How to Prepare for Coming Crises

Analysis by Dr. Joseph Mercola Fact Checked

July 31, 2022

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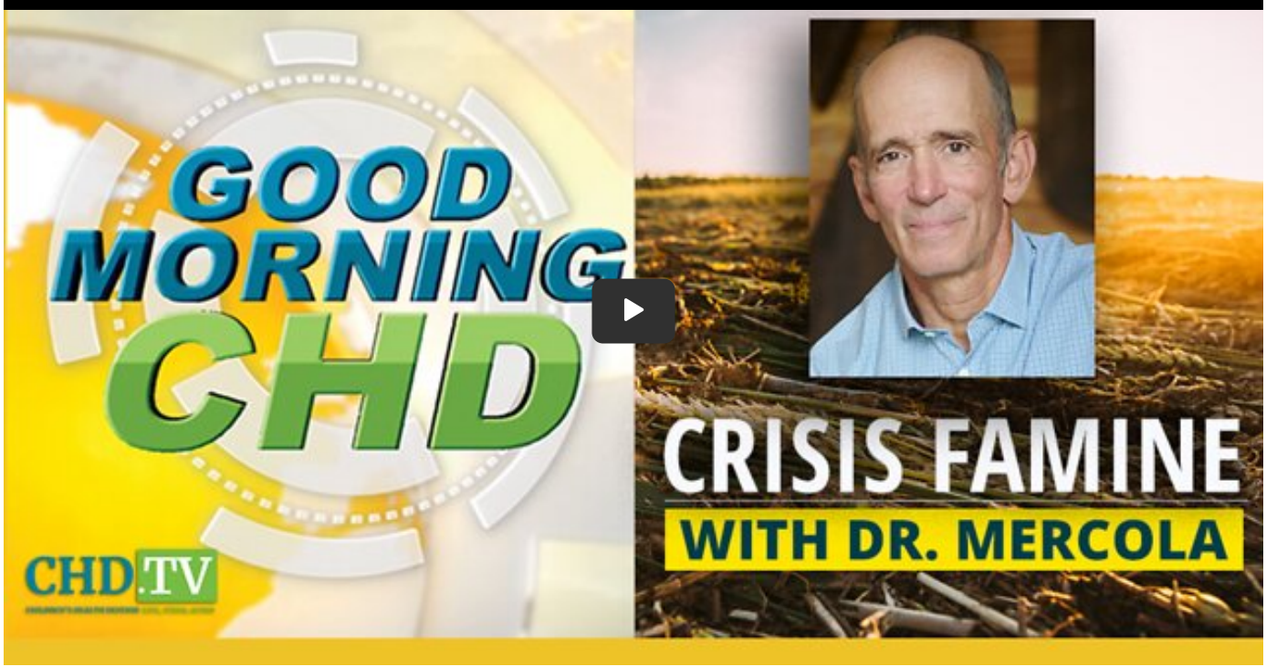
'Good Morning CHD' Episode 65: Crisis Famine With Dr. Mercola



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.

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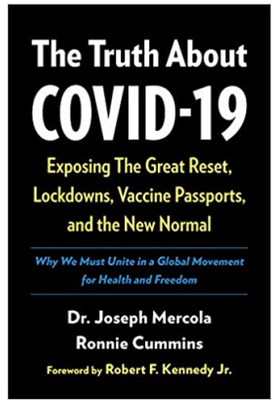
My latest book, “The Truth About COVID-19,” is an instant bestseller. After thousands of reviews it has a nearly perfect 5-star rating, so grab your copy today before it's too late!



The Truth About COVID-19

by Doctor Joseph Mercola

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Pete.Smith

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

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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?. There 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 a deal is made with Turkey as mediator, so Putin was sincere and kept his word. 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 death. The King is not that stupid to produce more oil, because then the oil price will fall to $ 50 dollar a barrel

reaction to Khashoggi death. 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

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katndogno

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

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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

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fvtomasch

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

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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

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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

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Almond

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

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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

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Almond

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

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-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

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Dordee

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

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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

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badboy2

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

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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

grulla

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

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"kat" et al, "My gas bill for my small 700 sq. ft. house was $76 this month." How about your electric bill? Depending on where one lives, electric appliances can sometimes be more economical than city gas. If you research the matter, make sure the electric dryer is 240 volts, and NOT the lame 120 volt apartment version, both which can be the same dimensional size. Anytime you have the choice between 120 VS 240 volts, always try to opt for the latter, as 240 volts is usually 5-10% more efficient with identical wattage loads, because they balance the output secondary side of the power companies pole transformer, and also with a little less line loss. Perhaps there already is a 240 volt electric receptacle on the wall behind your dryer location??? Anyway, ask some questions. And basic, simple electric driers are usually cheaper than basic gas (apples to apples) models. And last but not least, there's always Mr. Sunshine for one's clothes line. :-)

Mark as Spam | Posted On 7/31/2022 2:57:23 PM

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Sue12Cross

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

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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

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Krofter

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

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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

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phoenix999

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

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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

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Sue12Cross

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

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Hi Krofter, you sound like you are well-organized, 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.

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

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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

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Lee1959

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

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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

Almond

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

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Sue and all... The key to wild foods is harvesting them in-season and preserving them for later use. One problem may be the gas needed to travel to locations. In a city, explore the older established neighborhoods and ask if you can pick fruit trees that appear to be going to waste. Check parks and esp. right-of-ways. Make sure they are not sprayed. Sometimes, along fencelines where birds poop or drop seed. Along train tracks and roadsides where seed spills from trains and trucks. Get some mushrooms to go wild. Some sort of seafood may be an easy option for many people. Plan ahead if you will be requiring some sort of assistance. Make sure friends can be avail.

For example, I am hoping to get a really big buck this fall and my husband will not be avail to help. I can butcher it myself--if I must--once it is hung, but need some help gutting, skinning and packing it out a short distance. Be thinking ahead and having back up plans. I have already been blessed with an abundance of mushrooms, berries, cherries and seafood this year. I am optimistic about foraging nuts. My garden is unusually poor, though. I have never seen a year this bad. Neither the plants nor the bees could adapt to prolonged cold and wet when weather suddenly went from 50F to 100F within 24 hours. Too much stress for plants. So many crop failures.

