Immunity Debt — Do COVID Policies Weaken Immune Systems?

Interview by Dr. Joseph Mercola | Fact Checked

August 27, 2021

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STORY AT-A-GLANCE

- Minister COVID policies suppressed your immune system depends on how you define "weakness". Adult immune responses may not have diminished during lockdowns, but the strength of the immune response they have been allowed to mount.
- Infants and children may have had the most significant impacts, as the number of infections they have been exposed to during lockdowns, which may have lead to but that is speculation, especially pre-school children.
- The 2003-2007 influenza season began as the flu season ended, but the year with one of the lowest numbers of influenza. Scientists hypothesize that there was a lot of jostling around. With drop in viraemia and ARI drops in retrovirus (gastrointestinal infections).
- Shedding children may increase, which CDC they are breeding, that may also be associated with complaints reported in a database of 25,000 children, which includes disorders of dizziness, impaired hearing, headache and difficulties concentrating.
- Strategies you can use to strengthen your immune health are to optimize your level of vitamin D, compress your eating window to six to eight hours each day, avoid fructose and, exercise consistently and use a sauna

Your immune system is a complex network of organs, tissues and cells that help your body fight infections and other diseases. During the past 18 months as most of the world has been marched up, locked down and otherwise disrespected from one another, children and adults have not been exposed to viruses and bacteria as they normally would.

On the one hand, there has been a significant reduction in the number of people reporting colds, flu and other infectious illness. On the other hand, there is a lot of speculation that this reduction is the result of exposures may have increased the risk for some to organisms more likely to cause illness or entering school and adults are entering the workforce.

When pathogens this virulent or bacteria which are medically ill can cause an illness or disease that makes you sick. There are several parts to your immune system, but the two main parts are your innate immune system, which you were born with, and your adaptive immune system, which is developed as you're exposed to pathogens. These two systems work together to help protect your health.

Like a well programmed computer, a healthy immune system keeps a record of the pathogens to which it has been exposed so that it can quickly recognize it if exposed again. The immune system is activated when there is exposed to a protein it doesn't recognize, called an antigen.

Since the system is so complex, there are several potential ways in which things can go wrong. When a person has an immune response when there is no need that is known as an allergic, asthma and autoimmune diseases. If the system doesn't work correctly it can result in immunodeficiency diseases, which results in infections that can last longer.

Your immune system can also become hypersensitive to an antigen, triggering an overreaction that can cause a rash, hives, swelling, difficulty breathing and even anaphylaxis. Immune system cells can turn against your own tissues in what is known as an autoimmune disease. Cells which are they have spent the further part of the last 18 months isolated from nearly every exposure.

Old Masks and Social Distancing Weaken Your Immune System?

Unknowns of the answer to this question depends on how you define weakened. Mainstream experts believe that a short period of time without pathogen contact does not weaken an adult immune response to exposure in the future. However, masking, social distancing and lockdowns have created an environment where you are shielded from environmental strategies that support and boost your immune system, which may weaken your immune system.

Some scientists are now even finding, it is unless conditions are, may have the most significant response to social distancing. Since the beginning of 2020, doctors and hospitals have noticed there is a significant reduction in the number of bacterial and viral infections children have been contracting.

The most common bronchitis, measles, varicella, respiratory syncytial virus (RSV) and pertussis. A paper published in August 2021, from the Pediatric Infectious Disease Group pediatrical three hospitals in Paris, France, reported a significant reduction in the number of cases of the most common epidemics of other infectious diseases when these interventions are no longer being used.

For example, as you may have heard in the news, the influenza season during 2020/2021 will likely go down in history as a year with one of the lowest numbers of infections. Typically, there is an ongoing stat of image gatherings and washing hands may and have helped slow the spread of all infectious diseases, including the common cold, flu and SARS-CoV-2.

According to a story in BM that was translated from German, the monthly influenza report by Germany's Robert Koch Institute (RKI) found there has been no "measurable cases of flu infections in Germany or in other European countries during the 2020/2021 flu season."

A report from the Health Organization found similar results, stating that "despite continued or even increased testing for influenza in some countries, influenza activity remained at lower than expected levels for this time of year." Similar reports have been made in the United States, where CDC found there was a 20% drop in infectious diseases generally between March and August 2020.

