How to Prepare for Coming Crises

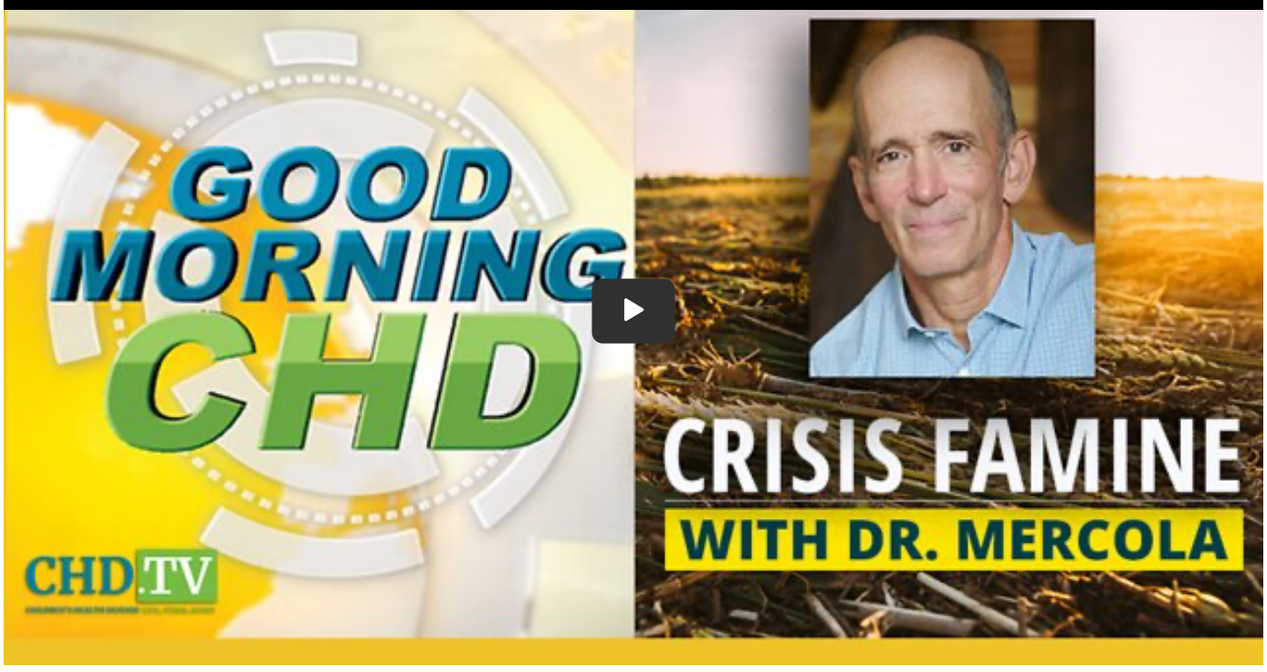
Analysis by Dr. Joseph Mercola Fact Checked

July 17, 2022

Download PDF

Next

'Good Morning CHD' Episode 65: Crisis Famine With Dr. Mercola



STORY AT-A-GLANCE

- Food, energy and economic crises are being fabricated according to a predetermined plan, just as the COVID pandemic plan was foretold during Event 201. In a recent Children's Health Defense "Good Morning CHD" interview, I discuss how to prepare for these imminent crises
- The Rockefeller Foundation has been a prominent player in putting out the "deep state" cabal's plans. The Foundation was a sponsor of Event 201, during which participants practiced everything that later came to pass, and they've also published at least three reports that describe various parts of The Great Reset
- In 2010, the Rockefeller Foundation published a report titled "Scenarios for the Future of Technology and International Development," in which they laid out a "Lockstep" scenario — a coordinated global response to a lethal pandemic. The scenario described in this document matches many of the details of our recent past
- In April 2020, the Rockefeller Foundation released a "National COVID-19 Testing Action Plan," which laid out a strategic framework of a permanent surveillance and social control structure that severely limits personal liberty and freedom of choice
- The Rockefeller Foundation's July 2020 report, "Reset the Table: Meeting the Moment to Transform the U.S. Food System," declares food shortages and famine a reality and describes how they intend to seize control of the food supply and supply chain under the guise of "equity," "fairness" and "environmental protection"

In the video above, I discuss the inevitability of coming food and energy crises, and how to prepare for them, on the Children's Health Defense "Good Morning CHD" program. As I mention in that interview, it seems clear that these crises are being fabricated according to a predetermined plan, just as the COVID pandemic plan was foretold during Event 201.

The global technocratic cabal responsible for these plans don't actually hide their plans. They announce them in various ways in advance. Tabletop crisis exercises are one of them. The publishing of white papers is another.

The Rockefeller Foundation has been a prominent player in putting out the "deep state" cabal's plans. Not only was the Foundation a sponsor of Event 201, during which participants practiced everything that later came to pass, but it has also published at least three separate reports that describe the implementation of various parts of what we now recognize as the World Economic Forum's (WEF's) Great Reset agenda.

Operation Lockstep

In 2010, the Rockefeller Foundation published a report[1] titled "Scenarios for the Future of Technology and International Development," in which they laid out a "Lockstep" scenario — a coordinated global response to a lethal pandemic. While the name and origin of the virus differs, the scenario laid out in this document matches many of the details of our recent past.

A deadly viral pandemic. Devastating economic effects. International mobility coming to a screeching halt, debilitating industries, tourism and global supply chains. "Even locally, normally bustling shops and office buildings sat empty for months, devoid of both employees and customers," the document reads.

"In the absence of official containment protocols," the virus spread like wildfire. In this narrative, the U.S. administration's failure to place strict travel restrictions on its citizens proved to be a fatal flaw, as it allowed the virus to spread past its borders. China, on the other hand, fared particularly well due to its rapid imposition of universal quarantines of all citizens, which proved effective for curbing the spread of the virus.

Many other nations where leaders "flexed their authority" and imposed severe restrictions on their citizens — "from the mandatory wearing of face masks to body-temperature checks at the entries of communal spaces like train stations and supermarkets" — also fared well.

This report basically spells out what the ultimate plan actually is, and that is to use bioterrorism to take control of the world's resources, wealth and people. It's to use a coordinated pandemic response as a justification for wealth redistribution and the resetting of the global financial system.

The COVID-19 Action Plan

Then, in April 2020, the Rockefeller Foundation released the white paper,[2] "National COVID-19 Testing Action Plan," which laid out a strategic framework clearly intended to become part of a permanent surveillance and social control structure that severely limits personal liberty and freedom of choice.

The tracking system it called for is eerily similar to that used in China, where residents are required to enroll in a health condition registry. Once enrolled, they get a personal QR code, which they must then enter in order to gain access to grocery stores and other facilities.[3]

It also described the necessary infrastructure for vaccination tracking across the board, for all vaccines, not just the COVID jabs, and laid the foundation for medical monitoring in general.

Not only did it call for access to other medical data, it also specifically called for doing away with privacy laws. According to this document, "Some privacy concerns must be set aside for an infectious agent as virulent as COVID-19 ..."[4] And, reading through the plan, it's clear that this tracking and surveillance program was not intended to be temporary.

COVID-19 was simply used as an excuse to justify the implementation of a permanent biosurveillance system. It called for hundreds of thousands of new employees, updating computer systems and implementing new laws that in many ways resemble the implementation of TSA post-9/11.

The Cabal Is 'Resetting the Table'

Next, we have the July 28, 2020, report, "Reset the Table: Meeting the Moment to Transform the U.S. Food System,"[5] which describes how the COVID pandemic has caused "a hunger and nutrition crisis" in the U.S., which they insist must be addressed by a complete overhaul of the food system.

It basically describes how they intend to seize control of the food supply and the supply chain under the guise of "equity," "fairness" and "environmental protection."

One key to this enterprise is data collection. They want to collect data on everyone's spending and eating habits, and to facilitate that data collection, they want to shift everything into an online environment, including education, medicine and the buying of food.

The title itself reveals what this is really all about. "Reset the Table" is a clear nod to The Great Reset, which was officially announced by WEF founder Klaus Schwab and the Prince of Wales in early June 2020.[6] So, the title alone tells us that the Rockefeller Foundation's call for a "reset" of the food system is part and parcel of the WEF's Great Reset.

Many of the contributors to the Foundation's paper are also WEF members, which further strengthens this connection. In the foreword,[7] Rockefeller Foundation president Dr. Rajiv Shah also stresses that "a comprehensive playbook" to address the food system will need to address other issues as well, including "living wages" and "housing," and those too are destined for revision under The Great Reset.

Schwab coined the term "the Fourth Industrial Revolution," which is really just another way of saying "the transhumanist revolution." In a nutshell, it refers to the integration and takeover of artificial intelligence, robotics, and the merger of man with machine, which will inevitably trigger dramatic societal changes.

People displaced and made useless by robots and/or augmented humans will need some sort of stipend to live on, and a roof over their head.

Of course, in return for government-issued room and board, you'll have to give up everything that makes living worthwhile. The WEF, years ago, announced that "By 2030, you will own nothing," and they meant it. Eliminating private ownership rights is part of the plan. You'll be "taken care of" by the government, but you'll be trapped in a slave system.

The Plan Is Out in the Open

Together, Event 201, these three Rockefeller Foundation reports and many others, spell out the plan of the global cabal. All we need to do is take it seriously. They certainly do.

They've been moving the proverbial chess pieces around the global chess board for decades to bring about the scenario we're currently in, with the destruction and collapse of supply chains, food production, infrastructure and economies. They have to bring all the old systems down in order to declare them obsolete, so they can then introduce their new slave systems.

And they know people won't accept these slave systems unless they're absolutely destitute and desperate and have no choice but to comply. Knowing that this is the plan, what does that mean for us? It means we need to a) prepare, so we don't become victims of their intentional destruction, b) reject their plans every step of the way, and c) build parallel systems outside their control.

Key Preparations: Think About Water First

One of the most important preparations you can make is to secure a supply of potable water, as you can survive far longer without food than you can without water. An ideal system to consider, if you have a garden, is to install a large cistern to collect rainwater.

Since I have a full acre of land that I grow food on, I have a 5,000-gallon cistern that collects rainwater from the gutters on my roof. This serves to augment my irrigation system but is also a large emergency source of water. Another strategy is to install a series of connected rain barrels to your gutters. I discuss this and other strategies in "How to Secure Your Water Supply for Emergencies."

Food Prep Suggestions

When it comes to food, a vast majority of Americans have a secret advantage in that they have months' worth of excess fat stores that will allow them to fast for extended periods of time. That said, you certainly will need food sooner or later, so stocking up while you still can is strongly recommended.

It now looks as though food shortages will begin toward the end of 2022. But even if it takes longer than that for things to fall apart, inflation will drive prices skyward, so buying extra right now can save you money later.

I recommend stocking up on healthy, nutritious foods that you eat on a regular basis anyway. That way, you can rotate your stock. In my view, animal protein would be one of the most important supplies to stock up on, which means you'll need extra freezer storage. 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 stock up on meat would be to get ground bison, beef or lamb. Ground meat is less expensive, but more importantly, takes up the least amount of space in your freezer. Avoid pork and chicken due to high linoleic acid content.

Another option is canned beef, which has long shelf-life and doesn't require a freezer. Look for varieties that use salt as the only preservative. Lehman's canned beef is one such option.[8]

Canned wild Alaskan salmon, mackerel and sardines are also good options. They contain healthy protein and fat while being low in toxic water pollutants and heavy metals. Just make sure they're canned in water, not oil, as you can be guaranteed that it'll be the worst oil possible. This is true even if it claims to be "olive oil." Other nutritious foods with long shelf-life include:

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 be helpful, as you would only be able to have around five a day.

I also recommend stocking up on nutritional supplements such as beef organ complex, essential minerals, omega-3, vitamin K2, magnesium, vitamin B complex and astaxanthin.

To Grow or Not to Grow Your Own Veggies?

When it comes to fruits, berries and vegetables, many are not going to be able to successfully grow what they need in their own garden. That's just the truth. It does take some know-how. You can't just throw some seeds into the dirt and expect food. You have to plant at the right time of year, you have to water and consistently weed and so on.

Certainly, I encourage you to grow what you can, just be realistic about it and don't rely on something that has no chance of keeping you alive in a real emergency. One exception is sprouts. Virtually everyone can grow sprouts, even indoors in small spaces, and they provide high-density nutrients that can be harvested in days rather than weeks or months.

Certain crops, such as Moringa and cassava are extremely hardy and drought resistant, requiring almost no attention whatsoever, so they can be good options if you're just starting out. Moringa is a real superfood, and you can eat the leaves, either fresh or dried, and the seeds, but it really is a subtropical tree that needs a warm climate to do well. You can also grow fresh herbs to spice up your dishes.

> **“Believe the cabal when they're telling you there will be shortages and mass inflation, and prepare accordingly.”**

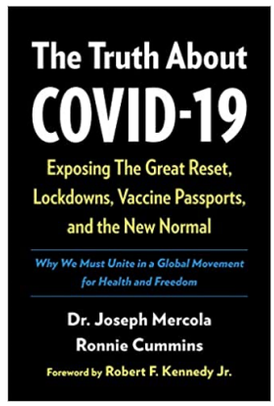
Aside from stocking up on canned or freeze-dried vegetables, fruits and berries, another strategy is to build relationships with local farmers. Start frequenting farmers markets and make connections with people who actually grow the food themselves. I recommend visiting their farm to make sure they're the real deal, as some merely buy veggies from the same place the grocery stores do and then resell them at the farmers market.

In the interview, I also review other prepping strategies I think are important, such as making sure you're getting a healthy amount of sun exposure, which is free nutrition (you don't have to pay for either vitamin D, melatonin or antioxidants supplements if you get enough sun), and getting out of crowded urban areas at all costs. Prepped or not, densely-populated cities are going to be the most dangerous areas on Earth once food, electricity and money get scarce.

The writing is on the wall, and in the Rockefeller Foundation's and the WEF's white papers. Collapse of the economy and our food system are inevitable because they're intentional. So, hopefully, you choose to believe the cabal when they're telling you there will be shortages and mass inflation, and prepare accordingly.

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

★★★★★

6,855 ratings

ORDER NOW

+ Sources and References

TODAY'S FREE ARTICLES

1 How Pfizer Profited From the Pandemic

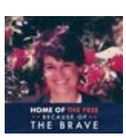
2 How Two US Ports Devastated a Global Supply Chain

3 Eight Signs You Might Be B12 Deficient

Hide Comments (183)

Post your comment

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



TRISHA725

Joined On 2/12/2021 2:35:59 AM

Add as Friend | Send Message

And be reminded there is a God Who loves His children and has promised no weapon formed against those who love Him will prevail and has set the limits on how far Satan is allowed to go in these end times

Reply | Mark as Spam | Posted On 7/17/2022 2:10:06 AM

Like | Dislike

nojusticenopeace

Joined On 4/29/2011 2:13:32 PM

Add as Friend | Send Message

Not Satan but the Jesuit/Masonic/Zionist cabal most of them practice Satanism. So what about the children already harmed by the jab and masks(muzzles) does God not love them. Religion is a trap to divide us. Including all the different Gods the worlds people believe in.

Mark as Spam | Posted On 7/17/2022 3:32:32 AM

Like Dislike

---

katndogno

Joined On 1/1/2011 2:56:59 PM

Add as Friend | Send Message

God is responsible for flooding and killing all but a few of his creation. He's also spread famine and pestilence across the globe killing millions. He created evil bc without him nothing is made. Your god is not my god. I don't worship filicide murders.

