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An Easy and Effective Shield to Protect From COVID-19

Analysis by Dr. Joseph Mercola Fact Checked

February 18, 2022

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STORY AT-A-GLANCE

- A simple mouth and nose spray containing povidone iodine (PVP-I) could act as an effective shield to protect against COVID-19
- PVP-I is a microbicidal agent with a virucidal efficacy of 99.99%
- When applied, the oronasal spray acts as a protective layer, coating the nasal and oral mucosa, which helps prevent SARS-CoV-2 from binding with ACE2 receptors and gaining entry into your cells
- In a clinical trial that has not yet been published, a 0.6% PVP-I solution had an efficacy rate of about 81.5% with "almost no mucosal irritation"
- Povidone iodine solutions have been found to inactivate SARS-CoV-2 in as little as 15 seconds and potentially reduce the carriage of infectious SARS-CoV-2 in people with mild to moderate COVID-19
- Nebulized hydrogen peroxide diluted with normal saline, plus Lugol's iodine, can also be used for any suspected respiratory infection; the earlier you start, the better

A simple mouth and nose spray could act as an effective shield to protect against COVID-19, adding one more tool to the arsenal of antiviral options. The straightforward solution was recommended by Dr. Mostafa Kamal Arefin of Dhaka Medical College & Hospital in Bangladesh and includes polyvinyl pyrrolidone or povidone iodine (PVP-I), a microbicidal agent with a virucidal efficacy of 99.99%.[1]

Writing in the Indian Journal of Otolaryngology and Head & Neck Surgery, Arefin recommended the PVP-I oro-nasal spray for health care workers and anyone else to help prevent COVID-19,[2] echoing a number of other studies that have also found benefits to gargling, nasal irrigation and nebulization of PVP-I and other compounds, including Lugol's iodine, saline and hydrogen peroxide.[3]

How Oronasal Sprays May Shield You From COVID-19

Arefin's oronasal spray is made of a 0.6% PVP-I solution, kept in a "simple nasal spray device." The spray formulation works better than drops, he noted, because it allows the active ingredient to diffuse further and reach deeper into the nose and nasopharynx, which is the upper part of the throat behind the nose. When applied, the oronasal spray acts as a protective layer, coating the nasal and oral mucosa.

Typically, if you're exposed to SARS-CoV-2, it will enter your body through your nose and mouth, remaining there for a time before binding with ACE2 receptors and entering cells. Once inside your cells, the virus has an opportunity to multiply.

"The first step in the development of URTIs [upper respiratory tract infections]," Arefin writes, "is the adherence and colonization of the respiratory pathogen to the nasopharyngeal and oropharyngeal mucosa. Assuming nasal and oral entry of such pathogens, intranasal and intra oral application of Povidone Iodine offers a practical measure for their prevention."[4]

By creating a protective shield, oronasal spray helps prevent SARS-CoV-2 from binding with ACE2 receptors and gaining entry into your cells. In a clinical trial that has not yet been published,[5] Arefin and colleagues got positive results using 0.6% PVP-I Oro-nasal spray in 189 patients with COVID-19. The 0.6% solution had an efficacy rate of about 81.5%, which was greater than that of other concentrations (0.4% and 0.5%) and produced "almost no mucosal irritation."[6]

Povidone-Iodine Inactivates SARS-CoV-2

Already, PVP-I gargles, throat sprays and nasal sprays are available over-the-counter in countries such as Japan and Canada.[7] In Japan, a 0.45% PVP-I throat spray is available for the prevention of colds and sore throats, while gargling with the compound is part of their national respiratory guidelines.[8]

A 2002 study, during which patients were asked to gargle more than four times a day with a PVP-I solution, for several months up to two years, found the practice significantly reduced the incidence of chronic respiratory infections.[9] In a preprint study that also advocated for the use of PVP-I nasal sprays and mouthwash to protect health care workers and reduce cross infection during the COVID-19 pandemic, it's explained:[10]

> *"The antimicrobial action of PVP-I occurs after free iodine (I2) dissociates from the polymer complex. Once in the free form, iodine rapidly penetrates microbes and disrupts proteins and oxidizes nucleic acid structures. This interaction ultimately results in microbial death."*

PVP-I has been found to be effective in-vitro against coronaviruses that caused the severe acute respiratory syndrome (SARS) epidemic of 2002 to 2003 and the Middle East respiratory syndrome (MERS) epidemic of 2012 to 2013.[11]

Povidone iodine solutions have also been found to inactivate SARS-CoV-2 in as little as 15 seconds[12] and potentially reduce the carriage of infectious SARS-CoV-2 in people with mild to moderate COVID-19.[13] In another study of nasal irrigation among high-risk patients with COVID-19, the use of nasal irrigation with povidone iodine or baking soda reduced the risk of hospitalization by eight times compared to the national rate.[14]

In a letter to the editor of the Journal of Otolaryngology, Head & Neck Surgery, researchers further noted:[15]

> *"Because the reservoir for SARS-CoV-2 shedding is in the nasopharynx and nasal and oral cavities, the application of viricidal agents to these surfaces may reduce virus burden.*
>
> *Numerous studies have confirmed that povidone-iodine inactivates many common respiratory viruses, including SARS-CoV-1. Povidone-iodine also has good profile for mucosal tolerance. Thus, we propose a prophylactic treatment protocol for the application of topical povidone-iodine to the upper aerodigestive tract."*

Benefits and How to Use PVP-I Oro-Nasal Spray

Using 0.6% PVP-I Oro-nasal spray is low cost, safe and effective against coronaviruses, including SARS-CoV-2. It can be used both in healthy individuals as a protective agent and in people with COVID-19 to reduce viral load and the potential for transmitting the virus to close contacts.

The side effects are minimal and include mucosal irritation, teeth staining and thyroid dysfunction. At least one study, which used both PVP-I mouthwashes and gargles four times a day for five days, found an elevation in thyroid stimulating hormone during treatment, but levels returned to normal after the treatment was stopped.[16]

Arefin recommends the spray for both health care workers and the general population, prior to attending public gatherings or working outside the home, and following exposure to a suspected COVID-19 patient. He advises two to three puffs in each nostril and one to three puffs in the throat every three to four hours. After every one to two weeks of use, he recommends taking a one-day break from the treatment.[17]

There are, however, many ways to use nasal irrigation, gargles and nebulization against COVID-19. For instance, Dr. Peter McCullough, an internist, cardiologist and epidemiologist, tweeted, "Nasal/oral viricidal washes can be done prophylactically twice a day and up to every 4 hours during early treatment. Reduce viral load for less severe illness."[18]

The Front Line COVID-19 Critical Care Working Group (FLCCC) also recommends povidone-iodine as part of their I-Mask+ protocol for prevention and early outpatient treatment of COVID-19. Part of their prevention protocol includes twice daily gargling with a 1% povidone/iodine solution, while iodine nasal spray or drops are recommended as one of the first line agents in their early treatment protocol. Specifically, they recommend:[19]

> *"Use 1 % povidone-iodine commercial product as per instructions 2–3 x daily. If 1 %-product not available, must first dilute the more widely available 10 %-solution and apply 4–5 drops to each nostril every 4 hours. (No more than 5 days in pregnancy.)"*

Importantly, povidone-iodine solutions sold as topical skin disinfectants to treat cuts and wounds should not be used for gargling due to potentially harmful ingredients.

Nebulized Hydrogen Peroxide for COVID-19

Download Interview Transcript

As I discuss in my interview with Dr. David Brownstein above, he has successfully treated hundreds of COVID-19 patients using immune boosting strategies such as intravenous or nebulized hydrogen peroxide, iodine, oral vitamins A, C and D, and intramuscular ozone. In a case report of 107 confirmed COVID-19 patients that he treated, 91 (85%) used nebulized peroxide diluted with normal saline, plus Lugol's iodine. As explained in Brownstein's paper:[20]

> *"A solution of 250 cc of normal saline was mixed with 3 cc of 3% hydrogen peroxide providing a final concentration of 0.04% hydrogen peroxide … Additionally, 1 cc of magnesium chloride (200 mg/ml) was added to the 250 cc saline/hydrogen peroxide bag. (This was mixed in the office for the patients.)*
>
> *Patients were instructed to nebulize 3 cc of the mixture three times per day or more often if there were breathing problems. Usually one or two nebulizer treatments were reported to improve breathing problems … They reported no adverse effects. We have been using nebulized saline/hydrogen peroxide at this concentration for over two decades in his practice.*
>
> *Hydrogen peroxide is continually produced in the human body with substantial amounts produced in the mitochondria. Every cell in the body is exposed to some level of hydrogen peroxide. The lungs are known to produce hydrogen peroxide. Nebulized hydrogen peroxide has been shown to have antiviral activities. Hydrogen peroxide can activate lymphocytes which are known to be depleted in COVID-19."*

I've embraced nebulized peroxide since the COVID-19 pandemic broke out and have received many anecdotal reports from people who have successfully used it, even at more advanced stages. Based on Brownstein's experience, I also recommend adding iodine when nebulizing, as it appears to make it even more effective.

Proper Dilution Is the Key to Safety

Povidone-iodine gargles and nasal sprays, and nebulized peroxide diluted with saline, with or without iodine, can be safely used by most people both for prevention and in cases of active infection, provided the substances are properly diluted.

For instance, while nebulization with 0.1% to 3% hydrogen peroxide appears to be quite safe, it would be a very serious hazard to use peroxide of greater concentrations. Food grade peroxide up to 35% concentration can be obtained but should NEVER be used topically or internally. It MUST be diluted or severe injury can occur. Your safest bet is to use 3% food grade peroxide and dilute it as indicated in the chart provided below so you end up with a solution of 0.1%.

Starting Peroxide Concentration	Hydrogen Peroxide	+	Normal Saline	=	Ending Peroxide Concentration
3%	1/4 tsp	+	7 1/4 tsp	=	.1%
12%	1/4 tsp	+	5 ounces	=	.1%
36%	1/4 tsp	+	15 ounces	=	.1%

It's interesting to note that even nebulizing normal saline may be an effective treatment for acute viral bronchiolitis, a viral infection in the small airways of your lungs.[21] So while saline is considered the "inert" substance in the solution — and is often used as a placebo in trials that evaluate nebulized drugs — it may have benefits of its own.

I recommend using nebulized peroxide for any suspected respiratory infection, and the earlier you start, the better. There is no danger in doing it every day if you're frequently exposed, and there may even be additional beneficial effects, such as a rapid rise in your blood oxygen level.

It is important to understand that this is a protocol that you need to implement BEFORE you attempt to treat COVID. Since early treatment is vital, ideally on Day 1, you want to have the nebulizer and materials already in your house ready to go. I would avoid using a battery powered hand held nebulizer and rather opt for a unit you plug into the wall.

You can find them on eBay or Amazon but make sure they have a face mask and not just a mouthpiece as you want to put the mist into your nose in addition to your lungs as many of the viruses lodge there and if you merely use a mouthpiece you will not reach these viral particles. This is an example of one that plugs in the wall and has a face mask.

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Why Are Professional Athletes Collapsing on the Field?

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Guillermou

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

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The minerals Zn, Mg, I and Se have positive and significant effects on strengthening the immune system. According to research, the consumption of iodine can strengthen the immune system. Iodine could increase immunoglobulin-G synthesis in human lymphocytes. Pathophysiological research also shows that iodine can help the innate immune system fight bacterial and viral infections. Japanese people reportedly consume more iodine than other countries, which supports their immune system against COVID-19. Gargling povidone-iodine is an essential part of hygiene measures in some countries, especially Japan and other parts of East Asia. Povidone-iodine is now widely used in dentistry and even surgery.
www.researchgate.net/publication/357478135_Iodine_an_effective_substan.. (2022)

In a study of 568 COVID-19 patients, periodontitis was found to be associated with an increased risk of serious complications of SARS-CoV-2 virus infection (death, ICU admission, and need for assisted ventilation). Significant associations were found between COVID-19 and (OR, 7.01), gingivitis (OR, 17.65), and severe periodontitis (OR, 11.75). COVID-19 patients are more prone to oral dysbiosis due to altered immune response, medications, and dietary changes. Also, in critically ill patients due to frailty and hospitalization, oral hygiene is impaired, exacerbating dysbiosis. Several systematic reviews indicated a positive association between poor oral hygiene and oral care interventions in nursing home and hospital patients.

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Brush your teeth and clean your tongue at least twice a day and rinse your mouth with antiseptic solutions (such as 0.5-1.5% hydrogen peroxide, 0.1-1.5% cetylpyridinium chloride, or povidone-iodine 0.23-1%, 1.5% hydrogen peroxide, cetylpyridinium chloride mixture and povidone-iodine) effectively reduce oral bacterial load. Studies have shown that these products effectively inactivate SARS, MERS, and H1N1 within 1 minute. Oral hygiene needs to be greatly improved, especially in the ICU and patients over 70 years of age, if anyone is looking to reduce the risk of aspiration pneumonia and COVID complications.
www.hindawi.com/.../3918980 (2022)

Iodine has been postulated as an immunomodulator. It is widely accepted that iodine exerts important actions on the immune system. The thymus, as well as many immune cells, have the ability to capture and metabolize iodine. This element can act as an inhibitor or activator of the immune response depending on the cellular context. Iodine promoted inhibition of ROS production and inhibited human complement, mast cell degranulation, and TNF-α production by human macrophages. Lugol's oral solution supplementation (2 mg/week) for 8 months restored the normal immune response.

Iodine acts in the following ways: 1) as an ancient antioxidant by combining or competing with free radicals for membrane lipids, proteins, and DNA, increasing the expression or activity of antioxidant enzymes or inactivating proinflammatory pathways that stabilize the cellular redox state; 2) as an inducer of antiproliferative, differentiation or apoptotic mechanisms by modulating mitochondrial potential. 3) as an immune modulator that acts directly on specific immune cells; and 4) as a constituent part of thyroid hormones. www.mdpi.com/.../htm (2021)

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juststeve

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Gui as always multiple sources of prevention & health support. I use a saline solution with the povidone-iodine to wash the nasal cavities. It keeps allergies at bay & makes the struggles of COPD less a problem. Best of all, slightest sign of the sniffles, Covid or other, poof, & then they are gone. Brushing the tongue may sound weird to some, but, it removes many negative bacterial offenders especially if one falls off the sugar wagon.

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fvtomasch

Joined On 3/11/2017 7:33:24 AM

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Gui- In addition to your list to build up the immune system probiotics/B-complex and of course Vitamin D3 which is the active form are extremely important. You would be surprised how many people in casual conversation say they take Vit d of 50,000 iu's once a week by prescription. That form is D2 which is nowhere close to D3 in it's effectiveness. They checked into it and now take D3 and their levels are up and feel much better. I bring it up with cashiers/ sales staff when I'm in line when they are not busy. pubmed.ncbi.nlm.nih.gov/10971835

I would also add having proper iron levels for immune system. www.ncbi.nlm.nih.gov/.../PMC3676888 I do not take iron pills which is basically rust but get it from Bragg's Black Strap Molasses bikehike.org/how-much-iron-is-in-blackstrap-molasses/#Is_molasses_good.. It's amazing how well the body works when properly nourished which the medical establishment strayed away from and switched to medicines instead should have been focused on nutrition. Reason is the sheer amount of money to be made in RX Drugs is staggering vs nutrition.

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datadragon

Joined On 6/14/2015 6:50:55 PM

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Hello Steve, Fvtomasch and Gui, Personally I had tried Cetylpyridinium chloride containing mouthwashes (such as easy to find in Crest Pro Health Clean mint and can just check for the cetylpyridinium chloride ingredient in others) as it appeared from this study I read back in 2017 to work on influenza which can also be going around and recently shown to be a possible effective candidate for sars-cov-2. Cetylpyridinium Chloride (CPC) Exhibits Potent, Rapid Activity Against Influenza Viruses in vitro and in vivo www.ncbi.nlm.nih.gov/.../PMC5605151 Cetylpyridinium Chloride shown to inhibit SARS-COV-2 Layman Summary : www.news-medical.net/news/20210809/Cetylpyridinium-chloride-containing.. Study 1: www.biorxiv.org/.../2021.08.05.455040v4 ~ Study 2: www.biorxiv.org/.../2020.12.21.423779v2.full There is also xlear which contains grapeseed extract - GSE showed anti-viral activity against Sars-Cov-2 and also mentioned to work on enveloped viruses, but not against non-enveloped viruses.

