More Evidence Vitamin D Is Effective in Preventing COVID-19

Analysis by Dr. Joseph Mercola ✓ Fact Checked

July 27, 2022
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STORY AT-A-GLANCE

- Recent research assessing the effectiveness of vitamin D supplementation for the prevention of COVID-19 in frontline health care workers found that 4.4% of those taking vitamin D tested positive for COVID, compared to 24.5% of controls
- The treatment group received 4,000 international units (IUs) of vitamin D per day for 30 days. The use of food grouping is a shortcoming of this study, as the most accurate way to assess vitamin D's benefits is by comparing the effects of different serum vitamin D levels
- Data from GrassrootsHealth's D*Action studies suggest the optimal level for disease prevention and good health is a vitamin D level between 60 ng/mL and 80 ng/mL. The cutoff for sufficiency appears to be around 40 ng/mL
- Sun exposure is exponentially superior to oral supplementation, as it not only triggers vitamin D production but also melanoxin production inside your mitochondria
- Melatonin has been shown to be an important part of COVID treatment, reducing incidence of thrombosis and sepsis and lowering mortality. Evidence suggests sun exposure may help combat any number of respiratory infections, including COVID, and the production of melatonin in your mitochondria — not merely vitamin D production — appears to be a key part of how and why that works

Early on in the COVID-19 pandemic, it became apparent that vitamin D played an important role and could help reduce incidence of positive tests, infection severity and the risk of hospitalization and death.

The evidence of benefit was so clear, I published a scientific review[1] in the journal Nutrients at the end of October 2020, co-written with William Grant, Ph.D., and Dr. Carol Wagner, both of whom are part of the GrassrootsHealth expert vitamin D panel.

This paper, "Evidence Regarding Vitamin D and Risk of COVID-19 and Its Severity"[2] — which you can download and read for free — ended up being the second-most downloaded Nutrients paper in the 12 months following its publication.

The study with the most downloads that year and the all-time highest number of views (178,562) for any Nutrients paper was another vitamin D study[3] by Bhattoa et al., which found vitamin D supplementation reduced the risk of both influenza and COVID-19 infections and deaths. One of the coauthors of my paper, Grant, was a coauthor on this paper as well.

Several other vitamin D papers topped the lists of views, downloads and citations as well, which was a testament to the fact that many were in fact paying attention to the data rather than blindly believing media claims that there was "no scientific basis" for the recommendation of vitamin D for COVID.

More Evidence for Vitamin D

Since then, mounting data have continued to support and strengthen the recommendation of vitamin D against COVID. One of the most recent pieces of evidence is a paper[4] that assessed the effectiveness of vitamin D supplementation for the prevention of COVID-19 in frontline health care workers, published in the June 2022 issue of Archives of Medical Research.

A total of 321 health care workers in four Mexican hospitals were enrolled, all of whom tested negative for COVID at the start of the study. They were then randomly assigned to receive 4,000 international units (IUs) of vitamin D per day for 30 days, or a placebo. Along with Real-Time PCR testing, participants' vitamin D levels and antibody levels were also measured at baseline and again on day 45.

Follow-up was completed by 192 participants: 94 in the treatment group and 98 controls, and the difference in infection rates was pretty impressive. Only 4.4% of those taking vitamin D tested positive for COVID during the trial, compared to 24.5% of controls. (The p-value was less than 0.001, and anything below 0.05 is considered statistically significant.)

The researchers concluded that lower infection risk was associated with an incremental increase in the blood level of vitamin D, independently of vitamin D deficiency. This means, even if an individual started out with deficiency and still had a deficient or insufficient blood level of vitamin D at the end of the study, as long as it went up a little bit, it had a protective effect.

Shortcomings of This Study

As I've mentioned in most of previous vitamin D articles, for optimal benefit, it's really your blood level that counts, not the dose of vitamin D used. Data from GrassrootsHealth's D*Action studies suggest the optimal level for disease prevention and good health is between 60 ng/mL and 80 ng/mL, while the cutoff for sufficiency appears to be around 40 ng/mL.

In Europe, the measurements you're looking for are 150 to 200 nmol/L and 100 nmol/L, respectively. To convert ng/mL into the European measurement (nmol/L), simply multiply the ng/mL measurement by 2.5. It's also worth noting that 4,000 IUs is a fairly low dose. If you're deficient, you may need a whole lot more, perhaps 8,000 to 10,000 IUs a day, to reach an ideal vitamin D blood level.

The fact that they used fixed dosing and didn't titrate doses based on vitamin D levels in the blood is a shortcoming of this study. To their credit, they did include vitamin D levels, even if it wasn't the primary consideration. Ideally, a study of this kind would focus on getting the treatment group into a protective vitamin D level of 60 to 80 ng/mL and then compare the effects with controls.

All of that said, this double-blind, randomized, controlled trial (RCT) was not available when I wrote my paper, and it's good to have this new additional support for supplementation, even at relatively low, fixed doses.

Of course, sun exposure is exponentially superior to oral supplementation, and the only way to ensure you're getting an ideal amount of sun exposure is by getting your vitamin D level tested on a regular basis (ideally twice a year, in winter and summer).

Why Sun Exposure is the Best Way to Optimize Vitamin D

Why use sun exposure rather than oral vitamin D? The short answer is that sun exposure gives you far more bang for your buck. Not only is it free, but it also provides a plethora of biological health benefits over and beyond vitamin D production.

If the science of sun exposure interests you, check out Dr. Roger Sehwal's MedCram lecture above. In it, he explains the ins and outs of how sunlight impacts your health. One really important health benefit you can only get from sunlight and not oral supplementation is mitochondrial melatonin production.

The best review of the sun's effect on melatonin is the February 2020 paper,[5] Melatonin in Mitochondria: Mitigating Clear and Present Dangers,[6] published in the Physiology journal. It's written by the best researcher in melatonin, Russel Reiter, Ph.D., whom I first heard lecture on melatonin over 25 years ago.

Reiter's key finding is that 95% of the melatonin your body produces is made inside your mitochondria in response to near-infrared radiation from the sun or other near IR sources.

Only 5% of melatonin is produced in your pineal gland. Melatonin is a master hormone,[7] a potent antioxidant[8] and antioxidant recycler,[9] and a master regulator of inflammation and cell death.[10] These functions are part of what makes melatonin such an important anticancer molecule.[11]

So, to produce melatonin inside your mitochondria actually makes perfect sense, as your mitochondria desperately need protection from the damage caused by oxidative stress produced in the electron transport chain.

In summary, your mitochondria produce ATP, the energy currency of your cells. A byproduct of this ATP production is reactive oxidative species (ROS), which are responsible for oxidative stress. Excessive amounts of ROS will damage your mitochondria, contributing to suboptimal health, inflammation and chronic health conditions such as diabetes, obesity and thrombosis (blood clots).

The good news is your body has a built-in way to counteract these ROS. Inside your mitochondria, you also have an antioxidant system, and the main antioxidant is melatonin. Melatonin also upregulates your glutathione pathway, which is another potent antioxidant pathway. So, your body is literally designed to address the destructive impact of energy production, but you need sun exposure in order for that mechanism to work.

Sun Exposure and the Prevention of Viral Infections

Interestingly enough, melatonin has also been shown to be an important part of COVID treatment, reducing incidence of thrombosis and sepsis[12] and lowering mortality.[13,14]

> **"Evidence suggests sun exposure may help combat any number of respiratory infections, including COVID, and the production of melatonin in your mitochondria appears to be a key part of how and why that works."**

Evidence suggests sun exposure may help combat any number of respiratory infections, including COVID, and the production of melatonin in your mitochondria appears to be a key part of how and why that works.

There are a number of observations showing COVID rates across the world correlate to the solar index or the amount of sun striking the area. Positive case rates also correlate with vitamin D levels in the blood. Higher blood levels correlate with lower incidence of COVID and higher rates of survival for inpatients.

The same correlation does not always appear when using oral supplementation, however. Here, studies have produced mixed results. Some studies looking at the effects of giving vitamin D to patients with severe COVID, for example, found no benefit, even at very high doses. So, what's going on?

In short, your vitamin D level may simply be a marker for sun exposure. Many of the benefits of sun exposure may actually be due to factors that are unrelated to vitamin D. For example, research[15] looking at UVA levels and COVID mortality rates found areas of the U.S., the U.K. and Italy with higher UVA also had lower COVID mortality rates.

Vitamin D does not rise in response to UVA, only UVB, so, something in the sunlight other than vitamin D must be responsible for the beneficial impact. In that particular study, they speculated that nitric oxide, which is produced in response to UVA, could be the key, as nitric oxide has been shown to limit SARS-CoV-2 replication in vitro.

But while it's true that nitric oxide rises in response to sunlight (specifically UVA and near-infrared), the primary mechanism at work may in fact be melatonin, because it's produced in response to the infrared spectrum — which makes up a much greater portion of the solar spectrum than ultraviolet — and works regardless of the angle at which it hits the earth.

Hence the southern part of England can have lower COVID deaths than the northern part, even though the entire country is too far north for vitamin D production.

Melatonin and Sunlight Are Intimately Connected

Melatonin and sunlight are intimately linked and their relationship is unique in the fact that there are two forms of melatonin, circulatory and subcellular, or that produced by your pineal gland and secreted into the blood, and that produced by your mitochondria and used there locally.

Both appear to be controlled by either the absence of sunlight or the presence of sunlight. While circulatory melatonin may be the "hormone of darkness," subcellular melatonin is the "hormone of daylight."

Since the beginning of human history, people have lived and worked outdoors during the light of day, absorbing light energy from the sky. An average of 10 hours outdoors each day, 70 hours weekly, was common. Today we spend an average of fewer than 30 minutes a day or a mere three hours per week in daylight, according to a study by Dr. Daniel Kripke, professor of psychiatry at UC San Diego.[16]

It is likely that near-infrared photons stimulate subcellular melatonin synthesis in your mitochondria through cyclic adenosine monophosphate (cAMP) or NF-kB activation, or alternatively by stimulating bone marrow stem cells.[17]

However, if you fail to expose your skin to sufficient near-infrared light from the sun, then your mitochondria will have seriously depleted melatonin levels that can't be corrected through supplementation. This is why it is essential to get in the sun every day you can and have as much clothing removed as possible. This is the time of year where nearly everyone in the U.S. can do it. So, no excuses now, short for an hour a day in the sun.

Vitamin D Level Is Directly Correlated to COVID-19 Outcome

As mentioned, over the past two years, many published studies confirm the wisdom of using vitamin D against COVID and other respiratory infections, and while sun exposure is best, oral supplementation can still be beneficial.

According to a Spanish study[18,19,20] published online October 27, 2020, in The Journal of Clinical Endocrinology & Metabolism, 82.2% of COVID-19 patients tested were found to be deficient in vitamin D, the medical term for which is 25-hydroxycholecalciferol (25OHD).

While this particular study failed to find a correlation between vitamin D levels and disease severity, other studies have shown patients with higher levels do tend to have milder disease. In fact, one such study[21] found your risk of developing a severe case of, and dying from, COVID-19 is significantly lower once your vitamin D level gets above 30 ng/mL (75 nmol/L).

In the video above, Ivor Cummins, biochemist and chief program officer for Irish Heart Disease Awareness, reviews a number of studies showing how your vitamin D level can impact the outcomes from COVID-19.

One of the reasons why vitamin D is so important against COVID-19 has to do with its influence on T cell responses. Animal research[22] published in 2014 explained how vitamin D receptor signals regulate T cell responses and therefore play an important role in your body's defense against viral and bacterial infections.

As noted in that study, when vitamin D signaling is impaired, it significantly impacts the quantity, quality, breadth and location of CD8 T cell immunity, resulting in more severe viral and bacterial infections.

What's more, according to a December 11, 2020, paper[23] in the journal Vaccine: X, high-quality T cell response actually appears to be far more important than antibodies when it comes to providing protective immunity against SARS-CoV-2 specifically.

Epitopes associated with SARS-CoV-2 have been identified on CD4 and CD8 T cells in the blood from patients who have successfully recovered from COVID-19, and according to the authors, these epitopes "are much less dominated by spike protein than in previous coronavirus infections."[24]

Epitopes[25] are sites on the virus that allow antibodies or cell receptors in your immune system to recognize it. This is why epitopes are also referred to as "antigenic determinants," as they are the part that is recognized by an antibody, B-cell receptor or T-cell receptor.

Most antigens — substances that bind specifically to an antibody or a T-cell receptor — have several different epitopes, which allow it to be recognized by several different antibodies.

