murder and main stream media is going along with it. Important listen Canadians. These are crimes against humanity! That's genocide people!

Reply | Mark as Spam | Posted On 7/11/2022 10:05:29 AM
Like | Dislike

dfarrich
Joined On 3/28/2016 1:46:04 AM
Add as Friend | Send Message

Canning requires nothing but a shelf to store.

Reply | Mark as Spam | Posted On 7/11/2022 9:47:12 AM
Like | Dislike

Krofter
Joined On 6/2/2015 9:47:59 AM
Add as Friend | Send Message

How to prepare with gardens and chickens - secularheretic.substack.com/p/prepping-chickens-the-ultimate-regenerat.. The real story behind whats happening with farmers in the Netherlands - secularheretic.substack.com/p/whats-happening-in-the-netherlands

Reply | Mark as Spam | Posted On 7/11/2022 8:31:36 AM
Like | Dislike

reb22656
Joined On 6/10/2016 7:31:17 AM
Add as Friend | Send Message

Commercially-raised pork and chicken would have too much linoleic acid, but I would think pasture-raised, organically-fed without hormones or antibiotics wouldn't.

Reply | Mark as Spam | Posted On 7/11/2022 8:05:18 AM
Like | Dislike

waynebent41gmail.com
Joined On 6/1/2022 9:44:47 AM
Add as Friend | Send Message

Some of these suggestions might be helpful but what is missed is that they very well may cut electricity. Also, if you have stores, then the mob will just come to your place to take yours. This coming event will not be a minor inconvenience but a total breakdown.

Reply | Mark as Spam | Posted On 7/11/2022 6:48:29 AM
Like | Dislike

grulla
Joined On 1/17/2012 8:03:55 AM
Add as Friend | Send Message

One can buy 25 or 50 lb pails/sacks of WHOLE (NOT crimped, rolled, or even steel cut) oat groats, (and other WHOLE grains) that does not require refrigeration, which can be bad due to condensation. If available elec., then freezing is the optional preferred method. One can search [whole oat groats 25 50 lb] Here is one website example; truefoodsmarket.com/.../oat-groats-organic-50-lbs-50-lbs If electric power is available, then freezing would be a preferred method to extend freshness and kill any mites. ICYMI, from my previous posts as to how I prepare the WHOLE oat groats. A few years ago, Mercola forum member "Krofter" explained to me/us that he learned from an old indigenous native fellow, the right way to prepare quinoa after soaking and rinsing, was to heat the quinoa batch until it JUST came to a boil and then IMMEDIATEY turn off the heat and let it cool all day, just like granny's apple pie at the window sill.

In that way, there should be no starchy, formed o-ring (cheerios) grains, which would be indicative of an amylose, starch resistant quinoa cereal. So I ran with that idea and decided to apply that preparation technique to WHOLE oat groats, and it seems to work with good results. And that practice can also be applied to WHOLE grain buckwheat, barley, etc., one size fits all. Of course, all that is mainly applicable and practical for large batches of cooked WHOLE grain cereals that lasts just me for about a week, so when I see that I'm about run out in two days or so, I PLAN AHEAD and start the soaking, rinsing, and boiling the next batch so there is no interruption in my morning cereal supply.

And since I'm well stocked up and batch prepared, there are no "supply chain" issues for my WHOLE oat groats. But if there is no electric power available to refrigerate your cooked groat batch, then cooking smaller batches or using it up among more people would help prevent the batch from going moldy, something one has to figure out for themselves.

Reply | Mark as Spam | Posted On 7/11/2022 5:39:18 AM
Like | Dislike

mirandola
Joined On 6/27/2014 7:00:58 AM
Add as Friend | Send Message

Thank you Grulla! Also, sprouting the grains (and legumes if storing) for two days ahead of cooking, greatly reduces inflammatory lectins while enhancing enzymatic action and adding nutritional value, while also reducing starches. Win-win! Can be used to make HEALTHY vegetarian burgers. Sprouted beans mixed with grains and nuts, with the right seasonings for great taste, ditto.