SARS-CoV-2 is an enveloped virus, which means that the RNA is packaged within an outer fatty or lipid membrane. www.biospace.com/article/releases/new-study-concludes-xlear-kills-and-.. | www.jstage.jst.go.jp/.../_article | pubmed.ncbi.nlm.nih.gov/31614852 | pubmed.ncbi.nlm.nih.gov/30884431 Several components of grapefruit seed extract, including naringenin, bind with Mpro with a binding affinity of −8.2 kcal/mol which is the main enzyme used for assembly & replication. www.sciendo.com/.../ebtj-2021-0015 however there are a number of other components in GSE besides gallic acid and naringenin that should be effective to look through including hesperidin, catechin and epicatechin, proanthocyanidins and polyphenols but needs studies.

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Inflammation is a necessary and normal function, and it can also initiate host defense responses against viruses and intracellular bacteria pubmed.ncbi.nlm.nih.gov/28169000 , However, an uncontrolled inflammatory signal and chronic inflammation can cause prolonged inflammatory cytokines production, resulting in serious disorders and tissue damage. Blocking NLRP3 activation can be either protective or detrimental at different stages of lethal influenza A (IAV) virus for example. Administration of the specific NLRP3 inhibitor MCC950 to mice from day one following IAV challenge resulted in hypersusceptibility to lethality, but NLRP3 plays a detrimental role later in infection if the virus is not dealt with initially with a good immune response and allowed to replicate,

Contributing to IAV pathogenesis through increased cytokine production and lung cellular infiltrates and so delaying treatment with MCC950 to lower inflammation until the height of disease rather than right away significantly protected mice from severe and highly virulent IAV-induced disease later stages. TIMING IS IMPORTANT whether you are under enhanced inflammation or not as to answer should be trying to reduce it. escholarship.umassmed.edu/cgi/viewcontent.cgi?article=3815&context.. Influenza vaccines differentially regulate the interferon response in human dendritic cell subsets. people immunized with the monovalent influenza vaccine did not show early interferon responses in the blood, but were induced by trivalent vaccination. These intriguing results may help explain vaccine underperformance that is not due to antigenic mismatch. www.science.org/.../scitranslmed.aaf9194

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According to research of earlier cases, Sars-Cov-2 can delay the immune response by a few days allowing it to replicate, after which it can hyperactivate the complement/nlrp3 inflammatory pathways leading to issues like blood clotting and death especially in those with comorbidities which also further activate these same pathways unless you counteract that hyperactivation if in the later phase where you did not clear the virus initially with a good immune response. By halting the body's initial immune response, the virus buys time to deepen the infection of its host as well as increase its chances of being transmitted to another person.

Inhibiting the NLRP3 inflammasome would inhibit both IL-1β and IL-18 as well as complement hyperactivation in the later stages. So while most of the treatments that are shown to help after replication (later stage) work in part by inhibiting the NLRP3 inflammasome hyperactivation with the best options also inhibiting viral replication (Plpro/Mpro/Rdrp etc) or cell entry at the same time. www.biorxiv.org/.../2021.02.04.429738v1 Inhibiting PLpro is a very promising double-hit therapeutic strategy against COVID-19. eurekalert.org/.../guf-cra072820.php

It would also be important to note that over suppressing these necessary immune pathways initially that may already be lowered would additionally allow the virus to not be cleared, and in some people who do not have existing inflammation pathways overactive such as those with comorbidities, may even need a boost to restore the initial immune response. That is where suggestions like hydrogen peroxide or Sambucol pubmed.ncbi.nlm.nih.gov/11399518 www.sciencedaily.com/.../190423133644.htm and similar immune boosters generally may be found helpful in those specific cases early on only if needed to potentially help restore suppressed immune function.

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Guillermou

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

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Good habits Just, to keep your lungs grateful for your care. As Dr. Mercola has reported, good oral health is critical to the optimal functioning of the body. Oral diseases can contribute to the development of systemic diseases. When we meet a person with cardiovascular disease, Alzheimer's or diabetes, we do not think that they have not brushed their teeth, tongue or oral cavity well. In general, each person has between 100 and 200 species of oral bacteria of the 700 oral species identified. These bacteria live on the teeth, tongue, gums, and other oral surfaces. Beneficial oral bacteria convert nitrate from vegetables and fruits to nitrite.

It can have positive effects on the body such as lowering blood pressure and anti-diabetic effects. There is evidence that periodontitis can contribute to the development of different complications and systemic diseases. Having periodontitis increases your risk of, for example, rheumatoid arthritis, atherosclerosis, hypertension, Alzheimer's, diabetes, and complications from childbirth. Studies have shown that tongue scrapers are the most effective way to remove plaque from the tongue and mouth. At a minimum, scrape your tongue when you brush your teeth.

This will help prevent the long-term buildup associated with severe bad breath. One misconception is that using a toothbrush on the tongue is just as effective as using a tongue scraper. The results of a 2004 study suggest otherwise. The researchers found that tongue scrapers removed 30 percent more volatile sulfur compounds on the tongue than a soft-bristled toothbrush. BENEFITS OF BRUSHING YOUR TONGUE www.healthline.com/health/dental-and-oral-health/tongue-scraping#misco.. (2021) westwooddentalgroup.ca/.../benefits-of-brushing-your-tongue

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datadragon

Joined On 6/14/2015 6:50:55 PM

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Yes Gui and Just, Periodontitis is an oral chronic infection/inflammatory condition which also promotes expression of NLRP3 inflammasome and thus leads to a cytokine response and activation of inflammatory cell death, called pyroptosis. This process can restrict intracellular replication of invasive bacterial pathogens and probably acts in synergy with the recruitment of neutrophils by its release of IL-1β to restrict replication of bacteria in the body. it is the host inflammatory response that determines the progression and pattern of the disease. Many opportunistic bacteria initially try to evade this innate immune system in order to survive in the host cells.

One of these is Porphyromonas gingivalis that is found in the oral cavity, where it is implicated in periodontal disease, and which has been shown to have several mechanisms of modulating innate immunity by limiting the initial activation of the NLRP3 inflammasome. www.ncbi.nlm.nih.gov/.../PMC4744328 This dampening of the host innate immune responses may favor persistence and survival in periodontal tissues. This can down-regulate host defense barriers, while the lower bacterial concentrations go deeper in periodontal tissues that can subsequently have a stimulatory effect on inflammatory responses and later NLRP3 OVERactivation.

While inflammasome activation is important to host defense and protection from sepsis, excessive inflammasome activation can be detrimental to health. Accordingly, there is need for a balance between resolution of infection and excessive inflammation leading to development of several chronic diseases characterized by persistent inflammation, such as Alzheimer disease, gout, atherosclerosis, diabetes, autoinflammatory diseases, arthritis, obesity and chronic kidney disease (CKD)..heart attack, stroke, blood clotting as well as is overactivated in later stage Covid-19. www.frontiersin.org/.../full

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Guillermou

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Thanks fvtomasch and DATA, yes, probiotics are known to promote health by stimulating the native gut microbiota, host immunity, cholesterol lowering, and various other functions, while their metabolites, such as bacteriocins, lactic acid, and hydrogen peroxide hydrogen, also known as postbiotics, secreted by these microorganisms may be of immense importance as antimicrobials against a wide range of pathogenic bacteria and viruses. This review highlights the role of probiotics and prebiotics alone and in combination (synbiotics) in the modulation of the immune system, the treatment of infections, the treatment of inflammatory bowel disease, and the treatment of cancer. symbiotic foods positively stimulate host health and nutrition.

It was observed that the synbiotics not only increased the number of probiotic bacteria, Bifidobacterium, and Lactobacillus in the fecal sample, but also increased the level of digestive enzymes such as lactase, lipase, sucrase, and isomaltase in the test group. Recently, the use of synbiotics has been reported to significantly decrease several cardiovascular risk factors, the prevalence of metabolic syndrome, and markers of insulin resistance. Probiotics modulate the gut microbiota which ultimately induces the expression of other genes involved in important gut functions, such as immune modulation, postnatal gut maturation, nutrient absorption, mucosal barrier strengthening, xenobiotic metabolism and angiogenesis

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The Figure 2, schematic diagram showing the modulation of the host's immune system by probiotics and their derivatives. In addition, recent reports from patients with COVID-19 showed a significant increase in pro-inflammatory or anti-inflammatory cytokines, including T helper cytokines (type 1 and type 2), chemokines, galectins, and tumor necrosis factor (TNF)-producing lymphocytes, interferon- γ, IL-2 and IL-17. Therefore, blocking or regulating T cells and cytokines may be an effective therapeutic strategy, which may also reduce deaths related to COVID-19. Several probiotics, particularly lactic acid bacteria, have been reported to produce bioactive peptides as ACE inhibitors.

In addition, the lung-gut axis and the associated microbiota in relation to probiotics and essential for the treatment of COVID-19, link.springer.com/.../s00253-021-11646-8 (2022) Also consider the consumption of fermented vegetables and probiotics for intestinal health and hapatic aids. Although COVID-19 patients primarily manifest respiratory illnesses, a significant proportion of patients also developed gastrointestinal symptoms such as abdominal pain, vomiting, nausea, anorexia, and diarrhea.

The results of the studies suggest that the fecal-oral route could also be a potential route of transmission, because direct GI inoculation resulted in infection and infectious virus could be detected in the GI tissues and contents of infected animals. Approximately 48% of COVID-19 patients in Hong Kong had detectable SARS-CoV-2 RNA in stool samples, even after negative testing of respiratory samples.10 In some patients, stool viral titers were higher high and persisted longer than in respiratory tissues or secretions.

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ACE2 expression is significantly higher in the small intestine of humans and mice than in all other organs, including the lungs. In a US study of 318 confirmed cases of COVID-19, 61.3% of patients reported at least one gastrointestinal symptom, including loss of appetite (34.8%), diarrhea (33.7%), and nausea (26.4%) the most common. COVID-19 patients hospitalized on medical floors and in intensive care units (ICUs) had a higher prevalence of gastrointestinal symptoms than patients observed only in the emergency room (60.0 vs 23.5%).

Recent evidence suggests that gastrointestinal symptoms in patients with COVID-19 could be persistent. A study in the US found that 87.4% of patients who had recovered from COVID-19 reported the persistence of at least one symptom, including gastrointestinal symptoms. . www.nature.com/.../s41392-020-00373-7 (2020) www.ncbi.nlm.nih.gov/.../PMC7790455 (2021) www.gastrojournal.org/article/S0016-5085%2821%2900030-5/fulltext (2021) www.ncbi.nlm.nih.gov/.../PMC8171196.1 (2021)

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big47846

Joined On 5/10/2021 8:03:05 AM

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Thank you for you awesome knowledge and sharing with the world Gui! My Grandmother always said that a cup full of home made sauer *** fed your friendly flora and destroyed your bad flora, and 4oz of organic apple cider vinegar a day was a must for your immune system to thrive and work.....LOVED Grandma!

Mark as Spam | Posted On 2/18/2022 3:51:05 PM

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juststeve

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big47846, jump into the way back machine and as a little boy when visiting older relatives in the early 60s', many were in their 80's, 90's, some even made it to 100, and we might add, lived at home with active lives to the end. Nearly all when we pulled up to their homes and we got out of the car could smell the homemade sauerkraut OUT DOORS. Might not had a thing to do with anything, but you have to give it consideration.

Mark as Spam | Posted On 2/19/2022 5:33:23 AM

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chantalsalzmanngmail.com

Joined On 7/5/2021 12:27:59 AM

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Now we are getting to a sencible point ! What kills a virus, kills a virus ! By the grace of God (!) I was bitten by a Violin Spider some 3 years ago. I tricked a dr who hasseled me about jabing by asking him about Violin spiders dangers and who then told me that he knows of someone who died from such a bite and 2 others who became very sick from it ! Afterwards I showed him pictures on the cell, with the dates, how I totally cured the bite, in a day! He completely stopped pestering myself and my staff of 6 about poisinous jabs. I explained to him, in the presence of my staff, how I applied Tea Tree oil and a hot pack I make, to the bite. He left my business premises with his head hanging ! I believe Oregano oil can do the same.

We sniff the TTOil. It is apparently also Anti Viral ? When myself and one staff member did get either a cold or this virus (I had run out of Tea Tree oil, Vit C, Vit D3, Mag and Zink we took regularly) we were both back on out feet in days. I, as I took 25,000 mg of C and some B and sniffed the Tea Tree 8 times a day was totally healthy in 2 days ! And I was actually quite ill. All someone needs to do, is put a flippen virus (if they can get (ONE) in a drop of Tea Tree Oil ? You must stop any virus before it gets to your lungs, even by gargling with SALT !

Reply | Mark as Spam | Posted On 2/17/2022 11:56:48 PM

Like Dislike

Guillermou

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

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Effective remedy !!. Yes, essential oils have important and surprising properties. Tea tree oil (TTO) is made up of various monoterpenes and sesquiterpenes, as well as other aromatic compounds. The monoterpenes terpinen4-ol, α-terpinene, α-terpinene, 1,8-cineol, p-cymene, α-terpineol, α-pinene, terpinolenes, limo-nene and sabinene account for 80-90% of tea tree oil (TTO); Tea tree oil (TTO) can help get rid of the herpes simplex virus, which causes cold sores, as well as viruses that cause the common sore cold and flu. Combination of monoterpenes in tea tree oil (TTO) shows synergistic antiviral actions. Active components of tea tree oil (TTO) showed strong antiviral activity.

All these properties suggested the probability of the efficacy of tea tree oil (TTO) against Covid-19. Some of the essential oils with certain active compounds show strong antiviral activity against SARS CoV. Therefore, essential oils like T. orientalis, J. oxycedrus, L. nobilis, Rosemary, Ravensara, Ravintsara, Tea Tree, Bergamot, Eucalyptus, Lemon Balm, Thyme, Oregano, Fennel, Peppermint, Cinnamon, Clove with active compounds like β-ocimene, 1,8-cineole, α-pinene and β-pinene, rosmarinic acid, carnosic acid may be useful against Covid-19.

In conclusion, the inhalation of the essential oils mentioned could be an adjuvant therapeutic strategy for Covid-19. Additionally, various Ayurvedic herbs can be used as an immunity booster.

pesquisa.bvsalud.org/global-literature-on-novel-coronavirus-2019-ncov/.. (2020)
www.researchgate.net/profile/Raju-Chalannavar-2/publication/351936410_..
controlling-coronavirus-SARS-CoV-2-disease-Covid-19.pdf (2021)

Mark as Spam | Posted On 2/18/2022 1:44:14 AM

Like Dislike

Guillermou

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

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In this study, the antiviral activity of tea tree oil (TTO) and eucalyptus oil (EUO) sprays over a range of concentrations against influenza A virus and E. coli was investigated. Both oil sprays tested were found to possess strong antiviral action and are capable of inactivating model viruses with an efficiency of more than 95% within 5 to 15 min of exposure. Additionally, TTO and EUO vapors were also positive for their antiviral activity. www.sciencedirect.com/science/article/abs/pii/S0021850213000086 (2013) In this study of the antiviral actions of essential oils is very complete.

Cinnamon oil, clove oil, eucalyptus oil, lemongrass oil, Lippia oil, oregano oil, tea oil, thyme oil, and the oil compounds carvacrol, 1,8-cineole, eugenol, germachrone, PA , thymol, and a few others proved to be particularly effective antiviral/virucidal substances. Isothymol, thymol, limonene, p-cymene and γ-terpinene were investigated. Isothymol showed the best result of all tested compounds in binding to the active site of ACE2.
www.thieme-connect.com/products/journals/html/10.1055/a-1382-2898 (2020)

Mark as Spam | Posted On 2/18/2022 1:44:27 AM

Like Dislike

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ghfinn

Joined On 2/9/2016 7:51:02 AM

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Which my deceased father taught me 60 years ago, gargle with saline and he always held it in the throat area for good measure. I'm not sure if it was learned in childhood from his natural living parents or Navy life. But, I to this day keep a golf ball size chunk of Himalayan in my pocket.

Mark as Spam | Posted On 2/18/2022 4:43:37 AM

Like Dislike

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juststeve

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

Add as Friend | Send Message

Shhhhh----we're not supposed to know such things. Shhhhhh.