I am not alone. I hear much of the same from other gardeners and farmers. I am grateful it looks like I will do well on sweet corn, zucchini, potatoes and sweet potatoes. There is no fall tree fruit or stone fruit in our part of the country. That has never happened before. Hoping for a late frost. Sometimes, we must just be grateful for what we do get. I had leftover starter plants still too small for spring planting. I transplanted them to larger pots and put them in my greenhouse. Hoping to get "Christmas tomatoes". Tomatoes, peppers. Sweet potatoes are loving it in a big tub in the greenhouse, but more slips planted outdoors.

Mark as Spam | Posted On 7/31/2022 2:57:21 AM

Like Dislike

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juststeve

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

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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

Almond

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

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We will eventually face more lockdowns, mandates and restrictions, likely esp. the unvaxed. So, it is best to prepare with what you will need to survive for an extended period of time. If you have the basics and live in an isolated rural area, you may be better off than people in the cities who will be more easily controlled and surveilled. It will all depend on how resourceful rural people are and how well they can network. There will be bare shelves in cities and more opportunities for self-reliance in rural areas. In a country as large as the US, it is not possible to know what goes on behind every isolated farm gate. And the locals will not be talking to outsiders.

Farmers have no reason to trust govt, even less so now. "In the course of human events", the time may come again when it is necessary to throw off the yoke of tyranny. Lessons from the American revolution, first eliminate the scouts and spies, then the leaders who oppress the people. The need is global. The actions needed will have to be well-thought out and strategic, not necessarily military in action. It will be a very painful time for many people. it is going to get much worse. The level of anger is rising. The people who now realize they were deceived are becoming a formidable force.

Mark as Spam | Posted On 7/31/2022 3:19:11 AM

Like Dislike

SaritaSarah

Joined On 7/21/2022 7:04:08 AM

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Amen! I began to wonder last year whether we're reading the same things (doubtful). I am amazed how they have an answer for everything. When my double vaxxed, once boosted neighbor gave me Covid, I recovered in 36 hours. It was a very painful 36 hours, but I pushed it out of my body with plant medicine. I felt it leave my intestines. It was formidable, but I was more formidable, which is testament to a healthy immune system. By contrast, it took her weeks. All her family could say was, "thank goodness for the vaccine!" There was no explanation for why I, an unvaxxed, unmedicated for anything middle aged woman was fine after 36 hours.

Well, I say, "thank goodness I was smart enough not give into Big Pharma meds decades ago and the jab now." But when my husband and I have told our vaxxed friends one by one that we can't see them until we know for certain the ingredients of the jab won't cause us harm, their responses usually range from, "I can see this is a big deal for you" and "I always felt you were a conspiracy theorist" to "you can't see us? That's rich! We won't let you near us. How selfish you've decided not to be vaxxed." Conspiracy theorist = capable of critical thinking. Grow your food!

Mark as Spam | Posted On 7/31/2022 7:36:20 AM

Like Dislike

Randyfast

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

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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

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rrealrose

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

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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

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weehen

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

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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

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brianallen1

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

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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

otis101
Joined On 7/10/2010 6:30:32 PM
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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

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

Almond
Joined On 2/26/2008 4:23:33 PM
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it is very ominous, the number of vaxines ordered by the Biden administration. I think my hubby calculates it was enough for every 1 in 3-4 Americans. This means there will be an obscene push to get more needles into arms. We have already reached market saturation. If people have not yet been jabbed, it is not because they do not know how to access the shot. Biden tries to convince us to get vaxed, yet he has had covid twice and 4 shots. How moral can it be to insist people do something that obviously does not work. Also, why are people not questioning why 4-5 shots do not work? Instead, those who are 4-5 times jabbed blame those who only received 3 shots for the transmission and spread. IMO, it is the vaxine that is spreading disease. Historically, such has often been the case, but people do not learn.

Mark as Spam | Posted On 7/31/2022 3:06:02 AM

Like Dislike

grulla

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

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Hi "rrrosie", "... you avoid the can lining issue. Having some cans is a good idea in case the power goes out." Eden Foods offers a whole line of organic, pre-soaked, BPS free, canned beans, that one could order direct or via your health food store, by the case. I suspect that various health food stores and co-ops can ship cheaper by the case than the end-user direct, since they might already get periodic truck shipments from a (franchising) warehouse. Also, you don't necessarily have to buy cans by the case at a retail store, but it's a good idea to stock up by the case anyway, as you say. store.edenfoods.com/category-beans

Mark as Spam | Posted On 7/31/2022 8:29:25 AM

Like Dislike

rco94872

Joined On 7/5/2014 7:39:45 AM

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I have been given to understand presidential mandates are not laws and therefore can be ignored.

Mark as Spam | Posted On 7/31/2022 5:46:32 PM

Like Dislike

Mary990

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

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Agreed. And it's not like anything you said (or I have said similarly) is out of line, as they openly admit and brag about it right on their own websites. And then to be called a conspiracy theorist when I am like ... well, all you have to do is go to their own website and they will even tell you what they are doing. Also agree on all of these people saying they can stop it. The last 2 years has not fared well for everyone resisting and my guess is that by the beginning of next year, we will all be in lockdowns again. Now how exactly they decide to spin a homosexual STD that probably isn't even real either and probably just a clot shot side effect into some world wide catastrophe that includes monogamous heterosexuals, I guess we will see in the coming months. But yes, the lockdowns are coming. Probably just waiting for November to pass.

Mark as Spam | Posted On 7/31/2022 11:01:54 PM

Like Dislike

Randyfast

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

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Mary; thanks for your input. At least people such as ourselves won't be blindsided by what's coming.

Mark as Spam | Posted On 8/1/2022 4:26:52 AM

Like Dislike

EstherOul

Joined On 6/11/2021 5:31:58 AM

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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

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lisahealyourself

Joined On 11/28/2021 6:03:34 AM

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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

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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

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cakesjean

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

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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

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mammywitch

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

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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

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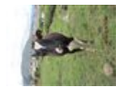
Well, the “oldies” have a cabal of “newbees” you younger ones , that “they” are educating. Gavin Newsom, Governor of California is one of them. This new set of “enlightened” ones will continue to carry out the mission—or at least try to do it.