Mark as Spam | Posted On 7/11/2022 5:48:33 AM
Like | Dislike

grulla
Joined On 1/17/2012 8:03:55 AM
Add as Friend | Send Message

CONTINUED FROM ABOVE. I need to emphasize and add that when boiling the pre-soaked/rinsed groats, I keep the boiling water to a minimum, which is only 2/3 cup of water for each presoaked cup of whole grain. The less water, the better, especially in a situation where no electric power is available for the fridge and mold is a threat. BTW , 3 cups of fresh whole grain = ~ 1 lb/ 16 ozs as sold in healthfood markets. And I now see that the MSRP price on the 1 lb packet has almost doubled compared to what I recently observed. :-(www.instacart.com/landing?product_id=1135939&retailer_id=72&re..

Mark as Spam | Posted On 7/11/2022 5:59:05 AM
Like | Dislike

BeatriceW
Joined On 6/20/2006 7:25:32 AM
Add as Friend | Send Message

With regard to freeze dried vegetables, they are rather expensive in the quantities that I can find sold. As an alternative I have bought seeds for sprouting as they will be a fresh food and cheaper for me to purchase at the moment. I realise that they won't give me the variety but it will be an emergency.

Reply | Mark as Spam | Posted On 7/11/2022 1:45:22 AM
Like | Dislike

mirandola
Joined On 6/27/2014 7:00:58 AM
Add as Friend | Send Message

Consider a solar dehydrator or even just drying food on cookie trays in the sun.

Mark as Spam | Posted On 7/11/2022 2:04:50 AM
Like | Dislike

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

Yup, cookie trays put in the back window of the care with the windows cracked can work if you don't have the real deal or there is no power to run it.

Mark as Spam | Posted On 7/11/2022 5:12:18 AM
Like | Dislike

medrakemdgmail.com
Joined On 3/10/2021 10:35:16 AM
Add as Friend | Send Message

This makes eminent sense. and is an eminently sensible strategy. If you want to eliminate one way of life or kind of society and replace it with another, you make the former untenable. If you want to replace one group of people with another, you starve the first group or kill them with war and disease and then bring in your ringers. The plan is very simply to establish the "liberal world order", which is the same hierarchical collectivism that has been tried over and over again from ancient Egypt to modern China to Orwell's Oceania.

The scheme is best summarized in the Coudenhove-Kalergi Plan for world technocratic government, oligarchical rule once proposed to be by the Jews as the supranational "spiritual aristocracy of Europe" but now that a free and democratic Israel is in trouble with the decadent West to be entrusted to a homosexual mandarin class and replacement of the caucasoid peoples with a brown Afro-Asian proletariat that will work for little or nothing and will eat bugs if told to.

Reply | Mark as Spam | Posted On 7/11/2022 6:48:23 AM
Like | Dislike

ThyroidGirl
Joined On 7/11/2017 3:56:36 PM
Add as Friend | Send Message

I'm going to have to rely on the kindness of strangers. Every penny of my paycheck every two weeks goes towards bills, and immediate necessities. ~somehow, I feel like I'm going to be OK and that I'm going to make it.

Reply | Mark as Spam | Posted On 7/11/2022 7:01:08 AM
Like | Dislike

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

latch on to those you can Tgirl. The marauders and pillagers when things get desperate will come after those who have no protection first

Mark as Spam | Posted On 7/11/2022 9:21:35 AM
Like | Dislike

Lee1959
Joined On 9/13/2021 8:36:46 AM
Add as Friend | Send Message

Make friends, and make them now! But I do admire your positive spirit!

Mark as Spam | Posted On 7/11/2022 9:43:34 AM
Like | Dislike

kas5390
Joined On 9/1/2016 10:38:39 AM
Add as Friend | Send Message

I clicked on stated link, BottleMethylene Blue 1%, Can't find this on amazon says it doesn't deliver to my area, Oregon? Where to buy?

