

# The Military Routinely Disperses Aluminum-Coated Fiberglass Into the Air

[The Military Routinely Disperses Aluminum-Coated Fiberglass Into the Air](#)

by [Dr. Joseph Mercola](#)

February 8, 2024

## Story-at-a-Glance

- Militaries around the world routinely disperse tiny bits of aluminum-coated fiberglass and plastic – known as “chaff” – into the air column, to shield aircraft and ships from enemy radar
- Chaff has been used for decades, without clear evidence that it’s safe for humans and the environment
- In response to a United Nations Intergovernmental Panel on Climate Change (IPCC) report issued in August 2021, the U.N. announced it’s considering spraying sulfate aerosols into the Earth’s stratosphere to modify climate. The tiny reflective particles would act as reflectors, bouncing sunlight back into space instead of onto the Earth’s surface
- The U.N.’s Intergovernmental Panel on Climate Change (IPCC) is using “climate science” as a vehicle to promote socialist ideology
- According to Dane Wigington, founder of [Geoengineeringwatch.org](#), the risks of geoengineering are so immense, it poses an extinction-level threat to humanity, and the window of opportunity to save ourselves is rapidly closing

In addition to the weather modification<sup>1</sup> going on around the world, militaries around the world are also routinely dispersing tiny bits of aluminum-coated fiberglass and plastic – known as “chaff” – into the air column, to shield aircraft and ships from enemy radar.<sup>2</sup> Not surprisingly, this has been done for decades, without clear evidence that it’s safe for humans and the environment.

According to a 1998 General Accounting Office report<sup>3</sup> and a 1999 follow-up report<sup>4</sup> by the Naval Research Laboratory, the environmental, human and agricultural impacts of chaff used in military training scenarios at the time were “negligible and far less than those from other man-made emissions,” but does that really mean it’s safe? As explained in a 2001 Navy Medicine paper:<sup>5</sup>

*“Radiofrequency (RF) chaff is an electronic countermeasure designed to reflect radar waves and obscure planes, ships, and other assets from radar tracking sources.*

*Chaff consists of aluminum-coated glass fibers (also referred to as dipoles) ranging in lengths from 0.8 to 0.75 cm. Chaff is released or dispensed from military vehicles in cartridges or projectiles that contain millions of dipoles.*

*When deployed, a diffuse cloud of dipoles is formed that is undetectable to the human eye. Chaff is a very light material that can remain suspended in air anywhere from 10 minutes to 10 hours and can travel considerable distances from its release point, depending on prevailing atmospheric conditions.*

*Training for military personnel, particularly aircraft pilots, in the use of chaff is necessary to deploy this electronic countermeasure effectively. As with most acquired skills, the deployment of chaff must be maintained*

*by practicing in-flight release during training.*

*It is estimated that the U.S. Armed Forces dispense about 500 tons of chaff per year, with most chaff being released during training exercises within the continental United States."*

### **Is Chaff Safe?**

According to the Naval Medicine investigation, inhalation of whole, intact chaff fibers pose "no risk" to humans due to their larger size. "If inhaled, dipoles are predicted to deposit in the nose, mouth, or trachea and are either swallowed or expelled," the paper states.<sup>6</sup>

Note the use of the word "predicted," however. Predictions are not evidence. They're basically guessing. Open questions also remain about what happens when the fibers degrade.

*"Several investigations have demonstrated that Al-coated dipoles are resistant to weathering and breakdown under desert conditions," the paper states.<sup>7</sup>*

*"A 1977 US Navy-sponsored a study found no evidence to indicate that chaff degrades significantly or quickly in water from the Chesapeake Bay nor did this material leach significant amounts of aluminum into the Bay.*

*A recent study by our group found no evidence that 25 years of chaff operations at the Naval Research Laboratory detachment at Chesapeake Beach, MD resulted in a significant increase in sediment or soil aluminum concentrations (Wilson et al 2000).*

*However, additional studies are needed to determine the half-life of chaff dipoles in various soils and environmental conditions and whether dipoles breakdown to respirable particles ...*

*Although there is no definitive evidence from the epidemiological literature that chaff exposure is not harmful, there is epidemiological information available on workers involved in the glass fiber manufacturing industry. Data from these studies suggests that exposure to fibrous glass is not associated with increased risk of death from respiratory disease.”*

The problem with that is that fiberglass workers are equipped with protective gear, including respirators, Tyvek suits and safety goggles<sup>8</sup> – gear that normal people don't wear when they're out and about. All this tells us is that chaff is unlikely to cause harm to public health, provided people are wearing respirators, which they don't.

Remarkably, not much beyond these three reports exist. While all admitted the need for continued research, none appears to have been published, so there's really no telling what the real-world impact might be. That said, common sense tells us that air dispersed aluminum and fiberglass is highly likely to have some sort of impact on the environment and human health.