For example, whooping cough dropped by 80% and measles dropped by 90%. Other infectious diseases that are not spread through respiratory droplets, such as gastrointestinal infections, also decreased. For example, rotavirus infections drop by 80% and norovirus, by 75%.

The BM report also found that RKI indicates drop by 32% but they postulate this may have to do with hygiene measures and not a reduction in actual spread based on the restrictions clinics in counseling centers were under during 2020.

Raising Number of Infants With RSV Related to Immunity Debt

Some experts are calling a rising number of RSV infections in babies a "debt of immunity" that was created when infants born during 2020 had a lack of exposure to other pathogens. A pediatrician across New Zealand are reporting rising numbers of infants, many on oxygen, ill with RSV infections.

This is straining the resources of some hospitals that have delayed surgeries or canceled other norms also delayed arises. RSV is common respiratory illness that is usually spread produces only mild symptoms. However, in young children it can be serious and even fatal. Doctors also find children who have been born a higher risk of asthma in later childhood.

The pediatric doctors in New Zealand are calling the outbreak of RSV a result of immunity debt, meaning children born during the pandemic haven't been exposed to the germs that usually circulate in other viruses that were suppressed during lockdowns, causing a precipitous rise in cases when children are exposed.

According to The Guardian / New Zealand reported a 9% infection so far and 90% reduction in RSV. The BM report also found that RKI indicates drop by 32% but they postulate this may have to do with hygiene measures and not a reduction in actual spread based on the restrictions clinics in counseling centers were under during 2020.

Doctors are hoping this doesn't necessarily mean there will be more RSV cases, only that they are encountering more rapid succession early in the season. The current outbreak is being driven by resources in New Zealand and Australia, which is also experiencing a surge in cases. New Zealand's Ministry of Health Dr. Ashley Bloomfield commented to a reporter from The Guardian saying the case:

> "…certainly concerned about the sharp surge in RSV cases. We had very little RSV last year. There's some speculation that the current outbreak may be partly caused by the immunity debt the fact we didn't have any last year and there is a bigger pool of children who are susceptible to it."

In Canada, Wellington-based epidemiologist Michael Baker warns that his country may also see a similar trend in cases of RSV in the next year, and he believes that babies who were born prematurely are most at risk. "He also believes that while the country may see a rebound in RSV cases, it may not be the end of the world, as it could be a sign of an early rigid left hand. "In any way impacted the development of a healthy immune system."

Masks Also May Have Harmed Health in Other Ways

Health experts have found that limiting exposure to disease is a mean hope for long periods of time while at school and participating in activities have been doing more than great, concerning children have a significantly lower risk from COVID-19.

As reported by the American Academy of Pediatrics, "Lesser" — children who tested positive using a PCR test but did not necessarily have symptoms — represented 14.3% of the total number of cases in children, and 0.5% of those hospitalized. Of the reported deaths, children ranged from 1.5% to 2.5% of the total number hospitalized for COVID-19.

In 43 states reporting, children represented from zero percent to 0.2% mortality. In other words, the risk to children was significantly lower than adults, and adults comprised the vast majority of comparisons for school children, increasing the risk they may experience other health harms, both physically and mentally.

For example, evidence is mounting that masks increase the risk for physical and psychological harm to children — even as others continue to publish "hack-right-based," alternative arguments. One argument appears to be whether exposure to elevated levels of carbon dioxide is harmful to children in the long run.

One of the arguments against the masks has to do with how your body produces carbon dioxide as a waste product of metabolism. The BM has published numerous articles on the fact that it is safe for inhaled levels of CO2 are, at 3.2% by volume. However, the Commission for Occupation Hygiene at the German Environment Agency has set an even lower limit of 1,000 ppm for hypersensitive adults and children.

But, where one study published in a June 2021 issue of JAMA— asserted that CO2 levels in children wearing masks were comparable to those of adults, the study authors concluded that "in children in a health state, the potential harmful to the safety and tolerated the effects. In a statement commentary" the journal cited concerns about methodology of the study and the device used to assess the carbon dioxide levels in the participants as a reason for doubting the authors' conclusions.

Could Mask Complaints Be Associated With CO2 Levels?