Reply | Mark as Spam | Posted On 7/11/2022 11:50:32 AM
Like | Dislike

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

Go to compasslaboratory.com it's made in the USA

Mark as Spam | Posted On 7/11/2022 2:15:47 PM
Like | Dislike

zinovius
Joined On 12/12/2020 2:36:38 AM
Add as Friend | Send Message

It all sounds like what Mike Adams is warning with a lot of hype on his website NaturalNews for the last 15 or so years. While doing so, Adams aggressively pushing his emergency food packs preparations. He always finds any reason to ring million bells. But if these food production facilities being burned down, is it so bad ? it's a commercial "food", which is only good for emergencies, not for everyday use. IMHO, this article is just over the hill. After all it is USA that created the nazi ukraine, shot down Malaysian Airline 5 years ago to make it look like it was Russia behind that. And now the war that Washington is so deeply involved in. So blame the White House. But realistically this story is going to end sooner or later. And absolutely nothing will happen to food....etc. Stop ringing millions bells!

Reply | Mark as Spam | Posted On 7/11/2022 6:17:06 AM
Like | Dislike

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

Adams talks a good game; but he's all about the money! Almost every time he comes up with a legitimate article or video; it's something that I've already know about for awhile! There are much better sources.

Mark as Spam | Posted On 7/11/2022 8:33:10 AM
Like | Dislike

DebbyW
Joined On 5/27/2010 9:07:35 AM
Add as Friend | Send Message

Zinovius, do you know how many people eat food from those burned out food facilities? Millions. That means that more people will be clambering for real food because that's all there is. If you're not growing your own, you'll be competing with "new" consumers.

Mark as Spam | Posted On 7/11/2022 9:42:58 AM
Like | Dislike

Angelas001nashville
Joined On 1/17/2008 4:48:07 PM
Add as Friend | Send Message

I'm curious why Astaxanthin made it on the short list of supplements to stock up on?

Reply | Mark as Spam | Posted On 7/11/2022 5:58:46 PM
Like | Dislike

Lizcom
Joined On 12/12/2017 4:44:53 PM
Add as Friend | Send Message

One of the best prepper foods IMO is CHIA SEEDS. Shelf-stable, protein, fats, omega-3s, fiber. If that's all you had to live on for a while, you'd do pretty well.

Reply | Mark as Spam | Posted On 7/11/2022 8:25:57 AM
Like | Dislike

Rayfire69
Joined On 7/16/2012 8:10:52 AM
Add as Friend · Send Message

You forgot the number one thing:

Reply · Mark as Spam · Posted On: 7/11/2022 7:37:30 AM
Like · Dislike

Lolliome
Joined On 10/11/2008 10:39:41 AM
Add as Friend · Send Message

Absolutely Rayfire69. Jesus promised to provide all our needs, and there are many examples in the Bible where He did just that. It will be miraculous and amazing, I am sure.

Mark as Spam · Posted On: 7/11/2022 8:09:31 AM
Like · Dislike

BMD3461
Joined On 6/17/2011 11:29:31 PM
Add as Friend · Send Message

The Bible speaks of all these events; one world government, not being able buy or sell without the mark of the beast (some sort of artificial intelligence?) famines, etc. The best prepping is to believe that we are sinners, Jesus died for our sins and rose from the grave so we can have eternal life. The rapture is drawing neigh.

Mark as Spam · Posted On: 7/11/2022 9:53:48 AM
Like · Dislike

RedRavenSounds
Joined On 6/16/2011 12:25:52 PM
Add as Friend · Send Message

ANEW!! Its so funny but I get this mental image - not of Jesus in a flowing white robe - but wearing leather (white) and riding a beautiful gold and white Harley, hick up on the front of the pack! WE ride with the JC AND - And its a BIG club! MUCH bigger than "Satans Azzoles" OUR ride goes on for ETERNITY! OUR Sergeants at arms are the chief of angels (and they can be mean - when they need to be! - I mean Lion rides with a flaming sword!!!) We don't worry about the tricks and the lies and has and has and lies of the Satanists. OUR Soldiers rocker on our cuts for our territory says - "EVERYWHERE"!! Jesus says He ride FREE! C'mon!! Just follow me! WE don't worry about anything! not even road rash or high velocity bugs! He's our BUDDY! OUR Leader of the JC pack!!! This is OUR road!! He's our "Buddy Christ!!" Get your motor runnin - Head out on the highway!! Listen to our bikes ROAR!! For we is the JC MC! Ya wot!!!