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

Like Dislike



axkershaw

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

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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

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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

Almond

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

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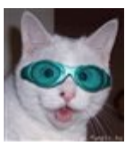
Who is it that they will enslave? A bunch of young people who do not know how to work even if they were willing? A generation of illiterates? Who will go up and repair the roof on the buildings housing their computers when they leak? Not everything can be done with robots. What is to prevent a person from taking a long hike and living off the land, either near seacoasts, on an island, or with a bicycle and pull along and tent? I have already encountered people who have escaped into the back country of national forests and parks. Maybe we will see another generation of hobos? The young Chinese have already figured out the futility of being a cog in the wheel and more are "lying down". There is an old Soviet saying... "The govt pretends to pay me and I pretend to work." Much food will be stolen from govt warehouses. This is not such a perfect plan after all...

Mark as Spam | Posted On 7/31/2022 3:46:26 AM

Like Dislike



dianelharrell

Joined On 7/20/2006 1:31:12 AM

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lisahealyourself...it's for posterity -for the children/grandchildren of the elite. The heck with everyone else.

Mark as Spam | Posted On 7/31/2022 6:52:36 AM

Like Dislike

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brianallen1

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

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They truly believe they are FAR superior to you and I. Not unlike a child burning ants with a magnifying glass. They have no empathy, sympathy or remorse. While you will never see a hearse pulling a U Haul trailer, these monsters do all they can to permanently leave their stain on society while alive. Pride, ego, power and wealth are the strongest and most addictive drugs. My father, born in 1910, would witness John D. Rockefeller handing out dimes to the public. How superior it must have made him feel and also in his convoluted thinking he believed he was being "benevolent". When asked how much money for him was enough money, he replied "a dollar more".

Mark as Spam | Posted On 7/31/2022 8:43:18 AM

Like Dislike

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lookingintoit

Joined On 3/30/2021 8:13:01 PM

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This has been a dream of Schwab for many years. So he wants to see his dream come true before he dies or at least see it being put in place also he gets to act like a king in front of his many followers. He loves the spotlight just like Fauci whose dream is a universal vaccine no matter who has to die to see his dream enacted.

Mark as Spam | Posted On 7/31/2022 9:33:45 PM

Like Dislike

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sunflowerjanis

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

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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

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aminahyaquin

Joined On 10/24/2020 7:47:24 AM

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I hope we west Virginians may also preserve the medical right to refuse. So far West Virginia has mainly been acquiescent on this to the pharmaceutical companies palaver, though our attorney general is wonderful and has made some inroads, the medical industry is very much a player economically and polticially

Mark as Spam | Posted On 7/31/2022 6:58:28 AM

Like Dislike

Liberty11

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

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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

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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

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sunflowerjanis

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

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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

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karacolman

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

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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

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bfr27915

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

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My challenge - I have four grand kids - ages 5, 8, 9, 12. They will need "Grit." I did but get a Glock 19 Airsoft Gun for the 12 year old's birthday. He likes to shoot.

Mark as Spam | Posted On 7/31/2022 8:17:08 AM

Like Dislike

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florist

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

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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

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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

Almond

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

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florist... Out of necessity, people will need to do their own butchering. It requires good knives and saws. you may also want to invest in a commercial meat grinder or sausage stuffer. You can stack a lot of smoked sausage sticks in a freezer. It is quite a chore to can meat, but can be done if kept chilled. If you have meat on the hoof to barter, you should be able to attract some experienced helpers. Nothing new about butchering. man has been doing it since time immemorial with far fewer tools. I did have the foresight to stock up on butcher paper. However, a friend uses plastic wrap covered with cut up brown paper bags. Consider reusable canning lids, too. One thing I have done to get more jars processed is an extra metal layer for my pressure canner so I can double decker jars. This allows me to process twice as many jars at a time. I bought a large pressure canner.

Mark as Spam | Posted On 7/31/2022 3:27:34 AM

Like Dislike

GabriellaK

Joined On 12/12/2011 2:29:22 AM

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I heard Bill Gates say that he speaks with Fauci every week about the handling of the pandemic. Why is Bill advising or consulting with Fauci? Who voted for Gates to represent us? Why is Fauci in his job for almost fifty years?

Reply | Mark as Spam | Posted On 7/31/2022 6:55:31 AM

Like Dislike

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axkershaw

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

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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

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mky32022

Joined On 6/25/2015 10:27:20 AM

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Let's not forget that before Laura Bush married & was dating her Bush boyfriend (when she was in college), she was drunk & ran a stop sign & killed a student. Her rich family (and the Bush family) used their wealth & power & buried that story. Is she really better than the others?

Mark as Spam | Posted On 8/1/2022 2:00:42 AM

Like Dislike

SaveTheTrees

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

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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

Lizschneider53

Joined On 2/4/2021 4:24:14 AM

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Yes! @savethetrees 'most people' would be ME!! I have NO space time or money and ESPECIALLY physical ability!! Having Multiple Sclerosis is 'my excuse'!! I trust my almighty God to help me through this hell!! He has before!! He is ALL I have!!

Mark as Spam | Posted On 7/31/2022 2:57:35 AM

Like Dislike

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kfa6931

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

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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

Almond

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

Add as Friend | Send Message

Life can be hard enough for one person. it is extra hard when you need to drag another person along who is riding on your coattails.

Mark as Spam | Posted On 7/31/2022 3:57:34 AM

Like Dislike

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dandyacct

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

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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

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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

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You recognize that you will need a source of water. A person can store basic shelf-stable foods for about 3 years--longer if they are prepper foods, esp. in sealed cans. This would give many people enough time to cycle in replacement food from their gardens, etc. Already, people should be considering alternative sources of soil enrichment as fertilizer substitutes and have established perennial plantings. Store heirloom seed, too. Perhaps learn more about guerilla gardening. There are still many good people. However, you may need to explain to them what kinds of help you will need and ask for it. Also, be willing to work for what you need and barter.

I do not consider myself to have a sense of entitlement, but one very negative thing that has occurred is how mercenary many younger people are nowadays. When I was growing up, we helped our neighbors, esp. the elderly. We never would have thought of accepting money for doing routine chores. In fact, we would have been ashamed to have someone think we would only work to get money, not to do the right thing. There were just some things children expected to do, such as helping shovel snow for elderly neighbors. I even recall organizing a neighborhood work party to help those who needed it. No one expected anything in return.

