New Study on Vitamin D Combating COVID

Analysis by Dr. Joseph Mercola Fact Checked

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STORY AT-A-GLANCE

- Researchers from Johns Hopkins University, the University of Chicago and the Department of Veterans Health Affairs conducted a large-scale pharmacoepidemiologic study of the association between vitamin D and COVID-19 infection and mortality
- Those who took vitamin D2 supplements had a 28% lower risk of COVID-19 infection, while those taking vitamin D3 had a 20% lower risk
- Death from COVID-19 was also lower among those taking vitamin D — 33% lower among those taking vitamin D3 and 25% lower among those taking vitamin D2
- If the entire U.S. population in 2020 had supplemented with vitamin D3, it would have prevented 4 million COVID-19 cases and 116,000 deaths
- I strongly recommend getting your vitamin D from proper sun exposure if possible, as it will provide numerous other benefits, many of which are only beginning to be understood

Optimizing your vitamin D level is a foundational element to lower your risk of COVID-19. This simple step will also help you ward off many types of viral infections, because vitamin D is an immunomodulatory agent.

This point — that vitamin D helps combat COVID-19 — was widely censored and deemed "misinformation" during the pandemic. But yet another study — this one published in Scientific Reports[1] — shows the association between vitamin D and COVID-19 protection cannot be ignored.

About half the U.S. population has deficient levels of vitamin D, and rates of vitamin D deficiency are even higher in people with darker skin, those living in higher latitudes in the winter, nursing home residents and people with reduced sun exposure. Among groups with low levels of vitamin D, rates of COVID-19 are higher.[2]

Vitamin D Supplementation Reduces COVID-19 Infection, Death

Researchers from Johns Hopkins University, the University of Chicago and the Department of Veterans Health Affairs conducted a large-scale pharmacoepidemiologic study of the association between vitamin D3 and D2 supplementation and the probability of COVID-19 infection and mortality.[3]

"Vitamin D deficiency has long been associated with reduced immune function that can lead to viral infection. Several studies have shown that vitamin D deficiency … increases the risk of infection with COVID-19," they wrote.[4]

In the video above, John Campbell, a retired nurse and teacher based in England, detailed the findings. The study involved a large population of veterans, including 220,265 patients supplemented with vitamin D3 before and during the pandemic, 34,710 supplemented with vitamin D2 and 407,860 untreated patients.[5]

Those who took vitamin D2 supplements had a 28% lower risk of COVID-19 infection, while those taking vitamin D3 had a 20% lower risk. Please note that vitamin D2 is a plant-based version of vitamin D and I do not recommend it. Death from COVID-19 was also lower among those taking vitamin D — 33% lower among those taking vitamin D3 and 25% lower among those taking vitamin D2.[6]

"These associated reductions in risk are substantial and justify more significant exploration and confirmation using RCTs [randomized controlled trials]," the researchers explained. "This is particularly important given the high rates of vitamin D deficiency in the U.S. population and COVID-19."[7]

The veterans were taking varying doses of vitamin D, ranging from 20 IU which is absolutely worthless and no different than placebo, to 50,000 IU. Usually 50 IU doses are given once a week. I am convinced this is inferior to taking 8,000 IU every day.

However, those taking higher doses received greater benefits than those taking lower dosages. Further, veterans with very low vitamin D levels (between zero and 19 ng/ml) had the largest decrease in COVID-19 infection after supplementation.[8]

"In response to these findings, physicians might consider regularly prescribing vitamin D3 to patients with deficient levels to protect them against COVID-19 infection and related mortality. The 50,000 IU dosage may be especially beneficial," according to the study.[9]

Black veterans also had greater reductions in COVID-19 risk (29% decrease) following supplementation than white veterans (18% decrease).[10] "As a safe, widely available and affordable treatment, vitamin D may help to reduce the severity of the COVID-19 pandemic," the researchers concluded.[11]

Vitamin Could Prevent 4 Million COVID Cases, 116,000 Deaths

When the researchers extrapolated their vitamin D findings to the entire U.S. population in 2020, they found supplementation with vitamin D3 would have prevented 4 million COVID-19 cases and 116,000 deaths.[12]

Even applying the data to the Department of Veterans Administration, which had 343,094 COVID-19 cases and 14,981 deaths through October 2, 2021, vitamin D supplementation would have resulted in 69,000 fewer COVID-19 cases and 4,900 fewer deaths from March 2020 to October 2021.

Further, "These back-of-the-envelope calculations may be conservative given possible reductions in COVID-19 transmission due to the general population risk reduction from broader supplementation," according to the researchers. "Given our findings, the absence of severe side effects, and the widespread availability of vitamin D3 at low cost, vitamin D3 presents a unique opportunity to reduce the spread and severity of the COVID-19 pandemic."[13]

Research Confirms Low Vitamin D Raises Risk of Infection

Being aware of your vitamin D levels, and increasing your levels if you're deficient, is one of the simplest steps you can take to stay well. Vitamin D receptors are present in nearly all cells of the human immune system, including monocytes/macrophages, T cells, B cells, natural killer cells, dendritic cells.

Vitamin D has multiple actions on the immune system, including enhancing the production of antimicrobial peptides by immune cells, reducing damaging pro-inflammatory cytokines and promoting the expression of anti-inflammatory cytokines.[14] This has multiple benefits for avoiding infections. In terms of COVID-19:

- One study of 489 patients found those with vitamin D deficiency had a 77% increased risk of COVID-19 infection.[15]
- People with low vitamin D levels had a 59% increased risk of severe COVID-19 infection.[16,17]
- Those with low vitamin D had a 45% increase in COVID-19 infection and a 95% increase in hospitalizations.[18,19]
- A 53% increase in COVID-19 infection rates was found among people with vitamin D deficiency (< 20 ng/mL) compared to those with levels of 55 ng/ml or higher.[20,21]

It's clear that people with higher levels of vitamin D are also less likely to die from COVID-19 — and one study suggested that, theoretically, "a mortality rate close to zero" could be achieved if your vitamin D level reaches 50 ng/ml.[22]

The study authors believe that low vitamin D levels are not a "side effect" of COVID-19 but rather are a predictor of infection. As vitamin D plays a role in immune function, the epidemic of vitamin D deficiency is increasing the spread of many "diseases of civilization," they note in the journal Nutrients, such as heart disease,[23] along with reducing protection against infections:[24]

> *"One strong pillar in the protection against any type of virus infection is the strength of our immune system. Unfortunately, thus far, this unquestioned basic principle of nature has been more or less neglected by the responsible authorities.*
>
> *It is well known that our modern lifestyle is far from optimal with respect to nutrition, physical fitness, and recreation. In particular, many people are not spending enough time outside in the sun, even in summer.*
>
> *The consequence is widespread vitamin D deficiency, which limits the performance of their immune systems, resulting in the increased spread of some preventable diseases of civilization, reduced protection against infections, and reduced effectiveness of vaccination."*

Deficiency of vitamin D3 is also "one of the main reasons for severe courses of SARS-CoV-2 infections," they explained, pointing out that fatality rates tend to be elevated in populations with very low vitamin D3 levels, including elderly people, black people and people with comorbidities.[25]

At the end of October 2020, I also published my own vitamin D review in the peer-reviewed journal Nutrients,[26] co-written with William Grant, Ph.D., and Dr. Carol Wagner with the GrassrootsHealth expert vitamin D panel. At that time, 14 observational studies offered evidence that vitamin D levels are inversely correlated with the incidence or severity of COVID-19.

As noted in our paper, dark skin color, increased age, preexisting chronic conditions and vitamin D deficiency are all features of severe COVID disease and, of these, vitamin D deficiency is the only factor that is readily and easily modifiable.

It's Best to Get Your Vitamin D From the Sun

Optimizing your vitamin D levels isn't only about preventing COVID-19; it supports health in multiple ways. It's been shown that people genetically predisposed to vitamin D deficiency were 25% more likely to die from any cause compared to those with different genetics conducive to healthy vitamin D levels.[27]

The data came from researchers with the Australian Center for Precision Health at the University of South Australia, who also revealed that vitamin D deficiency driven by genetics increases the risk of chronic diseases like heart disease, respiratory diseases and cancer.[28] A deficiency in vitamin D has also been implicated in such problems as multiple sclerosis[29] and Parkinson's disease.[30]

I've long recommended a vitamin D level of 40 to 60 ng/ml for optimal health and disease prevention. However, higher levels of 60 to 80 ng/ml may be even better — a level upward of 100 ng/mL also appears safe and beneficial for certain conditions, especially cancer.

I strongly recommend getting your vitamin D from proper sun exposure if at all possible. This is because not only will adequate sun exposure naturally raise your vitamin D levels to healthy levels, but it will provide numerous other benefits, many of which are only beginning to be understood.

It's quite possible that having higher levels of vitamin D serves as a marker for healthy sun exposure, which in turn may be responsible for many of the beneficial health effects attributed to vitamin D — including increased longevity and lower cancer risk.

Many people are not aware that only 5% of your body's melatonin — a potent anticancer agent — is produced in your pineal gland. The other 95% is produced inside your mitochondria — provided you get proper sun exposure. So vitamin D is more than likely a biomarker or surrogate for sun exposure, which is intricately involved in melatonin production.[31] However, if you're unable to get adequate sun exposure each day, supplementation may be necessary.

How to Determine Your Vitamin D Levels

The only way to determine how much sun exposure is enough and/or how much vitamin D3 you need to take is to measure your vitamin D level, ideally twice a year. The D*Action Project by GrassrootsHealth is a cost-effective way to do this, while simultaneously progressing valuable research.

To participate, simply purchase a D*Action Measurement Kit and follow the registration instructions included. When supplementing, also remember to take synergistic effects with other nutrients into account. If you take high-dose vitamin D, you will also need to increase your intake of:

- Magnesium
- Vitamin K2

These three nutrients — vitamins D and K2, and magnesium — all work in tandem and rely on sufficient amounts of each to work optimally. Once you've confirmed your vitamin D levels via testing, remember to retest in three to four months to make sure you've reached your target level.

If you have, then you know you're taking the correct dosage and/or getting the right amount of sun exposure. If you're still low (or have reached a level above 80 ng/ml), you'll need to adjust your dosage accordingly and retest again in another three to four months.

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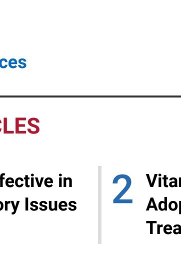

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Following the excellent reports of Dr. Mercola, some recommendations against COVID-19.--- 1. VITAMIN D. Over the past decade, the crucial role of vitamin D in inflammation and immunomodulation has been increasingly recognized. In this systematic review and meta-analysis of the severity of the disease, it was recorded that individuals with severe COVID-19 present 65% more vitamin D deficiency compared to mild cases of the disease. Patients with severe COVID-19 were recorded to have -15.63 nmol/L of vitamin D. A vitamin D concentration of less than 75 nom/L increased hospitalization for COVID-19 (OR = 1.81) and this deficiency was associated with Mortality from COVID-19 (OR = 1.82).

Vitamin D deficiency may be associated with the severity of COVID-19, especially in the elderly. This is explained both by less exposure to sunlight and by lower values of 7-dehydrocholesterol in the skin, marked in the elderly . In addition, aging is accompanied by a greater occurrence of chronic diseases, considered a risk factor for the severity of COVID-19 , and which are commonly treated with anti-inflammatories, antihypertensives , and endocrine agents and with drugs that can also interfere with the blood vitamin D levels. Patients with severe cases of COVID-19, characterized by respiratory distress, resting oxygen saturation 93%, partial pressure of arterial oxygen to fraction of inspired oxygen ratio 300 mmHg, or complications of the disease, such as the need for ventilation mechanical, septic shock or failure of non-respiratory organs, are also those who tend to present inadequate levels of vitamin D in the blood.