Mark as Spam | Posted On 7/17/2022 4:26:22 AM

Like Dislike

---

zinovius

Joined On 12/12/2020 2:36:38 AM

Add as Friend | Send Message

Yes. The GOOD always prevails. all BAD (people, corporations, etc.) sooner or later will have to pay for their crimes against humanity. The most evil of all, Hitler and his Germany, paid the full price and still paying. Today, it's Neo-nazi Washington's new Puppet, Ukraine, whose people are worshipping Hitler and his associates, with a total support of Washington. But remember, Russia and before it was Soviet Union who made Germany pay for its crimes against the world. US was playing a double game, while providing a lot of support to Hitler using criminal corporations like Kodak, Ford and at least 30 others, before the war and during the war.

Yes, the Evil is USA. ALL the technology for the Great Reset is US made. Putin knows all that and much more. BRICS, the anti-American alliance of 5 countries, Brazil, Russia, India, China and South Africa, for at least 10 years are developing the plans how to detach itself from american dollar. It's beginning to work, and Russia is slowly but surely is separating itself from the rotten corrupted west. And so doing many other countries, step by step, until US will get isolated from the world.

Mark as Spam | Posted On 7/17/2022 5:25:47 AM

Like Dislike

---

brianallen1

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

Add as Friend | Send Message

ORGANIZED religion is a trap. A RELATIONSHIP with God is not. Satan does have dominion over this earth for the time being, however God is in control. Gotta read that Owner's Manual.

Mark as Spam | Posted On 7/17/2022 6:44:21 AM

Like Dislike

---

brianallen1

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

Add as Friend | Send Message

It sure is difficult for the flag wavers to accept how evil the US is and always has been. That govt. has invaded, attacked or occupied every single nation in the world except 2 tiny countries. Enough with the "God bless America". It is way overdue for

America to start blessing God.

Mark as Spam | Posted On 7/17/2022 6:52:20 AM

Like Dislike

Jeremiah.8

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

Add as Friend | Send Message

He also promises that he will give satan power over the saints. And it was given unto him to make war with the saints, and to overcome them: and power was given him over all kindreds, and tongues, and nations. Remember the ten virgins.

Mark as Spam | Posted On 7/17/2022 7:26:32 AM

Like Dislike

---

mammywitch

Joined On 11/19/2010 8:00:17 AM

Add as Friend | Send Message

BrianAllen1--Whose version of the "Owner's Manual"??? Chase the facts of the writings all the way back as far as you can---THEN it will hit you---I am basing my fate/beliefs on something that is SOMEONE ELSE'S definition of what was written by SOMEONE BEFORE THEM---AND BEFORE THEM---AND BEFORE THEM! So my question is 'WHERE DOES THE STRING OF SOMEONE ELSES END?' Do you not have enough faith in your own powers of interpretation to make up your own mind what you should be doing?

Mark as Spam | Posted On 7/17/2022 8:18:24 AM

Like Dislike

---

imaginal110

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

Add as Friend | Send Message

My sense, feeling, thought is that there's a higher power by whatever name who is also the depth of us. Trust in "him" is at the heart of living well because the one multi-leveled intelligent spirit is the source and if you turn your back on it, you hurt your access to the source of your intelligence and consciousness, which benefit from conscious attention. In my opinion, it's not so much about the absolutely pure doctrine. The truth is hidden inside the words anyway and your own integrity and earnestness are needed to see it. Maybe a bit like getting out into that sunshine every day and soaking it up.

Mark as Spam | Posted On 7/17/2022 8:45:45 AM

Like Dislike

---

brianallen1

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

Add as Friend | Send Message

Mammywitch, I have been through most "versions" of the Bible and I have discovered the Concordant Literal Translation to be the least polluted by man. It even reveals Yah's design and blueprint for universal salvation. I have been to many "churches" only to realize they are not churches but corporations, even some "home" churches. I do go with my judgement and only trust my relationship with our Father.

Mark as Spam | Posted On 7/17/2022 8:58:32 AM

Like Dislike

Nadine17

Joined On 6/20/2006 1:38:15 AM

Add as Friend | Send Message

Amen to that Trisha!

Mark as Spam | Posted On 7/17/2022 10:18:33 AM

Like Dislike

---

otis101

Joined On 7/10/2010 6:30:32 PM

Add as Friend | Send Message

SMUGGLER EXTRORDINAIRE The way the light hit his face - you knew he had something. Some say he got it in the Andes Peaks - others --- in the desert visions of North Africa. Still others say in the Golden Triangle not far from the Burma Road. But no one could ever find how ---- he smuggled love into the heart of fear.

Mark as Spam | Posted On 7/17/2022 11:34:03 AM

Like Dislike

Erena5

Joined On 12/25/2013 7:47:01 AM

Add as Friend | Send Message

@TRISHA725 AMEN!

Mark as Spam | Posted On 7/17/2022 12:20:52 PM

Like Dislike

Raythe4th

Joined On 7/16/2012 8:10:52 AM

Add as Friend | Send Message

@Katndogcno What you said about God being responsible for killing most of his creation through flood, famine and pestilences is true, but you clearly don't understand the reasons why. The reason why God brought the flood is explained in Genesis 6, but most people completely miss the explanation. And it came to pass, when men began to multiply on the face of the earth, and daughters were born unto them, that the sons of God saw the daughters of men that they were fair; and they took them wives of all which they chose. There were giants in the earth in those days; and also after that, when the sons of God came in unto the daughters of men, and they bare children to them, the same became mighty men which were of old, men of renown.

And God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually. And it repented the Lord that he had made man on the earth, and it grieved him at his heart. And the Lord said, I will destroy man whom I have created from the face of the earth; both man, and beast, and the creeping thing, and the fowls of the air; for it repenteth me that I have made them. But Noah found grace in the eyes of the Lord. These are the generations of Noah: Noah was a just man and perfect in his generations, and Noah walked with God.

Genesis 6:1-9 God destroyed the world because fallen angels (sons of God) had come down to the daughters of men, and took wives and produced Giant offspring. These hybrids are also known as Nephilim which means “fallen ones” referring to their fathers! These fallen angels didn’t just pollute the dna of humanity, but they corrupted the animal kingdom and the plant kingdom as well. The reason Noah found grace is explained in verse 9 - Noah was a just man and PERFECT IN HIS GENERATIONS - his dna hadn’t been corrupted by these fallen angels. These hybrids are also known as the serpent seed, and in the New Testament as Tares!

Mark as Spam | Posted On 7/17/2022 1:30:05 PM

Like Dislike

Raythe4th

Joined On 7/16/2012 8:10:52 AM

Add as Friend | Send Message

Continued. If you understand that God destroyed the world with the flood due to the abominations that never should have existed, then everything else in the Bible makes more sense. This is also why the Lord commanded the Children of Israel to utterly destroy certain cities. They were up against hybrids, and God wanted them all destroyed. To this very day we are at war with their bloodlines. They are the synagogue of Satan, and oddly enough, most of them call themselves Jews. European Jews aka Ashkenazi for example aren’t really Jews at all, rather Edomites, synagogue of Satan. The Bible even mentions the following: Behold, I will make them of the synagogue of Satan, which say they are Jews, and are not, but do lie; behold, I will make them to come and worship before thy feet, and to know that I have loved thee.

Revelation 3:9 There is only one God, one Creator, and it is indeed the God of Abraham, Isaac, and Jacob. He became flesh and laid down His life willingly to pay the penalty for the sins of humanity. That’s why Jesus said “IT IS FINISHED” before dying on the cross. The act grants everyone eternal life who acknowledges and accepts Jesus and His sacrifice to atone for their sins. For everyone who rejects Jesus, you will spend an eternity wishing you had but 1 more opportunity to go back in time!

Mark as Spam | Posted On 7/17/2022 1:57:34 PM

Like Dislike

ICONOCLAST

Joined On 9/26/2009 5:27:11 AM

Add as Friend | Send Message

A lot of people blame God Almighty for all the suffering on the earth. What do the facts show as revealed in a divinely inspired book? www.jw.org/.../bible-teachings . This link covers many issues raised by previous commenters. I sincerely hope that at least one person will appreciate it.

Mark as Spam | Posted On 7/17/2022 2:17:14 PM

Like Dislike

Dordee

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

Add as Friend | Send Message

Amen! He will take those faithful to Him home and come a second time to end Satan's control.

Mark as Spam | Posted On 7/17/2022 3:11:36 PM

Like Dislike

---

katndogncо

Joined On 1/1/2011 2:56:59 PM

Add as Friend | Send Message

Raythe4th, Read into what you're writing. God creates man, the angels and satan. Nothing is made that was not made by him (your god). Whatever anyone or thing produces is a fractal of the original; it can't be any other way. Your god set rules in motion that could not be followed; in his fore knowledge was aware as he set them up. Literally setting up his own children to fail his impossible tests. When they inevitably failed as he knew they would he flooded the earth and each infant drown in the arms of their terrified earthly parents as did their 4 year old siblings and their sweet grandfather who made their cradle and their grandmother who embroidered their gown. All the innocent animals perished too. Then there are multitudes of times the Jews claimed god told them to murder everyone and everything and take their land; how convenient Need I continue?

Mark as Spam | Posted On 7/17/2022 8:42:43 PM

Like Dislike

---

map4626

Joined On 7/16/2015 6:49:24 PM

Add as Friend | Send Message

Trisha725, Amen!!!

Mark as Spam | Posted On 7/17/2022 11:22:09 PM

Like Dislike

LillyTilly

Joined On 4/21/2014 5:05:14 AM

Add as Friend | Send Message

nojusticenopeace, not only to divide, but to ENTER PATRIARCHY, a power system based on the hierarchy of might makes right. Imagine people actually buying into the idiocy that life comes thru the male's body with perhaps the aid of a virginal NON-SACRED Mother. (ENTER THE MURDER OF THE FERTILITY GODDESS). Before the patriarchal combative warriors arrived, the giver of Live was always the Mother. Matriarchy is an organic system based on one for all and all for one. it is a completely different structure, where children and elders and LIFE is actually revered (Mother Earth is very sacred to Matriarchal People). Patriarchy places at the top, the ones with the most money, guns, slaves, ownership of media, those who have raped the most of the Earth, etc. There should be no surprise at what is going on today... as that is what patriarchy is.

Mark as Spam | Posted On 7/18/2022 5:28:39 AM

Like Dislike

Able2win

Joined On 4/15/2008 6:20:10 AM

Add as Friend | Send Message

Of the 5000 Gods worshiped over time which one are you in reference too?

Mark as Spam | Posted On 7/18/2022 7:22:38 AM

Like Dislike

Lee1959

Joined On 9/13/2021 8:36:46 AM

Add as Friend | Send Message nojusticenopeace. I don't think religion divides us but politics certainly do! I remember years ago a rabbi being interviewed and he said when it came to the question of "Jews for Jesus," he replied, "There is not a problem with Jews believing in Jesus. But there is a great problem with Jews believing in nothing."

Mark as Spam | Posted On 7/18/2022 9:17:42 AM

Like Dislike

---

junieb

Joined On 9/22/2009 9:22:04 PM

Add as Friend | Send Message

And stop helping them along. Don't test. Avoid apps use desktop or mobile versions of websites. If it's app only, avoid it. Don't scan QR codes. Don't test. That's one where they've really got the wool over people's eyes.

Reply | Mark as Spam | Posted On 7/17/2022 3:40:48 AM

Like Dislike

---

therealjones

Joined On 10/8/2010 5:59:47 PM

Add as Friend | Send Message

Buy local and pay with CASH!

Mark as Spam | Posted On 7/17/2022 7:47:45 AM

Like Dislike

Pete.Smith

Joined On 10/11/2013 8:19:55 AM

Add as Friend | Send Message

3 Great tips by dr. Mercola in the video. 1) Get obese now, so you survive the hunger that is coming, 2) Don't use paper toilet tissue anymore but use water instead. 3) storage of rainwater. * * * Yes I think tip 2 can save you money, even more so when you do it with rainwater. But before I drink rainwater, I like to know first: How much glyphosate is in rainwater?. They is no shortage of food. The problem is that the food and energy prices went up (inflation above 10%) after US boycotted Russia. For poor people it became to expensive to buy food and energy. The US (Biden) blocked Russian grain export and Ukraine block their own export with sea mines.

They blamed Putin, but reality is that Putin allows Ukraine grain export, he said so several times in the past, and negotiations about this are going on right now, with Turkey as mediator, so Putin was sincere. But how to grow food without the fertilizer from Russia? Why they boycott it? By the way, what they don't tell you on the news, is that Ukraine soldiers (Azov battalion) burned grain fields in the Russian speaking parts of Ukraine to hurt the locals, but also the grain export. * * * Biden keeps on forgetting things. Biden said in the past he wanted to turn Saudi Arabia into a 'pariah' state, so he said after the horrible murder of journalist Jamal Khashoggi.

But now Biden was forced to visit that country on July 15, begging the Saudi murderers for more oil production, because oil prices (and US inflation) went through the roof after his own boycott of Russian oil. But the King of Saudi Arabia reminded Biden about his reaction to Khashoggi dead. The King is not that stupid to produce more oil, because then the oil price will fall to $ 50 dollar a barrel

again as before, while now it is around $100. The US also boycotts big oil producing countries like Venezuela and Iran. Conclusion: The worldwide high inflation and hunger in the world is mainly caused by US policies.

Reply | Mark as Spam | Posted On 7/17/2022 5:02:00 AM

Like Dislike

---

katndogno

Joined On 1/1/2011 2:56:59 PM

Add as Friend | Send Message

My gas bill for my small 700 sqft house was $76 this month. I cook and heat water with gas I wash my clothes with cold water only. My bill was 1/2 that last year. The gas emailed they want to raise the bill again after raising it last year. Maybe it's time to Wim Hof with cold showers and cook outside over wood. My bill would probably be $150 for non-use tax lol

Mark as Spam | Posted On 7/17/2022 5:15:42 AM

Like Dislike

---

fvtomasch

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

Add as Friend | Send Message

kat- The price here in northern Illinois for natural gas is $1.24 per therm for July. This is 4 times higher than 2 years ago for July. If this continues winters gas bills will be astronomical. What I do is spin my clothes a few times before putting in dryer. The heavy towels and bedding I air dry for a while then put in dryer to fluff up for 10-15 minutes or so. Keep changing furnace filters and seal off any leaks in windows and doors before winter. Supplies to seal may also be in short supply by winter (on purpose!!).

Mark as Spam | Posted On 7/17/2022 9:59:03 AM

Like Dislike

CMT367

Joined On 10/16/2018 8:46:43 AM

Add as Friend | Send Message

katNdog: ever tried Wim Hoff method? its great for masochists. Are you one? Zen Buddhist adherents tend to die in their sixties. Before they do, they admit to taking cold showers every AM. At least that's what they say...

Mark as Spam | Posted On 7/17/2022 10:45:47 AM

Like Dislike

---

dfarrich

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

Add as Friend | Send Message

Collecting rainwater is great - if it rains. Darned if I'd wipe with water when I don't have it to drink. Biden is a certifiable idiot. IQ of ZERO.