Mark as Spam | Posted On 2/18/2022 4:56:11 AM

Like Dislike

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thinkinmama

Joined On 6/28/2021 12:29:53 PM

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Essential oils are amazing healers, especially tea tree oil. I developed a very itchy rash on my upper rib cage. Upon researching I realized it looked like shingles. I applied tea tree oil and the rash didn't get any bigger and dried up in a couple days. My doctor did confirm it was shingles likely caused from a lumbar epidural steroid injection I had gotten. He suggested I take a strong antiviral before each injection. My answer was to avoid the injections completely. I now see a functional MD who does prolozone injections and they are miraculous with zero side effects!

Mark as Spam | Posted On 2/18/2022 9:40:22 AM

Like Dislike

Retsbew

Joined On 7/26/2009 1:31:08 PM

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brandnewtube.com/watch/reiner-fuellmich-day-3-grand-jury-corona-commit.. THIS IS THE END GAME: Dr. Reiner Fuellmich, lawyer in Germany and USA, now at the Grand Jury, Portugal - DAY 3 - PCR tests. The people of the world are the jury. Dr. Astrid Stuckelberger, first speaker. 24:00 Dr. Stuckelberger refers to a Pandemic Treaty from WHO (World Health Organization), to be presented at a meeting the 3rd week in May 2022, for discussion. Leaders worldwide will be asked to join. This treaty will eliminate citizens rights and NGO: non-government organizations will no longer operate. They may try to bring this into effect after this meeting in May 2022. This is why it is vitally important that we stop our governments being invalidated and shackled to this Pandemic Treaty by Trudeau. This Grand Jury will result in Indictments. We must prevent Canada and the USA from being involved in this Pandemic Treaty.

Reply | Mark as Spam | Posted On 2/18/2022 3:40:13 AM

Like Dislike

Guillermou

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

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GRAND JURY DAY 3: DR. BRYAN ARDIS EXPOSES FAUCI LETHAL MEDICAL DEMANDS. Fauci, Remdesivir, the Death of Innocent Seniors in New York Nursing Homes, Dr. Bryan Ardis unleashes a non-stop trainwreck on the shoddy and lethal medical recommendations of Anthony Fauci. rumble.com/vuy8uj-grand-jury-day-3-dr.-bryan-ardis-exposes-fauci-letha.. (02/14/2022) NEXT LIVESTREAM COUNTDOWN: - Feb/19/2022 | Topic: Injections - Feb/20/2022. Financial Destruction - Feb/26/2022. Eugenics + closing arguments and outlook https://grand-jury.net/

Mark as Spam | Posted On 2/18/2022 4:42:46 AM

Like Dislike

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juststeve

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

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Better be paying close attention to this one - serious as serious gets. Moving from the Jab/s to set up their New World Order that looks a lot like the Old World Order, just way less Unwashed, Useless Eaters in it. About 7 billion less. Time to realize the 30 to 40% all in on the Jab/s are locked into the Fear Death March, those who had a Jab/s but refuse to take more or have flat out refused from the start are not likely to budge either. The whole point to keep pushing the Anti-Vaxxer's narrative is to Divide &

Conquer, to expand their already 'soft' martial law into a full-fledged Global Prison State. So then when you own nothing you will be happy to get your bowl of gruel but only if the Powers that Be haven't decided your company on this planet is no longer welcomed.

Mark as Spam | Posted On 2/18/2022 5:55:57 AM

Like Dislike

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bfr27915

Joined On 9/26/2021 5:38:22 PM

Add as Friend | Send Message

Poor Canada, due citizens understand who Justin Trudeau is subservient to? Justin Trudeau takes oath of office - https://youtu.be/xA92oPwKK70

Mark as Spam | Posted On 2/18/2022 7:31:46 AM

Like Dislike

Glastian

Joined On 1/18/2021 8:16:54 AM

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Retsbew, GUI, thank you for your comments. The villain who instigated AIDS is probably still forcing that issue. An article by the Daily Expose has highlighted the Scottish Government are no longer publishing covid data due to the fully vaccinated having AIDS dailyexpose.uk/2022/02/18/phs-refuse-publish-covid-data-shows-fully-va.. Also on that subject https://we.me/paXmj6-12F Is this what Billyboy and Bopeep are smirking about in this long ago banned video? www.bitchute.com/.../cFLQu0bcuCwY Are we in the calm before the real storm?

Mark as Spam | Posted On 2/18/2022 8:15:03 AM

Like Dislike

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rrealrose

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

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Hi Retsbew and everyone - this interview came out within the last day or so. Yes, we may be in the calm before the storm...or not. Listen closely to what this finance guy is saying: major insurance companies are already taking a hit; no surprise, this is in younger people. Here ya go! - - - EDWARD DOWD - FORMER BLACKROCK PORTFOLIO MANAGER - PFIZER & FDA FRAUD, FINANCIAL COLLAPSE IMMINENT - - - www.bitchute.com/.../iirHrmyV12GW * * * * * * * * (My note: we know "they" want the clinical trial data hidden.) Keep on the lookout for more, if fraud occurred in clinical trial reporting to the FDA, that opens these rogue corporations to any manner of lawsuits, as EUA immunity will be blown. Alex Jones just interviewed Ed Dowd, plan to catch that later on. Doubtful insurance companies are pleased, wait, waiting for more info.

Mark as Spam | Posted On 2/18/2022 8:50:40 AM

Like Dislike

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rrealrose

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

Add as Friend | Send Message

Glastian, thanks for your link. Del BigTree on the HighWire has been on this topic for about 3 weeks now. clipped this from your Daily Expose article discussing VAIDS, or vaccine-induced AIDS: - - "If the immune system performance was to hit the minus-100% barrier then this would suggest full blown Acquired Immune Deficiency Syndrome. But unfortunately for both the double/triple vaccinated population they are well on their way to hitting the AIDS barrier. As of the week ending 11th Feb 22, the immune system performance of the double vaccinated has reached minus-60.4%, whilst the immune system performance of the triple vaccinated has reached minus-55%.

This means the double vaccinated are down to the last 39.6% of their immune system to protect them against fighting viruses, bacteria, and cancers. Whilst the triple vaccinated are down to the last 45%." - - We appear to have the beginning of a massive repeat performance, where Dr Fauci has again induced AIDS by his carefully crafted plandemic response. Was hoping this would not be the case, but since when do numbers lie from numerous highly vaxxed populations?

Mark as Spam | Posted On 2/18/2022 8:56:00 AM

Like Dislike

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clones

Joined On 6/20/2012 10:06:13 PM

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I do hope something positive happens, I do have some questions in there not being more systemic push back on Fuellmich and Nuremberg 2.0 (recalling 1.0 most high ranking recalled the rope). Also virus or toxic terrain. Is the body detoxing from a poisoned environment or is it getting sick. Should we be allowing liver/body to express itself and get the toxins out or suppress symptoms.

Mark as Spam | Posted On 2/18/2022 9:28:05 AM

Like Dislike

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rrealrose

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

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Clones, not sure I understand your concerns. Its way too late to start serious detox once initial symptoms show up. First off, you will not feel like it. However, cleaning up the diet and slamming supplements not ever a lost cause...however, these are no longer preventive measures, more restorative at that point. Where is suppression of symptoms?

Mark as Spam | Posted On 2/18/2022 11:46:22 AM

Like Dislike

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juststeve

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

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With the Spector of VAIDs lurking around, guess who is jabbering about an AIDs Vaccine? Tony Science anyone?

Mark as Spam | Posted On 2/18/2022 3:48:26 PM

Like Dislike

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rrealrose

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

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Going viral on bitchute? This has been brewing for about 2 weeks, Well, maybe 2 months after the clinical trial whistleblower spoke out late last November. Here's the latest interview by Alex Jones - wish upon a star, maybe a handful of stars, that this guy has the right angle! BlackRock Whistleblower Who Predicted The Crash Of Moderna Breaks New Bombshell Info | Infowars - www.bitchute.com/.../9ZQxwTO3EahS

Mark as Spam | Posted On 2/18/2022 3:51:12 PM

Like Dislike

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juststeve

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

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rrealrose, nice to hear an interview with someone who can explain just how the fraud behind using Emergency Use Authorization to bypass safety studies is now becoming impossible to cover up. How Wall Street players will get the wake up call. How our banking system built on debt, forget all the other BS, it's deliberate set up from get go and a the US from the start set things up to keep the money changers out. What is no doubt coming is Jubilee for the Banks and buckets of steaming %*@# for Humanity. Great interview. Cancers among the young up 300%? Damn.

Mark as Spam | Posted On 2/18/2022 4:53:39 PM

Like Dislike

Retsbew

Joined On 7/26/2009 1:31:08 PM

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https://youtu.be/DhJpkmbmrQs THIS MAN WILL BE A GREAT FRIEND FOR LIFE (written by Connor, who interviews him). If you want to get the feeling of the Canadian Freedom Convoy take a look at this one. This is so typically Canadian. These guys act like they've taken an oath to be unflappable and it's amazing to watch them. Now I think we will win this. But there's a danger Klaus Schwab's student, Jagmeet Singh, MP, leader of the New Democratic Party (total misnomer) will combine with the Green Party to outvote in the house and that could pass the Emergencies Act. But even if the leader instructs to vote a certain way, there's no guarantee that will happen. I know, I did it myself at a Progressive Conservative conference to elect a leader.

There were two arrests today, Tamara Lich and Chris Barber, both organizers and leaders in the convoy. Early on Tamara was crying when she was thinking of being in jail and then she said, at least I'll be able to sleep. Think Chris was charged with mischief. Both arrests were peaceful with no violence. Tamara, with her hands handcuffed behind her back, did look awfully small compared to the size of the police officer. And it looked like they sent three officers to pick her up. A lot of bank accounts are frozen - one westerner could'nt pay for minerals for his livestock, but farmers always have friends who will pitch in and help.

Reply | Mark as Spam | Posted On 2/18/2022 4:10:43 AM

Like Dislike

Randyfast

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

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Thank you, Retsbew and Gui, for the info. It will take me awhile to get through it; on top of everything else I need to focus on. For those of you from other countries; If you think that what's transpiring in Canada, doesn't affect you...you are dead wrong!

Mark as Spam | Posted On 2/18/2022 4:31:40 AM

Like Dislike

Guillermou

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

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Thank you Retsbewy and Randy. A column in The Hill about the government and media campaign against Canadian truckers.

The Canadian government has already cleared the Ambassador Bridge. However, there was lasting damage to the rights of freedom of expression and association after an alliance of government, corporations and the media sought to isolate protesters politically and financially. The most worrying element was the freezing of donations by companies and courts. More recently, TD Bank joined in blocking the support of thousands of citizens. The organized effort to cut off access to donations is alarming, particularly alongside efforts to restrict social media and other avenues of information for protesters.

After the money was frozen by GoFundMe, supporters switched to GiveSendGo to “adopt a trucker.” The Canadian government then moved successfully to freeze millions of donations to the truckers, and the Supreme Court of Canada approved the freeze in a major blow to free speech and associational rights in Canada. Canada's truckers obviously feel marginalized and dismissed by their government. That feeling was magnified when Trudeau fled to a secure location and refused to meet with them. Officials then threatened anyone giving aid or gas to the truckers.
jonathanturley.org/2022/02/14/free-speech-becomes-roadkill-in-the-crac.. (02/14/2022)

Mark as Spam | Posted On 2/18/2022 4:52:39 AM

Like Dislike

Retsbew

Joined On 7/26/2009 1:31:08 PM

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Hi Randy, Your words, "If you think that what's transpiring in Canada, doesn't affect you...you are dead wrong!" I agree, the world is watching - posts on the websites of the Truckers are from all over the world sending love and admiration. Just search on YouTube, Freedom Convoy - Canada. There's lots of them. One of my faves is Tireroasters Garage and Tanner covers a lot and gives great commentary. He does swear a lot, but then he says, sorry... His hotel was going to cost $5,000 for a month so he bought an RV to stay in and then he can sell it when he goes home to Alberta. Edmonton, Alberta is 2,151 miles from Toronto, Ontario and Ottawa is above Toronto.

Toronto to Dorset, England is about 3,420 miles, which I sort of had an issue with my parents about for a number of years after being removed from my birthplace. I often write: Ottawa because it is the capital of Canada, belongs to ALL Canadians. And I've gone so far as to explain that the people who live in downtown Ottawa are mostly overpaid government workers looking forward to big fat pensions. So any trifling inconvenience is a major issue to them. I am not dramatizing - their behaviour has been anti-Canadian and that is not acceptable at a time like this. Everyone in Canada pays for our beautiful parks.

Yes, we still get free bulbs sent from Holland because Jan 19, 1943, Dutch Princess Juliana gave birth to her daughter Margriet Francisca at the Ottawa's Civic Hospital during WWII. We have a Tulip Festival when the snow goes, which takes forever some years. Queen Victoria couldn't have known the climate here when she made it the capital of Canada. The truckers play a lot of street hockey with their kids and several families have their children with them. Mayor Jim Watson and the City of Ottawa Council was going to send Children's Aid in to remove the children. Watson broke the law and I've discouraged him from that more than once. The police had no warrant to search and seize fuel.

Mark as Spam | Posted On 2/18/2022 5:07:26 AM

Like Dislike

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juststeve

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

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Also from the Frontline Trenches, what a hit piece from PBS on our So-Called Dirty Dozen, especially Doc last night. Apparently the Fraudci Circus & the Great Reset Thugs greatest nightmare. Think of the terror in the Boardrooms of Big Pharma as they realize they may lose the sale for one vax or Jab/s because someone kept up on their vita-C. Big Ag & those who sell Ag-a-cides if too many people relearn how to put culture back into Agriculture, to engage in Permaculture. Figured out if there are no safe levels of Mercury, why is it put in people's mouths. For those who sell temporary weight loss diet programs If too many learn to Intermittent fast, Keto Cycle break the chains of sugar & Diabetes, & the chain of band aid potions to follow.

From PBS who at one time would have run shows on alternative med's & health. Same two-year-old Rockefeller/Gates narratives read 24/7 on Gates dictated copy & Fraudci pretzel twisted data, void of common sense or logic. For those hypnotized by the fear campaign just another dose to feed the addiction. This time they bring in the idea that Yoga Studio's, you know the Hot Beds of Trump Supporters, radical right wing talking points, violent street protestors are part of the problem. NUTS. The way information is being presented in Silly Cone Gates world is that Right Wing FDR is reaching out from the grave to promote misinformation.

It's all Anit-Vaxxer, Right Wing, Radical no matter who they are. Health issues have no boundaries & severe negatives from a crippling Jab/s affect everyone, it doesn't follow the scripts of those with tremendous influence who don't suffer consequences. Keep it up it just makes the term Anti-Vaxxer meaningless & keep on lying, it shows your darkness and people like Doc & their light shines so much brighter. Same goes for major networks on the Truckers as all across the World people have had enough of Fraudci. Keep on Trucking!

Mark as Spam | Posted On 2/18/2022 5:20:26 AM

Like Dislike

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grulla

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

Add as Friend | Send Message

"A lot of bank accounts are frozen - one westerner could'nt pay for minerals for his livestock, but farmers always have friends who will pitch in and help." Mike Adams has a lot to add about Canada this morning:
www.naturalnews.com/2022-02-17-canadian-bank-runs-appear-to-be-under-w..

Mark as Spam | Posted On 2/18/2022 9:02:47 AM

Like Dislike

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big47846

Joined On 5/10/2021 8:03:05 AM

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Worldwide 1776 is coming. It looks like there is not going to be a peaceful solution to an end. Just remember that there are over 20 million 2nd amendment loving veterans, and over 8 times as many patriotic Americans that stand ready, willing, and able to do what ever is necessary to preserve the Constitution and Bill of Rights if it gets that far. 1776: 3% of the total population crushed the british. 2022: over 80% of the U.S. population will be playing for keeps if it goes kinetic. Things will not end well for the terrorist tyrant psychopaths.

Mark as Spam | Posted On 2/18/2022 4:36:00 PM

Like Dislike

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tallulah3

Joined On 4/21/2021 9:26:59 AM

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I also read that the nasal spray Xlear is very good for preventing Covid. I bought several bottles of it. The Xylitol works like a soap to cleanse the nose and also moisturizers it. It washes away the germs. It prevents bacteria from sticking to the nasal tissues.