25(OH)D concentration is inversely associated with proinflammatory cytokines such as IL-6, an increase in C-reactive protein (CRP), increased risk of ARDS and heart failure, conditions that are related to the severity of heart disease. case and with its unfavorable results.

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According to another study, hospitalized patients with an acute course of COVID-19 not only have very low levels of 25OH-D, but also profound abnormalities in vitamin D metabolism, regardless of the clinical course of the disease. These disturbances could exacerbate existing vitamin D deficiency and its negative impact. academic.oup.com/.../6459715 (2021) .----- www.tandfonline.com/.../14787210.2021.1941871 (2021) .----- www.mdpi.com/.../906 (2022) .----- Decreased vitamin D in obese individuals is a consistent finding across ages, ethnicities, and geographies. Obese individuals require higher loading doses of vitamin D to achieve the same serum 25-hydroxyvitamin D as normal weight.

The fat solubility of vitamin D leads to the hypothesis that a sequestration process occurs in body fat stores, resulting in lower bioavailability in the obese state. Obesity can restrict ventilation by preventing excursion of the diaphragm, alter immune responses to viral infection, is proinflammatory, and induces diabetes and oxidative stress to negatively affect cardiovascular function. It is concluded that in populations with a high prevalence of obesity, COVID-19 will affect younger populations more than before. www.ingentaconnect.com/content/wk/coedo/2017/00000024/00000006/art0000.. .--- marlin-prod.literatumonline.com/pb-assets/Lancet/pdfs/S014067362031024.. .---

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2. VITAMIN C. Has been shown to play an essential role in immune function; shows antioxidant, antiviral, anticancer and antithrombotic effects. During infections, vitamin C levels drop due to increased inflammation. Vitamin C in the COVID-19 pathology inhibits inflammation and activates the immune response by acting on several mechanisms: it regulates the production of cytokines, the amount of histamines released, mitigates oxidative stress and acts on the differentiation and proliferation of T and B lymphocytes. The antiviral activity of vitamin C is due to the support of lymphocyte activity, enhancement of interferon- production, and modulation of cytokines, thereby reducing inflammation, improving endothelial dysfunction, and restoring mitochondrial function.

----- 3. ZINC. SARS-CoV-2 infection causes damage to the ciliated epithelium and ciliary dyskinesia. Zinc is essential to keep tissue barriers intact and functioning. In fact, zinc is known to cause an improvement in both the number and the length of bronchial vibratory cilia. Zinc plays an important role in the immune response by normalizing excessive immune reactions, balancing the interactions between the various cell types of the immune system. -----------4. N-3 PUFAs play a valuable role in the therapy of inflammation-associated diseases.

Physiologically. Among these processes is the enzymatic conversion of omega-3 eicosapentaenoic acid (EPA) and

docosahexaenoic acid (DHA) into mediators such as resolvins, protectins, and maresins. N-3 PUFAs reduce levels of inflammation is the inhibition of leukocyte chemotaxis, adhesion molecule expression and leukocyte-endothelium interaction and affect the adaptive immune response Another positive effect of N-3 PUFAs in patients with COVID-19 could be attributed to its antithrombotic properties. Since some patients with COVID-19, particularly those with comorbidities, may develop complications, such as arterial and venous thrombosis.

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5. LACTOFERRIN. Lactoferrin (Lf) could counteract SARS-CoV-2 infection, inflammation, and dysregulation of iron homeostasis simultaneously and could be important in the treatment of COVID-19. It has been shown that asymptomatic and moderate lactoferrin-treated patients of COVID-19 show faster virus negativization and faster clinical recovery than untreated patients. -----------6. HESPERIDIN. In combination with quercetin, it has recently been proposed as a treatment to block the replication of SARS-CoV-2 by interfering with its interaction with the angiotensin 2 receptor-converting enzyme. In addition, quercetin, zinc, and vitamin C act synergistically against SARS-CoV-2. ------7. QUERCETIN. It shows antioxidant, anti-inflammatory, anticancer, and immunoprotective effects, and can prevent many chronic diseases.

It also inhibits lipid peroxidation, platelet aggregation and capillary permeability and promotes mitochondrial biogenesis. Additionally, quercetin has been studied for its promising antiviral effects due to its ability to inhibit proteases, polymerases, reverse transcriptase, DNA gyrases, and viral capsid protein binding. Supplementation with the phytochemical quercetin, in food or nutraceutical form, may aid in the prevention of COVID-19 through multiple mechanisms. Quercetin inhibits protein disulfide isomerase (PDI), the enzyme involved in platelet-mediated thrombin formation, and may alleviate coagulation abnormalities and may interact with NLRP3.

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8. FLAVONOIDS. Flavonoids have valuable pharmacological properties including antioxidant, antiviral, antitumor, anti-inflammatory, and immunomodulatory effects. Flavonoids determine viral protease, RNA polymerase and mRNA inhibition, virus replication and infectivity, suggesting antiviral activity. Flavonoids can target several inflammatory pathways associated with SARS-CoV-2, such as NLRP3 inflammasome modulation, TLR receptors, BRD4 protein, nuclear factor NRF2. In addition, they can modulate the immune system and the profile of macrophages and natural killer cells and increase anti-inflammatory mechanisms. --------9. CURCUMIN. It has demonstrated various biological functions, such as anti-inflammatory, antioxidant, anticancer, and antimicrobial properties.

In addition to antifungal and antibacterial properties, it can also act as an antiviral compound by inhibiting replication in a wide range of viruses. It can directly modify spike protein and/or ACE2 and induce host antiviral responses by targeting NRF2 and blocking NF-B, inflammasome, HMGB1, and IL-6. Furthermore, it inhibits NADPH oxidase by damping the production of ROS. --------------10. VITAMIN E. Supplementation with food sources of vitamin E has been used to control nutritional deficiencies and obesity and promote acceptable nutritional status in patients with COVID-19 by improving immunological and antioxidant activities during the infectious phase.

Vitamin E is capable of reducing the production of inflammatory cytokines, promoting T-cell proliferation and differentiation, and influencing inflammatory responses in various tissues, including the lungs. In animal and human models, vitamin E enhances the immune response by decreasing nitrogen oxide production, which downregulates prostaglandin E2 and inhibits cyclooxygenase-2, initiates T cell signaling, and modulates Th1 balance /Th2. Furthermore, it acts as an immunoregulator through the regulation of protein kinase C

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11. MELATONIN. Melatonin is substantially involved in psychoneuroendocrine immunology, aging mechanisms, and stress management; In addition, it interacts with cortisol, immunity, and inflammasome pathways, interfering with COVID-19. Furthermore, melatonin does not act as a virucide, but rather shows an indirect antiviral action by reducing inflammation, oxidation and improving immune functions. Anti-inflammatory effects may be related to sirtuin-1 (SIRT-1) and nuclear factor kappa-B (NF-B), ------------12. PREBIOTICS AND PROBIOTICS. Reduced gut microbiota richness persists even six months after recovery from SARS-CoV-2 infection. Modulation of the gut microbiota by probiotics, prebiotics, symbiotics, postbiotics, paraprobiotics, and psychobiotics represents a potential additive approach to improve the health of COVID-19 patients.

Probiotics to act as immunomodulators, anti-inflammatories, antioxidants and antivirals, their use may represent a correct way to support the restoration of the intestinal microbiota. Some of its general mechanisms are represented by the inhibition of bacterial adherence and invasion capacity in the intestinal epithelium and the improvement of the intestinal barrier function and the immune system. Probiotics have been reported to limit virus entry by restoring the ACE2-containing epithelial barrier. Probiotics also induce the synthesis of short-chain fatty acids, which regulate blood pressure and inflammation. They reduce stress oxidation that leads to downregulation of inflammatory pathways (NLRP3 and NF-B). www.mdpi.com/.../1000 (2022) www.mdpi.com/.../2884 (2022)

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juststeve
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Gui, thanks to our SuperSpreader of Truth - Doc, and we can add you and your efforts, when we posters here have discussed, shared not only our experiences, but solid information about not just Vit D3, M7 K2, but the healing properties of many supplements, herbs, minerals. Also, sometimes missed, the very herbs and spices humans have treasured forever usually just thought of to enhance the flavor and experience of a food, are actually powerful healers too. Yet once again we in the States are back into another cycle of attack on our access to vitamins, supplements with a far better track record of positive results with way lower negative side effects associated with Big Pharma potions.

The Anti-Life crowd is attacking all on many fronts along with their current main event - a manufactured Covid PlannedDemic. Only such in appearance from manipulating thinly vailed definitions. Painting a healthy walk-in sunshine while avoiding sunburn, consuming properly grown foods, supplementing, if necessary, compounds we may find lacking in our lives because of seasons or the territories where we live as dangerous or unhealthy. Such things mostly ring true for those poor souls who never had the privilege of experiencing them in the right proportions.

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rrealrose
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Gui, you have no idea how many people started taking vit D3 supplements without the K2-MK7! So what's next? A series of painful joints and/or clogged arteries? That's what happens when people get frantic and grab the closest "solution".

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Thanks Just, very well expressed. The support is the pharmaceutical mafia and the agri-food industry with the corruption of the linked institutions constitute the breeding grounds of chronic diseases and resistance to antibiotics. The base on which medical health is now based is absent from the logic of the potentiation of the immune system with the support of traditional medicines. We cannot allow technology to dominate the existence of the human being, we are biology and we must respect our immunological integrity in order to defeat diseases and not degenerate the human race. Man was created to fully respect his humanity.

Immunity comes from lifestyle, from naturally nourishing your own systemnot from pharmaceuticals. all previous human societies would have vanished from Earth if humans were not internally equipped with an overwhelmingly powerful immune system. The coronavirus is actually a biological weapon, having already infected most societies and produced memory T-cell herd immunity, making vaccination not only unnecessary but unnecessarily exposing itself to serious side effects. and deaths. We are in the empowerment of diseases and in short the reduction of life expectancy. Instead of promoting preventive Medicine and curative of diseases by natural means, the pharmaceutical industry offers the publicity of Allopathic Medicine drugs to the public in the media, it is an act of corruption by BigPharma and US government institutions.

Pharmaceutical companies are lying when they claim that the ads are designed to educate patients, encourage doctor-patient dialogue, and motivate people to take more responsibility for their health care. This type of marketing tends to normalize obscure disorders, encourages people to believe that they suffer from certain dysfunctions, and encourages them to frame rare illnesses in a normal light.

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It is good to know the importance of lysine and other essential amino acids, especially trionine and the semi-essential ones: arginine, cysteine and tyrosine. People vulnerable to a low intake of lysine that affects immunity. Insufficient dietary lysine leads to viral infections (including susceptibility to the increasingly epidemic Herpes Complex virus, which 90% of us are expected to carry in one way or another), fatigue, nausea, dizziness, decreased appetite, irritability, bloodshot eyes, failure to thrive, anemia, and reproductive problems.

It is needed in the production of hormones, collagen, enzymes and antibodies. It also helps combat viruses and plays a role in calcium assimilation and protein construction in bones and muscle. La Threonine Important for healthy cardiovascular system, central nervous system, immune system and liver function. It also plays a role in the digestion of fats, and promotes healthy collagen, muscle tissue, skin and bones. Arginine cardiovascular performance, liver detoxification functions and stimulates immune function (antibody production and muscle tissue formation.

Cysteine increases the capacity of a substance called glutathione, one of the most powerful antioxidants that exist in our body. Therefore, cysteine plays an important role in the immune system, cancer, infections, detoxification of heavy metals and defenses in general. Tyrosine promotes neurotransmitters, fighting depression, anxiety and stress and improves the function of the thyroid gland. All this favors decay with the flu.

