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Clueless CDC Admits They Never Suspected Waning Vaccines

Analysis by Dr. Joseph Mercola ✓ Fact Checked

March 21, 2022

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STORY AT-A-GLANCE

- March 3, 2022, CDC director Dr. Rochelle Walensky answered questions at Washington University, revealing she learned of the Pfizer shot efficacy data from CNN, which was a republished press release from the pharmaceutical company
- Walensky was unaware that the virus may mutate, or that the vaccine would not be effective against mutations, which was a question a financial analyst was astute enough to ask Pfizer
- Many of the talking points from the CDC originated from the same company that did President Biden's polling in the 2020 election, which indicates that at least some of the "science" driving public health policy came from Impact Research, who are the "proud pollsters for President Joe Biden"
- Walensky admits that half the country doesn't believe what she's saying and that she's been warned not to predict what's happening next. She predicts the coronavirus will kill people every year and we'll learn to live with it and masks will be here for a while since she hasn't had a cold "in a really long time"

March 3, 2022, CDC director Dr. Rochelle Walensky answered questions in front of medical students at her alma mater, Washington University. This is an excerpt of the 45-minute presentation,[1] during which Walensky made several statements about the public health response to COVID-19 in the past two years, admitting the CDC had relied heavily on vaccines, that she'd learned of the 95% efficacy from CNN and was not told the shots would lose effectiveness.

In fact, much of her presentation is riddled with statements that likely revealed more than she intended. She might not have realized the presentation was being taped or thought a taped presentation in front of medical students wouldn't be found. Or maybe, the CDC simply doesn't care that what they say in 2022 is the same information that caused many to be censored or maligned in 2020 and 2021.

It would be an interesting test to repeat her statements on social media today to see if the information would be tagged as misinformation or disinformation now that the CDC has publicly recognized what scientists have been saying for years.

Walensky Admits Her Source Was CNN

Walensky was invited to speak to the medical students at Washington University as the 2022 Gerald Medoff Visiting Professor in the Department of Medicine. During the interview conducted by Dr. William G. Powderly, co-director of the Division of Infectious Diseases, she was asked what the CDC got right and how that might affect the response to future pandemics. Three minutes into her answer, she said:[2]

> *"Where could we have improved? Well, you know, I think … I can tell you where I was when the CNN feed came that it was 95% effective, um, the vaccine. So many of us wanted it to be helpful. Many of us wanted to say, "OK, this is our ticket out." Right? Now we're done."*

This may be a mind-blowing admission — that the head of the CDC's information came from a CNN news report and not from Pfizer. It turns out the CNN report was a regurgitated Pfizer press release. Investigative journalist Paul Thacker, writing in The Disinformation Chronicle, discusses the timeline of events that led to Walensky believing the Pfizer vaccine was 95% effective.[3]

It is likely the CNN report Walensky is referring to was published November 18, 2020[4] by Maggie Fox and Amanda Sealy, who it appears did little to augment the story after pulling information from a Pfizer press release published the same day.[5] What is remarkable, and unfortunate, is that a story in CNN influenced Walensky's thinking about the vaccine and future guidance from the CDC.

It turns out it is even more deplorable since it wasn't a story but a republished press release. Also interesting is that it took two CNN reporters to present one republished press release/story. As Thacker writes, "The Pfizer press release became CNN headline, became CDC pandemic policy." Walensky went on to say during the interview:[6]

> *"So I think we had perhaps too little caution and too much optimism for some good things that came our way. I really do. I think all of us wanted this to be done. Nobody said waning, when you know, oh this vaccine is going to work. Oh well, maybe it'll work — (laughs) it'll wear off. Nobody said what if the next variant doesn't, it doesn't, it's not as potent against the next variant."*

Thacker dug into the published transcript[7] of a Pfizer earnings call held February 2, 2021, in which an analyst from global financial services firm Cantor Fitzgerald asked four pointed questions.

1. If the COVID vaccine becomes routine, how do you think governments and physicians will choose among these vaccines that have received emergency use authorization?
2. And then how do you think about that 95% efficacy rate in light of mutations?
3. And the last question is on your PCV20, if it's approved, what do you expect the ACIP [Advisory Committee on Immunization Practices] recommendation to be your — what would you ideally like it to be?
4. And do you think there will be any upgrade for those 65-plus due to the additional serotypes?

It seems interesting that the analyst from Cantor Fitzgerald understood enough to ask about whether the vaccine would be effective against a virus nearly every scientist in the world expected to mutate. And yet, Walensky did not consider the possibility,[8] despite having been a professor of medicine at Harvard Medical School with years of experience dealing with viruses.[9]

Where Does the COVID 'Science' Come From?

When asked about the ACIP recommendation, Pfizer responded, "And then to your question about ACIP. Of course, we're working closely with the FDA for approval and with the CDC at the right moments in time to get the right recommendation."[10] Many believe that the "right recommendation" was not given, yet Pfizer likely got exactly what they wanted from the CDC.

Walensky has overruled or avoided asking the ACIP's advice on COVID booster issues at least three times, according to a STAT News report.[11] As Thacker writes, this sequence of events is:[12]

> *"... direct evidence of a corporation influencing federal policy by laundering their press release through media outlets like CNN. Further, republishing press releases seems a pervasive practice in how the media covers COVID-19 vaccines — meaning, they don't do much reporting. This has been obvious since late 2020."*

Walensky's presentation at Washington University was just days after it was revealed that Biden and the CDC are parroting talking points developed by the same firm that conducted polling for Biden's 2020 presidential campaign.[13] The memo sent February 24, 2022, closely matches statements Biden used in the State of the Union Address.

In other words, it appears that at least some of the "science" driving public health policy for COVID-19 and destroying the economy is coming directly from Impact Research,[14] who are "the proud pollsters for President Joe Biden" and whose marketing includes "electing Democrats in the toughest districts," "electing presidents" and "crafting the most authentic and persuasive language for your communications."

Two days after Walensky spoke at Washington University, former New York Times reporter Alex Berenson, wrote,[15] "She's right. Nobody could possibly have known variants might be a problem." Under this, he posted a tweet dated January 20, 2021, in which he had posted, "Spoiler alert: the vaccines probably don't work against at least one new variant and they're going to want you to get vaccinated again next fall."

By August, Twitter banned Berenson permanently for "repeated violations of our COVID-19 misinformation rules."[16] The tweet that put Twitter over the edge compared the vaccine to a "therapeutic "with a limited window of efficacy and terrible side effect profile." He also questioned vaccine mandates."

Data supporting limited efficacy[17] and terrible side effects[18,19] are not difficult to find. In fact, Walensky admitted the vaccine has limited efficacy to Washington University — will Twitter ban her?