### **Geoengineering Has Been Going on for Decades**

Aluminum and fiberglass are not the only toxins being sprayed across our skies. As detailed by Dane Wigington, founder of Geoengineeringwatch.org, weather modification, also known as geoengineering, in which various toxic metals and chemicals are dispersed at high altitude, has been going on for more than 70 years, and is increasing rather than declining.

In response to a United Nations Intergovernmental Panel on Climate Change (IPCC) report issued in August 2021,<sup>9,10</sup> which called for radical measures to prevent further global warming, the Biden Administration launched a research effort in 2022 to determine the most effective way to dim the sun.<sup>11</sup>

One proposal involves injecting sulfur dioxide aerosols into

the Earth's stratosphere. The tiny reflective particles would bounce sunlight back into space instead of onto the Earth's surface.<sup>12</sup> According to Harvard researchers,<sup>13</sup> this strategy is not only "technically possible" but also "remarkably inexpensive," having a price tag that is "well within the reach of several nations."

Earth's climate is largely controlled by how much solar radiation reaches the Earth and how much is absorbed by its surface or reradiated to space. Cloud coverage and greenhouse gasses are examples of factors that influence the reflectance of solar radiation.<sup>14</sup>

"If geoengineering proposals are to influence global climate in any meaningful way, they must intentionally alter the relative influence of one of these controlling mechanisms," Britannica explains.<sup>15</sup>

The U.N. report mentions solar radiation management and greenhouse gas removal as forms of geoengineering.<sup>16</sup> Sulfate aerosols fall into the solar radiation management category. By reflecting more solar radiation back into space, the aerosols lower global temperatures but also have a serious "side effect" – they lower average precipitation.

As a result, additional geoengineering techniques – such as thinning out cirrus clouds in the upper atmosphere – would be necessary to counteract the decrease in precipitation. What could possibly go wrong?

Supercomputers have run models to predict how solar radiation management may affect different parts of the Earth, not only in terms of temperature but also rainfall and snowfall. Report author Govindasamy Bala, from the Indian Institute of Science, said "the science is there,"<sup>17</sup> but it's far from an exact one.

"I think the next big question," Bala told Reuters, "is, do

you want to do it? ... That involves uncertainty, moral issues, ethical issues and governance.” As Reuters reported, “That’s because every region would be affected differently. While some regions could gain in an artificially cooler world, others could suffer by, for example, no longer having conditions to grow crops.”<sup>18</sup>

### **‘Catastrophic Risks’**

Three months after the IPCC published its panic-inciting report, Australian and British researchers published an original research article warning that stratospheric aerosol injection carries “catastrophic risks” that may well lead us into “a fate worse than [global] warming”:<sup>19</sup>

*“Injecting particles into atmosphere to reflect sunlight, stratospheric aerosol injection (SAI), represents a potential technological solution to the threat of climate change. But could the cure be worse than the disease? ...*

*SAI plausibly interacts with other catastrophic calamities, most notably by potentially exacerbating the impacts of nuclear war or an extreme space weather event. SAI could contribute to systemic risk by introducing stressors into critical systems such as agriculture.*

*SAI’s systemic stressors, and risks of systemic cascades and synchronous failures, are highly understudied. SAI deployment more tightly couples different ecological, economic, and political systems. This creates a precarious condition of latent risk, the largest cause for concern ...*

*A well-coordinated use of a small amount of SAI would incur negligible risks, but this is an optimistic scenario. Conversely, larger use of SAI used in an uncoordinated manner poses many potential dangers. We cannot equivocally determine whether SAI will be worse than warming. For now, a heavy reliance on SAI seems an imprudent policy*

*response.”*

In June 2023, the European Commission put out a call for “international talks on the dangers and governance of geoengineering,” warning that geoengineering schemes aimed at altering the global climate pose “unacceptable” risks. During a news conference, EU climate policy chief Frans Timmermans stated:

*“Nobody should be conducting experiments alone with our shared planet. This should be discussed in the right forum, at the highest international level.”*

Time will tell whether such talks ever take place. In September 2023, the Climate Overshoot Commission, chaired by Pascal Lamy, a former World Trade Organization chief, called for a worldwide moratorium on solar radiation modification experiments “that would carry risk of significant transboundary harm,” and to focus instead on strategies to reduce greenhouse gas emissions.<sup>20,21</sup> But, as of yet, no such moratorium has been agreed upon.