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Yes, ROSE, as Dr. Mercola reports in this excellent article, vitamin K can be present in several isoforms, distinguished by two main structures, namely, phylloquinone (K1) and menaquinones (K2). The difference in structure between K1 and K2 is seen in different absorption rates, tissue distribution, and bioavailability. Vitamin K2 in the form of MK-7 has been shown to be a bioactive compound to regulate osteoporosis, atherosclerosis, cancer, inflammatory diseases, and Covid-19. Vitamin K2 binds to the intranuclear SXR receptor and results in the activation of a plethora of genes.

K2 in this category of substances. Hence, vitamin K2 should be considered and consequently classified as a hormone. www.mdpi.com/.../htm (2019) www.intechopen.com/books/cell-signalling-thermodynamics-and-molecular-.. (2018). www.sciencedirect.com/science/article/abs/pii/S0261561420306130 (2021) www.mdpi.com/.../htm (2021) www.ncbi.nlm.nih.gov/.../PMC7492799 (2021) iubmb.onlinelibrary.wiley.com/.../bab.2312 (2022) Vitamin K status was lowered in COVID-19 patients and was associated with a poor prognosis. The data provided by this study suggest possible mechanistic links between vitamin K status, lung tissue injury, and thrombogenicity in Covid-19.

Vitamin K is the essential cofactor for the activation of MGP. The non-phosphorylated-non-carboxylated isoform of MGP (dp-ucMGP) is a circulating biomarker of vitamin K status and vascular calcification. levels of dp-ucMGP and desmosine (elastin breakdown marker) were significantly associated. Low vitamin K levels appear to be associated with accelerated elastin breakdown www.preprints.org/manuscript/202004.0457/v1?fbclid=IwAR3VoNwoQUiFz8Opr.. (2020) pubmed.ncbi.nlm.nih.gov/26016598 (2016)

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Ex vivo studies have shown a previously unknown immunomodulatory role for vitamin K2. MK-7 modulated the expression of TNF-, IL-1, and IL-1. vitamin K2 can help immunomodulation pubmed.ncbi.nlm.nih.gov/27200471 (2016) In this study, a pneumonia-induced vitamin K depletion mechanism is reported, leading to a decrease in activated MGP and protein S, aggravating lung damage and coagulopathy, respectively. Matrix Gla protein (MGP) is a vitamin K-dependent inhibitor of soft tissue calcification and elastic fiber degradation. Extrahepatic vitamin K deficiency was recently demonstrated in Covid-19 patients, with high levels of inactive MGP that correlate with elastic fiber degradation rates.

This suggests that insufficient vitamin K-dependent activation of MGP leaves elastic fibers unprotected against SARS-CoV-2-induced proteolysis. "Therefore, MK-7 deficiency may be a risk factor for increasing the severity of COVID-19 disease, and SARS-CoV-2 infected patients with comorbid conditions (that is, with other conditions) they tend to develop acute manifestations. " www.cambridge.org/core/journals/british-journal-of-nutrition/article/v.. in-covid19 / C3E7267D0D19B048E1D8AB9D83754CFC (2021) www.vitaminak2mk7.com/aggiornamenti (2021)

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In this study, a profound increase in extrahepatic inactive MGP was observed in people with COVID-19, which is indicative of a MK-7 deficiency in these patients. Furthermore, a subset of pulmonary macrophages that release MMPs tend to be elevated during severe SARS-CoV-2 pneumonia, leading to degradation of elastic fibers (Dofferhoff et al., 2020). Consequently, accelerated elastic fiber degradation and insufficient active MGP in COVID-19 patients suggest an interrelation between MK-7 deficiency and COVID-19. Therefore, in theory, COVID-19 may be related to MK-7 deficiency, which can be assumed to worsen the health outcome associated with the disease. Many comorbid conditions, which worsen the clinical outcomes of COVID-19, are associated with a compromised level of MK-7.

A MK-7 deficiency is certainly related to vascular calcification, since it reduces the concentration of active MGP below that necessary to inhibit the mineralization of elastic fibers. www.ncbi.nlm.nih.gov/.../PMC7492799 (2021) The lack of adverse effects of MK-7 makes it the ideal choice for supplementation for pregnant and lactating women and children, both healthy and suffering from various malabsorption and health disorders, such as dyslipidemia, diabetes, thalassemia major (TM), fibrosis cystic (CF), inflammatory bowel disease (IBD), and chronic liver disease. Additionally, the use of vitamin K2 in obesity-related health outcomes is worth considering. www.mdpi.com/.../htm (2022)

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Vitamin K1 is preferentially retained in the liver to aid carboxylation of clotting factors. Vitamin K2, particularly the long-chain derivatives, are redistributed to the circulation and are available to extrahepatic tissues such as bone and vasculature. Vitamin K2 activates osteocalcin, which has been shown in vitro to promote pancreatic beta cell proliferation, in addition to increasing insulin production and CyclinD1 expression. www.ncbi.nlm.nih.gov/.../PMC4441272 (2013) www.sciencedirect.com/.../S0092867407007015 (2008) journals.sagepub.com/.../03000605211001643 (2021) academic.oup.com/qjmed/article-abstract/114/Supplement_1/hcab116.002/6.. (2021) europepmc.org/.../34919073 (2021) This review focuses on its effects on the skeletal and vascular system providing a more recent update of the literature.

Overall, the findings reported here propose the VitK2 family as natural bioactive molecules that could play an important role in preventing bone loss and vascular calcification. www.mdpi.com/.../htm (2021) The data indicated that vitamin K 2 had a positive impact on osteoporosis, cardiovascular disease, parathyroid disorders, cerebral palsy, and sperm motility. www.mdpi.com/.../htm (2021) In this system review and meta-analysis, vitamin K significantly reduced vascular calcification.

Vitamin K-dependent proteins (VKDP) are associated with VS and VC and require vitamin K for activity. eprints.gla.ac.uk/172900 (2019) K 2 -MK-7 improves NO-dependent endothelial function. K 2 -MK-7 produced a similar degree of enhancement of endothelium-dependent vasodilation and an increase in plasma nitrate concentration. They also reduced the thickness of the medium in the brachiocephalic artery. www.sciencedirect.com/.../S153718911930031X (2019)

Mark as Spam | Posted On 12/2/2022 9:05:54 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Higher intake of vitamin K2 was associated with a lower risk of coronary heart disease, while there was no association between intake of vitamin K1. europepmc.org/articles/pmc7247390/bin/bmjopen-2019-035953.draft_revisi.. (2019) Human cohort studies have shown improvements in body weight, waist circumference, body composition, visceral fat, and diabetes mellitus from K2 supplementation pubmed.ncbi.nlm.nih.gov/17445536 (2007) link.springer.com/.../1475-2840-12-7 (2016) www.nature.com/.../ejcn2017146 (2017) Vitamin K improves insulin sensitivity and glucose tolerance, prevent insulin resistance, and reduce the risk of type 2 diabetes (T2 D).

Vitamin K-dependent protein (osteocalcin), regulation of adipocin levels, anti-inflammatory properties, and lipid-lowering effects may mediate the beneficial role of vitamin K in insulin sensitivity and glucose tolerance. pubmed.ncbi.nlm.nih.gov/27133809 (2016) link.springer.com/.../s42000-020-00268-w (2021) The daily intake of 360 g of vitamin K 2 in the form of MK-7 for 12 weeks reduces fasting plasma glucose and HbA1c in patients with DM2 but does not have a lipid-lowering effect. link.springer.com/.../s00394-020-02419-6 (2021) K2 supplementation is effective for the growth and metastasis of multiple cancer cell lines.

Studies have shown that vitamin K2 can exhibit anti-cancer activity in various cancer cell lines, including leukemia, lung cancer, ovarian cancer, prostate cancer, hepatocellular cancer and bladder cancer. Vitamin K2 can act in several pathways, including protein kinase A, protein kinase C, nuclear factor kappa B, and the steroid and xenobiotic receptor. www.mdpi.com/.../htm (2019) link.springer.com/.../s12282-019-01012-y (2019) www.nature.com/.../s41598-020-64880-x (2020) www.sciencedirect.com/.../B9780128119075000270 (2020)

Mark as Spam | Posted On 12/2/2022 9:09:03 AM

Like Dislike

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fvtomasch
Joined On 3/11/2017 7:33:24 AM
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Gui- We all know that Vit D will help but to get the FDA to approve and recommend is another story. Same for the CDC. Many of those working at the FDA will get nice jobs at Big Pharma after they approve whatever drug or vaccine. Some people are trying to get FDA approval but it will go nowhere. Going into the first signs of Covid with a high Vit D level has better outcomes than if a person is low and contracts the virus. Then in a hospital setting they should be given by IV at least 50,000 iu's per day for a few days but I'll wager it rarely happens. grothman.house.gov/.../documentsingle.aspx

Mark as Spam | Posted On 12/2/2022 9:27:10 AM

Like Dislike

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axkershaw
Joined On 7/8/2013 3:01:14 PM
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The elderly tend to have dry skin or "lower values of 7-dehydrocholesterol". Vitamin D is commercially produced by exposing lanolin from wool processing to UV light. Logically, using lanolin on dry skin would increase vitamin D levels. The only lanolin I could find in Ecuador is nipple protection for breast feeders. When the rare cloudless sun shines in Ecuador I expose myself along with the hens. The hens are outside all day, but take advantage of the rare cloudless sun to lay down and spread their wings to get the greatest exposure. The roosters don't, but they only strut around in fine feathers, crow & make sperm.

Not as nutrient dependent as making healthy eggs. I spread a very small amount after I have put on coconut oil. The lanolin is very thick so it spreads easier with oil underneath. My son-in-law with a warped sense of humor says I should just sleep with a sheep and name her lambchop. Have yet to find one that would consent. I also take D3 orally; 5,000 IU daily. The last test 2 years ago and before lanolin was 47 per Grassroots Health. Will test again once the Covid tyranny has abated and I can travel to the US. There are testing labs everywhere in Ecuador, but I have yet to find one that tests D. For K2, I eat aged cheese & make my own yoghurt from raw milk produced by grass fed cows.

In Ecuador there is always fresh grass, so I am secure that the milk is from grass fed cows. Grass is abundant & ever present. The corporations have pressured the Assembly to pass a law forbidding the sale of any milk product that is not pasteurized. Selling raw milk on the street was such a long tradition that the law is weakly obeyed and enforced, but everything in the stores is pasteurized, including cheese and yoghurt. To make yoghurt I use Stephen Langer's 15 strain probiotic, fermented for 24 hours at room temperature to consume all of the lactose. Delicious.

Mark as Spam | Posted On 12/2/2022 10:32:05 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Thanks fvtomasch, the evidence reflects that the CDC and FDA are committed to BigPharma and despise the supplements. On his link: "In December, 120 health, science and medical experts from the US, UK and Europe [all members of the "Vitamin D for All Coalition"] sent an open letter to the governments of the world affirming that there is clear evidence that vitamin D reduces infections, hospitalizations and deaths from COVID-19". www.prnewswire.com/news-releases/110-plus-international-experts-releas.. Two studies published in the journal Pediatrics highlight that although vitamin D deficiency is widespread among infants in the United States, most pediatricians are unaware of the problem.

The first study, conducted, found that only 5 to 13 percent of breastfed babies received at least 400 IU of vitamin D per day, the amount currently recommended by the American Academy of Pediatrics. Human breast milk is actually relatively low in vitamin

it, probably because during our evolutionary history most babies were exposed to a lot of sunlight. A second study in the same issue found a lower (but still high) rate of vitamin D deficiency with 58 percent of newborns and 26 percent of mothers deficient.