Mark as Spam | Posted On 7/17/2022 12:08:59 PM

Like Dislike

Almond

Joined On 2/26/2008 4:23:33 PM

Add as Friend | Send Message

People must do what they can. it begins with thinking, but that must be followed with action. It is getting harder and more expensive to make needed changes to our lives. Due to inflation and lack of parts, labor and services. However, many things are still possible. I do not know for how long. Do what you can while you can. Consider this strategy. What changes can you make that will reduce your need for money? Food, water, energy? There are both short and longer-term solutions. For example, cooking over a wood stove or a solar cooker may heat food, but be less useful for pressure canning.

Canning food with disposable lids is short term, but reusable lids longer term. Generic seed plants one season, but heirloom seed can be saved. If you tap maple trees, it is an ongoing process year after year. Wild foods can be harvested annually. A safe gravity-flow water system or location near a natural spring will insure your water supply. Various forms of waste disposal. Get your thinking out-of the box. Sort of like frying an egg on a sidewalk... why could you not set a lightweight pan on a rack (air circulation) in a large shiny aluminum bowl with a large glass lid across the bowl on a sunny day and orient it towards the sun to heat up simple foods?

learn from Asians and stir-fry foods if you need to conserve fuel. Know what native people traditionally ate in your area. You can still lose weight and get into better shape. You can update dental and vision care. You can seek alternatives to meds that may already be difficult to obtain and buy extras of others. Convert from disposables to reusables--esp. paper/plastic products--as is possible and practical. -continued-

Mark as Spam | Posted On 7/17/2022 12:32:00 PM

Like Dislike

Almond

Joined On 2/26/2008 4:23:33 PM

Add as Friend | Send Message

-continued- I find LUCI Lights very useful during power outages. Not the inconvenience or maintenance of kerosene lanterns or the need for C and D-cell batteries. My solar radio still requires batteries and does not have loud volume, but would initially be useful in an emergency. While we have a generator, there are limitations to its usefulness. What are your local sources of household fuel? What can be generated on a larger scale? Passive solar heating. Or cooling systems. Consider whether there is a part of your home where the temperature remains relatively constant. For us, it would be an area in the basement at around 50F year around. Know where the hot and cold spots are--esp. for food storage.

Warm clothing, rain gear, blankets. Sturdy work clothing. Security, hunting, fishing. Do you know the lay of the land? Can you navigate without maps? Are you near waterways that could serve as transportation/distribution points if roads are closed? If you have animals, what is your plan to feed them long-term? Plan ahead. Vertically-integrate as much as possible. Communication systems. You should already have a network of helpful friends, family and neighbors. Recognize each individual's skills and expertise. Do not ignore the elderly. They can be a valuable part of the community. Also, know who the freeloaders are, who is irresponsible and who is lazy or cannot be trusted.

Mark as Spam | Posted On 7/17/2022 12:47:02 PM

Like Dislike

Dordee

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

Add as Friend | Send Message

Tip no 2. You can also use pages from catalogs, newspaper or a cloth with a bucket of water to rinse it in for each family member. And, push come to shove, large leaves like sycamore or mullein. Mullein is noce and soft. As for food production, what about the fires at processing plants? Gates and others buying farmland and taking it out of production to further force us to eat his lab grown meats nd force us uinto submission? We can also learn to forage for wild greens, excellant sources of vitamins. I learned from my grandparents how to identify and gather "weeds" for food. We also ate a lot of beans, veggies from the garden, ecept for peas, grandma did not like them.

They had chickens, a milk cow, a hog and a goat. Granted not everyone can have a cow and a hog, but small animals, chickens.

The problem is most today do not know how to forage for wild foods, raise a garden. First place they consider it too much work. As for fertilizer, use grassfed cow, horse, chicken, hog manure, compost it. Learn how to hunt. if the deer decimate your grden, shoot it and can the meat to eat. Right now because of extended drought, wildlife is eating gardens, digging, looking for water. After i figured out why was digging in my pots, I now leave a large bowl of water for them and they leave my potted vegies alone.

Oil, do we need to make 5 trips to different stores for things we only want, do not need? If I have a reason to go to town, I organize my trip so I get many thinggs done in that one trip. I also found by accident, that if I keep my Astro on cruise at 55-60, I gain 1 mile per gallon. Leave in plenty of time so do not have to drive fast and waste gas, take a cha nce of getting a ticket. I learned a lot , reuse it, repurpose it as in clothes, pass it down and when not wearable, make rugs, quilts from it. As for our government, they are fools, tools used by the elite and to top it off, Biden wants to export oil to Europe!!!!!!!

Mark as Spam | Posted On 7/17/2022 4:41:12 PM

Like Dislike

---

badboy2

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

Add as Friend | Send Message

Battery or crank AM/FM/ short wave radio may be a nice option to keep in touch with the local and foreign outside world during power outages, or if you are on the move.

Mark as Spam | Posted On 7/17/2022 6:00:09 PM

Like Dislike

WillieBe

Joined On 8/23/2021 11:23:02 PM

Add as Friend | Send Message

Oil prices went through the roof long before the boycott of Russian oil.

Mark as Spam | Posted On 7/18/2022 9:21:39 AM

Like Dislike

---

dav2942

Joined On 1/26/2017 1:07:47 AM

Add as Friend | Send Message

I make 19 an hour at a warehouse job renting a apartment living paycheck to paycheck with my brother, we tried to beg our parents for months & warning them about this to move in & help start a garden or stock up on food, but my parents, especially my father doesn't care to hear about it. Even though they are aware of WEF & all that. I just pray I get as close to god as I can these last days & hopefully everything won't be too painful. I pray for you all & wish everyone the best, I'm sure a lot of you are way ahead, & others can barely even pay for the basics right now..

Reply | Mark as Spam | Posted On 7/17/2022 2:53:22 AM

Like Dislike

---

bfr27915

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

Add as Friend | Send Message

From "The Masque of Anarchy" Percy Shelley Verse XXXVIII 'Rise like Lions after slumber.....In unvanquishable number,.....Shake your chains to earth like dew.....Which in sleep had fallen on you.....Ye are many - they are few.'

Mark as Spam | Posted On 7/17/2022 6:08:29 AM

Like Dislike

---

weehen

Joined On 8/25/2010 2:09:20 AM

Add as Friend | Send Message

Maybe look into working on a small farm or homestead. Offer to work for lower pay if they can provide you a roof over your head or space to park a live-in trailer. Form relationships with people who grow and produce food - maybe in exchange for help they can keep you alive? Worth a try If you can learn to butcher and process animals to meat someone like Florist might be happy to work with you! (See post about needing that!)

Mark as Spam | Posted On 7/17/2022 10:09:16 AM

Like Dislike

---

rrealrose

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

Add as Friend | Send Message

Am going to say this again: a variety of jobs are going begging in the US. Look for higher pay!

Mark as Spam | Posted On 7/17/2022 10:43:46 AM

Like Dislike

Sue12Cross

Joined On 10/31/2009 3:22:30 AM

Add as Friend | Send Message

People without land or looking to add to what they have should look to history - there used to be a class called - the 'landless poor', they actually used the common land to graze their animals. This is how the First Industrial Revolution came about - the large landowners and Royal families created various 'Enclosure' Acts which cut off these people from the land and forced them into the cities to work. Once there, they also had a captive population to feed - badly, which was one of the main causes of death and disease - read Dr Johnson and James Boswell, to witness this - particularly with reference to the Irish immigrants in London and how badly and quickly their health suffered due to change in diet. However, there still exists rights to food that haven't changed; for example, in the collection of non-cultivated wild foods and there are a lot of them to gather and at all seasons.

If you are ignorant of what you can or can't eat then go on a walk with an expert or just ask locals who know. Then, there are most importantly 'gleaning rights' I know we have them here in France and being by the sea - these are a valuable protein source thus oysters and mussels, we have rights to glean within a certain distance of the 'posts' and beds and on the land we have gleaning rights after harvest. The world is full of 'free' food you just need to know how to find it - get back those hunter gatherer skills, which are legally still yours.

Reply | Mark as Spam | Posted On 7/17/2022 6:38:30 AM

Like Dislike

Krofter

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

Add as Friend | Send Message

Good advice Sue. For most of human history hunting and gathering has provided most of our food. For those who live near natural landscapes, it still can. Get a good rifle or bow and practice using them. I have a number of rifles and a compound bow and I make very good use of them. Learn how to slaughter animals. Practicing on domestic livestock will teach you how to do wild game. I slaughter my own goats, pigs and chickens as well as deer, javelina and rabbit. Having a solar powered freezer full of meat and fat is a good felling.

Mark as Spam | Posted On 7/17/2022 9:37:54 AM

Like Dislike

---

phoenix999

Joined On 5/5/2016 5:32:03 PM

Add as Friend | Send Message

Thanks Sue for your thoughts and insights. What a fantastic statement "The world is full of 'free' food you just need to know how to find it". There are websites mapping out where there are fruit trees on public property (overhanging a public sidewalk, in a public park etc.) which are also useful for foragers. Everyone has access to wild edibles too, as they spring up everywhere without ceasing. One small example: The weed purslane in my driveway cracks is literally sold in stores--not only as an ornamental plant, but as food. My last box of spring mix had a good amount of purslane in it and it was delightful. (It is enjoyed in the Middle East/Greece etc..) Even if we don't eat the weeds, they can feed our herbivorous OR omnivorous pets, or they can make outstanding compost for our "desirable" plants (the only caution is to discard the seeds before composting). The earth is full of bounty indeed.

Mark as Spam | Posted On 7/17/2022 11:48:11 AM

Like Dislike

Sue12Cross

Joined On 10/31/2009 3:22:30 AM

Add as Friend | Send Message

Hi Krofter, you sound like you are well-organised, which is to be expected. I really think it would be possible to wild graze still in many parts of the World, the trouble with Europe is we have so many rules, particularly in the Western part and often so few wild places, certain areas of France though are better than others and certainly being on the coast and in a relatively unspoilt area, there are more opportunities to hunter gather - it's fun too! I sent you a message in re your freezer.

Mark as Spam | Posted On 7/17/2022 4:38:51 PM

Like Dislike

Sue12Cross

Joined On 10/31/2009 3:22:30 AM

Add as Friend | Send Message

Hi Phoenix999 Thank you for your comments! Yes, the history of cultivated vegetables and fruits is fairly recent, The potato for example as you probably know, was originally a cut flower for display in a vase. In a French chateau I have seen the flower as a decoration on early wall plates, painted before they thought of putting potatoes on the plate. Most cultures used to eat wild edibles, some still do and there are so many to choose from. Purslane is delicious and although a weed (or maybe because of it) is, as you write, sold as a cultivated vegetable and very fashionable like nettle, rocket and navelwort! I also use weeds to feed my meal worms which I raise for my quail. There are such riches in this World, just waiting to be picked.

Mark as Spam | Posted On 7/17/2022 4:57:12 PM

Like Dislike

Krofter

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

Add as Friend | Send Message

Sue - Others have asked about my solar powered freezer so I'm replying here, where everyone can access the information.

Actually, my entire farm is on solar power, including my well (I've been living off grid since 1985). I have 3 chest-type freezers and one upright fridge. What makes them solar is the fact that all run on 12 volt DC, which is easily produced by solar systems which all generate DC power that has to be inverted to AC to run conventional appliances. Power is lost in that inversion. Additionally, these freezers and fridge have nearly twice as much insulation as many conventional AC models. The combination of 12V power and super insulation makes for a very energy efficient freezers and fridge. Several companies make solar appliances, but I know the owner of this one, he is local, so I've been using them for nearly 25 years. Here is the link to their site - https://sundanzer.com/

Mark as Spam | Posted On 7/17/2022 5:31:01 PM

Like Dislike

Lee1959

Joined On 9/13/2021 8:36:46 AM

Add as Friend | Send Message

I had to laugh about your purslane. A fellow Master Gardener made a salad out of purslane. When asked where she got it, she replied, "Out there in the parking lot."

Mark as Spam | Posted On 7/18/2022 9:32:07 AM

Like Dislike

Randyfast

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

Add as Friend | Send Message

I already have all of those documents in my library. Reading through the posts; I just shake my head. One forum member who stated that she lives on 1,000 acres of land is complaining about "processing" difficulties. If I owned that acreage, I certainly wouldn't have to worry about where my next meal is coming from! I would sell everything and build a cabin in the woods. The majority of the population; including many Mercola members, still fail to see the big picture! We are NOT going to change what's coming. The wheels were set in motion decades ago.

The covid insanity is about to get even more insane. If people would even bother to diligently search the WEF site; they would understand that everything that is happening now and everything that's coming, revolves around this covid hoax! Do you actually believe that you are going to stop this? How well has the past 2 1/2 years plus worked out for you? The cost of food is already through the roof. I just discovered that even the food costs more on the west coast of Canada, than it does in the east. I'd like to thank trudeau for all the rich immigrants he brought here (tens of thousands in the middle of an "alleged" pandemic) and who are driving up the cost of virtually EVERYTHING!

Luxury houses and luxury high rises are sprouting up like dandelions (Build Back Better) - and there's no end in sight! How many of you on this site, could afford to pay $4,000 a month for an apartment? This entire civilization is going down - by design; and if you can't see it, then I just feel sorry for you. -- One more reminder: the 'mandates' will be reinstated in the fall - or sooner. I know how to read the rhetoric.

Reply | Mark as Spam | Posted On 7/17/2022 8:31:47 AM

Like Dislike

---

rrealrose
Joined On 11/10/2011 8:59:01 AM
Add as Friend | Send Message

Hi Randy - A thorn for your thoughts. - those fall mandates may hit kind-hearted Canadians hard; however, many in the US will be refusing to comply. You can just feel it in the air. - - - - - - busy morning, here's something that may wake up some European judges, or not (Big Win in Italy): Renate Holzeisen - Session 113 - July 15, 2022 - - www.bitchute.com/.../n0f9cX7o1sY1 - this is about a half hour long. And more? Here's a brief outline of what's being overlooked!! rats abandoning the ships! "Resignations at NIH CDC FDA as Rats Jump Ship - The David Knight Show - - www.bitchute.com/.../mhgIasD1CLTn - sound bite in less than 10 minutes.

Mark as Spam | Posted On 7/17/2022 9:35:45 AM

Like Dislike

---

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

As Rose said, there is a stirring sense of mass non-compliance, a growing awareness. Yes, things are set in motion that can't be stopped, yes, you definitely can't just fully prep your way out of this situation, but I'll go down trying rather than not.

Mark as Spam | Posted On 7/17/2022 10:22:57 AM

Like Dislike

---

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

rrealrose, I really, really, really hope you are correct in that fewer people will comply. I got so tired of being the only one in every store without a muzzle. Seeing the 8% still wearing them irks me.

Mark as Spam | Posted On 7/17/2022 10:51:08 AM

Like Dislike

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

Well; I just stocked up on 24 more cans of kidney beans. It's the "least expensive" I've seen, so I'll probably go back tomorrow to pick up another back pack full. It's not easy, since I don't have much left in the way of shoulders; although, I do seem to manage. It's always a good bike ride. -- As far as the nanobot shot goes...if they ever try to inject me; they'd better be wearing full body armour! -- Thanks for the links, Rreal.

Mark as Spam | Posted On 7/17/2022 12:32:25 PM

Like Dislike

---

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

Randy, at last a sliver of a silver lining. Last night I listened to an interview of a Canadian, Monika Schaefer. I don't know where in

Canada she lives but she said in her valley they are seeing results of supply line interruptions. She said the constant overflights with chemtrails have been reduced since they are running out of the toxic material they toss from the skies.