The study measured carbon dioxide levels in children breathing through two types of masks or without a face mask. "The researchers found that children breathing under surgical, or filtering facepiece 2 (FF2) masks reached CO2 levels deemed unacceptable by the German Federal Environmental office for a factor of 5, which was reached when the participants wore no mask.

The researchers acknowledged that the short-term nature of measurement and the childrens' ability to remove masks when they felt uncomfortable, limited the study. They also concluded there was ample evidence children were experiencing adverse effects.

Increased levels of CO2 may be responsible for a list of complaints gathered in a German study using data from 25,000 children, of which reported adverse effects from wearing face masks. "— Among these, 29.7% reported feeling short of breath, 34.4% being dizzy and 17.9% were unwilling to wear a mask."

Headaches of other children experienced "accelerated respiration, tightness in chest, weakness and concentration difficulties, impaired hearing, headache and difficulties in learning. Other complaints in children who were made to wear for an average of 270 minutes each day included impaired learning, dimensions or fatigue, nausea, headache and difficulty concentrating.

Yet, despite all this data, Research Square editors still posted a warning on top of the document telling readers that this study has "numerous limitations" and therefore "cannot demonstrate a causal relationship between mask wearing and the reported adverse effects." In fact, it's one only question may be, will what studies be rejected similarly, unless they show masks are good for children and are harm at all?

Dr. Vinay Prasad, a hematologist-oncologist and associate professor of medicine at the University of California, San Francisco, commented on the study, stating it's important to know if masks are anti-health benefits and risks in children wearing masks. While large empirical studies would answer the question of whether masks help or harm children, "no dial-friendly sets of them," Prasad said adding:

> "Here is the real answer to the question of whether it's worth it to mask kids. We are two very close. During the last year and half, the scientific community has failed to answer these questions. Failed entirely.
>
> We have no idea if masks work for 2-year olds and others, 5 and above, 12 and above. We also if they only work for some period of time. We idea if this is linked to community rates. We have no idea if they are dangerous from effect the given to reduced viral transmission, and if so, for who and why."

Strategies to Strengthen Your Immune Health

Although the long-term effects of social distancing, masking and lockdowns may not be fully appreciated for years, it is known the psychological effects of social isolation, including loneliness and stress, can significantly affect your immediate immune response.

When you feel lonely your immune system is suppressed. Studies have found people who feel socially connected were 50% less likely to die over the study— and those with social ties are also less susceptible to catching the common cold.

2020 created different types of stressors that may have had a harmful effect on the immune system. Stress hormones can stimulate the production of sugar and epinephrine and norepinephrine already blood pressure.

One way to help reduce stress and buffer the effects is to be outdoors in nature. Walking through a park, woodland or green space can lower your heart rate and blood pressure, improve your mood and sweeping the blues. Feeling stress is a sign your body is and engaging with nature has also been linked with a reduced risk of high blood pressure, cardiovascular disease and early death.

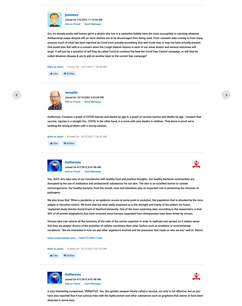
And, as I discuss in my Mid-Cape Summer Fest presentation below, being outdoors also helps to optimize your vitamin D levels, which plays a significant role in your immune system. In fact, it's one of the top strategies I recommend to help support your immune health. Here are several ways to improve your vitamin D:

- **Get sun exposure.** Vitamin D is a unique hormone and a vitamin. Your body produces it when it is exposed to sunlight. It may be somewhat challenging initially, but it's a powerful strategy that will improve your immune function and help your body repair and regenerate. Begin slowly compensating the time until you reach six to eight hours, with the best time you can reach at least three to four hours before going to bed.
- **Eat the right types of fat** — Before processed foods became the norm for our diets, only 1% to 2% of our total calories came from processed vegetable oil. Consumption of these oils now is 30 times that of the total fructose acids, which is associated with damaging your mitochondrial function and damaging your mitochondria. Your body can store fructose and fat green. It is found in seed oils, such as soybean, canola, safflower oil and other vegetable oils.

Even healthy olive oil can have up to 25% of linoleic acid. However, most olive oils sold on the market today are adulterated and watered down with linoleic acid that is toxic and cause wasting the health benefit. Most restaurants use adulterated olive oil because grain olive oil is very expensive — added to which, most restaurant food is also high in linoleic acid.