Mark as Spam | Posted On 7/31/2022 3:56:07 AM

Like Dislike

Almond

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

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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

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

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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

Trevor2522
Joined On 6/20/2006 7:31:59 AM
Add as Friend | Send Message

The evil world cabal is being taken down in 2022. Don't add to your worries by fretting over those reptiles. Viruses do not exist -- they were a construct of the Rockefeller-directed medical-industrial complex since the 1930s -- in preparation for the current cull-by-needle.

Reply | Mark as Spam | Posted On 7/31/2022 12:36:26 PM

Like Dislike

MASONMANNIX
Joined On 11/29/2012 9:14:59 AM
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Scary stuff, and “stuff” is not the s-word I really want to use. I have been buying extra shell stable products when I go to the store. You are right about the major metropolitan area as potential problem areas when the food shortage really kick in. I have seen the hair trigger attitudes and homelessness in an affluent section of my city where they come out at night. 10:00pm - 5:00am a different crowd comes out. In the morning that crowd goes somewhere else; I haven’t figured out where but they start to disappear. People are getting awfully aggressive when they ask for money and you kindly waive them off. This very morning around 5am I thought I was going to be stabbed or have an AR pulled on me.

Why would you get verbally offensive with someone you are asking for money from and they waive you off? Due to encountering some strange acting people I now wear a body camera (like the police have) to document encounters. I shouldn’t have to resort to this but I need protection! A number of the apartment/condo buildings have had a drop off in residents. Traffic at Whole Foods has dropped CONSIDERABLY and Trader Joe’s has stayed steady. I only buy Organic and non GMO items. Be prepared; it’s about to get really ugly out here!

Reply | Mark as Spam | Posted On 7/18/2022 1:39:44 PM

Like Dislike

Almond

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

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I am usually dressed in work clothes and my appearance is shabby. I simply do not have time to dress up to go to town. I need a haircut. I can't even remember the last time I wore a dress. I prob look like a street person and am a hot dirty mess after a day of working outdoors. Strangers tend to judge me by my appearance, but my friends know better. I do not wear jewelry, not even a wedding ring. (My reason was working with my hands.) There is nothing to indicate that I have any wealth or anything worth stealing.

When I bought my last pair of glasses, I chose a basic style of safety glasses that actually look pretty good--but nothing flashy. You prob want to avoid those rhinestone designs and bright colors. I suppose the only sign of affluence is a good pair of work boots, but they are many years old and well-broken in (usually covered with dirt), although they should last me many more years. Prob not overly noticeable. It is time to consider the image you project and what things attract thieves.

Mark as Spam | Posted On 7/31/2022 4:09:49 AM

Like Dislike

brianallen1

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

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Masonmannix, what area are you in? In Arizona, most of us carry.

Mark as Spam | Posted On 7/31/2022 12:45:45 PM

Like Dislike

Almond

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

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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

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

Monkey pox the next great hoax.

Mark as Spam | Posted On 7/31/2022 8:53:50 AM

Like Dislike

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

davidle... It's moneypox...

Mark as Spam | Posted On 7/31/2022 8:56:07 AM

Like Dislike

Mary990
Joined On 6/8/2022 7:21:33 PM
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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

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

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

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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

Almond

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

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I am remembering how the citrus trees line streets in the SW. I thought the fruit was delicious, even though locals told me it was not good enough to eat. Somehow, I actually managed to smuggle a large suitcase filled with lemons thru the airport. Security was very lax that day! Such things can be a source of food for many people. Wishing I had some of that lovely fruit! As for apartment life... a friend who moved into an apartment after a divorce commented wryly on the adjustment to life in cramped quarters and exposure to bizarre behaviors. Said all it accomplished was developing empathy for mass murderers. I recall his life before in a century old log cabin with a hearth so big you could shove a yule log into it.

Mark as Spam | Posted On 7/31/2022 4:17:49 AM

Like Dislike

BookGal11

Joined On 11/19/2012 10:22:08 AM

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I'm seeing this in my area, too. Many, many of them, tiny apartments stacked up. Most unsettling to me is that they are all only drab colors, black, dark brown, dark gray--the colors of communism. Psychologically, it destroys individualism, hope, life energy.

Mark as Spam | Posted On 7/31/2022 12:59:07 PM

Like Dislike

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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

Esther M. Cook

Joined On 5/11/2007 2:27:27 AM

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You mention Freezers--and the probability of power outage challenges. Cheaper and better is freeze DRYING, which is the most nutritious way to preserve food and needs no power. Harvest Right makes home freeze dryers for $2500-$5000, which saves on food waste and enhances quality even over fresh (if fresh means sitting in the fridge for a week). It pays for itself, so middle class Americans can afford one. I am poorer, so I have been researching this on the web. You can freeze the food in your own home fridge, and then put it into a vacuum/desiccator. I have not yet decided on a system to try, but I am pretty sure I can produce results I will like for under $400. And that will save so much money that even welfare or food stamp recipients will save more money than it will cost.

Reply | Mark as Spam | Posted On 7/31/2022 10:42:39 PM

Like Dislike

Barbara Charis

Joined On 3/8/2007 9:13:41 AM

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For fifty years I haven't eaten meat...so it would not be on my food list. I lived through the Great Depression as a child...growing up in the city with NO money and NO food ...survived. I don't think most survival food has much value...and people are leaving faith out of the equation. It is valid to think ahead, but one also has to trust in the fact one's needs will be met....and somehow we'll survive or if it is our time to go, we won't remain. I look at what my daugher has been doing...and all the food she has stored; which has expriration dates.

It is of higher quality than some in the market-pace. However, most of it needs to be cooked. I am totally cognizant that products with 25 year expiration dates have no food value...and will only contribute to making people ill. There are ads on the Internet using scare tactics to get people to purchase this garbage... I think we have to ask Divine Guidance to step in and protect us...if we truly hope to survive this current economic and depopulation situation. Regarding water, I have seen video ads on the Internet about Air Fountains that pull water out of the air (10 gallons daily).

The ads state that soldiers in Israel have devices that do this...and they offer a manual so people can build their own Air Fountains. I wonder what Dr Mercola and others know about this. Another advertisement is for an Infinity Coil to generate all the electriciy one needs to get entirely off the grid. It offers a manual to build one, for a nominal amount of money. These ads sound good, but I wondered what others knew about this information. If they were valid, they would both be beneficial for survival.