Mark as Spam · Posted On: 7/11/2022 11:05:02 AM
Like · Dislike

brianallen1
Joined On 6/17/2021 10:12:38 AM
Add as Friend · Send Message

Quite a useful imagination. Red.

Mark as Spam · Posted On: 7/11/2022 1:13:54 PM
Like · Dislike

kfa6931
Joined On 6/20/2011 8:12:57 AM
Add as Friend · Send Message

I'm doing my best. I recaulk poured over 100ss of organic oats this weekend. I have black rice and other dry staples (vacuuming packaging) by bulk and worked on vacuuming dried vegetables. I'm keeping olive oil in staple along with flo, of lithiadate salt and baking soda. Can goods of tuna, etc. I have a water purifier, go bag, cooking stove, everything I could think of down to a transmitter and portable generator. I can't afford a large one. I live in America. People I talk to don't seem all that concerned. I will continue my prepping. I have also started a small garden and stocked up on my dogs food.

Reply · Mark as Spam · Posted On: 7/11/2022 8:18:17 AM
Like · Dislike

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

I was surprised that the list of foods to store didn't include dried beans and lentils or canned veggies, beans and fruits. When buying emergency food it's best to buy cans of veggies that do not contain salt because you may need to use them as a water source as well as food. I hesitate with canning of glass jars because they could be more easily broken.

Reply · Mark as Spam · Posted On: 7/11/2022 3:56:41 PM
Like · Dislike

mrrobb
Joined On 4/15/2011 2:41:18 PM
Add as Friend · Send Message

Hummmmm.....why does the world need to listen to these buffoons ?? Its all about who can bore who around....and Gates and Gore-ass and Rockefeller and the rest of the creepers bare only a few....what are these dickses what the majority does?.....kinda like the Fleas scratching the dog.....or tail wagging the dog.....what is wrong with this picture?

Reply · Mark as Spam · Posted On: 7/11/2022 1:41:03 PM
Like · Dislike

mrrobb
Joined On 4/15/2011 2:41:18 PM
Add as Friend · Send Message

Solution ? ..... do what Hitler did.....and Hitlers first action was to kick the Bankers and their Money Out of Germany....this is History the text books won't bring up.....and some of Hitlers Next Move was to Clean out the PORNOGRAPHIC trash out of Berlin,.and with all the porno books and magazines burning...he kicked out the porno dealers and producers of All Porn out of Germany.....Hummmm.....so most the Porn dealers and producers in Berlin were Jewish.....facts that no school is gonna teach...cob textbooks are going to print about ..Read on.....

Mark as Spam · Posted On: 7/11/2022 2:33:00 PM
Like · Dislike

mrrobb
Joined On 4/15/2011 2:41:18 PM
Add as Friend · Send Message

Funny How Albert Einstein just happened to be in the first wave kicked out of Germany as Porno Dealers and Producers.....Hummm Can to learn more facts on the Other side of the Coin of the Hitler Lies and the Hollocaust scam ?? Read and watch this ****** thegreatestdictatorworldcit ** ****27 parts well worth the time to watch.....<------

Mark as Spam · Posted On: 7/11/2022 2:33:49 PM
Like · Dislike

mrrobb
Joined On 4/15/2011 2:41:18 PM
Add as Friend · Send Message

**** www.bitchute.com/.../hM6Cjf3XGSb0/ ***** www.bitchute.com/.../CKcbJwTWfk18 <<<< Open up your damaged brain..if you want to defeat Hitler MEF-WMD scarecrow.....cut all the talking and babbling is NOT gonna solve anything.....

Mark as Spam · Posted On: 7/11/2022 2:37:11 PM
Like · Dislike

mrrobb
Joined On 4/15/2011 2:41:18 PM
Add as Friend · Send Message

Of Course you can just label me as an old cranky man....conspiracy theorist.....not case...etc....I really don't care....But what if I am right? And I do not listen to Alex Jones daily, and I really don't dance to anyone Drummer?....but I do know there are well over 85 Million people in Germany today.....as I have a friend who is 100% German and over the last 75 years have chatted with many old Germans...who have lived this early 1930s to 20s.....so I have heard a lot from The Horses Mouth as who was who and the facts.....and I will never 'buy' the textbook bullshit...and when I know that Textbooks are NOT the real facts dealing with Germany and Einstein and a LOT MORE I was "Told To Believe" by teachers and instructors....using Textbooks and 'encyclopedias' as a factual reference now KNOWING its is NOT correct so Now I question EVERYTHING...