- **Make time to exercise** — Your body is designed to move! By not providing stimulus, it may actually be harmful to your health. Exercise is a form of hormetic stress, which stimulates your body's adaptive cellular response and exercise is important, resistance training is important for building your muscle mass.
- **Try making a sauna part of your routine** — Another form of exercise is using a sauna since it's exercise for your vascular system. Using a sauna is important as it enhances your heat shock proteins, which help to inhibit damaged proteins in your body.

Interestingly, 30% of the proteins in your body, when they are made, are misfolded. This means making a sauna is an important process to reduce your potential for neurodegenerative diseases, such as Alzheimer's and Parkinsons disease.



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My latest book, "The Truth About COVID-19," is an instant best seller. With hundreds of thousands of copies sold, it has a nearly perfect 5 stars rating on grab your copy of the #1 best-selling book on Amazon today before Biden bans it.

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Guillermo
Joined On 10/17/2013 07:49 AM
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As Dr. Mercola reports, children are probably the segment of the population with the highest immunity today. No one with the greatest immunity is being locked down, masked, or forced to take experimental injections. Children are being used as guinea pigs by capitalist psychopaths and pathological altruists, who must treat children as pawns because they have all allowed themselves to be loaded with pharmaceuticals, vitamins and minerals, where a good dose of vitamin D, A, C is enough, zinc and magnesium.

Children are the central group that is being used as the instrument of the Great Reset, the means by which the ruling class and their physical damage of debilitating lives and institutions, such as masks, confinement, etc., have not only harmed their material and psychological well-being, but have also destroyed their future ability to function as human beings.

According to a report in the Daily Mail, there is a surge in children in the United Kingdom, during the first 12 months of the pandemic, diagnosed with COVID-19 symptoms. As analysis by Berry Maindy and the Johns Hopkins colleagues, along with NHS England, found that the number of children admitted to hospital with the coronavirus increased by 300% in the last two weeks, with hospital conditions, and ending such a course. Also stating that the risk remains to be the reason to shift back greater than ever before. Medical centers. Vaccine assaults on children been a lifelong model, with serious health consequences. It will be the true epidemic of the Vaccine assaults.

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Guillermo
Joined On 10/17/2013 07:49 AM
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A pediatric chain of vaccinating children is being planned. New Delhi Vision Health and Research Institute and Bharat Biotech have announced that over 50,000 children would be the target of a mass vaccination campaign under pilot conditions, with six points being allowed for the Quick Bank Kovaxin, where mass vaccinations would be carried out.

www.bigpharma.com/%-%-%-

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Guillermoo
Joined On 4/7/2015 8:47:48 AM
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Terrible events that cause serious suffering, anguish and depression for those who suffer them and their families. This is what happens with a genocidal weapon such as mRNA vaccines.

A shocking new study published in the New England Journal of Medicine reveals that when pregnant women are given covid vaccinations during their first or second trimesters, they suffer an 82% spontaneous abortion rate, killing 4 out of 5 unborn babies.

This stunning finding, explained below, is self-evident from the data published in a new study entitled, "Preliminary Findings of mRNA Covid-19 Vaccine Safety in Pregnant Persons." Just as disturbing as the data is the fact that the study authors apparently sought to deliberately obfuscate the truth about vaccines causing spontaneous abortions by obfuscating numbers in their own calculations.

pubmed.ncbi.nlm.nih.gov/33882218

Data released today by the Centers for Disease Control and Prevention (CDC) showed that between Dec. 14, 2020 and Aug. 13, 2021, a total of 595,622 total adverse events were reported to VAERS, including 13,068 deaths — an increase of 702 over the previous week.

There were 81,050 reports of serious injuries, including deaths, during the same time period — up 10,945 compared with the previous week.

Excluding "foreign reports" filed in VAERS, 464,769 adverse events, including 6,018 deaths and 37,806 serious injuries, were reported in the U.S. Of the 6,018 U.S. deaths reported as of Aug. 13, 13% occurred within 24 hours of vaccination, 19% occurred within 48 hours of vaccination and 33% occurred in people who experienced an onset of symptoms within 48 hours of being vaccinated

childrenshealthdefense.org/defender/vaers-cdc-deaths-adverse-events-co... (20/08/21)

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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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Lockdowns and isolation created a huge reservoir of unexposed, like American Indians before European conquest...just to keep the "fun" alive... The Dependency-driven acquiescent as true remedy was withheld and the noose of fear tightened...as per plan. Hunky dory became massmadness anxiety among those resigned to acceptance of the narrative...defeat. They never saw it coming.