Reply | Mark as Spam | Posted On 7/31/2022 8:11:26 PM

Like Dislike

Almond

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

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One more store where you must have a cell phone and ap to shop. www.fox5ny.com/news/best-buy-digital-first-store-north-carolina I am encountering more and more stores where special purchase prices are only avail to people with cell phones and prices may be twice as high for those without. This is another form of tracking and discrimination. For many cashiers, seeing cash is already a thing of the past. Very scary! Without control of our own currency, we become enslaved. Electronic dits-and-dashes are very arbitrary. Every once and a while, I think about panning for gold...

Reply | Mark as Spam | Posted On 7/31/2022 6:31:08 PM

Like Dislike

Almond

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

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RedStateKitty and all... You can find more info on reusable canning lids online. Basically, the 2 brands are TATTLER and HARVEST GUARD. I understand both companies are owned by relatives? The parts are interchangeable. The reusable lids are more expensive than disposable, which will not get any cheaper with inflation. Consider an average life expectancy for rubber rings to be about 5 years. You save money with use over time. The lids should last forever and you will only need to occasionally buy a new bag of rubber rings. If I recall, the rings are about $20 for 100? I was fortunate to get a good deal with several cumulative discounts when I bought mine. Once you place an order, you may be offered an additional discount on future purchases, too.

Reply | Mark as Spam | Posted On 7/31/2022 4:28:05 PM

Like Dislike

Ronald_H

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

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We need to point to what their language reveals: "Build Back Better," though might seem to the "low information voters" to be kindness and compassion, to build back something perhaps destroyed by tornado, flood, earthquake or forest fire, this is NOT the case. Suppose government comes to my house telling me they are going to build my house better. I would say they must have the wrong house because my house is fine and has not been destroyed. Imagine the government saying that they will destroy my house to build it back better.

I would say that is criminal and tell them to go away. Now, imagine they insist, tell me they are not going away, will charge me with terrorism if I interfere by showing up at legislative committee meetings to express my concerns and they will give me and all taxpayers the bill for their build back better scheme. It's like that except magnitudes worse and a facade for destroying not just everyone's houses but everything everyone knows, and loves including their Nation to implement Luciferian global governance and selectively reduce the world population to only those needed to best serve them as the ruling elite.

My questions are: Why do the dupes who, to various degrees, want rule by self-declared elitists authorities working under their idolatry of "faith" in "The Science?" How do we reach these voters voting for their own demise (and ours)? I'm thinking my simple analogy will bring it "home" to them as obviously they don't care about us. RonaldHLevine4548@yahoo.com

Reply | Mark as Spam | Posted On 7/31/2022 1:55:49 PM

Like Dislike

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mat1933

Joined On 5/7/2021 8:23:28 AM

Add as Friend | Send Message

BEWARE DIVIDERS, FAKERS, ACTORS, GOVERNMENT DISINFORMATION AGENTS WORKING THIS DISCUSSION.

Reply | Mark as Spam | Posted On 7/31/2022 12:14:15 PM

Like Dislike

Almond

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

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This is one more reason we can anticipate social collapse. Values and traditions have not been passed down to future generations. Basically, there are too many self-absorbed brats with a strong sense of entitlement. Further, many are illiterate and lack basic skills. Why Teachers Quit: BAD students (teaching gen z) www.youtube.com/watch We should not be seeing elders who outwork the youngsters. Many seniors show up for work on time (every day!), work a full day, are willing to learn and have problem-solving-ability.

Reply | Mark as Spam | Posted On 7/31/2022 11:40:25 AM

Like Dislike

mat1933

Joined On 5/7/2021 8:23:28 AM

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Some Dark History, in Estonia during the Russian Occupation, the Communists made removing religion (Catholicism) the first priority. Second, was to round up all men, fathers, political dissidents and force them to work here, at this once upon a time prison. Today, the prison, along with the remains of thousands of men killed, are buried underneath 1,000's of pounds of concrete, like an attempt to lock in it's true history. Then to try and further keep it's memory concealed, a saying was whispered and repeated around the country, encouraging The People not to ask about it's history, or to share it, as it was too painful of a memory to discuss in public or with your family.

Parts of the old prison are also under water. Today, this site is called Rummu, kids come here to party and swim. With special permission from the Government, some people are allowed to scuba dive on the remains, but are made to sign an agreement not to disclose what they see or find. It's strange walking through Estonia today, yes tons of modern marvels to look on, but the country still seems shattered and fractured, the evidence is still seen on the faces of the elderly.

The old don't share what they went through, while the young express joy over the peace they now have. Peace that came only after two thirds of their population were murdered. Worldly peace, I guess. The sad truth is that massacres like Rummu happen, because of the See No Evil, Hear No Evil, we live in a dream, keep the discussion on the positive, etc... ideas that all people in all countries exercise in order to deal with the reality. On a daily basis we go about our day ignoring the evil around us.

Reply | Mark as Spam | Posted On 7/31/2022 11:09:21 AM

Like Dislike

dividingcricker

Joined On 2/25/2012 10:40:20 AM

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We the People have been taken over just a matter of time to find out by who or what ..... To be prepared ....find others that are preparing ....like minded ..... Pretty hard to have everything you need

Reply | Mark as Spam | Posted On 7/31/2022 10:58:25 AM

Like Dislike

Really!

Joined On 4/27/2019 12:32:13 PM

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dividingcricker - Plan and prepare to the best of your abilities and capabilities. You're in the right place for learning a lot. There are other good sites which compliment this one. On this particular site you can learn much from other's like yourself who are seeking information. Follow the "Top Posters" for this comment section and branch out from there. Your final though, "Pretty hard to have everything you need" is absolutely correct. You have a desire for information obviously, you're here. Dedicate some time each day to increasing your knowledge, in my opinion that's step one. The number one thing you'll need after that depends on your particular situation. Determine your number one priority. Is it personal safety or would your next priority be water? The next step is just to keep going.

Mark as Spam | Posted On 7/31/2022 11:54:25 AM

Like Dislike

Jackaroni

Joined On 4/4/2009 8:32:35 AM

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Tips for people who do not have enough land for a large garden. Don't spray your lawn with chemicals, allow weeds to grow in your yard as many of them are edible, dandelions, purslane, clover, lambs quarters, chickweed, etc. These "weeds" are often more nutritious than fresh vegetables purchased at the grocery store. You can use them as a "secret garden" as most people wouldn't recognize them as food. You can also "stealth" garden. Swiss Chard has beautiful leaves and can be grown as part of your landscaping, or even in a flower pot with other flowers. Nasturtiums, violets, pansies and more are also edible and are unlikely to be recognized as food.