Mark as Spam | Posted On 7/17/2022 1:26:17 PM

Like Dislike

Randyfast

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

Add as Friend | Send Message

Otis; the area in which I live has had cloud cover for the past couple of days. Before that, we had a couple of days of mostly sun. For the most part, the spraying is still ongoing - almost on a daily basis. I doubt very much if those criminals are running out of toxic materials. They live in a different world than we do and most probably have an over-supply of just about everything. One thing for sure...the next couple of years will be crucial in determining the fate of humanity. -- The good news is that if the cloud cover continues for the remainder of the day, I won't have to sleep on top of my bed covers tonight!

Mark as Spam | Posted On 7/17/2022 3:37:53 PM

Like Dislike

---

rrealrose

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

Add as Friend | Send Message

Randy and everyone - A tidbit about (organic) dried beans: if you learn to soak overnight then cook yer own, you avoid the can lining issue. Having some cans is a good idea in case the power goes out. Its just that dried beans weight a lot less, store easily, and beans expand like crazy when cooked.

Mark as Spam | Posted On 7/17/2022 5:34:22 PM

Like Dislike

---

rrealrose

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

Add as Friend | Send Message

Hi brianallen, suggest you may want to scroll down below to the link Otis posted or here's a copy - The Good Citizen: "One More Year to Flatten The Herd" - thegoodcitizen.substack.com/p/one-more-year-to-flatten-the-herd - and watch all the embedded videos. The one from Rochelle outlines percentages of Americans over 50 who failed to get their 2nd, 3rd and now 4th shots. Verging on non-compliance, assume this is due to poor side effects, so the push - along with its numerous associated GRIMM fairy tales may be up for the CDC...or they may get desperate. You decide.

Mark as Spam | Posted On 7/17/2022 5:40:37 PM

Like Dislike

Randyfast

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

Add as Friend | Send Message

Rreal; thanks. I'll be looking into the beans and other bulk food, my next trip to Vancouver.

Mark as Spam | Posted On 7/18/2022 4:41:51 AM

Like Dislike

LillyTilly
Joined On 4/21/2014 5:05:14 AM
Add as Friend | Send Message

otis 101, With you there on Monika Schaefer, she knows THE TRUTH.

Mark as Spam | Posted On 7/18/2022 5:40:44 AM

Like Dislike

---

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

The Predator$ system telegraphs, tells us what their intentions are, what they are shooting for long before it becomes obvious to a majority. One reason is when they put it all out there early it sounds so farfetched, ridiculous, sci-fi stories. In general people if they even have an opinion are left in a condition where a belief is set this is all wacky woo conspiracy, then rather than to face buyer's remorse hold on even tighter to the belief this couldn't possibly be so when the situations reality continues to grow.

As we see with the Jab/s no amount of data, if someone gets the Jab/s drop dead in front of them they're incapable of seeing it. They often will blame the messengers who have brought the truth as making the problem worse. Even though some of us have prepped for decades, the scale of what is being pushed is global, and we are behind the eight ball. But we should not be obsessed with perfect but rather it is better to pursue what we can do & build health & social community's Locally with what we have.

Reply | Mark as Spam | Posted On 7/17/2022 5:14:36 AM

Like Dislike

EstherOul
Joined On 6/11/2021 5:31:58 AM
Add as Friend | Send Message

If you live in the southern Michigan and northern Illinois area, please consider buying your meat, eggs, raw dairy products, seasonal fresh vegetables, honey, maple sugar, and organic fermented vegetables from Family Farms Coop (familyfarmscooperative@gmail.com). This is a group that was originally set up by Dr. Mercola. My toddler was ill, not growing, horribly constipated, and not eating well until she started drinking their raw milk. All of her health issues, including her so-called "milk allergy" resolved, and now a young adult, she is 5-feet-11 and still drinks raw milk when she is home.

The raw milk they sell is legal, because you join a herd-share program, and you are legally entitled to free milk from your own cow or goat. You pay a modest yearly membership fee, and the money you pay for each gallon goes toward feeding and caring for the cows and goats. However, they also sell fully grass-fed beef, sausages, bacon, chickens that live normal chicken lives, organic eggs, and raw milk cheese. Write to them for a product list. They come to various pickup locations once per month.

Reply | Mark as Spam | Posted On 7/17/2022 8:18:16 AM

Like Dislike

---

sueper74yahoo.com
Joined On 1/27/2021 1:00:07 PM
Add as Friend | Send Message

God will provide for his children, but he also gives us warnings in order to prepare for what's coming. Many sources are warning of a coming food shortage, including Dr. Mercola. We should heed the warnings and do as much as we can to prepare whether we live in the city or the country. God doesn't want us to be ignorant or ill-prepared re: this life or our eternal life. If you're not right with God, please get right with Him now, before it is too late for you. Read the Bible and find a Bible-believing church. If you choose not to believe then please leave those of us who are Believers alone.

Reply | Mark as Spam | Posted On 7/17/2022 7:54:40 AM

Like Dislike

---

sunflowerjanis

Joined On 5/17/2014 4:50:34 PM

Add as Friend | Send Message

Thank you Dr. Mercola for all the great information and support you offer your listeners. I find it all very helpful. i do want to let everyone know about another patriot group option. Check out Make Americans Free Again at: makeamericansfreeagain.com Pam Popper holds weekly meetings locally where 50 -100 people show up. She's going to need a bigger meeting place soon! There people have come together to start community gardens and to offer up organic/non-GMO food sources information. She also sends out a weekly newsletter email and on Tues - Friday, a short video message.

She has worked with attorneys (does the name Tom Renz come to mind?) who are working to keep Americans free from medical tyranny during this Covid debacle. Also, here in Ohio we have an initiative going for true medical freedom with petitions circulating in case anyone is interested in signing or gathering signatures. Over 440,000 signatures are needed in order for this to get on the election ballot next year for Ohioans to vote on. Go here for additional information: www.medicalright2refuse.com Let's keep our heads up, do what we can to win this battle!

Reply | Mark as Spam | Posted On 7/17/2022 8:13:48 AM

Like Dislike

Liberty11

Joined On 12/17/2006 8:27:38 PM

Add as Friend | Send Message

The food shortages may be their backup plan if the jabs don't kill enough people. I doubt they'll prolong shortages as this will eventually affect them. So evil. We may be able to take care of ourselves for 3 to 6 months by following Mercola's suggestions, however, it will be so difficult seeing and hearing about the suffering of millions who cannot survive.

Reply | Mark as Spam | Posted On 7/17/2022 5:57:28 AM

Like Dislike

DebbyW

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

Add as Friend | Send Message

I think the elite who are instigating this whole mess have already set aside the food they need for the duration of these shortages. Some of them have moved to tiny islands, all the better to protect themselves from those without food.

Mark as Spam | Posted On 7/17/2022 6:07:27 AM

Like Dislike

---

sunflowerjanis

Joined On 5/17/2014 4:50:34 PM

Add as Friend | Send Message

Are you kidding?! No, the cabal has made sure that they have enough of everything for themselves, their "friends" and families. It's us underlings who they want gone.

Mark as Spam | Posted On 7/17/2022 7:56:01 AM

Like Dislike

---

karacolman

Joined On 9/15/2020 1:37:55 PM

Add as Friend | Send Message

One thing[having GUNS],Is the thing that no other country in history has had.they k\now it, and there`ll be a BIG ,World-Country-Local WAR...Will you give up and die, Or fight EVIL.I`m sure our AMERICA, SOLDIERS[I`M ONE],will KILL AS MANY ANTI-WE THE PEOPLE,PIGS THAT TRY TO CONTROL US.....First thing too do is locate all so called world controlers,than annihilate them...PAY ATTENTION NOW,THEN IT WONT COST YOU LATER...GOD IS THE CREATOR !!!!

Mark as Spam | Posted On 7/17/2022 8:10:40 AM

Like Dislike

---

florist

Joined On 4/23/2010 11:35:39 AM

Add as Friend | Send Message

We raise cattle on a little over 1000 acres but normally sale the calves when they reach 600-650 lbs to those who continue to feed out. This year I am wondering about processing some but wonder about storage with electric grind. We also have access to many deer and live back to back of a River so have large amount of fish. The biggest problem I see is processing. Last year we had to wait months to process our own meat locally. We also have a farm close that has raw milk and many chickens with eggs. Again processing to store is a problem. Interesting is all the people moving into our area from NY and IL maybe because costs of rent is still so low.

Reply | Mark as Spam | Posted On 7/17/2022 5:44:49 AM

Like Dislike

SantaFe505

Joined On 4/6/2021 4:25:07 PM

Add as Friend | Send Message

The plan is to completely do away with beef, chickens and all meat. Unless you are SUPER RICH. Check out these document and share it with as many as possible.www.investmentwatchblog.com/bombshell-hack-of-nwo-globalists-never-bef..

Mark as Spam | Posted On 7/17/2022 7:45:32 AM

Like Dislike

---

davidle

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

Add as Friend | Send Message

Can you trade meat for someone who knows how to butcher?

Mark as Spam | Posted On 7/17/2022 8:36:41 AM

Like Dislike

---

holbr148

Joined On 6/19/2006 3:31:15 PM

Add as Friend | Send Message

Don't blame God for the suffering going on in the world. God is clear he has given man a free will. When man takes that free will & thru greed believes he can solve the world's problems with no help from God is when problems arise. Famines, pestilence, wars,disease & human suffering are caused by mankind, refusing to acknowledge God & receive his help.

Reply | Mark as Spam | Posted On 7/17/2022 2:44:07 PM

Like Dislike

---

bburns1955

Joined On 8/1/2011 10:21:55 PM

Add as Friend | Send Message

Quite right, holbr148. Man (& woman) makes his choices, & his actions are followed by consequences. America, in large part, has turned its back on God. Perhaps God is allowing us to reap the crops that we sowed by rejecting Him. I hope & pray that people will turn BACK to God, & hopefully we can regain His favor. Our country was formed as a very blessed country. But maybe the reason the USA isn't mentioned in the Bible, in relation to end times, is that we've gone so far from God, that He left us to our own devices. The ONE saving grace, is that for those of us who follow Jesus Christ, we KNOW that in end, WE WIN. GOD WINS. And we will be with him for eternity!

Mark as Spam | Posted On 7/18/2022 1:06:58 AM

Like Dislike

Lee1959

Joined On 9/13/2021 8:36:46 AM

Add as Friend | Send Message

no kidding. One thing many people do not understand is that God created us with free will. And that free will also allows us to choose evil. And there is aplenty of that in the world. If you blame God, then Ted Bundy should have been allowed to go free. And as far as partially blaming God, that is a cop out. If God is also partially to blame for what Ted Bundy did, then once again, Ted Bundy should have been allowed to go free (rather than executed).

Mark as Spam | Posted On 7/18/2022 9:45:44 AM

Like Dislike

---

axkershaw

Joined On 7/8/2013 3:01:14 PM

Add as Friend | Send Message

The drug that Dr. Mercola would not say the name of is methylene blue. Available cheap in latin American farmacias without prescription: article in censored library. Not to be a Debbie Downer as Dr. Mercola says; long term it is worse. Like Dr. Mercola I see my evolutionary imperative as educating the children who will rebuild after the collapse. One requisite is no privately held corporations, none. We are not the cause of all the problems. We did not decide to put lead in gasoline. We did not decide to make

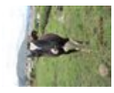
petroleum as the primary energy source. We did not decide to use DDT & other petrochemicals. We did not decide to put fluoride in the water. We did not decide to create industrial agriculture.

We did not decide to create money out of nothing and lend it at interest thereby indebting the world. Privately held corporations run by pathological narcissists did all that. They are protected behind the corporate shield from paying for their crimes so can act with impunity and do. The .00001% have the best working for them. They do not need to be smart. An example is the Bush family, not a smart one in the bunch with the possible exception of Laura and she has no Bush blood or DNA in her veins or brain. In 2006, 2 years after Pinochet was detained in Spain, the Bush family purchased 300,000 acres in Paraguay on top of the Guarani Aquifer, the largest reservoir on the planet, a bit better than a rain barrel.

That is larger than all of NYC; the equivalent of a self sufficient feudal estate. The .00001% do not intend to live underground but in luxury. Most estates owned by the .00001% are secret. The reason the Bush estate is known is that a 25 year old Jenna was sent down to seal the deal. With her Bush IQ she went bar hopping in Asuncion accompanied by her Secret Service escort. Her purse was stolen so it made news. A taxi driver told me they were laughing, shouting & dancing when it happened so it could not be kept secret, but the MSM in the North said next to noth

Reply | Mark as Spam | Posted On 7/17/2022 11:29:39 AM

Like Dislike



axkershaw

Joined On 7/8/2013 3:01:14 PM

Add as Friend | Send Message

As scientists agree there is going to be sea level rise. None know when or how fast. It is possible, no, probable, that it will be sooner and faster than predicted. All computer models have been overshot. Scientists are conservative so most stay in the middle of the bell curve. When dealing with the future there are no certainties only probabilities. The soulless corporations have used this uncertainty to argue against global warming & sea level rise like tobacco companies argued against regulation when non scientists knew that smoking was bad. My grandpa who smoked 2 packs of Camels a day kept them in a dispenser labeled Coffin Nails in 1950.

He died at age 57. Years ago I read a study of ancient corals. They have growth rings like trees. The scientists doing the study saw evidence of sea level rise at an amazing rate of 10 meters in 10 years. Nothing in their learning or literature could explain such a phenomenon. The mechanism they settled on was rapid descent of Antarctic ice sheets into the ocean. Currently there is enough ice on Antarctica & Greenland to raise sea levels ~75meters or over 200 feet. National Geographic has a map of the world without ice. The road bed of the Golden Gate Bridge will be under water. Goggles & tank will be needed to visit Google Headquarters.

www.nationalgeographic.com/magazine/article/rising-seas-ice-melt-new-s.. Because of the Coriolis effect the air & water masses do not mix much North to South. Many of the 400+ nuclear reactors and storage pools are located on the coasts; 99% are in the North. There is likely to be many Fukushimas making the North uninhabitable for centuries. Perhaps those are among the reasons that the super smart Bush family decided to establish a selfsufficient haven over the most secure water source on the planet. Those are the reasons I moved to Ecuador. There have to be some surviving humans to keep the .00001% from creating Industrial Civilization the sequel.

Mark as Spam | Posted On 7/17/2022 12:47:42 PM

Like Dislike

---

brianallen1

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

Add as Friend | Send Message

Sorry, not buying the sea level rising. You can look at pictures of the water surrounding the Statue of Liberty from 100 years ago as compared to today. No differance'

Mark as Spam | Posted On 7/17/2022 10:26:11 PM

Like Dislike

---

lisahealyourself
Joined On 11/28/2021 6:03:34 AM
Add as Friend | Send Message

I honestly don't understand WHY all these old guys even care about resetting the world and bringing in transhumanism and techno Control. They will all be dead soon. Is this really how they want to spend their last years on earth??? What is even in it for them??? This is a serious question. Wouldn't most old people rather spend time with family and friends and grandkids and have meaningful life experiences. I simply can't wrap my mind around a bunch of old people caring so much about power and money when they are soon not even going to be here. Anyone have thoughts on what these old people are getting from this???