Walensky Knows She's Wrong for Half the Country

Midway through the interview, Powderly asked how Walensky balances the risks of infectious disease against the mental health and economic risks from decisions the CDC has made. Her response was telling:[20]

> *"This is such an important question. The easy answer is I know I'm going to be wrong for half the country (laugh) so now that I've accepted that um … some fraction of people will be unhappy.*
>
> *We are looking under the lamppost of all the cases and all the deaths and there have been so many other things that we're counting that don't make the headlines — opioid deaths, mental health challenges, cancer screening. I've heard from colleagues of people who came in whose elective surgeries were deferred who now come in with metastatic disease."*

Minutes before, she was asked what she thought the next couple of years would look like. She started by saying, "So this is a safe space because every piece of advice I've gotten is don't predict what's going to happen."[21] The implication appears to be that she didn't think what she said would be made public. She went on to predict that in the months ahead she believes:

> *"… [O]verall immunity is going to hold us in good stead. I don't know whether we're going to need another boost and I don't know when and I don't know what that's going to look like but I do think ultimately we will have a good level of population immunity for variants that come our way … Ultimately we will have a coronavirus that will lead to death in some people every season, that we will tolerate in some way."*

This coronavirus that will lead to death every season sounds amazingly like seasonal flu. The final estimates by the CDC[22] of the 2017-2018 flu season showed 41 million people were symptomatic with an estimated 18.9 million who received medical care, 710,572 who were hospitalized and 51,646 who died.

She also hinted that mask-wearing may be here to stay, saying, "I haven't had a cold in a really long time, and I suspect we don't miss those."[23] Yet, Walensky has also admitted that the CDC's mask policy for public schools to reopen was influenced by teachers' unions who were against in-person learning.

In other words, the guidelines for children to wear masks throughout their school day were not developed based on science but, rather, on "hearing firsthand from parents and teachers directly about their experiences and concerns." and "superintendents, principals, civil rights groups, and all sorts of other folks."[24]

Despite History, CDC Is Calling for Transparency

Anyone who has held an opinion that differs from the mainstream narrative has been censored, questioned and fake "fact-checked" so the debate over science would never see the light of day. Mainstream media outlets took up the banner, quashing any information that didn't neatly fit the story.

If data might demonstrate that the vaccine was not functioning the way it was promised, then the CDC[25] withheld the information and Health and Human Services[26] stopped tracking hospital deaths related to COVID-19. But they haven't been able to stop the data coming from Israel,[27] the U.K,[28] Germany[29] and insurance companies.[30]

During Walensky's appearance, she said she was "proud of our ability to get data out,"[31] in reference to the vaccine. She indicated that they used a "pedal-to-the-metal"[32] system to analyze and assimilate data that was published, on average, every 48 hours. Yet, her comments are in direct contradiction to a recent investigative report published in The New York Times[33] that shows the CDC was not transparently publishing "large portions" of vaccine data.

In fact, Walensky has also publicly discredited the Vaccine Adverse Event Reporting System (VAERS), which is co-administered[34] by the FDA and CDC. During her January 11, 2022, testimony before the Senate,[35] Walensky clearly stated that any death after a vaccine could be reported to VAERS using the example of an individual who gets vaccinated, hit by a car and dies.

She implied without outright stating that this death would also be recorded in VAERS and logged as a death related to the vaccine. In other words, she skirted the issue without having to outright lie to the Senate.

Just days before she declared her pride in the CDC's ability to publish accurate and informative data, The New York Times[36] revealed that the FDA had been aware the COVID shots were only 12% effective in children under the age of 5. However, they withheld the information before a scheduled meeting on February 15, 2022, which was subsequently canceled. According to the Times:[37]

> *"Experts worried that the news would further dissuade hesitant parents from immunizing their children. Other studies have shown the vaccine was not powerfully protective against infection with the Omicron variant in adults, either."*

Will the Gaslighting Stop?

During the interview, Walensky alluded to people in the media who "reject evidence," saying,[38] "You know in the media now, there are a lot of people who are using their voice that may or may not be helpful for public health ... then that decreases public health in general so our messaging I think we have to be clear about."

The information that Walensky revealed during the interview makes you wonder about who's making public health decisions and why. It's difficult to imagine and scary to think that after two years, one of the largest and most powerful health care agencies in the U.S. is led by a director who is potentially uninformed, or worse, purposefully misleading the public.

In approximately 35 short minutes Walensky revealed much. While she characterizes those who reject her propaganda as "rejecting evidence" since scientific debate is no longer part of the scientific process according to the CDC, it's interesting to note that she:

- Admits learning about the Pfizer 95% efficacy — information which was then used to formulate CDC guidelines — from a CNN report,[39] which was nothing more than a republished press release from Big Pharma.[40]
- Believes the CDC is transparently publishing data in a "pedal-to-the-metal" scenario[41] even though The New York Times uncovered evidence the CDC is withholding data.[42]
- Believes that no one told her or the CDC that a virus may mutate and render the vaccine ineffective,[43] yet a financial analyst was astute enough to ask the question.[44]
- Isn't sure if we will need another booster[45] after Pfizer told the world last year that a fourth dose may be needed sooner than expected.[46]
- Blames the "public" at large for believing "the science" is black and white despite her colleague, Dr. Anthony Fauci, who as director of the NIAID, has been the face of COVID-19 for the White House, claiming HE was the science.[47] Walensky now admits: "I think the public heard that science is black and white, science is immediate ... and the truth is, science is gray."[48]

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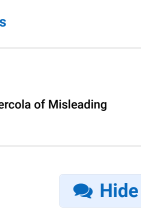

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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Dr. Naomi Wolf indicted the perpetrators of the Wuhan coronavirus pandemic, accusing them of conspiring to commit mass murder. Wolf named Tony Fauci, Rochelle Walensky of the CDC, and Francis Collins of the NIH as co-conspirators in the genocide. The fact that people like Rochelle Walensky, Dr. Fauci, Dr. Collins, all the 'influencers' who were paid, as we now know, said 'safe and effective', this requires criminal charges. This could be a conspiracy to murder. And members of the media could also be complicit in the murder." Rochelle Walensky, handpicked by Joe Biden to head US CDC, is a criminal. The same goes for her husband, who we now know has been taking taxpayer money in the form of government "grants" for his pharmaceutical company.

The grant was reportedly funded and organized by the Assistant Secretary for Preparedness and Response (ASPR), a division of HHS that oversees and manages the Biomedical Advanced and Development Authority (BARDA), a program similar to the "PREDICT" program. at the Wuhan Institute of Virology (WIV). www.thegatewaypundit.com/2022/01/premeditated-manslaughter-millions-pe.. (2022) https://archive.ph/7832n (2022)

Reply | Mark as Spam | Posted On 3/21/2022 6:23:53 AM
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juststeve
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Crimes against Humanity, Life & Sanity.