Reply | Mark as Spam | Posted On 2/18/2022 6:45:27 AM

Like Dislike

Guillermou

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

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Good advice Brenda. New studies, led by a recognized authority on respiratory diseases, conclude that saline nasal spray is “an effective...and replicable means of inactivating SARS-CoV-2...at a imperceptible amount of infectious virus. This conclusion is "validated by two independent sets of experiments, performed by different laboratories, on different viral strains...". The virucidal efficacy studies were independently funded. Nasal sprays, like Xlear, reduce the viral load in the nose, which is vital in fighting COVID-19. Research shows that COVID-19 primarily infects and spreads through the upper respiratory system.

By reducing the viral load in the nose, nasal sprays help limit the severity and transmission of SARS-CoV-2. jamanetwork.com/journals/jamaotolaryngology/fullarticle/2768627 (2020) www.biorxiv.org/.../2020.08.19.225854v1.full.pdf (2020) www.cureus.com/articles/43909-potential-role-of-xylitol-plus-grapefrui.. (2020) Peer-reviewed case studies indicate that Xlear helps treat COVID-19: The first-look trial at Larkin Community Hospital (Miami) found that: “symptomatic patients with COVID-19, treated with [Xlear], as a complement to standard care”, showed “rapid clinical improvement and reduced times” for obtaining negative COVID-19 PCR tests. www.cureus.com/articles/43909-potential-role-of-xylitol-plus-grapefrui.. . (2020)

Mark as Spam | Posted On 2/18/2022 8:06:50 AM

Like Dislike

tallulah3

Joined On 4/21/2021 9:26:59 AM

Add as Friend | Send Message

Thanks Gui

Mark as Spam | Posted On 2/18/2022 8:21:09 AM

Like Dislike

Randyfast

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

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Thank you; but I already have all the "protection" I need. I am much more concerned with how to hang onto what few "Rights and Freedoms" we have left. BTW: If anyone feels as if I'm ignoring them...for the next while, I will be focusing totally on what's happening in Canada; with the push to turn this country into a total police state!

Reply | Mark as Spam | Posted On 2/18/2022 4:19:42 AM

Like Dislike

Guillermou

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

Add as Friend | Send Message

Yes, Randy, the rights and freedoms are being buried in the depths of an abyss that is difficult to access. What is happening in Canada is very representative. Canadian authorities under the leadership of left-wing authoritarian Prime Minister Justin Trudeau and Ontario Premier Doug Ford have made good on their promise to use force to end a protest by truckers seeking an end to a futile mandate of vaccines against COVID-19. Heavily armed police using armored vehicles and brandishing automatic weapons while also deploying snipers at a Freedom Convoy protest has never been violent, moved to clear an international bridge of trucks, drivers and supporters after all had essentially been labeled 'terrorists' and 'threats to the national economic interest' by people who locked down their economies for nearly two years.

jonathanturley.org/2022/02/14/free-speech-becomes-roadkill-in-the-crac.. (02/14/2022)

Mark as Spam | Posted On 2/18/2022 4:59:25 AM

Like Dislike

Randyfast

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

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Yes, Gui. It's beginning to look a lot like a "war zone", isn't it! After all; we need to be cognizant of the fact that the military is in this psyops up to their neck! After all..."Operation Warp Speed"; the overly aggressive push to get the "needle into every arm", is their baby; I'm sure!

Mark as Spam | Posted On 2/18/2022 6:43:00 AM

Like Dislike

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therealjones

Joined On 10/8/2010 5:59:47 PM

Add as Friend | Send Message

I've never been more proud to be Canadas best friend than I am right now.

Mark as Spam | Posted On 2/18/2022 7:18:31 AM

Like Dislike

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imaginal110

Joined On 6/28/2010 9:16:52 AM

Add as Friend | Send Message

I'll be at the protest in Ottawa today, coming in from west of town. Randyfast or Retsbew (or anyone else) are you near there or there? If so, feel free to call 1.613.200.7647. I'm pleased and proud of the strength of the protest. I have some concern that there may be different voices speaking for the truckers, breaking up the unity. The government will take advantage of, or encourage any such opportunities to divide and conquer. That is, compliant "leaders" can be used to legitimize government wishes. While the Freedom Convoy is incredibly inspiring, it's easy for the world to focus on it and admire from afar. The real message, the esoteric one as it were, is that it's up to us where we are to see ourselves as actual participants and not mere observers of what is happening in Ottawa or other hotspots.

Mark as Spam | Posted On 2/18/2022 9:09:11 AM

Like Dislike

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brianallen1

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

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Yes. Randy, the whole world is clinging to what transpires in Ottawa and it doesn't look good. A huge crowd was expected this weekend but I doubt that will occur. The public doesn't realize that even the US has been under emergency control since March 13, 2020 (soft martial law). That is why they ignore the Constitution, it is no longer in force.

Mark as Spam | Posted On 2/18/2022 9:12:29 AM

Like Dislike

MaxDuncan
Joined On 8/15/2021 9:23:21 AM
Add as Friend | Send Message

US Trucker Convoy Headed Straight For DC rumble.com/vv77zw-us-truckers-mobilize-for-war-us-trucker-convoy-heade..

Mark as Spam | Posted On 2/18/2022 9:26:20 AM

Like Dislike

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

Imaginal; I'm very busy and I have to cycle to the store soon, to put on my muzzle; just so that I can feed myself! I have to respond to you; as you are courageous and an inspiration to all. If I could be there; I would be there. I have nothing but total respect and admiration for all who are on the right side of this battle. Unfortunately; I am as far west as you can get; and I do not have the financial means to travel. That; however, is a moot point. Being of critical thought and not having been injected, I am banned (discriminated against) from traveling outside the province and I am not allowed to travel by plane, train or bus, due to my "vaccine" status.

I also have no teeth with which to chew food (you could call it 'Special needs') and I can't just pick up any piece of food and eat it. A huge problem for me, right here, is that "masks" are mandatory in all indoor spaces, as well as transit and due to some physical (and psychological) issues of my own; having that useless mask covering my breathing apparatus, is a nightmare for me. From the moment I put it on; my face starts sweating, I can't breath properly (go figure!) and I am in immediate distress! That is one of the main reasons the mandate exists! Covering (blocking) one's breathing apparatus for extended periods, is one of the most unnatural acts that I can think of.

All that being said; I am doing my best to get the word out to as many people as possible. For the most part; it falls upon deaf ears. I'm sure that many of you have experienced the same. I and many others are praying for all of you who have the courage and integrity to stand up to the dark forces that are committing these Crimes Against Humanity. Rest assured that the Divide and Conquer agenda will be in full force. Again; I have nothing but respect and admiration for anyone who has the means and the desire/determination to be physically present with this PEACEFUL and important protest. Our future literally depends upon it

Mark as Spam | Posted On 2/18/2022 10:02:14 AM

Like Dislike

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jamNjim
Joined On 2/20/2008 11:15:54 PM
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God Bless You Man!

Mark as Spam | Posted On 2/18/2022 8:38:29 PM

Like Dislike

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

Thanks again to all, for the replies. Just before I go to bed... does this not look like a Police State? theprovince.com/news/canada/photos-this-is-what-interim-chief-steve-be.. Also; I don't believe in coincidences. This is what the communist Trudeau wants! I'm going to bed now. twitter.com/.../1493499803137097731

Mark as Spam | Posted On 2/18/2022 9:46:39 PM

Like Dislike

BrianFraser
Joined On 6/17/2020 3:32:33 AM
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I could not find any nebulizable povidone iodine in any of the expected places. So I made my own. I got a little bottle (1.5 oz.) of "Premium saline nasal spray" at Walmart. I added about 10 drops of 10% povidone iodine. I got quite good results even with this rather dilute mixture. Also, a large dose of Vitamin A can put an end to a sore throat.

Reply | Mark as Spam | Posted On 2/18/2022 4:01:46 AM

Like Dislike

iamewe
Joined On 5/17/2011 4:50:29 PM
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Seems like you made about a .1% PV Iodine saline solution. So, yes, you could have made it stronger up to .6% according to the article seems within safety bounds for the sinuses. BTW, I don't think you'd want to nebulize PV iodine. This would put it deep into the lungs; think of nebulizing like getting an IV, but into the lungs. Not good with PV Iodine. Too many nasties in PV Iodine. Nebulize Lugol's diluted in saline instead. The nasal spray/gargle is not meant to be ingested, it just coats the surfaces in the mouth and sinus cavities and stays active much longer than Lugol's.

Mark as Spam | Posted On 2/19/2022 5:44:59 AM

Like Dislike

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

Something to consider; When there are so many laws it is impossible to obey them all, there actually are no laws, or we are all outlaws. Just saying.

Reply | Mark as Spam | Posted On 2/18/2022 5:49:18 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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The worst thing, Just, is that laws are often made or influenced to favor the most powerful. Ethics and morals are one thing and laws are another. The legislative power is heavily influenced by the executive power.

Mark as Spam | Posted On 2/18/2022 7:22:25 AM

Like Dislike

forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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As noted by Dr. Brownstein, H2O2 is naturally produced all over the body as an immune oxidizer against pathogens and also generated by Megadose Vit C. Virus and bacteria both proliferate in dry nasal passages and are encouraged by dry winter weather and electric heat which dries the air and produces positive ions...why people use humidifiers and steamy showers...better yet alternate nebulized H2O2/I with nebulized NAC to not only drive and thin mucus production to cleanse nasal passages/lungs, but generate antioxidant glutathione to power macrophages and reduce the congestion of backed-up neutophils.

Having huffed/nebulized/recommended H2O2 for over a decade and received many positive reports...H2O2 like O3 and MMS chlorite have a wide range of therapeutic benefits and can be used orally as well. For fake doctor Fauci to deny and censor these lifesaving measures is like removing lifejackets from boats and parachutes from planes...and this reflects upon the failures of pharma medicine in general. Medical students are mind-blown from the start by trying to understand the thousands of "individual diseases" and drugs within the context of a feckless hyper-complex paradigm. If only they recognized that correcting redox terrain covers a zillion complex downstream problems they could not otherwise reconcile in several life times.

REDOX is simple chemistry where electron hungry oxidants destroy bio-molecules and reductant anti-oxidants protect them and cell structures ...while (antioxidant) e-ATP-electrons power cells and organisms. Without this foundational understanding of basic science, you're just another potato clock that doesn't know what time it is! You'll reach for a symptom reducing drug and stay stuck inside the envelope of conventional pharma thinking.

Reply | Mark as Spam | Posted On 2/18/2022 7:40:38 AM

Like Dislike

Guillermou

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

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Good advice, Randall. Oral administration of GSH and NAC is convenient and safe. Nebulization of GSH and NAC as an adjuvant therapy may therefore be a viable alternative for the management of the early stages of COVID-19. SARS-CoV-2 can invade human host cells by binding to ACE2 receptors located on various cells throughout the body. It affects multiple organ systems, including the respiratory, cardiac, hematologic, neurologic, renal, and gastrointestinal structures. The most significant manifestations expressed by this disease can be attributed to the predominant cytokine storm syndrome in the lungs, resulting in severe oxidative stress, aggravated inflammation and alveolar injury. Recent studies have suggested that COVID-19 and even other diseases are strongly related to oxidative stress and endogenous GSH deficiency.

The high ratios of ROS to GSH, in particular, seem to reflect the severity of the symptoms and the prolonged hospitalization of the patients. This imbalance interferes with the body's ability to detoxify the cellular microenvironment, fold proteins, replenish antioxidants, maintain healthy immune responses, and even modulate apoptotic events, promoting suboptimal cellular function and disease development. Nebulization of GSH and NAC as adjuvant therapy may be a viable alternative for the treatment of early stages of COVID-19. www.sciencedirect.com/.../S2667137921000151 (2021)

Mark as Spam | Posted On 2/18/2022 8:08:30 AM

Like Dislike

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rrealrose

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

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Capt'n Redox - here's one for you: https://youtu.be/kEJUYDHhuCg Gui, that's what I was doing, alternating one, then the other in my abused nebulizer tank, your study published last December hails from Brazil has an amazing list of referenced articles from 1997 onward.

Mark as Spam | Posted On 2/18/2022 8:10:38 AM

Like Dislike

Guillermou

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

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This study showed that there is a direct relationship between serum levels of antioxidant status (SOT) in patients infected with COVID-19 and some criteria, such as fever, hospitalization time greater than one week, residence, educational level and type of work, and indirect relationship with SpO2. Oxidative stress through RNA virus infections may contribute to several aspects of viral disease pathogenesis, including apoptosis, loss of immune function, viral replication, inflammatory response, and body weight loss. TOS levels clearly increase with worsening COVID-19 disease. It can be explained that the high level of oxidative stress has the ability to intensify the severity of the COVID-19 disease, while antioxidant supplementation and physical exercise could reduce its severity.

SARS-CoV-2 has the potential to generate ROS and oxidative stress. High levels of ROS with private antioxidant mechanisms are of great importance for viruses to replicate and cause disease. As Dr. Mercola reported, studies have emphasized the benefits of glutathione in the body, acting as an antiviral factor and managing COVID-19 patients. Higher levels of GSH can improve an individual's responsiveness to viral infections. GSH protects host immune cells through its antioxidant mechanism, and is also responsible for the optimal functioning of various cells, such as those of the immune system. www.sciencedirect.com/.../S2052297521000615 (2021)

Mark as Spam | Posted On 2/18/2022 8:32:14 AM

Like Dislike

Guillermou

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

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The main antioxidant enzymes, directly involved in the neutralization of ROS and reactive nitrogen species, are superoxide dismutase, catalase, glutathione peroxidase, and glutathione reductase. Non-enzymatic antioxidants are also divided into metabolic antioxidants and nutritional antioxidants. Metabolic antioxidants belonging to endogenous antioxidants are produced by metabolism in the body, such as lipoic acid, glutathione, L-arginine, coenzyme Q10, melatonin, uric acid, bilirubin, metal chelating proteins, transferrin, etc. Antioxidant nutrients that belong to exogenous antioxidants are compounds and cannot be produced in the body and must be provided through food or supplements, such as vitamin E, vitamin C, carotenoids, trace metals (selenium, manganese, and zinc), flavonoids, omega-3 and omega-6 fatty acids, etc.

The practice of physical exercises acts as a modulator of the immune system. During and after physical exercise, pro- and anti-inflammatory cytokines are released, increasing lymphocyte circulation and cell recruitment. Such a practice has an effect on the lower incidence, intensity of symptoms and mortality in viral infections such as COVID-19. In this study, the different mechanisms of interaction of the three antioxidants of nutritional value: zinc, GSH and polyphenols, in the immune response against SARS-CoV-2 that occurs primarily in the lungs. www.mdpi.com/.../htm (2021)

Mark as Spam | Posted On 2/18/2022 8:32:44 AM

Like Dislike

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forbiddenhealing

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

Add as Friend | Send Message

Thanks Gui....Inflammation/oxidative stress/cytokine storms are basically synonymous; a natural immune response...to lung tissues being engorged with garbage collecting neutrophils backed-up at under powered macrophage incinerators (using H2O2). Rrrrose...Thanks , Boy Chem-Wonder video just explained redox reactions from the first chapter of any high school textbook...Words and complicated language are the big problem..In the Beginning....and first phase in understanding terrain and body voltage...

Mark as Spam | Posted On 2/18/2022 8:45:22 AM

Like Dislike

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forbiddenhealing

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

Add as Friend | Send Message

Gui...A clinical study; www.ncbi.nlm.nih.gov/.../PMC7649937 And don't forget uric acid as an antioxidant adaptation to the loss of Vit C synthesis...www.ncbi.nlm.nih.gov/.../PMC2495042

Mark as Spam | Posted On 2/18/2022 8:56:15 AM

Like Dislike

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annambur

Joined On 2/21/2008 6:32:37 AM

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Something I don't like about iodine and peroxide via nasal spray use is that it wipes out all beneficial flora. We have beneficial flora in any orifice in our bodies, mouth, sinus, throat, intestines, vagina, etc, specific to the area that it's in. If the flora in our sinuses is balanced, it is there to defend against sinus infection. I had chronic sinus infection for years and once the flora in my sinuses was balanced I have not had any more infections. I know people are afraid and want to protect themselves with iodine but I don't like it and won't use it.

Reply | Mark as Spam | Posted On 2/18/2022 7:36:49 AM

Like Dislike

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rrealrose

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

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New information coming out is those with thyroid conditions may be exposed to too much iodine on a daily basis! Who knew? - iodine is used as a preservative and is buried in cosmetics, skin care items, cleaning agents, most items used around the house! (No wonder this hits mostly women).