We May Be Seeing the Results of Pathogenic Priming

Importantly, some epitopes can cause autoimmunological pathogenic priming if you've been previously infected with SARS-CoV-2 or exposed via a COVID-19 vaccine.[26]

In other words, if you've had the infection once, and get reinfected (either by SARS-CoV-2 or a sufficiently similar coronavirus), the second time, you'll be predisposed to be more severe than the first. Similarly, if you get the COVID shot and are then infected with SARS-CoV-2, your infection could potentially be more severe than had you not gotten the shot.

We're now also finding the COVID shot can make you more susceptible to repeated COVID reinfections, compared to people with natural immunity, and the more shots you get, the greater that risk.

COVID-19 is now actually more than twice as prevalent among the boosted, compared to those who quit after the initial series.[27,28] Pfizer's pediatric trial and Moderna's adult trial[29,30] also reveal the shots raise, rather than lower, the risk of reinfection[31] (meaning catching COVID more than once). I review these and other evidences for this in "Why These COVID Jabs Are Worse Than Two."

How to Optimize Your Vitamin D

In closing, remember that the most crucial factor when it comes to vitamin D is your blood level, not the dose, as the dose you need is dependent on several individual factors, including your baseline blood level. Again, the level you're shooting for is between 60 ng/mL and 80 ng/mL (150 nmol/L to 200 nmol/L).

I've published a comprehensive vitamin D report in which I detail vitamin D's mechanisms of action and how to ensure optimal levels. I recommend downloading and sharing that report with everyone you know. A quick summary of the key steps is as follows:

1. **First, measure your vitamin D level** — One of the easiest and most cost-effective ways of measuring your vitamin D level is to participate in the GrassrootsHealth's personalized nutrition project, which includes a vitamin D testing kit.
2. Once you know what your blood level is, you can assess the dose needed to maintain or improve your level. Your first and primary goal is to get in the sun for one hour a day close to solar noon with minimal clothes on as this will not only increase your vitamin D levels but your melatonin.

   If you cannot get enough vitamin D from the sun (you can use the DMinder app[32] to see how much vitamin D your body can make depending on your location and other individual factors), then you'll need an oral supplement.

   Ideally, take oral vitamin D3 together with magnesium and K2, as you need 2441% more oral vitamin D if you're not also taking magnesium and vitamin K2. What this means in practical terms is that if you take all three supplements in combination, you need far less oral vitamin D in order to achieve a healthy vitamin D level.

3. **Assess your individualized vitamin D dosage** – To do that, you can either use the chart below, or use GrassrootsHealth's Vitamin D+calculator. (To convert ng/ml, into the European measurement (nmol/L), simply multiply the ng/ml, measurement by 2.5.) To calculate how much vitamin D you may be getting from regular sun exposure in addition to your supplemental intake, use the DMinder app.[xi]

Vitamin D serum level

4. **Retest in three to six months** — Lastly, you'll need to remeasure your vitamin D level in three to six months, to evaluate how your sun exposure and/or supplement dose is working for you.

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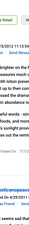

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by Doctor Joseph Mercola

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juststeve
Joined On 1/5/2012 11:13:54 AM
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The spotlight burns even brighter on the Fauci-Fouds agenda. If under his direction researchers were allowed to pursue health building and sustaining measures much of this most likely be standard practice by now. It's one thing for 70 or 80 years ago for researchers to come up with lotion preventing burns but blocking health enhancing measures because they could've been unaware. Once the negatives mount up to then continue to avoid any exposure to sun light is continually pursued, is an entirely different story. Then when we have witnessed the dramatic raise in so many kinds of disease over those decades, many deadly, yet a simple and free health measure available in abundance is more than ignored, it is suppressed.

Why? Because of those awful words - simple, free & abundant disrupt the kingdoms of Corruption. Now add in glyphosate, GMO, toxic sp & sugars & processed foods, and more, don't they also add fuel to this fire? If the memory is working doesn't glyphosate interfere with many of the functions sunlight provides? Sunburns are bad, no arguments there, but careful, mindful use exposure at least for me the warmth of the sun takes out the reminders of severe injuries and often makes all seem right in our Garden, Planet Earth.

Reply · Mark as Spam · Posted On : 7/7/2022 3:28:51 AM
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nojusticenopeace
Joined On 6/29/2011 2:13:20 PM
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Great post Steve. It seems our sad the simplest things are often overlooked like get outside especially on sunnies day all year long for natural vitamin D uptake and overall benefits of being outdoors. Even in most cities people can find nice parks. I'm in London visiting and it's an amazing city for green spaces. Switzerlyzur standing to long! lifestyles and jobs that are computer based require a conscious effort to balance the negative aspects of these types of jobs/careers. Psychopaths in control have agendas and have a road map to reach their goals. Most people need to get their hands out of the sand and see what's really going on if they want to avoid what's coming in the near future.

Mark as Spam · Posted On : 7/7/2022 6:42:46 AM
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Randyfast
Joined On 5/6/2010 8:42:42 PM
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FYI, for the past few years, sunny days around here have been few and far between. I didn't even plant my "veggies in pots" this year and it was the right decision. The greengineered weather would have killed them all by now!

Mark as Spam · Posted On : 7/7/2022 8:10:37 AM
Like · Dislike

Krefter
Joined On 4/3/2015 9:47:59 AM
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We are overwhelmed by forces that are trying to keep us inside, out of the sun and looking at digital light all day, all of which keeps us ignorant of the importance of staying in touch with the real world, the one our ancestors have been living in for the past several hundred thousand years - the one to which our DNA is finely tuned.

Mark as Spam · Posted On : 7/7/2022 9:29:22 AM
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juststeve
Joined On 1/5/2012 11:13:54 AM
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Rarely here it has been going from one extreme to the other, when it started it was usually in late fall. It then became a pattern starting in late fall to carry through the entire winter. The truth about get the snowpack we once used too. Despite the very high levels in the diesel Lake & wicked warm waters one would expect to cause our famous Lake Effect storms. Winters go from extreme cold(to warm & rain is causing ice off and a deepening loss of water table levels. Sun in the summer can often so you have pointed out cause us to have what we regard as Canadian Highs as opposed to the once regular Bermuda Highs. Canadian Highs with little humidity can sometimes make your skin feel like you're getting hit with hot bacon grease. Bermuda Highs make it near impossible to breath or function. Both are our extremes. Most days in summer are still a pleasant and welcomed treat. But do seem to be retreating.

Mark as Spam · Posted On : 7/7/2022 9:42:09 AM
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juststeve
Joined On 1/5/2012 11:13:54 AM
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Yes, Krefter, the going keeps ringing to keep us disconnected from the real and natural world to be tied to artificial non-reality's so people here no idea what is what is going on stuck in the many types and kinds of Mass Formation behavioral things that don't even exist. Join the resistance, get a nice glowing tan, get your eyes adjusted to the sunlight so we can see the light!

Mark as Spam · Posted On : 7/7/2022 9:48:14 AM
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juststeve
Joined On 1/5/2012 11:13:54 AM
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nojusticenopeace, the simple pleasure stolen from us are the worst, but the easiest to recapture, great input, thank you.

Mark as Spam · Posted On : 7/7/2022 9:50:16 AM
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mirandala
Joined On 6/27/2014 7:00:58 AM
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Ivermectin, well said! Add in known carcinogens being approved in our foods, courtesy of the food AND DRUG Administration. And let's please not forget the deeply heart felt testimony of world renowned ICU doctor Paul Marik, when saying that he had to watch Covid patients needlessly die in the ICU because he was not allowed to administer life saving medications, and fired by the hospital for objecting! this is as much evil as it comes! Dr Mercola's recent Breaking News post about the "health" authorities telling us not to garden and grow our own food,dangerous, polluted, wear a mask if gardening, is more evidence and very sad too.

And in our area, early into the Vermic, the newspapers were writing "hoax, vitamin C is snake poison, don't take it, It will do no good, hoax hoaxxxx" the serpent is raising its head and rattling its tail.....Thank you for posting with your concern, JustSteve. Surprisingly sick times. PS and they won't allow hydroxychloroquin, ivermectin, vitamin C, vitamin D because they falsely allege, no scientific proof and in some meds, alleged side effects that happen, we are told by doctors, mostly if the dosage has been excessively high and otherwise, to their experience, very rarely.

Yet, they sure will push an UNTESTED "vaccine" using brand new messenger RNA technology on all the masses! What gives? Double standards? Agendas? Oh my. So that words about hoax, snake poison are empty and bogus. They are not one bit concerned about science or risks....obviously!

Anybody in the mainstream ought to realize this, but they think "virus=dangerous" instead of "vaccine=safe" And they don't think "virus=immune response/environment=miracles/no hoax". Just amazing how the kernel thoughts fuel actions, and how the media deliberately fans this hoax, knowing this pure fact exactly well. If people realized the latter equation, and that there is science in natural medicine, they might be less panicked and more reasoned in their response.

Mark as Spam · Posted On : 7/7/2022 11:14:54 AM
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Almond
Joined On 2/26/2008 4:23:33 PM
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twitter.com/_J?t

Reply · Mark as Spam · Posted On : 7/7/2022 4:42:21 AM
Like · Dislike

Mr27915
Joined On 9/26/2021 5:38:22 PM
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Almond - that is one for the ages. Well done.

Mark as Spam · Posted On : 7/7/2022 4:53:57 AM
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epi-cure
Joined On 5/13/2012 7:02:04 PM
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Almond, Bulls Eye! on the Twitter caption. A like-minded group and I are tending a 2/3 acre garden on newly acquired land. Time constraints and geographical distance have found me in a mostly passive role until now. It was revealed yesterday that the soil in the garden needs much "organic" matter. I wish there'd been time to bring in tons of compost before planting. How would you approach this challenge at this late hour? What's the quickest way to ramp up the soil quality? Ever use biodynamic sprays to encourage microbial activity? Thank you for your time and consideration.

Mark as Spam · Posted On : 7/7/2022 5:55:44 AM
Like · Dislike

mirandala
Joined On 6/27/2014 7:00:58 AM
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Brilliantly well said!

Mark as Spam · Posted On : 7/7/2022 11:20:08 AM
Like · Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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epi-cure... It may be too late for this year's garden. Here is what you can do for next year. After supper each evening, my husband burns the day's food trimmings/waste under the garden pathways. This saves from critters dragging it around. It also relieves us of the work or turning over compost and lets the worms do the work. No odors. You can bury fish heads and fish wastes, inc. clam or oyster shells and bones. Pour on fish emulsion. I doubt you will be lucky enough anyone to find a mint farmer with a stack of rich, black, rotting mint waste. Most now sell it for an exorbitant price. It can be worked into the soil next spring. One of the best soil supplements I have seen for weed control and balancing the soil.

Plant a cover crop this fall or let your garden grow lots of green weeds. Till it about once a week (for 6 weeks) before spring planting to kill off sprouting weeds. You can also get blocks of spent mushroom compost and work those into your soil. Maybe mushrooms will even sprout in your garden. We have had good luck with oyster mushrooms, but any will do. In our area, mushroom blocks are sometimes free if you take 100 or more. Otherwise, expect to pay around $1 each. Break them up with a garden spade before tilling. Cheaper than fertilizer nowadays. We use use a garlic oil, pattinolive but soap spray as a pesticide.

Make your own garlic oil--1 t. per pint. Add 1 t. shaved soap stirred to dissolve in hot water. Fill pint handheld sprayer with cold water. Shake. Spray after every rain or as often as needed. Discard and start over every 2 months. You can add just about any organic material to build soil as long as it is rotted and decomposed. (Leaves, grass clippings, food wastes, natural sawdust/chips from logs (not cedar or black walnut), fish wastes, cover crops, etc.) If you "plant" it under the pathways, you will not need to stack and age it a year first. Pour 1/2 t. ammonium sulfate granules under each blueberry bush mid-April every year.

Mark as Spam · Posted On : 7/7/2022 12:31:26 PM
Like · Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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epicure... continued: For large amounts of waste, dig trenches along pathways to bury organic materials. This could also possibly help your plants this year as roots expand.

Mark as Spam · Posted On : 7/7/2022 12:32:53 PM
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rmulrose
Joined On 11/15/2011 8:59:01 AM
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epi-cure, when I first realized my house had been backfilled with sand, I dumped a lot of mushroom soil and had gourmet mushrooms growing in the front lawn each spring! Then the nasty insects showed up along the side beds and sprayed with beneficial nematodes. But you can spray diluted fish emulsion after plants start growing, so it may not be too late. Just use a clothes pin or something to keep from smelling this all day and half the night!

Mark as Spam · Posted On : 7/7/2022 12:56:16 PM
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CarlyGirl
Joined On 6/19/2021 9:08:29 AM
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Almond, that is spot on!

Mark as Spam · Posted On : 7/7/2022 1:51:47 PM
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sam129
Joined On 9/14/2021 4:10:10 PM
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Wow. Perfect truth, Almond.