### **Socialist Ideology, Not Climate Science**

Zuzana Janosova Den Boer experienced Communist rule in Czechoslovakia before moving to Canada. In her article, “I Survived Communism – Are You Ready for Your Turn?” she detailed the “all-too familiar signs of the same propaganda” starting to permeate her adopted country.<sup>22</sup>

In relation to geoengineering, she points out that communism has been subverting the environmentalist movement since the 1970s, when then-chairman of the Communist Party USA, Gus Hall, published a book called “Ecology,” in which he stated:<sup>23</sup>

*“Human society cannot basically stop the destruction of the environment under capitalism. Socialism is the only structure that makes it possible ... We must be the*

*organizers, the leaders of these movements.”*

Den Boer writes:<sup>24</sup>

*“This idea was incorporated into the U.S. Green Party program in 1989 ... in which the fictitious threats of ‘global warming’ and ‘climate change’ are used to scare the public into believing humanity must ‘save the planet’:*

*‘This urgency, along with other Green issues and themes it interrelates, makes confronting the greenhouse [effect] a powerful organizing tool ... Survival is highly motivating, and may help us to build a mass movement that will lead to large-scale political and societal change in a very short time ...*

*First of all, we [must] inform the public that the crisis is more immediate and severe than [they] are being told, [that] its implications are too great to wait for the universal scientific confirmation that only eco-catastrophe would establish.’”*

The U.N.’s Intergovernmental Panel on Climate Change (IPCC), Den Boer suggests, is promoting not climate science but socialist ideology, citing as evidence comments made by Ottmar Georg Edenhofer, former co-chair of the IPCC Working Group III, who in a 2010 interview stated that climate issues are about economics, and that:<sup>25</sup>

*“We must free ourselves from the illusion that international climate policy is environmental policy ... We must state clearly that we use climate policy de facto to redistribute the world’s wealth.”*

### **Geoengineering Poses Extinction-Level Threat to Humanity**

Even without factoring in social control, the practical risks of geoengineering are impossible to ignore. According to scientific studies, the particulates dispersed during these



geoengineering events “shred” the ozone layer. They also disrupt the hydrological (rain) cycle, which leads to another host of downstream effects, and this is in addition to spreading toxins across the entire planet surface.

So, while some of the planet might benefit from these programs, other parts could be decimated by droughts, raging forest fires, flooding or storms. Moreover, while global cooling is the stated aim of most of these geoengineering programs, as the planet warms, the laws of physics state you need more precipitation to cool it, not less, because the atmosphere carries more moisture as the temperature rises.

To cool the planet, you need to create more rain, but these programs have resulted in less rain, and the reason for the reduction in rain fall is due to the particulates in the atmosphere. In addition to deflecting heat from the outside, these particles also trap heat down below, making the overall heating of the planet massively worse.

According to Dane Wigington, founder of [Geoengineeringwatch.org](http://Geoengineeringwatch.org), the risks of geoengineering are so immense, it poses an extinction-level threat to humanity, and the window of opportunity to save ourselves is rapidly closing.

The risks are so immense, Wigington warns geoengineering already poses an extinction-level threat to humanity. The window of opportunity to save ourselves is rapidly closing.

Unfortunately, if people really understood the totality of the situation – not just that the climate is being manipulated, but that as a result, the global climate systems have deteriorated to the point that the entire Earth is in serious trouble; in short, that these programs may have created a runaway extinction event – the emotional impact might be too great to bear for many. Wigington addressed this in an interview I did with him back in 2016:

*“Our situation is far more severe than most people have any*

*understanding of,” he said. “Climate engineering is making the situation worse, not better.*

*So [they must] try to keep the population from panicking because of the severity and immediacy of the climate implosion, and keep the population in the dark because the climate intervention programs have helped to accelerate this process and toxified every single one of us in the process.*

*Every single human subject we test is packed full of aluminum, barium – all the heavy metals we know are associated with these programs. It doesn’t matter where they live.*

*And we know it’s coming down in the precipitation in unimaginable quantities – quantities enough to change soil pH values in the Pacific Northwest 10 to 12 times total alkaline – that’s an unimaginable amount of metal coming down in the rain.*

*If populations understood, truly, what’s been done to them, what’s been done to the planet ... they’d be taking to the streets with pitchforks and torches all over the globe.”*

## **California Aquatic and Terrestrial Insect Life Has Been Decimated**

Geoengineeringwatch.org lists a number of lab tests that have been performed on rain water, air sample and more, and their results. You can find them under the [Tests section](#).

*“In regard to the effect in the environment, in Northern California alone ... what we’ve seen in the last decade ... is a 90% decline in aquatic and terrestrial insect life – a virtual crash,” Wigington told me in 2016.*

*“There’s so much aluminum coming down the precipitation, affecting the soil pH, and – this is very important – the UV radiation level is off the charts, and that we can link*

*directly to climate engineering ... We're seeing UVB levels about 1,000% higher than we're being told. It's burning the bark off of trees. It's killing plankton. It's affecting insect life ...*

*[It increases UVB radiation] because it shreds the natural protection for the planet. When you put a particle in the atmosphere, it doesn't matter whether it's from a back of a jet or a volcano; it causes a chemical reaction in the atmosphere that destroys ozone. Period. So the more of these particles you put in the atmosphere, the more rapid the ozone destruction is."*

With all of that in mind, it's highly unlikely that military chaff dispersements have no negative impact. An argument could be made that chaff is too important of a defense system to get rid of, and that may be true. But the climate-specific engineering is another matter altogether.