Mark as Spam | Posted On 2/18/2022 8:37:27 AM

Like Dislike

Arlen1

Joined On 8/1/2020 1:45:38 PM

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Interesting. Most health issues involving iodine are from iodine deficiency. Thyroid diseases were very common in the USA before the iodization of salt (fortifying salt with iodine). It was more common the further inland you lived because of the lack of seafood in the diet. Consequently, these same areas of the world have/had high rates of mental retardation. Iodine is critical in the development of children's brains. Even worse, women with thyroid/iodine deficiency, that get pregnant, often give birth to mentally retarded children. It is totally avoidable. Just sprinkle some iodized salt on your food. I personally use Himalayan salt. Just 1/2 gram of Himalayan salt contains 150% of you daily allowance of iodine.

1/2 gram of salt is just over 1/16th of a teaspoon!! I eat seafood 4+ days a week. Seafood is considered the best way to obtain iodine. The RDA of iodine for men is 150 micro grams a day and most servings of seafood provide less than 50% of RDA of iodine. So, 4oz of seafood intake a day is NOT enough! The US government realized this problem and implemented the

iodization of table salt. The northern states started doing this on their own by the 1920's. The success of those states in reducing thyroid disorders led to laws being passed by 1950 that requires everyone access to iodized salt in all states.

Mark as Spam | Posted On 2/18/2022 10:36:58 AM

Like Dislike

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rrealrose

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

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Times have changed, most books I read now obsolete. Not saying people living in low-iodine areas like the goiter belt in the US mid-west will not benefit, but many are now using a wide variety of store-bought cleaning, skin care and makeup items accumulating in the body. Just read earlier this week some commercial sunscreen had/has benzene, that is absorbed fairly fast to the thyroid. As a chemical overload for women; however, men may now also be affected. - - - - - Here's a link to an iodine safety article from Chris Masterjohn: chrismasterjohnphd.com/covid-19/povidone-iodine-safety-efficacy-and-lu..

Mark as Spam | Posted On 2/18/2022 11:58:52 AM

Like Dislike

HealthiestChoices

Joined On 11/30/2009 10:05:54 AM

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Himalayan Salt is healthy, containing several important minerals, but not a good provider of iodine. Being Hypothyroid, along with stressed adrenals, I've experimented with several types of sea salts over the yrs. I mostly prefer the Himalayan these days. I use Nascent Iodine (made in the USA) in the morning, adding a few drops to about 1/2 c. or more of water, skipping days here and there. Best on an empty stomach. I also keep sea veggies on hand - Kelp, Dulse, etc. to add into foods or romaine roll-ups.

A few yrs. ago I discovered Kelp Noodles, which are also great to keep on hand. They are tasteless, so can use with your favorite spaghetti or other sauces, or in salads. etc. I didn't buy any for awhile and when I got them again, the bag was different, (typical changes) but also, the texture was a bit different...seemed to be quite a bit firmer. ---------- :::EDIT::: Forgot to include this link earlier..... www.thelamplife.co.uk/blogs/news/does-himalayan-salt-have-iodine

Mark as Spam | Posted On 2/18/2022 3:10:20 PM

Like Dislike

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jamNjim

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

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Healthiest, you might be confusing actual Himalayan salt with pink salt from Pakistan? The real Himalayan salt is superior to other salts for iodine. Like Arlen pointed out, just a tiny amount provides you with your daily allowance of iodine. The amount of Himalayan salt needed is so small there's no side effect to eating it (high blood pressure). I personally use nothing but Himalayan salt to salt my food. So you need to research this further. I'm flabbergasted that you discredit Himalayan salt.

Mark as Spam | Posted On 2/18/2022 8:52:01 PM

Like Dislike

Retsbew

Joined On 7/26/2009 1:31:08 PM

Add as Friend | Send Message www.dropbox.com/.../Open_Letter_0_.pdf CANADA'S FREEDOM CONVOY: Open Letter to our Premiers, and to our elected and appointed officials. February 17, 2022 from the Truckers. 2 pages. Dated and with contacts - unlike the CBC described pamphlet that was a letter from the government unsigned and undated. ottawa.ctvnews.ca/ottawa-police-board-hired-new-chief-without-competit.. "The officer did not respond with his name or number when asked, so this arrest is questionable. What is the basis for the arrest?" Tamara Lich's arrest; she's a leader in the convoy. https://youtu.be/z0mw-8YGAVI FREEDOM CONVOY LAWYER MESSAGE TO CANADIANS, PEACEFUL PROTESTS ARE ALLOWED UNDER EMERGENCIES ACT (Please bring your kids and come to Ottawa to support the Truckers.

Reply | Mark as Spam | Posted On 2/18/2022 3:46:37 AM

Like Dislike

Guillermou

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

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PRESS CONFERENCE FEB. 15, 2022 DANIEL BULFORD EX R.C.M.P. SNIPER FROM TRUDEAU SAFTEY DETAIL. #TRUDEAUFORTREASON rumble.com/vv46hs-february-16-2022.html (02/16/2002). LIVE PRESS CONFERENCE FEB. 16, 2022 NIGHT 1ST DAY OF MARSHALL LAW IN CANADA - FREEDOM CONVOY 2022 - #TRUDEAUFORTREASON rumble.com/vv502i-february-16-2022.html (02/16/2022). DR. PAUL ALEXANDER AND DR. ROGER HODKINSON REACT TO JUSTIN TRUDEAU FEB. 14, 2022 rumble.com/vuz8l2-dr.-paul-alexander-and-dr.-roger-hodkinson-react-to-.. (02/15/2022). FEB. 15, 2022 OTTAWA 1ST DAY AFTER MARSHALL LAW INVOKED BY JUSTIN TRUDEAU THE REAL TERRORIST #TRUDEAUFORTREASON rumble.com/vv0o2e-february-15-2022.html (02/15/2022). CONVOY FOR FREEDOM 2022 PRESS CONFERENCE OTTAWA FEB. 14, 2022 ADDRESSING (EMERGENCY MEASURES ACT rumble.com/vuy1j9-february-14-2022.html (02/14/2022)

Mark as Spam | Posted On 2/18/2022 4:10:33 AM

Like Dislike

Retsbew

Joined On 7/26/2009 1:31:08 PM

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https://youtu.be/fXR2c6V4Dx0 Canada's Freedom Convoy - Official Press Conference, February 17, 2022 Randy Hillier, MPP - wearing his jeans and he's literally been on this since Day 1. He got kicked out of Doug Ford's Ontario "Conservative" government and has been sitting as an Independent since then. I think those who sit as Independents do a much better job for their constituents. Should we have a government made up of Independents is a worthwhile question? Sandy brings the message home better than anyone.

Reply | Mark as Spam | Posted On 2/18/2022 3:43:10 AM

Like Dislike

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altierokgmail.com

Joined On 10/24/2020 8:20:47 AM

Add as Friend | Send Message

I read that someone from the atlantic council set up the donations - thereby people ID'd and targeted.

Mark as Spam | Posted On 2/18/2022 5:15:57 AM

Like Dislike

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arthurrieloutlook.com
Joined On 1/5/2021 7:58:06 AM
Add as Friend | Send Message

Retsbew, The fundamental error that I observe most people making--including you, unfortunately--is a blind, unthinking devotion to government as such, to government operators, and a desire to be governed by them, instead of being unconditionally dedicated to being self-governing, which is every human being's legitimate individual right, a logical corollary right to one's equally legitimate rights to self-ownership, personal liberty, bodily autonomy, privacy; self-defense; ownership and bearing of any type and quantity of firearms and other weapons without licensing and registration of any of them with any level of government; peacefully-acquired private property regardless of type and quantity, freedom of speech and conscience, freedom of association/non-association, including peaceful discrimination for any reason whatsoever; freedom of peaceful assembly; freedom of contract; and right to self-secession from government.

This devotion to the notions of being governed, and being ignorant of one's right to be self-governing, is fundamentally the result of indoctrination from government operators at the local, state, and federal levels of government that people received in grade schools and high schools during their formative years while their brains were still developing and they were in a state of ignorance and naivete, an intellectual state that was inculcated, internally automotized, and carried into adulthood, and exacerbated by a deliberate absence of training in logic and critical thinking. Regarding oneself as an "independent" while being devoted to government and achieving solutions by means of government, solutions that are all invariably 100% funded by force, i.e. tax-theft--legalized theft of one's private property (income, etc.), but theft nonetheless--is a fundamentally contradictory and, consequently, foolish and inescapably self-defeating position.

Mark as Spam | Posted On 2/18/2022 9:20:28 AM

Like Dislike

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jcl3590
Joined On 10/1/2020 3:29:41 PM
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Thank you Dr. M this is great info! I would suggest one clarification at this section "Proper Dilution Is the Key to Safety." It would be beneficial to all readers to know what the starting volume of liquid is. The paragraph above states 250ml, but the paragraph with the actual formula does not state a volume, but says "properly diluted." Povidone-iodine gargles and nasal sprays, and nebulized peroxide diluted with saline, with or without iodine, can be safely used by most people both for prevention and in cases of active infection, provided the substances are properly diluted.

Reply | Mark as Spam | Posted On 2/18/2022 8:27:53 AM

Like Dislike

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ulika7
Joined On 7/11/2012 5:12:13 AM
Add as Friend | Send Message

When I use to suffer from runny nose and whizzing for 3 months at a time every year, I finally thought that since I use HP orally why not made a mixture for myself so I did just this: 1 drop of 35% hydrogen peroxide in a 1/2 cup of water and I sprayed into my nostrils. I got relief within a few minutes but had to repeat every 3-4 hours. It took a week for my symptoms to reduce the wheezing. It is my all time favourite rescue remedy for everything. Shame I didn't think of iodine...

Reply | Mark as Spam | Posted On 2/18/2022 12:49:12 AM

Like Dislike

Retsbew
Joined On 7/26/2009 1:31:08 PM
Add as Friend | Send Message

PRIORITY ----> PARTICIPATE IN STOPPING THIS GAME PLAY BEFORE WE ARE ALL DIRECTLY UNDER THE GUN AND SILENCED: THIS IS THE END GAME: Dr. Reiner Fuellmich, lawyer in Germany and USA, now at the Grand Jury, Portugal - DAY 3 - PCR tests. The people of the world are the jury. Dr. Astrid Stuckelberger, first speaker. 24:00 Dr. Stuckelberger refers to a Pandemic Treaty from WHO (World Health Organization), to be presented at a meeting the 3rd week in May 2022, for discussion. Leaders worldwide will be asked to join. This treaty will eliminate citizens rights and NGO: non-government organizations will no longer operate.

They may try to bring this into effect after this meeting in May 2022. This is why it is vitally important that we stop our government being invalidated and shackled to this Pandemic Treaty by Trudeau. This Grand Jury will result in Indictments. We must prevent Canada, the USA, and the rest of the world from being involved in this Pandemic Treaty. brandnewtube.com/watch/reiner-fuellmich-day-3-grand-jury-corona-commit.. This is quite comforting. Some of the experts' English isn't as clear as Reiner's, but still worth listening to.

Dr. Astrid Stuckelberger is a WHO whistleblower and think she had to escape her home country. CANADIANS AND ANYONE WHO WANTS TO HELP CANADA WHERE POLICE IN OTTAWA ARE CURRENTLY ARRESTING FREEDOM CONVOY TRUCKERS AND DISPERSING THE 100% PEACEFUL PROTEST - FOLLOW REBEL NEWS IF YOU WANT ACCURATE COVERAGE: "Write to Canadian MPs and Canadian Senators. For freedom of speech, against No Justice Trudeau." elsasblog.com/170212-write-to-canadian-mps.html

Reply | Mark as Spam | Posted On 2/18/2022 3:00:53 PM

Like Dislike

Arlen1

Joined On 8/1/2020 1:45:38 PM

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....Or you can just hold your breath like LA Mayor Eric Garcetti does: gvwire.com/2022/02/07/la-mayor-says-he-held-breath-during-maskless-foo.. He claims there's no way anyone is going to catch covid19 from him. He's vaccinated and he holds his breath. You can't make this up. How do these big cities continue to elect Liberal idiots like this guy?

Reply | Mark as Spam | Posted On 2/18/2022 9:16:56 AM

Like Dislike

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jamNjim

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

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It didn't used to be this way. What happened to the Democratic party? These are not politicians. These are radical political activist! These people are dangerous, and they must be removed from office or the USA becomes a Marxist dictatorship with mock elections (China, Cuba, Russia, etc...).

Mark as Spam | Posted On 2/18/2022 11:54:37 AM

Like Dislike

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big47846

Joined On 5/10/2021 8:03:05 AM

Add as Friend | Send Message

Because braindead liberals all live in liberal shitholes and keep electing liberal tyrants to control them.

Mark as Spam | Posted On 2/18/2022 4:20:58 PM

Like Dislike

Drew458
Joined On 10/3/2020 11:39:47 AM
Add as Friend | Send Message

"Importantly, povidone-iodine solutions sold as topical skin disinfectants to treat cuts and wounds should not be used for gargling due to potentially harmful ingredients." Ok, then where is the "pure" stuff available? FLCCC says use off the shelf 10% pvp. Those guys in the Bangladesh study used off the shelf pvp too. I'd really like to see an MSDS for standard 10% pvp-i, because I doubt that it has any preservatives at all, seeing that iodine kills everything. And iodine is an element, so it does not expire ever. The sales blurb for the $8 bottle I got from Amazon mentioned cuts, scratches, and oral rinse. The bottle was sold with an American medical supply company label, but the fine print says it was made in Mexico. After an extensive online search the only pvp I could find that touted it's absolute purity was a dental product, not available to non-dentists.

Reply | Mark as Spam | Posted On 2/18/2022 8:24:17 AM

Like Dislike

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jcl3590
Joined On 10/1/2020 3:29:41 PM
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Most MSDs are available online, and the manufactures must have them too.

Mark as Spam | Posted On 2/18/2022 8:29:33 AM

Like Dislike

Mho5042
Joined On 1/30/2022 8:50:52 AM
Add as Friend | Send Message

I use a throat spray with wild indigo for prevention of colds from Sea Gate. I have used this for years. I work in a hospital and am exposed to everything and believe this is keeping from the virus and colds.so far still healthy.

Reply | Mark as Spam | Posted On 2/18/2022 8:19:29 AM

Like Dislike

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cover.merlenegmail.com
Joined On 1/16/2022 3:50:27 PM
Add as Friend | Send Message

I was just thinking about how a person would immediately start to treat -once nasal-passage becomes hard- which is one of the first-signs that virus enters nasal-cavity.

Reply | Mark as Spam | Posted On 2/18/2022 7:36:44 AM

Like Dislike

Wjj56582

Joined On 4/4/2020 11:46:03 AM

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I didn't use the iodine, just saline & HP, but I never tested positive for covid on 2 PCRs despite being with my husband who definitely had it. Eventually he started nebulizing too but a few days later so took several weeks to get over it. He has several comorbidities & we're both over 60. We took many, if not all, of the supplements recommended...but I still think I'd choose the nebulizing treatment if i only could choose one thing. It always stopped his coughing.

Reply | Mark as Spam | Posted On 2/18/2022 7:09:28 AM

Like Dislike

Raythe4th

Joined On 7/16/2012 8:10:52 AM

Add as Friend | Send Message

The tests are fraudulent. It doesn't matter whether you tested positive or not. The virus has never been isolated, so how could any test work accurately? Until it has been isolated, it doesn't exist. Once people realize that Fauci used the same PCR test to convince people that they were HIV positive, and then sell them AZT, maybe then they will snap out of their psychosis. Karry Mullis, the inventor of the PCR test mysteriously died months before the Plannedemic outbreak. Probably because he was angry at Fauci for his HIV = AIDS fraud, and called him out publicly over it. They weren't going to let him ruin this Plannedemic. https://youtu.be/W1FXbxDrDrY This is just 1 interview he did where he discusses the aforementioned. I personally think Virology is a scam, based on a Germ Theory that has NEVER been proven. The great fraudster Louis Pasteur is to blame for this great deception. www.bitchute.com/.../kdheqwN1S1xz

Mark as Spam | Posted On 2/18/2022 1:40:10 PM

Like Dislike

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fundamentalassumptions

Joined On 4/1/2009 12:17:58 PM

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Good grief. Let's blame Pasteur who disproved Bechamp's abiogenesis by demonstrating that organisms procreate according to their kinds, that slop buckets didn't breed rats, or dung, flies...disappointing many biblical naysayers. A guy who saved a bunch of sheep before the experimentation turned to finding ways to more efficiently kill them, or was manipulated into a copyrightable income stream& illegitimate, impositional, money-tree scheme. Maybe he was wrong about a thing or 2, but he was also obviously right about many: to categorize him a fraudster on those grounds is unwise.