Thirty percent of mothers who took prenatal vitamins were still deficient in vitamin D. Although more sun exposure improved mothers' vitamin D levels, it did not raise those of their babies. This further suggests that breast milk is a poor source of vitamin D and that babies need direct exposure to sunlight to synthesize the vitamin themselves.
snarkosphere.substack.com/p/vitamin-d-deficiency-in-mothers-and-22_37_fc.htm

Mark as Spam · Posted On: 12/3/2021 11:53:04 AM

Like · Dislike

Guillermo
Joined On 6/17/2015 8:47:48 AM
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Interesting references, adsorbate. About 50% to 90% of vitamin D is absorbed through the skin via sunlight, while the rest comes from the diet. Twenty minutes of sun a day with more than 40% of the skin exposed is required to prevent vitamin D deficiency. Cutaneous synthesis of vitamin D declines with aging. Dark skinned people have decreased skin synthesis of vitamin D. Decreased sun exposure, as seen in people who are institutionalized or have prolonged hospitalizations, can also lead to vitamin D deficiency.

Effective sun exposure decreases in people who use sunscreens consistently. In the United States, about 50 to 60% of nursing home residents and hospitalized patients were deficient in vitamin D. Vitamin D deficiency may be related to populations that have higher melanin content in the skin and who wear extensive skin covering, particularly in Middle Eastern countries. In the United States, 47% of African-American babies and 54% of Caucasian babies are deficient in vitamin D, while more than 90% of babies in Iran, Turkey and India are deficient in vitamin D.

Vitamin D deficiency is a global health problem. Approximately one billion people worldwide are deficient in vitamin D, while 50% of the population is insufficient in vitamin D. The prevalence of patients with vitamin D deficiency is higher in the elderly, obese patients, residents nursing home and hospitalized patients. The prevalence of vitamin D deficiency was 35% higher in obese subjects, regardless of latitude and age.

Mark as Spam · Posted On: 12/3/2021 12:13:57 PM

Like · Dislike

Guillermo
Joined On 6/17/2015 8:47:48 AM
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In addition to sun exposure, many other factors may be involved in vitamin D deficiency, such as age, skin pigmentation, obesity, multimorbidity, and the use of certain medications such as antihypertensives, anticoagulants, anticonvulsants, and drugs, and sedatives. Due to lifestyle habits, polypharmacy, multimorbidity, and less effective vitamin D production in the skin, older adults are one of the most important risk groups for vitamin D deficiency. The association between overweight and vitamin D insufficiency is also well described in the literature. It can be explained by biological factors, since obesity decreases the bioavailability of vitamin D obtained by cutaneous synthesis, since vitamin D tends to be deposited in adipose tissue, it alters the regulation of PTH and the hepatic synthesis of 25-OHD, and lifestyle factors intervene, such as a lower intake of vitamin D in the diet of obese people.

Although this study found no association with being overweight based on BMI classification, after adjusted regression analysis, this association was seen with increasing waist circumference (adjusted OR 1.07). A study conducted with 453 older adults found an association between low levels of 25-OHD and high waist circumference.

This characteristic is an important factor, as it appears to make an individual more susceptible to lower levels of 25-OHD. Among the diseases reported by the participants, although the relationship between hypertension and vitamin D was unknown, such as diabetes, cardiovascular diseases, hypertension, cancer, osteoporosis, depression, among others, is well described in the literature. www.ncbi.nlm.nih.gov/...../NBK55230/ www.scielosp.org/...rsp/ (2022)

Mark as Spam · Posted On: 12/3/2022 12:14:36 PM

Like · Dislike

Dordee
Joined On 5/23/2012 12:47:41 PM
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I have diabetes and had aortic valve replaced , pacemaker installed. I do not take any drugs for either, except insulin when I have a pity party and over indulge in sweets. All I take is vitamins, herbs. I failed terminal lymphoma by deleting sugar, processed foods from my diet in 2000. DO NOT TRUST modern pills. All they way is they can control the symptoms of my disease while causing 6 other fatal infections, diseases.

Mark as Spam · Posted On: 12/3/2022 5:12:05 PM

Like · Dislike

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mercolo
Joined On 4/13/2009 4:51:21 PM
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the neo-conn global agenda by stages: (1) TERRORIZE the population via captured health agencies and mainstream/social media mercenaries (SUCCESS) (2) Test the will of the people via lockdowns (SUCCESS) (3) Test the obedience of the people by mandating experimental injections over and over (SUCCESS) (4) Sensor all dissent via defamation, threats, character assassination, loss of livelihood, etc (SUCCESS) (5) Vaccine passports (soon) (6) Destroy the crypto sector to regulate the industry before the official digital currency is imposed (soon) (7) Eliminate of the cash system, replacing it with TRACEABLE digital currency (coming) (8) Convertent mandatory microchip implants on the population (already in Sweden, coming to the US) (9) YOU OWN NOTHING GOVERNMENT CONTROLS EVERYTHING (coming to a town close to yours - CHINA ROLE MODEL) (10) You've been warned with plenty of time. No politician will save us. Both parties are part of it willing or unwillingly. They work for the powerful who rule the world - not us

Reply · Mark as Spam · Posted On: 12/3/2022 8:42:19 AM

Like · Dislike

Randyfast
Joined On 5/6/2018 8:42:42 PM
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Thank you for your honest post. I think you covered the situation quite well. We need to stop discussing what "covid" is or is not capable of and focus on the real threat(s) that if not stopped - will bring this civilization to its knees!

Mark as Spam · Posted On: 12/3/2022 7:01:51 AM

Like · Dislike

Cabochon
Joined On 10/7/2018 12:45:48 PM
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My point exactly in yesterday's post, Randyfast, which for some reason disappeared. There is more than enough evidence that the conspirators are deadly serious in their war against humanity. The difficult bit is that legitimate businesses are being sucked into the NWO endgame. When the sheeple wake up and realise they are trapped in their smart cities and digitally controlled by vaccine passports, it will be too late. Our urgent tasks are self preservation, dogged determination to fight back, not to comply and keep trying even after three years to wake up the sheeple and get them on side - if only for the sake of future generations if there are any left who will care.

The present state of things in the UK does not inspire confidence but it is plain to see we are in a mess following the concerted efforts of the globalists to cause economic mayhem and civil unrest. If only we could help the average citizen join the dots and see how it is all connected. A surprisingly realistic introduction appeared in a mainstream newspaper yesterday which provided hopeful. The rot has started to creep through the woodwork. " Forget about Christmas cards: the positive are on strike.

So are the ambulances, so don't be goodness sake, have an accident. Avoid turning on the lights: it's not windy enough, and our nuclear power back-up plans are a joke. Don't travel: trains may not be running, and your car could be stopped by some eco-extremist, though at least you will finally pick some mad life police. If you want to go to a museum, hurry: the woke fanatics are in charge, and the Wellcome Collection is shutting its Medicine Man display for "racist, sexist and ableist theories and language". "

Mark as Spam · Posted On: 12/3/2022 8:26:16 AM

Like · Dislike

Randyfast
Joined On 5/6/2018 8:42:42 PM
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Cabochon; as this insanity continues, within the next couple of years, I expect that many people will come to realize that they've been living in the "Matrix" - at least for the past few years. Of course by then, it will be a moot point.

Mark as Spam · Posted On: 12/3/2022 8:50:41 AM

Like · Dislike

Keythong
Joined On 5/3/2021 1:57:23 PM
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Yes, "neoconservatism" is actually neo-fascist, and since fascism is a sect of Marxism fused with Zionism, it's all fascists for Satanism, an anti-life cult! Also, self described conservatives often make keep making concessions, so actually conserve nothing for long. Everything "C19" exists is a cult hoax, it was/is as a false flag for Shock Doctrine, and all this "Covid Prevention" stuff is ridiculous and insulting BS, by its implied support of corrupt "C19" and medical establishment narratives! It is valid to report some "C19" studies, but only to show the evidence of harm from bad medicine, to critique/mock all implied "Germ Theory" narrative, but never to support any of the establishment's baseless "C19" fear narratives.

We can't reinforce by a corrupt system, when the goal is/was/was close to falling into the abyss, we have to have the courage to replace it, some discomfort, pain and even sacrifice maybe required to do so. Disease symptoms are merely the result of malnutrition, poisoning, or other stress, and not caused by "germs", the only exception being some parasites. Most/all the microbiota surround damaged tissue are most probably only scavengers, and not the primary cause of disease. Virus have never been proven to exist, and virology "proof" is not scientific proof, because it's a cult, a toxic meme, a fraud, a real science disciple, along with all its fake "antigen tests".

Mark as Spam · Posted On: 12/3/2022 9:40:39 AM

Like · Dislike

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grulo
Joined On 11/13/2013 8:03:55 AM
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" No politicians will save us. Both parties are part of it willing or unwilling." That just goes to show everyone that all these politicized health issues we read about here on Dordee, even can still cross political aisles and unite people. Hopefully one of the 2 or 3+ political parties will wake up and rise to the occasion, and get the big authoritarian socialist fascist monkeys off our backs, health-wise, (as well as many other issues).

Mark as Spam · Posted On: 12/3/2022 10:04:38 AM

Like · Dislike

Guillermo
Joined On 6/17/2015 8:47:48 AM
Add as Friend · Send Message

This is what BigPharma does, the government institutions in coexistence with the politicians INTENDED CONSEQUENCES: MRNA VACCINES WERE DESIGNED TO CAUSE SEVERE DISEASE AND BE RESISTANT TO ANTIBODIES Data published by spike protein inventors, Barney Graham & Jason McLellan, COVID-19 mRNA vaccines were purposefully designed to not protect against SARS-CoV-2 or variants and cause disease
kanekongtano.substack.com/p/intended-consequences-mrna-vaccines?utm_s... (11/29/2022)

Mark as Spam · Posted On: 12/3/2022 10:50:57 AM

Like · Dislike

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askersuhan
Joined On 10/30/2013 3:01:14 PM
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I agree with your assessment of the agenda. I'm more optimistic. Even in China there are revolts ongoing against the tyranny. The human mind and spirit can only be controlled so long and then they will cease to cooperate and begin to tear down the structure. We will see.

Mark as Spam · Posted On: 12/3/2022 11:37:59 AM

Like · Dislike

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mercolo
Joined On 4/13/2009 4:51:21 PM
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Even FirbAGnO under pressure from the show host, admitted in an interview that W-D could help against covid... So instead of strongly recommending an official promotion of the protocol, he is forced lockdowns - to make sure people would get as sick as possible - so the hospital would be their only option - where Remdesevir and the ventilator would end up their lives.... way to go.... propaganda... the modern american Al Mengele

Reply · Mark as Spam · Posted On: 12/3/2022 3:25:06 AM

Like · Dislike

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rredrose
Joined On 11/10/2011 8:59:01 AM
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Worse, Dr Fauci was on a mission for a universal flu vaccine for the past 15 years. And are you ready for this? he owned partial patent rights to remdesivir! He is/was being compensated in royalties for this deadly drugs use in hospital, even though it had been parked from clinical trials on Ebola as it was found to be deadly...difficult to make this s**t up, this only scratches the surface of this "One Flew Over the Cuckoos Nest" plandemic response.

Mark as Spam · Posted On: 12/3/2022 8:18:28 AM

Like · Dislike

Guillermo
Joined On 6/17/2015 8:47:48 AM
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What Fauci says is forgotten: " Last September, Dr. Anthony Fauci endorsed taking vitamin D supplements for the health and function of the immune system," Grothman wrote in a newsletter. However the FDA and CDC are not recommending it. "In December, 120 health, science and medical experts from the US, UK and Europe [all members of the "Vitamin D for All Coalition"] sent an open letter to world governments stating that there is clear evidence that vitamin D reduces infections, hospitalizations and deaths from COVID-19". www.prnewswire.com/news-releases/119-plus-international-experts-reiterat... And while President Biden has declared that the pandemic is over, Fauci once again wants to reaffirm that it is not over and that Americans need to continue to take it seriously.

In an interview Sunday on NBC's Meet the Press, Fauci, who also serves as President Biden's top medical adviser, said the United States was "certainly" dealing with the pandemic, despite Biden himself describing the pandemic as "finished" in September.