When the News weatherman was on his knees in a mud puddle trying to convince his weather forecast we had 22 inches of rain ..It was a proven fact the TV is just more lying Entertainment" (Just another 'waste of my time'.....and the Over advertisement of "Covid 19 Deadly Flu' is gonna kill everyone...LOL.....more lies.....more twisted LIES with data and science and yadayadayada.....monkey poo...I mean Monkey is a racial slurr'.....LOL.....Oh and Oh.....yes the TV is gonna tell us when to breathe

Mark as Spam · Posted On: 7/11/2022 3:51:45 PM
Like · Dislike

mrrobb
Joined On 4/15/2011 2:41:18 PM
Add as Friend · Send Message

Of Course you can just label me as an old cranky man....conspiracy theorist.....not case...etc....I really don't care....But what if I am right? And I do not listen to Alex Jones daily, and I really don't dance to anyone Drummer?....but I do know there are well over 85 Million people in Germany today.....as I have a friend who is 100% German and over the last 75 years have chatted with many old Germans...who have lived this early 1930s to 20s.....so I have heard a lot from The Horses Mouth as who was who and the facts.....and I will never 'buy' the textbook bullshit...and when I know that Textbooks are NOT the real facts dealing with Germany and Einstein and a LOT MORE I was "Told To Believe" by teachers and instructors....using Textbooks and 'encyclopedias' as a factual reference now KNOWING its is NOT correct so Now I question EVERYTHING...

When the News weatherman was on his knees in a mud puddle trying to convince his weather forecast we had 22 inches of rain ..It was a proven fact the TV is just more lying Entertainment" (Just another 'waste of my time'.....and the Over advertisement of "Covid 19 Deadly Flu' is gonna kill everyone...LOL.....more lies.....more twisted LIES with data and science and yadayadayada.....monkey poo...I mean Monkey is a racial slurr'.....LOL.....Oh and Oh.....yes the TV is gonna tell us when to breathe

Mark as Spam · Posted On: 7/11/2022 3:51:45 PM
Like · Dislike

CDs735
Joined On 4/14/2017 9:50:40 PM
Add as Friend · Send Message

This post is promising light dominates over darkness! stopworldcontrol.com/ameol

Reply · Mark as Spam · Posted On: 7/11/2022 1:37:29 PM
Like · Dislike

ina24275
Joined On 12/31/2013 8:14:27 AM
Add as Friend · Send Message

How about some help/advice/recommendations for someone who lives in a small second-floor condo? Where do I put my generator for extra energy source, my gallons of bottled water, my huge amount of food items? Where do I grow my own veggies? Seems that most Mercola readers are way above lower middle-class folks and just as clueless about their living conditions as our government officials.

Reply · Mark as Spam · Posted On: 7/11/2022 6:21:19 AM
Like · Dislike

dog7852
Joined On 6/13/2016 10:17:38 AM
Add as Friend · Send Message

I lived in a condo 2 bedroom 2 story IT CAN be done. And I'm lower middle class . You get creative . Items under sinks, under beds- you also can raise the bed frame to allow more items, closets, Get rid of truly unneeded items and make more space.. Solar for energy- solar batteries for phones-food. It. But the generator creates a problem for the second floor and being able to run cords from the top down and if the grid is down somebody's gonna steal it anyway. Check out the solar CB radios, Ham radio,

Mark as Spam · Posted On: 7/11/2022 6:33:22 AM
Like · Dislike

bedstif
Joined On 8/20/2019 12:41:17 PM
Add as Friend · Send Message

I know multiple people living in low income senior apartments that are prepping. It can be done with effort.

Mark as Spam · Posted On: 7/11/2022 6:54:08 AM
Like · Dislike

brianallen1
Joined On 6/17/2021 10:12:38 AM
Add as Friend · Send Message

We live in a 22 foot RV and I am not about to dissipe all we have obtained but it is more than most people have in a 5 bedroom house.