Like Shimei. It could be that there is both a bioengineered virus AND a fraudulent pcr test collecting all manner of genetic information from people,or even infecting them. And, it could also very well be that bacterial& viral infections are real, AND that terrain is either more or less susceptible to them: they're not mutually exclusive ideas. Those w/o eternal hope, & w/ transhumanist aspirations & the desire to impose their impositional 'conscious evolution', upon others are awful sweet on this terrain& exosome, bacteria& viruses are all necessarily 'good', god of forces theory for a host of religious& philosophical reasons.

Let them prove& demonstrate the superiority of their assertions& theories on themselves w/o violating others' bodies. Do we have to blame other fallible men, as all men are, even great ones,& play the either-or game in science, or can we freely experiment, observe& verify...w/ control groups naturally built in for comparison by free will choice, to a true advance, a settled truth, or an agreement to disagree? This hate, shame& blame game in matters contrary to scripture, beyond the realm of provenance,& extra-scriptural stuff is of the world& Rome. Even exhortation& rebuke is to be done w/ purpose & hope of redemption, whole truth, which is charity: loving enough to tell the truth,& giving the reasons for the hope that we have, or the assertions& opinions we have.

Mark as Spam | Posted On 2/18/2022 8:34:06 PM

Like Dislike

Dena1219

Joined On 6/20/2006 7:24:27 AM

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I've used Lugol's Solution 5% to nebulize. It is the most potent stuff I've experimented with. I used one drop with 30 drops normal saline solution. I've tried nanosilver solution 10ppm, hydrogen peroxide 3%. Just saline solution alone seems to have a good effect too.

Reply | Mark as Spam | Posted On 2/18/2022 6:55:58 AM

Like Dislike

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jamNjim

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

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I started using the saline nasal sprays 20 years ago and I immediately stopped getting colds. I used to catch cold every other year. Since 2002, I've had 1 cold and it was short lived! Salt, in general, sterilizes everything. They cure raw meat with it. Adding iodine to the saline solution should amplify the antiviral effect. Only someone infected with covid-19 should be faced with this decision. If you are doing the daily saline nasal rinse you probably are going to be like me and never catch covid-19.

Mark as Spam | Posted On 2/18/2022 10:01:10 PM

Like Dislike

AussieAussie

Joined On 2/18/2022 2:03:43 AM

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This is good news but as Alison Morrow points out the downside is killing good bacteria in your mouth and nasal passages. My dentist said that could be a problem, but Dr McCullough does say that this is an epidemic and you aren't necessarily doing this all the time when Covid hopefully disappears.

Reply | Mark as Spam | Posted On 2/18/2022 2:06:29 AM

Like Dislike

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tishabud

Joined On 1/18/2011 9:45:11 AM

Add as Friend | Send Message

Dr. Mercola, if you didn't create the censored library for the sheer additional profit it could bring you, then please explain why you're promoting "censored library EXCLUSIVE' articles now? Sorry, but I've been a follower for decades and this is just so disappointing.

Reply | Mark as Spam | Posted On 2/19/2022 7:01:21 AM

Like Dislike

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rep4255

Joined On 8/21/2021 2:41:11 PM

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To Guillermou and Randyfast. Here follows a new and relatively unknown theory in Canada that has given me a lot to think about: Today I listened to a disturbing TikTok video from IMeMine in regards to our Freedom Convoy here in Canada. Aside from a lot of swearing, the content basically said that the truckers were conned into going to Ottawa for the sole purpose of Trudeau enacting his Emergencies Act as the next step in the NWO agenda. Apparently these intentions were documented 2 years ago in emails and are therefore no secret.

As I was sharing this video, it was already being scrubbed off the internet within 2 hours of posting, so I taped it. I've listened to it several times and am so afraid that there may be some truth to what this man is saying because several things have not been adding up lately. This Convoy has miraculously united not just Canada, but the whole world in such a powerful way, nobody could have seen this coming, nor its magnitude. We are once again proud to be Canadians and have been given the gift of hope and pride. But if this is part of Trudeau's greater plan to gain more control of our country, giving him unlimited powers indefinitely, then what?? It's so obvious he really doesn't care anymore about anything or anybody and it would explain his irrational behavior lately and his acts of going past the point of no return. I think for him it's all or nothing at this point with Freeland and the WEF running the show. I sincerely hope this is not true, but it seems Canada is a trial run for what is in store for the rest of the world. God help us all.

Reply | Mark as Spam | Posted On 2/19/2022 3:29:18 AM

Like Dislike

MoMac46

Joined On 3/8/2021 3:24:35 PM

Add as Friend | Send Message

Rep4255 Oh that is scary. Everything is so devious, I can't keep up.

Mark as Spam | Posted On 2/19/2022 7:29:27 AM

Like Dislike

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arnopi1

Joined On 6/3/2021 8:29:20 AM

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I have successfully been using Dr. M's nebulized 0.1% H. Peroxide formula for a long time, and I'm very thankful for this recommendation. Long live all honest doctors who recommend such simple remedies. However, don't our nasal canal and lungs have their own good guys, i. e., native defender micro-organisms - their own microbiome, as it were - to fight off infections? But, they seem unable to prevent ALL infections, judging from the frequent respiratory troubles that plague many of us. Nevertheless, if these defender organisms exist, aren't they also killed off by the H. Peroxide, and even more so by iodine? And if they are, how long will it take that defender population to grow back to normal?

Reply | Mark as Spam | Posted On 2/19/2022 2:41:27 AM

Like Dislike

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otis101

Joined On 7/10/2010 6:30:32 PM

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The Peoples Convoy leaving Barstow, Calif February 23rd to DC. Donate or join if you can. https://thepeoplesconvoy.org The plan is to "Revoke the Emergency Powers Act which canceled The Constitution." Join the Peoples Convoy with your truck, auto, motor home, or motorcycle.

Reply | Mark as Spam | Posted On 2/19/2022 1:05:33 AM

Like Dislike

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shaydeegrove
Joined On 5/27/2021 1:33:25 AM
Add as Friend | Send Message

Dr. Sircus recommends nebulizing Nascent Iodine - NOT Lugols "When it comes to using iodine in a nebulizer special caution is needed. The choice of iodine is important because putting in potassium, which is found in Lugol's, is dangerous. Potassium chloride, another salt of potassium, is used for lethal injection so I recommend only Nascent Iodine. Nebulization with iodine offers an extremely strong therapy which can clear the lungs quite rapidly of infections. Therapeutic concentrations can be increased for desired effect but it is recommended that dosages start at the low end unless there is an emergency situation.

I would start my first iodine treatment with a weak solution, 3 – 5 drops and slowly increase to ten drops or more closely monitoring the experience. As long as the patient displays no discomfort or side effects concentration can be increased strongly especially when in a life threatening situation. One should expect much quicker and more dramatic results with iodine than with H2O2."
drsircus.com/medicine/magnesium/nebulizing-magnesium-and-other-medicin..

Reply | Mark as Spam | Posted On 2/18/2022 9:03:39 PM

Like Dislike

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iamewe
Joined On 5/17/2011 4:50:29 PM
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Does nascent iodine work as a biocide or is it primarily a nutritive? Principally, there are four Iodine compounds: Iodine (I2), Hypoiodious Acid (HIO), Tri-iodide (I3-) and Iodate (IO3-). Both I2 and HIO are strong biocidal agents. Nascent, or mono, or atomic iodine, how does that work in solution? Is there much if any molecular Iodine? With regards to Dr Sircus, he recently wrote a number of articles about his experience with CV-19. After 11 days he ended up resorting to using CDS, or chlorine dioxide, orally, which he had previously avoided, but now is promoting as having helped keep him out of the hospital. I wonder if he was nebulizing with nascent instead of Lugol's? In regards to molecular iodine, IO Tech has formulated high molecular iodine products, and many of them are now available to consumers (rather than just professionals).

I recently started using their IORinse, formulated for dental irrigators, instead of putting Lugol's in the rinse water. The questions about iodine products killing off the good as well as the bad are very relevant, and leads us to ask "where do all these bacteria come from in the first place?". If we wipe out all the local native bacteria, do we regain them from the environment, eg. via raw foods, or are they simply eventually repopulated from adjacent areas? And what is the "purpose" of these so called good bacteria in the mouth and sinus anyways: How are they symbiotic with us?

Mark as Spam | Posted On 2/19/2022 7:11:48 AM

Like Dislike

CommonTalk34505
Joined On 1/6/2022 7:09:43 AM
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I have had a severe reaction to Iodine intravenous meds to stain the kidneys. I have had kidney stones and surgery to remove them two times. But, when they used Iodine to stain the kidneys to see where the stones were, I had an anaphylactic reaction. I am assuming I should not use iodine in a diluted solution Please advise.

Reply | Mark as Spam | Posted On 2/18/2022 6:59:57 PM

Like Dislike

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tiprtst
Joined On 3/31/2012 5:10:11 PM
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I can't find 'Normal Saline'...they (U.S.) say I need a prescription. I've looked at DIY videos/recipes but there's contradicting info; i.e. Do not store vs store in fridge; only good for 24hrs vs only good for 4 weeks; any salt is ok vs sea salt only; etc....frustrating :(

Reply | Mark as Spam | Posted On 2/18/2022 1:57:04 PM

Like Dislike

Dr. Mercola

Joined On 12/21/1997 7:06:45 PM

No prescription required. Just add one teaspoon of a healthy salt into a pint of reverse osmosis or distilled water and you have normal saline for virtually free. Wouldn't use that for IV purposes as it is not sterile but is perfectly adequate to nebulize.

Mark as Spam | Posted On 2/18/2022 4:03:54 PM

Like Dislike

MiketheAngel

Joined On 5/23/2009 11:12:03 AM

Add as Friend | Send Message

What Dr. M said. Normal saline is 0.9%. People go higher, 1.5%. Some fella said he used 7%, but it was not pleasant. If you want to nebulize it probably should be sterile. So, boil it for fifteen minutes. Store in a sterile jar. Every time you open the jar contamination is happening, at least in theory. Maybe in three days or a week, boil it again. Up to you.

Mark as Spam | Posted On 2/18/2022 7:11:13 PM

Like Dislike

MiketheAngel

Joined On 5/23/2009 11:12:03 AM

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Another great article well worth sharing and saving. Many friends and family have taken the shot for one reason or another. In case you would like to save a story, right click in the body, a menu pops up, left click on "Print to pdf", and save. For this one it made seven pages. You can also open the Comments, scroll down to the very bottom, right click on the last comment and you will end up with the article and the comments for over 60 pages in this case.

Reply | Mark as Spam | Posted On 2/18/2022 1:56:14 PM

Like Dislike

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chiamiller

Joined On 6/19/2006 2:56:06 PM

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I have Betadine which has been recommended also. Please pray for Canada.

Reply | Mark as Spam | Posted On 2/18/2022 1:17:01 PM

Like Dislike

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arnopi1

Joined On 6/3/2021 8:29:20 AM

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I think praying helps very little in this case. Going out, like the truckers do, sends a much stronger message of your unhappiness to the political gangsters that rule you. They just love people who sit at home and pray... the easiest to push around.

Mark as Spam | Posted On 2/19/2022 3:27:36 AM

Like Dislike

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linda47

Joined On 6/16/2011 10:57:11 AM

Add as Friend | Send Message

Thank you as always for this reprint. This information is very valuable. What a blessing this website is. God Bless!

Reply | Mark as Spam | Posted On 2/18/2022 12:38:07 PM

Like Dislike

RChikofsky

Joined On 7/29/2009 4:48:15 PM

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There is speak about the nasal spray and it is in fact available in the US.

Reply | Mark as Spam | Posted On 2/18/2022 12:07:54 PM

Like Dislike

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ab70bandit

Joined On 12/4/2012 12:21:49 PM

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Here is a video from last night of the recent arrest of one of the Freedom organizers Tamara Lich...& it shows how peaceful & law abiding they are...she is not told why she is being arrested & neither is she read her rights..https://youtu.be/wYsUmAvQwx0

Reply | Mark as Spam | Posted On 2/18/2022 8:53:52 AM

Like Dislike

Arlen1

Joined On 8/1/2020 1:45:38 PM

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Trudeau is basically charging these people as terrorists. If their laws are anything like the US's, terrorists have no rights. Therefore, the government can do anything they want to you. Canadians are too nice. I don't believe this would be tolerated in the USA. We shoot cops every day for no reason. God forbid if the government ever gives all these crazy people a real reason to shoot police. It will be war!

Mark as Spam | Posted On 2/18/2022 9:30:11 AM

Like Dislike

MaxDuncan

Joined On 8/15/2021 9:23:21 AM

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rumble.com/vv3emv-archbishop-vigans-urgent-message-to-canadian-trucker..

Mark as Spam | Posted On 2/18/2022 10:11:11 AM

Like Dislike

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dcm588

Joined On 6/4/2010 8:00:59 PM

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When my wife and I started catching covid we did the 1% povidone iodine flush through our nose and mouth twice a day and it didn't work

Reply | Mark as Spam | Posted On 2/18/2022 7:45:35 AM

Like Dislike

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kentsalus

Joined On 2/13/2021 6:47:59 PM

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i mixed hydrogen peroxide and iodide in a nebulizer and they reacted with each other. not sure if it comprises their effectiveness. i would use them separately.

Reply | Mark as Spam | Posted On 2/18/2022 12:56:50 AM

Like Dislike

ColdTurkey

Joined On 12/16/2019 8:14:58 AM

Add as Friend | Send Message

I have used nebulized 3% hydrogen peroxide several dozen times over the past roughly two years after reading about it on Dr. Mercola's site. Have used it both at 3% and diluted 50% with sterile saline solution, which is much stronger than that recommended by Dr. Brownstein but according to the protocol recommended by Dr. Levy, a pioneer in the treatment. I always feel better after using it. I have had no apparent negative effects. If you read the medical establishment sites, they will tell you it can kill you, but they never come up with a single case history of where anyone was seriously injured or killed by using it.

That is also the case of ingesting 35% hydrogen peroxide diluted in 8 (eight) ounces of distilled water, juice or milk. I went through the entire protocol using it as recommended by Dr. David Williams, a protocol that can be found with an Internet search, and I had no ill side effects. I quit the first two times I started on that protocol after reading all the dire warning from the medical establishment on the Internet as to how doing so would kill or seriously injure a person. Then it occurred to me that such warnings never mentioned even one verifiable case history where that had happened when using the formula according to protocol.

(Warning though: NEVER ingest 35% hydrogen peroxide without diluting it and ALWAYS according to protocol.) I am 85, take no medication of any kind, have never been operated on other than a three minute cataract surgery and have never been hospitalized,. I do weight training, take at least 12,000 milligrams of vitamin C daily as I have for the past 60 years, and I can walk as far and at the same pace that I could 40 or more years ago. Knock on wood. The bottom line is, though, if you want to to live a long, healthy life, keep active -and follow Dr. Mercola's advice.

Reply | Mark as Spam | Posted On 2/18/2022 11:12:06 AM

Like Dislike

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chiamiller

Joined On 6/19/2006 2:56:06 PM

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I do have 3% food grade but unable to find saline so if I had to, I could nebulize the 3% straight?... I have seen online how to to just make saline but that seems to be a no no so the only solution is to not use it at all?...

Mark as Spam | Posted On 2/18/2022 1:21:17 PM

Like Dislike

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rrealrose

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

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chiamiller - not a great idea. Instead look up online how to make your own saline from distilled water and store in glass, not plastic. I dilute food grade down from 36% below 3% - probably between 1 - 1.5% .