Mark as Spam · Posted On : 7/7/2022 2:27:31 PM
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epi-cure
Joined On 5/13/2012 7:02:04 PM
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Almond, many thanks for horticultural wisdom again today as so often before.

Mark as Spam · Posted On : 7/7/2022 9:27:19 PM
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epi-cure
Joined On 5/13/2012 7:02:04 PM
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rmse, I'm feeding the suggesting for cultivating a fungal presence that might accelerate the fecundity of our verdant ball and chalk, haha. A few formative years spent in maritime settings has probably inoculated me against fish bouquet although I don't think I'll get any support from fellow gardeners a few of whom might think the tomatoes might result in tasting like mackerel. Doesn't mean I won't try. Thank you.

Mark as Spam · Posted On : 7/7/2022 9:49:20 PM
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juststeve
Joined On 1/5/2012 11:13:54 AM
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epi-cure, Buckwheat is used here along with peas & beans as cover crops. Succession plantings of Buckwheat smothers weeds & conditions the soil without any of the toxic gifts of Roundup. Buckwheat is planted in flower for bees to work, then mowed or tilled under. A near tired tiller works best. Most years two to three crops in succession can be grown. A good season can bring four crops. The last crop has been growing down the cool buckwheat litter on the ground & the next year spring rake it back to walk on, between the rows of crops.

This leaves the roots intact for soil life to return soul to the soil. For food producing cover crops Sweet Peas & Green Beans are excellent, taste now of $2 to 3lb tomtoes, it depends on the reach of whoever gets the start clover gets the start clover to pick them. When they have

Grassroots Health

finished producing food, a rolling mower is used to mow them down leaving roots intact and it then followed by a planting of Buckwheat. Other roots kickback & fairly quickly remove the organic matter into the soil.

Because there is access to fallen partially rotted limbs & stems of small trees, plus wood litter from a year's firewood pile is used to put in the bottom of trenches where the next years plants will be put. The same as what Almond is describing for compostability. The two methods could be integrated. Amendments such as peat moss, a dusting of compost, fish emulsion sprayed on along with a dusting of volcanic ash, and also oyster shell fragments usually used for chickens are then added.

Then a couple tablespoons of unsulfurized molasses to a gallon of water to kickstart & feed the microbes is poured over it all then buried with the dirt that came from the trench. Lastly if available & work in progress the Eden Garden strewn are placed on all of it like icing on a cake. Sounds like a lot of work, but faster & long term results are well worth it. Start small. If you can't get it to work small, it will never work at all. What you may accomplish depends on resources & help.

Mark as Spam · Posted On : 7/8/2022 7:46:43 AM

Like · Dislike

datadragon
Joined On 6/14/2015 6:50:55 PM
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Magnesium was found to have a regulating effect, raising and lowering vitamin D levels based on the original starting baseline (25(OH)D levels. In these people who have had a baseline 25-D level of 30 ng/ml or below, magnesium supplementation raised up their 25-D level as expected. However, in those who started out with higher 25-D baseline levels starting around 30 ng/ml (75 nmol/L) up to 50 ng/ml (125 nmol/L), magnesium supplementation LOWERED THEIR 25-D levels back down, not raised 25-D levels to even higher levels that this article suggests is an optimal level (it appears to not according to many new research findings that needs to be reconsidered).

Magnesium regulates vitamin D levels, low magnesium impedes your body's ability to utilize vitamin D, even when it's present or taken by supplementation. Magnesium deficiency shuts down the vitamin D synthesis and metabolism pathways.
academic.oup.com/... /152988/ There is a good amount of research now that can explain many of the reasons for Vitamin D having potential benefits with Sars-Cov-2. One recent research showed Vitamin D metabolites are able to bind to the active sites of two SARS-CoV-2 transcription enzymes with high affinity which play important roles in its viral assembly, replication and establishing infection.

These enzymes are the main protease (Mpro) causing around 15%-19% inhibition and RNA dependent RNA polymerase (RdRP) inhibiting RdRP by 50%-60%. (RdRP may also be useful to inhibit also for the spike protein)
journals.physiology.org/... /ajpendo.00174.2021 Some Sars-Cov-2 variants have mutations now in Mpro making treatments that ONLY target Mpro such as Paxlovid less effective according to the research.
www.thelancetmedical.news/news/breaking-sars-cov-2-low-2-variant-spawns...

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

Like · Dislike

datadragon
Joined On 6/14/2015 6:50:55 PM
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Two studies highly suggest that having COVID-19 infection rapidly depletes vitamin D status, and other studies further suggest downregulation of vitamin D genes. Most recently, Among a series of Spanish ICU patients the proportion of patients with 25(OH)D greater than 20 ng/ml, dropped five-fold from 1.4% to 3.2% after just three days of being in the ICU.
www.mdpi.com/... /1948 And in a pediatric hospitalized in Italy who had a record of pre-COVID vitamin D status, mean 25(OH)D dropped 42% from 21 ng/ml, to 12 ng/ml, by the time they were admitted to the hospital
link.springer.com/... /10.1007%2Fs40618-021-01535-2 which the mentioned supports the possibility of needing to replenish vitamin D levels quickly during the later stage of covid-19 only such as using the calcifediol (25-D) form of Vitamin D and best would be active Calcitriol (1,25-dihydroxyvitamin D3) form that is anti-inflammatory as well.

Using Calcifediol has some advantages over regular cholecalciferol (vitamin D with covid-19 after replication as it can rapidly restore serum concentrations of 25(OH)D since it does not require the liver 25-hydroxylation conversion.

This other study shows the vitamin D form of calcifediol increased total and free 25D levels more rapidly than cholecalciferol (over the counter vitamin D) regardless of sexs/ethnicity. By 4 weeks, 87.5% of (Calcifediol) 25D participants had total 25D levels 30 ng/ml., compared to only 23.1% of cholecalciferol D3 participants. pubmed.ncbi.nlm.nih.gov/28187228/ but again the active 1,25 form seems best to consider when under a doctors care as conversions may also be less able to happen during inflammation/infection.

Mark as Spam · Posted On : 7/7/2022 11:11:52 AM

Like · Dislike

datadragon
Joined On 6/14/2015 6:50:55 PM
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A supercomputer analysis found that Covid-19 upregulates genes that break down vitamin D and downregulates the Vitamin D receptor. In an analyses of Sars-Cov2 lung cells from 19 COVID-19 patients and 40 controls conducted on Oak Ridge National Laboratory's Summit fastest supercomputer, Rna seqnom analysis showed that the Vitamin D Receptor (VDR) is 2-Fold down-regulated and enzymes [CYP24A1 (465.fold), CYP3A4 (268 fold)] that break down (catabolize) Vitamin D [1,25(OH)2D3] and its precursor (25(OH)D are up-regulated in COVID-19 patients compared to controls effectiveness.org/... /39177 Another recent study findings also support the notion of a association between SARS-CoV-2 infection and reduced expression of different components of the vitamin D pathway.

More specifically, there was a reduction of vitamin D and retinoid X receptors, as well as CYP27A1 (belonging to cytochrome P450 gene family and involved with VitD metabolism) www.ncbi.nlm.nih.gov/... /PMC3908073/ in MoA cells of patients infected with the virus. A further detailed network analysis of such differentially expressed genes revealed immune system pathways, NF-kB/cytokine signaling, and cell cycle regulation as prime predictive events that may be affected in the cells of such patients.

Significantly this dysregulation is characterized by both down-regulation and up-regulation of vitamin D cellular genes, which entails molecules that are involved in pathogen/cancer TH1 response and immune regulation.
www.biorxiv.org/... /2020.12.21.423762v2 the vitamin D receptor (VDR) is a negative regulator of NLRP3 inflammasome activation (inhibits NLRP3 activation) www.frontiersin.org/... /full

Mark as Spam · Posted On : 7/7/2022 11:13:47 AM

Like · Dislike

datadragon
Joined On 6/14/2015 6:50:55 PM
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Vitamin D is also required to maintain the stability of mast cells. The deficiency of Vitamin D results in mast cell activation. Exposure to the active Vitamin D form calcitriol (1,25(OH)2 Vitamin D) in the cultured mice increased the expression of VitD receptor (VDR) in mast cells onlinelibrary.wiley.com/... /ab.13110 This study mentioned that the SARS-CoV-2 virus is also able to bind with the STRA6 receptors found in the human host to gain entry in to neurons, immune cells and also other cell types. STRA6 mediates cellular uptake of vitamin A by recognizing RBP-retinol to trigger release and internalization of retinol.

Hence COVID-19 may leads to downregulation of STRA6 receptor leading to inhibition of the regulatory function of retinoic acid and cholesterol, contributing to extension of infection phase and Long COVID symptoms and complications including lymphopenia, neurological disorders, disrupted RIG-I pathway, interferon inhibition, cytokine storm initiation, diabetes, hormonal imbalance, thrombosis, and small lives. www.thelancetmedical.news/news/study-reveals-sars-cov-2-alters-binds-with...

Mark as Spam · Posted On : 7/7/2022 11:13:12 AM

Like · Dislike

datadragon
Joined On 6/14/2015 6:50:55 PM
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TMPRSS2 is well established as essential for priming SARSCoV2 cell entry, following binding to its ACE2 cell membrane receptor. This had me looking into it briefly a year ago. TMPRSS2 is a serine protease and the major human blood serine protease inhibitor is alpha1 antitrypsin, which is encoded by the SERPINA1 gene. It turns out that human CD4+ T cells exposed to the active form of Vitamin D, 1,25(OH)2D3 secrete a-1 antitrypsin representing a novel cellular source of this protein which then functions locally to inhibit TMPRSS2 and decrease the entry of Sars-Cov 2 into human cells as one of the mechanisms I have explained molecmed.biomedcentral.com/... /molmed-2016-0010 Tel Aviv University researchers suggest that carriers of the genetic mutations PiZ and PiS (SERPINA1 mutations PiZZ and PiSZ, respectively) are at high risk for severe illness and even death from COVID-19.

These mutations lead to deficiency in the alpha1 antitrypsin protein, which protects lung tissues from damage in case of severe infections. www.sciencedaily.com/ .../200921142205.htm the same protein enhanced by active 1,25 Vitamin D. These are just a few of the numerous studies out there.

Mark as Spam · Posted On : 7/7/2022 11:27:32 AM

Like · Dislike

ots101
Joined On 7/19/2016 6:30:32 PM
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datadragon, a lot of information. I may have to get an MD degree to begin to absorb but medical school will leave me no time to follow the links. Just says.

Mark as Spam · Posted On : 7/7/2022 12:37:02 PM

Like · Dislike

datadragon
Joined On 6/14/2015 6:50:55 PM
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Hi Otis, Vitamin D is rapidly lowered and genes that would lower Vitamin D by breaking it down are upregulated once covid-19 took hold so that may be why taking or having more Vitamin D was helpful since it can take a bit of time to build up. It suggests it would be helpful to get a doctor to give you the active form of vitamin D called Calcitriol to take when infected rather than trying to build up large levels ahead of time that are not beneficial all the time to everyone equally, only during an infection or when your body is testing high for inflammation but not during such a higher reactive protein levels since Vitamin D is very anti-inflammatory and inflammation needs to be balanced where both too high and too low levels are problematic. Vitamin D is converted to active form and utilized when you also take magnesium, and helps keep your levels optimal around 30 ng/ml. Magnesium does not continue to raise Vitamin D levels over 30ng/ml but brings them back down when higher to around that level.

Mark as Spam · Posted On : 7/7/2022 3:26:39 PM

Like · Dislike

ots101
Joined On 7/19/2016 6:30:32 PM
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Thanks Data for shorthand. I thought optimal Vitamin D level was 50 plus ng/ml

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

Like · Dislike

Lotek
Joined On 11/26/2014 6:00:22 AM
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Every article promoting vitamin D should suggest vitamin K2 supplementation. Vitamin D mobilizes calcium, which can settle in the bones and teeth (good) or arteries (bad). Vitamin K2 tells the calcium where to go. We do not produce our own Vitamin K2. It is only available from supplementation, natto, and range-fed animals (eat things that eat green things.) For supplementation, take K2 MK7. There is a a MK4 form but it has a very short half-life.

Reply · Mark as Spam · Posted On : 7/7/2022 8:26:03 AM

Like · Dislike

kwik54
Joined On 5/3/2021 10:19:28 AM
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Excellent reminder, Lotek. Very important! Also, I just read in the book Vitamin K2 and the Calcium Paradox that it is important to also take Vitamin A with your D3 & K2. I take Retinol to increase my Vitamin A2 with MK7 & MK4. I get my Vitamin A from Youngevity Beyond Tangy Tangerine 2.5 powder which is assimilated better than capsules.