In years past, it was kept hush-hush, and dismissed as a conspiracy theory. Since then, however, governments around the world, and international bodies like the U.N. have become quite open about the use of geoengineering for climate control, and if the global public does not push back against these efforts, we might not survive to regret it.

Geoengineeringwatch.org has a list of [action items](#) you can review if you want to get involved and get the word out. I also recommend watching Wigington's documentary "The Dimming," below, to learn more.

- <sup>1</sup> [Geoengineeringwatch.org](http://Geoengineeringwatch.org)
- <sup>2</sup> [AL.com June 6, 2013](#)

- <sup>3</sup> [General Accounting Office Report on Issues Related to Chaff September 1998 \(PDF\)](#)
- <sup>4</sup> [Naval Research Laboratory Environmental Effects of RF Chaff August 31, 1999 \(PDF\)](#)
- <sup>5, 6, 7</sup> [Navy Medicine September-October 2001; 92\(5\): 12-16](#)
- <sup>8</sup> [Safety Gear for Fiberglassers](#)
- <sup>9</sup> [Reuters August 9, 2021](#)
- <sup>10</sup> [IPCC Sixth Assessment Report](#)
- <sup>11, 12</sup> [CNBC October 13, 2022](#)
- <sup>13</sup> [Science Alert November 26, 2018](#)
- <sup>14, 15</sup> [Britannica, Geoengineering](#)
- <sup>16, 17, 18</sup> [Reuters August 10, 2021](#)
- <sup>19</sup> [Frontiers in Climate November 19, 2021](#)
- <sup>20</sup> [The Guardian September 14, 2023](#)
- <sup>21</sup> [Climate Overshoot Commission Report](#)
- <sup>22, 23, 24, 25</sup> [Spencerfernando.com January 3, 2019](#)

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# Traveling Back in Time – Life

# Lessons From the Amish

## [Traveling Back in Time – Life Lessons From the Amish](#)

by [Dr. Joseph Mercola](#)

February 3, 2024

### Story-at-a-Glance

- The documentary, “The Lives of the Amish in the U.S.,” shares how “an encounter with the Amish is like traveling back in time” and why, in this day and age, this could be a very smart move
- The Amish typically avoid technology and other modern-day conveniences like electricity and cars
- There are significant benefits of living in concert with your community – off the grid without being dependent on anyone or any technology
- The Amish typically produce the majority of their own food and aren’t reliant on the public control grid
- A reliance on modern-day comforts and technology leaves you incredibly vulnerable should they collapse, while embodying the preparedness and resourcefulness displayed by the Amish protects your autonomy and freedom

Technology and other modern-day conveniences have become so engrained in our daily lives that most people would be hard-pressed to live without them. This isn’t the case for the Amish, who are still living life much the way it was 300 years ago.

Their way of living, which can prohibit ownership of computers and may rely on electricity only in limited cases for business, may seem filled with unnecessary hardship. But there are significant benefits of living in concert with your community – off the grid without being dependent on anyone or

any technology.

The DW Documentary above, “The Lives of the Amish in the U.S.,”<sup>1</sup> shares how “an encounter with the Amish is like traveling back in time” and why, in this day and age, this could be a very smart move.

### **No Reliance on Conveniences That One Day May Be Taken Away**

About 370,000 Amish people live in the U.S., primarily in Indiana, Pennsylvania and Ohio. Different communities have slightly different ways of life, with some groups avoiding electricity entirely, for instance, while others do not. However, at the core of being Amish is self-reliance, rejection of most technological advances and devotion to the community.

Without cars, most Amish people drive horse-drawn carts. Others may hire a taxi or use an e-bike to take them distances that are too far for horses to travel. There’s also a notable absence that would be foreign to most modern families – no computers, cellphones, internet or social media in the home.

Chester and his family, featured in the film, follow the Old Amish Ordnung. The word “ordnung” is German for “order” and describes a set of rules that dictates their way of life. In addition to little technology and the use of only batteries and generators, the family heats their home with wood from a nearby forest and uses an old-fashioned washing machine to clean their clothes. Far from being a hassle, this is part of what promotes their well-being. Chester says:<sup>2</sup>

*“Even during COVID and all this turmoil ... that was worldwide, we’ve been able to retain a way of living that promotes inner peace. And I don’t think that’s possible if you’re always 24/7, if you’re completely connected to social media and the outside world. Even businesses completely run with ... instant communication – it’s great*

*for a business, [but] I'm so happy I can step back from it. And that's the way I keep my sanity."*

For many, it's difficult to imagine a life without such modern conveniences as electricity, computers and cellphones. But it's wise to pay attention as The Great Reset unfolds around us. A common mantra was chanted by world leaders during the COVID-19 pandemic: A Great Reset is necessary to "build back better" from the crisis and create a new sustainable future.

This future is one led by a powerful global cartel eager to gain control over society and, ultimately, humanity. Toward that end, resources that currently seem inalienable – like the right to grow your own food and maintain [control of your financial assets](#) – could one day disappear. If you can't survive without them, you lose all autonomy and are at the mercy of those in control.