Mark as Spam | Posted On 3/21/2022 7:12:30 AM
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Pete.Smith
Joined On 10/11/2013 8:19:55 AM
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Thanks GUI, good references ~~ However Naomi Wolf's list of Fauci Flu criminals is way too short. They killed far more civilians than Putin did, but I doubt any of them will go to jail, as they are all protected by Deep State. ~~*~~ Almost 25% of all paediatric COVID-19 deaths reported by CDC were due to a "coding error", they claim now. Figures have been adjusted silently on Thursday, March 17, 2022. Do they try to cover up their fraud? stillnessinthestorm.com/2022/03/cdc-pulls-a-fast-one-eliminates-25-of-.. * * * Drain The Pharma Swamp * * *

Mark as Spam | Posted On 3/21/2022 7:51:04 AM
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NewlandsWanderer
Joined On 6/11/2015 6:59:28 AM
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Thank you Gui. It seems that the whole system is corrupt to the core! How else could mass murder and tyranny have been enabled to destroy and damage so many lives. In this very short sequence David Martin Phd urgently warns: "WE ARE ON THE PRECIPICE OF THE MASS-MURDER OF FIVE-YEAR OLDS WITH THE COVID-19 VACCINES" : twitter.com/.../1505666347572809739

Mark as Spam | Posted On 3/21/2022 7:53:34 AM
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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Thank you JUST and PETE, let's hope the Grand Jury tries all the criminals. Also the International Criminal Court (ICC) initiates an investigation for war crimes against Russia. The prosecutor, Karim Khan, has announced that he will proceed to investigate crimes against humanity and genocide by Russia after the request of 39 countries, including Spain, France, Germany, the United Kingdom and Italy. According to Amnesty International, since the war broke out and until February 28, alleged war crimes were recorded in Ukraine, although figures for civilian deaths have not been confirmed. The UN reported 136 deaths as of Tuesday, but the Ukrainian government says there are more than 2,000.

Mark as Spam | Posted On 3/21/2022 9:17:20 AM
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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Yes, PETE, a very clarifying link on the corruption of the CDC. In all of this we have deaths accounted for by covid that are actually deaths by the genocidal protocols of hospitals. In addition, it must be recognized that there is a difference between dying of COVID-19 and dying with COVID-19. This is a familiar uncertainty for doctors during the winter flu season. In most states, 40-60% of people who die from SARS-COV-2, the virus that causes COVID-19, are seniors with multiple medical problems who live in nursing homes. A portion of this same cohort dies each year from the seasonal influenza virus. When that happens, did they get killed by the flu or by their cancer, heart failure, stroke, or liver problems? Doctors use their best judgment to fill out the death certificate correctly, but they don't classify everyone as "flu" deaths.

According to Dr. Mercola, 94% had an average of four medical conditions that already affected their health. The CDC also made flu deaths magically disappear for this flu season. The CDC created a new category of death from pneumonia, influenza, and COVID-19 to group those causes together. The inaccurate results produced by the hospitals were so effective, thanks to being highly inflated, that some health officials pleased them with the frightening-sounding data because it resulted in mask mandates, "vaccine" mandates, school closures, and other forms of tyranny.

Mark as Spam | Posted On 3/21/2022 9:17:46 AM
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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Thanks NW, we are indeed in a system of psychopaths where corruption reigns. Yes, the murder of children will be the greatest crime against humanity. The government and Pfizer should be concerned about the clot factory, overt genocide and potential legal implications, The US Department of Health and Human Services transferred massive amounts of public money to legacy private media corporations to market and promote the Pfizer product. And just as attorney Thomas Renz, who broke the Defense Department's DMED story, also on March 7, notified the federal government and other defendants of the anticipated lawsuits.

Pfizer is a "legal person" under the law. As a corporate person, he committed murder, medical assault, torture, and fraud, through a US government marketing program run by legacy media, and with the physical element of crime committed by nurses and pharmacists more or less less uninformed and coerced than injected the toxic pharmaceutical into recipients at hundreds of sites across the country. childrenshealthdefense.org/defender/pfizers-latest-sec-filing-covid-va.. (09/03/2022)

Mark as Spam | Posted On 3/21/2022 9:20:38 AM
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mirandola
Joined On 6/27/2014 7:00:58 AM
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Gui et al, as the ruse goes, "Just trust the authorities" and "why are you questioning the authorities, ...just because...?" I say, question "authority!" I mean, what horseS*** is this, that Walensky et al allegedly "could never foresee" that the "vaccine" Effectiveness would fade? What bugaboo that they would never have forseen mutations, heh, what's all this about? They are staffed and advised by virologists, immunologists, MDs, biologists and more aren't they? Sounds to me more like this was A Plan for the sake of profits! And yes they were forwarned about "vaccine" ineffectiveness...as if they couldn't, with all their expertise, forsee that for themselves anyway! Early into the PLandemic, Johann Giesecke, WHO advisor for Sweden, said that not one single vax for any coronavirus has ever been effective, and that it would not work! He knew that, and come on, so did the WHO and the CDC! Don't tell *me* they didn't know and could not have foreseen it! PSSST, don' t mention Sweden, that's "misinformation" so what does that tell us about the

dynamics at hand?

The pecking hen order rules the roost! Silence those who speak up with any concerns, slash them and trash them in the public eye (read: Slander!) like gossip hens do, and then say that "We never foresaw it". And this from the mouth of those with the highest level of responsibility to protect the public! That's not a good vote of confidence, and is not one bit impressive! Hmmm......As for CNN as their source of info, I guess the CDC might as well consult National Enquirer Gossip about the medical "Facts". But Just Trust the "medical authorities!" (???) PSST, but they never knew this either (stifling a laugh, irony intended), that legally, they Have No Authority! childrenshealthdefense.org/defender/biden-administration-covid-vaccine..

Mark as Spam | Posted On 3/21/2022 11:18:41 AM

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mirandola
Joined On 6/27/2014 7:00:58 AM
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Really, it sounds to me like Walensky has been advised by lawyers to play dumb. The problem is, she has a major responsibility to society, and playing dumb gives her and the CDC, no credit at all. In fact, it earns them a vote of Zero confidence...I did not say no confidence. I said, zero. And I mean what I say!

Mark as Spam | Posted On 3/21/2022 11:43:57 AM

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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Thanks Nirandola. The ineffectiveness of "vaccines", restrictions and mandates. All handled by fact checkers. The evidence reported by Dr. Mercola indicates that the mandates create an increasingly accentuated state of rejection with serious risks to the mental and physical health of people in their social and family life, projecting an economic crisis with serious consequences of increased inequalities, hunger and deaths. "Vaccines" and draconian restrictions are the deadly virus of this fake pandemic.

Dr. Martin Kulldorff, an epidemiologist and statistician, has worked on detecting and tracking infectious disease outbreaks for almost two decades. Kulldorff's methods for detecting and monitoring infectious diseases have been widely used throughout the world, as well as by hundreds of people at the CDC. However, Kulldorff was thrust into the crosshairs of the pandemic narrative by saying the country only needed the "15 days to slow the spread" lockdown, and he has since paid the price. The government and the creators of narratives that deny real facts about the Wuhan coronavirus.