Mark as Spam · Posted On : 7/7/2022 10:02:19 AM

Like · Dislike

freewasteshinigoes
Joined On 3/7/2021 2:40:06 PM
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Also, the need for magnesium. Without magnesium, according to Dr. Mercola, you will require much more Vitamin D3, if relying mostly on supplementation.

Mark as Spam · Posted On : 7/7/2022 11:08:07 AM

Like · Dislike

PuthMotes
Joined On 12/25/2021 3:44:06 PM
Add as Friend · Send Message

Unlike Vitamin D, Vitamin K2 (menaquinone) is readily available in food. Including fatty meats, lard or tallow, organ meats, dairy products from grass fed cows, poultry and egg yolks. Therefore, Vitamin K2 supplementation isn't necessary for people eating an animal-based diet.

Mark as Spam · Posted On : 7/7/2022 12:26:38 PM

Like · Dislike

bh27915
Joined On 6/26/2021 5:38:22 PM
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As a Cdn Thinker I follow the money. Being nuanced, I mean "corporate money" Little "corporate money" to be made when individuals take ownership and responsibility for their metabolic health. When one says "real food", follows a restricted feeding window, moves and lifts weight, has reasonable supplementation, sleeps, avoids toxic food/environments/people, has mindfulness while walking barefoot in the grass, and reducing stress. Not having fun, embracing life and all the incredible opportunities provided. IMHO COVID-19 was all about corporate money and power. "Individual Sovereignty" vs. "Corporate/Government Power" The battle-of-the-ages. People are other understood that or they didn't, and they behaved/acted accordingly. No "corporate money" in vitamin D.

Reply · Mark as Spam · Posted On : 7/7/2022 4:27:42 AM

Like · Dislike

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

Your diet and lifestyle will have a greater impact on your well-being than your vote.

Mark as Spam · Posted On : 7/7/2022 4:59:57 AM

Like · Dislike

jasonddonna
Joined On 9/17/2011 9:14:26 PM
Add as Friend · Send Message

Right on Dr. Mercola, you are the King of Vitamin D so just keep up the good work! The hell with them ... it's God's medicine and you the messenger...

Reply · Mark as Spam · Posted On : 7/7/2022 8:15:16 AM

Like · Dislike

grandmaxfarrer
Joined On 4/11/2017 12:34:10 PM
Add as Friend · Send Message

I just joined the Contrail Group, which I learned about from Gemma Star in the comment section of Steve Kirsch's newsletter: stevekirsch.substack.com/p/zachs-camera-fly-just-head-decapitated-bugs. **Why do we need Contrail Group?** The SARS-CoV-2 jabs were rushed out under emergency use authorization, using novel technology without any long-term testing. The original control group for this experimental treatment was unblinded only a couple of months into the trial and its participants offered the jab, which the said majority took. Therefore, there is no longer an official control group. Science demands that every experimental treatment must have a control group in order to properly evaluate its long-term success and efficacy. If you're not jabbed, please consider joining: https://noconsentgroup.com/. The organization is tracking a control group of pandemic (not their term).

If you haven't been jabbed (the only "can't breach" joining requirement), you qualify EVEN if you've come down with Covid. Here's from the Contrail Groups Mission statement: "To collect the long-term health data of the SARS-CoV-2 vaccine-free from every country so we can provide the missing control group to the SARS-CoV-2 vaccinated; thus enabling independent and transparent, comparative analysis of the vaxx-vax vaccination policy. And, to provide support to the SARS-CoV-2 vaccine-free community against discrimination and harms." Please check the FAQs for more details: www.vcgeiki.com/... /community

Reply · Mark as Spam · Posted On : 7/7/2022 10:20:14 AM

Like · Dislike

ots101
Joined On 7/19/2016 6:30:32 PM
Add as Friend · Send Message

I joined the control group. Thanks for the info and link. Hope more will join from our beautiful Mother Earth.

Mark as Spam · Posted On : 7/7/2022 1:04:13 PM

Like · Dislike

forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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Not just covid, not just Vitamin D...not just metabolism...but sunshine/food/sound are energy that raise the electrical potential of the 99% H2O Water molecules the body is made of...where cholesterol, sulfur/sulphur play a key role. Photons raise electrons to higher energy orbitals...electron energy is the tiger in your tank...What think energy is not needed for every life function? Take away fuels and electricity and power... In the South we do can, in the North they do waste. In the Far North they eat blubber... On screens in buildings under fluorescent lights @ 70degrees they do health insurance and pills?

Reply · Mark as Spam · Posted On : 7/7/2022 6:06:19 AM

Like · Dislike

epi-cure
Joined On 5/13/2012 7:02:04 PM
Add as Friend · Send Message

Regarding the properties of water by a pioneer researcher: drtomcowan.com/... /16-dolf-zantinge

Mark as Spam · Posted On : 7/7/2022 6:22:46 AM

Like · Dislike

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

Epi--Go to the E2 Water guy, Dr. Gerald Pollack, WSU. Charge separated EZ water moves stuff via gradient through vessels and cell membranes.

Mark as Spam · Posted On : 7/7/2022 6:29:54 AM

Like · Dislike

epi-cure
Joined On 5/13/2012 7:02:04 PM
Add as Friend · Send Message

Capt, I'll blow off the dust from Pollack's 4th Estate book, on my shelf almost since Day 7, thanks. You mention of photonic influence was the prompt for the podcast link I sent. It isn't just chaos to coherent. As per Zamboje, there are degrees of coherence.

Mark as Spam · Posted On: 7/7/2022 6:51:39 AM

Like · Dislike

tiran10
Joined On 10/3/2011 11:44:03 AM
Add as Friend · Send Message

Big Pharma still is pumping out negative articles about vitamin D and the essential value of it for a strong immune system! A VA study confirmed that veterans visits to VA hospitals were cut in half if they boosted the vitamin D level! The bureaucracy at the VA ignored it! Studies have indicated that if your vitamin D value is above 50 ng/ml is the blood you don't die from Covid and that sun puts a damper on the need for injections! Reduces the Profitability of the vaccine manufacturers!

Reply · Mark as Spam · Posted On: 7/7/2022 7:01:33 PM

Like · Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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Protests erupt in Italy over vaccine mandates. - rt.com/news/557-protests-erupt-in-italy-over-covid-19-mandates/

Reply · Mark as Spam · Posted On: 7/7/2022 4:55:51 AM

Like · Dislike

sam5129
Joined On 5/16/2021 4:10:10 PM
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- nenadonmed.substack.com/p/1gscorsaterop-people-helping-each?utm_source=... - Dr Malcevic's in depth look at lipoceutacy in Italy...Some people are helping others in other countries that are waking up.

Mark as Spam · Posted On: 7/7/2022 3:35:13 PM

Like · Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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sun... This sounds eerily similar to something that happened at Fred Hutchinson in Seattle a number of years ago. There was a trial for cancer treatment. I knew a woman whose husband had been enrolled in it. She was denied all access to see her husband. She was only allowed to see him when she pursued litigation. She told me that when she saw him, his skin (all over his body) was horribly blackened from drug effects as if he had been charred in a fire. I was investigating cancer options nationwide at the time. I was told by a hospital spokesman that no one died in these experiments although I knew her husband died.

I did not personally know others who had supposedly died. My husband knew some of them. (Too much of a coincidence when we did not even live in the state at the time) I do not know how hospitals record their statistics and causes of death, but it did not appear to be very realistic to me. It seemed to be a big cover up when things started to go wrong and families were denied access to loved ones. Just my thoughts and observations. History repeats...

Mark as Spam · Posted On: 7/7/2022 4:00:10 PM

Like · Dislike

versatile
Joined On 10/16/2007 4:23:09 PM
Add as Friend · Send Message

We know how to cure COVID. Over 500 million patients have been cured. We know how to cure COVID better - Vitamin D is part of the solution. When we speak of Vitamin D as a "treatment" for COVID, it makes it sound like COVID is incurable... When will we begin to study cure? When will we dare to use the "cure" metal for your health, tony

Reply · Mark as Spam · Posted On: 7/7/2022 11:23:51 PM

Like · Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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When it comes to prepping food, people need to get over the idea that life will go on as usual. Many things will no longer be avail or too expensive for your budget. Adapt your thinking to make do with what is available. This may mean changing your diet due to crop failures in your garden or markets. Your options will vary according to where you live. You may also need to lower your standards a bit. For example, I have boxed plain and red mills on my shelf. but also nonfat milk powder. Because they are shelf stable. We are not big milk drinkers, so milk is mostly used in recipes. Think about packed lunches for school children and people working away from home.

Less bread is available. If you cannot bake, you will need to bake it. Did you stock up on organic whole grain flours when they were avail? Are they properly stored for long term storage? Are you accustomed to a hand crank grinder for flour? You can substitute nut flours, rice proteins in an electric pizzle maker. (Rice flour, water to form stiff dough balls. Salt or baking powder, etc., optional.) and homemade lentil tortillas. Crepes can less flour if you substitute a bit of chickpea flour. Chickpea flour makes a great batter (quality brands in glass jars at affordable prices), jam/jelly (esp.

without corn syrup), luncheon meat (additives, etc.). Can you make sandwiches with homemade ingredients--jam, liverwurst, sausage, hummus, vegetables such as kohlrabi, eggplant, egg sandwiches? If you raise chickens? Reusable wraps or containers for sandwiches. Sandwich alternatives are soups--esp. vegetable soup recipes. Do you have soup-stand thermoses? Consider baked beans as a main course in lunch boxes. What about lettuce wraps? Fruit or vegetable salads--Waldorf salad, garden salads, potato salad or mixture? A hard-boiled egg? -continued-

Reply · Mark as Spam · Posted On: 7/7/2022 4:12:23 PM

Like · Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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-continued- Consider noodle substitutes for soups. Sweet potato or squash cubes, beans, add chopped greens last or top That soups with spinach. I love fresh ginger root, but it does not grow fast in our climate, even in my greenhouse. So, I bought powdered ginger--also needed for stir-fry if the fresh root is not avail. Expect to be eating less meat and more from your garden unless you raise meat or fish. Anyone can raise garlic--even in a patio pot. Garlic is essential! Never turn your nose up when someone butchers and offers you free organ meats or lard for rendering. Anticipate shortages of herbs/spices.

You can grow some things, but not all. Mustard powder/seed, dill seed (not weed), black pepper. You can dry jumper berries as a substitute for peppercorns, but go easy on them due to a possible laxative effect from too many. I find it is plenty for an Indian Stew' made with venison, onion, mushrooms, vegetable and thickened with ground sunflower seed. Esp. good for stews. Raise lots of lovage and prune away dead stalks as needed. It becomes established after the 3rd year. Perennial. Raise lots of Lovage. Lewis intact, but only edges along veins before use to release oils.

Very aromatic fruits. Both are good for soups. There will be a shortage of mayonnaise and mustard, too. (Mustard seed for pickling! Stock up!) At least the kinds of products most of us would choose to buy. Prices are already high. It will become more expensive to use your scarce oils to make your own mayo. Can you substitute homemade condiments from your garden? Homemade canned catsup, chili sauce, salsa, chutneys, Asian plum sauce, pickle relish, onion-tomato olives-lettuce-pickles or other greens, yogo cheese spread (from yogurt, like cream cheese), jams/jellies/apple butter?

Mark as Spam · Posted On: 7/7/2022 4:13:07 PM

Like · Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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-continued- Put up as much canned, frozen and dried fruit as you can to pack in lunch boxes. A main course and fruit is a good start. Not to rely on sugary deserts. Multiply the number of lunches you pack during a year by the number of months you feed to estimate how much you will need. As for beverages, avoid the synthetic powders. Plan to keep plenty of tea bags that are well sealed (triple packaging?) on the shelf to make iced tea. Choose a variety of teas. In a good year, I put up 200 pints of grape juice concentrate--each makes gallon. I put up 30 qts. of apple juice and 20 qts. of tomato juice, in addition to other tomato products.

This year, I also put up berry juice. These are not for lunch boxes, though. The grape is mostly for drinking (sugar), but not for lunches. Apple and tomato largely for cooking (soups, stews, casseroles, reconstituting tomato paste or apple juice). Most years, I also put up wine (other than grape), cordials, sparkling cider, sodas and beer. Some years, I make vinegar and test for acidity to use for canning. Go to a restaurant supply store and buy a gallon of lemon juice for canning if you can a lot--esp. tomato products and pears. You should be canning as much fruit as you can this year. There will be shortages.