### **Growing Your Own Food Helps Protect Your Freedom**

If you control the food supply, you control the population. It's another area where the Amish have it right, as they produce the majority of their own food. Lloyd and Edna Miller, who run their farm of 50 dairy cows on solar power, are among them.

Edna uses her e-bike to visit a grocery store once a week, purchasing only supplemental items they don't grow on the farm. The ability to sustain themselves is important not only to the Millers but to the Amish community as a whole. Lloyd says:<sup>3</sup>

*"When COVID came, a lot of people panicked ... people aren't even sure where their food is coming from today. And those are real-life issues ... for the most part we could be self-sustainable for quite a long time, especially within the group. Within the group of people that we personally know, we could survive a pretty good long time without any outside input."*

Growing as much food as you can is a principle that everyone can live by. You might invest in a greenhouse, plant an orchard or move to a rural area where you can raise chickens. Any additional level of self-sufficiency you can create will offer you more protection.

The globalists have long held a monopoly on the grain industry, for instance, with their patented genetically modified organisms (GMOs). A similar trend is now occurring with fake food. The globalists are trying to replace animal husbandry with lab-grown meat and even insects, which will allow private companies to effectively control the entire food supply. Those who are able to grow their own food, however, cannot be controlled.

Investing in real things, like land and buildings, is also a wise move and an area where the Amish excel. Although any type of formal education ends after 8th grade, many in the Amish community own and run successful businesses, including blacksmithing and bakeries.

“The Amish are very business-oriented, small business, you know. Small family businesses that are run by families or friends, and we work together as a team,” Tom Berer from Pennsylvania says in the film.<sup>4</sup>

### **Community and Family Life Over Technology**

Another tenet that runs deep in the Amish community is self-reliance and looking out for the good of the whole. “It means putting your individual desires, your selfish desires, to the side and doing what is good for the community,” Chester says, adding:<sup>5</sup>

*“As a culture, we don’t like to be dependent on government help. So, we don’t want to accept any handouts. We do not pay into Social Security. We also don’t get the benefits. We don’t get Medicaid or Medicare, but we, within the*



*community, have some church or community-funded programs where it's all nonprofit.*

*So, for myself I pay in about \$200 every month and that gives me basic coverage, up to \$100,000 a year, that's just for my family."*

To pay for a \$50,000 surgery for a 10-year-old Amish boy, the community also came together, with more than 250 people donating and exceeding the goal. There may be health benefits to the Amish lifestyle as well.

In humans, the incidence of depression has grown along with the use of electric lights. While this is only a correlation, it's interesting to note that Amish populations, which have no electricity, have low rates of depression.<sup>6</sup> The Amish also have low rates of asthma, likely due to their farming environment. Substances in Amish house dust may even shape the innate immune system, suppressing the development of allergic asthma.<sup>7,8</sup>

Further, while some Amish people use telephones – land lines, not cellphones – for business purposes, they usually don't keep them inside the home, as "too much technology disrupts family life."<sup>9</sup> Meanwhile, in the rest of the U.S., technology and social media use are changing the way the human brain works, especially with high usage.

Data from teens' phones reveals that usage is, indeed, high, with 6th graders picking up their phones more than 100 times a day, with some picking them up more than 400 times daily. Adolescents also spend an average of 8.2 hours on devices each day, with some spending twice that amount.<sup>10</sup>

Digital stress, which occurs from connection overload, fear of missing out on online conversations or feeling the need to be always available online, along with anxiety over gaining

approval online, is another significant issue. Close to 50% of youth on social media suffer from digital stress, which is associated with increases in depressive symptoms.<sup>11</sup>

In the Amish community, teens may engage in rumspringa, a period of increased social activity and exploration. The term is Dutch for “running around” and is a rite of passage during which they may choose to leave the Amish community or be baptized into the Amish church.<sup>12</sup>

### **The Amish Are Already Free of the Control Grid**

The increasing prevalence of smart cities, with connected smart meters, set up the infrastructure for widespread surveillance, while digital IDs keep everything – your finances, health information, employment history and social credit score – all in one place. This means globalists can monitor, and control, your spending and use of resources.

Organizations such as the World Economic Forum and many of the central banks are pushing for the rollout of the globalist control grid. Once in place, it may be impossible or near-impossible to live without a digital ID and central bank digital currencies (CBDCs).

Getting yourself out of the control grid as much as possible is essential for protecting your freedom, and this is another area where the Amish – who do not depend on the control grid – have a significant advantage.

In this way, we can all take a lesson from their old-fashioned ways and strive to live a simpler, more self-reliant lifestyle – build your own “ark,” hone your skills and cultivate a strong community around you. This involves growing your own food or, if you can’t, developing a relationship with a local farmer who can supply food for you.

At the very least, shop small and local, including for your food, supporting local farmers instead of corporate giants.

