Is Immunity Debt Real, or Should You Keep Kids in a Bubble?

Analysis by Dr. Joseph Mercola Fact Checked

December 15, 2022

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STORY AT-A-GLANCE

- Children who aren't exposed to germs on a regular basis have different microbiomes than those who are. The microbiome, in turn, plays a decisive role in how well one's immune system works
- Exposure to nonpathogenic microorganisms helps prevent immune-mediated chronic disorders, as they act as immunomodulatory signaling agents. They basically train your immune system to function normally and not react excessively or unnecessarily
- There's also evidence suggesting that certain childhood infections may reduce your risk of certain chronic illnesses. Measles infection, for example, could potentially lower your risk of cancer in the future
- In August 2021, a French group of pediatric infectious disease experts warned that "immunity debt" caused by a lack of exposure to common viruses and bacteria during COVID lockdowns and school closures may predispose children to suffer more infections in the future
- The potential benefits of natural infections have fallen by the wayside as the single-minded focus on vaccination has taken over. We now see the medical industry trying to erase knowledge about the lifelong benefits associated with infections, especially childhood infections

As reported by The Atlantic[1] in early November 2022, children who aren't exposed to germs on a regular basis have different microbiomes than those who are. In April 2021, a year into widespread COVID lockdowns and the obsessive focus on antibacterials, microbiologist Brett Finlay predicted that, "five years from now we are going to see a large number of kids with asthma and obesity."[2]

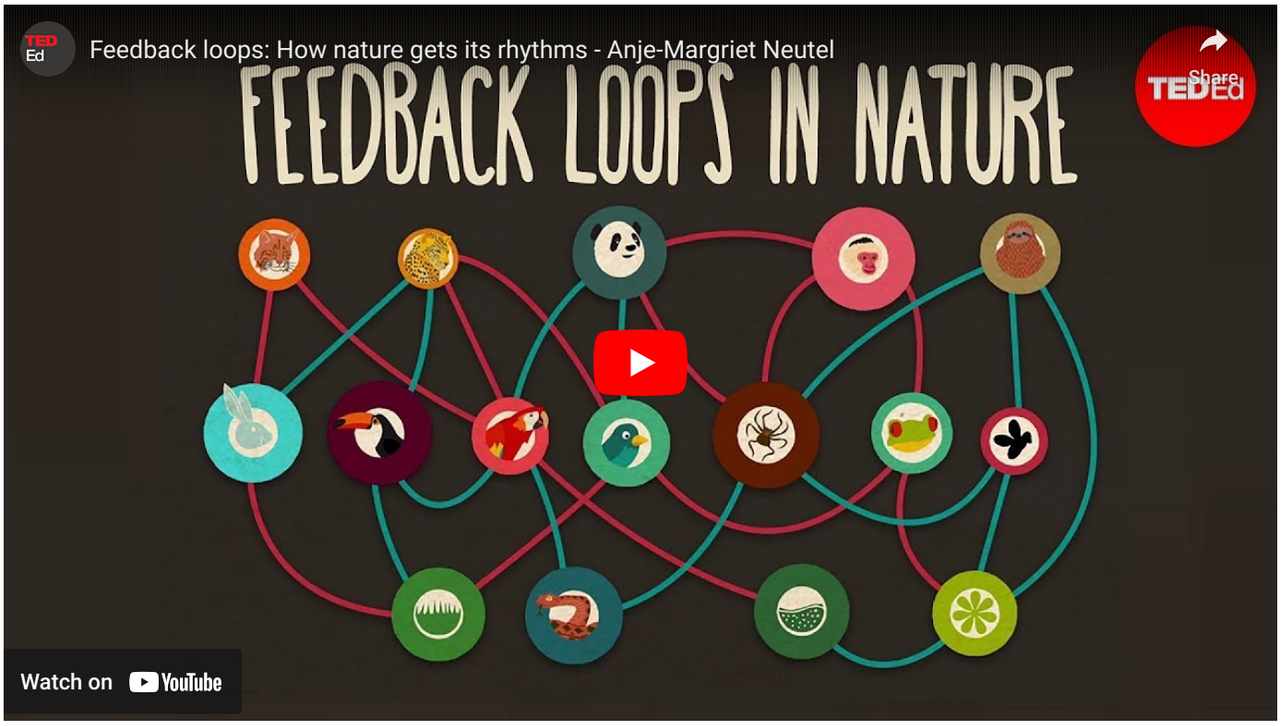
Contact With Microbes Trains Your Immune System

The "hygiene hypothesis" was initially proposed by epidemiologist Dr. David Strachan in 1989.[3,4,5] He believed the rising incidence of allergies was linked to reduced exposure to viruses and bacteria, thanks to smaller family sizes, which means fewer siblings from whom infants are exposed to germs and infections.

In 2003, Graham Rook refined the hypothesis, renaming it the "old friends" hypothesis[6] (a name that never stuck). Rather than including both good and bad germs, Rook's version of the hygiene hypothesis emphasized the importance of exposure to nonpathogenic (friendly) microorganisms in the building of robust immune function.

According to this narrowed view of the hygiene hypothesis, exposure to nonpathogenic microorganisms is an important way by which immune-mediated chronic disorders are prevented, as they act as immunomodulatory signaling agents,[7] basically training your immune system to function normally and not react excessively or unnecessarily.

The video below reviews how feedback loops in the natural world, where X affects Y and Y affects X, help keep nature in balance and promote resilience in natural systems. The same kind of feedback loops exist within the human body, between microbes and various systems such as your immune system, and between your body and its environment.



Can Certain Infections Provide Long-Term Benefits?

There's also evidence suggesting that certain childhood infections may reduce your risk of certain chronic illnesses. One such theory is that measles infection may lower your risk of cancer.

Researchers have found 1 in 4 cancer patients lacked antibodies against measles, and more than 1 in 3 lack antibodies against mumps,[8] which suggests they were never sick with mumps or measles, and any vaccination has worn off.

Incidentally, measles virus is also being used as part of cancer treatment. In one reported case, a woman with incurable blood cancer went into remission after receiving a huge bolus of measles virus.[9]

Unfortunately, the potential benefits of natural infections have fallen by the wayside as the single-minded focus on vaccination has taken over. The idea nowadays is to prevent all infection, even if there are benefits to infection, and even if there are downstream adverse events to vaccination.

The COVID Immunity Debt Bubble Is Bursting

In August 2021, a French group of pediatric infectious disease experts warned[10] that "immunity debt" caused by a lack of exposure to common viruses and bacteria during COVID lockdowns and school closures may predispose children to suffer more infections in the future.

They predicted the decrease in viral and bacterial exposure that train your immune system may result in a rebound of a variety of infectious diseases, including influenza and respiratory syncytial virus (RSV), which is what we're seeing now, as we head into winter in 2022. According to the authors:[11]

> *"While NPIs [non-pharmaceutical interventions] limited the transmission of SARS-CoV-2, they also reduced the spread of other pathogens during and after lockdown periods … The lack of immune stimulation due to the reduced circulation of microbial agents … could have negative consequences when the pandemic is under control and NPIs are lifted.*
>
> *The longer these periods of 'viral or bacterial low-exposure' are, the greater the likelihood of future epidemics. This is due to a growing proportion of 'susceptible' people and a declined herd immunity in the population."*

In an article for Wired, journalist Maryn McKenna in late April 2021 also wrote:[12]

"Social distancing, lockdowns, and masking … seem to have quenched some of the other respiratory diseases that circulate in the winter. Influenza, respiratory syncytial virus (RSV), enterovirus D68 — this year, the surveillance networks that keep track of those diseases could barely find them …

This is good … And yet, some researchers are worried. The downward trends in flu and other respiratory diseases … may also be a warning of unintended consequences to come.

It is accepted doctrine in immunology that exposure to routine infections and common microbes early in life helps our immune systems learn what they should target and what to leave alone. Failure to get those exposures at the right time leaves the immune system overreacting to every minor insult …

While acting out of best intentions … we may have created a worldwide natural experiment in reducing exposure to microbes of all kinds. 'Every other example in our history in which we disrupt exposure to good microbes has had unintended consequences,' says B. Brett Finlay …

Finlay is one of 23 prominent researchers from six countries who warned in February in the Proceedings of the National Academy of Sciences[13] about the long-term consequences to children of a hyper-hygienic, locked-down world."

The Role of Your Gut Microbiome

In November 2022, epidemiologist Dr. Keren Landman published an article in Vox, in which she not only reviewed the hygiene and immunity debt hypotheses but also the role of your gut microbiome:[14]

"There are … misconceptions, the researchers say, about which microbes help 'train' our immune system most effectively. It's not respiratory viruses like the cold and flu.

Rather, it's the billions of microbes that live peacefully in our bodies, sometimes called the microbiome, said Marsha Wills-Karp, an immunologist at Johns Hopkins Bloomberg School of Public Health who studies the environmental determinants of allergic airway diseases.

Within that microbiome, there are many 'teachers,' like bacteria that educate infants' immune systems to develop lymphoid centers, the B-cell factories that contribute to antibody production, or that train macrophages and other immune cells to respond to pathogenic invaders (i.e., germs).

A lot of work that's supported the hygiene hypothesis suggests that most of the microbiome's important immune system education originates in the gut — and, therefore, that what kids swallow contributes more to their immune development than what they breathe in …

There is a small microbiome in the upper airways and the lungs, but it's much less diverse than the digestive tract's, said Wills-Karp. Although the respiratory microbiome does play a role in health and disease states, 'in population studies and animal studies, the hygiene hypothesis seems to be more linked to a healthy gut microbiome,' she said.

The bottom line here: There's currently not much evidence to support the idea that adding more viruses to a person's respiratory tract does anything to improve the immune system or to otherwise improve health …

[I]mmune systems should get trained on the safe environmental and comestible microbes that live in our guts — exposures children and adults get anyway by living in non-sterile environments, but which are enriched by certain factors like living with animals and eating fermented and fiber-rich foods."

COVID Measures Have Altered Gut Microbiomes Around the World

According to Landman,[15] alternative media have misconstrued what the immunity debt theory actually is in order to promote the idea that we should not protect ourselves against viral infections and even go out of our way to get infected. As for me, I've not come across anyone actually advocating for that.

In the end, Landman directs us to the role of the gut microbiome, stressing that this is where most of the immune training actually takes place, not through exposure to viruses.

This, I believe, is true — and the fact is, children's gut microbiomes have indeed been adversely affected through our COVID measures. It's not just that they've been less exposed to infections, but that they've been less exposed to beneficial microbes as well.

> **“What microbial functions might we lose as a result of COVID-19 prevention efforts? What are the consequences as humans continue to encounter nutritional and immune challenges in future generations, and what can be done to mitigate them? ~ Proceedings of the National Academy of Sciences”**

In fact, the negative impact on the gut microbiome is the focus of the Proceedings of the National Academy of Sciences paper cited in the earlier quote. In it, Finlay and his coauthors note that:[16]

> *"Current pandemic control measures and practices will have broad, uneven, and potentially long-term effects for the human microbiome across the planet, given the implementation of physical separation, extensive hygiene, travel barriers, and other measures that influence overall microbial loss and inability for reinoculation …*
>
> *[The] intersection of the past century's hygienic practices and recent COVID-19 pandemic control measures may negatively affect the microbiome and thus human health across multiple timescales. As morbidity and mortality increase in relation to these microbial changes, human evolutionary trajectories may also change.*
>
> *Studies in mice, for instance, have shown that once particular microbial taxa are lost from a population over generations, they are difficult to recover. The associated loss of microbial function can severely limit host ability to survive in certain environments or to resist infections.*
>
> *A fundamental question, then, is what microbial functions might we lose as a result of COVID-19 prevention efforts? What are the consequences as humans continue to encounter nutritional and immune challenges in future generations, and what can be done to mitigate them?*
>
> *It is worth considering how to deploy physical distancing and hygiene practices to prevent COVID-19 transmission, but also to sustain and protect diversity of the microbiome.*
>
> *It is important to understand more fully how these practices affect the microbiome, and then, in response, to develop public measures and practices that can, if appropriate, increase exposure to beneficial microbes and simultaneously reduce risk of COVID-19 transmission."*

The Resistance Conundrum

Adding to the problem is that vaccinating billions of people against a virus during an active outbreak promotes the emergence of resistant variants, and we've certainly seen that over the past year and a half. I use the term "vaccinating" loosely here, as the COVID jabs are technically not vaccines. At best, they're gene therapies. At worst, they're bioweapons. Either way, the mechanism for resistance remains the same.

No doubt you've heard of antibiotic resistance,[17,18] which occurs when bacteria are inadequately treated with antibiotics so that some of the bacteria survive, and when antibiotics or antibacterial products are overused. Surviving bacteria will be hardier than those that succumbed during treatment and, over time, their resistance grows until the antibiotic ceases to have any effect.

The same happens when pests are overtreated with pesticides,[19] and when a vaccine is "leaky," meaning a vaccine that doesn't prevent infection and/or spread of a virus.

In mid-March 2021, The New York Times reported[20] that COVID-19 variants "likely evolved inside people with weak immune systems." The answer, The NYT suggested, is to make sure the immunocompromised get the shot first, to "lower the risk that their bodies turn into incubators for the world's next supercharged mutant."

Some six weeks later, the journal Cell published research[21] showing half of the 10 circulating SARS-CoV-2 variants tested had already developed resistance against the spike antibodies induced by the COVID shots. Three were highly resistant to neutralization. As noted by the authors, "a relatively small number of mutations can mediate potent escape from vaccine responses."

Fast-forward just three months to the end of July 2021, and U.S. Centers for Disease Control and Prevention director Dr. Rochelle Walensky warned we were just "a few mutations away" from a totally vaccine-resistant variant.[22]

Those jab-resistant variants probably did not mutate inside the unvaccinated. No, they mutated inside those who got the shot and were infected anyway, as the jab doesn't prevent infection. Since the shots also do not prevent spread, those mutated strains then were passed from one jabbed person to another, rapidly overtaking previous variants.

The Human Body Was Not Designed to Live in a Bubble

The idea that your immune system requires regular "workouts" in the form of exposure to microorganisms, be they benign or pathogenic, rests on a strong scientific foundation. For a real-world case, look at David Vetter,[23] a young Texas boy who was forced to live inside a sterile plastic bubble due to severe combined immunodeficiency (SCID).

Born in 1971, his mother held him in her arms for the first time in 1977, after NASA engineers designed a "space suit" for him to wear outside the bubble. He died at age 12, after a bone marrow transfusion from his sister introduced the Epstein-Barr virus into his system.

Vetter's immune system did not work due to a rare genetic anomaly. But isolating at home where everything has been obsessively sterilized in many ways mimics what happened to this young boy. Without a steady stream of immune challenges, your immune system becomes more and more susceptible to illness whenever a foreign invader does manage to get in.

Vaccine Propaganda Makes a Mockery of Science

Unfortunately, while the hygiene hypothesis gained scientific strength and support over the past three decades, the medical system is now trying to wind back the clock. They want you to believe there is never a benefit to getting ill, and that the hygiene hypothesis is misunderstood and misapplied.

It's not a hard sell, considering no one really wants to get sick. But when it comes down to it, this idea that you can safely circumvent all illness through vaccination is nothing but vaccine propaganda. It's neither rational nor healthy.

Tragically, we now see the medical industry trying to erase knowledge about the lifelong benefits associated with infections, especially childhood infections. At bare minimum, you develop immunity. At best, you may reduce your risk of other chronic conditions such as asthma, allergies or cancer. These are no minor tradeoffs.

COVID Jab Reprograms Both Adaptive and Innate Immune System

Also, when we're talking about COVID shots, we must remember that they're NOT conventional vaccines. They do not confer immunity, and they do not induce antibodies against the whole virus. They make your body produce a genetically modified spike protein that is similar to, but different from, the spike protein found in SARS-CoV-2. Your body then produces antibodies against that spike.

It's a very narrow antibody response, which is why the virus can rapidly mutate to avoid neutralization. Viruses have multiple parts, and when infected naturally, your immune system will react and respond to all of them, not just the spike. This is part of why natural immunity is so much better.

The COVID shots also appear to be directly degrading your immune system. According to a paper[24] published in early May 2021, the Pfizer/BioNTech COVID jab "reprograms both adaptive and innate immune responses," causing immune depletion. I wrote about this in "**How the Endless Boosters Will Destroy Immune Function**."

Practice Good Hygiene, but Don't Go Overboard

We should all practice good hygiene, such as washing our hands with warm water and soap. But antibacterial soaps, wipes and sanitizers do more harm than good, as they're one of the primary contributors to antibacterial resistance. If antibiotics cease to work, bacterial infections that used to be simple to treat become deadly. If you truly want to do something for "the greater good," stop using antibacterial products.

Similarly, a world in which people are vaccinated against viral infections of all kinds can backfire, resulting in more aggressive and resistant viruses that cause more severe infections. I suspect the immunity debt hypothesis is on the money, and that this is why we're now seeing an uptick in children being hospitalized with RSV and influenza.