Reply | Mark as Spam | Posted On 7/17/2022 7:44:39 AM

Like Dislike

SantaFe505
Joined On 4/6/2021 4:25:07 PM
Add as Friend | Send Message

This is what I read today. It might help you wrap your head around the insanity of it all
www.investmentwatchblog.com/bombshell-hack-of-nwo-globalists-never-bef..

Mark as Spam | Posted On 7/17/2022 7:48:44 AM

Like Dislike

---

cakesjean
Joined On 9/10/2008 1:03:53 PM
Add as Friend | Send Message

I agree that most of them are really old farts, to say the least. But, they all have families, as you guessed. Their offspring are all involved in this venture. Look at the royal bat, Queen E, she and her family all have their fingers in the pie. The only one who went against this, is not alive anymore, Princess Di. Take a look at humansarefree.com and search for these evil people and the organisations they support. There is so much information on this site. Soros, Rockefeller, Rothschild, the leaders of canada, evil billy boy, Schwab etc. Once you start reading, you will see links in all the articles, this will keep you busy for months reading and reading and reading

Mark as Spam | Posted On 7/17/2022 8:08:19 AM

Like Dislike

---

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

The only semi-feasible reason I can see (MHO) for anyone as old as myself (70's) to try to bring in any sort of transhumanism is because they BECOME a BORG! And in their delusional minds they can "exist/live" FOREVER. MHO it's all about being here longer than anyone else--but I think their minds have yet to sort out who will serve them as peons (unless they plan on a robotic society to do their 'grunt' work!

Mark as Spam | Posted On 7/17/2022 8:35:32 AM

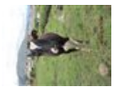
Like Dislike

Marago
Joined On 12/28/2020 9:29:38 AM
Add as Friend | Send Message

Well, the “oldies” have a cabal of “newbees” you younger ones , that “they” are educating. Gavin Newsom, Governor of California is one of them. This new set of “enlightened” ones will continue to carry out the mission—or at least try to do it.

Mark as Spam | Posted On 7/17/2022 9:56:25 AM

Like Dislike



axkershaw
Joined On 7/8/2013 3:01:14 PM
Add as Friend | Send Message

Lisa; You don't understand their actions because you think they are human. They are pathological narcissists. They have no empathy; control is what is important. They are self propagating and like royalty want to establish dynasties. Less than 1% of humans are naturally pathological narcissists. The billionaire class, .00001%, raise their children in 50+ room mansions on large estates. The children are seldom nursed by their mothers. We learn our humanity as babies and small children in the arms of our caretakers.

At some point those children learn that the flesh that they were initially connected with are not important. In those estates there are many more servants than family members. A child never eats a meal prepared by its mother. Thus a narcissistic Rockefeller raises other narcissistic Rockefellers. One of the characteristics of narcissists is the ability to appear sane and human but that is only to be able to better manipulate and control. What the .00001% do will never make sense to a human.

Mark as Spam | Posted On 7/17/2022 10:35:16 AM

Like Dislike

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

Good question. I have thought on that myself. I am getting oldish, and I am done with stuff and accumulation. I want to be around my children and grandkids and spend meaningful time with my husband of 32 years. I don't even begin to understand these old global cabals and why they want to spend their last years like they are. Their mindset is beyond my comprehension.

Mark as Spam | Posted On 7/18/2022 9:50:10 AM

Like Dislike

---

alexsemen
Joined On 10/15/2011 5:23:14 PM
Add as Friend | Send Message

Dr. Mercola, My respect, consideration and admiration for what do you intend to do ! You are my chapion ! your collegue Alexandru Semenciuc

Reply | Mark as Spam | Posted On 7/17/2022 3:52:42 PM

Like Dislike

---

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

Viruses are a HUGE can of worms. This is evident by the posts I read every day. If everyone would spread the fact that NOT EVEN ONE so-called "virus" has ever been purified, identified or otherwise demonstrated to exist outside the body by any lab anywhere in the world the Deep State plan could not succeed. Viruses are created in and only exist inside the body, as a defense mechanism against something IN the body, like an acidic pH caused by eating man's chemical-laden, garbage, so-called "food". Viral infection does not exist. Big Pharma knows this and has been laughing all the way to the bank for DECADES already. Do not confuse bacterial infection with non-existent viral infection. "Viral" infection is the biggest hoax ever perpetrated on humanity.

Reply | Mark as Spam | Posted On 7/17/2022 1:16:17 PM

Like Dislike

---

bburns1955

Joined On 8/1/2011 10:21:55 PM

Add as Friend | Send Message

I keep hearing this, jrh, but I don't get it....though I want to! Then why do coworkers &/or family members spread things like the flu to others? I'm hearing that Covid isn't a real disease at all -- then HOW have people contracted it?

Mark as Spam | Posted On 7/18/2022 1:09:32 AM

Like Dislike

---

dandyacct

Joined On 5/21/2021 10:47:59 AM

Add as Friend | Send Message

I am just so sick and tired of all the hate and negativity in today's world. It wasn't even this bad during WWII. Sure, there were shortages and many things were rationed or even unavailable.....you could not buy ice cream which I thought was the worst possible thing (oh, the innocence of children) until uncles and cousins came home injured or in coffins. The *** had nothing on what is going on now and we defeated them. The evil is everywhere now. And the worst part is that more than half of us don't even see it or believe it. Our good Dr. Mercola has great suggestions for stocking up and preparing for the worst, but really, how much good is that going to do beyond a short period with food and water before that too runs out....and then what? I sure would love to hear something uplifting, positive.

Reply | Mark as Spam | Posted On 7/17/2022 10:51:50 AM

Like Dislike

Horsea

Joined On 5/7/2007 4:05:34 PM

Add as Friend | Send Message

You want positive? Me, too. Organize. Fight them until you can fight no longer. The rest is in God's hands.

Mark as Spam | Posted On 7/17/2022 11:50:34 AM

Like Dislike

Lee1959

Joined On 9/13/2021 8:36:46 AM

Add as Friend | Send Message

As horsea said, "fight them until you can fight no longer." As apostle Paul said, "Stand your ground, and after you have done everything, still stand." (I am paraphrasing). I have come to realize that by keeping my mouth shut and not "make waves" contributes to the evil in the world. I want my kids and grandkids to have a good world to look forward to and I MUST do my part. I don't want to come home and look my kids and grandkids in they eye and tell them, "Yeah, I love you but I was too scared to say what needed to be said. Good luck with your future."

Mark as Spam | Posted On 7/18/2022 9:59:03 AM

Like Dislike

Almond

Joined On 2/26/2008 4:23:33 PM

Add as Friend | Send Message

We are seeing more bizarre crimes than ever and self-aggrandizing politicians. Meanwhile, gun sales have been increasing. I do not think the plans of the cabal reflect the will of the people... The constitution and bill of rights are some of the most brilliant documents ever written. They lay out a proper course of events for defeating tyranny. The question we have yet to answer is when we will have we been sorely abused enough to seek to remedy our grievances. Notice that those who would enslave us have made progress on starving people into submission. Because people have LET THEM DO SO by not providing for themselves and supporting community agriculture. They are already advancing to controlling the waterways, such as dams and preventing Idaho farmers from transporting their wheat to market.

California politicians and legislators have not taken responsible steps to provide desalination plants, but try to take water from upstream neighbors instead. Many Montana water rights have been surrendered to native tribes. Much energy production has been eliminated. This is not just "War on the West", but an attack on the basic resources needed by all Americans. I expect most people will manage to get thru some hard times this winter, but the worst will hit later in 2023-2024. The govt still buys airtime to promote vaxination.

I know many of the "controversial" news shows I listen to on the radio are broadcast nationwide. However, there is so much evidence of the lies we have been told coming out in the regular news that it can no longer be covered up or ignored. I think there is a lot more buyer's remorse among vaxinated people than those in power understand. For many, a line has been drawn in the sand and they say "no more". People are angry they have been deceived. This would not be the first time Americans united against tyranny. The libs make a lot of noise, but on CHAZ, they could not even feed themselves. The true revolutionaries are the back-to-the-landers.

Reply | Mark as Spam | Posted On 7/18/2022 1:02:13 AM

Like Dislike

---

kzbruce

Joined On 10/4/2010 4:00:15 PM

Add as Friend | Send Message

It's good to learn some food preservation skills other than just relying on a freezer. I've been canning meats, soups, veggies, and actual meals (like goulash) for seven or eight years. It's not hard, and pressure canners (like Presto) are not very expensive. Nice, long shelf life for substanitive food. Really like our freezer, but canning is also very useful!

Reply | Mark as Spam | Posted On 7/17/2022 9:32:17 PM

Like Dislike

SaveTheTrees

Joined On 3/12/2020 6:54:40 PM

Add as Friend | Send Message

Most people will not be able to do this due to limitations of time, money, growing space, physical ability, know how, etc. I think it would be a better idea for most of us to focus on a plan to overthrow the government by voting or other means if necessary. We need to disassociate from UN and WEF. Administrative power abuse is rampant in USA. We need to elect legislators willing to shut this down. "Give me Liberty or give me Death" has a lot more meaning now. Our Freedom is actually what will keep us alive, literally.

Reply | Mark as Spam | Posted On 7/17/2022 10:21:36 AM

Like Dislike

kurlikew

Joined On 5/14/2008 8:33:38 PM

Add as Friend | Send Message

Thank you to those of you who responded so quickly to my post! I wish there was a way to reply in a thread to each one individually! There are some good suggestions which I will definitely look into. I won't go into details, but for multiple reasons moving is not an option for me right now. I'm also a divorced mom living paycheck to paycheck (and even that's not enough, so I thank God for friends who are willing to help us!) Regarding the suggestion of a rain barrel - if I put one on my patio, I still have no way to channel the water into it, and I also have no way to purify the water. My porch is screened in, and they wouldn't allow me to put anything on the exterior of the building to channel the water in. :(

Reply | Mark as Spam | Posted On 7/17/2022 6:35:42 AM

Like Dislike

Horsea

Joined On 5/7/2007 4:05:34 PM

Add as Friend | Send Message

@kurlikew. Then get those friends who are already helping you to help you some more. If they have the facilities, ask them to install rainbarrels and everything that goes along with them.

Mark as Spam | Posted On 7/17/2022 11:48:25 AM

Like Dislike

bfr27915

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

Add as Friend | Send Message

So much indoctrination to question. So much truth to be revealed and understood. Consider salt. Table salt - bad. Celtic Sea Salt - good. "Salt & Water - Barbara O'Neill" https://youtu.be/cBuK73K7t_0

Reply | Mark as Spam | Posted On 7/17/2022 5:51:01 AM

Like Dislike

nateanthony

Joined On 10/28/2020 5:57:57 AM

Add as Friend | Send Message

The WHO, CDC, WEF, NHS, NIH, and the rest of the alphabetical gestapo agencies are all criminal enterprises using the MSM as their propaganda arm along with the Bilderberg Group and CFR. We need to protect and defend our human rights and freedom with our own organization, the FKU. fineartamerica.com/.../nate-anthony

Reply | Mark as Spam | Posted On 7/17/2022 5:44:56 AM

Like Dislike

LillyTilly

Joined On 4/21/2014 5:05:14 AM

Add as Friend | Send Message

nateanthony, yes and be aware of who owns/controls the MSM...

Mark as Spam | Posted On 7/18/2022 5:54:38 AM

Like Dislike

---

junieb

Joined On 9/22/2009 9:22:04 PM

Add as Friend | Send Message

Dr. Mercola probably already knows about it, but see TheCovidBlog also.

Reply | Mark as Spam | Posted On 7/17/2022 3:43:42 AM

Like Dislike

Graymh

Joined On 7/17/2022 3:23:22 AM

Add as Friend | Send Message

No, Dr. Mercola. We are NOT the light. Jesus is the Light, what is happening now in the world was foretold thousands of years ago, God is showing us that the problem is us thinking we are God, virtually what you are espousing. Like in the days of Noah where the only safety was the Ark from coming destruction, so are the days of Noah now, the Ark is Jesus and we need to be "in Him" believing, serving, honouring and obeying Jesus Christ. Preparation is good, storing food etc. but ultimately only His faithful will survive.

Reply | Mark as Spam | Posted On 7/17/2022 3:29:38 AM

Like Dislike

Lee1959

Joined On 9/13/2021 8:36:46 AM

Add as Friend | Send Message

I really don't think Dr. Mercola thinks he is God. He is trying to be helpful and get us to read the "tea leaves."

Mark as Spam | Posted On 7/18/2022 10:03:28 AM

Like Dislike

Shannon_Flaherty

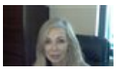
Joined On 2/19/2021 6:52:36 AM

Add as Friend | Send Message

It only took Rockefeller Foundation one month to put their 30-page Cv19 white paper together? I think not. Just like Schwab's book that came out in early 2020 about CV19. Yes, these are examples of them shouting in our face that they KNEW this was coming ahead of time, WHAT they are planning FOR US (not them) and that they think there is NOTHING WE CAN DO about it.

Reply | Mark as Spam | Posted On 7/18/2022 8:57:51 AM

Like Dislike



kfa6931

Joined On 8/20/2021 8:12:57 AM

Add as Friend | Send Message

I have been stocking up on oats, black rice, basmati rice, herbs, spices, Himalayan salts, dried foods. Stocking up on meat. I have a separate freezer in my garage. I have started a garden (never before gardened). .... The garden is small, I hope to expand. I have bug out backs, small generators (won't keep a house running), but it will smaller things. I have medicines stored up, a book on how to be your own doctor, etc. I'm doing this by myself as my partner (my boyfriend, laughs at me). . He could invest in a large generator but won't. I don't have the funds for one that's big enough to run a refrigerator. But I plod on.

Reply | Mark as Spam | Posted On 7/18/2022 8:23:08 AM

Like Dislike

---

luv8992

Joined On 10/7/2007 1:28:36 PM

Add as Friend | Send Message

@Katndognco. I just want to say this. The Bible is, at its core, a love story. You cannot open it randomly and understand its contextual fullness. The flood was God's mercy for the upright, or those who were trying, like us, to live an honest life. We know that just because everyone is doing it, doesn't make it right and even if one family was all that was us, we'd still be right in our thinking about freedom and love. Consider those elites and otherwise in power currently who are seeking to destroy all that we hold dear.

Would it a good thing if they and their evil designs were halted by a power greater than they, but who had our best interest at heart? First with a warning, of course, everyone deserves a chance to get on the right side of things. But a cleansing of evil, wouldn't that be good? A reset of sorts, but not a "great" one, if you know what I mean, rather a going back to simpler times where there would be no confusion about what is good and evil, and people were able to recognize others as a gift.

With mutual respect in dialogue and otherwise because of a knowledge of the inherent dignity of every person. A respect for the earth and its abundance. Community - closely knit and mutually supportive, with a common goal, which is to live in freedom, peace and harmony. That's the kind of God we have, who loves us so much, He'd be willing to wipe out a good part of the population to keep us safe. For those who get caught in the crossfire? He provides paradise a little early.

Reply | Mark as Spam | Posted On 7/18/2022 6:49:39 AM

Like Dislike

Almond

Joined On 2/26/2008 4:23:33 PM

Add as Friend | Send Message

We are being told so many lies by those in power that it is time to focus on what is good and real. Did you wake up to sunshine this morning—did you even wake up? You can be grateful for that. Did you have a bed to sleep in and running water to wash your face and brush your teeth? Many people do not. Is your garden producing anything? Be grateful. Are you surrounded by loved ones? There are those who value you. Can you look at the sky or go for a walk in nature or a park? That is real. Did you have an opportunity to learn something practical lately? Make good use of it. Did you have enough to share?