Fauci seems willing to help further enrich Big Pharma and government advisers. As the author of the article says, Fauci scoffs at the idea that people just wish it would go away and the reality is that that is the truth. If anything, Fauci doesn't want to see people suffer from covid, but he does want to see people suffer and die from the deadly shots he relentlessly fired
wineprescriners.com/2022/11/27/anthony-fauci-says-the-us-is-certainly-at... (11/29/2022)

Mark as Spam · Posted On: 12/3/2022 12:57:33 PM

Like · Dislike

Dordee
Joined On 5/23/2012 12:47:41 PM
Add as Friend · Send Message

Yes, he is the new Mengele, he and Gates.

Mark as Spam · Posted On: 12/3/2022 6:03:13 PM

Like · Dislike

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

"But, What if we were millions of lives and we don't make a profit?" said big pharma.

Reply · Mark as Spam · Posted On: 10/3/2022 6:27:45 AM

Like · Dislike

Guillermo
Joined On 6/17/2015 8:47:48 AM
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As a recent Kaiser Health News (KHN) report noted, nearly half (47%) of the FDA's budget for 2022 came from pharmaceutical industry "user fees," representing "two-thirds of the regulatory budget" of drugs, and the work of at least 40% of the FDA's 18,000 employees. KHN and other critics argue that the more than 3,000 closed-door meetings that take place annually between the industry and a captured FDA foster a relationship that is too cozy. During COVID-19, the public learned about the downside of one of the FDA's industry-friendly workarounds, the Emergency Use Authorization (EUA), and discovered that the shortcut not only allowed the FDA to quickly ship unapproved vaccines into the arms of Americans, but also avoided injections.

on the market despite widespread safety signals. childrenshealthdefense.org/defender/fda-big-pharma-drugs-vaccines-cone... (10/13/2022) — Pfizer's chief financial officer has described the covid pandemic as a "billion-dollar franchise" and expects earnings to continue. David Denton told investors on an earnings call last week that his company's vaccine and antiviral would remain "relevant for many years." The chief financial officer said he expects the Covid virus to be "sort of like the flu...

but deadlier," meaning the therapy will continue to play an important role in combating the virus. So far, Pfizer has made about $80 billion in annual revenue from sales of Covid vaccines and the antiviral drug Paxlovid. The company announced last month that it will triple the price of its shot to $130 a dose next year, a far cry from the roughly $19 to $20 a dose the government paid. www.dailymail.co.uk/health/article-11840809/Pfizer-describes-Covid-jab-...

Mark as Spam · Posted On: 12/3/2022 1:06:03 PM

Like · Dislike

Dordee
Joined On 5/23/2012 12:47:41 PM
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And there lies the real problem, lack of profit!

Mark as Spam · Posted On: 12/3/2022 6:05:05 PM

Like · Dislike

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jamiljim
Joined On 2/20/2008 11:15:56 PM
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The best way to prevent dying from covid-19 is to avoid catching it in the first place. As of Dec 1st, the vaccinated have the highest infection rate. That is according to Walgreens' Covid Index: www.walgreens.com/...covid-19-index ,click open the link and go to page 2. The numbers are pretty astounding! Even someone that got boosted in the past 3 to 5 months is nearly 13% more likely to get sick from covid-19 than an unvaccinated person. This shouldn't be any surprise. If you call these shots what they really are, gene therapy, each injection has a shorter duration of effectiveness and comes with more side effects. If you go to a biological company that specializes in targeted/custom gene therapies, that is the first thing they DISCLOSE! It's only going to get worse from here. To avoid these complications in the future, just walk away from the medical system. That alone will increase your lifespan and your quality of life.

Reply · Mark as Spam · Posted On: 12/3/2022 6:36:42 AM

Like · Dislike

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brianallen1
Joined On 6/17/2021 10:12:38 AM
Add as Friend · Send Message

Remember, they are not side effects. They are DESIRED effects.

Mark as Spam · Posted On: 12/3/2022 6:54:05 AM

Like · Dislike

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

Right Brian on the desired-intended effects and was the wuh flu created for the injection or was the injection created for the wuh flu?

Mark as Spam | Posted On 12/2/2022 8:30:07 AM
Like Dislike

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jamNjim
Joined On 2/20/2008 11:15:54 PM
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The other thing I left out is the number of people getting tested. The unvaccinated actually have more people being tested than the 3-5 month and less than 3 month test groups. The only group with more test than the unvaccinated is the group where it's been over 12 months since their last shot. If you hover your cursor over the bar graph it tells you the number of people that were tested.

Mark as Spam | Posted On 12/2/2022 11:35:47 AM
Like Dislike

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

The sun is poison. It will give you cancer. It will kill you. Stay indoors. If you must go outside apply carcinogens on all exposed skin. Wear a muzzle. Follow the science.

Reply | Mark as Spam | Posted On 12/2/2022 6:44:34 AM
Like Dislike

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

Hold onto that thought for a couple more years, Brian. Unless the geoengineers cease and desist with their "Stratospheric Aerosol Injections" and HAARP stops messing with the ionosphere, the UVC rays will become "too hot to handle". I'll put the hope of that happening, right up there with Big Pharma telling us that they won't be manufacturing any more "vaccines"!

Mark as Spam | Posted On 12/2/2022 7:45:35 AM
Like Dislike

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

brian and randy and everyone, the latest news? Florida, DeSantis yank billions in investments from 'woke' BlackRock over ESG investing Story by Jessica Guynn, USA TODAY Yesterday 7:56 PM - www.msn.com/en-us/money/companies/florida-desantis-yank-billions-in-in..

Mark as Spam | Posted On 12/2/2022 8:41:57 AM
Like Dislike

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grulla
Joined On 1/17/2012 8:03:55 AM
Add as Friend | Send Message

" Stay indoors. If you must go outside apply carcinogens on all exposed skin. Wear a muzzle." And don't forget your umbrella. :-)

Mark as Spam | Posted On 12/2/2022 10:21:48 AM
Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

I take my shower on my deck on any day over 60 degrees. Of course i live in the woods so no one to see me.

Mark as Spam | Posted On 12/2/2022 6:10:39 PM
Like Dislike

AllanMacRae
Joined On 6/22/2021 6:48:20 AM
Add as Friend | Send Message

Covid-19 was never dangerous except for the very elderly and infirm. In Canada and in Alberta here was no increase in total deaths to 1July2020. See my tables and plots in CorrectPredictions.ca. I called the lockdown fraud correctly on 21Mar2020, six months before the identical Great Barrington Declaration. "Just over-protect the very elderly and infirm and send everyone else back to work and school." In the USA the flawed treatments caused most of the excess deaths to 1July2020. Delay treatment, then toxic remdesivir, ventilators and death.

Covid-19 excess deaths in Canada started with the toxic "vaccines" in early 2021. I wrote our Alberta and Canadian governments on 8Jan2021 to NOT release the toxic Covid-19 "vaccines". That was also correct. Neither the lockdowns nor the "vaccines" were ever justified. The Covid-19 "pandemic" over-reaction was a criminal scam from Day 1. Re vaxx deaths, Peter Halligan estimated 20 million dead from the Covid-19 jab worldwide and >1 billion adverse reactions to date, and it's not over. Hope he and I are wrong but I doubt it.

Reply | Mark as Spam | Posted On 12/2/2022 5:45:27 AM
Like Dislike

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

Posted this brief video link the other day; unless something changes the numbers could be far higher in several years: PROF. DR. DOLORES CAHILL: PEOPLE INJECTED WITH MRNA VACCINE ONLY LIVE FOR 3 TO 5 YEARS - www.bitchute.com/.../XHliP2L0tKoy - my guess is this interview may have taken place in Vienna late fall 2022. Someone may need to confirm that.

Mark as Spam | Posted On 12/2/2022 10:04:00 AM
Like Dislike

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

And I posted this above, sort of supports this dire, future projection: BILLIONS OF LIVES COULD BE IN DANGER DUE TO COVID VACCINES, JAPANESE PROFESSOR SAYS - - www.bitchute.com/.../Q88HphKJ6E4a - this meeting took place with the Japanese Ministry of Health, over 2million video views and growing...

Mark as Spam | Posted On 12/2/2022 10:41:08 AM
Like Dislike

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

Rose, thanks for the link to Dolores Cahill. She says that with only one mRNA jab the person will die in 3 to 5 years. This is a 9 minute video that should be shown in all grade schools, high schools, colleges, congress, medical & nursing schools, local health clinics, and on and on until every man woman and child on this planet has seen this.

Mark as Spam | Posted On 12/2/2022 11:12:56 AM
Like Dislike

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

Hi Otis, do you think those who either willingly or were forced to take experimental shots to keep their jobs will believe Prof. Delores Cahill? Whoever is interviewing her has a look of complete disbelief on his face! That famous people of all ages are reportedly dying left and right is still not enough to clue people in that this is not normal. No way to know yet how this may play out. Makes for a strange holiday season, yes? Wishing everyone the best!

Mark as Spam | Posted On 12/2/2022 1:00:05 PM
Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

I am one of thiose elderly people, 82 BUT I took Dr. Mercolas advice and have not even had a fever during this mess.

Mark as Spam | Posted On 12/2/2022 6:13:51 PM
Like Dislike

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njlady
Joined On 11/21/2006 8:03:31 PM
Add as Friend | Send Message

I find it incredible that people have tests but don't know their "numbers". I ask people if they know their d number and they always say " my doctor says it's ok so I'm good with that". They don't know what their BP is, or any other information about their own bodies. They think if something is off, their MD will tell them..I can't reason with people anymore. They get snarky with a mind your own business attitude. I would like to tell them you can't always trust the MD, but what's the use. Sorry to sound so cynical!

Reply | Mark as Spam | Posted On 12/2/2022 9:59:29 AM
Like Dislike

RedRavenSounds
Joined On 8/9/2021 12:25:52 PM
Add as Friend | Send Message

The entire AMA was bought out. THAT is why they are nothing more than pushers for the big pharma outfit/cartel. Its not like when we were growing up, and the family doctor would come to your house with his black bag. In those days the family doctor was a family friend. Many actually had their office in their house. AND they really cared. In my life I have had precisely two vaccines (actual vaccines not franken-horror) I got the Sabin polio vaccine sugar cube in 5th grade, and a TB poke at 14. THAT is all - I NEVER even considered a "flu" shot!

And I don't get the flu! I could smell the stench of the whole c*vid thing from a mile away! AND being a SCUBA diver and knowing how the body works - the whole mask thing (all masks worn all the time) was stupid! There is something called "hypercapnia" which is an excess of CO2. The face diapers worn all the time - upsets the blood chemistry. Just for a start. So no, I stay way way away from AMA pill pushers. BTW, I would suggest Dr. Zeleneko's Z- stack. Check it out if you are not familiar with it.

Mark as Spam | Posted On 12/2/2022 11:05:01 AM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

In Spain, much publicity was given to a study published in the Journal of Clinical Endocrinology & Metabolism of the Endocrine Society. The investigation revealed that 80% of 216 infected patients at the Marqus de Valdecilla University Hospital, in Santander, suffered from a deficiency of this vitamin, with men having lower levels than women. Regarding the main contribution of the published report, the expert states that "it has revealed the extremely high prevalence of vitamin D deficiency in these patients. We have been aware for some time that there is a higher incidence than we thought in the general population and , above all, in certain groups such as people with obesity, diabetes or the elderly.

However, now we also have to add other types of patients such as those who suffer from Covid-19," says Escalada, who ensures that "80% of prevalence is a brutal percentage". As a result of said publicity, vitamin D tests increased. My analyst informed me that they multiplied by 3, especially in the elderly, although it is insufficient. I have offered several reports from Dr. Mercola on vitamin D and covid to my GP and also ordered vitamin D testing for vulnerable groups.

Mark as Spam | Posted On 12/2/2022 11:29:47 AM
Like Dislike

Iwantthetruth
Joined On 1/3/2017 2:56:33 PM
Add as Friend | Send Message

Yes, you are so right. I believe people just don't want to know things. Like you said, they trust their doctors to lead them all the way. No questions asked. I have an 85 year old friend who has procedures done and does not know what they did. Very sad. There may be a time to trust the right doctor, but we still are our best doctor. You have to be firm with doctors to get what you want.