The best long-term answer is not to shoot them up with more vaccines and gene therapies, but to work with the natural feedback loops inherent in the human body, and between the body and its environment, so that their immune systems can develop greater resilience. This would include doing things like:

- Playing outdoors
- Gardening
- Eating plenty of pro- and prebiotic foods, such as fermented vegetables and fiber-rich organic fruits and vegetables (organic to avoid pesticides such as glyphosate, which kills beneficial gut bacteria)
- Getting enough sun exposure to maintain a healthy vitamin D level above 40 ng/ml

- Getting enough sun exposure to maintain a healthy vitamin D level above 40 ng/mL
- Avoiding unnecessary vaccinations

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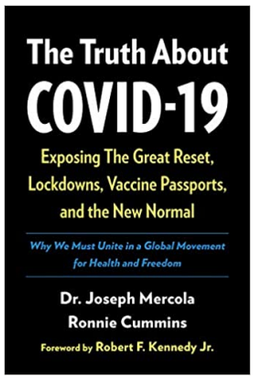

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jjl1348

Joined On 7/3/2019 5:14:49 AM

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The American obsession with antibacterial products. It simply is not the case in many countries. And autoimmune desease in America has skyrocketed. This is not the only reason. I am not saying that other countries do not have issues with autoimmune desease. If you look at the prevalence of cancer in America compared to India as an example. I read and stand under correction, depending on type of cancer, America has a ten to twenty five times higher incidence of cancer. And recently I read that even before Covid 1 in 2.3 men in Canada develop cancer. Women did not fair much better. I lived in Canada for almost eleven years and I love and miss Canada.

But. The number of people I personally know who died of cancer even before covid. A list of people I personally knew. And the Canadian government keeps investing massive amounts of money in cancer treatment. Entire massive new hospitals. With the usual allopathic (poison) protocol. I do not have cancer. I thank God. But I did develop autoimmune desease in Canada. End stage osteoarthritis in both shoulders. For many reasons. Including very limited sun exposure. And very heavy weight lifting. Overtraining. In the last few years I am unrecognizable from what I was. As disappointing as this may be to me I have learnt many lessons that may actually increase my life expectancy that had I not had this setback I would not have learnt.

It may have “saved” my life. I would really like Gui to provide accurate statistics or shoot me down if I am wrong. Interestingly India and Africa take anti-parasitic protocol seriously. I have come to believe that even above a good supplement routine and diet that detox is probably more important. Not only from heavy metals but from parasites. Gardening something I honestly am impassioned about. And here you are exposed to micro-organisms in the soil and sun on your face and back. Good exercise. Grounding. Ticks so many boxes.

Reply | Mark as Spam | Posted On 12/15/2022 2:15:02 AM

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Pete.Smith

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

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Canada is now euthanizing 10,000 of its citizens a year and some of the horrific stories of its ultra-permissive policy will horrify you www.dailymail.co.uk/news/article-11507875/America-afraid-Canada-euthan.. * * * This is very interesting about gut inflammation, like in IBD and the role of bile, also for preventing cancer in the gut. For more than two decades, Evans' lab has studied Farnesoid X receptor (FXR), a master regulator protein that senses the bile acids delivered to the digestive system to help digest food and absorb nutrients. When FXR detects a shift in bile acids at the beginning of a meal, it prepares the body for an influx of food by flipping on and off dozens of cellular programs related to digestion, blood sugar, and fat metabolism.

In 2015, Evans and his colleagues developed a pill called fexaramine that activates FXR in the gut. The pill, they initially showed, can stop weight gain and control blood sugar in mice. In 2019, they showed that FexD -- an updated version of fexaramine -- also prevented cancer-associated changes to stem cells in the gut. Their work suggested that FXR also played a role in regulating inflammation. "Every time you eat, you're causing small amounts of inflammation in your gut. FXR makes sure inflammation stays under control during normal feeding," In the new work, Evans' group discovered that activating FXR can be used to ease symptoms in inflammation-driven diseases.

When the researchers gave mice with IBD a daily dose of oral FexD, either before or after the onset of intestinal inflammation, the drug prevented or treated the inflammation. By activating FXR, FexD reduced the infiltration of a class of highly inflammatory immune cells called innate lymphoid cells. In turn, levels of cytokines already implicated in IBD decreased to levels normally seen in healthy mice. www.sciencedaily.com/.../221212180540.htm (12 dec 2022)

Mark as Spam | Posted On 12/15/2022 4:23:20 AM

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jjl1348

Joined On 7/3/2019 5:14:49 AM

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Thank you for the link Pete. I was aware but not to the extent and general acceptance. I was horrified. Disgusting. Suicide as mental health treatment. It would be a joke if it was not an utter tragedy. If the vaccine does not kill you. After the plan-demic who was not suffering anxiety and depression. They hand you euthanasia as an option. In fact they encourage you. Blatant. Genocide. I guess I could be a candidate. I still have permanent residence. My wife became a citizen. I turned it down. Liberalism. There is a lot I still love about Canada. Including many hard working people (minority) who do actually have common sense. Beautiful nature. I even miss the winters a lot. By the way my understanding is the police in Canada have powers far more extensive than in the US of A. Is Canada rushing to be the first to the reach the 2030 agenda.

Mark as Spam | Posted On 12/15/2022 5:09:47 AM

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Guillermou

Joined On 4/7/2015 8:47:48 AM

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Autoimmune diseases are a group of more than 100 chronic conditions. in the US, autoimmune diseases affect more than 24

million people, while 8 million more have autoantibodies. Between 5 and 10% of Americans have more than one autoimmune disease. Approximately 80% of all patients diagnosed with autoimmune diseases are women. Autoimmune disorders are frequently classified into organ-specific disorders and non-organ-specific types. Autoimmune processes can have various results, for example, the slow destruction of a specific type of cell or tissue, the stimulation of an organ to grow excessively, or the interference with its function.

Organs and tissues frequently affected include the endocrine gland, such as the thyroid, pancreas, and adrenal glands; blood components, such as red blood cells; and connective tissues, skin, muscles, and joints. Some autoimmune diseases fall between the two types. Patients can experience several organ-specific diseases at the same time. There is little overlap between the two ends of the spectrum. In organ-specific disorders, the autoimmune process is directed primarily against one organ. Examples, with the organ affected, include Hashimoto's thyroiditis (thyroid gland), pernicious anemia (stomach), Addison's disease (adrenal glands), and type 1 diabetes (pancreas).

In non-organ specific disorders, autoimmune activity is widespread throughout the body. Examples include rheumatoid arthritis, systemic lupus erythematosus (SLE or lupus), and dermatomyositis. autoimmune.org/.../multiple-sclerosis-ms 8 NATURAL TREATMENTS FOR ARTHRITIS SYMPTOMS draxe.com/health/effective-all-natural-treatments-for-arthritis/ ARTHRITIS OSTEOARTHRITIS. Natural treatments are also considered www.lifeextension.com/protocols/immune-connective-joint/osteoarthritis..

Mark as Spam | Posted On 12/15/2022 5:19:45 AM

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Guillermou

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Some long-term COVID patients suffering from symptoms such as fatigue and shortness of breath show signs of autoimmune diseases such as rheumatoid arthritis and lupus, a Canadian study suggests, building on similar findings elsewhere. Manali Mukherjee, who led the study and is a respiratory researcher at McMaster University in Hamilton, said two specific abnormal antibodies, or autoantibodies, which attack healthy tissue and are known to cause autoimmune diseases, persisted in about 30 percent of the patients. patients one year later. they got infected. globalnews.ca/news/9147833/long-covid-autoimmune-diseases-canadian-stu.. (2022) .---- The association between cancer and autoimmune disorders (AID) is bidirectional.

On the one hand, an increased risk of malignant neoplasms, both haematological and non-haematological, has been observed in different autoimmune diseases. On the other hand, some malignancies can increase the risk of developing an autoimmune disorder. Additionally, some cancers can present with clinical features resembling an autoimmune disorder. This review discusses the association of malignancies with common autoimmune disorders such as rheumatoid arthritis (RA), systemic lupus erythematosus (SLE), primary Sjogren's syndrome (SSp), inflammatory myopathies (IM), scleroderma (Sc), vasculitis (Vs) and other HELP. www.sciencedirect.com/science/article/abs/pii/S1568997217302057 (2017)

Mark as Spam | Posted On 12/15/2022 5:20:20 AM

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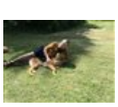

jjl1348

Joined On 7/3/2019 5:14:49 AM

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Thank you Gui. Thank you for the links to osteoarthritis. I have followed the natural remedies. I would like to send you a message. I have a few questions on this issue. If that is ok.

Mark as Spam | Posted On 12/15/2022 6:06:14 AM

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SaritaSarah

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

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Gui, after my RA Dx, I began looking around for a culprit. I learned that even mild Covid (which I had in May) can trigger RA. I do wonder whether having the shingles vaccine could have done it, though. I am in two support groups for RA: one opposed to Big Pharma's poisons and one that can't fathom life without their weekly or biweekly injections—despite extreme weight gain, hair loss, loads of inflammation and other side effects. I'm treating mine with plant medicine, including Quercetin. I'm hopeful.

Mark as Spam | Posted On 12/15/2022 6:48:19 AM

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Pete.Smith

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Study Links Low Selenium Levels With Higher Risk Of Osteoarthritis. People without enough selenium in their bodies face a higher risk of knee osteoarthritis. University of North Carolina at Chapel Hill Thurston Arthritis Center medical scientists and colleagues conducted the research. It focused on the knees of 940 participants enrolled in the Johnston County (N.C.) Osteoarthritis Project, a continuing, federally supported investigation of osteoarthritis that began 15 years ago and is headquartered at UNC. www.sciencedaily.com/.../051114112959.htm (2005) * * * Read this interesting article, a virus, also covid, uses (steals) Selenium from your body.

But Selenium (SE) is important for your immune systems as SE is needed to make white bloodcells in the bonemarrow We need them to fight viruses but also cancer. So when you got a virus you need more Selenium (also zinc). According to researcher Armistead, many people who died from HIV, Ebola and COVID-19 had a serious depletion of selenium. He noted that as selenium falls off, the immune system also falls off. But if a person is able to put selenium back in time, the immune system will be able to bounce back. www.naturalnews.com/2022-12-11-selenium-key-element-needed-by-immune-s.. pubmed.ncbi.nlm.nih.gov/36372013 (2022) Selenium (Se) is in the form of selenoproteins, can modulate inflammation.

The NF-kappaB is associated with enhanced inflammatory response and with interleukin-6 and TNF-alpha production. Selenium inhibit the activation of NF-kappaB by modulating selenoprotein genes expression. Se supplementation in chronic inflammation restores depleted hepatic and serum Se levels by increasing selenoprotein biosynthesis (and glutathione production) leading to suppressed CRP production thereby attenuating the inflammatory process pubmed.ncbi.nlm.nih.gov/19418416 (2009) Se increase anti-bodies naturally. It supports the thyroid. Se helps in 90% of skin problems.

Mark as Spam | Posted On 12/15/2022 6:53:16 AM

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SaritaSarah

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

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PeteSmith, I'm not sure that osteoarthritis and RA are from the same source. One is mostly age- or trauma-related and the other an autoimmune disorder.

Mark as Spam | Posted On 12/15/2022 7:02:44 AM

Like Dislike

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jjl1348

Joined On 7/3/2019 5:14:49 AM

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Thank you again. Lots of information. I fortunately have a few bottles of selenium, from Mercola, and restarted that in my supplement routine just about a week ago. That is something I am curious about. Osteoarthritis. Autoimmune or not. As far as trauma. End stage osteoarthritis in shoulders at the age of fifty (young lol) I understand is not common. Trauma. Rugby. Most often occurs in rugby players. I spent my youth in South Africa and played rugby. And weight training. Tore muscles lifting too heavy, pec, shoulder, and did not stop training, little to no rehab. But. I was doing well until I moved to Canada. Minimum sun exposure. I feel this must have played a role. In South Africa I was out in the sun a lot.

Mark as Spam | Posted On 12/15/2022 7:37:23 AM

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mirandola

Joined On 6/27/2014 7:00:58 AM

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Jil1348, smart but the fact also is that age, trauma can trigger mast cell activation syndrome ,or the cell danger response, resulting in the release of excess histamines. These cause inflammation and degradation, and can definitely contribute to arthritis...among MANY other things. So in the end, age and trauma, via the cell danger response vehicle/mast cells releasing excess histamine on an ongoing basis, can also result in autoimmunity.

Mark as Spam | Posted On 12/15/2022 7:39:08 AM

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Pete.Smith

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

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Breaking news about FXR that I talked about before, see above. Cambridge study finds cheap generic drug ursodeoxycholic acid (UDCA) could be-repurposed as a prophylactic and therapeutic-against covid-19 FXR also regulates the " viral doorway" being the ACE2 receptor, closing and opening it. UDCA close it. Hamsters treated with UDCA were protected against a Delta version of Covid. But if ACE2 receptors are closed also other Covid variants can't enter cells in this way. www.thailandmedical.news/news/breaking-cambridge-study-finds-that-chea.. * * * Jil1348, yes a very good point about the sun.

I know some people who moved to Spain, because the sunshine there took away their pain. A few days ago at Dr. Mercola they talked about how to activate glutathion like with NAC and other means. But dr Mercola forgot to name the most potent way, being Intercellular Melatonin, which protects the mitochondria by activating glutathion, and lowers the inflammation. This type of Melatonin is made by the Near Infrared Red (NIR), so you can get it from the sun, or from a NIR sauna or from NIR lightbulbs. You even have mats with NIR leds. People use to lower pain in their bones with Infrared light, but NIR is far better as it penetrate deep into tissues.

Mark as Spam | Posted On 12/15/2022 7:43:39 AM

Like Dislike

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jjl1348

Joined On 7/3/2019 5:14:49 AM

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Pete. Thanks a million man. Melatonin. I have become a fan. And sauna. Fallen in love. Without making this all about myself. Four years ago. MRI. Myelin sheath denuded. Humeral head deformed. Big bone spurs or calcific deposits limiting ROM. And I believe some pitting. So that I can not wash under my arms without a sponge with a long handle. Struggle to put on a t shirt, shirt, sweater, jacket. Impossible to touch all areas on my head. Can not raise my arm above parallel if that much. Can not reach up to get something in a shelf. Pain became less over the years. Is tolerable. Used to be bad but not much nowadays.

I have maintained my independence. Can still drive. Love gardening. And it seems stable. Also I can exercise my lower body. Zero issues here. That means again independence. Walk up mountain paths. Love it. I have made peace with this. I can continue to weight train my lower body but obviously not upper body. I have considered somehow to try to strengthen and rebuild my upper body somehow. My shirts, jackets etc are like flags or bags hanging on my upper body. It would be nice to fill them out again. I am not discontent. I count my blessings. Hips would have been much worse. I would like to turn this train around.

Mark as Spam | Posted On 12/15/2022 8:30:42 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Rheumatoid arthritis is "an inflammatory polyarthritis," says Dr. Rosian. "Your body attacks the lining of the joints." Over time, this can cause the cushion around these joints to break down. “Rheumatoid arthritis causes erosions,” she explains. “Destroy those joints. This can lead to loss of independence because he is unable to do things like bathe, dress, and feed himself.” Dr. Rosian says that the main ways to control rheumatoid arthritis without drugs involve diet modifications and exercise. Current natural remedies that can help rheumatoid arthritis include: Link health.clevelandclinic.org/rheumatoid-arthritis-natural-remedies/ (2022).-- NATURAL REMEDIES FOR RHEUMATOID ARTHRITIS www.medicalnewstoday.com/.../315492 (2022) NATURAL PRODUCTS FOR THE TREATMENT OF AUTOIMMUNE ARTHRITIS: THEIR MECHANISMS OF ACTION, TARGETED DELIVERY, AND INTERPLAY WITH THE HOST MICROBIOME Natural products can be effective forms of therapy for RA.