"For whatever reason, an official public narrative was set up and you weren't allowed to question it, which of course is very detrimental, both to the pandemic and to how you deal with the pandemic, because you have to have a vibrant discussion to figure out the best way to deal with these things," he said. Kulldorff said that he tried to point out that there was a very steep age gradient in mortality from COVID-19. But when he attempted to publish an article in both US medical journals and major newspapers claiming that the focus should be on protecting the elderly and those at high risk, his article was scrapped

Mark as Spam | Posted On 3/21/2022 1:37:11 PM

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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Although he was able to publish in Sweden, American publications do not allow a discussion, which he found worrying. Kulldorff said that the Great Barrington Declaration constituted the basic fundamental principles of public health that already existed in the plan for preparing for a pandemic for many years. He said it was surprising that it had not been followed since the start of the pandemic. www.zerohedge.com/covid-19/former-harvard-prof-martin-kulldorff-scienc.. (02/18/2022) Arizona Rep. Andy Biggs discussed his two important House bills that would end illegal mandates and the Occupational Safety and Health Administration (OSHA) during a recent episode of "The New American" with host Christian Gomez. Biggs's bills are the "No Mandates Act" (HR 6395) and the "Occupational Safety and Health Administration Override" or "NOSHA Act" (HR 5813), which he introduced in November of last year. thenewamerican.com/congressman-biggs-end-mandates-and-abolish-osha/ (02/16/2002)

Mark as Spam | Posted On 3/21/2022 1:38:59 PM

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juststeve
Joined On 1/5/2012 11:13:54 AM
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All our lives we have had Corona infections & have caught reinfections from mutations right along. We will continue to get Corona infections as long as we live. The Jab/s were meant to provide a new income stream for a Big Pharma, Pfizer, Fauci, Faux Flu. Too bad it popped up next to a Gain of Function Lab in China with $$$'s backed by Fauci & having the mysterious Spike Protein.

Reply | Mark as Spam | Posted On 3/21/2022 6:11:24 AM

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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Yes, Just, that is the fate of injections, money and death. The lies of Biden, Fauci and Walensky are being exposed. The Biden regime of "vaccine" support should be unraveling fast. Joe Biden, Anthony Fauci, Vivek Murthy, Rochelle Walensky and everyone involved in the covid-19 takeover are revealing their true colors. They change the themes so much that even those who still listen to them begin to see them for what they really are. Dictator Biden and CDC Director Rochelle Walensky pushed for seditious vaccine mandates, months after assuring the American people there would be no mandates.

Never before in history has a US president resorted to such measures, which many see as treason and seditious conspiracy. On July 30, CDC Director Dr. Rochelle Walensky promised there would be no vaccine mandates from the federal government. "To clarify, there will not be a nationwide mandate. I was referring to mandates from private institutions and parts of the federal government. There will be no federal mandate." www.thegatewaypundit.com/2021/09/didnt-age-cdc-chief-says-will-no-forc..

Mark as Spam | Posted On 3/21/2022 6:31:56 AM

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juststeve
Joined On 1/5/2012 11:13:54 AM
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Thanks for your input, Gui. More to ponder, is this Jab/s disaster part of a one two punch? As glyphosate has become better known as a health destructor whether intentional or not, it has crippled immune systems so it is not a stretch to see how as bad as Jab/s can be on their own, the one two punch combination is more than enough to take one out. In one of yesterday's post on Regen Agriculture a wrong clip was dropped, don't even know where it came from. This is the correct Dr. Zack clip; https://youtu.be/Aw16LPVnNco . How can we achieve health & have a proper immune system when our food production moved from poor quality foods to no nutritional, no building blocks available in our foods? Yesterdays post was corrected with the proper clip.

Mark as Spam | Posted On 3/21/2022 7:09:07 AM

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DeDannan
Joined On 3/10/2022 7:21:48 PM
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It is a virus with gain of function that has been released into the population. It is not the usual run of the mill coronavirus. The spike was very toxic to vulnerable people, now because it has mutated and the receptor binding domain doesn't attach well with ACE2 receptors, it results in less dangerous symptoms, localizing mostly in the upper respiratory tract. Gain of function research is super dangerous. It could have been so much worse, like nuclear worse. I'm thinking the effects of the shots will in the long run be devastating to the point where an attempted cover up will fail.

Mark as Spam | Posted On 3/21/2022 9:32:43 PM

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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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Get the virus/get the spike protein...Get the mRNA shot/grow-yer-own spike protein...forever...Get it?

Reply | Mark as Spam | Posted On 3/21/2022 6:57:44 AM

Like Dislike

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juststeve
Joined On 1/5/2012 11:13:54 AM
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Nope, I didn't and am fighting tooth & nail not too. At least not through a direct deposit. Still concerned about the shedding.

Mark as Spam | Posted On 3/21/2022 7:11:35 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Yes, Randall, destroy your immune system and you'll be sick forever. His reasoning is to use the real science of health, the science of the ground, the science of "first do no harm" of hippocrates. Dr. Malone's article highlights the grave dangers of the Covid "vaccine". The hidden highlight of this peer-reviewed article is that spike protein production in people vaccinated with the Moderna or Pfizer vaccine is higher than that of severely ill COVID-19 patients! A person might ask, "How can that be?" To understand this, we must carefully analyze what the study shows. This study states that the produced mRNA and spike protein persist for weeks in the germinal centers of lymph nodes in human patients. Having worked with mRNA for decades, I can attest that this is highly unusual. rwmalonemd.substack.com/.../a-health-public-policy-nightmare (02/08/2022)

Mark as Spam | Posted On 3/21/2022 7:16:55 AM

Like Dislike

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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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Gui...Reverse transcription via mRNA vaxxx permanently produces spike protein according to fresh studies...The time-bomb jab will go-off for years to come..cancers/heart/liver/autoimmune are here to stay. Remember Catch 22..Milo Minderbinder? The clever bandit who sold the parachutes from B-17 bombers along with the morphine supplied for the wounded. Today the planet is ruled by Minderbinders!

Mark as Spam | Posted On 3/21/2022 7:59:50 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Yes, Randall, nuclear cardiologist Richard M. Fleming recently spoke with Mike Adams about the deception used to force the world's population to take mRNA vaccines. Dr. Fleming provided evidence that mRNA vaccines self-replicate, turning people into endless protein factories. There is now evidence that the genetic sequence of SARS-CoV-2 self-assembles and self-amplifies by design, bringing the genetic code into the person's DNA through reverse transcription.

This runaway process to encode spike proteins in human cells has the potential to hijack healthy gene expression for years to come while colonizing inflammatory spike proteins in blood and organs throughout life. People are literally being programmed with genetic instructions that poison their blood and organs in perpetuity...until they get sick and die, suffering from a chronic disease.
www.brighteon.com/63deb107-e0b0-43c2-8860-0edaa10647bd
| 21a86421-c3e0-461b-83c2-cfe4628dfadc.filesusr.com/ugd/659775_de66b21b0..
| scivisionpub.com/pdfs/covid19-rna-based-vaccines-and-the-risk-of-prion..

Mark as Spam | Posted On 3/21/2022 8:27:57 AM

Like Dislike

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steelj
Joined On 6/19/2006 11:43:25 PM
Add as Friend | Send Message

And how many times were we told we would be growing our own HARMLESS spike protein, which would provide the salvation the clueless masses thought they needed. They finally, after many months of always referring to it as the HARMLESS spike protein, quit doing that as it became untenable. I have never seen anybody held to account for our wonderful leaders and MSM calling it the HARMLESS spike protein so many thousands of times, ad nauseum, as they ginned up support for the COMPLETELY SAFE vaccines.

Mark as Spam | Posted On 3/21/2022 8:51:46 AM

Like Dislike

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

And don't forget the self-spreading shedding aspect of the thing. Three-pronged experiment & delivery system.