Then, you are blessed with excess. Did you make a new friend? Then, you are fortunate. Do you do productive work, whether or not you are paid? Then, you are useful. The hardest work of all is to be unable to work. Remember that if you own nothing but the clothes on your back and your integrity, that you are wealthier than many people. If you are resourceful and have creative-problem-solving ability, you are more likely to succeed than people who have had every advantage. If you know how to work, budget and plan to make progress every day, you will eventually reach your goals.

If you have faith in a greater power, you have the humility to realize you play a role in the whole. Remember the bounty and fullness of nature. That is not to say there are never challenges. Life is full of them. But, also recognize goodness and beauty. Why would it be necessary for the world to be filled with so much beauty in nature if not for our own enjoyment? Don't ignore such a gift. It can be easy to forget when we are surrounded by problems of man's making. Find peace in goodness and virtue. When you fill your heart with gratitude, good things happen.

Reply | Mark as Spam | Posted On 7/18/2022 2:40:51 AM

Like Dislike

Almond

Joined On 2/26/2008 4:23:33 PM

Add as Friend | Send Message

We are being told so many lies by those in power that it is time to focus on what is good and real. Reassess. Did you wake up to sunshine this morning—did you even wake up? You can be grateful for that. Did you have a bed to sleep in and running water to wash your face and brush your teeth? Many people do not. Is your garden producing anything? Be grateful. Are you surrounded by loved ones? There are those who value you. Can you look at the sky or go for a walk in nature or a park? That is real. Did you have an opportunity to learn something practical lately? Make good use of it. Did you have enough to share?

Then, you are blessed with excess. Did you make a new friend? Then, you are fortunate. Do you do productive work, whether or not you are paid? Then, you are useful. The hardest work of all is to be unable to work. Remember that if you own nothing but the clothes on your back and your integrity, that you are wealthier than many people. If you are resourceful and have creative-problem-solving ability, you are more likely to succeed than people who have had every advantage. If you know how to work, budget and plan to make progress every day, you will eventually reach your goals.

If you have faith in a greater power, you have the humility to realize you play a role in the whole. Remember the bounty and fullness of nature. That is not to say there are never challenges or setbacks. Life is full of them. -But, do not overlook the goodness and beauty. Why would it be necessary for the world to be filled with so much beauty in nature if not for our own enjoyment? Don't ignore such a gift. It can be easy to forget when we are surrounded by problems of man's making. Find peace in goodness and virtue. When you fill your heart with gratitude, good things happen.

Reply | Mark as Spam | Posted On 7/18/2022 12:04:47 AM

Like Dislike

Mary990

Joined On 6/8/2022 7:21:33 PM

Add as Friend | Send Message

All great advice. If such an event were to occur as it sounds as though it is a real possibility now given how the past 2 years has gone ... if it continues to get worse and the power grid were to begin to go, I will probably begin to look into how to ferment more than just the traditional fermented foods (e.g. yogurt, sour ***, sour dough bread). For now though, it appears as everyone's refrigerators are still in tact as they are only talking food shortages for now. But they keep talking about the energy sector, which is why I raise this point.

Reply | Mark as Spam | Posted On 7/17/2022 10:21:24 PM

Like Dislike

---

iroy3015
Joined On 6/19/2006 6:44:14 AM
Add as Friend | Send Message

dfarrich: "Biden is a certifiable idiot. IQ of ZERO." YOU & SO MANY ARE SO WRONG!! Listen to: PRES. BIDEN DELIVERS "MAJOR ADDRESS" ON UKRAINE In Warsaw Poland on Mar 26, 2022 www.youtube.com/watch A PERFECT SPEECH FOR 26 MINUTES, NO MISTAKES. The crowd was ecstatic: "Go Mister Prezident!!!!!! God be with you Mr President." He is playing you ALL. He is a very smart politician, no dementia, all the weaknesses are planned so to fool you. Have you seen any American President on a bicycle? "The Great Reset" has chosen him bcs he was probably the only one who could win against Donald Trump they were afraid of. What about the "What is the women", "Children Genders", "Abortion" and so on - all these topics to keep you busy and make you blind to GREAT RESET depopulation agenda. WAKE UP!!!

Reply | Mark as Spam | Posted On 7/17/2022 8:06:19 PM

Like Dislike

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

What does it matter that he is the only president being seen on a bicycle? If you signed me up for $5 a gallon gas (against my will) by voting for Biden, then you are no friend of mine.

Mark as Spam | Posted On 7/18/2022 10:12:52 AM

Like Dislike

---

iro5345
Joined On 4/7/2014 3:44:32 PM
Add as Friend | Send Message

Thank you so much for your show!!! We have a 10 acre farm with cows and a couple milk cows. We also have chickens, ducks, geese and soon we will have Turkeys. We have a small orchard of apples, pears, Peacans and cherries, one peach tree and other trees. Our biggest problem is over 100 degree temps for the last few weeks and draught. We have solar panels, but or battery has been on backorder for over a year. We love your show and your website!!!

Reply | Mark as Spam | Posted On 7/17/2022 6:54:32 PM

Like Dislike

PalynF
Joined On 11/14/2021 3:02:31 PM
Add as Friend | Send Message

To be sure you have access to meat by ordering grass-fed products from Farms/Ranches around the country. I chose a farm in my state (1915 Farm in TX - https://1915farm.com/) - you can eat the chicken and pork products with no fear of high linoleic acid. Some also sell tallow, lard, etc. Email the farm or ranch you choose, they will happily answer all of your questions, at least that's been my experience. Before I found 1915 Farm, I ordered from Five Mary's in CA www.fivemarysfarms.com and Flourish & Roam in Ohio shopflourishandroam.com - both have exceptional products.

If you join the Subscription clubs, you will be in line to always receive your subscription before the people who are in a mad dash to find meat products (during Covid, the farms were hit hard with orders). I now subscribe to the Grass Roots Meat Club @ 1915 Farm. I chose delivery every 6 weeks of 14-16 LBS, plus 2 Premium Steaks ($209) and they confirmed that I will always receive my order ahead of panicked buyers. It's one less thing to worry about.

Reply | Mark as Spam | Posted On 7/17/2022 5:32:53 PM

Like Dislike

SomeMo888
Joined On 7/17/2022 11:04:17 AM
Add as Friend | Send Message

Here in Arizona there are many giant blocks of boxy apartment buildings going up. They will take a couple more years to complete. The government housing they will try to force people into with their Great Reset plans?

Reply | Mark as Spam | Posted On 7/17/2022 4:05:13 PM

Like Dislike

MarkoOkram
Joined On 7/17/2022 10:19:30 AM
Add as Friend | Send Message

The world wars were also intended to destroy the testimonies of the greatness of the previous civilization, which reportedly numbered 30 billion people. We do not live on the planet, nobody explores the cosmos, nobody landed on the moon, we are covered with a dome and surrounded by a wall of ice so that we do not slip out of here, because we are the SOURCE, we are "batteries" powering this world. To change this world, we must change ourselves inside, we must restore the memory of the perfection we are, but to do this we must become Love, that is, first give it to ourselves, and then be able to give it to others.

Darkness is only the result of the lack of light, Evil is the result of the lack of love in us, we do not have to fight evil, it is enough to light the light of Love in our heart. There was no real love here, there were only programs imitating it, so we lived in hell and the sun installed for us was just a compromise, it was to make us think that this is a normal world and that day and night are the norm, but it is not true.

Reply | Mark as Spam | Posted On 7/17/2022 2:51:05 PM

Like Dislike

MarkoOkram
Joined On 7/17/2022 10:19:30 AM
Add as Friend | Send Message

we were told, when we were still naive children, to repeat these demonic prayers. If God existed and was omnipotent, he would not give power to Satan, if he was loving, he would not create a hell for his children in which one has to fight, suffer and die. That god that people pray to is a serpent, he's a beast, a predator. He is jealous, he is cruel, he is hungry for power and control, he says he is your master and you are his servant, he is a Nazi who prefers collective responsibility - he said he would punish children for their parents' faults up to the seventh generation.

He is the god of death, he is the god of the Holocaust and floods, he punished people for disobeying him, because you have to be faithful and obey him, otherwise he will throw you into the abyss of hell - is this what a loving parent does? We created this monstrosity, believing that it exists, and by praying, kneeling on our knees, we fed our golden energy, and the beast grew in strength, the more faithful, the more power it gained, and this is just an egregor, artificial intelligence, a demon that wants to take over our world, but we are the children of the Earth and its rightful hosts.

The beast's plans were carried out by a viper tribe, as a chosen people - a mega-parasite who settled in key and top positions in government, military, medicine, church, media and education. We were bred here, we were slaves here, but people did not notice it while living in total hypnosis. Now the breeders have decided to thin the herd because we are waking up.

They made cyclical exterminations for us, the last one took place between 1760 and 1820, but history has been rewritten and hardly anyone knows about this fact. The previous civilization was more advanced than the present one, most of the so-called new inventions are "reheated chops" in the nineteenth century were driven by electric cars, trams, scooters. Free energy was widely used, after which only artifacts remained, everything was gutted.

Reply | Mark as Spam | Posted On 7/17/2022 2:49:48 PM

Like Dislike

MarkoOkram

Joined On 7/17/2022 10:19:30 AM

Add as Friend | Send Message

However, it is worth considering why they do not hide their plans, because it is still crucial! It is about predictive programming because if you accept their plans into your consciousness as real, if you believe it will happen or even that it is only possible, then you are feeding them combustible with your creative energy, it is much easier for them to implement these plans. If nobody here knows that we are Life, we are the Only Creation, we create this hell for ourselves, believing that the world we look at is real. However, it is our PROJECTION, Matrix or virtual reality - this program is in us, in our minds programmed by religion, media, education. We see in the outside world what is inside us, what we believe in (what is inside is outside).

If there is a fight in us, then there is also a fight in the outside world. The reptiles always talk about the fight, they want us to fight for literally everything: for freedom, for health, for love, for money, fight evil, fight pandemic, fight for freedom, but whenever we fought, we lost, people died in wars with their brothers, and those who inspired, planned and financed wars sat in their palaces and laughed at us. Wars were good for them, because they made money on them, because we suffered and died, and this is a specific energy that they nourished, because they feed on adrenaline - many of us have already heard about it.

Fighting always divides people, and we only stay strong when we feel that we are one spirit, that we are all brothers and sisters, one family. However, you can only feel it with the heart, which is the source of love, the source of light, the source of life. The human mind is a bio-computer that is programmed in a very simple way, you have probably noticed that it is done by repeating any lies, the number of repetitions determines the strength beliefs, so we generally believe in nonsense. We believe in god because we repeated prayers, if he was almighty, he would let us know about his existence, but

Reply | Mark as Spam | Posted On 7/17/2022 2:44:14 PM

Like Dislike

---

ritadee48

Joined On 7/17/2022 1:42:53 PM

Add as Friend | Send Message

If we are forced to move from our home and no place to live what would we do with the food we've stocked up?

Reply | Mark as Spam | Posted On 7/17/2022 1:45:46 PM

Like Dislike

Lee1959

Joined On 9/13/2021 8:36:46 AM

Add as Friend | Send Message

bury it in the ground:)

Mark as Spam | Posted On 7/18/2022 10:13:44 AM

Like Dislike

Plumhaid

Joined On 8/6/2021 12:16:18 PM

Add as Friend | Send Message

LOL. Starting at about 1:16 in this video — Biden gaffe (Freudian slip) #2,358: “And we both talked about how we could increase and disseminate more rapidly food shortages.” Well, there ya go.

Reply | Mark as Spam | Posted On 7/17/2022 12:58:11 PM

Like Dislike

---

otis101

Joined On 7/10/2010 6:30:32 PM

Add as Friend | Send Message

So you're tired of doom & gloom?. Here is a funny story titled "One More Year to Flatten the Herd". Preceded by the great Christopher Hitchens with: "Don't take refuge in the false security of consensus and the feeling that you're bound to be okay because you're safely in the majority." thegoodcitizen.substack.com/p/one-more-year-to-flatten-the-herd

Reply | Mark as Spam | Posted On 7/17/2022 12:56:08 PM

Like Dislike

---

rrealrose

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

Add as Friend | Send Message

Thanks Otis, you can see how poor the acceptance/compliance has been when Rochelle lists off how many Americans failed to get their 2nd, 3rd and now 4th shots. Phooey! And I want one of those stickers "Hey shepherd, it must be SADS"

Mark as Spam | Posted On 7/17/2022 5:25:19 PM

Like Dislike

Joe_Below

Joined On 3/17/2020 11:04:08 PM

Add as Friend | Send Message

Understand their 'death by vaccination' strategy wasn't all that successful. The pivot is now towards starvation. That means it's going to get a lot uglier. Plan to survive for a good tens years without industrial farming. This is going to impact A LOT of people and wreck all of society through its ramifications.

Reply | Mark as Spam | Posted On 7/17/2022 12:56:03 PM

Like Dislike

Lee1959

Joined On 9/13/2021 8:36:46 AM

Add as Friend | Send Message

Once upon a time, people intuitively knew how to get their food. Now the masses are abdicating their right and duty to themselves to fend for themselves. They think food is a firehose coming at them that will never stop.

Mark as Spam | Posted On 7/18/2022 10:15:26 AM

Like Dislike

Jackaroni
Joined On 4/4/2009 8:32:35 AM
Add as Friend | Send Message

The system of taking away all of our freedoms in exchange for providing all of our needs is similar to treating us like a lower life form ant colony or a bee hive, I don't see it being very successful.

Reply | Mark as Spam | Posted On 7/17/2022 12:10:26 PM

Like Dislike

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

Agree with the first part, disagree with the last part. Example: China. Thing is once in place, you have no choice.

Mark as Spam | Posted On 7/17/2022 1:20:13 PM

Like Dislike

Jackaroni
Joined On 4/4/2009 8:32:35 AM
Add as Friend | Send Message

Depends on your definition of successful.

Mark as Spam | Posted On 7/17/2022 5:15:02 PM

Like Dislike

purpler
Joined On 8/28/2021 10:17:26 AM
Add as Friend | Send Message

Grow food hydroponically. Anyone without access to a garden space can grow food indoors using a variety of hydroponic methods. All these expensive hydroponic systems are a waste of money in my opinion. You just need a some basic knowledge, some growing containers and growing medium, plant food for the water, seeds and a water testing kit to test for PH. There are a few other things, but you can keep it really simple using the Kratky method that doesn't require pumps, just adequate air circulation. Please give it a try. It's very doable. A lot of folks trying to sell stuff will try to make it sound really high tech or really complicated, but it's not.

There are key steps involved, but it's all very simple to get set up. Check out Jeb on Youtube. He'll show you the beautiful simplicity of hydroponic gardening. Note his suggestion of the plant food formula he uses, which is, MasterBlend Tomato 4-18-38. He uses this for everything he grows and his plants are massive. I don't know Jeb, nor do I benefit from posting this here, I've just referred to his hydroponic growing practices because he's funny and illustrates how easy it is to get started. www.youtube.com/watch

Reply | Mark as Spam | Posted On 7/17/2022 11:57:49 AM

Like Dislike

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

Thanks for the link, I'll definitely check it out because my impression of HP is it will require a large initial investment of containers, light, timers, potting soil, nutrients. All for a limited harvest. To survive on HP you would need several complete systems spaced a month or so apart.