We describe four of these natural products and their bioactive components in detail, but there are many more that have been shown to possess anti-inflammatory and anti-arthritic properties. One of the main obstacles to the use of natural products for therapy is their poor bioavailability. To combat this problem, researchers are turning to nanoparticle delivery of such products and have reported successful application of these approaches. www.ncbi.nlm.nih.gov/.../PMC6164747 (2018)

Mark as Spam | Posted On 12/15/2022 9:50:30 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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IMMUNOMODULATORS INSPIRED BY NATURE: A REVIEW ON CURCUMIN AND ECHINACEA Selection of natural products for the maintenance of health and the treatment of autoimmune diseases, such as arthritis, systemic lupus and other diseases, and define their mechanisms of action. In this context, an approach was recently tested in subjects affected by rheumatoid arthritis, in which highly bioavailable forms of curcumin in a natural turmeric matrix were evaluated for their ability to ameliorate the clinical symptoms of this autoimmune inflammatory disorder. www.mdpi.com/.../2778 (2019) TRIPTERYGIUM WILFORDII: AN INSPIRING RESOURCE FOR RHEUMATOID ARTHRITIS TREATMENT. onlinelibrary.wiley.com/.../med.21762 (2020) RESVERATROL ALLEVIATES RHEUMATOID ARTHRITIS VIA REDUCING ROS AND INFLAMMATION, INHIBITING MAPK SIGNALING PATHWAYS, AND SUPPRESSING ANGIOGENESIS pubs.acs.org/.../acs.jafc.8b05047 (2020) ANTI-INFLAMMATORY NATURAL PRODUCTS AS POTENTIAL THERAPEUTIC AGENTS OF RHEUMATOID ARTHRITIS: A SYSTEMATIC REVIEW www.sciencedirect.com/science/article/abs/pii/S0944711321003093 (2021) A SYSTEMATIC REVIEW OF NUTRITIONAL INTERVENTIONS ON KEY CYTOKINE PATHWAYS IN RHEUMATOID ARTHRITIS AND ITS IMPLICATIONS FOR COMORBID DEPRESSION: IS A MORE COMPREHENSIVE APPROACH REQUIRED?

www.cureus.com/articles/107175-a-systematic-review-of-nutritional-inte..
depression-is-a-more-comprehensive-approach-required (2022)

Mark as Spam | Posted On 12/15/2022 9:51:13 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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MITOCHONDRIAL DYSFUNCTION AND OXIDATIVE STRESS IN RHEUMATOID ARTHRITIS Mitochondrial dysfunction may act through modulation of innate immunity through redox-sensitive inflammatory pathways or direct activation of the inflammasome. In addition, mitochondria also have a central role in regulating cell death, which is profoundly altered in RA. In addition, multiple pieces of evidence suggest that pathological processes in RA may be shaped by epigenetic mechanisms and that, in turn, mitochondria are involved in epigenetic regulation. Finally, we will discuss the participation of some dietary components in the appearance and progression of RA. www.mdpi.com/.../1151 (2022)

Mark as Spam | Posted On 12/15/2022 9:51:47 AM

Like Dislike

jjl1348

Joined On 7/3/2019 5:14:49 AM

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Are you saying RA and osteoarthritis is similar Gui? What I read in these articles is similar to what I described. I never looked into RA rehab because I was sure the origin was different even the outcome but I seem to be wrong about this. www.emedicinehealth.com/rheumatoid_arthritis_vs_osteoarthritis/article.. I did research osteoarthritis well at the time I understood I had this. There seem to be similarities with RA but also significant differences. RA seems to be autoimmune. Osteo seems to be trauma related but with additional factors, I believe lack of sun. RA can wax and wane. Osteo is permanent. Although that is what main stream medicine claims. I would like to try to challenge this again. Tried and failed previously. I believe the body has an infinite ability to repair itself.

Mark as Spam | Posted On 12/15/2022 10:19:21 AM

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Guillermou

Joined On 4/7/2015 8:47:48 AM

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You need a diagnosis. Blood tests to assess the presence of inflammation to help diagnose your condition. Other tests may include MRI of the bones, MRI, or ultrasound. Treatment will depend on the type, severity, and location of the arthritis. There are more than 100 forms of arthritis, and the two most common types are osteoarthritis and rheumatoid arthritis. Osteoarthritis, also known as degenerative joint disease, is caused in part by degeneration of parts of the joint such as cartilage, and worsens with age. The progressive wear and tear of the affected parts of the joint can cause an inflammatory reaction. Rheumatoid arthritis (RA), on the other hand, is an autoimmune disease in which the body's own defenses attack the normal lining of the joints.

In this type of arthritis, inflammation in the joint lining in the bones leads to damage to the joint, especially the cartilage. Osteoarthritis is the most common form of arthritis and affects millions of people around the world. It occurs when the protective cartilage that cushions the ends of the bones wears away over time. Although osteoarthritis can damage any joint, the disorder most commonly affects the joints of the hands, knees, hips, and spine. Other relatively common causes of arthritis include injury, abnormal limb alignment, infection, autoimmune diseases other than rheumatoid arthritis, and abnormal deposits in the joints, such as gout.

Mark as Spam | Posted On 12/15/2022 10:48:44 AM

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Guillermou

Joined On 4/7/2015 8:47:48 AM

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Arthritis is a general term referring to more than one hundred joint pain or arthropathies. It is the leading cause of disability in the United States. adults and affects one in five (53 million) adults in the United States. By far the most common form of arthritis is osteoarthritis, which affects half (27 million) of all arthritis sufferers, followed by fibromyalgia (5 million), gout (3 million), and rheumatoid arthritis (1.5 million). . Each of the joints has five main components: bones, tendons, ligaments, cartilage, and synovial fluid. - Tendons are fibrous connective tissue that attach muscles to bones.

- Ligaments are fibrous connective tissue that attach bones to other bones. - Cartilage is a firm but flexible tissue that covers the ends of the bones within the joint. - Synovial fluid is a clear, thick liquid that acts as a natural lubricant. In a healthy joint, cartilage and synovial fluid allow your bones to glide smoothly across each other during movement. Over time, the superficial layer of cartilage can break down and wear away. When this happens minor pain can occur as the breakdown of the cartilage causes the tendons and ligaments to stretch.

More intense pain will occur in places where the cartilage has worn away completely or if bits of bone or cartilage get into the joint cavity. In any case, the Diet and anti-inflammatory supplements and autoimmodulating supplements help in arthritic and demineralized processes. Evidence suggests glucosamine, a natural compound that supports cartilage formation, and the herbal supplements turmeric, Boswellia extract, and ginger and those provided in the autoimmune arthritis links may provide effective pain relief without the side effects of NSAIDs.

Mark as Spam | Posted On 12/15/2022 10:49:30 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Mesenchymal stem cells (MSCs) are a promising source for the treatment of OA due to their multipotency for differentiation into chondrocytes and their ability to modulate the immune system. Herein, we review the pathogenesis and treatment of OA and address the current status of MSCs as a novel potential therapeutic agent in OA treatment. MESENCHYMAL STEM CELLS IN OSTEOARTHRITIS THERAPY: A REVIEW www.ncbi.nlm.nih.gov/.../PMC7868850 (2021) Scientists are in the early stages of using stem cells to better understand joint development and deterioration and to investigate new treatments.

Stem cells can be used to study how joint tissues normally form, model how cartilage (the connective tissue that protects joints) breaks down, and attempt to produce replacement cartilage tissue. One challenge of this research is that cartilage does not regenerate after birth. Therefore, researchers need to find out how cartilage is formed prenatally. Scientists use factors identified in the formation of embryonic joints to convert pluripotent stem cells, cells that have the ability to become any cell in the body, into cartilage Stem cell treatments could potentially help repair damaged joints in multiple ways, including modulating the immune response, delivering cells that can be directed to form cartilage, stem cell-generated cartilage transplantation, or stimulating stem cells. the patient's own cells for regeneration. The goals of these potential stem cell therapies include pain relief, inflammation reduction, and joint tissue regeneration or replacement.
www.closerlookatstemcells.org/stem-cells-medicine/osteoarthritis/

Mark as Spam | Posted On 12/15/2022 11:01:09 AM

Like Dislike

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jjl1348

Joined On 7/3/2019 5:14:49 AM

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Thank you for the information Gui. I will do more research. I got the diagnosis in Canada more or less four years ago. Lots of blood work. And an MRI. They stated osteoarthritis multiple times and offered only shoulder replacement which I turned down. And I do not regret for multiple reasons. I did look into stem cells at the time but at that time it was not available in Canada. Among the supplements I take are green lipped mussel extract and krill oil. I have been looking into alternative therapies though. Research. Some controversial. All natural and have been around for a few thousand years but now buried by allopathic medicine.

And at that time I had severe pain but the physio explained this would get less and it has significantly. I would like to say I suffer from mild discomfort only now. Not sure why. At the time I took allopathic pain killers. More and more. Helped less and less. So I stopped taking it altogether. I take zero allopathic medication now. I have zero confidence in main stream medicine. And I can take care of all my needs and live a "normal" life. What I would like is to restore the joint. My understanding is OA is not reversible. I am hoping to at least prove this wrong to some extent. I do not believe in giving up.

But this is not front and centre in my daily life. I am well accustomed to living a normal life with limited ROM. I tried to continue resistance training upper body until we left Canada and Covid commenced. It may have been a mistake stopping but I will resume even if only isometric or in a partial range in limited angles. I can train my grip strength, traps and forearms and this could potentially return muscle tone to my entire upper body. At least that is what I am going to try. To anyone with a chronic condition. Never give up. And if you stop as I did then return to trying again. At least that is what I think.

Mark as Spam | Posted On 12/15/2022 12:09:24 PM

Like Dislike

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jjl1348

Joined On 7/3/2019 5:14:49 AM

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As far as I know from what doctors explained to me OA of shoulders is not common. Most often seen in people who participate in sport that involves impact to the shoulder like rugby but I assume can involve combat sport. First class information Gui. Thank you.

Mark as Spam | Posted On 12/15/2022 12:39:20 PM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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CONSIDER THE SENOLYTICS: COMBINATION OF ENZYMES AND RUTIN TO MANAGE OSTEOARTHRITIS SYMPTOMS: LESSONS FROM A NARRATIVE REVIEW OF THE LITERATURE link.springer.com/.../s40744-022-00472-7 (2022) SENESCENCE IN OSTEOARTHRITIS: FROM MECHANISM TO POTENTIAL TREATMENT arthritis-research.biomedcentral.com/articles/10.1186/s13075-022-02859.. (2022) TARGETING AGING FOR DISEASE MODIFICATION IN OSTEOARTHRITIS www.ncbi.nlm.nih.gov/.../PMC5886778 (2018) SENOLYTIC DRUGS RELIEVE PAIN BY REDUCING PERIPHERAL NOCICEPTIVE SIGNALING WITHOUT MODIFYING joint tissue damage in spontaneous osteoarthritis.

europepmc.org/.../35951358 (2022) IMMUNE CHECKPOINT INHIBITORS AS SENOLYTIC AGENTS www.nature.com/.../s41422-022-00761-4 (2022) CELLULAR SENESCENCE AND SENOLYTICS: THE PATH TO THE CLINIC www.nature.com/.../s41591-022-01923-y (2022) Also: Glucosamine and Chondroitin, Collagen, S-adenosyl-methionine (SAMe), Boswellia, curcumin, ginger, bromelain, Compounds containing sulfur, Boron, green tea extract, etc, in the link: www.lifeextension.com/protocols/immune-connective-joint/osteoarthritis..

Mark as Spam | Posted On 12/15/2022 1:12:38 PM

Like Dislike

Cap8161

Joined On 8/9/2021 8:29:57 AM

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I was professional equestrian triathlete with a few injuries [not too many] but it was fluoroquinolones that ended my career. For last 30 years I have dealt with tendon,ligament issues, peripheral neuropathy ,insomnia, digestive distress etc. Fortunately no brain fog [thick skull?] so I have found some workarounds mostly using natural means. I fought off Lyme & Babesia with the Stephen Buhner Herbal protocol from three separate tick bites & have microscopy film showing their demise. When you mention high rates of cancer in Canada & USA; there is also a denial in our medical community that humans can get worms. Every case of cancer that Hulda Clark treated the person had parasites ;usually flukes in liver or pancreas.

When I picked them up in the jungle in Puerto Rico from handling golden snails, not only did it take forever to get diagnosed but the only anti helminthic that kills them completely Trimectrin ; IS NOT AVAILABLE IN USA OR CANADA! Turns out that it is also devastating the AG industry because even grass fed cows are getting it from the areas around ponds when they eat the foliage that snails have tracked on. Ivermectin works for couple of weeks; but not powerful enough to kill the eggs which keep hatching out. I got some from Thailand $250, but most will never know they are infected. My microscopist finds LIVE ASCARID EGGS IN 90% OF HUMAN SALIVA!

We worm our dogs, cats horses, etc; why not ourselves? Parasites have evolved for millions of years to hide & feed off the host. There is not a single lab in USA that tests for any animal parasites in humans! When I passed a whole worm & sent in stool sample that came back negative they told me that since humans are not the PRIMARY host they do not list it !! Veterinarians could ID them but they will not touch human waste. I found my flukes from live cell analysis of blood, spit & urine under high power microscopy. Regular deworming has taken my pain levels down esp in joints plus I have more energy now

Mark as Spam | Posted On 12/16/2022 10:20:31 AM

Like Dislike

Piw6958

Joined On 3/19/2015 6:42:04 AM

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This is an excellent argument in favor of scrapping the entire "childhood vaccination" program and once again allowing children to get the usual "childhood diseases" which are intended to train and develop ones natural immune system.

Reply | Mark as Spam | Posted On 12/15/2022 4:37:59 AM

Like Dislike

Cap8161

Joined On 8/9/2021 8:29:57 AM

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Since I am 70 I have had measles ,mumps ,rubella and only vaccinations I ever got were small pox, polio and tetanus. Never had chicken pox though I was exposed by my kids. Last tetanus shot [2000] paralyzed my vocal chords for 7 weeks and I have been hoarse ever since. Turns out it was listed side effect in fine print that nobody ever read. Recently my sinus surgeon who was not happy I had refused Covid jab wanted to know if I had received childhood vaccines. I laughed and told him no I had immunity from having recovered from the diseases.

After I told him what the tetanus shot did to me he was concerned to operate without me getting a booster. I was like duh did you not hear what I just said it did to me? Unless you are planning on operating in filthy conditions the chance of getting tetanus during surgery is nil. The level of programming in the medical community is very concerning; plus I decided to forgo the surgery because I have already had reactions from being around the vaccinated shedding.

Mark as Spam | Posted On 12/16/2022 10:30:23 AM

Like Dislike

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juststeve

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

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Great clip!!! What an elegant simple explanation of the complex interactions of a Living Planet, Our Garden, Planet Earth. Before the deliberate Corona Confuse the general public campaign, "Immunity debt," was being recognized as those with compulsive obsessive use of anti-biotic soaps and other such products were most susceptible to being sick all the time. (Talk about a feedback loop.) Such products are indiscriminate as to whether they kill pathogenic or beneficial microbes. Much evidence points to the beneficial being hit harder & also allowing the pathogenic to mutate faster, to dominate causing the exact opposite of what is supposedly being promoted.

And as a pinnacle of insults, here in this region, public service announcements with a local doctor who no doubt dearly in debt for a

Rockefeller Medical Degree promotes the Triple Whammy - (manufactured,) hit was caused by Social Distancing, Mask, etc., yet our savior is getting the Jab/s, & public officials call for more Social Distancing, Mask, etc.

(Second verse, same as the first.) Dampen down the awareness longer periods of 'viral or bacterial low-exposure' are greater likelihoods of future epidemics. Growing herds of people with declined herd immunity. Is this simple truth the foundation for Bad Bird Billy Gates when he expresses, 'they'll pay attention the next time?' We have been led down the wrong path for decades giving us overreacting immune systems to every minor insult most likely causing of the never-ending rising tide of autoimmune dis-ease.

Warning bells were rung very early jab-resistant variants will probably mutate inside the Jabbed, yet the unvaccinated are attacked as the cause. Even more insulting, Legacy Media campaign, car crashes tied to the Unvaccinated. You know, because people who are involved with natural healing are risk taking drunks, druggies, overeaters, and above all else - all right wingers, the fear porn machine attempting to hold onto the other failed racket, Red v. Blue.

Reply | Mark as Spam | Posted On 12/15/2022 5:18:24 AM

Like Dislike

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juststeve

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

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www.cancerschmancer.org/articles/zach-bush-covid-19-glyphosate-and-nat.. childrenshealthdefense.org/defender/zach-bush-germs-humans-microbiome/.. and the huge part of the story, Zack Bush and food, soil, & health;; www.youtube.com/watch

Mark as Spam | Posted On 12/15/2022 5:29:21 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Yes Just, the biggest threat humanity faces is the increasingly invasive system of fascist tyranny whereby corporations and government have merged and now feed each other to perpetuate "health crises" with profit. The paradigm of scientific information that is always consolidated and monopolized by governments and "health" organizations, pharmaceutical multinationals and billionaires, now has Google, Facebook and Twitter as allies who joined in silencing dissent, censoring to people who disagree with the wisdom of true science. The gagged of independent scientists, doctors and journalists and countless millions who do not comply with the edicts of the government-media-corporate complex has entrenched itself since this false pandemic began and hypnotized minds into the abyss of fear and uncertainty, achieving the Orwellian level of censorship that we are witnessing, which unfortunately traps anyone who dares to question the authority of the elites subjected to the domination and tyranny of the empire of money.

160 PLUS RESEARCH STUDIES AFFIRM NATURALLY ACQUIRED IMMUNITY TO COVID-19: DOCUMENTED, LINKED, AND QUOTED “Public health officials and the medical establishment with the help of the politicized media are misleading the public with claims that COVID-19 injections provide greater protection than natural immunity.