Mark as Spam | Posted On 3/21/2022 9:29:59 AM

Like Dislike

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mirandola
Joined On 6/27/2014 7:00:58 AM
Add as Friend | Send Message

A) What the gullible public does not realize is that it may not even be desireable to "Grow yer own spike protein" and that immune enhancement most likely means autoimmune attack, =disease! Did anybody ever think about this? B) Stupid assumptions that fuel society, the public needs to be educated. Sometimes ignorance is the furthest thing away from any bliss. C) Oh and by the way I think that the CDC and WHO, and Rochelle Walensky, know all about both A and B alike, and were/are fully knowledgeable of what they have been doing and the fully foreseeable outcome...all along! They didn't know and could not have foreseen it? Tell me lies, tell me lies, tell me sweet little lies....or not so sweet, and not so kind or even well intended! They know immunology, physiology, virology, biology, and more.....and they also know that brainwashes drive society to the outcome they seek and desire! Aha. But they are discrediting themselves so severely that they may just as likely fall into their own trap.

Mark as Spam | Posted On 3/21/2022 11:31:17 AM

Like Dislike

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ttn7292
Joined On 10/3/2015 6:34:36 AM
Add as Friend | Send Message

What? The head of the CDC did not know the vaccines against ever- mutating viruses become obsolete and need to be replaced every season with a new vaccine, like a flu vaccine?! Mind boggling! What is her education? She needs to resign ASAP and put through trial, as she was reckless in her decision ultimately putting billions of people lives in danger. As it is not just lives of American people. For instance, the Australian authorities do not bother to think for themselves, and simple copy every policy that has been implemented in the USA.

Reply | Mark as Spam | Posted On 3/21/2022 12:41:14 AM

Like Dislike

DeDannan
Joined On 3/10/2022 7:21:48 PM
Add as Friend | Send Message

Well it sounds less egregious to say 'she did not know' than 'she did know' and continued to push something unsafe and ineffective on the public.

Mark as Spam | Posted On 3/21/2022 9:20:51 PM

Like Dislike

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cmwilkerson
Joined On 12/2/2011 7:50:35 AM
Add as Friend | Send Message

I just finished watching a series called DopeSick. It was about Perdue Pharma and how they duped the medical establishment with propaganda on Oxycodone. Reminds me of what is happening today with Covid pandemic. Bottom-line, so-called science is composed of scientist with a paid agenda. Pure Science is no more.

Reply | Mark as Spam | Posted On 3/21/2022 9:15:31 AM

Like Dislike

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

Where did you watch it? Someone recently recommended watching this. More obvious the plandemic response as pushed out by the CDC/FDA, was either drafted by or ghost written by Pharma representatives.

Mark as Spam | Posted On 3/21/2022 10:49:25 AM

Like Dislike

Pjpackers
Joined On 11/6/2007 10:33:05 AM
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Excuse me if I appear ignorant here, but shouldn't the director of the CDC "know" that viruses mutate and when they do a vaccine at that time wouldn't be effective. For her to admit her inadequacies as the director of CDC......WOW is all I can say......I'm speechless!

Reply | Mark as Spam | Posted On 3/21/2022 10:03:33 AM

Like Dislike

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

This is the point! and just think, she came from Harvard Medical School! So what do those people know? Its a slippery slope, for sure. Meanwhile, in their hubris, the CDC somehow ignored or buried the partial, non-sterilizing aspect of these shots? I doubt this. Whenever stupid comes out of their mouths, its a coverup. They do not make mistakes, its all on point.

Mark as Spam | Posted On 3/21/2022 11:03:09 AM

Like Dislike

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mirandola
Joined On 6/27/2014 7:00:58 AM
Add as Friend | Send Message

I think Walensky was advised by lawyers to play dumb, and that she really does know, and did know all along. Further, they are playing mind manipulation games, and they know it. Hence they now play dumb, that's just part of the whole game. It's unethical in the extreme, designed to create the illusion of a white innocent lamb, while truthfully so garbed to conceal the wolf inside. Don't fall for this game, we have to all see through this! It's critical. Life and freedom both depend on it.

Mark as Spam | Posted On 3/21/2022 11:51:37 AM

Like Dislike

DeDannan
Joined On 3/10/2022 7:21:48 PM
Add as Friend | Send Message

Of course they know viruses mutate, everyone does.

Mark as Spam | Posted On 3/21/2022 9:42:26 PM

Like Dislike

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

This German video (in English) is very interesting, showing the harm the spikes do in pictures made by a microscope. German pathologists explain how people died from vaccination, and their pictures of tissues proof it. They show inflamed tissues, damaged by the vaccine spike protein, and compared them to pictures with normal tissues (without the spike protein). They show vascular lesions, in the heart, but also in the brain, and elsewhere. pathologie-konferenz.de/en Neurologist Dr. Bonte looked at the video and said: "What they show is that the infiltration by lymphocytes – a type of white blood cell – in the various organs is related to the expression of the spike protein." They tested for the nucleocapsid protein, which is part of the virus, but not part of the vaccines.

"What they show convincingly is that patients who died from Covid-19 test positive for both the spike protein and the nucleocapsid protein," explains Bonte. "In deaths after vaccination there is a positive signal on the spike protein, but the staining on the nucleocapsid protein is negative." This excludes Covid-19 as a cause of death. Of course those pictures are also interesting to see what damage Covid-19 spikes does, as they are almost identical to vaccines spikes.

Reply | Mark as Spam | Posted On 3/21/2022 4:02:34 AM

Like Dislike

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

That spike protein is Synthetic. It has been engineered to maim and kill!

Mark as Spam | Posted On 3/21/2022 5:16:38 AM

Like Dislike

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

Hi Pete, Dr Arne Burkhardt (who had been retired) showed clearer slides with more concise descriptions in the recent Dr. Reiner Fuellmich/Viviane Fischer Corona Committee interview from last week, "Session 95 - Behind the Curtain" - - www.bitchute.com/.../ywCqYyJpBxQJ - off the top of my head, Dr. Burkhardt is the second interview, starting roughly at the 1 or 1.25 hr mark. His slides show scary pathology, stuff he's never seen before. When he asked around, neither had any of his other colleagues.

Mark as Spam | Posted On 3/21/2022 10:57:49 AM

Like Dislike

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

Thanks rrealrose for the link. * * * Drain The Pharma Swamp * * *

Mark as Spam | Posted On 3/21/2022 11:21:39 AM

Like Dislike

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mirandola
Joined On 6/27/2014 7:00:58 AM
Add as Friend | Send Message

Yet everybody places such faith in vaccines and in mainstream medicine. I think the time has come for people to deeply reconsider. In fact, the more time goes on, the more I believe that mainstream medicine, while necessary at times, is by en large quack medicine, and then they go pointing the fingers to the naturopaths and all the wrong people. They need to look in the mirror! Thank you for posting this Pete.Smith and for your research. Further, I hope to see word getting around that there is deep science in natural medicine nowadays, in addition to millennia of anecdotes culture-wide which, as such, can not lie.