Mark as Spam · Posted On: 7/7/2022 4:13:01 PM

Like · Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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-continued- Keep in mind that there are 110 meals per person a year. A hard-working adult may need 5000 calories a day during times of crisis. You will not need a lot of sugar for canning if you use an alternative such as stevia or you have your own abundant supply of honey. I hope this helps some of you who are struggling to make sense of prepping. Each household will have their own needs, too. This is not a one-size-fits-all. "How Much Food Should You Store? This May Surprise You! - YouTube What a pears worth of food would look like. original list without our edits: 400 lbs. of grain (corn, oats, rice, wheat) 20 lbs of meat protein 20 lbs. of fats and oils 75 lbs of milk 10 lbs of fruits and vegetables 10 lbs. of beans and legumes 60 lbs. of sugar happyprepare.com/your-food.html ? Foods, such as fats, will also go further when cooking for more people. You may only need to grease a skillet once, for example.

Mark as Spam · Posted On: 7/7/2022 4:15:21 PM

Like · Dislike

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

One more reason to produce your own food. deepstatewildlife.com/breaking-frustrated-farmers-battle-with-tyrche... This could happen anywhere.

Reply · Mark as Spam · Posted On: 7/7/2022 11:45:19 AM

Like · Dislike

stonehardor
Joined On 6/30/2008 1:05:17 PM
Add as Friend · Send Message

The presentation by Dr. Sabesh is one of the most clear talks I've ever heard. No way to get confused if you listen to his advice. He's talking about the effects of light on our physiology and pointing out that if we don't get exposure to bright light as early the sun can deliver (over 3000 lux lumens per day) we can't really have proper operation of our mitochondria. This is groundbreaking material. One thing mentioned in this article, or almost any article on vitamin D is the fact that when you take D3 (Cholecalciferol) supplements, it is absorbed via the gut and put into chylomicron particles in the lymph system from the intestines, just as we long chain fats and cholesterol absorbed in the gut.

But it may take at least 8 days for the lymph then to be moved by your body movement and delivered into the blood plasma. Lymph doesn't get pumped. You have no hope of getting that vitamin D into use by your body until it reaches the plasma and gets converted into 25(OH)D (Calcifediol). So if you happen to find yourself short on vitamin D and also needing it to be built up in your system quickly, the solution is to here on hand the actual Calcifediol supplements which is a simpler molecule and when absorbed in the gut it is put by the intestinal cells directly into the portal vein along with absorbed short chain fats.

This gives you 25(OH)D in the normal circulating form that is ready for your body to use and this takes only the time it takes to consume and absorb the vitamin, or just a matter of 2-4 hours. This is a life saving solution to low vitamin D if you are seriously threatened with some illnesses such as a viral attack that is already getting the best of you. Here's where you can order a supply of this Calcifediol Vitamin D: drweilcommunity.com/...-vitamin-d Here is more information on a study of the assimilation of this form of vitamin D in the human body: www.ncbi.nlm.nih.gov/...PMC5643001

Reply · Mark as Spam · Posted On: 7/7/2022 11:18:37 AM

Like · Dislike

dobbydove
Joined On 4/23/2011 8:28:58 AM
Add as Friend · Send Message

I am 83 years old, overweight (due to the last 2 years), and have high blood pressure. I live in the northeast which can be short on sunshine, especially in the winter. I also take public transportation and carry a bag of cough drops for those coughing on my vicinity on the bus. I believe I had the flu sometime in the early 80's, can't remember the exact year. Started and continued taking 5000 iu of D3 since and haven't had a cold or anything similar since. I'm retired so continued to take long walks during the "lockdown", never got, never will get that false vaccine.

A week in, walking down the street, it came to me that the whole thing was a gigantic hoax and I stopped washing my hands every 5 minutes, doing all the parody things the "authorities" demanded we do to "save our lives". Only more masks to enter grocery stores, library etc. Didn't even wear one in a large public demonstration. I figured if I got covid and it killed me from doing that, I would be proven wrong. But I wasn't. My greatest fear is being around people who have had the shot, as who knows what it can do to others who haven't had it.

But I have no choice, since so many, including my son and some good friends, have had it. Still haven't got covid - or even a minor cold. While I can't guarantee it's from the D3, I'm going to continue taking it, trusting it rather than a drug cartel pab. Perhaps it's my very young memories of WW2 and what the Third Reich accomplished with their drug cartel. I feel like we're now dealing with their descendants in what amounts to the Fourth Reich. Everything they will be as unsuccessful as their evil predecessors.

Reply · Mark as Spam · Posted On: 7/7/2022 10:46:20 AM

Like · Dislike

brianallen1
Joined On 6/17/2021 10:12:38 AM
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Simply do the opposite of what the "authorities" and medical profession state and you will be just fine.

Mark as Spam · Posted On: 7/7/2022 10:27:29 AM

Like · Dislike

bee70578
Joined On 12/6/2014 4:03:10 PM
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Yes, I got Omicron (or a sore throat and loss of taste for a while) after visiting my doc for a routine test just before Christmas. Everyone were those blue antibacterial masks when I was there. Ridiculous waste of effort.

Mark as Spam · Posted On: 7/7/2022 5:19:57 PM

Like · Dislike

Krefter
Joined On 6/3/2015 9:47:59 AM
Add as Friend · Send Message

Here's the inside story on D - sensitivehistic.substack.com/p/how-the-fear-of-skin-cancer-exacerbated

Reply · Mark as Spam · Posted On: 7/7/2022 8:46:44 AM

Like · Dislike

unsamie
Joined On 3/16/2010 8:25:40 AM
Add as Friend · Send Message

Just an added note: Sitting by a window with sunlight does NOT supply any vitamin D. You need to get outside for that.

Reply · Mark as Spam · Posted On: 7/7/2022 8:46:42 AM

Like · Dislike

vasoil
Joined On 3/6/2016 4:10:21 PM
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Literally HUNDREDS of publications in PUBMED feature the crucial role of mainly vitamin C, D, and Se, quietly unknown by the oblivious masses who have been holding information about their own health in their hands for decades now! Just a few of examples - PMID: 33199348 PMID: 32927735 As long as people don't use their brains, they will be victims and fearful of bugs and diseases that sweep down on them.

Reply · Mark as Spam · Posted On: 7/7/2022 9:43:58 AM

Like · Dislike

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

Just yelp I was reading an article in a MSM paper which continues to blatantly lie about the reality those injected are more susceptible to re-infection going forward. The article flat out says its the opposite. They get away with it always. There has been no movement on reading in the corruption of media like this at any level.

Reply · Mark as Spam · Posted On: 7/7/2022 9:26:20 AM

Like · Dislike

jamMjm
Joined On 2/26/2008 11:15:54 PM
Add as Friend · Send Message

Anyone who does gets fired. Any network that tries to expose the corruption gets booted by big tech (GAN got canceled by AT&T).

Mark as Spam · Posted On: 7/7/2022 12:23:03 PM

Like · Dislike

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

So FEW people in totality get even 15 mins of sun exposure on at least 40% of their bodies daily. I am amazed just how people hide from the sun in 2022

Reply · Mark as Spam · Posted On: 7/7/2022 9:15:56 AM

Like · Dislike

brianallen1
Joined On 6/17/2021 10:12:38 AM
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They've had 50 years of fear mongering, warnings and 2 generations were raised to believe the sun is deadly.

Mark as Spam · Posted On: 7/7/2022 9:20:53 AM

Like · Dislike

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

Exactly Brian...Pharma knew early in the 1950's the SUN was KEY to health. They could not allow it

Mark as Spam · Posted On : 7/7/2022 9:31:42 AM

Like · Dislike

HealthierChoices
Joined On 11/30/2009 10:05:54 AM
Add as Friend · Send Message

Yes, look at how margarine became the "favorite" for YEARS, as butter was so evil with all that unhealthy fat. And I still have trouble at times convincing others about the dangers of Canola oil. "They" do such an excellent job of swinging the ball in THEIR favorite direction and people believe what they hear from the "experts." A long-time school mate lives along the ocean in FL, I've told him how beneficial & healthy it is to have that water beach out and how much we enjoyed it while living in CA. He told me when he was at his doctor's office, the Dr. had him remove his shirt to check out his skin. The Dr. said, "Ah yes, this is just what I like to see...nice white skin." LL "The doctor's word wins ...." I've given up!

Mark as Spam · Posted On : 7/7/2022 9:51:35 AM

Like · Dislike

brodiebrock12
Joined On 9/18/2008 1:31:01 PM
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healthychoices I think those who came out of the two world wars were sold a bill of goods for sure as the large food corporations and Pharma became dominant. The greatest generation as they were "trusted to freely" I think people thought the food companies and Pharma were actually working to improve health, but in reality was far from it. These very same parents from like the 40's on bought these products and drugs for their children and so it went. We KNOW what motives they have if its broken down to essence or reality

Mark as Spam · Posted On : 7/7/2022 10:07:19 AM

Like · Dislike

brianallen1
Joined On 6/7/2021 10:12:38 AM
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My dad had a heart attack. Doctor insisted we fry everything in corn oil and eat margarine instead of butter. He had 2 more attacks and died.

Mark as Spam · Posted On : 7/7/2022 10:29:05 AM

Like · Dislike

HealthierChoices
Joined On 11/30/2009 10:05:54 AM
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brodiebrock--I'm a 40+/50y gal and do remember my mother mixing margarine w/ butter for awhile but don't think she did it very long. Both folks grew up on farms and we still get a lot of healthy items from my grandparents so I think eventually the butter won. Mom still fries her fish with the cream on top. My parents had a big garden for all the yrs. they lived - to 89 and 94.

brianallen--So sorry about your dad. That's a typical sad story and SO unnecessary. I lost my close childhood friend a couple yrs. ago that was just like your dad's. She had several other issues as well, but her doctor's advice was the accepted choice, so I don't have any degrees in the medical field. Her favorite oil (by the gallon) was Mazola Corn Oil.

Mark as Spam · Posted On : 7/7/2022 12:03:49 PM

Like · Dislike

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

Exactly, that's why I don't necessarily agree with Dr. Mercola's stance on Vit D. The lowest my Vit D ever was I was getting 4 to 8 hours of sunlight a day. I worked outside mostly and I also worked out (exercised) outside. I was diagnosed with metabolic syndrome at the time and was bordering on Type 2. I got the metabolism back under control, lost 80 pounds in the process, and vit-D levels went to normal (mid-40's). That was 25 years ago. I'be steadily done things to lessen my insulin response like HIIT, 8 hours sleep, f.f., low carb, and high fat. Each and every one of those have made my vit-D levels go higher while getting less and less sunlight. The only time I get more than 5 minutes of sunlight is the 1 time a week I now my yard in the summer. Yet my vit-D has been above 80 for 6 straight years and I don't take any supplements. So there is something else going on that affects vit-D levels besides sunlight exposure.

Mark as Spam · Posted On : 7/7/2022 1:38:01 PM

Like · Dislike

020202
Joined On 1/13/2011 8:25:48 AM
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Yup, while my vit-D was always below 50 and my husband's was always above 60, ... I got cancer, had 6 month or so, he never got a bit of it and we were in a hotel room with the stove blow, he sat in the sun all day on the deck and I sat inside with the doors open.

Reply · Mark as Spam · Posted On : 7/7/2022 8:52:21 AM

Like · Dislike

Lionel11
Joined On 5/5/2021 10:08:34 AM
Add as Friend · Send Message

Isn't it amazing. Going out in the sun lessens severity of disease from spike protein deployment. And the Shurts or FDA who should be jailed at minimum say infants need killer injections to reduce severity. The FDA murderers apparently don't think clearly when all you have to do is look at cases in subsaharan Africa where people even with dark skin that are exposed to sunlight daily are nearly immune altogether with HCL and IVM. Read about smoking gun:
worldjournalongs.wordpress.com/2022/03/11/the-most-expensive-healthcare-...

Reply · Mark as Spam · Posted On : 7/7/2022 8:29:37 AM

Like · Dislike

brodiebrock12
Joined On 9/18/2008 1:31:01 PM
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a healthy society is not a good business model. Pharma learned this decades and decades ago

Mark as Spam · Posted On : 7/7/2022 9:17:50 AM

Like · Dislike

bfr27915
Joined On 6/26/2021 5:38:22 PM
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brodiebrock12 "a healthy society is not a good business model. Pharma learned this decades and decades ago" True - follow the money. Consider professional golf and college football. Look at what we have become.

Mark as Spam · Posted On : 7/7/2022 6:33:35 PM

Like · Dislike

Randyfast
Joined On 5/6/2018 8:42:42 PM
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As long as people are locked into the covid hoax; they will never understand what's really going on here! Humanity is so easily conned. -- If the following doesn't tell you what's coming (soon), then you will never see it coming! --
free.childhealthdefense.org/who-virtual-press-conference-covid-19-...