Mark as Spam · Posted On: 7/11/2022 8:45:00 AM
Like · Dislike

lanmar
Joined On 9/10/2007 9:55:48 AM
Add as Friend · Send Message

You have heard the story about Marie Antoinette who was told that the poor people had no bread. She supposedly said "Let them eat cake." This was a false report. What she said was "I don't care about the poor." Cause is the breed that overflows the pan when it rises, and is trimmed off before the bread is sold. Marie was probably being helpful, but she was clueless - cause was sold to the poor for more than they could afford.

Mark as Spam · Posted On: 7/11/2022 8:09:05 AM
Like · Dislike

jamMjim
Joined On 3/20/2008 11:15:54 PM
Add as Friend · Send Message

INA, You have to get creative. I have plenty of space, but I still like storing food for the long haul. I buy rice in 50# bags. That's just short of 7.5 gallons of rice. I make 7.5 gallon storage containers out of 5 Kha PVC pipe. You can buy a 10ft long, 6" diameter PVC pipe at Lowes for $21. Cut that in half to make 5 ft long, 3 gallon tubes. With the 2 liter bottles strategically placed on both ends you can get it to 3.75 gallons each for holding 50 pounds of rice all for $21. You can't buy a plastic storage bin for that price and if you do it will be square and it will take up floor space. continued.....

Mark as Spam · Posted On: 7/11/2022 9:10:02 AM
Like · Dislike

jamMjim
Joined On 3/20/2008 11:15:54 PM
Add as Friend · Send Message

.....Apartment living does have its challenges when it comes to back-up power. If your apartment has a balcony, you can place a small generator outside on the balcony to keep the fridge going. If your apartment is the top floor in most it is probably all electric and that's a problem! You need gas for heat. You can heat a small apartment just by turning on a few stove tops. If your furnace is gas you can easily heat your apartment by plugging the furnace 110V plug into the generator. A generator that will run a furnace fan and a fridge is small/pricey.

I have this one from Sam's Wholesale: www.samsclub.com/p/ryobi2000-2200w-inverter-gas/prod22271237?selrplp.pr... It's only 52lb when running which is as quiet as most dishwashers. Do none of your neighbors will know its running. It has a tiny 79cc engine that sips fuel and it provides 1800W continuous which is enough to run a toaster, hair dryer, or a vacuum cleaner individually. It will run a refrigerator/freezer and a furnace blower and still have enough juice left over for several LED lightbulbs.

Mark as Spam · Posted On: 7/11/2022 9:21:53 AM
Like · Dislike

Lee1959
Joined On 6/13/2021 8:36:46 AM
Add as Friend · Send Message

Shame on you. Now you are begging. There is always, always something you can do. Playing victim here won't get you anywhere. And it is simply not true that Mercola readers are way above middle class. We bought our 120 acres and a fully functional cabin for $150,000. I am sure you can get a foot in that amount.

Mark as Spam · Posted On: 7/11/2022 9:46:44 AM
Like · Dislike

grulia
Joined On 1/17/2012 8:03:55 AM
Add as Friend · Send Message

Hey there 'jim'.....I also installed a Schrader valve in the threaded plug on top so I could hook up a vacuum pump and pull a vacuum. Pulling a vacuum removes all of the moisture so nothing goes stale or spoils..! here always been a fan of electric-free appliance and tool alternatives, (like the Lehman Hardware Catalog), and about 10+ years ago, I came across this ad article for a handheld automotive vacuum pump modified from an automotive brake tool. I have not yet ordered it, but always pro keep valued info for others. www.amazon.com/.../B00009QQ8Z Scroll down mid-page for food canning adapters.

Mark as Spam · Posted On: 7/11/2022 10:22:40 AM
Like · Dislike

dog7852
Joined On 6/13/2016 10:17:38 AM
Add as Friend · Send Message

Methane Gas. My biggest question . Why would you recommend this only to find it your site kicks it over to Amazon...to purchase it.

Supposed made in USA. However not being able to see a certificate on it or this company is a little alarming. You can read all the reviews again however anyone can say how great it is and truly not know. The ingredients and the company should have more information on it. A reputable company I would suppose would be ideal . I choose Not to purchase anything this important for the body from Amazon. Self sufficiency been doing so for many years.