Immune strength, biological function and vitality depend on e-election energy, life is electrical and must have O2 oxygen to generate it or descend into acidic hypoxia/disease. Bad foods, toxins, metals, infections and fear like masks steal electrons and form a downward spiral, oxygen destroyed, turned to water via acidic protons...undelivered to cells. Slow suffocation is strangulation, or homicide on a grand scale. Ham-fisted hospital protocols use ventilators and ineffective drugs for show instead of improving lung function and immune strength following a long history of dismissing common sense prevention and treatment.

While we can show an individual how to remain healthy, our rotten culture is bigger than the both of us...Patriotkruse is mad as hell and not taking any more. www.youtube.com/watch

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Guillermoo
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In this false pandemic of lies we need to feed our brain communication to strengthen our immune system. Yes, we are biomagnetism and biochemistry, the production of neurotransmitters and hormones govern our destiny. We have 4 brains. Two are made up of neurons and two are made up of bacterial cells. They are all interrelated and determine our state of mind and mood. Some strategies to empower the 4 brains in this link:

www.brittanybeatta.com/5-strategies-for-maximizing-your-4-brains/

We must also consider that we have 4 different areas of the brain. Formed by neurons and glial cells. The more complex neurological functions such as learning, memory decision-making and other skills depend on the ability of these cells to form these neural networks. This link describes those functions:

www.le.ac.uk/users/rjm1/etutor/ressources/brain/brainbrains.html

The second brain is made up of a network of neurons located in the intestine, which communicates with the first brain through the parasympathetic nervous system, more specifically the vagus nerve and the sympathetic system. 32 strategies to stimulate the vagus nerve

selfhacked.com/blog/28-ways-to-stimulate-your-vagus-nerve-and-all-your...

But the "intestinal brain" is twofold, it is composed in addition to the neural network, by a wide range of microbes that live and develop in our intestine and that produce different neurotransmitters that influence both the neurons of the intestine, as well as the neurons and glial cells of the first brain. Of there the importance of the health of the intestinal microbiota,

Mark as Spam | Posted On: 8/27/2021 7:36:08 AM

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The fourth brain is made up of the set of microbes that reside inside our skull. Its discovery is more recent. They are microbes that are commonly found in soil and water, and that have been transported to the first brain through cells of the immune system. The immune system is responsible for connecting the first brain and the fourth, and the latter has an immense influence on the function of human neurons and glial cells.

These brains are trained to produce all kinds of chemicals and hormones that create a state of mind. They produce joys, pleasure, laughter, leisure, sorrows, pain, dejection and lamentations. The heart feels emotions such as joy and love that configure the map of feelings and emotions.

Holistic medicine is based on the fact that the human being is multidimensional and consists of a physical, mental, emotional and energetic / spiritual part. In order to live balanced and free from disease and illness, it is necessary to investigate and eliminate disturbances or imbalances in all these areas and not just in the physical body.

Academic researchers have been interested in this sacred practice in recent years, exploring the idea of using ayahuasca to treat depression, anxiety, or even drug addiction. These scientists come to the Amazon to participate in these ceremonies to expand their own awareness of foreign medicine in hopes of bringing what they have learned to the United States. National Geographic has written articles on plant-based medicine. The American scientific community is beginning to realize that our current approach to drug therapy is no longer serving people.

www.collective-evolution.com/2015/03/07/ayahuasca-a-new-approach-to-we...

Mark as Spam | Posted On: 8/27/2021 7:36:29 AM

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forbiddenhealing
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Thanks Gui...And those brains when stressed turn genetic expression on and off, forming traits inheritable by future generations. Brain hijacking is a crime against humanity...media guilty: false reality imposed.

Mark as Spam | Posted On: 8/27/2021 8:25:46 AM

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markuzick
Joined On 3/16/2013 5:05:59 AM
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As the mRNA "vaccines" are contagious, the percentage of those "vaccinated" is close to 100%. I wonder how much safer those who reject the jab actually are.