CDC Director Rochelle Walensky: "There is no evidence of durable protective immunity against SARS-CoV-2 after natural infection" and that "the consequence of decreased immunity would pose a risk to populations vulnerable to a indefinite future”. Immunology and virology have taught us for more than a century that natural immunity was enduringly protected—there is strong evidence of persistent evidence. brownstone.org/articles/research-studies-affirm-naturally-acquired-imm.. (2022)

Mark as Spam | Posted On 12/15/2022 5:39:15 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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The essential chapter is disinformation with contempt for natural immunity. 6 BIG DIFFERENCES BETWEEN NATURAL VS. VACCINE-INDUCED IMMUNITY 1. Intramuscular jabs don't induce sterilizing immunity in the upper airway 2. Intramuscular jabs induce immunity that wanes quickly while naturally acquired immunity is more robust and durable 3. Intramuscular jabs induce immunity to the spike protein of the original Wuhan strain of SARS-CoV-2, not the currently circulating forms such as omicron or delta 4. The payload of intramuscular jabs is not limited to the deltoid muscle as we were led to believe in the early days of roll-out 5. Intramuscular jabs rely heavily on inducing immunity through B cell IgG antibodies and not innate immunity or T cells 6.

Might COVID-19 jabs awaken the sleeping dragon of autoimmunity?
childrenshealthdefense.org/defender/differences-natural-vaccine-induce.. (02/04/2022)..-- The genocide of children with the combination of transgenic vaccines will deepen new cancers and diseases in young people. Britain's Office for National Statistics has released data indicating that children who received the COVID-19 vaccines have suffered a death rate 52 times that of their counterparts who did not receive the vaccines.
www.lifesitenews.com/news/children-in-britain-up-to-52-times-more-like.. (02/02 /2022).

Mark as Spam | Posted On 12/15/2022 5:40:15 AM

Like Dislike

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juststeve
Joined On 1/5/2012 11:13:54 AM
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Right Gui, CDC Director Rochelle Walensky: "There is no evidence of durable protective immunity against SARS-CoV-2 after natural infection" and that "the consequence of decreased immunity would pose a risk to populations vulnerable to a indefinite future". How can evidence be found if no one is allowed to look, or if they do they are destroyed in one way or another? Don't listen to the person who has the answers; listen to the person who has the questions. - Albert Einstein The best part of being a conspiracy theorist is not having m y o c a r d i t i s Remember everything is right until it's wrong. You'll know when it's wrong. Ernest Hemingway Natural immunity doesn't write checks.

"You can't really listen to others if you think you have the answers already." Riddle me this??? If the tests work - why the false positives? If the masks work - why the 6 feet? If the 6 feet works - why the masks? If all three work - why the lock down? If all 4 work - why the vaccine? If the vaccine is safe - why the NO Liability Clause? Or, May 2021 95% protection Jun 70% protection Jul 50% protection Aug no protection, but reduces the spread Sep Doesn't reduce the spread, but reduces the severity Oct doesn't reduce the severity, but reduces hospitalizations Nov doesn't reduce hospitalizations, but you aren't going to die Dec you die, but you go to heaven

Mark as Spam | Posted On 12/15/2022 5:47:04 AM

Like Dislike

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mirandola
Joined On 6/27/2014 7:00:58 AM
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"I don't want to live long, I want to live well" said my late family member, who passed away in her 80s.

Mark as Spam | Posted On 12/15/2022 7:02:57 AM

Like Dislike

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

juststeve, excellent synopsis. Except no Heaven.

Mark as Spam | Posted On 12/15/2022 7:29:07 AM

Like Dislike

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pjmauigirl
Joined On 4/14/2021 12:00:14 PM
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It is the utmost in human hubris to think we can disobey or outsmart the intelligence of Nature which governs the mind boggling complexity of these bodies and the world we inhabit. The results of this hubris are screaming at us and most choose to ignore it. I for one am finding it ever more difficult to stomach the growing insanity of the dominant narrative. I love Zack Bush; he's on the leading edge of medicine and in a class of his own.

Mark as Spam | Posted On 12/15/2022 10:09:21 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Breastfeeding is the first way to achieve a healthy immune system in the newborn. Breastfeeding also creates a positive psychological state in the baby and the mother. It is essential to take care of the future mother's diet, improving her intestinal health with the promotion of probiotic bacteria, avoiding a junk diet. Babies receive their first influx of beneficial bacteria from their mothers as they pass through the vaginal canal during a normal vaginal delivery, and then continue to receive good bacteria through breast milk; The increase in cesarean section deliveries, the mother's unnatural feeding, and feeding with milk formulas, vaccines, leaves the baby more unprotected for a healthy intestinal microbiome, the integrity of the intestinal mucosa, resulting from intestinal permeability, It allows undigested food molecules to enter your bloodstream, making you more vulnerable to allergies.

All this leaves the child unprotected from a natural process of immunity in many babies and forces them to start life with fewer friendly species of intestinal microflora. The researchers calculated that if 90% of infants exclusively breastfed for 6 months, 911 deaths could be prevented. The costs of formula feeding, other researchers, found that, compared to 1,000 babies exclusively breastfed for 3 months, 1,000 non-breastfed babies require 2,033 more office visits, 212 more days in the hospital, and 609 more prescriptions in the first year.

www.ncbi.nlm.nih.gov/.../10103324 .---- This meta-analysis suggests that there is a statistically significant inverse association between breastfeeding and maternal risk of type 2 diabetes. www.sciencedirect.com/.../S0939475313002743 (2015) Research has found that breastfeeding is associated with a lower risk of long-term metabolic risk factors and cardiovascular disease. www.ncbi.nlm.nih.gov/.../PMC2714700 .----

Mark as Spam | Posted On 12/15/2022 2:11:17 PM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Studies have reported that breastfed infants> 6 months had a 24% reduction in risk of acute lymphoblastic leukemia compared to non-breastfed babies, while those breastfed 6 months had a 12% reduction. Other chronic diseases that are reduced by breastfeeding include type 1 and type 2 diabetes, obesity, hypertension, cardiovascular disease, hyperlipidemia, and some types of cancer. www.ncbi.nlm.nih.gov/.../15504444 .---- journals.sagepub.com/.../1010539515624964 .--- Mothers who breastfeed have a lower risk of diabetes, depression, cardiovascular disease, and breast and ovarian cancer.

Favorable metabolic changes in lactation persist after weaning, resulting in long-term observed decreases in risk of chronic diseases among women. The evidence concludes that the duration of breastfeeding is independently associated with a lower incidence of diabetes jamanetwork.com/journals/jamainternalmedicine/article-abstract/2668634 (2017) The evidence is that breastfeeding protects against breast and ovarian cancer in women who have breastfed. Their children are epidemiologically well established. A reduction of 26% is found for breast cancer and 37%. reduction of ovarian cancer in women who have breastfed. www.nhcancerplan.org/images/downloads/issue-briefs/NHCCC_EI_Breastfeed.. In another meta-analysis, there was a 28% lower risk of developing ovarian cancer in women who breastfed for at least 12 months compared to women who never breastfed.

www.ncbi.nlm.nih.gov/.../19827919.----- Women who breastfed their babies for at least 15 months had a reduced risk of developing multiple sclerosis or clinically isolated syndrome, compared to women who breastfed their babies for less than four months or who did not breastfeed at all journals.lww.com/neurotodayonline/fulltext/2017/09070/In_the_Clinic___.. .----

Mark as Spam | Posted On 12/15/2022 2:11:42 PM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Some pesticides, including carbamates, have been shown to disrupt the human immune system. We found that bendiocarb is present at high levels in the maternal, umbilical cord, and infant plasma of persons exposed during pregnancy, indicating that it is systemically absorbed and transferred across the placenta to the fetus. Furthermore, exposure to bendiocarb is associated with numerous changes in fetal immune cell function and homeostasis, including a dose-dependent decrease in regulatory CD4 T cells, increased cytokine production, and inhibition of proliferation-driven proliferation. by antigens.

Furthermore, prenatal exposure to bendiocarb is associated with higher measles titers, suggesting that its impact on functional immunity may persist for many months after birth. www.nature.com/.../s41467-020-20475-8 (2021) The objective of this study was to determine the relationship between pesticide exposure in pregnant women and its effect on the respiratory system of their children. These substances cross the placenta and become exposure transmitters for the individual in the most sensitive stage of his development. The embryo/fetus and newborn are extremely sensitive to exposure and adverse effects are more severe than in adults.

Chronic pesticide exposure in children is associated with chronic respiratory disease and symptoms. www.mdpi.com/.../15418 (2022) The findings suggest that a son's risk of autism spectrum disorder is increased after prenatal exposure to environmental pesticides within 2,000 m of his mother's residence during pregnancy, compared to sons of women from the same agricultural region. without such exposure. Childhood exposure could further increase the risks of autism spectrum disorder with comorbid intellectual disability. www.bmj.com/.../bmj.l962 (2022)

Mark as Spam | Posted On 12/15/2022 2:33:42 PM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Children are vulnerable to environmental toxins, including pesticides, and therefore require special research and policy attention. In general, pesticides are associated with poor neurological and behavioral outcomes in young children, possibly due to their effect on neurotransmitters. Several pesticide compounds have been linked to poor neurobehavioral outcomes, including verbal, memory, response speed, and possibly autism in preschool children. In particular, school-age children exposed to higher levels of pesticides are at higher risk of ADHD.

www.ncbi.nlm.nih.gov/.../PMC4247335 (2020) Breastfeeding is a gold standard of neonatal nutrition because human milk contains a large number of essential compounds crucial for the proper development of a child. However, milk is also a biofluid that can contain environmental contamination, which can have effects on the immune system and consequently on the various organs of the body. Polychlorinated biphenyls are organic contaminants that have been detected in human milk. They have lipophilic properties, so they can penetrate fatty milk and ultimately the digestive tract of the newborn.

Another problem of interest is the presence in milk of heavy metals —arsenic, lead, cadmium and mercury—, since these compounds can lead to disturbances in the production of cytokines, which are important immunomodulators. LThis can lead to health problems in children such as allergy, disorders in the endocrine system, end even retardation and neurodevelopmental disorder. link.springer.com/.../s11356-019-04141-1 (2019)

Mark as Spam | Posted On 12/15/2022 2:34:11 PM

Like Dislike

Mercola_Fan

Joined On 1/11/2009 12:28:23 AM

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Never ever get a vax!

Reply | Mark as Spam | Posted On 12/15/2022 10:31:38 AM

Like Dislike

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mil63955

Joined On 6/4/2020 11:39:10 AM

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You mention Unnecessary vaccinations. Are there ones you consider necessary? I am planning to have a child and am against vaccinations so that is why i am wondering if there are some you, as a doctor i trust, would say, in your opinion, you think important? Thanks!

Reply | Mark as Spam | Posted On 12/15/2022 5:34:59 AM

Like Dislike

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nothingsound

Joined On 8/12/2018 9:47:47 AM

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I would suggest you purchase the book written by Doctor Paul Thomas; The Vaccine Friendly Plan. He is not a vaccine advocate as he now is employed by Children's Health Defense. The book is amazing and is one gift i give to all new mothers. it explains the benefits of not vaccinating, and if you choose to vaccinate he recoommends a much slower and later schedule. He also explains data how children who are not vaccinated are much healthier. Use your due diligence; do the research and since you are asking before you have a childalso be aware of how what you do once pregnant affects the long term health of your child. Thank you for being so aware by thinking ahead.

Mark as Spam | Posted On 12/15/2022 6:00:25 AM

Like Dislike

SaritaSarah

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

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If I were able to make my own decisions as far as vaccines when I was a kid, I wouldn't have gotten any of them. We didn't know better back then.

Mark as Spam | Posted On 12/15/2022 6:40:27 AM

Like Dislike

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airsurfer

Joined On 3/31/2014 8:39:38 PM

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hi mil, you understand when possible to avoid internet censorship (ommitment in search engs etc) not everything is overtly stated? You can mention a logic and readers can follow it without ever mentioning what is not approved anymore by the censors. Just reading once the pro's and con's of artificial interventions called vax makes it clear not a single one is natural neither healthy neither lasting etc. The issue is how to bypass the demands of the foolish compliants around. Most people (that I know) who are anti-V never go back, as there is just no real solid science behind any V and in the 2 degrees I studied at uni (medically related) in the courses that mentioned Vinjections, none mentioned the ill effects.

Just shows (amongst many others but I'll keep it short and not too personal) how much uni medical courses are controlled by the industry. Any enthousiasm to start doing independent experimental research (thus with participants) was quickly nicked in the bud as without industry funding, there is no research unless you have enough private funds or independent funding. And after that you still have to be published in peer reviewed journals owned/funded by industry. Protecting your little angel is gonna cost you stress, but in the long run way less stress than a damaged for life kid. best wishes.

Mark as Spam | Posted On 12/15/2022 6:47:53 AM

Like Dislike

Marago

Joined On 12/28/2020 9:29:38 AM

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Hi “mil”. Good for you for planning ahead and doing some research and asking questions. I cannot believe the amount of shots on the childhood vaccination schedule, it is pure insanity. Fortunately my youngest grandkiddos have/are homeschooled and family has been successful in not having the mandatory vaccines and they are very healthy, sharp learners, get their school work done and they have wonderful other productive activities. My best to you in your journey, you are making an excellent choice. And BTW, look into home delivery of your future baby. IMHO, staying out of the hospital us best!

Mark as Spam | Posted On 12/15/2022 9:35:43 AM

Like Dislike

Martix

Joined On 10/19/2007 4:48:18 AM

Add as Friend | Send Message

There is no safe Vaxx, there is no safe Vaxx, there is no safe Vaxx !!!!....Got it

Mark as Spam | Posted On 12/15/2022 2:03:07 PM

Like Dislike

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den2343

Joined On 3/23/2015 7:29:40 AM

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Almost 80 years old now and as a child I was exposed to just about everything on farms. So as an adult I have never had a cold or the flu. And I never coughed except for something stuck in my throat. First COVID I was coughing and sneezing but got over it - Second variant same thing - But after I got the Omicron variant just over a year ago I've never stopped coughing and sneezing. And my stamina went steadily down hill. I'm on the paste and zinc for the last month now and my symptoms are getting better. Much of the coughing and sneezing are gone but my stamina has only improved slightly.

Reply | Mark as Spam | Posted On 12/15/2022 9:14:22 AM

Like Dislike

SaritaSarah

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

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In other words, revert back to when most of us were growing up. We played in dirt, we ate dirt. We didn't have elevendy million antibacterial soaps. We ate whole foods, even many who weren't wealthy.

Reply | Mark as Spam | Posted On 12/15/2022 6:34:27 AM

Like Dislike

Sanbruno69

Joined On 10/2/2021 8:49:58 AM

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Exactly. We grew up dirt farmers. Grew all our foods!! At 74 years young I still play in the dirt daily in my huge garden!! Saludos

Mark as Spam | Posted On 12/15/2022 6:42:44 AM

Like Dislike

SaritaSarah

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

Add as Friend | Send Message

Sanbruno69, thank you! Our families think my husband and I are nuts. "We're healthy," they claim, while on 10-12 meds a day. I hope to outlive both my parents. My mother and father were 61 and 79, respectively, when they died of a massive stroke and metastatic cancer. They ate well but smoked lots of cigarettes. At 56, I believe moving to our organic farm is what will get us there. Thank you!

Mark as Spam | Posted On 12/15/2022 6:52:43 AM

Like Dislike

Marago

Joined On 12/28/2020 9:29:38 AM

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Exactly, SaritaSarah! As a child I could not stand being indoors. Huge tree stump in the woods — you could walk inside of it. If the neighbor boys got there first, the tree stump became cowboys. If the neighbor girls were first, the tree stump became a doll house! Oh yeah, we spread the measles too and the chickenpox. It was a great life and I'm certain contributed to the healthy and happy life I live in the current day!

Mark as Spam | Posted On 12/15/2022 9:19:25 AM

Like Dislike

harvelicious

Joined On 12/10/2010 9:20:30 AM

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Some doctors, like mine, when I was a kid, used to say "every child should eat a pound of dirt every year". In those days, money was scarce (although we never ever felt like we were "missing out" or "lacking" anything) & we bought so very little from the grocery store because we produced all of our own food. It was awesome! Mom was a fabulous cook/baker. We grew up farming, gardening, raising livestock, butchering, harvesting, storing, managing our food, & being good stewards of God's Gifts - the most important life skills one can possess.

Mark as Spam | Posted On 12/15/2022 10:40:10 AM

Like Dislike

stoneharbor

Joined On 6/30/2008 1:05:17 PM

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From my experience it's not just exposure to nonpathogenic bacteria that helps build a stronger immune system, but it's exposure also to small quantities of pathogenic bacteria. This is the mileauTheory. It's not just over protection from all germs that is threatening our youth. It's things as simple as total replacement of playing in dirt, with thumbing on a cell phone. There's a huge difference in the range of bacteria that children these days are exposed to compared to when I was a child. You can't replace dirt and mud puddles with a cell phone. You can't replace a half dozen Playmates from different homes with the communication over the internet with even a hundred different people.