Herbs can easily be tucked in among ornamental plants. Keeping a "secret" garden can be a safeguard against neighbors who might steal from your garden. Have a water filter, I have a Berkey. You can then filter water from your rain gutters, or even puddles to drink. Air Conditioners drip clean water which is usually diverted down a drain, but could instead be used for drinking water. I freeze water in empty milk jugs to fill in empty spaces in my freezer to save electricity as a full freezer uses less power, and food will stay frozen longer in cause of a power failure.

And of course the jugs could be thawed out if water is needed. Save electricity or gas by cutting food into small pieces when cooking to shorten cooking time. Stir Fry is one method that utilizes this. I ordered a side of beef and asked that the fat around the kidneys be saved so I could turn it into tallow. Other fat can be used as well, but this is the purest fat. I have also gotten fat from a rancher at the farmer's market for free, I gifted this rancher some soap made from the tallow to maintain a friendly connection. Tallow can also be used to make candles.

Reply | Mark as Spam | Posted On 7/31/2022 10:45:03 AM

Like Dislike

Really!

Joined On 4/27/2019 12:32:13 PM

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Jackaroni - good tips, thank you. I'm picking up that you are highly educated, must have a Doctorate in Common Sense. That's truly rare these days, just look at our so called leaders. I welcome information about gardening and foraging. My husband and I are re-learning gardening, he knows some about foraging and I need to learn.

Mark as Spam | Posted On 7/31/2022 12:27:01 PM

Like Dislike

020202

Joined On 1/13/2021 8:23:48 AM

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Union Pacific Railroad has reduced carrying fertilizer around America.
www.michiganfarmnews.com/union-pacific-restricts-fertilizer-shipments-..

Reply | Mark as Spam | Posted On 7/31/2022 10:27:57 AM

Like Dislike

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

In our gardens we can bury food scraps as fertilizer.

Mark as Spam | Posted On 7/31/2022 10:47:25 AM

Like Dislike

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fundamentalassumptions
Joined On 4/1/2009 12:17:58 PM
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Don't forget the option of pressure canning meat. Tho some nutritional value would be lost, with fresh veggies& enzymes from sprouting, growing micro-greens etc even in the winter,& clean lard or butter, if you can get it; water-glassed eggs etc ...that would be mitigated, & you don't need the freezer space or outlay in energy, risk in the case of blackouts etc. It's such a convenience, too, since it's already cooked....seasoned as you like, added to a salad, rice or whatever. If you're doing sourdough ferment & learning proper food prep that way, you won't need leaven & can counter what they're calling antinutrients these days, while building up your good gut bacteria.

Another thing people have done is to pickle ferment the most nutrient dense portions of meat for extending storage into the dark months of the year: beef heart & tongue particularly, and those w/ access to the sea & clean fatty fish: cod liver etc. I'm sure there are other ways if folks look into it. I know that one of the investments we've made, along with a good store of open pollinated & heirloom seed etc, is in a smaller pressure canner, in addition to the large one you don't always want to be breaking out. With the smaller canner, you can do a few pints as you find or produce good, clean, well-priced meat....or smaller amounts of non-acidic produce.

Reply | Mark as Spam | Posted On 7/31/2022 10:04:43 AM

Like Dislike

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

RUSSIAN MILITARY INVASION COMING SOON...

Reply | Mark as Spam | Posted On 7/31/2022 9:46:00 AM

Like Dislike

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brianallen1
Joined On 8/7/2021 10:12:38 AM
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Soon is doubtful, however, when the time is right the strategy is to use foreign troops because they will have no problem murdering foreigners- us. Many American military would have difficulty murdering fellow Americans.

Mark as Spam | Posted On 7/31/2022 10:05:27 AM

Like Dislike

dividingcricker
Joined On 2/25/2012 10:40:20 AM
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China is more likely ....the largest standing army in the world .....Americans ....in just one state have more guns than China or any county in the world .....If our own government disarms the country ....then we would be much more vulnerable .....The theory is to cripple the Countries.in health and energy before an attack .....thats what we have done ....and Germany , Japan , in WW2 ..... China is by far the biggest threat .....but they really have no experience in long term war fare .....The US has much more experience .....we are much more inventive and devious that any human race.....

Mark as Spam | Posted On 7/31/2022 11:07:55 AM

Like Dislike

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

NO. RUSSIA WILL INVADE WITH THEIR TROOPS...

Mark as Spam | Posted On 7/31/2022 11:26:24 AM

Like Dislike

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

Regenerative prepping 101 - secularheretic.substack.com/p/prepping-chickens-the-ultimate-regenerat..

Reply | Mark as Spam | Posted On 7/31/2022 9:31:46 AM

Like Dislike

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jcbarton1044
Joined On 10/21/2010 11:22:27 AM
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Understand that a vast number of people are renting and have no way to collect rain water, plant a garden or have an extra freezer or back-up power supply. So what for them? I've invested in a bit of 25yr survival food and have some portable water filters and the means of self-defense but the other option listed are not doable as a renter.

Reply | Mark as Spam | Posted On 7/31/2022 9:18:32 AM

Like Dislike

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

You can get large water storage bags that fit into bathtubs, an unused closet or whatever. In most emergencies you get at least a bit of forewarning & can fill that to get you through at least for awhile...tho admittedly, not all. Another thing is to have those filters you spoke of, and someone appointed to go out water foraging for family or community, bringing it back with them. Perhaps someone with a job considered 'essential' going out everyday. Do whatever you can & get inventive. There is a large, caring community of folks online who teach different levels of prepping for every level of means & ability, including valuing & sharing knowledge of the 'little people' as some tend to think.

Those 'little people' and the elderly have knowledge & experience that will be sorely needed as these things move forward, much of it what can't be learned in textbooks or geared toward an unreal, virtual, digital technical society. Some of that type of knowledge can be applied, but the material assets required for most of it will be scarce to nonexistent.