Reply · Mark as Spam · Posted On : 7/7/2022 8:05:18 AM

Like · Dislike

brodiebrock12
Joined On 9/18/2008 1:31:01 PM
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Right Randy...people "continue" to live in denial or choose simply to follow the lust. Doubt that will change for a large % unfortunately

Mark as Spam · Posted On : 7/7/2022 9:19:34 AM

Like · Dislike

Randyfast
Joined On 5/6/2018 8:42:42 PM
Add as Friend · Send Message

Brodie, I can assure you that after more than 2 1/2 years of this utter insanity; the ones who have been slumbering, are not about to wake up - ever! The Great Culling has begun and it is just getting started. Booster shots for all - because the first 5-6 shots have worked so well!

Mark as Spam · Posted On : 7/7/2022 9:42:31 AM

Like · Dislike

brianallen1
Joined On 6/7/2021 10:12:38 AM
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Just look at their dam logo and that tells you exactly who their god is.

Mark as Spam · Posted On : 7/7/2022 11:14:05 AM

Like · Dislike

Randyfast
Joined On 5/6/2018 8:42:42 PM
Add as Friend · Send Message

Brian, The serpent? You can't get much lower than a snake's belly

Mark as Spam · Posted On : 7/7/2022 12:45:47 PM

Like · Dislike

christophillips
Joined On 6/27/2018 9:26:38 AM
Add as Friend · Send Message

thank you thank you thank you! so easy to implement.

Reply · Mark as Spam · Posted On : 7/7/2022 6:57:14 AM

Like · Dislike

Pete Smith
Joined On 10/11/2013 8:19:55 AM
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This is shocking: Pfizer Asks Court to Dismiss Whistleblower Lawsuit Because Government Was Aware of Fraud
childrenshealthdefense.org/defender/pfizer-whistleblower-lawsuit-fraud/ -- So the government was complicit in fraud and lied about it. What else the government lied about? What other frauds they committed? Who will protect you against the government?

Reply · Mark as Spam · Posted On : 7/7/2022 4:54:35 AM

Like · Dislike

miranda
Joined On 6/27/2014 7:00:58 AM
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Pete Smith, this phenomenon is unfortunately ongoing and has been, over the decades. I attended a physician-researcher's lecture why ajaite about a particular drug causing a hole in the esophagus when swallowed, with the so-called "Zide effect" (euphemism for medical maiming) of painful/difficult swallowing. The drug manufacturer, said the physician-researcher, lumped these patients into the "pre-existing conditions" Category to fake the outcome, and the FDA knew this, looked the other way and approved the drug, which barely even works, according to the physician/researcher. I can also tell you that my late father, a pharmaceutical salesman, quit the field out of conscience, way back in the 1970s, when he found out how treated the drug "Studies" are were.

The FDA and CDC are very corrupt and even criminal. If people think about it, our FDA approves known carcinogens in our foods, hormones, antibiotics (which should not be required in a healthy and clean environment, so where are the standards anyway?) Much else is allowed into our environment by our lax and industry-paid EPA. It is time for a change indeed, and at least. I hope this crisis we are undergoing, wakes up many people who finally create change, and in the most peaceable ways. We surely can't tolerate this.

Mark as Spam · Posted On : 7/7/2022 9:10:14 AM

Like · Dislike

epi-cure
Joined On 6/13/2013 7:02:04 PM
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Hello Pete. Here is a report of the strangely rainbled link that Lashci had submitted here earlier today (hetorically, was this video virus corrupted and therefore removed by the tech staff at Mercola?) www.bitchute.com/.../fyJQrTgbYdFU/ It shows scenes from The Netherlands as narrator Max Igan (Aussie in Mexico) says the majority of citizens in Holland are pushing back against the Globalist's extermination of cows. Is that your experience too that most Dutch are now awake to the agenda?

Mark as Spam · Posted On : 7/7/2022 5:23:56 AM

Like · Dislike

epi-cure
Joined On 6/13/2013 7:02:04 PM
Add as Friend · Send Message

rresirose
Joined On 11/19/2011 8:59:01 AM
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Hi Pete, The US govt is completely embedded with their 'public/private partnerships' with big Pharma, to the point the govt has become the developer, customer AND the marketing arm for their dangerous drugs. It represents a legal(?) doubt IE) form of collusion, an entanglement of numerous agencies and ex-military personnel. Not easy to break those chains. True to form and structure, most of what was projected out by (paid for, compensated) non-independent mainstream media has been lies. Response has been organized and planned for at least the past decade. Annual tabletop exercises for pandemic response were started after sars-cov1 outbreak, around 2003 or 2004, plenty of time to practice and edit with mind-control techniques.

Mark as Spam · Posted On : 7/7/2022 7:14:31 AM

Like · Dislike

Pete Smith
Joined On 10/11/2013 8:19:55 AM
Add as Friend · Send Message

Hi Miranda. Why will stop this corruption and fraud? US Congress/senate and Joe Biden are themselves corrupt, they do nothing than fake hearings of Fauci, only for show, and then let him get away with his crimes.

Hi Epi-cure. Yeah majority of citizens in Holland support farmers, but they don't see it as an battle against WEF. Most people don't know about what is think about WEF. Our prime-minister Rutte is himself member of WEF, and he lied to the parliament saying is only talking they do at Davos, while already years ago he signed agreements with the WEF in silence, but main stream media don't report this, so most people are ignorant. In your video they showed also old videoclips of the farmers from some year ago. WEF member also try to control food distribution, Bill Gates spend 600 million in our country to buy shares of Picnic, a company that brings supermarket food to your house, which will become very important when you are locked up at home in the next pandemic.

Gates bought even more land in the US last week, as a way to control food and to do GMO, technically is possible to build in vaccines in the GMO. Also dit Berg pointed out in his video last week another reason why so many US billionaires buy land to grow crops that are subsidized with billions of US tax dollars, for example maize and soy. So the poor US tax payers are making the filthy rich billionaires, like Gates who pay little or no taxes themselves, even more rich.

Mark as Spam · Posted On : 7/7/2022 8:05:44 AM

Like · Dislike

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

If their lips are moving, they are lying.

Mark as Spam · Posted On : 7/7/2022 8:37:21 AM

Like · Dislike

skope59
Joined On 5/3/2009 7:28:21 AM
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According to WestonPrice.org, too much vitamin D3 will help to cause a loss of vitamin A, magnesium and K2. So I take cod liver oil instead and never with the K2 and/or magnesium.

Reply · Mark as Spam · Posted On : 7/7/2022 4:24:02 AM

Like · Dislike

Pete Smith
Joined On 10/11/2013 8:19:55 AM
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Interesting skope59, thanks. Do you have a link to that Weston A Price article?

Mark as Spam · Posted On : 7/7/2022 5:91:42 AM

Like · Dislike

miranda
Joined On 6/27/2014 7:00:58 AM
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I have learned, reading for two decades ongoing about natural medicine, that moderation is usually key to supplementation, except in specialized situations. And yes excess of some nutrients may deplete others, to speak generically.

Mark as Spam · Posted On : 7/7/2022 5:03:35 AM

Like · Dislike

epi-cure
Joined On 6/13/2013 7:02:04 PM
Add as Friend · Send Message

skope59, Stephanie Seneff has somewhat of a contrarian view on Vit D or more accurately, like you, says we should treat it judiciously: drtheresaseneff.com/.../...#.yoqhaman.seneff

jamNjim
Joined On 2/20/2008 11:15:54 PM
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I don't take any V6-D supplements and I get an average of 1 minute of sunlight exposure a day (walk to and from my car). My Vit-D level hasn't been below 70 in 8 years. I basically follow Weston Price's dietary advice.

Mark as Spam · Posted On : 7/7/2022 5:47:51 AM
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Pete Smith
Joined On 10/11/2013 9:19:55 AM
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Thanks alsopeff for the link, being www.westonaprice.org/...//Cod_Liver Oil.pdf

Mark as Spam · Posted On : 7/7/2022 8:08:08 AM
Like · Dislike

rmstrose
Joined On 11/10/2011 8:59:01 AM
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epi-cure; Dr. Stephanie Seneff is currently spending a lot of time in Hawaii.

Mark as Spam · Posted On : 7/7/2022 12:14:10 PM
Like · Dislike

epi-cure
Joined On 6/12/2012 7:02:04 PM
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rmstrose

rmstrose, she says so, at least during the winter months. But then there's the jamNjim of the world who admit to low sun exposure yet maintain optimum levels of D.

Mark as Spam · Posted On : 7/7/2022 10:19:59 PM
Like · Dislike

Hope_FreedomInChrist
Joined On 4/7/2022 2:46:39 AM
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The thing that confuses me about vitamin D from the sun is why there was such a high breakout in infection and death in hot countries like Spain and Italy. Also vitamin D without K2 can cause a calcium overload so if people are getting Vitamin D without K2 in a supplement they are causing other problems. Well so I've been reading on many functional medicine Doctors websites.

Reply · Mark as Spam · Posted On : 7/7/2022 2:36:50 AM
Like · Dislike

mirandala
Joined On 6/11/2014 9:100:58 AM
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Suscharidt Bhakdi MD, a prominent microbiologist/researcher in Germany, said that air pollution is known to correlate to severe respiratory distress, and that the Italian cities most affected had highest air pollution pockets in their country. Russell Blaylock MD, a renowned and retired neurosurgeon, also wrote about the correlation between air pollution and severe upper respiratory distress/infections. He named China as heavily air polluted. There may be more factors and very likely yes, such as diet (Italians are known for diabetes) and also 5G rolled out together with COVID. I was shown a study by an A Stanford scientist/researcher of women in their 70s with normal blood smears, which clotted after 5G exposure.

So while COVID in severe cases may be complex, so can 5G and which is causal is any well informed physician's best guess. Everybody nowadays is exposed to 5G who owns a cell phone, which is most of the world. Last and perhaps not least, to parallel and underscore Dr Mercola, the Alliance for Natural Health wrote about ICU patients with COVID, consistently had the lowest blood measurements of Vitamin D and zinc. So many variables may mingle to contribute to the same picture.

Mark as Spam · Posted On : 7/7/2022 4:55:27 AM
Like · Dislike

jamNjim
Joined On 2/20/2008 11:15:54 PM
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I'm not sure about Spain, but Italians are known for their high carbohydrate based diets. Diets high in carbohydrates increase insulin levels. Like Mirandala said, type 2 diabetes is common in Italy. Before you become type 2 you become Insulin Resistant. Most people that get diagnosed at age 50 for type 2 diabetic were Insulin Resistant at age 25. Had they made the proper dietary changes at age 25 they would have prevented type 2 diabetes at age 50. What does Insulin Resistance and/or Type 2 have to do with Vit-D???

In both, your fasting insulin level comes into play 12. This puts you in a chronic state of fat storing mode. The carbohydrates you eat get converted into lipids (triglycerides and cholesterol) by the liver and then they get stored in the fat cells. Vit-D is fat soluble and it gets stored in fat cells with the triglycerides. Long story short, with normal (properly functioning) metabolisms, this fat/vit-d storage happens immediately and that is why it releases the fat/vit-d when needed to maintain proper bodily function and energy levels.

When you are in a state of chronic high insulin levels (Insulin Resistance), this never happens. So the only way you can raise your vit-D level is by supplementing and sunlight exposure. Both provide short term solutions for a long term problem. In other words, anyone suffering from low vit-D levels should have their fasting insulin level checked. It should be at or below 7. To lose weight, you need to be less than 5, and less than 3 to lose the most weight.

Most obese people you see walking around are at 2nm. Intermittent Fasting, Low Carb, and High Fat diets help to reduce insulin levels. What I found to work best is Fasting and I break the fast (breakfast) with a 20 minute session of HIIT (high intensity interval training). This forces your pancreas to produce glucagon (opposite of insulin). Glucagon releases stored fat from the fat cells where Vit-D is also released. You will lose weight, feel energized, and never get sick again.

Mark as Spam · Posted On : 7/7/2022 7:17:56 AM
Like · Dislike

iamww
Joined On 6/17/2011 4:50:39 PM
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As we all know, it has been noted that what we commonly refer to as COVID now seems to be made up of many (perhaps thousands (?)) different subvariants (at least for those that accept the actuality of viruses in general), in recent months this grouping, based on various genetic similarities, has been called Omicron, whose effects may differ considerably resulting in the various symptom sets seen in diverse populations, although the differences in symptoms being seen now might be more a factor of the susceptible individuals personal health weaknesses than any particular attribute of a virus to a specific organ group, esp. if the individual has compromised immune immunity possible due to the use of certain vaccines.

As has also been mentioned, now the viral transmission has been much much lighter than seen in the past, and virulence has been much lower. The hope has been that the virus has been mutating in standard fashion to forms that will coexist with humanity without being very dangerous to overall population health. Dr Bossche has a different hypothesis that is worth considering, based on the use of non-sterilizing vaccines being used in the midst of a pandemic to inoculate mass populations.