Mark as Spam | Posted On 3/21/2022 11:47:58 AM

Like Dislike

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

Hi Pete, Yes!! saw this recent 25% adjustment outlined on the CHD site - will check your link later today.

Mark as Spam | Posted On 3/21/2022 12:13:05 PM

Like Dislike

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razz61
Joined On 10/15/2021 10:29:33 AM
Add as Friend | Send Message

Lol....my goodness! And this is who we hire to run an important organization? A friggin chimpanzee would have more common sense than this dimwitted broad. To admit that you did not read ANY imformation from the vaccine manufacturers and that you got your information from a news report. WHAT THE ACTUAL F! Oh she just slit her own throat! All I can do is throw my hands up and shake my head after I pick my jaw up off the ground. And this is why I don't trust our government leaders. Buffoons, all of them!

Reply | Mark as Spam | Posted On 3/21/2022 8:30:32 AM

Like Dislike

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steelj
Joined On 6/19/2006 11:43:25 PM
Add as Friend | Send Message

Yes, this is exactly who they hire for virtually ALL important positions. Have you noticed our president and VP? How about Sotomayor's infamous COVID comments? Take your pick of our congressional lawmakers, very few are worth spit. And don't blame "THEY" for any of this. it's WE the people who elect the government leaders, who in turn appoint people like Sotomayor, Walensky, et. al. I am so disgusted with my fellow human beings it's really quite depressing, seems there is no hope. I do get a bit of hope from places like this comment section and a few other sites. As far as "dimwitted broad", maybe, maybe not. She's risen to the pinnacle of power in her field. I think we need to consider maybe she knows exactly what she's doing.

Mark as Spam | Posted On 3/21/2022 9:04:22 AM

Like Dislike

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

Steelj, we don't have a Supreme Court anymore. We have a circle of nine, of craft, who make up their own law. And they are intentional, purpose-driven, in what they do. Just clueless about what they really serve & where it really ends.

Mark as Spam | Posted On 3/21/2022 9:33:36 AM
Like Dislike

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

She said she got her information from a news report, but it's more likely from the infamous "factcheckers"

Mark as Spam | Posted On 3/21/2022 6:31:32 PM
Like Dislike

DBergy
Joined On 10/23/2011 5:28:13 AM
Add as Friend | Send Message

Appears to be the definition of what is called "a useful idiot".

Reply | Mark as Spam | Posted On 3/21/2022 6:52:42 AM
Like Dislike

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steelj
Joined On 6/19/2006 11:43:25 PM
Add as Friend | Send Message

On the surface, yes. On the other hand I wonder how likely is it that a person can be so gullible, yet savvy and manipulative enough to become head of one of the most prestigious agencies in the world. Prestigious to the media and general public, I mean. To those in the know the CDC is the opposite of prestigious. Destructive and evil are adjectives that come to my mind.

Mark as Spam | Posted On 3/21/2022 9:11:08 AM
Like Dislike

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dude01
Joined On 8/10/2007 1:20:04 PM
Add as Friend | Send Message

She's a corporate puppet. She appears to be quite clueless. CNN being the source for her efficacy data? Yikes! Imagine if she was a surgeon.

Reply | Mark as Spam | Posted On 3/21/2022 5:30:07 AM
Like Dislike

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boldgandydancer
Joined On 2/16/2021 4:58:02 AM
Add as Friend | Send Message

It's hard to believe somebody would help destroy their own reputation, unless they were guaranteed a golden parachute. She has to live with herself.

Mark as Spam | Posted On 3/21/2022 6:54:02 AM
Like Dislike

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

You mean like those 'dudes' who were drinking designer coffee while their newfangled computer operated on, & killed, their patient? Yeah, I can see the co-relation and analogy.....lol!

Mark as Spam | Posted On 3/21/2022 9:27:39 AM
Like Dislike

DeDannan
Joined On 3/10/2022 7:21:48 PM
Add as Friend | Send Message

CNN's source was Pfizer I thought?

Mark as Spam | Posted On 3/21/2022 9:39:31 PM
Like Dislike

EB2021
Joined On 8/27/2021 5:03:06 PM
Add as Friend | Send Message

Please remember, these are the SAME lying filth who promote "Darwinian" "evolution" as "fact" despite ZERO evidence and the fact that science actually supports the Biblical timescale of 6000 years. Any doctor worth their salt would demolish that Jezebel in a debate.

Reply | Mark as Spam | Posted On 3/21/2022 4:26:17 PM
Like Dislike

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balhawk
Joined On 12/11/2009 3:56:56 PM
Add as Friend | Send Message

This reads more like a sitcom episode that what one would expect from health care agencies. I was chuckling my way all the way through it. I could just see the facepalms and shouts of "eeeedeeots!" in the offices of Black Rock and Vanguard.

Reply | Mark as Spam | Posted On 3/21/2022 10:03:11 AM
Like Dislike

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

If it's not a vaccine (and it's not a vaccine) then it can't be a "waning vaccine." Why would anyone suspect that it's powers were "waning" if they were certain it was a vaccine? When the initial numbers of effectiveness are totally false, the truth will eventually come out. The truth became obvious fairly quickly. But what to do? Package the "vaccine" as "waning" and let the truth out a bit at a time to give the effect of it being gradually discovered. One lie: "it's a vaccine" leads to another lie "It's 90 percent effective" and when the true effectiveness begins to be exposed, to another lie "the vaccines effect is waning", which leads to the final lie "we didn't know it would be waning". It's not a waning vaccine. It's not a vaccine. Its effectiveness was made up - so it couldn't wane. But, when you maintain the claim that the injection is a safe and effective vaccine and you get WANING VAXINES. Whodathunkit?

Reply | Mark as Spam | Posted On 3/21/2022 9:23:18 AM
Like Dislike

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mirandola
Joined On 6/27/2014 7:00:58 AM
Add as Friend | Send Message

Hear hear, the town crier calleth! Well said Versatile, thank you!

Mark as Spam | Posted On 3/21/2022 11:54:36 AM
Like Dislike

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steelj
Joined On 6/19/2006 11:43:25 PM
Add as Friend | Send Message

How can you tell for sure if this abomination (Walensky) is clueless or evil? Who cares, it's results that matter. How any critical thinker can continue to have compassion for those who follow the advice of such buffoons, get jabbed, and suffer from it is beyond me. People like Walensky have power only because they have support. Their supporters are the enemy of truth, justice, health, and everything that is good in the world. Jabbed children, those forced into the jab, and those with a sub-80 IQ are victims, I don't blame them. The rest of the followers of the narrative are what caused our destruction, which is pretty much accomplished now. They deserve our undying enmity.

Reply | Mark as Spam | Posted On 3/21/2022 8:42:48 AM
Like Dislike

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

Who needs conspiracy theorists and "misinformation" merchants when Walensky is available. She must be a govt public information person's worst nightmare - someone who lets the occasional malicious truth slip out rather than sticking to the script.

Reply | Mark as Spam | Posted On 3/21/2022 7:55:41 AM
Like Dislike

WCO4046
Joined On 7/8/2019 12:00:56 PM
Add as Friend | Send Message

lamest excuse going...they know EXactly WHATS GOING ON...not ignorant about anything ...these most highly intelligent peoples....pretending to be idiots....INNOCENT until PROVEN guilty....(motive for their crimes)???A tough one....