Mark as Spam | Posted On 7/17/2022 1:24:14 PM

Like Dislike

---

t.berwager
Joined On 1/5/2021 12:50:25 PM
Add as Friend | Send Message

What medicine should we have on hand when you have no hospital to go to. Dr Mercola was going to tell us about one when he was on the Children Health Defense with Polly, but ran out of time

Reply | Mark as Spam | Posted On 7/17/2022 11:44:39 AM

Like Dislike

SomeMo888
Joined On 7/17/2022 11:04:17 AM
Add as Friend | Send Message

Here in Phoenix/Scottsdale/Tempe area, there are thousands of boxy apartments being built. Dozens of huge buildings that resemble cell blocks. That's a lot of toilets and air conditioning. Some are advertising 1,2,3BR and marketing a "lifestyle" with onsite amenities. They are a couple of years from completion as these are major projects that take time to build. Anyone else seeing this?

Reply | Mark as Spam | Posted On 7/17/2022 11:16:06 AM

Like Dislike

---

dca1277
Joined On 3/2/2019 7:46:35 PM
Add as Friend | Send Message

Test

Reply | Mark as Spam | Posted On 7/17/2022 11:07:02 AM

Like Dislike

---

joeanddonna
Joined On 9/7/2011 9:14:26 PM
Add as Friend | Send Message

Excellent! And I take inspiration and strength from "be the light for the world."

Reply | Mark as Spam | Posted On 7/17/2022 10:16:41 AM

Like Dislike

---

mkrozonouskihotmail.com
Joined On 7/7/2022 10:03:23 AM
Add as Friend | Send Message

I am trying to find the type of cherry you referenced in the video. I can't make out the name. I tried to search for a type that sounded like what was being referenced but could not find it.

Reply | Mark as Spam | Posted On 7/17/2022 10:05:48 AM

Like Dislike

---

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

Anyone think prepping will save your souls once the system collapses? Whether this is informative or fear porn, it does shine light on the dark state exterminators...Turning to superstition is as pointless as hoarding food, when the root cause is government and the fake consensus building of a phony media. The network disinfo machine is relentless.."Everyone" was flying Ukrainian flags and not objecting to billions sent to their crook government/now ostensibly another forever war under a senile commander and chief..er the neocon-chicom scum behind the scenes....and a new push to vaxxx/boost...cmon, wise up, attack the problem/not count cans in the basement...absurdus rediculata.

Reply | Mark as Spam | Posted On 7/17/2022 9:57:19 AM

Like Dislike

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

first off, I am not one to "count cans in the basement." But having a nicely stocked pantry is very satisfying. All I have to do is walk down one flight of stairs and "go shopping." And I don't think my soul depends on how much I have in my basement bunker. Yes we have paid a price for standing against the vax. Hubby lost a well into the six figures job because he refused it. Daughter could not go to vo tech since they demanded she get the vaccine. We have been shunned by my in-laws best friends and "not allowed in their house" because we are unvaccinated. A person stands up when they can, if they are willing. But you cannot do everything. At this point all one can do to stand up to the evil in the world is vote. But we are prepared to do more if that day comes.

Mark as Spam | Posted On 7/18/2022 10:29:53 AM

Like Dislike

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

Prepping regeneratively - secularheretic.substack.com/p/prepping-chickens-the-ultimate-regenerat..

Reply | Mark as Spam | Posted On 7/17/2022 9:41:16 AM

Like Dislike

---

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

Of course it's coming. It was intended too. The agenda is simply executing to perfection with all the same original players who have orchestrated all of it still doing so. Hard to grasp why it's not OBVIOUS the only way to end these agenda is to hold those who perpetrate it intentionally to account. To date it's a ZERO accountability world. Nothing changes until IT does.

Reply | Mark as Spam | Posted On 7/17/2022 9:32:24 AM

Like Dislike

CooperJB

Joined On 6/19/2006 2:58:38 PM

Add as Friend | Send Message

Is there a reason why your article suggests to Stock up on healthy . Foods and Freezer storage for 3 6 months>>> WHY this relative short period of time ???

Reply | Mark as Spam | Posted On 7/17/2022 8:42:52 AM

Like Dislike

SantaFe505

Joined On 4/6/2021 4:25:07 PM

Add as Friend | Send Message

I just read this horrifying plan that was leaked by insiders working for the WEF. It needs to be shared with everyone you know.www.investmentwatchblog.com/bombshell-hack-of-nwo-globalists-never-bef..

Reply | Mark as Spam | Posted On 7/17/2022 7:41:03 AM

Like Dislike

---

mbrookh

Joined On 5/18/2021 8:59:47 AM

Add as Friend | Send Message

Bob Beck long ago had a cheap and simple way to purify water. Blessings to all

Reply | Mark as Spam | Posted On 7/17/2022 7:10:49 AM

Like Dislike

---

cam7371

Joined On 6/21/2020 1:35:57 PM

Add as Friend | Send Message

What is going on is pure evil, without a doubt. The last two or so years has been a real eye opener for me on several levels. The suggestions on how to prepare for the upcoming “comply or starve” segment to this reset are not practical for the majority of people. To resist would take whole communities working together to counter this deep state takeover. The success in which they got the whole world paralyzed with fear does not make me rest easily. Their next step will no doubt be successful as well. This should have been extinguished a long time ago but they flew under the radar. It’s way too big for ordinary people to even make it slow down. We know what is coming but without time and resources we can only watch this all play out just as we did with the pandemic.

Reply | Mark as Spam | Posted On 7/17/2022 6:36:57 AM

Like Dislike

SantaFe505

Joined On 4/6/2021 4:25:07 PM

Add as Friend | Send Message

Give this a read... Chilling. It must be stopped now.www.investmentwatchblog.com/bombshell-hack-of-nwo-globalists-never-bef..

Mark as Spam | Posted On 7/17/2022 7:43:01 AM

Like Dislike

---

sunflowerjanis

Joined On 5/17/2014 4:50:34 PM

Add as Friend | Send Message

I just posted this info; here it is again. Go to Make Americans Free Again web site: makeamericansfreeagain.com

Mark as Spam | Posted On 7/17/2022 8:19:38 AM

Like Dislike

---

junieb

Joined On 9/22/2009 9:22:04 PM

Add as Friend | Send Message

There's canned beef?

Reply | Mark as Spam | Posted On 7/17/2022 3:31:53 AM

Like Dislike

---

sschank

Joined On 12/6/2020 7:05:11 AM

Add as Friend | Send Message

I ordered from a web site last week: www.lehmans.com

Mark as Spam | Posted On 7/17/2022 6:17:44 AM

Like Dislike

---

tallulah3

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

Add as Friend | Send Message

Thanks for the website

Mark as Spam | Posted On 7/17/2022 7:34:43 AM

Like Dislike

---

cakesjean

Joined On 9/10/2008 1:03:53 PM

Add as Friend | Send Message

Yes. Plenty of canned meat dishes, prices going up too fast

Mark as Spam | Posted On 7/17/2022 8:10:32 AM

Like Dislike

Ackers

Joined On 7/17/2022 1:51:36 AM

Add as Friend | Send Message

Mercola is a good source of information but he makes things too complicated and makes hard work of this subject. You don't have to go to a farm, just do some research on allotments. There are some great people who know a lot more than farmers about survival and making use of recycled materials to make compost for growing. Get a distiller and you can recycle water. Urine is a great source of nitrogen for the soil and you can compost just about anything from kitchen scraps, cardboard for carbon, grass, weeds for nitrogen. You can bury food scraps to feed the soil without composting if your in a hurry. You can make compost in a few months using a method of heat created by layering the brown stuff (cardboard) and the green stuff (grass and weeds) and adding water and covering with an old carpet or plastic and turning frequently.

Reply | Mark as Spam | Posted On 7/17/2022 2:02:52 AM

Like Dislike

---

bburns1955

Joined On 8/1/2011 10:21:55 PM

Add as Friend | Send Message

WOW -- SO informative!! GREAT interview & discussion!! Now I want to know what med Dr. Mercola says we should all have for the future...haven't yet found it on his substack channel, but will keep searching. I look forward to more of these discussions, with Dr. Mercola & you gals from CHD!! I LOVE what Dr. Mercola is doing, & also those of you at CHD, including Bobby Kennedy, Jr. -- what a great group of Americans you are!!

Reply | Mark as Spam | Posted On 7/17/2022 11:10:01 PM

Like Dislike

---

correspondencecommitte

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

Add as Friend | Send Message

What makes any of this inevitable is the lack of organized resistance from us.

Reply | Mark as Spam | Posted On 7/17/2022 3:02:23 AM

Like Dislike

junieb
Joined On 9/22/2009 9:22:04 PM
Add as Friend | Send Message

Do you test? If so, why?

Mark as Spam | Posted On 7/17/2022 3:42:25 AM

Like Dislike

---

sunflowerjanis
Joined On 5/17/2014 4:50:34 PM
Add as Friend | Send Message

Check this out; and join. makeamericansfreeagain.com

Mark as Spam | Posted On 7/17/2022 8:20:59 AM

Like Dislike

---

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

"Tyranny is always better organized than freedom." Charles Peguy

Mark as Spam | Posted On 7/17/2022 8:31:40 AM

Like Dislike

---

gardenbe
Joined On 1/23/2016 7:24:00 AM
Add as Friend | Send Message

Dr Mercola often mentions digestive issues from anti nutrients (lectins) in nuts, seeds & grains. Since he mentioned not storing brown rice in the article, it brought the general topic to my mind. I'm very surprised with all he's learned and shared about the benefits of bone broths, saturated fats from animals and produce, sun exposure, etc, that he hasn't ever mentioned Weston A Price. Weston A Price was a dentist who, because of rapidly increased dental issues, in the 1930's-early 40's traveled the globe to compare the populations untouched by western civilization to compare their dental conditions.

What he discovered astounded him. He wrote a book about it complete with photos. The major findings were that they all, across the globe, had certain things in common in their diets: bone broths, eating animal fats & butter, eating organ meats, and soaking grains, nuts & seeds. Here is the website for his foundation. On here you can find educational sources, sources for raw dairy, etc. https://www.westonaprice.org/ . I've not read Price's book. Sally Fallon & Mary Enig PhD wrote a book/cookbook that summarizes his findings & details how to cook/eat in this manner.

There are examples of different people groups' methods of preparing certain foods and the amazing thing is how studies show that soaking grains, nuts or seeds (sometimes with a little acid like vinegar, citrus juice or buttermilk) will neutralize the anti nutrients. That's one of the reasons we SHOULD soak our beans overnight- even when using an instant pot. Here's a link to the cookbook. www.amazon.com/Nourishing-Traditions-Challenges-Politically-Dictocrats.. I hope this is helpful

Reply | Mark as Spam | Posted On 7/17/2022 7:41:51 AM

Like Dislike

---

sunflowerjanis

Joined On 5/17/2014 4:50:34 PM

Add as Friend | Send Message

I have Weston Price's book and have scanned through it. Following an Early Man diet is best, especially for Blood Type Os the first blood type for mankind. Thank you for the reminder to soak the seeds and nuts; i had forgotten about this.

Mark as Spam | Posted On 7/17/2022 8:18:00 AM

Like Dislike

---

kurlikew

Joined On 5/14/2008 8:33:38 PM

Add as Friend | Send Message

I'd really like to see some suggestions for those of us who live in an apartment. I have no yard to grow my own food, and my tiny patio doesn't even get any direct sun to allow me to grow veggies in containers. I don't have the option of having a rain barrel for water collection, nor do I have a filtration system to purify it. I don't have the room in my apartment to put an additional freezer, nor do I have any way to obtain a back up energy source such as a generator in case the power goes out. I don't even have a lot of space to store canned and/or dried foods, though I'm trying to stock up on those and water too as best I can. Please, any ideas for people like me would be most welcome! Thank you, and may God bless and protect us all!

Reply | Mark as Spam | Posted On 7/17/2022 5:29:35 AM

Like Dislike

---

billevnz

Joined On 12/1/2012 7:55:53 AM

Add as Friend | Send Message

Move.

Mark as Spam | Posted On 7/17/2022 6:10:34 AM

Like Dislike

---

sschank

Joined On 12/6/2020 7:05:11 AM

Add as Friend | Send Message

I got a book written by Peter Burke (Chelsey Publishing) called Year Round Indoor Salad Gardening. Very easy growing microgreens; I did not buy lettuce for nearly a year and was able to occasionally supply my friend next door. Also, you can try none circulating aeroponics (lot of info on YouTube) Good luck and if you need more info: khalsms1985@protonmail.com

Mark as Spam | Posted On 7/17/2022 6:14:06 AM

Like Dislike

Sue12Cross

Joined On 10/31/2009 3:22:30 AM

Add as Friend | Send Message

Here are some ideas: You can buy shares in animals and birds - you can do this either with money to pay for their food and upkeep on a farm or you can go to the farm and pay with your labour - these ad hoc schemes are available in many countries and are usually called something like: 'help a farmer ' or cow/pig etc - 'share'. No doubt there are those for fruit and vegetables too. If you are not tied down to a job (thus your home), but are unable to sell up and get something more suitable for self-sufficiency - then contact - WWOOF - Worldwide Opportunities on Organic Farms https://wwoof.net/get-started/ Get your self fixed up with a job on a farm and you will be food secure for over the Winter and be learning valuable skills at the same time and possibly be able to rent out your home.

If you have to stay where you are, then you need to go around your local area and look for gardens with lawns and/or ask around or put a notice in a local shop - you want an unused garden you can take of and offer to share what you produce with the owner.

This is a very common way people get land to cultivate - in fact there is a famous pair of women agricultural students, who when they left college couldn't afford to buy a farm, so they offered to work people's gardens and they actually now have a viable organic 'farm' business made up from the produce of many individual gardens. This last suggestion however, depending on your climate may be a bit late for this year but you could certainly do the 'spade work' pun intended, now and you could actually get a viable Winter crop of cut and come again vegetables in.

You could also find out about raising chickens for example in someone's garden too and again offer to share the produce. I would have suggested getting an allotment or social garden but these are now probably oversubscribed and you'd be on a waiting list but with all the greenwash being pushed you could be lucky and your local gov could have a few for show! Good Luck!

Mark as Spam | Posted On 7/17/2022 6:16:28 AM

Like Dislike

---

diane.1961

Joined On 4/1/2022 7:08:06 AM

Add as Friend | Send Message

Kurlikew, a 55 gallon barrel from a feed store (20 dollars) has a small “footprint”. Do you have space on your patio for this? I use a Berkey gravity filter for water. Mike Adams, the Health Ranger, has done extensive testing on many filters and the Berkey does remove glyphosate, along with most all contaminants including radioactive material! Walmart has 5 gallon food grade buckets with lids. I store beans, rice, quinoa, oats, etc... Did you know that 25lbs of beans, once cooked, provides 75lbs of finished food? 3x it’s dried weight! One corner of your apartment (approximately 1sq foot of space) could hold 7-8 buckets stacked. That’s about 200lb of dried food, 600lbs cooked.