Mark as Spam | Posted On 2/18/2022 2:08:17 PM

Like Dislike

ColdTurkey

Joined On 12/16/2019 8:14:58 AM

Add as Friend | Send Message

chiamiller: You can buy sterile saline solution at amazon.com under various brands. Here is the link to the one I use: www.amazon.com/Addipak-Sterile-Saline-Solution-200-59/dp/B0875PV2X9/re.. I had no negative reaction health-wise when using the H2O2 at 3% or by diluting the 3% by 50%. But we are all different, so I suggest you dilute it using sterile saline solution by at least by 50% when first using it. My son has used it both a 3% and diluted 50% far more than I have, and has had no negative reaction health-wise. You might want to go to Dr. Levy's website to read all he has to say. If you make it yourself, you can't guarantee it will be sterile in my opinion. Be warned that at the full 3% you will be sneezing and coughing until you get used to it. When diluted, it will be much less.

Mark as Spam | Posted On 2/18/2022 2:26:37 PM

Like Dislike

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jamNjim

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

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Chiamiller, read Dr. Mercola's response to someone else that asked a similar question just a few post above this one. Basically, you use distilled water and Himalayan salt. I would "can" it as that guarantees sterilization.

Mark as Spam | Posted On 2/18/2022 9:13:34 PM

Like Dislike

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vljdmsn.com

Joined On 6/24/2021 7:38:21 AM

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Does anyone have the chart that show the exact amount of hydrogen peroxide, how to make saline and how much iodine? I have lost some files I had saved. It was a very detailed box . It was in an article Dr Mercola put out awhile back.

Reply | Mark as Spam | Posted On 2/18/2022 9:28:19 AM

Like Dislike

LAM8inIL

Joined On 7/18/2012 7:51:19 PM

Add as Friend | Send Message

I wonder if a colloidal silver nasal spray would work against a virus as well? Does anyone know?

Reply | Mark as Spam | Posted On 2/18/2022 1:35:46 AM

Like Dislike

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mnpearl

Joined On 6/20/2006 2:15:06 AM

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I don't know about colloidal silver, but I use liquid grapefruit seed extract in purified water.

Mark as Spam | Posted On 2/18/2022 2:18:53 AM

Like Dislike

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markuzick

Joined On 3/16/2013 5:05:59 AM

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I never tried it myself, (I'm a garlic guy, and I stick with what I know works for me.) but there are people who swear by colloidal silver spray for many things, especially for respiratory infections.

Mark as Spam | Posted On 2/18/2022 3:08:51 AM

Like Dislike

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moxa1man

Joined On 6/19/2006 1:57:04 PM

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I've been using a 10ppm SilverSol solution as a nasal spray and mouth rinse during this plandemic several times daily. I alternate this technique with either Xlear nasal spray made from xylitol and GSE (grapefruit seed extract) or ImmuneMist made from povidone iodine. Even with these techniques I caught the Omicron variant. I treated myself with CDS (chlorine dioxide solution) at proper concentration and was over the illness in 3 days never spiking a fever. I should mention that I'm a 72 year old health professional who works with dozens of migrants daily.

Mark as Spam | Posted On 2/18/2022 3:12:33 AM

Like Dislike

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zinovius

Joined On 12/12/2020 2:36:38 AM

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wanted to mention the same, yes, colloidal silver does exactly that. I think simple sea salt gargle also kills any virus. No living organisms in the Dead Sea. So it needs to be a highly concentrated saline, something like 1/2 tsp in half glass warm water, and gargle for as long as you can hold. This is what I do every night before bed. After doing that I take a small tsp of Honey with Royal jelly in it.

Mark as Spam | Posted On 2/18/2022 6:00:30 AM

Like Dislike

Dena1219

Joined On 6/20/2006 7:24:27 AM

Add as Friend | Send Message

Affirmative. I use nano colloidal silver as I think it is more effective because of its smaller particle size. There is a clinical trial to test the effectiveness against SARS Cov-2 by the government, so I think that lends credence to its effectiveness.
clinicaltrials.gov/.../NCT04978025 Potent antiviral effect of silver nanoparticles on SARS-CoV-2
www.ncbi.nlm.nih.gov/.../PMC7486059

Mark as Spam | Posted On 2/18/2022 7:26:27 AM

Like Dislike

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arnopi1

Joined On 6/3/2021 8:29:20 AM

Add as Friend | Send Message

@moxa1man. Pardon the question, but how was your case of Omicron diagnosed?

Mark as Spam | Posted On 2/19/2022 3:38:32 AM

Like Dislike

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cleanse4life

Joined On 8/12/2009 3:19:12 PM

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Dr Mercola writes this in article: "Importantly, povidone-iodine solutions sold as topical skin disinfectants to treat cuts and wounds should not be used for gargling due to potentially harmful ingredients." - Meanwhile it's the topical OTC solution of povidone-iodine commonly found in drug stores, that Dr McCollough suggests we use in video for oral-nasal washes, on more than one occasion (and also Dr David Kennedy DDS endorses for adding to waterpik irrigation solutions)...so what product is Dr Mercola referring to if not that? Please clarify.

Reply | Mark as Spam | Posted On 2/18/2022 9:59:49 AM

Like Dislike

imaginal110

Joined On 6/28/2010 9:16:52 AM

Add as Friend | Send Message

Does food grade hydrogen peroxide "die" when refrigerated, does anyone know? I had mine in the fridge and I think it's inert. The recommendation is to have it between 60 and 80 degrees Fahrenheit.

Reply | Mark as Spam | Posted On 2/18/2022 9:17:11 AM

Like Dislike

Arlen1

Joined On 8/1/2020 1:45:38 PM

Add as Friend | Send Message

I just threw away a 2 year-old bottle that had gone flat. First time I've ever had to do that. I literally bought a 2-pack of quart size bottles from SAMS days before the official "PANDEMIC" not knowing there would be panic buying in the next few days of bleach, H2O2, H2O, toilet paper, and paper towels! I lucked out and bought all of the above in bulk packs just days before the panic buying started. I didn't see another bottle of bleach or H2O2 or role of toilet paper for the next 4 months!

Mark as Spam | Posted On 2/18/2022 9:40:05 AM

Like Dislike

rrealrose

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

Add as Friend | Send Message

H2O2 can be effective at cleaning porcelain, even though it may have lost much of its activity. It loses efficacy over time, 2 or 3 years may be about the limit for brown pharmacy bottles not food grade.

Mark as Spam | Posted On 2/18/2022 12:12:16 PM

Like Dislike

junkgrl

Joined On 12/9/2021 7:26:15 AM

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All these percentages are very confusing. I have a. 10% povidine solution. What is the dilute factor to use as spray or orally uthen. A simple ratio or using teaspoons or such. PLEASE.

Reply | Mark as Spam | Posted On 2/18/2022 6:53:15 AM

Like Dislike

Drew458

Joined On 10/3/2020 11:39:47 AM

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10% pvp dilutes to 1/2%: 1 part in 20. First get a medium glass jar with a tight fitting lid. Sterilize it with boiling water, cool, drain, let dry. Saline is easy to make: 1 teaspoon salt in 1 pint of distilled water, mix, boil, let cool. With a good lid it will last a very long

time. Make up the pvp solution as needed for nasal spray in a smaller sterilized container: 1/2 teaspoon 10% pvp plus 9 and 1/2 teaspoons saline. This gives you a bit less than 1/8 cup, which is enough to fill a 30ml spray bottle. Used 4 or so times a day, that 30ml bottle will last you more than a week.. Dilute the 10% pvp to 1%: 1 part in 10. About 15ml is more than enough for an oral rinse / gargle. Use the same formula as above, but use 1 teaspoon pvp plus 9 1/2 teaspoons saline. Rinse for 30 second, then gargle for 30 seconds. To get the 0.6% dilution, or very close to it, dilute the 10% pvp 1 part in 15 or 16. So 1 measure of the 10% added to 14 or 15 measures of saline or distilled water.

Mark as Spam | Posted On 2/18/2022 8:13:38 AM

Like Dislike

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fromseatoshiningsea

Joined On 3/7/2021 2:40:06 PM

Add as Friend | Send Message

junkgrl - Using a 10% Betadine solution, you would add (1) teaspoon of Betadine to a nasal spray bottle & then add (9) teaspoons of either sterile or distilled water to achieve 1% solution, which is what you want.

Mark as Spam | Posted On 2/18/2022 8:23:44 AM

Like Dislike

Mawps2love

Joined On 3/24/2010 8:08:28 PM

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To bfr27915... thank you for the link to Trudeau's solemn oath. Wow!! Question...where is the Queen in all this? Does she not have a voice at all in what is happening? To hold a Holy Bible, take an oath and swear all at the same time just shows words mean nothing. I think it is obvious the condition of his heart... heartless. God is watching Trudeau...the fear of the Lord is the beginning of wisdom. Obviously he has no fear of The Lord, which to me as a Christian, is a terrifying thing. He may not fear his people, but he best fear our God!

Reply | Mark as Spam | Posted On 2/18/2022 9:18:11 PM

Like Dislike

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fundamentalassumptions

Joined On 4/1/2009 12:17:58 PM

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The Pharisees, Sadduccees & Herodians had the Torah, just like men have the Bible today. They just preferred the musings of men in the oral traditions of the Talmud, or devils in the kabala fornicating corruption rooted in Babylon & Egypt, up thru Greece& Rome, & the absolute tyranny of 'divine' emperors, kings & pharoahs which is so deliciously pragmatic & flexible for excusing & justifying sin ---and forcing the issue with power, backed w/ sophisticated revisionism & 'conscious evolution': so they 'interpreted' the Bible through those overlaying grids at will: just like today. And God was long-suffering & patient to a point, warning through the real Bible: the books of Moses, Psalms & Prophets ....identifying the Messiah who was rejected due to preference of those things listed above

preference of those things listed above.

Judgments came. Via the Assyrians. Via the Babylonians. Via Rome: twice. And who do the leaders of Israel still join themselves to? God also John 15 KJB) warned that body in which there is neither Jew nor Greek, but Christ all & in all (Gal 3, Col 3 KJB) that as the Jews were judged, so could they be if they repeated the same sins & apostasy, blasphemies: Romans 9-11 KJB. As the natural branches were broken off to the grafting in of wild slips by the grace & power of God; how much easier for him to break off the wild slips to graff back in the natural ones again? See also, There is judgment coming on Laodicea & MYSTERY, and on the nations, in the war of Ezekiel 39 KJB, the time of Jacob's trouble (Jer 30 KJB), Daniel's 70th week (Dan 9-12, Revelation 6-20 KJB).

God is merciful & there is always a pause for those coming to their senses to repent & get right with God when a chastising rod is allowed or sent. Nothing new under the sun & the fear of God is the beginning of wisdom. So far as I can see, Trudeau isn't known for his wisdom, or his charity biblically defined, but for his prostitution & obedience to his globalist corporatist masters w/ the Pope at the top of the pyramid.

Mark as Spam | Posted On 2/19/2022 7:07:55 AM

Like Dislike

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san2096

Joined On 4/29/2014 12:15:31 PM

Add as Friend | Send Message

Where do I get saline solution or how do I make 7 1/4 teaspoon?

Reply | Mark as Spam | Posted On 2/18/2022 12:11:20 PM

Like Dislike

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ric5998

Joined On 3/23/2021 11:44:36 AM

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I use nascent iodine. Can you explain the difference between Povidone and nascent iodine? Maybe throw it out there in your next article covering the use of iodine?

Reply | Mark as Spam | Posted On 2/18/2022 10:51:52 AM

Like Dislike

Biffie

Joined On 2/7/2010 10:23:01 AM

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I'm not sure I'm understanding this. I can only find a 10% povidone iodine, not 1%. How do I dilute this and with what for the nasal spray?

Reply | Mark as Spam | Posted On 2/18/2022 9:33:00 AM

Like Dislike

Lionel11

Joined On 5/5/2021 10:08:34 AM

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Gui..since you didnt answer my question I will in fact consider you Avitar for the great Dr. Mercola. Thanks for all u do!

Reply | Mark as Spam | Posted On 2/18/2022 8:56:16 AM

Like Dislike

Seabeewife2004

Joined On 8/24/2021 11:49:47 AM

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I am highly allergic to shell fish. How do I know if I will be allergic to povidone iodine before inhalation? I use a nebulizer with the 3% food grade hydrogen peroxide and saline now, diluted to 0.1% for prevention.

Reply | Mark as Spam | Posted On 2/18/2022 7:44:37 AM

Like Dislike

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san7947

Joined On 12/5/2016 9:59:22 AM

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Can anyone tell me the shelf life of the food grade hydrogen peroxide Dr mercola recommends, if opened and refrigerated? Also once you mix up the peroxide with the normal saline for nebulizing how long does that last in the fridge? Thank you.

Reply | Mark as Spam | Posted On 2/18/2022 6:54:59 AM

Like Dislike

Dena1219

Joined On 6/20/2006 7:24:27 AM

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All I can say is the 3% food grade I bought a year ago is still potent. It is kept in fridge at 39 deg F. When I use it for nebulizing, I make what I need for that session. In my case, for my jet nebulizer, I use 2 drops of the peroxide and 30 drops of normal saline solution. It is probably better to use just one drop of peroxide if you're new at nebulizing or if you feel leery of the process.

Mark as Spam | Posted On 2/18/2022 7:09:39 AM

Like Dislike

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imaginal110

Joined On 6/28/2010 9:16:52 AM

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My hydrogen peroxide says to keep it between 60 and 85 degrees Fahrenheit. I had it in the fridge for a while and it doesn't "bubble up" when it meets germs on my toothbrush. It does make a fizzing sound though. My question is, does refrigeration render it ineffective. I see that Dena's experience is that it's still potent.

Mark as Spam | Posted On 2/18/2022 9:31:26 AM

Like Dislike

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johntk6343
Joined On 5/29/2013 9:46:52 PM
Add as Friend | Send Message

Has anyone heard of putting food grade hydrogen peroxide in neti pot nasal rinse solution prior to using the neti pot? I have not found that in any literature to date. I use 1/4 tsp 12% food grade H2O2 in 5 oz of normal neti pot solution per the recipe above. I have been doing this periodically for a couple months. I had nebulized the solution early on in Covid when exposed; but it is a pain to bring the nebulizer when we travel. It seems to me, that the nasal rinse would get more H2O2 contact in the nasal passages than the nebulizer. If I suspected the infection was settling in my lungs, I would then switch to the nebulizer. I also gargle periodically with the same saline/H2O2 solution. I just bought some Lugol's iodine and will start putting a drop of that in the solution as well. Should work great on colds, flu, Covid, etc.

Reply | Mark as Spam | Posted On 2/18/2022 1:31:27 AM

Like Dislike

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

In my extensive reading about using H2O2 to help combat Covid 19 (and other viruses w/ similar method of spread), it seems that I read somewhere that using hydrogen peroxide in a neti pot nasal rinse solution was a bad idea. I'm quite sure I read it somewhere; regrettably, I forgot where. It was a pretty specialized website (maybe with the word Cure in it); not a comment on Y-Tube - otherwise, I wouldn't have trusted it as credible information. I would stick to nebulizing H2O2; it seems much safer. For one thing, it's easier to control your exact exposure to it, and listen to your body's "feedback" if the H2O2 is becoming too irritating, or "too much". Nebulizing Lugol's iodine is just fine, and you don't need much of it.

Just a drop or two at most. Never nebulize Zinc, or take it up your nose in any fashion. If you mix iodine with H2O2, before nebulizing, only add the iodine at the last minute. (I think one of them neutralizes the other's effectiveness, if pre-mixed too long in advance.) I've never tried nebulizing Povidone Iodine, or even using a spray (nasal, or gargling it); thus, I don't know how to safely do that therapy. I am curious about it, though. Does anybody here know a good product -- consisting of Povidone Iodine -- (preferably already diluted and ready to use) that can be purchased from a reputable source? That is, a reliable company that offers such a product? (as described in Dr. M's article, above) Thanks!

Mark as Spam | Posted On 2/18/2022 2:29:22 AM

Like Dislike

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

If nothing else, H2O2 is a great sterilizer. Running H2O2 through the neti will guarantee nothing grows in it!

Mark as Spam | Posted On 2/18/2022 9:22:31 PM

Like Dislike

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jan9873
Joined On 11/16/2015 8:16:40 AM
Add as Friend | Send Message

I have been using Colloidal Silver in my nasal passages and throat for years when I suspect I have a virus starting to develop and it knocks it out every time. Another good rule of thumb or should I say fingers "keep them out of your nose and mouth"!!