It has also been noted that incidences of the various subvariants of Omicron are appearing in very high numbers now in areas such as Southern Florida, and this has been attributed by some, such as Dr Bossche, to the observed change in transmission of these subvariants to forms that are defying the standard COVID model, so the "virus" has potentially mutated to forms that are no longer constrained by certain environmental conditions and perhaps as a result no longer constrained by potentially limiting health factors such as Vitamin D serum levels and/or melatonin status, and necessitating higher amounts of anti-virals to treat early (such as Ivermectin). What this portends is potentially devastating. www.wolesfromcancerandbeliefs.org

Mark as Spam · Posted On : 7/7/2022 7:38:13 AM
Like · Dislike

mihail
Joined On 9/2/2010 5:03:31 AM
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Hi Hope. No reason to be confused. Just because some people live in sunny climates does not mean they're exposed to the sun. Doctors make sure of that by telling them they'll die of skin cancer if they are. I'm alone yes alone in sunbathing regularly on my terrace, in a dense neighborhood.

Mark as Spam · Posted On : 7/7/2022 7:47:39 AM
Like · Dislike

brianallen1
Joined On 6/17/2011 10:12:38 AM
Add as Friend · Send Message

You certainly do not need to have a cell phone to be exposed to 5G.

Mark as Spam · Posted On : 7/7/2022 9:41:34 AM
Like · Dislike

grandmaxefever
Joined On 6/17/2011 12:34:10 PM
Add as Friend · Send Message

I am 74 y/o, unwaxed with a BMI of under 20, and take Vitamin D, Vitamin K2, and Magnesium daily. When I am in Northern California, I take 10K IU's of Vitamin D in Hawaii, I take 5K IU's. Except for my age, I have no comorbidities and take no prescription meds. My last labs showed I had a Vitamin D level of 89ng/ml, My PCP was alarmed and said Vitamin D toxicity can cause a pseudotumor cerebri and suggested I reduce my D intake to 1K IU's/day. He was wrong I did my research and it was a deficiency of Vitamin D that may cause a pseudotumor cerebri. He got his vitamins mixed up. It was Vitamin A toxicity that may cause a pseudotumor cerebri. To stop his misinformation, I sent my PCP the scientific literature hoping to "educate" him.

Nevertheless, I finally tested positive for covid in January. My symptoms never went beyond a scratchy throat and my internistian was nasal mixed, gargling with antiseptic mouthwash, and rubbing 1 tsp of tarmisc onto the soles of my feet for three days. Last month, I shared a hotel room for 8 days with my unvaxed 21 y/o sister who tested positive one day before our trip. Her symptoms were mild and she completed her 5 day quarantine in the hotel. She recovered with no after effects too. My only intervention was taking oregano oil. It's been over two weeks post trip and I am still testing negative. I took control of my own health - no more vaccinations for me ever!

Reply · Mark as Spam · Posted On : 7/7/2022 11:45:48 AM
Like · Dislike

otis101
Joined On 11/10/2010 6:30:30 PM
Add as Friend · Send Message

grand, how much vitamin A is considered toxic and may cause a pseudotumor cerebri? I take 25,000/daily.

Mark as Spam · Posted On : 7/7/2022 12:31:25 PM
Like · Dislike

datadragon
Joined On 6/14/2014 6:50:55 PM
Add as Friend · Send Message

Vitamin A can become toxic when there is a low zinc and magnesium level as these are needed to convert Vitamin A to the active forms and also to eliminate the extra that you are not using. Your body cant break down excess retinoic acid active form metabolites so they have to be eliminated.

Mark as Spam · Posted On : 7/7/2022 3:42:30 PM
Like · Dislike

grandmaxefever
Joined On 6/17/2011 12:34:10 PM
Add as Friend · Send Message

@Otis101 This was the literature I found and sent to my PCP: Hypervitaminosis Causing Pseudotumor Cerebri This involved a young woman with excess vitamin A, who took 50,000 units from three times a day prescribed four years previously. jamanetwork.com/.../1338251 FYI: This was the literature on Vitamin D deficiency rebuts presenting as pseudotumor cerebri. A final diagnosis of pseudotumor cerebri due to vitamin D deficiency was made. www.ncbi.nlm.nih.gov/...PMC3858774 This is the literature I also sent to my PCP to assuage his concern about my "high" Vitamin D levels. Common sense dictates if my level is considered "safe" for children, it should be even safer for me. (According to Table 1, it appears 150 ng/ml, falls into the toxicity range) www.ncbi.nlm.nih.gov/...PMC4903729

Mark as Spam · Posted On : 7/7/2022 11:28:43 PM
Like · Dislike

iamww
Joined On 6/17/2011 4:50:39 PM
Add as Friend · Send Message

Could you post more info (links perhaps showing efficacy) on transdermal application of Ivermax (and why the bottom of the feet)? 1 tsp of 1.87%?

Mark as Spam · Posted On : 7/8/2022 6:19:44 AM
Like · Dislike

grandmaxefever
Joined On 6/17/2011 12:34:10 PM
Add as Friend · Send Message

@iamww : I have no scientific literature to support the transdermal application of Ivermax. These instructions were from a holistic healer and shared with me by another fellow senior who lives in Colorado Springs: "Take 1 capful (approx 1 teaspoon) of Aspen Ivermectin and rub it on the bottoms of your feet for three nights every 6 months. If you get covid before using, the treatment is the same. For most of her patients that got covid, she said that after the first 24 hrs of treatment they all felt so much better. She had no one go to the hospital. But she told me that if you take it it will prevent you from developing covid.

The Ivermectin I used was Aspen topical Ivermectin from our local farm store and was 2% and would probably be enough for 100 applications - more effective and safer than a pharma pill of ivermectin because it wouldn't have to go through my liver." Our experience is strictly anecdotal and my friend still has not contracted Covid despite her health problems. Be prepared to be grilled for purchasing Ivermax. The purchase is controlled, you may have to sign a form and select a reason before you can buy it. My excuse was I was part of a group who purchased a cow for meat and was told to buy it for some infection the cow had.

I live in San Francisco and there are farms in Fairfield that do raise cows for purchase by individuals/groups for meat. Have your information ready so you won't be caught off guard. Since my recovery from Covid six months ago, I have not followed this protocol as I wanted to test my natural immunity. Before trying this treatment on myself, I did my research on the rabbits eating the soles of my feet and this is one of the articles that made sense to me: www.healingnaturalmedicine.com/home/2017/6/3/why-do-you-rub-essential... Blessings!

Mark as Spam · Posted On : 7/8/2022 9:54:55 AM
Like · Dislike

CartyGirl
Joined On 6/15/2021 9:08:29 AM
Add as Friend · Send Message

To Randy and others: I'm in the Northeast and we have had strong sunlight almost every day. My veggie garden has never been better. So I'm a bit confused here.

Reply · Mark as Spam · Posted On : 7/7/2022 1:55:02 PM
Like · Dislike

brianallen1
Joined On 6/17/2011 10:12:38 AM
Add as Friend · Send Message

The people have had a respite from muzzle wearing. Will they realize that it is completely unnecessary when the 'mandates' go back into effect? Will they cherish this brief glimpse of normalcy and return to life? Will they just toe the line and cower as before? It is so basic, but our freedoms hang on just this one thing. If people resist and do not comply, we have the power. Everything emanates from this. IT IS TIME FOR THE PEOPLE TO GET PISSED!

Reply · Mark as Spam · Posted On : 7/7/2022 9:19:01 AM
Like · Dislike

brodiebrock12
Joined On 6/16/2008 1:31:31 PM
Add as Friend · Send Message

Depends on their 'Fyou' their Either a person covers as many will and obey or this not. Most likely many will cower and obey. Mostly in the BLUE run cities and BLUE run states

Mark as Spam · Posted On : 7/7/2022 9:30:30 AM
Like · Dislike

najustsomepeace
Joined On 4/29/2011 2:13:32 PM
Add as Friend · Send Message

Learn Gematria the ancient system of coding numbers into words and see through all the MSM headlines and controlled opposition headlines is. For example: TOP STORY Avoid The Mistake That Kills Half Of People With COVID Make In Gematria COVID =82. Coincidence? Not likely. Last what the heck is Covid just a new name for cold/flu a psychological operation planned years in advance by the Kabbalah following Cabal psychopaths. Don't get the fraudulent test that Kary Mullis owned to have lost his life for daring to expose the lie. Rip Kary Mullis. If your sick just stay home use herbal remedies, etc. Stay away from mainstream doctors.

Reply · Mark as Spam · Posted On : 7/7/2022 5:13:22 AM
Like · Dislike

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

What covid? So few, see the truth and I'm tired of trying to explain. Don't worry...the time for justified 'fear' is coming - soon! All the talk in the world is not going to stop the New World Order!

Mark as Spam · Posted On : 7/7/2022 8:15:24 AM
Like · Dislike

Alicep1
Joined On 4/17/2021 4:48:53 PM
Add as Friend · Send Message

Why no mention of red light therapy while inside your home using an infared and near infared light therapy device?

Reply · Mark as Spam · Posted On : 7/7/2022 10:08:10 PM
Like · Dislike

brianallen1
Joined On 6/17/2011 10:12:38 AM

Add as Friend · Send Message

Yeah, spread on the flat earth map. Look at NASA'S serpent forked tongue on their logo.

Reply · Mark as Spam · Posted On: 7/7/2022 3:25:19 PM

020202
Joined On 1/13/2021 8:23:48 AM
Add as Friend · Send Message

www.iceagefarmer.com/for Here is a map of all the food distribution plants which have been destroyed around the world lately, more destroyed in the USA than anywhere else.

Reply · Mark as Spam · Posted On: 7/7/2022 9:06:42 AM

ami4222
Joined On 2/1/2014 5:45:21 PM
Add as Friend · Send Message

Epi-Cure . . . suggested resource for help in building soil health for a vegetable garden. This gal knows a LOT about the topic!
https://www.plantprofit.com/

Reply · Mark as Spam · Posted On: 7/7/2022 7:25:18 AM

spi-cure
Joined On 5/13/2012 7:02:04 PM
Add as Friend · Send Message

ami4222, oh mercy now you've done it ! I'm going to have to rise an hour earlier every day for the foreseeable future to absorb her library. Thank you for the deluge.

Mark as Spam · Posted On: 7/7/2022 9:37:05 PM

Reply · Mark as Spam · Posted On: 7/7/2022 11:58:52 AM

brianner
Joined On 10/4/2009 3:27:00 PM
Add as Friend · Send Message

Dr. Mercola, What is the significance of the results of the mPCR tests for "Covid," regardless of health measures? The tests are an admitted fraud. Beyond which, to date I have yet to see the question of the existence of SarsCoV2, or, in fact, of any other so-called "infectious virus." Have you seen the proofs of their existence? If so, perhaps you can share them. Thanks!

Reply · Mark as Spam · Posted On: 7/7/2022 11:58:52 AM

carolann1019
Joined On 6/8/2010 9:43:57 AM
Add as Friend · Send Message

The Netherlands are under attack by its police! They are trying to implement the great reset on the farmers! They got shot at and are unarmed. Please pay attention this is coming here ! The great reset by Klaus Bock boy his book and listen to this man too on Twitter! mobile.twitter.com/Lewis_Brackpool/status/1544739904227660108?s=20&...

Reply · Mark as Spam · Posted On: 7/7/2022 8:34:09 AM

capri6
Joined On 7/26/2011 14:12:30 PM
Add as Friend · Send Message

"Georgia Guidestones: Explosion leads to demolition. Is this a good sign?" One of the GG principles is "Maintain humanity under 500,000,000 in perpetual balance with nature." www.surgeonsdestiny.cat ... /georgia-guidestones-explosion-leads

Reply · Mark as Spam · Posted On: 7/7/2022 11:02:42 AM

rmelrose
Joined On 11/15/2011 8:39:01 AM
Add as Friend · Send Message

What do you think about this? They have evidence of a silver SUV and a small explosion earlier.

Mark as Spam · Posted On: 7/7/2022 12:37:05 PM

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

I think we are beginning to see the obvious. People are "mad as hell and are not going to take it anymore".

Mark as Spam · Posted On: 7/7/2022 1:14:22 PM

brianallen1
Joined On 6/7/2021 10:12:38 AM
Add as Friend · Send Message

It may not have been anyone on "our side". Can't put anything past them. Wasn't there video of the explosion itself but nothing before and after? Suspicious.