Reply | Mark as Spam | Posted On 12/15/2022 8:51:36 AM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Yes, stoneharbor, the microbiota plays a fundamental role in the induction, formation and functioning of the person's immune system. In return, the immune system has largely evolved as a means of maintaining the host's symbiotic relationship with these highly diverse and evolving microbes. When operating optimally, this immune system-microbiota alliance allows for the induction of protective responses to pathogens and the maintenance of regulatory pathways involved in maintaining tolerance to innocuous antigens. The immune system is integrated with innate and adaptive components endowed with responses to pathogens. Taken together, this cellular network acts as a formidable regulator of a person's homeostasis, allowing tissue function to be maintained and restored in the context of microbial and environmental encounters.

The development of defined arms of the immune system and more particularly those associated with adaptive immunity has coincided with the acquisition of a complex microbiota which supports the concept that a large fraction of this machinery has evolved as a means of maintaining symbiotic relationships with these highly various microbial communities. In turn, the microbiota promotes and calibrates all aspects of the immune system.

The immune system-microbiota alliance is essential to maintain health. The acquisition of a complex immune system as well

as its reliance on the microbiota came at a price. The pathologies that increasingly affect humans, such as allergies, autoimmune and inflammatory disorders, arise from the poor response in the control of misdirected immune responses against self, microbiota-derived or environmental antigens. Altered microbiota composition and function as a result of antibiotic use, dietary evolution, and recent removal of constitutive partners such as helminth worms has transformed our microbial allies into potential hazards

Mark as Spam | Posted On 12/15/2022 2:47:34 PM

Like Dislike

JGW1950

Joined On 10/27/2022 3:03:37 PM

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When my brother started acting weird after his 18-month shots, the doctor said it was normal. He's now 34, and he has autism, multiple food allergies, migraine headaches, frequent colds, depression, and obesity (even though he doesn't eat a lot). My older sister has multiple food allergies, depression, acute anxiety, weight control issues, and is always sick with something. When we all get together, everyone has to eat a different meal, depending on their allergies. And me? Well, I eat whatever I want, eat tons of so-called junk food, am never sick, and I'm so slender that I was asked to model for a clothing company.

What's the only difference between them and me? They were fully vaccinated for diseases that are both serious and trivial when they were children. After seeing the health struggles of my siblings, my mom saw the light, got religion (i.e., I went to school with a religious exemption), and that made all the difference. Oh, I should clarify this with one P.S.: In order to attend college, I had to get the Covid vaccine. My mom insisted on the Johnson and Johnson. A week after the shot, I got the first ear infection of my life, then I got the first cold of my life, and my periods went haywire for the next three months.

So I confess, I got to experience what they've suffered their whole lives. I had only one booster, my periods went haywire again, and I got one cold. But that's it for shots, and I still am better off than my "fully protected" messed-up brother and sister. I still get to eat whatever I like, and I don't suffer from the multiple issues that plague them. If I can just get through the last two years of college, I will never get another shot again.

Reply | Mark as Spam | Posted On 12/15/2022 7:18:07 AM

Like Dislike

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dpolster22

Joined On 3/25/2010 12:05:59 PM

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you don't "suffer from the multiple issues that plague them." you mean you don't suffer 'yet'. who knows what will come long term down the road that hasn't yet manifested.

Mark as Spam | Posted On 12/15/2022 4:33:16 PM

Like Dislike

Suzanne_L

Joined On 7/23/2020 10:19:29 AM

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Great story! And nice to hear from a young person on this site!

Mark as Spam | Posted On 12/15/2022 8:09:39 PM

Like Dislike

Cadville2
Joined On 4/6/2017 11:44:23 PM
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Also, I have read that children who are exposed to animals also have a more robust immune system.

Reply | Mark as Spam | Posted On 12/15/2022 7:15:18 AM

Like Dislike

Anicopia
Joined On 7/14/2022 5:23:22 AM
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"The "hygiene hypothesis" was initially proposed by epidemiologist Dr. David Strachan in 1989.3,4,5 He believed the rising incidence of allergies was linked to reduced exposure to viruses and bacteria . . . " He is missing the effect of the huge increase in childhood vaccines at that time, highly associated with allergies, and also many other health problems such as ADHD, infections, SIDS, and, of course, Autism.

Reply | Mark as Spam | Posted On 12/15/2022 5:08:52 AM

Like Dislike

SaritaSarah
Joined On 7/21/2022 7:04:08 AM
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Anicopia, By and large I agree, but only to a point. The shortcuts taken with “food,” including how animals are raised and how fruits, vegetables and grains are grown, contribute significantly to the rise in food allergies. I have an overactive immune system, so I’ve had allergic rhinitis my whole life. But I do agree that lav, of exposure contributes to all sorts of maladies.

Mark as Spam | Posted On 12/15/2022 7:27:38 AM

Like Dislike

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harvelicious
Joined On 12/10/2010 9:20:30 AM
Add as Friend | Send Message

Most allergies caused by "vaccines" & "immunizations". Another lucrative revenue stream for the psychopaths/criminals.

Mark as Spam | Posted On 12/15/2022 10:47:42 AM

Like Dislike

Segstar
Joined On 7/3/2012 3:30:42 PM
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For those suffering from arthritis, osteoarthritis or any type of joint and connectivity tissue pains look into Prolozone treatments before going to other modalities of treatment.. www.antiagingmedicine.com/.../prolozone-therapy

Reply | Mark as Spam | Posted On 12/15/2022 8:08:51 PM

Like Dislike

RampagingManatee

Joined On 5/15/2021 1:16:19 AM

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I'd like to make a quick correction tyvm: To say the 'negative consequences' of masks, school and church closings, small business closures, (might as well add Remdesivir, and vaccines) ...to say the negative aspects were "unintended" is absurd, ridiculous and insulting. Those people and institutions remain free to attack us again with much more money in their war chests. Heads up.

Reply | Mark as Spam | Posted On 12/15/2022 1:49:38 PM

Like Dislike

TRitchie

Joined On 3/24/2012 11:24:53 PM

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My 14-year-old daughter caught chicken pox from me earlier this year. No, she didn't have the varicella shots as a baby (stopped going to the pediatrician after the four months shots which costs $400 out of pocket at the time if you didn't have insurance). I think the Rotateq messed with her bowels (she struggling between her 2 months and 4 month shots) and I told my husband that he (born in 1961) and I (born in 1976) didn't have all of those shots and we're doing just fine. He agreed but was fearful of her getting sick. When she did, it only lasted a day or two.

I was nursing on demand and we didn't go out much. We're still not going out much, unfortunately because I rely on my husband to drive (which he hates these days). My daughter and I have an issue which is our sleeping schedule (up almost all night). Blue light is a major issue. Yes, I know that I should get computers and lights out of the bedroom but we have a 5G wifi Xfinity router in our bedroom. I want to bring it back to the living room but I would have to get my mother-in-law to call Comcast over to deal with that.

Reply | Mark as Spam | Posted On 12/15/2022 1:48:17 PM

Like Dislike

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brianallen1

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

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TRitchie. Please turn off your router and WiFi whenever you are not using it. Especially overnight. Shut off all screens and devices. If possible, trip the circuit breaker to the bedroom to eliminate EMFs. Worth the effort and your bodies will thank you.

Mark as Spam | Posted On 12/15/2022 5:37:48 PM

Like Dislike

Segstar

Joined On 7/3/2012 3:30:42 PM

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In addition to what Brian mentioned you can get those Blue light blocking glasses when watching TV or using your PC. Another thing is to hard wire your devices , use Ethernet and shut off the Wifi from said devices.This would help to reduce the negative issues you are feeling.. Another thing is by hard wiring your devices, this would make your WiFi signals more effective for the devices you cannot hard wire..

Mark as Spam | Posted On 12/15/2022 8:15:22 PM

Like Dislike

Segstar

Joined On 7/3/2012 3:30:42 PM

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The WHOLE is greater than the sum of the parts..While tossing short term fixes like adding more Selenium to soil, adding Vits C, D,E, K2, Ubiquinol the rest of the alphabet to your mix will help for a while, eventually they will tank.. When we really analyze this dance we'll see that the delicate Earth's Ecosystem is completely regenerative, same with the human body.. So does it not make sense to support and correct that which was lost to these thieving, conniving, demonic psychopaths.. How about returning to sustainable Organic farming and agricultural practices.. Many have asked where would we get the money to fix this.. Well for starters we just spent over 60 plus TRILLION dollars on this fake PLANdemic.. Imagine the distance we could have gone in repairing this mess..

But promoting health and goodwill is not what the trash is after - it's exactly the opposite.. Also to think not that long ago, the Earth was a very blue planet, now what we have is just tiny pockets of so called blue zones ..My point is simple, no links or books , or PhD's , just plain "common sense - yes i know it's not common anymore.. Now how about we return the delicate Ecosystem to it's former glory and watch everything under the Sun flourish again and all of those man made dis eases disappear... Of course this may require getting rid of a number of crooks, cronies, puppets and Puppeteers along with their counterparts to prevent reoccurrence..

Reply | Mark as Spam | Posted On 12/15/2022 12:19:35 PM

Like Dislike

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jda4667

Joined On 8/2/2018 11:04:53 AM

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The propensity of parents in the late 20th century to overreact to every sniffle or complaint resulted in a bubble like existence in itself. Isolation and over treatment with meds especially antibiotics massively altered the microbiome, More than likely resulting in the proliferation of ailments such as autoimmune and other chronic diseases. Now we're looking at a totally different scenario in which the theme is population reduction thus the appearance of killer vaccines which find easy prey in the immune deficiency of many populating the past several generations. Reversal of this trend is probably impossible because of sociopaths occupying our controller bureaucracies (owned by the billionaire elites and their toadies) and brainwashing of the controlled. Now we have intentional, unnecessary wars provoked to kill those who may survive plandemics. God is in ultimate control and getting right with God is my answer and should be considered as yours.

Reply | Mark as Spam | Posted On 12/15/2022 9:41:14 AM

Like Dislike

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airsurfer

Joined On 3/31/2014 8:39:38 PM

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the whole nonsense about virii being vilains (instead of a building block of life, life which may differ from human form) reminds me of the whole paradoxes of dairy consumption. I'm not talking about the arguments against dairy consumption, but about the whole 'sterilization' process. As dairy has been marketed with the slogans calcium for your bones and probiotics for your gut. That last one quickly got me questioning what was going on... So this sterilization (=means killing), means by heating it up, you'd kill all the bad bacteries, but the good ones would survive... huh? How? By Magic! And all those who in old times drunk unsterilized milk and calves, poor souls, well... they're all dead son.

Reply | Mark as Spam | Posted On 12/15/2022 7:54:57 AM

Like Dislike

Jeremiah.8

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

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Interesting video, but Ted needs to learn the the difference between humus [soil rich in plant matter] and hummus [chick pea mush.] I'm not picking on Ted, but in the last 5 years, the spelling, grammar etc. of even educated people and articles has a truly shocking amount of errors. Another symptom of the times. I've always believed passionately, that if you care about a message, you will also care about communicating that message, effectively and humus is not hummus.

Reply | Mark as Spam | Posted On 12/15/2022 7:49:26 AM

Like Dislike

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forbiddenhealing

Joined On 2/21/2011 9:51:43 AM

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Exposure to nature/animals/parasites cues the immune system's development....The bogus germ-theory led to germ-phobia which morphed into sterilized living and fifty vaxxxinations for every school kid while dissing the reality of (charge) terrain for fun and profit....now a legally protected monopoly mandate. The absolute failure of covid gangsters is obvious; they ran a well planned psychological attack to net trillions that will never pass the scrutiny of real data. The plan depended on the pre-existing conditions of bad foods, toxins and having an easily-scared marginally-healthy public convinced of the infallibility of "scientific experts." Sorry suckers; the government, the pharmaceutical monopoly, universities and cookie-cutter doctors colluded with mass media to censor truth and create a false reality.

So many were fooled that "rules" and peers created an inquisition exceeding all common sense. Hey...when a man can call another man, or woman can call another woman "WIFE"; language has lost all meaning and confusion becomes normalized. We looked up to authority, science and celebrities only to become midgets ourselves...so it ain't rain falling from above..it's yellow and smells like piss.

Reply | Mark as Spam | Posted On 12/15/2022 7:27:48 AM

Like Dislike

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jamNjim

Joined On 2/20/2008 11:15:54 PM

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It's a viable hypothesis that the lockdowns did more harm than good across every metric. I doubt that the lockdowns slowed down or prevented the spread of germs/viruses. If anything, it ENHANCED the spread and that was the PLAN (Plandemic). If you recall, the infection rates went up where there were lockdowns. Today's modern homes are near air tight and there is no fresh air being introduced. Respiratory viruses spread via vapors exhaled from the lungs. Being in a confined, air-tight space (most homes apartments), is the WORST thing you can do to avoid getting sick, unless you are a alone. Most modern commercial buildings and office buildings have FRESH AIR MAKEUP systems for this very reason!

That's why I've been screaming from the rooftop since day one that EVERYONE should be at school or work. It is SAFER! 50+ years ago this wasn't the case. Houses weren't air tight and most office buildings didn't have fresh air makeup systems. Most people didn't even have air conditioning. they opened up all the windows to cool the house down at night!. The kids didn't stop interacting with each other due to the lockdowns. Yeah, they spend more time on social media today than 30 years ago, but they still go see each other in the neighborhood.

So the children would intermingle, catch covid, have no symptoms, and are now immune as an adult if they ever catch it again. WIN WIN for the children. The ones that suffered are the adults who wore masks, stayed home (worked from home), got vaccinated (further destroyed their immune system), disinfected, sanitized, and social distanced. Had the kids been allowed to attend school they would be just fine! I hope those parents with kids that live in a state that kept their kids out of school for more than a year find the will to LEAVE those states and move to a state where they know this is ridiculous.

Reply | Mark as Spam | Posted On 12/15/2022 6:48:10 AM

Like Dislike

brianallen1

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

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Maybe those school districts will stay open and just add the magical plexiglass partitions that are so effective! Whenever I run into one by a cashier, I ask them "are they bulletproof, too?" That usually gets a laugh and starts them thinking how ludicrous those are WHILE THEY HANDLE YOUR PURCHASES AND MONEY.

Mark as Spam | Posted On 12/15/2022 6:59:03 AM

Like Dislike

mirandola

Joined On 6/27/2014 7:00:58 AM

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JamNJim, please see my thread in which I commented, that MDs report studies showing that people with friendship, love and connection, have healthier immune systems than those who are lonely, isolated. Doesn't that make perfect sense? And just as Buddha's mother tried to protect him from ever seeing death and suffering, and he himself concluded that sanity came from facing reality head on rather than dodging it, I also believe that there is one fundamental truth which BigPharma, in a lie-based way, seeks to override: Namely, that we are merely mortals. You can't hold back the waves of the ocean, and you can' t hold back reality.

Sorry BigPharma. I do believe in caution, yes, that most people of commonsense will self quarantine if sick, and I most certainly do stay home if I am sick....with anything at all....since cutting out gluten, eating all organic food and lots of antioxidants/vegetables/fibers, I hardly get sick anymore. Maybe once every three years, and only residually if so. Prior to cutting out gluten I was sick once every two months, badly. No more. I didn't even get COVID! We have choices! So...in the final analysis, do we really "need" the government to shut us down, lock us up like prisoners? Is this life, living?

What is the purpose of life? Love, in the final analysis. Therefore, these "Protective" measures are the real killers, of a quality of life. That is the ultimate and real death, in the end. As for masking and distancing, a close friend chose to wear her mask day in and day out, inside her home, while her son visited for Thanksgiving. Her son, ditto. They never took them off, and my friend never left the house. Guess what, my friend became really deathly ill with COVID. It was very likely the mask itself which made her very ill! Need we state the obvious ? Inhaling CO2 day in and day out, surely can't be protective! Surprise, surprise!

Mark as Spam | Posted On 12/15/2022 7:19:38 AM

Like Dislike

airsurfer

Joined On 3/31/2014 8:39:38 PM

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to me the biggest victims of this whole scam are the children. No escape for them, mask all day in school or face school and home penalties and if you're unlucky your parents will be stupid enough to force the shot on you too! Besides the fact many or

most had no other choice at all than to be in the presence of vax shedding others. When I go to the shops, I do it quickly and take the mask off (leave it hanging on 1 ear or off) from the moment I'm in and untill someone really bothers me about it.

The few times I couldn't take it right off, it quickly made me very nervous and angry because I can not conform to lies harming children the most. I sometime wear another mask for painting purposes and though I'm no fan of it, I don't hate it like the submission mask. As mentioned, suicides rates amongst children (!!! is there anything more sad than a child killing itself??) have soared due to abuse by the system, by idiots, by the fear mongering. I have way less compassion for the flaws of older people.

They should know better. They are far far more educated than the young. Grandparents usually have more time, which they spend with their best friend tv, acting like it is virtuous to repeat the propaganda. I had more than a heated discussion with elderly who say vaxes are no big deal and that they, as fierce heroes of the old times, got their jabs without complaining. But they are unaware that the younger the kid, the more it has been injected with harmful, energy sapping, health sapping, debilitating products after their parents had also already been partially damaged by lesser doses (or toxins) who can still have multigenerational effects.