You can also ditch your cellphone, which has been described as a “surveillance weapon and beyond,” as much as possible.<sup>13</sup> Even if you have no interest in the Amish way of life, it’s worth recognizing that a reliance on modern-day comforts and technology leaves you incredibly vulnerable should they collapse.

Though it’s uncomfortable to think about, this existence is a fragile one that could be taken away as The Great Reset progresses. Becoming complacent only makes globalists’ plans easier to implement while embodying the preparedness and resourcefulness displayed by the Amish makes a full takeover unlikely.

Along with the practical steps of growing food and considering alternate energy sources, like solar roof panels or a generator, you’ve also got to keep your mind sharp and clear. So, ditch your cellphone and other Big Tech propaganda interference as much as possible in favor of real relationships and local connections. Forge ties in your community where ever you can, and work together, as the Amish do, to build a meaningful, resilient life.

## **Sources and References:**

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- <sup>3</sup> [YouTube, DW Documentary January 5, 2024, 34:49](#)
- <sup>4</sup> [YouTube, DW Documentary January 5, 2024, 29:12](#)
- <sup>5</sup> [YouTube, DW Documentary January 5, 2024, 24:23](#)
- <sup>6</sup> [Transl Psychiatry. 2017 Jan; 7\(1\): e1017., Aberrant light exposure and mood](#)
- <sup>7</sup> [Iowa College of Public Health August 3, 2016](#)

- <sup>8</sup> [N Engl J Med 2016; 375:411-421](#)
- <sup>9</sup> [YouTube, DW Documentary January 5, 2024, 10:34](#)
- <sup>10</sup> [American Psychological Association, Written Testimony Before the U.S. Senate Committee on Judiciary February 14, 2023, Page 10](#)
- <sup>11</sup> [American Psychological Association, Written Testimony Before the U.S. Senate Committee on Judiciary February 14, 2023, Page 13](#)
- <sup>12</sup> [Britannica, Rumspringa](#)
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# Catherine Austin Fitts on “The Great Taking” Financial Coup That Intends to Strip Us of All Assets

[Catherine Austin Fitts on “The Great Taking” Financial Coup That Intends to Strip Us of All Assets](#)

The Great Taking

by [Dr. Joseph Mercola](#)

January 7, 2024

Video available at [BitChute](#). Download [interview transcript](#).

### **Story-at-a-Glance**

- David Webb, a former hedge fund investor, has written a book called “The Great Taking,” as well as filmed a documentary by the same name. His book and film detail how the Federal Reserve influences financial markets, and how its money creation has outpaced economic growth of the U.S., which is a huge red flag indicating that the velocity of money is collapsing
- Central bankers and other globalists have carefully planned the coordinated takedown of the financial system using highly sophisticated strategies, including the manipulation of derivative markets. Whatever securities you believe you may own, you’re not the actual owner of, and when the derivative markets collapse, everything can be taken from you
- While Webb’s work raises serious concerns, there are other more pressing issues that need our attention. Priority No. 1 is ensuring we have control over our financial transactions. We need to help state legislators to protect financial transaction freedom
- North Dakota has a sovereign state bank, and the Florida State Legislature is getting ready to introduce legislation for state banking in the state of Florida. All states need to do this, as it’s one of the primary ways to protect the financial freedom of all citizens
- Priority No. 2 is building and securing food freedom, and No. 3 is transparency and education. We need to educate people about the severity of what’s coming, so that we can, en masse, begin to make different choices

The video above features repeat guest Catherine Austin Fitts,

a finance expert, and founder and president of [the Solari Report](#). She's one of the wisest persons out there when it comes to understanding finances and how to protect your wealth in the face of this global wealth transfer.

We also discuss the work of David Webb,<sup>1</sup> a former hedge fund investor and a good friend of Austin Fitts. He has written a book called "The Great Taking," available for free as a [PDF from thegreattaking.com](#), as well as a documentary by the same name, available on [CHD.TV](#), [Rumble](#) and [YouTube](#).

Webb's book and film detail how the Federal Reserve influences financial markets, and how its money creation has outpaced economic growth of the U.S., which is a huge red flag indicating that the velocity of money (the rate at which money is circulating through the economy) is collapsing. In short, a major financial depression is at hand, and when it all falls apart, we will lose everything.

### **A Financial Coup Is Underway**

Webb reveals how central bankers and other globalists have, for at least five decades or more, carefully planned the coordinated takedown of the financial system using highly sophisticated strategies, including the manipulation of derivative markets.

Whatever securities you believe you may own, you're not the actual owner of, and when the derivative markets collapse, everything can be taken from you. At the end of it all, you truly will "own nothing," as predicted/promised by the World Economic Forum (WEF).

But there's more. In her annual wrap-up, Austin Fitts reviews what she calls "many great takings," because Webb only describes one of them. Wealth is also being stolen from us in dozens of other ways, and we need to understand them all if we are to protect ourselves with any amount of success.