Mark as Spam · Posted On: 7/7/2022 3:17:47 PM

felomacch
Joined On 3/11/2017 7:25:24 AM
Add as Friend · Send Message

If you take magnesium with Vit D the mag can overpower the D so I take mag in the evening and Vit D with the meal that has the healthiest fat cannot stand fat helps D absorb better like an avocado or walnuts. A rule of thumb is 30-35 iu's of D3 per pound of weight and get tested. Some people can get higher levels easier than others because they may absorb easier or they weigh less. Even though the sun is the best way to get it when you start turning a little the amount you get goes down. That is why if you have darker skin you get less D. Putting on sun block which now have SPF's of 50-100 and above block beneficial rays so D levels are not increased even in summer because people are afraid of getting skin cancer.

I would wager decades ago when sunblock SPF's were 15-20 people's Vit D levels were higher on average compared to today. Also taking probiotics to have a healthy gut microbiome can increase D levels. My D level is 50 so year round and my wife is 60 and no colds or the virus.Best exercise for shot or Covid vaccine and at age 70 no problems. P.S. It seems to get more difficult to get a Vit D test. Doctors ask Why? and say that insurance may not cover the cost of the test so ask the doctor to code the procedure as "Suspected Low in D" or any rationale that can be coded that way.

Reply · Mark as Spam · Posted On: 7/7/2022 6:26:42 AM

har2631
Joined On 10/30/2013 11:20:04 AM
Add as Friend · Send Message

I have been very busy as a caregiver to my husband, that I missed any comments about where is "Gul" (?) spelling...always commented with lengthy comments early in the morning? thanks,

Reply · Mark as Spam · Posted On: 7/7/2022 3:11:20 PM

bfr27910
Joined On 9/26/2021 5:38:22 PM
Add as Friend · Send Message

Who doesn't miss "Gul"?

Mark as Spam · Posted On: 7/7/2022 6:37:08 PM

brianallen1
Joined On 6/7/2021 10:12:38 AM
Add as Friend · Send Message

He has not commented in months. Also, Stanley Becker passed away.

Mark as Spam · Posted On: 7/7/2022 11:58:09 PM

billstel
Joined On 6/9/2008 9:16:45 PM
Add as Friend · Send Message

I have seen in other interpretations of D, having a level below 50 ng/ml is considered deficient and a proven risk factor for Covid. That indicates to me that if you test below 60 ng/ml, you should do something more to bring the number up. In a blood test, if the other numbers are out of range, you would do something about it, so if your vitamin D is below 60, you should do something about it. All allows leeway above 50 for day to day fluctuations. I really like Dr Mercola's recommendation many years ago if you ever before been diagnosed with cancer, you should maintain between 70 and 100 for the rest of your life for best vitamin D level to help prevent return of cancer in your body. I think Dr Mercola should look into suggesting a minimum to prevent increased cancer risk promoted by the Covid jab.

Reply · Mark as Spam · Posted On: 7/7/2022 12:13:39 PM

andymusicman
Joined On 6/14/2007 6:39:27 AM
Add as Friend · Send Message

I know there are some very smart and knowledgeable people who post on these comments. Can anyone recommend a natural cure for ear infections in children? My 6 year old is constantly getting ear infectionsseeming most days as we live in Texas and it's so hot! I'm at my wits end to find a cure other than the dreaded antibiotics!! anyone has any advice I'd be super grateful, thanks!

Reply · Mark as Spam · Posted On: 7/7/2022 6:43:41 AM

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

My grandmother always had me soak each ear in hydrogen peroxide and it worked. My parents would wait until I had a full-blown infection and then take me to the doctor to get meds. At first sign/symptom of infection/irritation, my grandmother would immediately lay me on the opposite side of the earache (hurting ear facing the sky) and squirt H202 in the ear using an eye dropper (I use a syringe with no needle). Lay there for at least 15 minutes and use a Q-tip every 5 minutes to swab the canal. It's best to let the H202 do its thing until it stops fizzing.

It's not painful, but the first time the child feels the tingly/fizzing sensation in his/her ear they will come unglued! Just encourage them to lay still and endure the sensation. I still do this today. My parents thought I grew out of the ear infection problems. I never told them my grandmother showed me how to self-medicate. I'm not sure how or why it works. Maybe it's the placebo effect?? You will feel better after doing this regardless of having an infection or not.

Mark as Spam · Posted On: 7/7/2022 7:28:41 AM

grulla
Joined On 1/11/2012 8:03:55 AM
Add as Friend · Send Message

I can't/won't suggest a big pharma quickie cure (related make sure your son and everyone else eats right, avoiding sugar, carbs, junk foods, etc., and follow Dr. Mercola and Green Med Info, Weston A. Price's dietary advice as lifetime (not temporary fad) proper eating/drinking habits. www.westonaprice.org/health-topics/abcs-of-nutrition/dietary-guidelines...

Mark as Spam · Posted On: 7/7/2022 7:45:55 AM

brianallen1
Joined On 6/7/2021 10:12:38 AM
Add as Friend · Send Message

Take up to one teaspoon of Echinacea tincture orally two or three times a day. Also 6ft his head to one side and drop four to six drops of tincture directly into the ear every 2 to 3 hours while the pain persists. Avoid dairy until healed. Also, place half an onion in a heated oven (not microwave) until it is warm but not too hot. Put the onion in cheesecloth or an old t-shirt and hold against ear. The onion increases circulation and flushes out infection and toxins.

Mark as Spam · Posted On: 7/7/2022 10:09:41 AM

capri6
Joined On 7/20/2011 6:14:32 PM
Add as Friend · Send Message

Another vote for hydrogen peroxide. Put to the test, Dr. Oz says HP works for ear infections.
www.drozshow.com/ ... /home-remedies-put-test

Mark as Spam · Posted On: 7/7/2022 10:49:55 AM

lamewe
Joined On 5/17/2011 4:50:29 PM
Add as Friend · Send Message

I concur with JamNjim; hydrogen peroxide food grade 3%, and I dilute it with small amount of alcohol, on the theory that the alcohol will help remove/dry out any remaining water in the ear. I've used isopropyl. The peroxide also seems to help lesion trapped/impacted wax. I wouldn't use the Q-tip though; I just let it naturally drain and wipe with a cloth afterwards. If you have access to CDI+ 3000ppm, supposedly putting a few ml in a small glass and holding it tightly against the ear for a minute or so, seeking it so that as the gas evapotates out of solution, it goes into the ear, without getting the solution itself into the ear. Andrews Katcher has protocols posted online. Reduce exposure accordingly dependent on age and sensitivity. Warning, do not breath the gas for any lengthy of time, very acid/strong. andrewskatcher.com/ ... /cdp-protocols.html See under Protocol D and note that 1 ml CDI+ is considered the equivalent to 1 drop activated MMS.

Mark as Spam · Posted On: 7/8/2022 6:41:29 AM

david48
Joined On 8/25/2009 9:10:06 AM
Add as Friend · Send Message

I recently had blood tests done on myself, routine annual "physical" (type of Dr visit) etc. One of the results was Vit. D at 91 ng/ml, I wondering if that's a reason for concern. I'm pretty sure it get to that level through my supplementation with a sublingual Vit. D spray, as due to health limitations I'm usually not able to get out in the sun much. Anybody here know if I need to be concerned, and cut back on Vitamin D supplementation? BTW: I take it regularly with a high quality K2 supplement, and am not overweight. Would be grateful for any tips (or research leads) about what various experts think about a "too high" level of Vitamin D in the blood.

Reply · Mark as Spam · Posted On: 7/7/2022 4:06:35 AM

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

From the last piece of the article - the level you're shooting for is between 60 ng/ml, and 80 ng/ml, (150 nmol/L to 200 nmol/L). If you can afford, or your state, area allows it the Grassroots/holistic link in the same section may be helpful.

Mark as Spam · Posted On: 7/7/2022 4:47:03 AM

RJC2001
Joined On 10/25/2011 6:36:58 AM
Add as Friend · Send Message

That is the high end of normal. My level is 90 and my doctor says that is OK. She really had to battle with the insurance company to cover the cost of the test, but she managed to get it done!

Mark as Spam · Posted On: 7/7/2022 8:24:00 AM

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

RJC2001, just go to LabCorp and pay $45 for the test. You register/pay online and set the date/time of blood draw. Then you walk in on that time and in 5 minutes your out the door. You'll have your test results emailed to you in 24 hours. I don't screw with clinics, doctors, or insurance. I don't even have insurance except for catastrophic/high deductible coverage.

Mark as Spam · Posted On: 7/7/2022 1:44:15 PM

hot9520
Joined On 1/8/2009 1:24:06 PM
Add as Friend · Send Message

I wish that articles like this would address the skin cancer issue. I have very fair skin and begin to burn within minutes of being in the sun. I've had a number of skin cancers removed. I take astaxanthin, but still burn. How can people with skin like this possibly get an hour of sun exposure a day?

Reply · Mark as Spam · Posted On: 7/7/2022 11:43:26 AM

otis101

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

I am fair skinned also and I spend ten minutes in the sun on my back and turn over for another ten minutes. As the summer proceeds I will increase to 15 minutes. I live in Northern California.

Mark as Spam | Posted On 7/7/2022 12:28:26 PM
Like Dislike

CarlyGirl
Joined On 8/10/2021 9:08:29 AM
Add as Friend | Send Message

My baby brother passed away from skin cancer (he had very fair skin) over 10 years ago. He was 49 years old. People with fair skin should take precautions when sitting out in the sun. I still miss him with all my heart. He was not only my brother but my best friend.

Mark as Spam | Posted On 7/8/2022 7:11:01 AM
Like Dislike

Keythong
Joined On 3/2/2021 12:07:23 PM
Add as Friend | Send Message

There is no proof that any "virus", "coronavirus", or "Covid" whatever exists, or that contagion exists to "catch" these "virus" fictions; it's all the terrain: malnutrition, poisoning, and EMF irradiation. Even "genetic diseases" are probably not inevitable, and need a trigger to occur.

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

Lionel11
Joined On 5/5/2021 10:08:34 AM
Add as Friend | Send Message

I used to think that. Whatever it is one thing is clear. It exists and people have gotten sick. I believe it is a deployment of spike proteins, not a virus per se. I had it and almost everybody I know had been exposed. Symptoms similar to flu but also unique with respiratory distress. Mercola, McCullogh, Yeadon and Zelenko all believed it exists mainly as a spike protein hazard.

Mark as Spam | Posted On 7/7/2022 8:36:39 AM
Like Dislike

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

Look at the work of Dr. David Martin. The gain of function patients go back 20 years. They were doing something! Lots of nuances and "shades of grey" regarding "terrain" and "germ" theory (I am not a medical professional - I just ask questions and follow brilliant illuminators).

Mark as Spam | Posted On 7/7/2022 6:44:08 PM
Like Dislike

Bitcopper
Joined On 12/16/2021 1:21:12 PM
Add as Friend | Send Message

A lot of people suppose that the amount of sunlight with the sun 50 degrees above the horizon is constant, but it is not. The sun's path varies 46 degrees north to south from mid summer to midwinter. The angle of the sun's path also means that it is in the 'useful zone' for a longer duration than at the equator. The UK certainly has times in the year when there is plenty of hours to get useful sun. At the summer solstice, the sun will be in range of 50 degrees above the horizon 4 hours after sunrise and 4 hours before sunset. This still gives from 8:30 am to 5:00 pm to suntan. In a couple of years we'll hear that exposing yourself to strong sunlight in a frenzied burst at high noon is not a good habit.

Reply | Mark as Spam | Posted On 7/7/2022 1:34:31 PM
Like Dislike

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

www.westonaprice.org/health-topics/cod-liver-oil/a-response-to-dr-joe-..

Reply | Mark as Spam | Posted On 7/7/2022 10:07:24 AM
Like Dislike

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adrok
Joined On 1/7/2008 11:40:48 AM
Add as Friend | Send Message

Still pushing the germ theory lie at Mercola?? No virus has ever been properly isolated and purified and proven to be the cause of disease... why not tell your readers the truth???

Reply | Mark as Spam | Posted On 7/7/2022 9:43:32 AM
Like Dislike

020202
Joined On 1/13/2021 8:23:48 AM
Add as Friend | Send Message

Because the virus has been isolated, you have old news adrok.

Mark as Spam | Posted On 7/7/2022 10:01:23 AM
Like Dislike

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

Possibly if he does, that will be the end of this forum. Suck it up and reap his benefits in the meantime.

Mark as Spam | Posted On 7/7/2022 10:20:20 AM
Like Dislike

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

Proof that the virus has been physically isolated? Not on a computer model or screen.

Mark as Spam | Posted On 7/7/2022 10:35:28 AM
Like Dislike

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adrok
Joined On 1/7/2008 11:40:48 AM
Add as Friend | Send Message

@020202 -- show me where @brianallen1 - it's not a benefit if he's pushing lies... yes, isolated = not a computer model...

Mark as Spam | Posted On 7/8/2022 12:19:04 AM
Like Dislike

Post your comment

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