The world is more loaded with toxins than ever and children are more than ever damaged from (and before) birth. Still, idiots never question themselves (what education?) and blame the youth without knowing the facts and without realizing you do not choose for illness when young and that the world we live in was shaped by those BEFORE.

Mark as Spam | Posted On 12/15/2022 8:55:59 AM

Like Dislike

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airsurfer

Joined On 3/31/2014 8:39:38 PM

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jim, just to be clear, my comment relates to my many discussions and are not against you, except for the part where I think you are wrong by calling it WIN WIN for the children. As they had no choice, the parents did and choose wrong. Of course from a medical assessment today they are worse but mainly related to age. Many working at home were happy to take the bloody mask off! As far as the elderly in retirement homes... they were abused as society let them be abused, die, and then blame the kids!! Again I have no compassion for any figure blaming kids (how far have we gone if it's come to this...) for the shitstorm their parents willingly put them in.

Children should always come first. If there happens to be one that needs to be sacrificed, having the choice between me and a kid, I'd step forward. Though I'm not that old, I have a mind full of decently happy memories (not hollywood miracles that are just there to make you feel sad) and music, that I can state without any doubt that I received more than enough.

Kids haven't. Pubers haven't. Actually most people younger than me. Kids on social media have quite a shitty way of passing time. As you probably know, bullying is even worse on those electronic platforms, as now (and in their minds) the whole world can follow their whole history of being bullied. A lot more difficult to get a fresh start out of victimization when your whole previous life is there, fully documented for everyone to see and re-see and never be forgotten.

They got on there by their parents, commercials, peer pressure. As with tv, once you're in you don't get out. I fully agree with leaving the crazy states! Although I hate moving, leaving the powerwhores alone is one of the best ways to minimize their power. Let their repression system soldiers turn against them. I encourage everybody to organize in health communities and grassroots living truly organized by the people for the people. The global system is corrupted far beyond redemption.

Mark as Spam | Posted On 12/15/2022 9:28:02 AM

Like Dislike

Sanbruno69

Joined On 10/2/2021 8:49:58 AM

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Dirt!! Smell the soil!! Get outside and wallow in the mud!! I did when younger. 74 now and still healthy as a bug in a rug!! Viva Mexico!!!

Reply | Mark as Spam | Posted On 12/15/2022 6:40:45 AM

Like Dislike

airsurfer
Joined On 3/31/2014 8:39:38 PM
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Basically, protect yourself by fleeing city society. Besides training the immune system (this theory is exploited to inject vax), what living creatures need is all the stuff nature feeds us, which is so much it will never be able to be artificially made/reproduced. There will never be a magic pill a citydweller could swallow that can substitue for every bit of life life in nature gives you. Access to nature maybe in the next constitution? Science needs to stop agreeing to reductionism. A vegetable is not healthy only because it contains a measurable bit of fibers and vitamins and is green.

It is healthy because of its limitless composition that is far greater than a few thousand catalogued chemical 'active' compounds (as if the rest was useless dead weight) in them. As long history has shown, the current (medical?) 'science' should never have any authority over life and death. Only each single individual should decide for only their own body. Otherways there is no end to loopholes for the trick(st)er to exploit to put humanity in a model for mass production of misery.

As in old times, babies and kids need to experiment in nature and put whatever 'nasty' (but natural) stuff in the their mouth, as this is the way your chemical receptors learn and even discover things that might do wonders for just you (we all have variance in tastes), of course under some supervision of elders. Children's 'crazy' behaviour is not sheer stupidity. It is a proven necessary learning curve. You can not deny a child the pain that goes along with trial and error, learning in general. Booboos teach.

Reply | Mark as Spam | Posted On 12/15/2022 5:39:50 AM

Like Dislike

SaritaSarah
Joined On 7/21/2022 7:04:08 AM
Add as Friend | Send Message

100%! I live on a farm and apart from ensuring we wash our hands because leptospirosis is very deadly, we're pretty casual about cleanliness. We almost never get sick. Meanwhile, our friends who have kids who aren't allowed to get directly while playing, are in and out of the hospital with upper respiratory infections and asthma all the time.

Mark as Spam | Posted On 12/15/2022 6:39:22 AM

Like Dislike

brianallen1
Joined On 8/7/2021 10:12:38 AM
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I think it was a study from Scientific American that announced rural people die 30% younger than city dwellers. What. A. Crock! Get all the people in unhealthy areas to sicken and control them.

Mark as Spam | Posted On 12/15/2022 7:23:07 AM

Like Dislike

airsurfer
Joined On 3/31/2014 8:39:38 PM
Add as Friend | Send Message

As long as people don't understand that nature equals mother of life, they will be abused. No species would be alive if physical bodies were as stupid as evildoers want us to believe. The business of those in power is to sell your suffering to the entities that feed on it. Every time there is organized war (often in regions of resources and ancient artifacts), they get rewarded by new tech. They want lifelong suffering to harvest. Especially in children because they produce more intense suffering. As the song says 'hell is for children'. Also the definition of illness is failing and people should have the right to decide for themself wether they are ill or not (I'm not talking about using illness as an excuse to harm others).

Or definition of health. Healthy processes are misunderstood as illness (fever, symptoms) and the other way around. I don't recall big media ever defining health as having senses that work, being able to listen to your body to have durable energy. 'Listen to your body, think for yourself' is not exactly a good way to enslave isn't it? Society is being changed, bit by bit, to believe illness is inevitable and that harma-cological intervention is the remedy.

This always makes me wonder how long life could last in healthy conditions. But maybe the big picture wouldn't be better. Next thing they'll call sports unhealthy suffering as well as having an adult body because after that comes old age and then (according to the same lies) 'bang! it's all over', thus (after a few extra cycles) defining life itself as unhealty. Yes sir, life is hell, but if you live your life of suffering according to bigharma crazy rules, you will go to bigharma heaven afterwards and there sir, I promise you, everything will be fine! Sorry for the rant.

Reply | Mark as Spam | Posted On 12/15/2022 4:38:41 AM

Like Dislike

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jjl1348

Joined On 7/3/2019 5:14:49 AM

Add as Friend | Send Message

Big harma heaven also known as hell.

Mark as Spam | Posted On 12/15/2022 5:42:29 AM

Like Dislike

SaritaSarah

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

Add as Friend | Send Message

Airsurfer, as Hippocrates said, “let food be thy medicine and medicine be thy food.”

Mark as Spam | Posted On 12/15/2022 7:03:33 AM

Like Dislike

Bumble01

Joined On 8/3/2021 10:05:53 AM

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I think many people just instinctively know/knew that the immune system requires regular workouts and unfortunately it was the fear propaganda that led many to doubt their own instincts and instead keep kids in a hygiene bubble. There is a wide spread outbreak of strep a and Scarlet Fever in the uk which is having tragic consequences in the young. Many people are suggesting this is due to the extensive lockdowns. With regards to the section of the article about the re-framing of all infection as being bad and un-acceptable in our so-called 'civilized' societies, I fear this is exactly what is being driven by the 'elites'.

I remember seeing footage of then health secretary (and Klaus Schwab associate) Matt Hancock being questioned on the pandemic response by other MP's at what I think was some sort of select committee. Even then that long ago, he said how due to the pandemic people's attitudes would be changed and it would, in the future, no longer be acceptable to go to work with even a slight sniffle. Another step to the bio-security state.

Reply | Mark as Spam | Posted On 12/16/2022 6:24:33 PM

Like Dislike

lindael.2

Joined On 2/22/2010 10:42:42 AM

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My mother use to tell of a friend of the family that had a little girl, their only child. They kept her all dress up like a little doll all the time and she was not allowed to get dirty. She was always sick. The parents took her to the Drs and the Dr told them to take off the fancy starched dresses and put her out in the dirt and fresh air. Do drugs just dirt and fresh air. I think Drs use to know a lot more than Drs know today.

Reply | Mark as Spam | Posted On 12/16/2022 6:48:18 AM

Like Dislike

Suzanne_L

Joined On 7/23/2020 10:19:29 AM

Add as Friend | Send Message

I might have missed it, but I didn't see anyone challenge this quote from Wired: "Social distancing, lockdowns, and masking seem to have quenched some of the other respiratory diseases that circulate in the winter. Influenza, respiratory syncytial virus (RSV), enterovirus D68 — this year, the surveillance networks that keep track of those diseases could barely find them " My understanding was that the respiratory diseases were still around, but were falsely tested positive for Covid (or worse, just diagnosed as Covid with no attempt to test) to raise the "Covid" numbers and make us more likely to accept a Jab.

Reply | Mark as Spam | Posted On 12/15/2022 8:24:13 PM

Like Dislike

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brodiebrock12

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

Add as Friend | Send Message

Remember there was a substantial $$$ "taxpayer" funded incentive for hospitals and medical personnel to diagnose and label ALL respiratory issues COVID. No one took advantage of that did they...no way

Mark as Spam | Posted On 12/15/2022 9:32:41 PM

Like Dislike

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dividingcricker

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

Add as Friend | Send Message

Arthritis may be many types .....like a car hitting a tree ....or a tree hitting a car .....we could do studies in North Carolina and come up with a cause of what Oil.was used in the crank case .....If any study was done in any University I want to know who paid for the Grant and how many diseases were overlooked .....We only know Boron is sorely deficient throughout the worlds diet and in hundreds of papers ..by adding just 3mg Boron most of these arthritis and Osteoporosis symptoms are reversed .....If this boron was used ....3mgs boron will increase D3 levels by 40% .... We as a group should research this and have a real conversation about Boron ..... Nothing Boring about Boron by Lara Pizzorno , Boron by Jorge Flechas , The Borax Conspiracy by Walter Last....etc etc .....there are hundreds of papers .....If boron was widely used the whole worlds economy would collapse .....

Reply | Mark as Spam | Posted On 12/15/2022 1:18:12 PM

Like Dislike

Esther M. Cook

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

Add as Friend | Send Message

I have a big box of borax for laundry washing. I had read that it could be used to supplement boron, but didn't use it because I had no idea of dosage. Since then, I found out just a small pinch a day in watch or juice will be enuf to supplement and not enuf to harm.

Mark as Spam | Posted On 12/15/2022 2:49:03 PM

Like Dislike

Almond

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

Add as Friend | Send Message

Pfizer admits it's coming americasfreedomfighters.com/pfizer-admits-its-coming/?utm_source=BS-Ma.. Infants and seniors are esp. vulnerable to death from lung issues. Healthy breast-feeding mothers are crucial for an infant to be protected and get a good start in life. Likewise, good nutrition is crucial for seniors. Many are at risk during this time of rising food prices. Not only can people not afford good food, but many supermarket products are being produced in an inferior, cheaper or adulterated manner. At this time, it is more important than ever to become resourceful and self-reliant in food production. otherwise, your dependency is literally life-threatening.

There is a steep learning curve if you have never done it before, but even each failure becomes part of your education. In spite of many weather-and critter-related crop failures, this has still been a year of abundance for us. -In part, because I rely, not only on our garden, but also what is produced in the wild. This involves not only learning work skills, but also a new way of seeing and thinking about the abundance that surrounds us. When you learn to live by the seasons and make menus from the foods that are available, you lose your fear of food shortages. There is no place on the face of the earth where some native population has not survived and thrived.

But we have forgotten the old ways. So, learn the traditional food gathering ways that were once common in your part of the country. For some populations, these were significant cultural traditions. The rabbit hunt and bonfire rituals in Germany. The migration to the huckleberry fields by natives in the NW. Entire tribes participating in a buffalo hunt. Maple sugaring by the Iroquois even before the settlers. Hunting for the first signs of spring--ramps in the SE and morels across much of the nation. Fed the body, soul. Harmony natur

Reply | Mark as Spam | Posted On 12/15/2022 12:17:01 PM

Like Dislike

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nan5159

Joined On 6/2/2017 4:39:25 PM

Add as Friend | Send Message

What is this buzz about immune amnesia from the measles? Sounds like propaganda for the MMR vaccine.

Reply | Mark as Spam | Posted On 12/15/2022 11:55:46 AM

Like Dislike

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nan5159

Joined On 6/2/2017 4:39:25 PM

Add as Friend | Send Message

So nature culled the herd through time with severe flus, measles, and plagues, but now it's the likes of Bill Gated et al who are making those decisions.

Reply | Mark as Spam | Posted On 12/15/2022 11:53:03 AM

Like Dislike

brodiebrock12

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

Add as Friend | Send Message

If anyone ones to re-place GOD it's GATES for certain

Mark as Spam | Posted On 12/15/2022 9:34:25 PM

Like Dislike

NatureGirlCitySucks

Joined On 12/1/2022 1:00:41 PM

Add as Friend | Send Message

It's just amazing the info I see on your website is what my doctor in Germany/EU knew and used in everyday appointments. Doctors in US completely ignore. German doctors have nutritional training in school. Thank you for all you do

Reply | Mark as Spam | Posted On 12/15/2022 11:06:33 AM

Like Dislike

Fortywinksbandbgmail.com

Joined On 6/2/2020 5:18:51 AM

Add as Friend | Send Message

Never use anything antibacterial, plenty of germs to build the immune system. I remember when grandchildren young, walking behind a child who dropped a sweet. Parent said don't pick that up, I said, you can. Got a dirty look from the parent. It was wrapped up for God sake. Granddaughter happy!!! I probably have a 30,second rule for face down buttered toast, maybe not as the dog and I have all the same germs so the floor is pretty OK. Jennifer

Reply | Mark as Spam | Posted On 12/15/2022 10:45:49 AM

Like Dislike

PeaceIsExpensive

Joined On 10/23/2022 12:37:35 PM

Add as Friend | Send Message

"Avoid unnecessary vaccinations" seems like good advice, but raises the question of how we decide which are necessary. It's a serious risk management exercise, where there are always risks from taking them, as well as risks from not taking them. Unfortunately, the parameters are difficult to determine, and also vary between individuals. Also unfortunate that there are a lot of pressures that coerce us to accept them, regardless of risks. Judy Mikovits has written a lot about this. It's probably a good topic to remind everyone about, from time to time. Fear or cynicism seem to drive most people instead of analysis.

Reply | Mark as Spam | Posted On 12/15/2022 10:38:44 AM

Like Dislike

Fortywinksbandbgmail.com

Joined On 6/2/2020 5:18:51 AM

Add as Friend | Send Message

All are unnecessary . I'm 70,never had any and am fit and healthy. None of my children or grandchildren have had any, all fine. Jennifer

Mark as Spam | Posted On 12/15/2022 10:52:29 AM

Like Dislike

RampagingManatee

Joined On 5/15/2021 1:16:19 AM

Add as Friend | Send Message

None are safe, none are effective >>> none are necessary for good health. (...avoiding them *is* good health. Since I quit, I no longer have allergies and I rarely get a mild 'cold'.) **I'm not a doctor, please consult your naturopath, herbalist, naturist, or homeopath for health advice.

Mark as Spam | Posted On 12/15/2022 2:12:58 PM

Like Dislike

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airsurfer

Joined On 3/31/2014 8:39:38 PM

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I'm still a bit amazed many mention having had covid, thereby validating it's existence (and the political 'response') which bothers me as it doesn't exist. Symptoms exist of course, but many people with many unidentical viromes will react differently to the same virus, statement which bothers me too as I don't believe anymore in the theory of virus as cause of illness. People get sick every year at an increasing rate due to all the forms of pollution. If you have a so called world-wide virus as never seen before (so the same virus would 'survive' amongst different communities of virii, in different conditions regarding temp, sunlight, foodtype, background nature, ethnicity, emf radiation etc), I call it a world wide pathogenic element/factor that is causing similar illness amongst people.

The deployment of 5G and satellites can cause very similar symptoms, as they are not a virus competing against varying others, but an artificial poison having similar effects on most living things, let alone humans only. I used to never have headaches, than had some during 2020 and 21, then completely went away. From approx march 2022 until half of September 2022 I had very bad mobile reception on the phone. The day reception got back to normal was obvious as I went from 1-2 bars to a full 4 bars. Great! I thought, although I'd always say bad reception is a good thing as it means less radiation. Anyway so the day it was back, I went away the whole day and when back home a headache started.

There was a strange thunderstorm (I even filmed it) and I thought maybe this headache was linked to it although I have no history of headaches on TS. But I've had a headache nearly every single day since then (sometimes with short peaks of nausea combined with it which show and disappear within a second, not related to food). Besides the headache, I am healthy as I can judge on muscle speed and tone amongst others. To me the link is clear but have they activated or put a new antenna? No idea.