Mark as Spam | Posted On 7/31/2022 10:14:38 AM

Like Dislike

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tedaldi

Joined On 12/25/2009 8:29:26 AM

Add as Friend | Send Message

Make Pemmican! Very healthy, calorically dense and easy to store. Diane, MS RDN, GAPS

Reply | Mark as Spam | Posted On 7/31/2022 9:06:17 AM

Like Dislike

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dfarrich

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

Add as Friend | Send Message

The water cistern theory is a nice - IF you live in hurricane alley like you or get rain for more than two months a year. It doesn't rain much where we live. You can't store water safely for consumption in blazing heat for 7 months at a time without treatment and a ton of money to do so for in ground storage. You city boys make me laugh. I have workarounds.

Reply | Mark as Spam | Posted On 7/31/2022 8:53:47 AM

Like Dislike

ThyroidGirl

Joined On 7/11/2017 3:56:36 PM

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Why would they power down their own 5G towers though? Their own cameras? Their own tracking devices? ~Unless these things would run on a separate power source? It seems to me they'd wanna keep their devices powered up and linked up and going strong at all costs.

Reply | Mark as Spam | Posted On 7/31/2022 8:50:43 AM

Like Dislike

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brianallen1

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

Add as Friend | Send Message

Visit your nearest electrical sub station. Notice there are no wires leading to it. Why is that?

Mark as Spam | Posted On 7/31/2022 12:01:22 PM

Like Dislike

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bfr27915

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

Add as Friend | Send Message

Cause and Effect - Off Topic - "The Hub of World Evil The British Deep State"
www.academia.edu/34674304/The_Hub_of_World_Evil_The_British_Deep_State..

Reply | Mark as Spam | Posted On 7/31/2022 8:11:58 AM

Like Dislike

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brianallen1

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

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Consider a dual fuel generator, gasoline or propane. Propane is easier, safer and cleaner to store. It does not have as many BTU's as gasoline but that is the only trade off. If you can store propane, you will not have to make trips to a gas station which may not be possible in the future for various reasons.

Reply | Mark as Spam | Posted On 7/31/2022 7:57:51 AM

Like Dislike

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grulla

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

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Much agreed about propane. And if you have a large 500 gal propane tank, (that only holds 80% = 400 gals, typical of ALL propane tanks for summer expansion and winter vaporization safety reasons), there's a good chance that your propane vendor will give you a good discount for large, trip saving orders. Try owning your own approved (500 gal) propane tank, as opposed to paying rent to the vendor. And make sure you have a well-documented bill-of-sale for that tank, showing mfg., capacity, and above all the serial#. Owning will permit you to choose from various propane vendors, something you cannot do with a rental tank. Also, avoid automated refills by the vendor and only fill on request, unless there is a good discount, and you have an honest vendor. And watch your gauge.

Mark as Spam | Posted On 7/31/2022 9:22:38 AM

Like Dislike

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juststeve

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

Add as Friend | Send Message

Tony Blair pushing Digital ID's. Towards the middle a critic walks through how Covid Passports are the gateway to a Social Credit Enforcement System. Jimmy Dore, one ef bomb. Spelled out about as clearly as can be as those who have had the Jab/s are already pegged, the Mother May I or Can I Not Checkpoints are already in place thanks to the Jab/s. www.youtube.com/watch

Reply | Mark as Spam | Posted On 7/31/2022 5:27:51 AM

Like Dislike

correspondencecommitte

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

Add as Friend | Send Message

In stark contrast to the strategic plans of ruling elites for moving the masses of us into their new world order, response on our part often seems only conceivable in individualist terms, presupposing some measure of affleunce for survival of the fittest, or fattest. Perhaps we've been long prepared, programmed, to be so depoliticized that this war on humanity will be won without much if any of a fight, as we the people prove incapable of organized resistance.

Reply | Mark as Spam | Posted On 7/31/2022 4:05:27 AM

Like Dislike

Leahoz

Joined On 2/2/2020 9:55:19 AM

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The gab has already had a 15.00,000 DEATHs . Meaning 15M have died because of the poisonous jab

Reply | Mark as Spam | Posted On 7/31/2022 1:33:17 AM

Like Dislike

Shannon_Flaherty

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

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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

Almond

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

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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

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iro5345

Joined On 4/7/2014 3:44:32 PM

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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

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

020202

Joined On 1/13/2021 8:23:48 AM

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That's what happened to Greenland, only they voted in socialism, now they all live in ugly 3 story condos - 3 stories because they didn't want to buy elevators..... and all the Government people live in the houses the people used to own. A tour guide told me he is very happy as there is no jealousy anymore as the neighbor is a dentist and they all make the same money. hmmm will the next generation have people who chose to be a dentist, when you make the same as a tour guide?

Mark as Spam | Posted On 7/31/2022 5:20:13 PM

Like Dislike

MarkoOkram

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

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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

Plumhaid

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

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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

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otis101

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

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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

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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

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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
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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

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

Good advice!

Mark as Spam | Posted On 7/31/2022 4:10:39 AM

Like Dislike

Jackaroni
Joined On 4/4/2009 8:32:35 AM
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If the vaccinations immediately killed the recipients, people wouldn't continue to get them. However, if the vaccines slowly killed, the connection to the cause would be less obvious and the vaccinations could continue.

Mark as Spam | Posted On 7/31/2022 10:57:30 AM

Like Dislike

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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

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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

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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

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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

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rae2038

Joined On 1/19/2018 9:22:53 AM

Add as Friend | Send Message

I think it is acerola cherry.

Mark as Spam | Posted On 7/18/2022 11:47:40 AM

Like Dislike

7maude

Joined On 6/22/2011 7:34:30 AM

Add as Friend | Send Message

Acerola Cherries, and mentioned Camu Camu fruit also high in vitamin C!

Mark as Spam | Posted On 7/18/2022 7:04:35 PM

Like Dislike

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grulla

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

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Besides growing Dr. M's tart cherry trees that he has also mentioned in the past, you might also be interested in purchasing organic, UNSWEETENED, (read label closely,) TART, dried cherries, (raisins), that is available, and lasts, year round. I always add a modest amount to my breakfast WHOLE oat groat weekly preparations, along with a diced, tart Granny Smith baking apple. And my recent A1C was 5.2. www.fruitfast.com/Organic-Unsweetened-Dried-Tart-Cherries--1-LB_p_88.h..