Mark as Spam | Posted On 12/2/2022 6:14:11 PM
Like Dislike

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nothingsound
Joined On 8/12/2018 9:47:47 AM
Add as Friend | Send Message

We knew this in the beginning. We knew this! This absolutely sucks, and forgive my language, but it does. All the censorship, the lies, there are som any who should be brought up on charges for murdering people for dying the truth to come out. But it was there, that is the issue. I knew, I knew the full protocol through reading Dr. Mercola, CHD, and other places. The information out there but the majority like the sheep they are decided to listen without using due diligence. Someone in my church had long-haul covid symptoms, I gave them the protocol for that, and within a monthly she was about 70 percent better from what she said. I am tired of mental laziness and the quick fix pill mentality that is now leading to many deaths and injuries.

Reply | Mark as Spam | Posted On 12/2/2022 5:44:58 AM
Like Dislike

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anamcara
Joined On 6/19/2006 6:54:06 AM
Add as Friend | Send Message

People will interpret this as loading up on cholecalciferol being a good thing. The more the better. And end up with other problems. Also, there is a good case for the illness (any) having lowered the D not occurring because D was low. This is never mentioned. Things to think about.

Reply | Mark as Spam | Posted On 12/2/2022 5:42:15 AM
Like Dislike

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skupe59
Joined On 5/2/2009 7:28:21 AM
Add as Friend | Send Message

Or even better, to prevent you from getting it in the first place.

Reply | Mark as Spam | Posted On 12/2/2022 2:26:23 AM
Like Dislike

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bowgirl
Joined On 12/3/2011 6:17:03 AM
Add as Friend | Send Message

I truly believe the high dose of vitamin D I take during the winter months made my covid almost non-existent in 2/2020. It was only in hindsight that we figured out we and half the neighborhood, I put kids on the school bus in the morning, had it. Fatigue as crushing as when I had Lyme and a week long headache were the main symptoms. I was chilled, I had been on a 10 day cruise in the Caribbean and came home to a 65 degree house, and I slept more than normal. We wrote if off to too much dancing and all the flights of stairs. I gave covid to my 88 year old mom who had an even milder case, she also supplements with vit D. She called it the strangest cold she had ever had.

Mark as Spam | Posted On 12/2/2022 4:44:00 AM
Like Dislike

PathNotes
Joined On 12/25/2012 3:44:06 PM
Add as Friend | Send Message

T Cells, the primary defenders against covid, require optimal Vitamin D status to become activated. Optimal Vitamin D functionality requires optimal Magnesium status. Proper magnesium absorption requires a very low stomach pH of 1.5-3.0, which is also needed to digest Zinc. And so on.... The best defense against disease is a strong and healthy body. Always has been. Always will be.

Reply | Mark as Spam | Posted On 12/2/2022 2:13:07 PM
Like Dislike

Mercola_Fan
Joined On 1/11/2009 12:28:23 AM
Add as Friend | Send Message

Get sunlight. Even through untreated glass!

Reply | Mark as Spam | Posted On 12/2/2022 10:54:25 AM
Like Dislike

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

Yes!!!! in MN Iwould take that advice in a heartbeat!

Mark as Spam | Posted On 12/2/2022 7:34:26 PM
Like Dislike

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

Big pharma is taking over/buying-up the supplement industry right now as we speak. I know this via ALLIANCE FOR NATURAL HEALTH USA. They can use some advocacy help.

Reply | Mark as Spam | Posted On 12/2/2022 9:57:41 AM
Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

This is why I only buy from Mercola, trusted organic sources.

Mark as Spam | Posted On 12/2/2022 6:25:22 PM

Like Dislike

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kitkat4141
Joined On 12/7/2016 6:31:01 AM
Add as Friend | Send Message

Dr. Mercola vindicated once again!

Reply | Mark as Spam | Posted On 12/2/2022 9:57:39 AM

Like Dislike

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

Add cholesterol/sulfates to the list; MSM/NAC/RALA. Think building blocks of mega-molecule D, and get sun.

Reply | Mark as Spam | Posted On 12/2/2022 9:24:04 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

Yes, Randal, when your skin is exposed to the sun's rays, it produces two types of sulfur: cholesterol sulfate and vitamin D3 sulfate. healthy cholesterol and sulfur levels are also highly dependent on vitamin D levels. Stephanie Seneff is a senior researcher at the Massachusetts Institute of Technology says "Heart disease, I believe, is a cholesterol deficiency problem, and, in particular, a cholesterol sulfate deficiency problem..." Cholesterol and sulfur oxidize after exposure to sunlight. The oxidation of cholesterol is the first step in the process by which cholesterol is transformed into vitamin D3. Cholesterol sulfate deficiency can cause glucose intolerance, fat cells store more fat to fuel muscles, and excess fat accumulates causing obesity and metabolic disorders.

Red blood cells produce cholesterol sulfate, and this molecule protects the red blood cells from disintegrating. According to Dr. Seneff, glyphosate is a major problem in our food supply because it interferes with a number of biological mechanisms, including the enzymes responsible for activating vitamin D in the liver and kidneys. Sulfur also plays a fundamental role in glucose metabolism, electron transport system, detoxification, vitamin B1 and biotin, to produce energy. synthesize glutathione, and proper insulin function. holisticprimarycare.net/topics/nutrition-a-lifestyle/sulfate-the-most-..

Mark as Spam | Posted On 12/2/2022 11:34:19 AM

Like Dislike

Clh8735
Joined On 4/14/2017 9:50:40 PM
Add as Friend | Send Message

www.globalresearch.ca/big-pharma-wants-put-end-vitamins-supplements/57..

Reply | Mark as Spam | Posted On 12/2/2022 8:01:58 AM

Like Dislike

BrianDossDMD
Joined On 4/18/2022 7:24:22 AM
Add as Friend | Send Message

You would think the stats would be higher than they are, I've read studies where the attitude of the patient and the doctor and even faith can make a 25% difference in successful outcomes and survival

Reply | Mark as Spam | Posted On 12/2/2022 4:56:56 AM

Like Dislike

RFlocal
Joined On 9/29/2009 7:25:27 AM
Add as Friend | Send Message

Yeah- no proof whatsoever- That verbage is just as bad as corporate killers claiming their profitable experiment "reduces symptoms" Both claims are bs and cannot be proven albeit I would try an attitude adjustment before I ever listen to birx say they were just winging it with the 6' stuff and the masking all the while claiming paxlovid is her choice for you now

Mark as Spam | Posted On 12/2/2022 6:42:51 AM

Like Dislike

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

Americans have it easy with 6' social conditioning. Europeans must remain 2 meters apart which is 6 1/2 feet. Must be a stronger virus in Europe. 5'11" will kill ya.

Mark as Spam | Posted On 12/2/2022 7:25:50 AM

Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

Determination to not give up, prayer does make a difference, I beat terminal lymphoma, given 3 months in 2000, plan your funeral. Then i ditched sugar, processed foods, asked God for guidance, found Dr. Mercola and by end of 2001 was in remission, still in remission in 2022. I don't need more proof that it works!

Mark as Spam | Posted On 12/2/2022 6:29:49 PM

Like Dislike

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candokid
Joined On 7/23/2007 7:58:46 PM
Add as Friend | Send Message

During Covid, I had a physical and I asked my doctor to check my Vitamin D levels on my bloodwork. And he told me that "Vitamin D is not included in a physical's blood work". I told him, I do not care to please check anyway. He came back with all my results and told me your Vitamin D is extremely low, please start taking a Vitamin D supplement. SO INFURIATING. I had to tell my General Practitioner to check my Vitamin D during the height of COVID.

Reply | Mark as Spam | Posted On 12/3/2022 10:35:03 AM

Like Dislike

DJWEBBSR
Joined On 3/5/2018 8:47:17 AM
Add as Friend | Send Message

The overall pattern I see here is officials ignoring facts inconvenient to what they are doing. The question becomes why are they allowed to do this ignoring in light of what doctors have said about the vaccines. People with credentials. People suddenly under attack and at risk for losing those credentials by the Medical Associations and the FDA. I think that has to be addressed by the new Congress coming in.

Reply | Mark as Spam | Posted On 12/2/2022 2:03:57 PM

Like Dislike

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

The new Congress may pay it lip service at best.

Mark as Spam | Posted On 12/2/2022 3:19:34 PM

Like Dislike

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yer1281
Joined On 8/29/2018 2:20:17 AM
Add as Friend | Send Message

I take Vitamin D with Vitamin K, Vitamin C, iodine, magnesium L threonate, zinc and selenium, NAC, probiotic, Vitamin B12, Reishi, Chaga, I also practice earthing, sunlight therapy, qigong and meditation, etc. Dr Mercola is one of my super hero!

Reply | Mark as Spam | Posted On 12/2/2022 1:39:21 PM

Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

I hate shoes, do wear socks to keep my feet clean.

Mark as Spam | Posted On 12/2/2022 6:35:13 PM

Like Dislike

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dnuzzo
Joined On 1/16/2013 11:22:14 AM
Add as Friend | Send Message

These results are way lower benefit than anything else we've seen from vit d From raharusun or forget the other articles.

Reply | Mark as Spam | Posted On 12/3/2022 10:56:58 AM

Like Dislike

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craigcam
Joined On 7/2/2021 6:11:08 PM
Add as Friend | Send Message

I've been taking D3 for several years based on Mercola info and VA doctor recommendation 6-7 years ago. The VA recommended 1,000 IU day, I take 10.000 based on Mercola and Zelenko. I read that absorption through stomach and intestines is about 30%, I guess that varies. Worst experience I've had since taking the D3 is mild sniffles and low energy for a couple days. I'm 71. Never real had a doctor just drop in to see VA doc once a year for once annual checkup and blood test. Missed last year because I haven't had any problems. VA seemed to be pushing shots instead of general health info. 80% of the guys I see in the waiting room are obese. Johns Hopkins is one of the groups behind Event 201 and they have strong connections to government so I'm suspicious of their motivation being involved in Vitamin D study.

Probably what they call a "limited hangout". My opinion is 1 follow Mercola, 2 eat organic and take vitamins and minerals , 3 sleep till you wake up, 4 get outside and excercise to get blood circulating, 5 don't smoke or drink, 6 minimize sugar consumption. Get an $15 illustrated book from Barnes and Noble "How Your Body Works" and read it cover to cover. Many people don't realize what's going on inside their own body and reading this book will make you realize how beautifully complex and well-designed humans are.

Reply | Mark as Spam | Posted On 12/2/2022 11:56:21 PM

Like Dislike

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billstri
Joined On 6/8/2008 9:16:45 PM
Add as Friend | Send Message

Vitamin D3/K2 is far superior and could have prevented more Covid than government lockdowns, vaccine mandates for federal workers, masks, social distancing, experimental drugs and experimental vaccines, free government handouts of printed money, and many other things done to slow Covid. Just have to get everyone tested twice per year and prescribed the right dose to get levels well past 40 ng/ml. Many of us knew this would be the likely result, long before Fauci's vaccines became available. We all had lots of opportunity to end the Covid scare long before the vaccine experiment started by our diet, exercise, and vitamin D3/K2.

Reply | Mark as Spam | Posted On 12/2/2022 10:50:34 PM

Like Dislike

Grilles
Joined On 5/4/2021 11:31:48 PM
Add as Friend | Send Message

I think most doctors have been accepting vitamin D as being effective to fight covid. I haven't heard of it being called disinformation.

Reply | Mark as Spam | Posted On 12/2/2022 5:34:16 PM

Like Dislike

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candokid
Joined On 7/23/2007 7:58:46 PM
Add as Friend | Send Message

Actually, during the height of COVID, I had a physical and my doctor was not going to check my Vitamin D until I told him too. Came to find out, I was extremely low. Very sad that doctors were not checking or concerned for quite some time.