Reply | Mark as Spam | Posted On 12/15/2022 10:29:42 AM

Like Dislike

RichJedi
Joined On 8/17/2006 1:23:38 PM
Add as Friend | Send Message

"The idea nowadays is to prevent all infection, even if there are benefits to infection, and even if there are downstream adverse events to vaccination." Yes... Ohh but Dr. FOW-CHI knows that's NOT TRUE at all.. watch, Fauci admits Natural immunity superior! rumble.com/v1ieo9l-fauci-admits-natural-immunity-superior-to-vaccines... He's also ADMITTED that.. As I suspected for decades now, that FLU is created EVERY year in Labs! Fauci admits flu CREATED in Labs EVERY YEAR! rumble.com/vry7t1-fauci-admits-flu-created-in-labs-every-year.html

Reply | Mark as Spam | Posted On 12/15/2022 9:40:49 AM

Like Dislike

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booboo39
Joined On 9/29/2009 8:56:49 AM
Add as Friend | Send Message

When I read the above it says to me that 3 out of 4 cancer patients have antibodies to measles and almost 2 out of 3 have antibodies to mumps. Statistically, people without antibodies are less likely to get cancer is how this turns out to look to me. Maybe it is just coincidence because more people have antibodies especially in older populations therefore the antibody positive percentage would be higher. Interesting that the measles antibodies are used in cancer treatment. You would think the percentages would be the exact opposite with 3 out of 4 lacking antibodies to measles and 2 out 3 lacking antibodies to mumps. This seems mixed up to me?

Reply | Mark as Spam | Posted On 12/15/2022 7:52:13 AM

Like Dislike

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

I believe that when your body gets out of balance or becomes overly toxic, then it becomes internally ill or diseased and tries to remedy those problems. You don't necessarily catch a cold or flu, but these are internal functions that help to rid the body of toxins and wastes. Has anyone found all those little nasty covid viruses floating around in the air or even hidden in a mask? Less and less I am believing in germ theory verses terrain theory. Germ theory was invented for one purpose...to sell drugs. Viruses sell vaccines and mRNA injections and yet there is absolutely no proof that either of these concoctions work.

Reply | Mark as Spam | Posted On 12/15/2022 7:46:33 AM

Like Dislike

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airsurfer
Joined On 3/31/2014 8:39:38 PM
Add as Friend | Send Message

To me all symptoms is just that, symptoms, your body having observable processes that are out of the ordinary. Out of the ordinary, not unhealthy. The body knows what is does and I don't believe in any stupidity of the body, the body is smart beyond comprehending, just like nature. But along comes a liar who tricks us into thinking the symptoms are the enemy, instead of the cause of the symptoms, or just no enemy at all! To me germ theory has a component of political power which always makes it questionable.

As if you want to poison a lot of people, germ theory is there to turn the others against you in case you don't want to take the measures or medecine the authority figure tells you to. By not complying, you are not only an insubordinate, you are not only a 'danger' to yourself, you have become a 'danger to others'. So the power figure doesn't have to get his hands dirty to force it on you. He convinced the lynch mob to do it for him. Money is an excuse behind which evil hides. Reminds me of the Nuremberg excuse.

I did it for the money! Oh... okay then, we all understand, you wanted money, we all want money, so it's ok that you harmed or killed someone, after all, it is no crime to want money. I had to do it to stay competitive as my competitor... he did it too! So I HAD to! Okay, we understand, you had no choice, you were right to do this evil for the money, after all, you had no choice, didn't you? Or you had luxuries to pay to uphold your status, otherways the people wouldn't bow down to you anymore.

The thing is... with all the world power those 'companies' have, they could trick people into paying for thin air to get rich. Don't even need any material, you could pay for status on internet pages etc. But no. They had no other choice than to poison people. They can't do otherwise as that is their sector. And the poor sods didn't know that (the harma etc) sector did it when they applied for a job in it. Handy isn't it? Let's forgive all crimes. 4 the love of M

Mark as Spam | Posted On 12/15/2022 8:28:09 AM

Like Dislike

Jeremiah.8

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

Add as Friend | Send Message

While acting out of best intentions [?]

Reply | Mark as Spam | Posted On 12/15/2022 7:21:44 AM

Like Dislike

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brianallen1

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

Add as Friend | Send Message

The local Safeway designates an employee to sanitize every shopping cart handle before customers can grab them. I will look for a "dirty" one or stand and wait for someone to hand over their unsanitary cart. Makes for interesting conversation with Mr. Cart Wiper. If I really want to drive home my lesson, I tell them I started licking door handles but didn't care for the taste.

Reply | Mark as Spam | Posted On 12/15/2022 6:50:58 AM

Like Dislike

Cadville2

Joined On 4/6/2017 11:44:23 PM

Add as Friend | Send Message

LOL!! Next time, you need to tell him that toilet handles have a much more flavour and watch the look on his face then.

Mark as Spam | Posted On 12/15/2022 7:16:22 AM

Like Dislike

Marago

Joined On 12/28/2020 9:29:38 AM

Add as Friend | Send Message

Great suggestion, brianallen1 Inlive it!

Mark as Spam | Posted On 12/15/2022 9:09:12 AM

Like Dislike

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

Typo-I LOVE your suggestion, brianallen1.

Mark as Spam | Posted On 12/15/2022 9:10:21 AM

Like Dislike

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

I've seen that! Those people may as well just get the "SMART" chip implanted in their brain. They're already nothing more than robots; unable to think for themselves. If you really want to make the cashier angry; tell him/her that there is definitely no way that Mr. Nasty Virus is going to figure out how to get 'around' that useless sheet of plexiglass or plastic, that's hanging in front of them! Prior to 2020, I never would have thought that this level of stupidity/insanity would have been possible.

Mark as Spam | Posted On 12/15/2022 11:28:14 AM

Like Dislike

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

My wife is a soap maker. We observed the growth of antibacterial soaps and then the hand sanitizers. We knew they were unhealthy even apart from the toxins added. However, before I met her, I did think bar soap contained and spread germs. As usual, do the opposite of the crowd and you will be fine. I only tried to use hand sanitizer one time when there was no alternative available. I immediately sensed it was bad to apply onto skin. I am grateful I never jumped on the bandwagon of germ phobia. People sure do suffer and perish for lack of knowledge.

Reply | Mark as Spam | Posted On 12/15/2022 6:39:12 AM

Like Dislike

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jamNjim
Joined On 2/20/2008 11:15:54 PM
Add as Friend | Send Message

Hand sanitizers are good for one thing: Surgeons! All of your alcohol based sanitizers dry out your skin and cause micro-cracks. This is really bad for the elderly and cold climates. The micro-lesions the hand sanitizers cause are a PERFECT entry point into your blood stream. The really sad part is that viruses don't live on surfaces very long. The odds of touching a surface that's contaminated with a virus and getting infected by it is almost ZERO! You have a better chance of being struck by lightening. The fear mongering CDC and FDA treated this virus as if it were a bacteria, mold, mildew, or parasite. It was all a psych job! If they are really that stupid we need to have a reckoning and remove everyone from the top down at the CDC.

Mark as Spam | Posted On 12/15/2022 6:58:13 AM

Like Dislike

mirandola

Joined On 6/27/2014 7:00:58 AM

Add as Friend | Send Message

JamNJim, underscore! Thanks for your interesting comment. I read on the Cleveland Clinic's website that the COVID virus does not live long on porous surfaces, a bit longer on non-porous surfaces like metals and doorknobs, and requires the temperature and other conditions of the living host's body, to incubate, replicate and cause its trouble. By extension, we can infer the same likely is true of other viruses.

Mark as Spam | Posted On 12/15/2022 7:08:42 AM

Like Dislike

Segstar

Joined On 7/3/2012 3:30:42 PM

Add as Friend | Send Message

Was just going to say put me down for a few "bars", but then the sound of that didn't resonate well lol.. Besides i ditched soaps many years ago.. only time i use a wee bit of those "Organic natural" ones is when i get messy working with me cars etc.. Powerful last sentence..

Mark as Spam | Posted On 12/15/2022 12:25:15 PM

Like Dislike

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grulla

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

Add as Friend | Send Message

"Mirandola", "I read on the Cleveland Clinic's website that the COVID virus does not live long on porous surfaces, a bit longer on non-porous surfaces like metals and doorknobs, and requires the temperature and other conditions of the living host's body, to incubate, replicate and cause its trouble." "...like metal and doorknobs..." That is why I'm always reluctant to use those brass or stainless steel restroom door push plates in busy department stores or restaurants, as they are always under constant pathogen "bombardment" from many others. I usually just reach up higher and push the door open from up above where usually no one else ever touches, or maybe push slightly down below with my elbow, or maybe even my foot.

Mark as Spam | Posted On 12/15/2022 3:19:58 PM

Like Dislike

Segstar

Joined On 7/3/2012 3:30:42 PM

Add as Friend | Send Message

Grulla your practice of pushing higher up the door is what most people think and do..Also reminds me of a joke i heard. A young man got lost in the wilderness and saw a house. he knocks and a little toothless old lady came out and invited him in..He was thirsty an she offered him a cup of tea..Seeing she had little cutlery and the conditions of the house, he was kinda nervous..So she served him the tea and him thinking she's right handed decided to switch hands and drink from the other side..She seeing him drink with his left hand she said son you drink EXACTLY from the same side I do lol.. Moral of the story, well you get me drift.lol

Mark as Spam | Posted On 12/15/2022 8:29:48 PM

Like Dislike

grulla

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

Add as Friend | Send Message

Hey "seggy", I guess I'll have to bump those doors, lol. www.youtube.com/watch

Mark as Spam | Posted On 12/16/2022 7:47:06 AM

Like Dislike

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cover.merlenegmail.com

Joined On 1/16/2022 3:50:27 PM

Add as Friend | Send Message

Follow the money.

Reply | Mark as Spam | Posted On 12/15/2022 6:25:20 AM

Like Dislike

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mirandola

Joined On 6/27/2014 7:00:58 AM

Add as Friend | Send Message

That's what all the mind raping is based on.

Mark as Spam | Posted On 12/15/2022 6:49:42 AM

Like Dislike

Segstar

Joined On 7/3/2012 3:30:42 PM

Add as Friend | Send Message

Couldn't find the trail lol..

Mark as Spam | Posted On 12/15/2022 12:26:21 PM

Like Dislike

Cashmatters

Joined On 10/31/2022 7:48:54 AM

Add as Friend | Send Message

This was the whole intention of the plan-demic...culling. Many people simply do not want to know how to be responsible for their own health. Even GP's say patients don't really want to change themselves, just simply demand a toxic pill to mask the symptoms. In the UK there 'appears' to be a shortage of normal food staples but alcohol and confectionary is in abundance...go figure the plan!

Reply | Mark as Spam | Posted On 12/15/2022 5:21:07 AM

Like Dislike

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versatile

Joined On 10/16/2007 4:23:09 PM

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There are two kinds of preventatives, those that increase healthiness and those that don't. How can we tell the difference? Preventatives that increase healthiness can cure when health falls to illness. Frequent Vitamin C prevents scurvy - and cures it. Frequent rest prevents the common cold - and cures it. Preventatives that do not cure generally function by decreasing healthiness. Helmets reduce vision and mobility but cannot cure. Masks function by reducing healthiness, as does isolation. Vaccination focus on prevention of one specific pathogen - even after it no longer exists or is a threat. Vaccines function by reducing general healthiness to prevent a specific disease. They cannot cure because they do not improve healthiness even when we are sick.

Reply | Mark as Spam | Posted On 12/15/2022 4:57:50 AM

Like Dislike

Anicopia

Joined On 7/14/2022 5:23:22 AM

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"Masks function by reducing healthiness, . . . " The one thing that masks actually accomplish: filtering out particles of sizes larger than their pores, such as most dust, has nothing to do with "reducing healthiness".

Mark as Spam | Posted On 12/15/2022 5:15:08 AM

Like Dislike

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versatile

Joined On 10/16/2007 4:23:09 PM

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Anicopia: perhaps I should say that "masks function while reducing healthiness"? Our noses are very good at addressing normal loads of small particles. If we are working in a dusty environment - we need to mask. I did so when I was installing fiberglass insulation many years ago. However, even in that environment, the mask reduces vision, communication, and collects dust which might be inhaled when the mask is removed. The mask doesn't "improve healthiness" it reduces overall healthiness - physical mental, spirit, and community healthiness, to prevent a specific problem.

Mark as Spam | Posted On 12/15/2022 5:28:46 AM

Like Dislike

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airsurfer

Joined On 3/31/2014 8:39:38 PM

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reply to Anicopia: regardings masks: there is a wealth of knowledge proving why even the best of masks are bad for your health.

It's even worse than a car air filter, because human breathing makes the dust that is big enough stick to it, even reducing the airflow that is now contaminated by having to flow each and every time through that dust. Wether it is more or less harmless than inhaling the dust is debatable as it depends on what is called dust (chemicals, bacteria, pollen...). Best protection is air filtering then.

Strangely, haven't heard a thing about that or seen gov advertising for installing decent air filters. But it would defeat its purpose by also filtering out the good stuff in air that are healthy for us. Living organisms are born in a soup of air containing so, so much more than the few things they usually list, as far as often ridiculously just mentioning oxygen (if you breathe pure oxygen you'll quickly burn your lungs to death as the name 'oxygen' or 'zuurstof' meaning 'acid substance' in dutch clearly states).

You need the whole soup to live long. But most of all, you should be suspicious of things distributed by the gov after they first told a bunch of lies to mandate a mask after first stating correctly that is doesn't work at all (as previous science had shown) against any virus. As many knew or suspected, many masks have been shown to contain intentionally harmful substances. Just like the hand 'sanitizing' liquids full of carcinogens with acceptable benzene level raised a 100 fold (=100x more toxic if looking at it linearly, while the effect can be exponential), just like the injections 'still to be developed' in 2020 (also clearly proved those gene altering injections had been ready years in advance, in 2001 I foolishly took a RNA transcript modifying 'medecine' against juvenile acne which permanently altered my skin in a bad way). They created a big lie to reshape society. The mandated masks lack protection for any decent dust job.

Mark as Spam | Posted On 12/15/2022 6:16:29 AM

Like Dislike

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brianallen1

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

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I've been tempted to ask mask wearers if they've also replaced their window screens with chain link fencing. However, I know I would just get the same blank stare no matter what the question.

Mark as Spam | Posted On 12/15/2022 7:32:51 AM

Like Dislike

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mirandola

Joined On 6/27/2014 7:00:58 AM

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Brianallen, good one! The big difference however, is that masks hold IN the CO2 which gets inhaled, whereas chain link fencing lets everything through, most particularly oxygen. What fools these mortals be who believe that inhaling CO2 will protect them!!!

Mark as Spam | Posted On 12/15/2022 7:35:07 AM

Like Dislike

Stephjask

Joined On 10/23/2015 8:00:54 AM

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The demented technocrats think they can 'fix' everything with advanced technology, but they are like three year old kids let loose in an operating theatre full of instruments and pharmaceuticals. They are full of hubris, yet against God and Mother Nature they are far worse than mere tinkerers. Hopefully, they will synthesize themselves out of existence - soon.

Reply | Mark as Spam | Posted On 12/15/2022 2:20:34 AM

Like Dislike

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jjl1348
Joined On 7/3/2019 5:14:49 AM
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They very well may Stephjask. No way these criminals with a god complex are not experimenting on themselves. It can not come too soon. I would not call them kids. There is no innocence about them.

Mark as Spam | Posted On 12/15/2022 2:37:41 AM

Like Dislike

Piw6958
Joined On 3/19/2015 6:42:04 AM
Add as Friend | Send Message

Yep, and thanks to Rockerfeller, they will take lots of others with themselves.

Mark as Spam | Posted On 12/15/2022 4:42:41 AM

Like Dislike

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

It is clear that the response to the plandemic was one of the great catastrophes in recent history, and likely that it was planned to be so by the Davos and Manhattan globalists, the Beijing communists and the Deep State Covidians. In addition to collapsing the country, stealing the 2020 election, preventing America's Winston Churchill from saving the republic and driving from power and nearly completing the progressive transformation begun by Wilson and Franklin Roosevelt, it now appears that another goal was to create a permanently sick and weakened population unable to resist the heirs of Karl Marx, the satraps of Xi Jinping and the purveyors of decadence and degeneracy.

Reply | Mark as Spam | Posted On 12/15/2022 5:47:34 AM

Like Dislike

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jamNjim
Joined On 2/20/2008 11:15:54 PM
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It sure appears that they all collaborated. It's beginning to look a lot like The Great Reset Dr. Mercola has been warning us about for YEARS!

Mark as Spam | Posted On 12/15/2022 5:23:10 PM

Like Dislike

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harvelicious
Joined On 12/10/2010 9:20:30 AM
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People will forever be vulnerable to being conned & a slave to the "system" & tyrannical agendas, as well as, being vulnerable to any scam artist as long as people believe in: A) Rockefeller "Germ Theory" model & allopathic medicine B) "Pathogenic viruses" C) "Vaccines" D) "Magic Pills" E) The Highest Power created us as "flawed creations" F) Every human being, from birth, is deficient in some "pharmaceutical drug", or, "vaccine" G) "Only your doctor knows..." H) Paying doctors, pharmacists, etc., for being sick I) "Trust the science" J) "The science is settled" K) "Trust the experts" L) "We're from the government & we're here to help".