*"My focus is hugely on remedies, not problems," Austin Fitts says, "and when it comes to remedies, you want to make sure you sequence your remedies against the enemy's various tactics. So, sequencing is very, very important when it comes to remedies.*

*The important thing to understand about the great taking is that the World Economic Forum has told you what they're planning: It's 2030 and you have no assets. So the question is, exactly how are they going to strip you of your assets?*

*What David is talking about is stripping you of your securities, but you need to worry about far more than just your securities. You need to worry about your bank, which he touches on and does a very good job of describing some of the history around banking. You have to worry about your real estate. You have to really worry about your precious metals and other currency alternatives.*

*You have to worry about your business and your local investments and then yes, you have to worry about your securities. David is focused on just securities, which is why we did this section called 'The Great Taking' that goes through everything."*

### **Top Three Priorities**

While Webb's work may raise serious concerns, there are other more pressing issues that need our attention. Priority No. 1, according to Austin Fitts, is ensuring we have control over our financial transactions. Her focus for 2024 is therefore to help state legislators in the U.S. to work with banks and citizens within its jurisdiction to protect financial transaction freedom.

*"That's where pushback is critical," she says. "If they can get financial transaction control then they can take everything, and I mean, everything, including your children ..."*

*If you dive in and look at the terms and conditions that some of these payment gateways are asking for now ... you're*

*giving them permission to go into your bank account and take everything. It's frightening.*

*So, the No. 1 thing to remedy against is financial transaction control. If you go to Solaris, we have something called a [financial transaction freedom memo](#). Print it out and start looking at all the things you can do to protect yourself from somebody controlling your financial transactions.*

*If they get that, The Great Taking is on. They take everything – real estate, securities, everything. So first and foremost, don't worry about your securities. Worry about your banking and your transactions.*

*The second Great Taking is ... food and health. The push to control the food system is on because to control financial transactions, they also need to control food because, if you can get your food and energy outside the banking system, you can survive without their banking system. This is why we cannot allow a 100% digital financial system.*

*The third Great Taking I'm concerned about is the real estate, because we see an extraordinary move being done to take control of the land, the real estate, including farmland, which is very much related to the food.*

*There are all sorts of games that can be played with the banking system to default people on their mortgages, and of course, interest rates and inflation are part and parcel of that."*

As noted by Austin Fitts, the process of reducing the homeownership rate has been going on for decades. It's related to monetary policy, because inflation has doubled the average payment on the median-price home in America over the last four or five years alone. So, the younger generation is being completely wiped out and cannot afford to buy homes.

It's also related to another Great Taking, which is the fraudulent inducement of student loans. Most of the big banks are paying close to zero percent for their capital, while students with loans are paying 5% to 9%, and those with credit



card debt are paying 17%. "It's an extraordinary differential in the cost of capital that's literally engineered into the system in a very unfair way," she says.

### **A System to Rob Us of Our Security Assets**

Austin Fitts goes on to review Webb's background, and how he came to the discoveries he made. In summary, financial regulators have created a way, through the custodian system, of robbing 100% of the security assets as a senior creditor, most likely through a default of derivatives.

Austin Fitts is not overly concerned about this, though, because while Webb believes a legal pathway has been created through the Uniform Commercial Code (UCC), Austin Fitts and her experts don't think it'll stick. "We are still looking for a UCC expert who can figure this out," she says.

What Webb has proven, however, is that there has been an extraordinary effort by the financial regulators to assert control of ALL collateral. Austin Fitts believes this was done to keep the financial bubble going.

*"The reason I'm not worried about a grab of the securities in the near future is because I think the way you grab assets is by getting financial transaction control to the banking system," she says. "Once you have that, you can do everything. You can take 100% of the assets, including securities. So, I think financial transaction control is coming faster.*

*I think in terms of sequencing, a grab of all the securities is not near. What David would say is, if they get themselves in a corner, they have to do it. My feeling is they have so many ways out of a corner, it's not necessary. What they're going to do is what I've seen them doing, which is pushing for financial transaction control.*

*But here's what's great about David's research. No one goes through the bother of doing what they've done if there's*

*integrity in the system. I think David has proven, yet again, that the financial system is lacking integrity and is engineered to benefit a few at the expense of the many.*

*The other thing I thought was very good about his book was, he describes the game in terms of insiders and outsiders to the banking system through the Great Depression – how your bank could fold; you lose your deposits, but you're still liable for your mortgage.*

*And of course, that's how you get people's real estate. You abrogate your income obligations to them, but then you hold them accountable for their debts."*

### **There's No Safe Harbor for Anyone**

It's telling that Webb started this journey because he was trying to figure out how to protect his own family's wealth only to, in the end, realize there is no safe harbor, not even for a financial insider like himself. The system is completely rigged from every angle. The sober realization is that there's no getting away from this Great Taking.

We must face it head on, and do the work necessary to change the system so that it protects everyone. Part of that work is to make our political representatives understand what is happening, and that it is in their own self-interest to protect financial freedom.