Go now to Costco, Sams, and buy as much as you can afford. And don’t forget salt and bulk herbs. Dried herbs take up little space and provide not only flavor but a a long list of health benefits! Most herbs have anti-viral properties, anti-bacterial and microbial properties, along with micro-nutrients. Bulk Suppliments dot com is a good source for me. Is there no chance you can move out of the city limits? I’m trying to convince my daughter to move out of Fort Worth (TX). She did move out of her multi-story apartment in the heart of the city, to a house in the suburb, but still, too congested. She is beginning to see the calamity, but at age 25 with an awesome job, friends, places to go, she just isn’t ready to believe it fully...ugh.

I moved out of the city early 2020. I did see the calamity...I felt it was coming. So we purchased 10 acres with a well and a power pole, bought an older, but well cared for RV, and I started growing food. We have 16 laying hens. Tuesday, I’m meeting with a solar guy. I hope to be able to afford enough solar to keep our freezers going, maybe a light source or two, hot water heater. We’ll see... I have great empathy for you and those in your position. I dearly hope, pray, that you can get yourself in a position to care for yourself and your loved ones....

Mark as Spam | Posted On 7/17/2022 6:22:07 AM

Like Dislike

---

brianallen1

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

Add as Friend | Send Message

kurlikew, if you do just one thing, obtain a good water purifier.

Mark as Spam | Posted On 7/17/2022 7:12:27 AM

Like Dislike

grulla

Joined On 1/17/2012 8:03:55 AM

Add as Friend | Send Message

One can nail wood pallets together for a mulch basket, and perhaps lined with rat wire mesh, to grow tubers, etc.. Make sure the wood pallets have not been pressure treated with chemical preservatives. Also, if indoors, a drainage pan will be necessary to not only keep the floor dry, but also possibly prevent root rot. There are various shapes and sizes of agricultural galvanized (zinc) tubs available from feed stores, or perhaps used from others. And again, drainage in a solid bottom tub may be a problem of root rot??? duckduckgo.com/?q=galvanized+water+tubs+farm&t=newext&atb=v282.. ~~~ duckduckgo.com/?q=growing+veggies+in+mulch+baskets+tubs&t=newext&a..

Mark as Spam | Posted On 7/17/2022 7:36:47 AM

Like Dislike

cakesjean

Joined On 9/10/2008 1:03:53 PM

Add as Friend | Send Message

Look for spaces under your bed, under the sofa, under the bookshelf, in the wardrobe behind the hanging clothes. I also live in a tiny apartment and hide a can of something here, and a jar of fruit there. All these little bits add up and make quite a good supply. Fill rice, beans and lentils into canning jars.

Mark as Spam | Posted On 7/17/2022 8:14:58 AM

Like Dislike

MaxDuncan

Joined On 8/15/2021 9:23:21 AM

Add as Friend | Send Message

Go here for more help: https://mypatriotsupply.com/ Ask your friends and family to join you in the purchase and share the items. You should be able to work something out and all will benefit

Mark as Spam | Posted On 7/17/2022 8:40:37 AM

Like Dislike

dau5577

Joined On 3/18/2016 7:09:21 PM

Add as Friend | Send Message

Just do the best you can. That is it. When you grocery shop,, just purchase one additional item. Eventually, you will have a small stockpile. Also, join in with friends and family, who will do the same. Purchase one extra item.. You will then have a small group that supports each other if and when this all "hits the fan! Don't be discouraged!

Mark as Spam | Posted On 7/17/2022 11:54:18 AM

Like Dislike

ejkoby

Joined On 5/21/2012 7:01:48 AM

Add as Friend | Send Message

Can someone, especially Dr. M, please drop the other shoe and enlighten us about how the perpetrators of these heinous crimes intend to survive themselves? Bolt holes in countries like New Zealand seem popular among the haves and does that provide enough security from catching the virus or protection from other to be released infectious agents or contagious jabs. Other ideas?

Reply | Mark as Spam | Posted On 7/17/2022 4:12:22 AM

Like Dislike

---

brianallen1

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

Add as Friend | Send Message

They have entire underground cities with every amenity you could desire. The term underground does not just mean covert. When people finally pick up pitchforks, they will be nowhere to be found.

Mark as Spam | Posted On 7/17/2022 7:22:10 AM

Like Dislike

---

cakesjean

Joined On 9/10/2008 1:03:53 PM

Add as Friend | Send Message

They have excavated and built large caverns that accomodate roads and enough space for a small town etc all over the global countries, some have their own islands, some have bought the best agricultural land with good underground water. These evils have been planning this for centuries already. Total sickos. www.youtube.com/watch

Mark as Spam | Posted On 7/17/2022 8:18:16 AM

Like Dislike

MottoWicasa

Joined On 8/16/2009 12:03:55 AM

Add as Friend | Send Message

Dr. Mercola is a hero. Without my daily reading of his articles I would have probably have take the Jab. I have been a subscriber for years to his online articles. Did anyone else have issue with what he said in this interview regarding supplemental Vitamin C? He said "Most people confuse Vitamin C with ascorbic acid. They're two different animals even though chemically they're identical. Ascorbic acid...is really almost a drug and it can be very powerful and save your life in acute sepsis, but if you take it as a supplement everyday you're going to run into huge problems. You do not want to take ascorbic acid as a supplement...a huge biological mistake....want to take whole food vitamin C." Dr. Mercola offers Vitamin C in the form of ascorbic acid in his products and I have been taking for years. Is this hypocritical on his part or am I just not seeing something? Appreciate some perspectives.

Reply | Mark as Spam | Posted On 7/17/2022 7:52:30 PM

Like Dislike

---

bluelotus

Joined On 9/23/2008 2:49:02 PM

Add as Friend | Send Message

Mercola MOVED out of FL? When did that happen and WHERE is he? Anybody? So he bought 10 bottles of something that can save lives, but he doesn't want to say WHAT it is. I've been following Mercola since 2003 and I find that this past year he has not been himself. He also seems to have issues focusing and speaking, which is noticeable in many of his videos whether he interviews or he's being interviewed. All this hush hush business is very disturbing.

Reply | Mark as Spam | Posted On 7/17/2022 2:03:42 PM

Like Dislike

VickyD.

Joined On 10/4/2021 11:44:52 AM

Add as Friend | Send Message

Dr Mercola DID NOT move out. He clearly said he has a back up plan, which is absolutely understandable and I am so glad for him. It also does not surprise me - he is so intelligent and can not only help us all so much, he's also looking at so many aspects of the world's situation. He already puts himself at so much risk, I think you and all of us could and should be way more grateful to him. God bless you, Dr. Mercola. Please keep safe, and thank you for so much you've done for so long and continue to do. Please, most of all, read the Bible (the book of John is a great start and it is short and to the point) so you can get saved spiritually also, which is far, far more important than everything else, because you will spend eternity either with God or without Him - up to you. Do it as soon as possible, today, please!

Mark as Spam | Posted On 7/17/2022 8:54:24 PM

Like Dislike

Raythe4th

Joined On 7/16/2012 8:10:52 AM

Add as Friend | Send Message

Let all the earth fear the Lord: let all the inhabitants of the world stand in awe of him. Behold, the eye of the Lord is upon them that fear him, upon them that hope in his mercy; to deliver their soul from death, and to keep them alive in famine. Our soul waiteth for the Lord: he is our help and our shield. For our heart shall rejoice in him, because we have trusted in his holy name. Psalm 33:8,18-21

Reply | Mark as Spam | Posted On 7/17/2022 11:18:44 AM

Like Dislike

---

jrh6690

Joined On 5/14/2017 8:42:59 PM

Add as Friend | Send Message

BS. The angry of the Old Testament was an ET. The Hebrew word Elohim, meaning "powerful ones" is plural and when the Bible was re-translated in 900 BC that meaning was changed to refer to one God. Jesus was most likely one as well. So much for your Christian Bible. LOL.There is no reason to fear God. If your heart is black you will find yourself in a very unpleasant place when you pass, but that does not have to be eternal and that's a whole 'nother story. Read Dolores Cannon and check out Paul Wallace on YouTube.

Mark as Spam | Posted On 7/17/2022 1:36:27 PM

Like Dislike

Raythe4th

Joined On 7/16/2012 8:10:52 AM

Add as Friend | Send Message

@jeh6690 For the preaching of the cross is to them that perish foolishness; but unto us which are saved it is the power of God. 1 Corinthians 1:18

Mark as Spam | Posted On 7/17/2022 4:00:55 PM

Like Dislike

---

fundamentalassumptions

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

Add as Friend | Send Message

All well and good, w/ gratefulness for the short-term aid & warning, but those not taking into account BOTH arms of MYSTERY, & the coming sin-thesis fornicating union into one forced & bloody, impure corporate body will be deceived in those things most mattering & eternal which alone can transcend this dying & passing heavens & earth. Craft will ascend, but go down with a resounding THUD in Revelation 17-18, w/ its final head & his armies of the world shortly thereafter in Revelation 19 KJB. Best to get those things sorted out & right with God first & as you're going, according to the word, not the vain imaginings & idolatries of men cut off from the threefold strand of witness not easily broken. Evident truth, the word of God, and the light of Christ w/men in conscience. Those who turn from all truth, & sear their own consciences by whatever means, are reprobate & without hope. Men may be deceived by a good show, but God, never.

Reply | Mark as Spam | Posted On 7/17/2022 8:51:22 AM

Like Dislike

---

lei2144

Joined On 11/15/2021 6:32:46 PM

Add as Friend | Send Message

Amos 8:11 King James Version 11 Behold, the days come, saith the Lord God, that I will send a famine in the land, not a famine of bread, nor a thirst for water, but of hearing the words of the Lord: 12 And they shall wander from sea to sea, and from the north even to the east, they shall run to and fro to seek the word of the Lord, and shall not find it. 13 In that day shall the fair virgins and young men faint for thirst. (after hearing the Word of the Lord) Read full chapter Amos 8:11-13 in all English translations .....please dr Marcola be careful with your prophetic telling

Reply | Mark as Spam | Posted On 7/17/2022 3:35:00 PM

Like Dislike

---

dfarrich

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

Add as Friend | Send Message

Bad idea to argue religion and politics. Good luck.

Reply | Mark as Spam | Posted On 7/17/2022 9:04:23 PM

Like Dislike

Horsea

Joined On 5/7/2007 4:05:34 PM

Add as Friend | Send Message

A deadly viral pandemic, you say. ---- --- You should have put that in quotation marks. We all know that corona 19 acute respiratory syndrome is no worse than the regular flu which affects large numbers of people. Yet the experts were never calling the regular flu "deadly", and the only people who died from it were those advanced in their various chronic illnesses and something or other was going to get them in the end, anyway. Mere old age is not enough to kill you, you have to have been taking mounds of prescription drugs for years in all likelihood.

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

Like Dislike

---

jrh6690

Joined On 5/14/2017 8:42:59 PM

Add as Friend | Send Message

Very true, but the real plan was to fool the masses into taking the clot shot.

Mark as Spam | Posted On 7/17/2022 1:25:34 PM

Like Dislike

Horsea

Joined On 5/7/2007 4:05:34 PM

Add as Friend | Send Message

@jrh6690. However, Dr. Mercola appears to believe that there really is/was a pandemic.

Mark as Spam | Posted On 7/17/2022 11:33:21 PM

Like Dislike

PaulVonharnish

Joined On 1/27/2015 11:30:49 AM

Add as Friend | Send Message

Getting real about the situation would be more appropriate than the ridiculousness of "prepping". How long will any exotic "prepping" strategy be tenable? Prepping is an insane and delusional escape from reality. Item 1.) As related in this and hundreds of other articles: Substantial evidence exists that this entire scenario was planned. 2.) Virtually all protagonists have been clearly identified. 3.) The "plan" details clear acts of international terrorism. Manipulation and sabotage of interstate commerce. Conspiracy. Fraud. Collusion with State and Federal agencies. Multiple levels of criminal racketeering and industrial espionage. 4.) There have been no detailed affidavits. No criminal charges. And no arrests of key figures in ANY State flying the flag of the United States of America. NONE of this will go away without a FUNCTIONAL Legal system "inspired" by public outrage.

Reply | Mark as Spam | Posted On 7/17/2022 8:33:47 AM

Like Dislike

---

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

The average person will have all their "prepped" items pillaged and destroyed by those hungry lost desperate souls who will do anything to survive. Few will have the ability to truly protect themselves when that desperation threshold is breached

Mark as Spam | Posted On 7/17/2022 9:35:25 AM

Like Dislike

---

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

Totality agree Paul about the NONE of this will go away without a FUNCTIONAL system which actually holds the orchestrators to account. I personally have been at my "outraged" threshold for as long as I can remember and wonder why every living soul is not there too.

Mark as Spam | Posted On 7/17/2022 9:38:46 AM

Like Dislike

Marago
Joined On 12/28/2020 9:29:38 AM
Add as Friend | Send Message

Paul—lawsuits in process, but you won't hear/read/see anything about them in mainstream media. Visit prosecutenow.com Follow Dr. David Martin One criminal conviction will be the benchmark for others to follow. And, keep Martin and Attorney Renz in prayer!

Mark as Spam | Posted On 7/17/2022 9:51:32 AM

Like Dislike

---

rrealrose
Joined On 11/10/2011 8:59:01 AM
Add as Friend | Send Message

This Corona Committee session pertains more to European countries - - Renate Holzeisen - Session 113 - July 15, 2022 - - www.bitchute.com/.../n0f9cX7o1sY1 - about 35 minutes long.

Mark as Spam | Posted On 7/17/2022 10:45:21 AM

Like Dislike

TheOrage
Joined On 5/9/2009 9:12:50 AM
Add as Friend | Send Message

rrealrose thanks for the link. That Italian court case is very encouraging. It would seem that people who are having their FOI requests ignored need to go to court to have a judge insist that the entity/corporation give the requested documents.

Mark as Spam | Posted On 7/17/2022 5:30:34 PM

Like Dislike

Lee1959

Joined On 9/13/2021 8:36:46 AM

Add as Friend | Send Message

Why is prepping ridiculous? Have you ever read the "Little House" series? Early pioneers died if they did not prep. And many did. As for us, well, I have always been a prepper of sorts. And especially now since we live out in the country and it takes a good part of the day if we need groceries. So I like to forage for morel mushrooms. Is that prepping to you? I suppose anyone who plants a garden is a "prepper" to you? Don't come to us if you run out of something cuz we are just a bunch of loons in your mind. And don't go begging!

Mark as Spam | Posted On 7/18/2022 9:40:09 AM

Like Dislike

williamgrant365gmail.com

Joined On 12/10/2021 2:50:47 PM

Add as Friend | Send Message

Shepherdschapelcom Theseasonorg explains the whole Bible God bless 1.KNOWthat all have sinned and fall short of the glory of God.Romans 3:23 2.UNDERSTANDthe wages of sin is death.Romans 6:23 3.CONFESSthat Jesus Christ is Lord, and believe in your heart that God raised Him from the dead.Romans 10:9 4.REPENTof your sinsLuke 13:3. 5.READ and STUDYGod's Word to show yourself approved.2 Timothy 2:15 6.PUT ONthe whole armor of God.Ephesians 6:11 7.BEWAREof the son of perdition who is coming first disguised as Jesus to oppose and exalt himself above all that is called God, or worshipped 2 Thessalonians 2:3,4. 8.WATCHandPRAYuntil the true Christ returns.Luke 12:37Remain as a chaste virgin waiting for her true husband (Christ).2 Corinthians 11:2.

Reply | Mark as Spam | Posted On 7/17/2022 8:45:04 AM

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