Reply | Mark as Spam | Posted On 3/21/2022 5:18:57 PM
Like Dislike

DeDannan
Joined On 3/10/2022 7:21:48 PM
Add as Friend | Send Message

yes

Mark as Spam | Posted On 3/21/2022 9:41:02 PM
Like Dislike

Godsent55
Joined On 11/28/2021 10:45:04 AM
Add as Friend | Send Message

CNN was her goto? Not so. Fauci was. Since the FDA report came out, its like a roach infested kitchen. You turn the light on and now everybody is running fromm thee Truth. Pfizers commited Fraud and Fauci and Walensky are back tracking their steps but theres Nothing they can do. This is going to be Bigger than 9/11 shortly.

Reply | Mark as Spam | Posted On 3/21/2022 2:43:37 PM
Like Dislike

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sst14791
Joined On 8/18/2021 10:01:54 AM
Add as Friend | Send Message

I never wore a mask and didn't get sick through this whole Covid shenanigan either. She is jumping to conclusions using anecdotal evidence- wait, doesn't the CDC frown on that.😁

Reply | Mark as Spam | Posted On 3/21/2022 2:10:19 PM
Like Dislike

ScanKat
Joined On 1/9/2021 11:28:32 AM
Add as Friend | Send Message

With these idiots in charge of public health it is no wonder American's are suffering from chronic health problems in numbers never seen in history. And the live expectancy is now going down. Hmmmm

Reply | Mark as Spam | Posted On 3/21/2022 1:42:13 PM
Like Dislike

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pjmauigirl
Joined On 4/14/2021 12:00:14 PM
Add as Friend | Send Message

Deliberately stupid?

Reply | Mark as Spam | Posted On 3/21/2022 12:58:15 PM
Like Dislike

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lovestosing6
Joined On 8/26/2013 8:44:35 AM
Add as Friend | Send Message

Interesting! www.cnbc.com/2022/03/20/health-experts-predict-uptick-in-us-covid-case..

Reply | Mark as Spam | Posted On 3/21/2022 11:24:05 AM
Like Dislike

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mrrobb
Joined On 6/15/2011 2:41:18 PM
Add as Friend | Send Message

yeah....... pubmed.ncbi.nlm.nih.gov/12453804

Reply | Mark as Spam | Posted On 3/21/2022 9:57:31 AM
Like Dislike

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

What a crock of doo-doo, hoo-doo, voo-doo. Just part of the 'show' they're all paid actors in. Good grief.

Reply | Mark as Spam | Posted On 3/21/2022 9:25:42 AM
Like Dislike

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robbie2u
Joined On 6/29/2011 11:51:41 PM
Add as Friend | Send Message

Life sometimes teaches if you are not good at falsehood you probably should not. Like if a robber keeps getting caught probably should quit robbing. If an addicted gambler's bank account is sorely lacking probably should realize they are no good at gambling. If a person looks bad when they fib it means they are not good at it so they should probably stop doing it. There is a reason why people should walk the straight and narrow path it is something that they can do.

Reply | Mark as Spam | Posted On 3/21/2022 8:47:51 AM
Like Dislike

DeDannan
Joined On 3/10/2022 7:21:48 PM
Add as Friend | Send Message

Telling the truth would have been self sabotage at a greater level. The excuse was a buffer.

Mark as Spam | Posted On 3/21/2022 9:44:58 PM
Like Dislike

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wallguy
Joined On 12/19/2015 10:23:35 AM
Add as Friend | Send Message

And the award for best leading actress of a medical doctor in the award winning Tv series "As the world turns" COV19, (or as I like to say "As the stomach burns" COV19) !! Your favorite and mine, the .Gov/CDC raven haired sweetheart...Dr. Rochelle Walensky That's right folks, Don't touch that dial!!

Reply | Mark as Spam | Posted On 3/21/2022 8:45:52 AM
Like Dislike

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

These are the morons we trust to save us during a "real" medical emergency? I don't think so...never!

Reply | Mark as Spam | Posted On 3/21/2022 6:38:09 AM
Like Dislike

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steelj
Joined On 6/19/2006 11:43:25 PM
Add as Friend | Send Message

Oh yes they are, just wait until the next "emergency". They certainly won't save us, quite the opposite. But yes, they will absolutely be "trusted to save us". The unfortunate truth is the vast majority of people TRULY ARE as clueless as Walensky APPEARS to be. They are absolutely DRIVEN to follow evil leaders, the more psychopathic the more they love them. Thank God for Mercola and his commenters to bring a corner of sanity to the world.

Mark as Spam | Posted On 3/21/2022 9:16:05 AM
Like Dislike

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bodywise007
Joined On 3/6/2021 2:15:44 PM
Add as Friend | Send Message

Your careful meticulous scientific discussions are quite valuable. But your politics is interfering with your effectiveness. It is quite obvious that you favor one tribe over the other. It is interfering with your message. There is no need to label various individuals as criminal. It is counterproductive. And I don't remember you mentioning such discussions 2-3 years ago.

Reply | Mark as Spam | Posted On 3/21/2022 2:28:58 PM
Like Dislike

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

Apparently, Wallensky has nothing to say, so I will try to share something useful. Occasionally, as I find time, I add a recipe or several. I am reminded of Dr. Mercola's cake recipe. This may not be exactly as he originally printed it, but it is worth sharing. If you feel the batter is still a bit too thin, you can add an extra spoonful of coconut or nut flour. I like to add a bit of stevia (to taste), too, but that is optional. Serve as is or top with whipped cream.

PALEO BEETROOT CAKE Preheat oven to 350F. Put in Vitamix container: 3 raw beets, peeled, cubed. (or 1/1/2 c. canned, drained) 1/3 c, coconut oil. 4 eggs. Mix. Then, add: ½ c. honey, 1 T. vanilla, 1 T. baking soda, ½ t. salt (can omit), ½ t. cinnamon, ½ t. nutmeg. Mix. Place all ingredients in a bowl and stir in: 1/3 c. cocoa, 1/3 c. coconut flour. Butter springform pan. Dust with coconut flour. Bake at 40-50 minutes—or as long as necessary--until the cake springs back at light touch or toothpick comes out clean. -continued- Part of my text did not show up, so I will add it tomorrow if it does not get added by then. maybe posting is slo?

Reply | Mark as Spam | Posted On 3/21/2022 2:18:27 AM
Like Dislike

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

-con.- Consider raising homegrown heirloom cornmeal varieties. Many early settlers thrive on cornmeal without flour. I find that heirloom corns for cornmeal are less sweet, but nuttier in flavor than store bought—quite a difference. I grind air-dried corn kernels in a vitamix in small batches at a time. You can also use a hand crank corn mill although it takes time to clean and is hard work. One of my best cornbread recipes is Squash Cornbread. Adding squash keeps it moist and reduces the need for flour/cornmeal. A dry sweet squash will work best. Also, use cornmeal for breading fish, cornmeal mush or scrapple will make many breakfasts, cooked as polenta, Indian Pudding.