Reply | Mark as Spam | Posted On: 8/27/2021 6:29:54 AM

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pjmasigirl
Joined On 4/14/2021 12:00:14 PM
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Of course statistics show a huge reduction in flu the past year. Records were skewed toward diagnosing covid as much as possible with inaccurate pcr tests, changes to death reporting forms, and citing deaths with covid as deaths of covid. Here is an interesting take on it:rumble.com/vlt1jw-could-you-hide-one-pandemic-behind-another-pandemic...

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bijoinnonmn
Joined On 6/27/2021 9:22:59 AM
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My wife in unwa and got the COVID 10-12 days ago - she was hospitalized yesterday for COVID in both lungs and pancreatitis - she is not in ICU yet. Any known treatments or protocols that are effective for that? I don't see that talked about here but it sounds like they know it's common COVID causes it and impacts are not good.

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mannyweitzh
Joined On 11/19/2010 8:05:17 AM
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If it weren't for all the pollution that we have given our Sweet Mother Earth—I'd say a good health habit would be just eat a spoonful of dirt everyday! Alas, we have too much pollution for that to be effective anymore!

Reply | Mark as Spam | Posted On: 8/27/2021 8:05:02 AM

Like | Dislike

JackSS
Joined On 6/26/2021 3:25:22 PM
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Our immune systems are incredibly more complex than just the antigen-antibody response. Some estimates are that the antigen-antibody response comprises only about 10% of the functioning of a healthy immune system. The energy and electromagnetic components are completely ignored and most especially with mass vaccination campaigns. I can only hope that our immune systems will find a way to shut off covid spike production caused by mRNA vaccination since half of my family has received the "vaccine", even some who here already had the disease and should already had natural immunity to covid and its variants.

Reply | Mark as Spam | Posted On: 8/27/2021 7:50:32 AM

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FlyingOnonit
Joined On 6/14/2021 10:43:51 AM
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My girlfriend had the Pfizer vaccine and 3 months later developed a lump in her left breast... When she went to the gynecologist she was told since the mass moved around it was probably benign but now she's developed blisters on the top of it and the entire breast is now painful. While at the appointment, the gynecologist later told her that she had 38 other patients that had the same effect the side where they had the shot is the same side others developed a lump and a pain in the breast

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CMT367
Joined On 10/16/2018 8:46:43 AM
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Tell her to report it on https://vaers.hhs.gov/ . ALSO, copy the complaint to your US Congress-people, state legislatures, local health dept. director, and elected county supervisors. Otherwise the side-effect will remain "anecdotal" and only circulate on sites like this and similar sites. The complaint will have no power.

Mark as Spam | Posted On: 8/27/2021 9:36:21 AM

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Charlottethuse
Joined On 6/24/2021 4:49:39 AM
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If a child is kept in a "bubble" and not physically interacting with other children their immune system hasn't been exposed to all the numerous upper respiratory infections normally encountered, hence their natural immunity is weak. Every "irrational COVID edict" is counter to good health. Unbreathable dirty masks, isolation preventing sunshine fresh air and exercise all is detrimental to the immune system. The COVID mandates are promoted by a death-cult of profiteering ghouls who are not any different than the sociopaths who've bombed Afghanistan for two decades.

Reply | Mark as Spam | Posted On: 8/27/2021 6:48:15 AM

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robbie2u
Joined On 6/29/2011 11:51:41 PM
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A comparison study to determine if mask wearing is as effective as wearing your underwear on the outside. Participants required.

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jam9139
Joined On 11/5/2018 8:59:23 AM
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This is happening here too, as I have a friend who is married to a pulmotician and said he is so busy with children having to go to the hospital for RSV and stop because of the lockdown, that she barely sees him. It makes me so sad when I see kids in masks - I think it's child abuse. And, it makes me sick my son has to wear one in university. We thought hard about keeping him home, but like this article said, thought the isolation would be worse. At least they don't have to wear them outside like crazy people this year!

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cybersoul
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...

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www.option3.co.uk/the-battle-for-humanity

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THE BIOLOGICAL CONTROL CIRCUIT

www.option3.co.uk/lon-the-bill-gates-syndicate-and-eugenics-the-biolog...

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