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

Like Dislike

---

gannie7

Joined On 4/15/2010 8:40:03 AM

Add as Friend | Send Message

My biggest question is why no warnings are given about methylene blue for people with G6PD deficiency, over 400 million worldwide, about 1 in 10 African American males in U.S. , people who do not tolerate Lima beans due to the G6PD deficiency, and also many interactions with drugs people may be taking are listed in this article linked below. I do not take any pharmaceuticals and do not fall into the other categories , but this newsletter is far reaching, so others do , and it seems irresponsible to promote something without proper warnings that it may be harmful to some people, and then say who should not take it.

I found this information when researching methylene blue when it was first promoted here by the newsletter and by usually exceptionally well informed commenters supporting its use and surprisingly no one mentioned the warnings given here: www.drugs.com/.../methylene-blue-injection.html Always do your own research from several sources. And yes-agree— if we decide it is something we want to keep in our home as an emergency Rx then we need a reliable and certified clean source.

Mark as Spam | Posted On 7/11/2022 8:02:08 AM

Like Dislike

---

ironpuppy92765

Joined On 6/19/2006 9:55:15 AM

Add as Friend | Send Message

What's the point of dying healthy. Every year for past 15 years, "leading experts" have been calling for this collapse. It's hard to take it seriously anymore. But at some point it will happen, like at some point the sun will burnout. If such a collapse happens, you will need years supply of food, not several months. And, storing years supply of recommended healthy foods is beyond most people's budget. Store the dried legumes and grains at a fraction of the cost, add storable fats (coconut oil, and other recommendations here) as you can afford. Learn to forage/hunt for food to supplement diet. The money you save from buying grains/legumes use to buy guns and ammo to defend your food. Let's put this event into perspective. Most generally healthy folks can eating a suboptimal diet for years. The goal is not starving to death or being killed for what you have. Let's stay alive, not die healthy.

Reply | Mark as Spam | Posted On 7/11/2022 10:37:38 AM

Like Dislike

---

lim4293

Joined On 5/30/2021 9:17:29 PM

Add as Friend | Send Message

I understand most humans eat flesh and blood but I am not one of them. I stock quinoa, buckwheat, all kinds of beans and legumes, nuts and seeds, vegetables. I also believe in fruit, like dates, goji berries, and raisins satisfy that need. There is not enough land in the world to feed every human "pastured" animals, and most humans cannot even afford pastured animal products. Something has to change to greatly reduce the amount of flesh and blood that 7.5 billion humans consume. 70 BILLION land animals and trillions+ of marine life are slaughtered by humanity every single year. No human, or farmer, would trade places with the animals destined for slaughter. They are not live, sentient animals, they are "grass-fed, pastured, food/products/resources". They have become objects. We all want other humans to change, but we must be the first to change and acknowledge animal agriculture is a destructive force in multiple ways.

Reply | Mark as Spam | Posted On 7/12/2022 7:51:01 AM

Like Dislike

---

marivan

Joined On 5/23/2015 6:01:40 PM

Add as Friend | Send Message

A lot is said here about growing food, etc.but many of us live in apartments.so.what do we do. I have a small deck and could grow a few things, but not everyone has that.apparently we apartment dwellers will, perhaps, starve to death if this food shortage becomes realand serious.

Reply | Mark as Spam | Posted On 7/11/2022 6:20:10 PM

Like Dislike

---

lin3741

Joined On 7/31/2014 12:32:08 PM

Add as Friend | Send Message

Kinda sick of all this gloom and doom. Just bc wef, un, who, et. al. Want it their way doesn't mean they're going to get it. I appreciate being informed but doomsday is not written in stone (despite the ga guidestones). Im opting out of reading every article any more.

Reply | Mark as Spam | Posted On 7/11/2022 7:23:41 PM

Like Dislike

Post your comment

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!

Mercola proudly supports these charities and organizations. View All

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
© 1997-2022 Dr. Joseph Mercola. All Rights Reserved.

TrustedSite CERTIFIED SECURE
TRUSTe Certified Privacy Powered by TrustArc