Mark as Spam | Posted On 12/3/2022 10:37:24 AM

Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

When the Covid lie began, Dr. Mercola suggested Vitamins C,D,K,Zinc to strengthen our immune systems. I did. I get my vitamins when I take my shower on my south facing deck. Live in the woods so no people to see, also take supplements. at 82 i am considered at extreme risk because have diabetes and heart. I have survived these years without even getting even a cold. The only problem I have is when they harvest soy beans and corn, very dusty crops full of mold spores, residue of round up, etc. Then i wear a mask whenever near a field they are cutting or have sinus infections.

Reply | Mark as Spam | Posted On 12/2/2022 5:04:34 PM

Like Dislike

Disapeared
Joined On 10/5/2021 3:48:05 PM
Add as Friend | Send Message

Dordee, congratulation for your self-survival achievement. That required an inquisitive mind to see through chemical brain fog. I just tuned 83 after having been exposed for decades to agricultural and CAFO chemicals ground and aerial bombings. And lately, vigorous 200-plus mph neighborhood retirement town landscape desert dust-pesticide blasting. Up to many years ago, I had always had a severe cold and occasional flu. After my wife and I began refusing those flu shots we have not had the slightest cold or flu.

Mark as Spam | Posted On 12/3/2022 5:57:07 AM

Like Dislike

StarPowerVitD
Joined On 4/19/2021 7:44:27 AM
Add as Friend | Send Message

Nice article. Cancers are rampant since the covid vaccines and boosters appeared. Protect yourself and loved ones by learning how to self-treat cancer with fenbendazole. It's a safe, inexpensive, over the counter and side effect free pill or powder. Read the detailed Case Reports of breast, prostate, lung, bone, esophageal, colon and other cancers eradicated by fenben fenbendazole.substack.com

Reply | Mark as Spam | Posted On 12/2/2022 3:28:18 PM

Like Dislike

DJWEBBSR
Joined On 3/5/2018 8:47:17 AM
Add as Friend | Send Message

I think the status of the vaccines needs to be addressed. Because near as I can tell . . . the vaccines used are still designated as experimental. IF that be the case, then mandating them in any manner or form may be subject to courts suing the companies offering the vaccinations. The critical thing here is possible fraud on the part of the government involved and the pharmacies involved. An approved vaccine out of Germany never made it here. Again based on various articles, some of which were from Doctor Mercola's site. So a simple slight of hand using the unapproved experimental treatment is legal? All experimental unapproved drugs could be fraud. That does not give them the immunity that an approved vaccine might give. The approval of giving vaccines to children? That also needs a spotlight. Are the individuals doing this likely to be removed from office? Those are the questions we all should be asking.

Reply | Mark as Spam | Posted On 12/2/2022 1:59:17 PM

Like Dislike

RedRavenSounds
Joined On 8/9/2021 12:25:52 PM
Add as Friend | Send Message

Keep your immune system humming, keep your vitamin D and zinc up, stay WAY away from any AMA - big pharma pushers - what ever big pharma tells you - do the opposite. Do not watch tee vee. Realize that most government agencies (all??) are bought and paid for. Actually helping and curing people is bad for business (See the cancer industry, and now the c*vid cartel/conspiracy). Stay WAY away from the "bad thing"...... Watch "Died Suddenly" Be the LORDS eyes and ears, and when you get on your Harley - RIDE with JC! God Bless.

Reply | Mark as Spam | Posted On 12/2/2022 10:41:16 AM

Like Dislike

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shanbailey
Joined On 11/30/2011 6:41:14 PM
Add as Friend | Send Message

I love that it's a 33% decrease. That's awesome and definitely not a coincidence!

Reply | Mark as Spam | Posted On 12/2/2022 8:45:55 AM

Like Dislike

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

You DO know that 93% of all statistics are made up, don't you?

Mark as Spam | Posted On 12/2/2022 11:04:44 AM

Like Dislike

TheBearRuns

Joined On 9/7/2021 7:50:11 AM
Add as Friend | Send Message

Such well known, established, simple and cheap advice to save lives! And just think if the public health message would add Vitamin C, Zinc and Magnesium to key supplements everyone should take- and add to that regular washing of hands whenever venturing out. Just think how many lives this would have saved, what a service to humanity this would be, if only our governments, mainstream "health", social media and MSM had made this their campaign instead of the jab! But instead dark forces took over. . .

Reply | Mark as Spam | Posted On 12/2/2022 8:34:20 AM

Like Dislike

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

Isn't it obvious by now? --- www.cbc.ca/news/politics/covid-flu-vaccination-trudeau-1.6619400 --- toronto.ctvnews.ca/trudeau-says-ford-finally-stepped-up-on-vaccine-pas.. --- Here is a very important article! If the "Fact Checkers" are all over this; then I guarantee you that it's the TRUTH. Also, I've already known (and posted) that trudeau was getting paid for every injection of the Pfizer and Moderna shots. UBC, Arbutus Pharmaceuticals and Aquitas Therapeutics, own the covid platform. This is exactly why trudeau refused to meet and dialog with the peaceful truckers protest leaders; and run and hid instead...he had too much to lose if the covid "measures" ended! --- www.reuters.com/article/factcheck-trudeau-acuitas-idUSL1N2UT27X

Reply | Mark as Spam | Posted On 12/2/2022 7:35:01 AM

Like Dislike

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

Why doesn't this clown get booed off the stage wherever he goes?

Mark as Spam | Posted On 12/2/2022 8:47:17 AM

Like Dislike

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

Brian; I think he does, sometimes get booed off the stage; although, he's not going anywhere. He has the WEF and Deep State behind him. You would think that with all the scandals he's been involved in; he would have gotten the boot by now! It will continue. After the way he treated the peaceful truckers, millions of people in numerous countries have a distinct hatred for this clown. This Luciferian couldn't care less! He is now pushing a bill to help usher in the age of digital I.D.s and the Digital Economy.

Mark as Spam | Posted On 12/2/2022 8:57:08 AM

Like Dislike

Segstar
Joined On 7/3/2012 3:30:42 PM
Add as Friend | Send Message

You can bathe a pig in milk, put garlands around it's neck, when you let it out it goes straight for the mud? Why is that you ask, that is it's native environment..Dr Fowl sheet and there ilk are just that Turdeau ohs

Mark as Spam | Posted On 12/2/2022 9:10:57 PM

Like Dislike

Vidubo3
Joined On 9/1/2019 4:37:12 AM
Add as Friend | Send Message

The second point in your intro says: "Those who took vitamin D2 supplements had a 28% lower risk of COVID-19 infection, while those taking vitamin D3 had a 20% lower risk." The rest of the story points to D3 being more effective.

Reply | Mark as Spam | Posted On 12/2/2022 4:50:23 AM

Like Dislike

Tammor
Joined On 10/13/2021 8:51:16 AM
Add as Friend | Send Message

Gui, thank you for mentioning K2 & magnesium when talking D3. But I'm late to the party- how much od each please? Thanks!

Reply | Mark as Spam | Posted On 12/2/2022 10:04:26 AM

Like Dislike

Martix
Joined On 10/19/2007 4:48:18 AM
Add as Friend | Send Message

You can take easily 25,000 IU with K2 with no side effects, that's what I'm doing and I will increase to 50,000 daily for the next 6 months at list....

Mark as Spam | Posted On 12/2/2022 12:35:54 PM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

Dr. Mercola's Supplement Has: 5000 IU of vitamin D3. 180 mcg of vitamin K2 (MK-7) per capsule. Take one capsule a day www.mercolamarket.com/product/2354/vitamins-d3-k2-90-per-bottle-90-day..

Mark as Spam | Posted On 12/2/2022 12:49:37 PM

Like Dislike

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wareagle82
Joined On 1/25/2022 10:01:46 AM
Add as Friend | Send Message

John Campbell has related a lot of findings, often couched in near cryptic talk designed to evade the censors at YouTube. He is about the only person to have raised questions about the excess deaths in Europe, Australia, and the US, particularly the question of why no one in either the public health establishment or the media seems interested in learning the cause. I doubt that the vaccine is solely responsible but it is implausible to suggest that it has no role. But let's say that's the case - if it's not the jabs, then what is it? When 30-something people are routinely dying for no obvious reason, that should raise a red flag.

Same with otherwise healthy 60-somethings. Does anyone really believe the comedian Bob Saget hit his head? The lack of curiosity eventually starts to look like a cover-up, as if people know that the vax is going to be a big reason behind the numbers. It may well be that care delayed or denied during the height of the pandemic is a factor, but wouldn't people want to know that? A couple of weeks ago, the malicious truth could no longer be hidden - the vaxxed are dying in higher frequency than the unvaxxed. That trend had been brewing for the better part of a year and it finally reached majority status.

And? And nothing, for the most part. The same people skeptical of the jabs are about the only people who noticed; the rest of the media dutifully memory-holed the story as quickly as it could. It's hard to imagine institutions that have worked harder to destroy their own credibility than the press, the public health establishment, and the political class, but they do it. What's worse, there are innumerable sheep and ostriches out there who swallow every word of the nonsense they are fed.

Reply | Mark as Spam | Posted On 12/2/2022 7:11:18 AM

Like Dislike

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

PLEASE pass this link on, more on the Japanese professor: Japanese Ethical Physician and Esteemed Scientist Calls for the Dissolution of the Vaccine Risk & Injury Denialist Committee - to Their Face Dr Masanori Fukushima, Professor Emeritus at Kyoto University and renowned leader in clinical trial research and research informatics in Japan, is now clearly and painfully vaccine risk aware. - - One embedded substack article has the (brief and to the point) full text - - popularrationalism.substack.com/p/japanese-ethical-physician-and-estee.. - Consider the number of views of the video clip, it needs about 10 times that number to hit a broad swath of the population.

Reply | Mark as Spam | Posted On 12/2/2022 6:56:25 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

Also: Kyoto University Emeritus Professor, Fukushima: "Stop the bad science and do the right science. You have vaccinated so many people. And yet, only 10% of the members of the Ministry of Health, Labor and Welfare who are leading the vaccine campaign have been vaccinated." drtrozzi.org/2022/12/01/japanese-prof-fukushima-calls-out-the-covid-va.. (12/01/2022)

Mark as Spam | Posted On 12/2/2022 8:33:41 AM

Like Dislike

SadieKay
Joined On 8/1/2016 1:46:27 PM
Add as Friend | Send Message

I clicked on a Mercola link called "Our Worst Fears Confirmed, Vaccine Passports Approved" and landed here. Help!

Reply | Mark as Spam | Posted On 12/2/2022 12:51:32 AM

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ArielM
Joined On 12/27/2013 11:35:20 AM
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Hi, Articles can be accessed for 48 hours unless you subscribe. If you try to access an article that has expired you land in the current one. Have a nice weekend!

Mark as Spam | Posted On 12/2/2022 1:52:20 AM

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Guillermou
Joined On 4/7/2015 8:47:48 AM
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G20 SIGNS DECLARATION FOR INTERNATIONAL VACCINE PASSPORT. Story at-a-glance -The G20, a group of 19 nations — including the U.S. — plus the European Union, recently held their annual business meeting (B20) in Bali, Indonesia, where they declared that a digital vaccine passport, standardized by the World Health Organization, will be part of international pandemic prevention and response moving forward -The rule for standardized international vaccine passports will be introduced as a revision to the international health regulations during the next World Health Assembly in Geneva -The G20 recommendations also include the creation of guidelines for a globally coordinated response to crises, "enhanced by a technology-enabled always-on' global health infrastructure," and a mutual recognition of COVID-19 vaccines made by G20 members -

President Biden signed the declaration despite the promises made by his White House COVID-19 Response Team leader, Jeff Zients, who in April 2021 stated, "Let me be clear that the government is not now, nor will we be supporting a system that requires Americans to carry a [vaccination] credential" -The fact that the COVID shots do not prevent spread of infection has now been established many times over. This alone proves that vaccine passports are not for the purpose of containing epidemics. An international vaccine passport is the gateway to complete totalitarian control, because the entire control grid around a person gets tied together by it takecontrol.substack.com/p/g20-signs-declaration-vaccine-passport

Mark as Spam | Posted On 12/2/2022 2:27:11 AM

Like Dislike

Stephjask
Joined On 10/23/2015 8:00:54 AM
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The psychopaths haven't been able to introduce "vaccine passports" to enhance our enslavement yet SadieKay, but they are trying their utmost at this time to do so. It is not a given, yet.