Mark as Spam | Posted On 7/31/2022 12:16:25 PM

Like Dislike

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brodiebrock12

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

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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

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cam7371

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

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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

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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

Almond

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

In NYC, during the Revolutionary War, the redcoats burned 1/4 of the city. Food prices increased 800%. Our nation survived because they were willing to pay the price for liberty.

Mark as Spam | Posted On 7/31/2022 4:19:56 AM

Like Dislike

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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

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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

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

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

Get something to act as fermentation starter and you can also make your own sileage. Just build a wooden box and line it with black plastic. In other words, build a sturdy fence to act as a mini silo. Water it down and cover it. You can use corn stalks, but there are also some kinds of weeds that are very good for livestock. To stretch feed. Mangels, cow pumpkins, Thousand Leaf Kale, also for poultry. You may have to chop some of them up or break them open.

Mark as Spam | Posted On 7/31/2022 4:25:16 AM

Like Dislike

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fundamentalassumptions

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

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Always good to use the old and the new that checks out, with respect for both. Adding mushroom cultivation is also smart, also turning waste paper into something useful & productive, even certain plastics with some mushrooms, blue oyster was one, I believe.... which means even those aggravating glued & cellophane envelopes can be recycled, add in vermicomposting, too. They use it for growing energy, but don't incorporate it into the mushroom body, so they're still clean & edible. See Mushroom Mountain. - Was just learning yesterday that the dreaded, invasive kudzu has a nutrient profile much like alfalfa, & once established ....somewhere away from trees you don't want smothered, & where you can pay attention & keep it contained....it's drought resistant.

Some folks making use of its abundance for mushroom culture. Some reported keeping a patch in an enclosure & using it with animals needing some extra TLC, but with caution, saying its so effective they'll be fat if you're not careful. You can dry it like hay, too....but it doesn't shed water& needs covered to keep it dry if using for overwintering fodder. Might be interesting to check into human consumption w/ proper cultivation & prep.

The Lord knows it's plentiful enough in many areas. Some in drought areas may find that useful for getting their animals through. - There were also some pasturage ideas to somewhat drought-proof, using things like mulberry on pasture perimeters where there is at least some water....double fencing & using large mesh the foliage grows through so the cattle, goats or whatever don't demolish the saplings. Others were using the old South Texas & Sonoran trick of purposely growing cactus in patches of the pastures, then in drought they burn off the spines & the cattle eat it like candy, plus get the hydration. There are ways.

Mark as Spam | Posted On 7/31/2022 10:32:58 AM

Like Dislike

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grulla

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

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"Get a distiller and you can recycle water." Dr. M. has certain things to say about distilled water in that it can chelate essential minerals from your body over time and even lead to death. www.mercola.com/.../distilled_water.htm I would think that if your food is from regenerative, biodynamic, organic sources, there should be adequate mineralized nutrition in order to consume distilled water with the meal. But consuming large amounts of distilled water in between meals during the course of the day could be problematic??? However, there is available a product called, "Concentrace", (and perhaps other online brands) that one could add to distilled water. www.traceminerals.com/.../concentrace-trace-mineral-drop

Mark as Spam | Posted On 7/31/2022 12:41:12 PM

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aminahyaquin

Joined On 10/24/2020 7:47:24 AM

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FOLKS: I just had something chilling happen when I attempted to PDF save this vital article (as I do most every one of Dr Mercola's fact-sharing). Anyway I rreceived this message -but only for this article--i have checked and rechecked and the melatonin article-no prob. Either there is a bad link or a bad and illegal censor. this is the message--i cannot print nor ahre the article through my PDF ! " The resource cannot be displayed because the file extension is not being accepted by your browser. "

Reply | Mark as Spam | Posted On 7/31/2022 6:52:40 AM

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gardenbe

Joined On 1/23/2016 7:24:00 AM

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I've gotten that message before, but was able to still access the pdf. This time it just says it's not available. I think it's because of his 48hr time for each article and this article was originally published a couple of weeks ago & he republished it. He may need to look at how he republishes previous articles to make it easier for us to access the PDFs.

Mark as Spam | Posted On 7/31/2022 8:35:37 AM

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brianallen1

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

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Sounds good, Randy. I used to cycle down to the beach for sex, but that was a long time ago in a galaxy far, far away.

Mark as Spam | Posted On 7/31/2022 10:09:39 AM

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MannaFood

Joined On 9/7/2011 7:22:00 PM

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You can select print and then select print to PDF file. That's how I do it to capture all the comments along with the article.

Mark as Spam | Posted On 8/1/2022 6:22:20 AM

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freedomforallusa

Joined On 9/10/2021 9:22:17 AM

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Dr. Mercola, the PDF is not downloadable. Can you please check it?

Reply | Mark as Spam | Posted On 8/1/2022 10:31:44 AM

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Randyfast

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

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Given that "Event 201" is such old news by now; how can anyone still believe that this fabricated "pandemic" is real?

Reply | Mark as Spam | Posted On 7/31/2022 6:40:21 AM

Like Dislike

brianallen1
Joined On 8/7/2021 10:12:38 AM
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Because my Nightly News told me it is! Get with the program. Get it? Program.

Mark as Spam | Posted On 7/31/2022 7:59:50 AM

Like Dislike

Randyfast
Joined On 5/6/2010 8:42:42 PM
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That's why they call it TV Programming, Brian! I'm going cycling down to the beach with my sax now. :)

Mark as Spam | Posted On 7/31/2022 9:41:38 AM

Like Dislike

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fundamentalassumptions
Joined On 4/1/2009 12:17:58 PM
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Cause we saw infected people die. Build up immunity and don't discount the wicked inventiveness of men and their bioweapons control mechanisms, but don't give way to morbid fear either. Both are bondages & those who seek & continue in the truth become free indeed with the power & hope that transcends this dying, enabling balance & cheer regardless of circumstance or what others we cannot control (or totally vet) are doing. Have fun at the beach. I have mine in the garden, but a trip to the beach is never out of the question once that's buttoned down.

Mark as Spam | Posted On 7/31/2022 10:38:59 AM

Like Dislike

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tdmartinson
Joined On 3/24/2011 7:14:27 PM
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Would it pay to join a co-op, we shop at one but aren't members.

Reply | Mark as Spam | Posted On 7/31/2022 10:05:55 AM

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