Cornpone is about as basic as you can get. Separate cornmeal from sweetcorn if you save heirloom seed—as far away as you can get. Better if you have a hedge of trees or tall-growing crops in between to prevent corns from cross-pollinating. Cornmeal can be oven-canned to preserve it for a long time. You may need to give the cornmeal a stir if it is a bit chunky, very easy to do. There are online recipes for pancakes and other breads made by grinding lentils (split peas?) to a flour. Very dry mashed potatoes, yams, potatoes, sweet potatoes can be used as a binder for making fish cakes, etc. (I also use leftover cooked rice, cornmeal and/or dry oatmeal.) Better than store bought fish sticks.

Use any kind of fish or seafood, inc. ground up clams. Leftover fish can be flaked for this recipe. Add leftover veggies to soups/stews, scrambled eggs (esp. corn, onion, diced pepper), breads dough, as salad toppings, etc. Bean burgers can be a meat substitute. You can also hide leftover veggies in them. They can be quite good, depending on how you season them. You can also shape them as small meatballs. It takes too long to fry on all sides, so I often just make tiny veggie or meat burgers and flatten them. Then, I only have to brown them on both sides and they cook evenly.

Mark as Spam | Posted On 3/21/2022 2:21:08 AM
Like Dislike

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

-continued- Thickeners: Cornmeal, egg yolk, arrowroot, cornmeal or corn flour, mashed peas/potato/yam (any starchy veg), ground raw sunflower seed (stews), etc. If you use egg, whisk it in a bowl and first add a spoonful of the hot liquid to it before adding it to a kettle. Flax Seed Egg Substitute. Whisk together 1 T. flax seed plus 3 T. water for 30 seconds. Let set 2 minutes. Strain or not, as you prefer. This will work as a binder or emulsifier in recipes, but will not be very helpful if you need a leavening agent. Consider that soon, your problem may not be finding any kind of food, but finding nutrient dense calories.

I observe grocers willing to buy anything just to keep inventory on the shelves. Indications that there are shortages include bare shelves, products near expiration dates that got shoved to the back of warehouses and more labels written in foreign languages. Further, if your food supply is dependent on the productivity of others (supermarkets), will you even be able to afford the price of food and the gas needed to drive to the store? At some point, it makes more sense to limit your trips out, stay home, produce what you can, make do or do without.

Mark as Spam | Posted On 3/21/2022 2:22:22 AM
Like Dislike

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

Almond..I have nothing against organic wheat flour, but I like blends with buckwheat/chestnut/almond/corn flours. I grow red/white/blue/Indian heirloom corns every few years and keep 100s of lbs in freezer to grind or nixtamilize with wood ash for meal/grits/masa to release B-Vits. I sold lots of corn seed the last few years to people worried about food supplies..Heck, I just like the tastes and benefits these rough carbs provide for gut bacteria. These breads/cakes/cookies are in no way junk.

Mark as Spam | Posted On 3/21/2022 7:09:34 AM
Like Dislike

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rrealrose
Joined On 11/10/2011 8:59:01 AM
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Almond, Thanks for sharing - will attempt when I next get extra time. Last night, baked pumpkin pie with coconut milk, not from scratch, came out better than expected. Finding Dr. Sarah Ballantyne has a series of AIP - Paleo (AIP = autoimmune) recipes on her website. Never tried using beets, have leftover coconut flour.

Mark as Spam | Posted On 3/21/2022 11:55:25 AM
Like Dislike

DeDannan
Joined On 3/10/2022 7:21:48 PM
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Thanks you for recipe

Thanks you for recipe

Mark as Spam | Posted On 3/21/2022 9:48:51 PM

Like Dislike

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mrrobb

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

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I mean.....oops I mean .....ahhhhhhhhh.....what was I thinking? .....ahhhhhhh.....errrrrr.....Hmmmmmmmm.....Remember thta gizemo...ahhhhhhh..... www.renegadetribune.com/fauci-this-would-not-be-the-first-time-a-vacci..

Reply | Mark as Spam | Posted On 3/21/2022 9:41:43 AM

Like Dislike

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rrealrose

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

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Full of baloney! He knew the ferrets died in a series of animal trials in the 2000's. This is all old technology, including Remdesivir, and he's been repurposing old, dangerous, shelved drugs for 40 years. Sure, try to fool everyone by calling these vaccines, so he could waive the animal trials...Nice try, eh?

Mark as Spam | Posted On 3/21/2022 11:58:39 AM

Like Dislike

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mrrobb

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

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Meantime.....5G is pumping up the power,,,yes the pulse rate is up considerably....meaning in certain areas where the power goes up and increased pulse rate...certain people will be affected ....this is a mass experiment . all the fake diseases like covid and omicron and flu's etc will increase as 5G power increases and the pulse rates get more rapid .... More 5G..more in hospitals and more in the morgues and funeral parlours....yeah Buy stock in funeral industry LOL.....might as well cash in on millions of extras deaths.....LOL

Mark as Spam | Posted On 3/21/2022 3:03:41 PM

Like Dislike

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rrealrose

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

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Yeah, driving around, noticing a lot of existing towers are being "improved", height extended as well as transmission ability.

Mark as Spam | Posted On 3/21/2022 3:29:16 PM

Like Dislike

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mrrobb

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

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Sure Realrose...if they are to cull a few million here and a few million there...so If they Cull 4 or 5 million in the LA area..what will the other few millions do?.....just run around screaming and crying and pillaging and plundering..raping and mutilate..murdering and slaughter...Now what happened if they do that to every major city in earth? Within a week the rest will kill over a cigarette or a beer..gas will be gone.no food trucked in....cuz Mr. Tumour confiscated the trucks cuz he has a BigBoyHissieFit...no electricity cuz the power companies pulled the plugs...and 5G towers don't need to be on the grid.....they are self-sufficient don't need any outside power... They can PUMP out 5G radiation for months.....

Mark as Spam | Posted On 3/21/2022 6:26:19 PM

Like Dislike

DawnieR

Joined On 5/19/2021 9:38:50 AM

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????? NO! The criminal CDC has HAD the documents/FACTS on these EXPERIMENTAL mRNA BIO-WEAPON INJECTIONS for a few DECADES now. Just find Dr. David E. Martin on any/all of the NO CENSOR vid hosting sites.....he HAS HAD the 'Smoking Gun(s) '(ALL OF THE DOCUMENTS). THE GINS, and WHO PULLED THE TRIGGER(S)! STOP calling these EXPERIMENTAL mRNA BIO-WEAPON INJECTIONS.....'VACCINES'!!! They are NOT VACCINES! They are NOT VACCINES! They are NOT VACCINES! They are NOT VACCINES! They are NOT VACCINES! They are NOT VACCINES! They are NOT VACCINES!

Reply | Mark as Spam | Posted On 3/21/2022 7:26:51 AM

Like Dislike

Randyfast

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

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"Walensky was unaware that the virus may mutate, or that the vaccine would not be effective against mutations"...Tell it to the Lemmings! Who would even click on that video? I have much better things to do!

Reply | Mark as Spam | Posted On 3/21/2022 5:12:46 AM

Like Dislike

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