Mark as Spam | Posted On 12/2/2022 2:55:22 AM

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juststeve
Joined On 1/5/2012 11:13:54 AM
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SadieKay, when you click an article, you may see at the very top banner above the Headline, next to Doc's logo take control of your health other subjects. One being censored Library. Don't know if this has limited conditions or terms involved, but it can take you to older and other articles. The regular site definitely has limited time conditions. Also, the newsletter in your mailbox headline is sometimes different than on the actual article.

Mark as Spam | Posted On 12/2/2022 4:37:37 AM

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jamNjim
Joined On 2/20/2008 11:15:54 PM
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It's only been this way since Aug 2020. You have to subscribe to his substack to view articles older than 48 hours.

Mark as Spam | Posted On 12/2/2022 6:56:48 AM

Like Dislike

Randyfast
Joined On 5/6/2010 8:42:42 PM
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Gui; the biggest aspect to the "New Normal" is "Pandemic Prevention". It is idiotic, insane and I will have nothing to do with it. This is part and parcel of the Greatest Hoax in history - and the "Great Reset"! Endless (alleged) pandemics and the ramification of it, means that humanity is finished - all of our rights and freedoms disappear and we become nothing more than slaves, with no more ability to "buy or sell", unless we succumb to their evil! I will never be under their control!

Mark as Spam | Posted On 12/2/2022 7:18:05 AM

Like Dislike

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rrealrose
Joined On 11/10/2011 8:59:01 AM
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SadieKay, the articles archive on substack can be accessed by clicking the "censored library" tab (just the title) on the headline at the top, between breaking news and pets. You may be able to get a few days access for free prior to paying for unlimited archive access.

Mark as Spam | Posted On 12/2/2022 12:51:51 PM

Like Dislike

RFlocal
Joined On 9/29/2009 7:25:27 AM
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Before I caught whatever inn july 2022 that caused a three day fever nearly up to 103 I suspect D levels inn body were approaching century mark, because I run daily in sun at high noon and drink bottle included hcq daily... RHR is 43 So with vitamin D levels thru roof in july, and hcq daily as prophylaxis and in top 0.000001% health I still caught whatever it is that cannot be named certificate of vaccination identification artificial intelligence because it wasn't a vaccine it is a bio weapon and their cure is a human experiment- Anyone on prophylaxis ivermectin that also caught whatever regardless please reply, because many medical pros working directly with infected people claimed ivermectin prophylaxis may hav been their shield- Here hcq natural vitamin d July weekly mileage at 45 eating seasonal ly to win, and still caught Nulands reason for hanging from tall trees with Fauci

Reply | Mark as Spam | Posted On 12/2/2022 6:38:33 AM

Like Dislike

Randyfast
Joined On 5/6/2010 8:42:42 PM
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Why do people persist in calling the cold and flu "covid-19"? Where's your PROOF...the BOGUS PCR test? The media told us recently that anyone dying within 30 days of a "positive test" for covid - no matter what they actually died from - it would be recorded as a "covid death"! Am I missing something...is there some kind of ambiguity there? The cold and flu did NOT disappear for 2 years " because the covid "measures" were protecting us all"". This coronavirus is a cold virus - nothing more. There are 100 different things in this society that are making people sick and I can guarantee you that many of the "illnesses" are psychosomatic in nature! If people "believe" intensely enough that they are going to get sick - then they WILL get sick.

Just look at the banner that google places on every video that has anything to do with covid. If "covid" really was a global "threat"; then that banner wouldn't be there. There would be no need; because people would already be dropping like flies from this "deadly virus"! They WILL be dropping like flies from the current covid/flu shots and the Pandora's box of shots that will be rolled out within the next couple of years - at "Warp Speed"! It's already too late to Wake Up! They are killing your children! The fact that they are injecting newborns, on their first day of life (probably without the parents even knowing about it), is evil, disgusting and appalling! Thank God that I never had children.

Reply | Mark as Spam | Posted On 12/2/2022 6:56:09 AM

Like Dislike

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brianallen1
Joined On 8/7/2021 10:12:38 AM
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Very well stated, Randy. Prior to the hoax, about 34,000 Americans died each year from the "flu". Hardly a whimper from the media each year. All of a sudden, no more flu deaths. Magical. If you went on a cruise ship with Five Gee service and you get "covid", it just may not be covid. If you have Five Gee service in your area and you get "covid", it just may not be covid.

Mark as Spam | Posted On 12/2/2022 7:18:01 AM

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Randyfast
Joined On 5/6/2010 8:42:42 PM
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Thanks, Brian. The writing has been on the wall for decades and right now, the truth is pushing through the lies and deception and staring us right in the face...There is no excuse not to see the Covid Con for what it is! I'm sitting here drinking my coffee and I had a look inside the cup...nope; there aren't any covid monsters swimming around in there! I think I'll have another one. Almost forgot; are you sick yet? After all...this "deadly virus" is sparing no one!

Mark as Spam | Posted On 12/2/2022 7:56:15 AM

Like Dislike

brianallen1
Joined On 8/7/2021 10:12:38 AM
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Yeah, I am sick. Sick and tired of this inverse world.

Mark as Spam | Posted On 12/2/2022 8:03:16 AM
Like | Dislike

rrealrose
Joined On 11/10/2011 8:59:01 AM
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brianallen, quite a few years back, the US CDC lumped all upper respiratory illness, including pneumonia in their "flu" reports. Actual number of annual "influenza deaths" is under 3000. Often much lower number than that. It appears the CDC purposely decided to promote their notably useless annual flu shot.

Mark as Spam | Posted On 12/2/2022 8:30:59 AM
Like | Dislike

mrrobb
Joined On 6/15/2011 2:41:18 PM
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IDK....better watch out. Pfizer might try to patent all vitamins and minerals than we are all up a creek without a paddle

Reply | Mark as Spam | Posted On 12/2/2022 5:47:58 AM
Like | Dislike

Randyfast
Joined On 5/6/2010 8:42:42 PM
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They've already been working on it for many years. They want to rewrite Codex Alimentarius. The first supplement that they "decided" was a "drug" and not a nutritional sleep aid, was the Amino Acid Tryptophan. It's anyone's guess, how many more have been taken over.

Mark as Spam | Posted On 12/2/2022 7:08:23 AM
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brianallen1
Joined On 8/7/2021 10:12:38 AM
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Damn, you mean we'll need a prescription to buy turkey???

Mark as Spam | Posted On 12/2/2022 7:21:02 AM
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Randyfast
Joined On 5/6/2010 8:42:42 PM
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Brian; can you even buy a turkey? I mean, with millions of them "testing Positive" for H5N1, "bird flu" and being exterminated, will there be any left?

Mark as Spam | Posted On 12/2/2022 8:01:06 AM
Like | Dislike

Cabochon
Joined On 10/7/2018 12:45:48 PM
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As far as I know, mrrobb, natural substances cannot be patented. Stevia, for example, was being sold as a food supplement in the health food industry until about 2008 when big Pharma, big Food or similar succeeded in getting it removed from sale under some pretext or other only for it to re-appear some time later under a different name and in some sort of formula. In other words they wanted to capitalise on the growing awareness of the health risks of excess sugar in the diet. This is one reason for their decade long war against the natural health food and supplement industry which includes wilful ignorance of the literature proving the effectiveness of natural substances.

However, beware of industry take-overs by stealth. One well known brand which started 1947 is now owned by Nestle, which is a WEF partner. As with all other industries, the natural health companies are feeling the pinch as customers cut back in order to afford eating and heating. No part of the diabolical agenda is unconnected to the next stage.

Mark as Spam | Posted On 12/2/2022 9:12:16 AM
Like | Dislike

Segstar
Joined On 7/3/2012 3:30:42 PM
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Brian if you believe things are bad now, soon you'll have to BUY that prescription lol

Mark as Spam | Posted On 12/2/2022 9:14:07 PM
Like | Dislike

Segstar
Joined On 7/3/2012 3:30:42 PM
Add as Friend | Send Message

Rob as of NOW they can't patent anything that's natural.. So yeah hold on to that paddle and hat as if your live depended on it lol

Mark as Spam | Posted On 12/2/2022 9:18:43 PM
Like | Dislike

Disapeared
Joined On 10/5/2021 3:48:05 PM
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Does sunshine still radiate all its historical frequencies? Most mornings the sunrises are so white that one cannot do sun gazing. There is often also a big white fuzzy halo around the sun that can last all day.

Reply | Mark as Spam | Posted On 12/2/2022 8:06:37 PM
Like | Dislike

Heimdall1
Joined On 9/5/2017 6:30:21 AM
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What would it be? Not to get the poisonous needle? Or would they need to turn off 5G? Ah no it's V D. Literally all supplements are toxic, where to get something good?

Reply | Mark as Spam | Posted On 12/2/2022 9:46:22 AM
Like | Dislike

RedRavenSounds
Joined On 8/9/2021 12:25:52 PM
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Here is the thing with 5G - it is not the transmitting towers so much (I refer to the inverse square law of electromagnetism) - it is the chunk of c**p "smart phone" that they have convinced people they MUST carry on their person to exercise their thumbs, and free their brains from the onerous task of actually having to think. YES it is true that 5G operating at millimeter frequencies (57-64GHz) is bad - but it is ALL bad. The thing is that it is in very close proximity to your body. God created these temporary soul containers as electro chemical processing plants. Our cells actually operate at a very low voltage. Now they (containing the precious DNA) are bombarded with THOUSANDS (or even millions) of electron-volts.

Its a constant onslaught as we swim in a sea of electromagnetic energy the body was never designed for. I am an electrical engineer with an emphasis in RF and radar, by degree. I have pretty much given up trying to explain this to people. The further you can stay AWAY from RF transmitting devices, the better (cell phones, wireless router antennas, wireless AP's Blu-tooth all of it) Keep your distance and your exposure at a minimum. P.s. DITCH those lovely brain irradiating "wireless" ear buds. They are not only an assault acoustically, but send RF right into your brain (that is not good) At least use full enclosure head phones.

Mark as Spam | Posted On 12/2/2022 11:33:21 AM
Like | Dislike

brianallen1
Joined On 8/7/2021 10:12:38 AM
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RedRavenSounds, it is so good to learn you are knowledgeable regarding RF. I live less than 1/2 mile from a cell tower. Outside my home the pulses can reach as high as 4 mW/m squared on my TriField TF2. I have protected my home to where it usually stays below .050 mW/m2 indoors. Is that number "acceptable"?

Mark as Spam | Posted On 12/2/2022 1:46:57 PM
Like | Dislike

Heimdall1
Joined On 9/5/2017 6:30:21 AM
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RedRavenSounds, Yes, agreed the phones are more of a problem. Most people I feel are autistic when using them. I try to switch it off all the time when carrying it on my body. About the towers, I don't know if you've seen a video on YT by a bloke in UK who showed a tree beside a street lantern where they obviously had installed 5G in. The one side of tree was dead while the other one away from the lantern looked more or less ok. Those towers are also toxic, maybe not to us but the environment. Trees just break apart and people don't seem to recognize it. Thank you.

Mark as Spam | Posted On 12/2/2022 4:12:28 PM
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