"Government knows best." M) Politicians, government, philanthropic organizations, "think tanks", charities, corporations, etc., represent the People N) "Our Rights" come from government, courts, police, institutions, corporations, religions, NGO's, special interest groups, etc O) God-given Rights are mythological fantasies P) The "legal system" is a lawful means to serve justice & we always need more rules/laws/regulations.

Q) Anything written on a piece of paper that you did not consent to, or, authorize, applies to you. R) The Book of Revelation is "God's Word" S) Main Stream Media are real journalists & only report the facts & truth, are trustworthy T) Social Media/technology is created for the "Good of ALL" & is "true freedom" U) If something is common hearsay, often repeated, popular, or, on "the news", it must be true & good V) Problems can be solved with "money" & anyone with money is a trusted authority W) "A Savior can only save us" X) Our happiness is "out there" in "someone" or "some thing" Y) "Equality", "diversity", "inclusion", "sustainable", "race theory", "climate change", "green energy", "taxation", "whitey bad", "foreign terrorists", "wars", etc. Z) Humility is weakness AA) Withhold honesty in order to prevent "hurt feelings" BB) Meritocracy is discrimination CC) Sacrificing Freedom for safety DD) There is no GOD

Reply | Mark as Spam | Posted On 12/15/2022 3:25:04 PM

Like Dislike

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artist.jill

Joined On 5/9/2011 11:16:56 AM

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Hi everyone. A recent video post from attorney Dr. Reiner Fuellmich, via his new organization/format for investigation of our current global situation (that of the “crimes against humanity” as he refers to it) — the International Crimes Investigative Committee (ICIC). Fuellmich speaks with the representative of the class action lawsuit being filed in British Columbia challenging the "declaration of a state of emergency.” Significant and hopeful! Fuellmich's previous work was the Corona Investigative Committee and you’ll remember that it was Dr. Mercola who exposed us to Fuellmich and his important work, early on in this mess. In this interview/conversation, Fuellmich is expanding his work to include an "impromptu" broadcast format in order to bring immediate attention to the public about important issues. — video.icic-net.com/.../v5tBzUTT2Uh8VxHv37Xjdu — Blessings and Happy Holidays to all!

Reply | Mark as Spam | Posted On 12/15/2022 9:45:10 AM

Like Dislike

Randyfast

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

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I've seen this and it's in my collection. Dr. Bonnie Hitler needs to be in jail with the rest of the criminal scum! I would love to see her go down; as well as Tam and the rest of the minions.

Mark as Spam | Posted On 12/15/2022 9:56:23 AM

Like Dislike

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rkostoff

Joined On 11/26/2010 5:14:49 AM

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How does this differ fundamentally from the decades-old Hygiene Hypothesis?

Reply | Mark as Spam | Posted On 12/15/2022 6:00:56 AM

Like Dislike

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jamNjim
Joined On 2/20/2008 11:15:54 PM
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Salmonella and E-Coli (bacteria) are real! You can look at them through a microscope. You can get very sick from both. So washing your hands before eating isn't a bad thing. Washing your hands all day 50 times a day is a very bad thing! It does nothing to protect you and can even make you more vulnerable because it dries out your hands and causes micro-lesions that "germs" can enter. It's like everything in life. Even alcohol consumption has been proven to improve health, but too much destroys health. Same with hygiene. Washing before you eat should be more than enough unless you have a really filthy job/hobby.

Mark as Spam | Posted On 12/15/2022 5:31:21 PM

Like Dislike

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

I'll have to finish this after my bike ride...The oligarchs knew exactly what they were doing with the masks, distancing and the "hand sanitizers". Go play in the dirt, with your friends - close together; and your breathing unrestricted!

Reply | Mark as Spam | Posted On 12/15/2022 9:53:29 AM

Like Dislike

Fortywinksbandbgmail.com
Joined On 6/2/2020 5:18:51 AM
Add as Friend | Send Message

Never had a mask, never any hand sanitizer. Apparently hand eczema has gone up 40% in the UK since sanitizer.. Jennifer

Mark as Spam | Posted On 12/15/2022 10:55:27 AM

Like Dislike

Randyfast
Joined On 5/6/2010 8:42:42 PM
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Jennifer; humanity is that much sicker, after complying with the mandates. You have to wonder how many of those people weren't even sick, before they fell for the Big Con. They're sick now!

Mark as Spam | Posted On 12/15/2022 11:37:03 AM

Like Dislike

BrianDossDMD
Joined On 4/18/2022 7:24:22 AM
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Eating proper foods that feed my body essential nutrients and starves the bad microbes will always be my first and only way to stay healthy

Reply | Mark as Spam | Posted On 12/15/2022 4:30:30 AM

Like Dislike

Ronald_H

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

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Antibiotics interfere with immune system training for the supposed short-term gain of quicker recovery at the expense of immune system development and future vulnerabilities even more profound with the antibiotic strains.

Reply | Mark as Spam | Posted On 12/15/2022 10:05:26 AM

Like Dislike

mrrobb

Joined On 6/15/2011 2:41:18 PM

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I do play around with making stuff....but when its snow and cold I hang inside a lot...online a bit..and I do keep warm with my old wood burning stoves ...but I do like to be comfortable so most the time my house/cave is around 56*F .since that the basic temp of earth about 56*..same here as in Mexico and Hawaii..and Russia and South Africa....and under the snow at the south pole...hummm But of course the Governemt stations will never tell ya the gound temp thgere is 56*F.....naw...they scream its minus -110*F and yadayadayada... Kinds interesting that Hitler had a Military base(s) on the SouthPole (wall) that why Byrd was there....looking for bases....>>> www.youtube.com/watch <<

Reply | Mark as Spam | Posted On 12/15/2022 4:13:54 AM

Like Dislike

brianallen1

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

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No Pole. Simply past the Ice Wall.

Mark as Spam | Posted On 12/15/2022 7:37:15 AM

Like Dislike

mrrobb

Joined On 6/15/2011 2:41:18 PM

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My Mother took me over to play with a boy who has measles.....simply because it would build my immune system....and mumps..same thing....yeah life in the 1940-50s was a OK...grew up with dogs...and a canary .Fish were boring and I has a lizard...and was a quick learner as my Mother told me lots of time to never play around with plug in sockets....so when I pushed in a bobby-pin in the plug in socket i learned why I shouldn't mess with plug-in sockets.....ZAP!!!!!!!! Popped a fuse and a super BUZZZZZZ...

By 6 I was deep into short wave radio...and learned how to test wiring so I didnt get ZAPPed again...Christmas I got a crystal radio

set..no batteries no plug ins.:) but just the local AM music and LSMFT Means Fine tobacco. Than I got a brother.....what a pain .....crying n stinking.... Just the word GERMS is silly.....and its is still Just a theory...>> en.wikipedia.org/.../Germ_theory_of_disease <<< but like all BIG LIES its now a accepted 'FACT'.....Oh well ya can lead a horse to water..but ya can't make em drink.....kinda the same way with anything...but again...ALL YOU really KNOW ....is what you have been TOLD TO KNOW!!!!!!!!!!!!!.....Da Covid GERM is gonna get ya.!!!

Kinds interesting though.....they can't even see or smell or taste a Covid GERM...but yet everyone KNOWS thers is a Covid GERM.....amazing how much power the BIG LIE has .....and hey.....ya didn't even have to Plug-It-in.....and its ZAPPPPPPED Millions....LOL...

Reply | Mark as Spam | Posted On 12/15/2022 3:54:33 AM

Like Dislike

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brianallen1

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

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What else would a Bobby pin be for but to insert into an electrical outlet? It just screams "try it"!

Mark as Spam | Posted On 12/15/2022 7:40:27 AM

Like Dislike

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wendy mena

Joined On 12/13/2006 5:52:16 PM

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This is a mistaken link from the Ukraine war article.

Reply | Mark as Spam | Posted On 12/15/2022 1:32:47 PM

Like Dislike

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brianallen1

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

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Nope. All articles expire after 48 hours and you are then redirected to the current one.

Mark as Spam | Posted On 12/15/2022 1:39:55 PM

Like Dislike

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skupe59

Joined On 5/2/2009 7:28:21 AM

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Bring back chicken pox parties for Covid -- meaning if two kids are home sick they should hang out together. Never, ever let your kids or you get a shot for anything.

Reply | Mark as Spam | Posted On 12/15/2022 10:34:31 AM

Like Dislike

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mrrobb
Joined On 6/15/2011 2:41:18 PM
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I think universities and the like are just More Advanced BrainTraining usually feed to a $40K a year income source as most students pay some PiledHigher&deeper Propaganda preacher .....yawn...what a waste of good minds.

Reply | Mark as Spam | Posted On 12/15/2022 6:02:11 AM

Like Dislike

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jjl1348
Joined On 7/3/2019 5:14:49 AM
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I am trying to think of an exception to what you just said. If it does not provide practical skills it is a crock of ****. That said a degree will buy you into one of the money making rackets like medicine.

Mark as Spam | Posted On 12/15/2022 8:55:55 AM

Like Dislike

Eevee
Joined On 3/7/2008 10:05:07 AM
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Pasteur on his death bed...said something like..."I was wrong, the microbe is nothing, the terrain is everything..." can't remember the exact quote.

Reply | Mark as Spam | Posted On 12/15/2022 3:44:20 PM

Like Dislike

Segstar
Joined On 7/3/2012 3:30:42 PM
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The germ theory was debunked by Bernard and Bechamp, both were correct, Pasteur's theory was wrong.. It's all about the "terrain," and it's why we should be taking care of the delicate Ecosystem.. You can read about it here. arstechnica.com/science/2021/08/deep-dive-into-stupid-meet-the-growing..

Mark as Spam | Posted On 12/15/2022 8:42:58 PM

Like Dislike

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mirandola
Joined On 6/27/2014 7:00:58 AM
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A) I do believe in caution, but not in fear. There is a big difference. B) I attended a 6-physician panel discussion, in which one MD/oncologist stated that his cancer patients, invariably reported almost never being sick in their lives, except a flu/cold once every ten years! Flus/colds, said the MD/oncologist, may be needed to prime our immune system and protect from cancer. C)Fear of illness, fear of death drive the current insanity. Lockdowns, isolation, non-living "life" can hardly be conducive to good immunity.

Studies, reported by MDs, show that people with love and connection in their lives, have healthier immune systems. Doesn't that make perfect sense? D) While I myself, will not go near Anybody if I am sick with Anything, At All, not only Covid which I fyi, never got.....at the same time, I think the spread of illness is an inevitable fact of life. BigPharma is training us to live in illusion. The truth may be, sadly, that we can't prevent the fact that people will sometimes become sick.

E) The world is now coached into an OCD mania! Untested vax=DUMB! Wash, disinfect, isolate, OCD! Get a life! F) I believe it is a matter of who is most immune,and who is most medically vulnerable, whether a person succumbs or fights and wins over the illness. And this is the truth with any illness at all. Only the medically vulnerable need to be extra cautious. They need to modulate their immune system (not the same as strengthening, modulation means balancing, aha, the key word!) and address any medical vulnerabilities they may have.

So doing, they may increase their ability to fight off an infection. F) People think: "Virus=Dangerous". They do not think: "Virus+Environment =interactive loops". The latter, I believe, is a more accurate equation. Medicine defines environment as internal and external. Pollution/clean environment, nourished/malnourished body, cleansed/putred body, all will affect immunity. Live fully, love life, live its pure purpose. I am not a doctor.

Reply | Mark as Spam | Posted On 12/15/2022 6:33:41 AM

Like Dislike

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mirandola

Joined On 6/27/2014 7:00:58 AM

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It's a problematic, double edged sword. While the elderly may be among the medically vulnerable cross sectors, at the same time I think one of the most cruel things we can do is to isolate the elderly, depriving them of love and connection. Imagine if our loved ones died without being able to say goodbye and without so much as a hug, or even a word, or a song? What is the purpose of life, if not love and connection? Does isolation and loneliness, soul-level deprivation foster good immunity in the elderly? Or in any other cross sector? It is again a difficult problem, balancing all this with the need for protection among vulnerable cross sectors.

Yet in the end, to protect them from illness also may indeed,and very likely, result in a deprivation of life and love itself. Is this a healthy, positive outcome? Perhaps the decision rests with each individual. Some may prefer to isolate and protect, while others may prefer to die of a disease but have the connection to their loved ones. And the pure connection may, or may not, expose them to their final and mortal infection. It could potentially, only if the people around them are sick to begin with. If the sick people stay home, given Fauci's own admission that "Asymptomatic carriers never were the drivers of disease spread, particularly with regard to upper respiratory infections"www.bitchute.com/.../5clzftAo5xos , then the notion of killing one's grandmother may just be a non-issue and a horrific, malicious, brainwashing and needless guilt trip. The truth is that most people with commonsense will naturally self-quarantine when sick. Simple as that. We don't need the government, WHO, CDC to enforce! Enough of this lockdown ruse, fear priming, guilt tripping and frank *mind raping*!

Mark as Spam | Posted On 12/15/2022 6:42:58 AM

Like Dislike

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airsurfer

Joined On 3/31/2014 8:39:38 PM

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as a general rule you could almost say: whatever big harma tells you to do, do the opposite! When people accept being seperated from their loved ones at time of death, it reminds me of how far you can hurt prisoners before they totally loose it and don't mind anymore risking/loosing their life. It all looks like a test which we have mostly failed as a society. Sheep reject the unconvenient truth because it forces them to think (we are wired to use as less brain power as possible for a given task to keep the rest available for monitoring of possible urgent matters as dealing with those is superior as survival function, hence why we tend to get moody when asked to think about stuff we have a satisfactory answer to) and also to take action against the opressers.

Some fear the fine, some just having to talk to an idiot with a badge and a gun who is there to impose laws he doesn't understand to someone usually a lot more knowledgeable. 'Mind raping' reminds me of what I tell people regarding 1992 lyrics of rage against the machine, (nothing new under the sun actually as power abuse has been there forever). Song called 'bullet in the head': No escape from the mass mind rape Play it again jack and then rewind the tape And then play it again and again and again Untill your mind is locked in Believing all the lies that they're telling you Buyin' all the products that they're sellin' ya They say jump, you just say how high?

You're brain-dead, You got a f_cking bullet in your head! Just victims of the in-house drive-by They say jump, you say how high... The whole album (as so many other dissident artists) seems to have been written in 2020, so actual. Virii (?) are the lego's of life.

Mark as Spam | Posted On 12/15/2022 7:31:53 AM

Like Dislike

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jamNjim

Joined On 2/20/2008 11:15:54 PM

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Good perspective Mirandola! It's true. This goes back to my statement above that caught criticism where I said it was a win win for the kids. They will learn from this and hopefully when they become adults and lead this country they will remember what happened. They will remember their grandparents dying and not being able to see them. That's called growing up! Hopefully, they learn form this experience and put it to good use. When they get old enough to vote, lets hope they write their congressman to say NO to MANDATES, No to LOCKDOWNS, NO to MASKS, and NO to ISOLATION! The losers in this where the elderly that missed seeing their grandchildren growing up or died waiting to see them!

Mark as Spam | Posted On 12/15/2022 5:53:01 PM

Like Dislike

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dpolster22

Joined On 3/25/2010 12:05:59 PM

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gui, pete what do you think about PRP(platelet rich plasma) for assisted regeneration of soft tissues, such as muscle, ligaments, and tendons? PRP is used to stimulate the body's healing system to help repair(regenerate) tissues.

Reply | Mark as Spam | Posted On 12/15/2022 4:17:16 PM

Like Dislike

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nonaki

Joined On 8/20/2016 3:42:48 PM

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There was no pandemic, Mercola. It was a hyped up flu, rebranded as "covid19". We know that WHO's definition of pandemic was altered, that the PCR test was fake too, and the "virus" was only a computer model. Many people do have gut problems, but not because of "covid19".

Reply | Mark as Spam | Posted On 12/15/2022 7:42:51 AM

Like Dislike

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brodiebrock12

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

Add as Friend | Send Message

Greatest CON in history for certain with what was done in the name of science and of course those famous words into infamy...SAFE & EFFECTIVE

Mark as Spam | Posted On 12/15/2022 7:52:27 AM

Like Dislike

Maxwell53

Joined On 3/23/2021 7:53:29 AM

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Thanks for saying it. It's imperative that everyone stop ceding ground to these fascists by reifying the Big Lie that "Covid" is a unique disease and that it is responsible for a global pandemic. "Covid" the disease is pure fiction. All the rest of it (biolabs / batsoup / bioweapons / lableaks is all political theatre and bread and circuses. They gamed the system to code for "covid deaths." Anyone who is parroting the BIg Lie that there was ever a pandemic caused by a unique viral pathogen is a part of the problem and is covering up the fact that hundreds of thousands of elderly were killed by aggressive government actions NOT by some microbe. Go here for further evidence of the truth:
www.2ndsmartestguyintheworld.com/p/must-read-why-did-doctors-readily

Mark as Spam | Posted On 12/15/2022 9:23:29 AM

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