Reply | Mark as Spam | Posted On 2/18/2022 8:03:52 AM

Like Dislike

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

I totally concur on KEEPING fingers out of nose and mouth. How many people if honest in a given day stick their fingers in their nose or mouth :)

Mark as Spam | Posted On 2/18/2022 8:45:34 AM

Like Dislike

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

Jan, I wonder why you never hear anything about Colloidal Silver (CS) for treating covid-19? It makes sense that it would work. I'll have to look into this further. Surely there are some clinical trials on this. When you read all the well documented protocols like the FLCC has you have to wonder if they even tried CS.

Mark as Spam | Posted On 2/18/2022 12:23:00 PM

Like Dislike

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big47846
Joined On 5/10/2021 8:03:05 AM
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I keep telling this dunce where I work to quit picking his nose all the time. Guess his nickname fits him well, AKA: BOOGER PICKER.

Mark as Spam | Posted On 2/18/2022 4:24:31 PM

Like Dislike

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big47846
Joined On 5/10/2021 8:03:05 AM
Add as Friend | Send Message

Colloidal silver is AWESOME, and I do NOT understand why all of these "good doctors" do not promote it, along with CDS?????

Mark as Spam | Posted On 2/18/2022 4:26:13 PM

Like Dislike

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lindalonia
Joined On 4/22/2009 11:50:23 AM
Add as Friend | Send Message

Can 10% topical povidine iodine be used in the nose and throat if diluted? How to dilute it? What should be used to dilute 10% povidine iodine solution? How much 10% povidine iodine to dilution agent?

Reply | Mark as Spam | Posted On 2/18/2022 9:07:24 AM

Like Dislike

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jax4444gmail.com

Joined On 7/30/2021 10:43:38 AM

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What the ratio for the nasal iodine/saline water solution? Thank

Reply | Mark as Spam | Posted On 2/18/2022 5:59:33 AM

Like Dislike

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don3724

Joined On 11/26/2020 7:10:16 AM

Add as Friend | Send Message

Need dilution ratio for the 10% iodine found in store ?? and instead of spray can irrigate with neti pot?

Reply | Mark as Spam | Posted On 2/18/2022 5:29:06 AM

Like Dislike

Drew458

Joined On 10/3/2020 11:39:47 AM

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10% iodine dilutes to 1% iodine: 1 part in 10. Which means take 1 measure of PVP-I and add 9 parts of saline or distilled water. 1% iodine dilutes to 1/2% iodine: 1 part in 2. Which means take 1 measure of the 1% solution and add 1 part of saline or distilled water. Do it this way and you get some 1% solution which is fine for a mouth rinse, and you get some 1/2% solution for your nose. Squeezable nasal spray bottles of saline are available at Walmart, Walgreens, CVS, etc. for just a dollar or two. They shoot out quite a lot per squeeze, in a small droplet form. There are fine mist pump spray bottles available at Amazon etc for a similar price (Snoot is one brand), which give a much finer mist. I don't know which one is more effective. I don't have a neti pot so I can't say anything about them.

Mark as Spam | Posted On 2/18/2022 7:55:39 AM

Like Dislike

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rrealrose

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

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Hi don3724, nebulizers on the market produce a fine mist, far finer than any manual nasal pump I have ever used. Each brand lists effective micron size of their mist. The neti? Hardly reaches into the sinus cavity, yet certainly better than doing nothing. And you need to be fastidious about saline solution used to mix any of these.

Mark as Spam | Posted On 2/18/2022 12:07:36 PM

Like Dislike

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loloinc

Joined On 9/13/2012 6:46:51 AM

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Thanks again Dr. Mercola... just a heads-up: reference #20 is missing

Reply | Mark as Spam | Posted On 2/18/2022 5:02:28 PM

Like Dislike

Raythe4th

Joined On 7/16/2012 8:10:52 AM

Add as Friend | Send Message

This just makes sense to me, perhaps you guys will agree: www.bitchute.com/.../OBOvxGl3aauu

Reply | Mark as Spam | Posted On 2/18/2022 1:02:17 PM

Like Dislike

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susankulis

Joined On 6/20/2006 2:18:10 AM

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I haven't gotten any news from Steve Kirsch in the last 2 days. Usually many per day. Anybody have any info? Thanks

Reply | Mark as Spam | Posted On 2/18/2022 12:42:21 PM

Like Dislike

ChefBambu

Joined On 8/30/2021 9:55:21 AM

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Does sodium EDTA used in tooth paste and mouthwash kill the covid from spreading?

Reply | Mark as Spam | Posted On 2/18/2022 9:35:15 AM

Like Dislike

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ker8118

Joined On 11/17/2021 4:17:00 AM

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I take CDS, colloidal silver, and turpentine. Not at the same time, and not necessarily in that order.

Reply | Mark as Spam | Posted On 2/18/2022 10:58:59 AM

Like Dislike

Lionel11

Joined On 5/5/2021 10:08:34 AM

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Turpenting? That is a flammable pine oil solvent that will not be good.

Mark as Spam | Posted On 2/18/2022 11:20:22 AM

Like Dislike

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jamNjim

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

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Turpentine??? That's a new one! Please provide a link. Seriously! I never knew there was a medicinal value for turpentine. I learn every day! Especially on this forum!

Mark as Spam | Posted On 2/18/2022 9:27:03 PM

Like Dislike

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fundamentalassumptions

Joined On 4/1/2009 12:17:58 PM

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The old-timers swore by pure pine turpentine. Now it's sold as shikimic acid & such things...lol! And, of course the chemical industrial gurus came up with ways to 'cut' it & corrupt it to make a buck, often in poisoning ways. Just make sure it's pure pine & you're fine.

Mark as Spam | Posted On 2/19/2022 6:46:04 AM

Like Dislike

Lionel11

Joined On 5/5/2021 10:08:34 AM

Add as Friend | Send Message

What do you think or Linoelic Acid nose and throat sprays for Covid?

Reply | Mark as Spam | Posted On 2/18/2022 8:58:32 AM

Like Dislike

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jamNjim

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

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Lion, you're on to something here. I'm a HUGE proponent of omega-3 fatty acids and Linoelic Acid falls into the omega-3 category. Here's a brief report on this subject: www.news-medical.net/news/20200924/Linoleic-acid-binds-SARS-CoV-2-spik.. It's a very interesting conversation because for the past 30 years I've focused on increasing omega-3 intake naturally (lots of salmon). I've had virtually ZERO viral infections since I went down this road. I've had zero flu, zero covid-19, and 3 colds that lasted 3 days since 1995.

Mark as Spam | Posted On 2/18/2022 9:39:10 PM

Like Dislike

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deirmahony

Joined On 9/15/2015 4:41:32 PM

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Can anyone recommend a PVP-I product for purchase? Or maybe I can make it at home. I have Lugol's. What are the ingredients & amounts one would use? If I do that I'll also need to find some empty sniffy squirt bottles. Can anyone point me in the right direction for both? Thanks.

Reply | Mark as Spam | Posted On 2/18/2022 1:18:15 PM

Like Dislike

020202

Joined On 1/13/2021 8:23:48 AM

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I use a hand held nebulizer which plugs into the wall, I breathe in the mist through my nose, then switch to my mouth, I hold the machine a couple inches away. It works!

Reply | Mark as Spam | Posted On 2/18/2022 11:25:53 AM

Like Dislike

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ker8118

Joined On 11/17/2021 4:17:00 AM

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Dr. Mercola, you should date when this talk was recorded.

Reply | Mark as Spam | Posted On 2/18/2022 9:24:29 AM

Like Dislike

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lilitu_adamah

Joined On 2/1/2021 3:06:08 AM

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There are no viruses. There is only nonsense. The creation cannot be against itself. Man invents diseases to create the impression that he is not responsible for the life he has, but God - that is, a fictional character, like the devil and any other toy you can blame :))

Reply | Mark as Spam | Posted On 2/18/2022 4:18:09 PM

Like Dislike

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fundamentalassumptions

Joined On 4/1/2009 12:17:58 PM

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A fictional character created? Or maybe it's just handy & preferable to some to pretend to be a god themselves with that fallen cherub Lucifer by claiming to be part of a perfect, self-creating creation....or trusting one of his many fronts or supposed 'better' ways, turning a blind eye to evil, especially our own, blaming all the undeniable evil & sin on others, or even God? Some by insanely denying evil exists. Ignoring the fact that truth & conscientious judgment of good & evil point to there being a mighty, knowing & personal God? Romans 1-8, Ezekiel 28, Isaiah 14 KJB. The very fact you think & can coherently speak disproves the 'only nonsense' claim. It's as prideful to think that one is responsible for every & all sin, as it is to blame others or God for all of it, excluding self.

The Creation is broken. It will be restored, then replaced by the new heavens & earth. All men are broken, fallen, but God has provided the healing for whosoever will receive it: new birth life spiritually, & soulish knowing, the Holy Spirit then testifying with our spirit, quickening the scriptures for us, the very mind of God....yet even the redeemed are still housed in corruptible flesh, these bodies, these tabernacles we will one day lay aside, & can still sin. Just not comfortably or without conviction & chastisement, for all of God's children know his chastisement, only spiritual bastards being without it...perhaps even early death& removal.

Hebrews 12&1 Cor 11 KJB. We have the earnest, not yet the full inheritance, the consummation....so that more souls might first be saved out of this dying. Ephesians.2 Peter 2 KJB. He can give you new life that is not nonsense, pointless or vain...but sure & true & real, measured by the value put on it by the one in whose image man was originally created: the one who gave himself that the broken image, complicated further by willful sin, might be redeemed & restored to life justly, by the only power capable of doing so. Hebrews.

Mark as Spam | Posted On 2/18/2022 7:28:02 PM

Like Dislike

Madgearhead

Joined On 9/4/2021 12:24:48 PM

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Tons of great info in both the article and the comments. I was curious if making your own saline with iodized salt would have the same or similar effect vs. Getting specific products? Also.. Last time i was here.. No one had isolated the virus and so it had not been proved to exist. Has that changed?

Reply | Mark as Spam | Posted On 2/18/2022 11:54:42 AM

Like Dislike

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ros62146

Joined On 12/20/2021 12:42:12 PM

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They call it Germ Theory and NOT GERM FACT!! COVID IS THE COMMON COLD. COVID HAS NEVER BEEN ISOLATED USING THE GOLD STANDARD FOR IDENTIFYING VIRUSES USING KOCH's or RIVERS POSTULATE. PEOPLE R GETTING SICK FROM RADIATION POISONING FROM 5G. THE LATIN WORD FOR CORONA IS RADIATION THE LATIN WORD FOR VIRUS IS POISONING. Get with the program SLEEPYHEADS

Reply | Mark as Spam | Posted On 2/18/2022 7:23:14 AM

Like Dislike

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jamNjim

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

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Really? So how is it possible to buy it from Fisher Scientific if it was never isolated? This is just one of many sources to buy the isolate from: www.fishersci.com/shop/products/sars-cov-2-isolate-usa-wa1-2020-cultur.. The CDC has recommended suppliers of Sars-Cov-2 isolate listed on their website for the R&D of vaccines and therapeutics. The problem with the one I provided in the link is that it is obsolete. That's either the original Alpha or Beta variant that was taken from the first known human case in the USA. Those variants are long gone. The whole 5G argument doesn't hold water because countries like Cuba don't even have 5G.

That underdeveloped 3rd world country has been getting sick and experiencing higher death rates since 2020 just like everyone else in the world. Since they don't have 5G, what's killing them? Today you can blame the jabs, but in 2020 they had low numbers for Covid-19, no vaccines, no 5G, and saw more deaths than previous years. This appears to be universal. You can't find a single country that has had fewer deaths in 2020 and 2021 than they had in 2019. You can't blame it on 5G because S. Korea was the first to go 5G across the board for their entire country. Out of 200 countries, S. Korea is at around 160th place for Covid-19 deaths.

Using your logic, S. Korea should have the highest death rate today because they have the highest concentration of 5G towers of any country in the world. Don't get me wrong, 5G is a problem as with all EMF's, but it's not the root cause of increased deaths around world. As for 2021 and 2022, I'm convinced NO ONE is dying from Covid-19. According to reports from life insurance companies, life insurance claims (deaths) in 2021 shot up 40% more than 2020!!
www.thecentersquare.com/indiana/indiana-life-insurance-ceo-says-deaths..

Mark as Spam | Posted On 2/18/2022 11:28:09 AM

Like Dislike

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jamNjim
Joined On 2/20/2008 11:15:54 PM
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Last, but definitely not the least is the vaccines. The USA is using mRNA technology which doesn't necessarily require viral isolates to make. However, there are traditional "Live Attenuated Virus" vaccines for Covid-19 available in other places around the world. The only way you can make an attenuated virus is to have an isolated virus! There is one in the USA, but it has not been approved by the FDA yet (because of Fauci). Here's an example of an attenuated Covid-19 vaccine: clinicaltrials.gov/.../NCT04619628 As the link implies, it is in clinical trials in the USA! This vaccine is sprayed up the nose. For anyone facing being fired due to not getting the jab they might consider participating in this clinical trial.

Some people's careers have ended over these jabs. This is a viable option that shouldn't cause any short-term/adverse side effects. Who knows if it will cause ADE or not. Previous attempts at making a coronavirus vaccine using live attenuated and/or dead viral fragment vaccines failed due to ADE. The point I'm making here is that you can't make a Live Attenuated Virus Vaccine if you don't isolate the virus first. Having the isolated virus is a prerequisite to making both live attenuated and dead fragmented virus vaccines.

Mark as Spam | Posted On 2/18/2022 11:46:56 AM

Like Dislike

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

Thank you, jamNjim. I've been looking for something concrete to share w/ those still insisting that the virus isn't real. Personally, I believe the evidence points to its being bioengineered & used as an excuse to launch the transhumanist mRNA and connective nanotechnology experiment, with the side 'benefit' (thinking like the criminal powers that shouldn't be) of culling some 'useless eaters', most of whom are elders w/ a wealth of experience & wisdom asking uncomfortable questions & holding the last reservoir of real wealth not yet 'transferred' into the elite managing minorities hands, those of the wouldbe 'gods'; or else are ill & costing the promised healthcare system to which they contributed their entire working lives, which has been purposely mismanaged & looted for crony projects& personal wealth to their 'new order of elites'.

Diversion & action are called for by the guilty: elite drivers, & cooperating cronies & dupes: dead men tell no tales & share no wisdom, can't resist. Behind it all is the spiritual hierarchy as defined in Ephesians 6 KJB most concisely, though details are scattered throughout the scriptures for those workmen needing not to be ashamed & able to rightly divide. 2 Tim 2 KJB. Jesus didn't tell men not to judge anything: he warned against hypocritical judgment in Matt 7/Lk 6 KJB, & COMMANDED that we judge righteous judgment in John 7:24 KJB.

We're to give the reason for the hope we have, the opinions we hold...freely offering & received, separating where necessary for the sake of peace, & imposing them on no one, each man responsible before God for himself, & those dependents truly not able. All in the light. I also believe that we're facing a perfect storm of consequences, some intended, some not...depending upon which individuals & groups we're looking at...with increasing EMF pollution, other pollutants, and the corruption of the entire life & food chain by gmo's and glyphosate. Judgment in the wings, this but a stage-setting.

Mark as Spam | Posted On 2/19/2022 7:42:43 AM

Like Dislike

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big47846

Joined On 5/10/2021 8:03:05 AM

Add as Friend | Send Message

I am not sure why credible doctors are calling the "illness" a virus? NO virus was EVER isolated OR purified in this SCAM-DEMIC. No virus was ever isolated from anyone that supposedly tested positive from their phony PCR test that can't tell the difference between a SARs or Influenza virus. Personally, I do NOT believe viruses cause illness. Viruses only exist during and after apoptosis, AKA: cell death. Viruses have NEVER been observed to cause ANY disease. I think people get ill from Bacteria and fungi. Covid19 is a worldwide hoax and scam perpetrated to scare the lemmings enough to take their poison frankenshot experiments to turn them into trans human bots and neutralize the "GOD" gene to steal your soul.

Reply | Mark as Spam | Posted On 2/18/2022 4:18:51 PM

Like Dislike

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fundamentalassumptions

Joined On 4/1/2009 12:17:58 PM

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God gene? We walk by threefold evidenced faith, not mystical blind superstition. Show me an isolated 'God' gene! People don't believe there's a varicella-zoster virus, but they believe there's a 'God' gene?

Mark as Spam | Posted On 2/18/2022 8:43:07 PM

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