Many of them are extraordinarily wealthy, and they too stand to lose everything if they don't take action. They're not insulated from this Great Taking. Like Webb discovered, there's no safe harbor for them either. Webb's contention is that the situation is salvageable, but we do need some kind of reset.

Just not The Great Reset the globalists have planned. One possibility would be to implement a small tax on digital transactions, like a fraction of 1%. The revenues generated from that transactional fee could fund the government, doing away with income taxes, provided we don't have to engage in

international wars.

### **Top Three Financial Drains**

According to Austin Fitts, the top three things that are draining our wealth are:

1. Tyranny
2. The use of environmentally damaging processes like industrial farming instead of regenerative farming, the hardware required for the control grid and the electromagnetic field radiation that goes with it
3. The control of innovation, which prevents cost savings

All three of these are alterable. We can eliminate these financial drains, but we can't start there. First, we need to secure our financial transaction freedom, because everything basically hinges on that. If we lose that, we've already lost everything else.

### **Three Basic Action Items**

Again, be sure to download Solari's [financial transaction freedom memo](#). It details the problems, and the solutions. "Do what you're comfortable doing," Austin Fitts says.

*"One is using cash. And when you use cash, start talking with local businesses and find ways of interacting locally that will give you more local resilience. And of course, the big one is food, because I don't know a way of getting food that is safe, other than knowing where it's coming from and knowing the people who are producing it ...*

*The third thing you can do is to bring transparency, and this is really important. If you go to Solari, we've put together a list of short videos on CBDCs and financial transaction freedom. The first one is the one-minute video of the head of the BIS basically saying we can make the rules centrally and enforce them centrally with CBDCs.*

*The second one is Neel Kashkari, head of the Minneapolis*

*Fed, one of the 12 Fed banks, saying 'I can see why the Chinese would want this because it gives you complete surveillance and control. But why would Americans ever let this happen?' If it's so bad that one of the Fed presidents is telling you you don't want it, that's very helpful.*

*Then we have Bo Li [deputy managing director of the] IMF talking about the programmability of money, so if they decide you can only eat bugs and no pizza, your money will only buy bugs. And then the last one is Richard Werner talking about a top central banker telling him that CBDCs, ultimately, will be a chip that they want to put in your hand.*

*We need to tell people what's going on and help them understand how serious this is, because it's hard for many to fathom that somebody would want that kind of complete control. With AI and software, you can deliver that kind of complete control.*

*With a very short video, one minute or less, people get it. And that's the point at which you can turn to your state legislators and your state banking association and say, 'OK, what are you guys going to do to make sure I don't end up like the Tennessee truckers?'*

*What's very interesting ... the states have the power to assert complete sovereignty over the money and the cash flows within their area, and to protect them. Now, they haven't done it. And one of the reasons they haven't done it is the Treasury and the central banks have been very good at making it financially attractive to buy into the federal system.*

*[Eventually], it's going to be more important to be sovereign and free than to get another \$2 billion in education – an education that requires you to teach your kids how to be sex slaves.*

*So, one of the things you can do bring transparency, but start working with your bankers, with your State Bankers Association, your state legislators, and encourage them to*

***take the steps. And if you look at the Financial Transaction Freedom memo, we list all the different things that a federal legislator can do.”***

## **Why We Need Sovereign State Banks**

North Dakota already has a sovereign state bank, and the Florida State Legislature is getting ready to introduce legislation for state banking in the state of Florida. Tennessee is looking at ways to create independent payment systems, and is in the process of starting a Bullion Depository and authorizing their treasurer to start buying gold and silver.

These are just some of the strategies that can, and need, to be implemented by all states. As noted by Austin Fitts, “The only way I can protect my individual sovereignty is if my state protects my financial sovereignty.” And states can do that by implementing sovereign state banks that are not tied to the central banking system.

***“If you have a sovereign state bank, what that means is, your citizens are paying taxes into your accounts, and you have the ability, working with the state banks and credit unions and financial institutions, to keep the transactions going so that the Treasury or the central bank can’t lock you down or shut you down.***

***I mean, that is amazing. If you also have a bullion depository, then you’ve got gold and silver reserves and that makes it easier for other people in the state to have a depository they can trust, and that means they can start doing transactions with gold and silver, particularly if you take the sales tax off.***

***Tennessee has taken the sales tax off golden and silver. And there’s a big squabble now – several states have put in bills making gold and silver legal tender, but do it in a way where the Feds can’t charge capital gains, so that you can use gold and silver as currencies locally. It’s a great way to start a local currency.”***

## A Building Wealth Reset

In conclusion, what we need to do, first and foremost, is to regain and safeguard our control of our financial transactions. Next, we need what Austin Fitts refers to as a “building wealth reset,” a reset of the financial system that allows us to build both living equity (health) and financial equity.

And we can do that. While it may seem as though we’re on a speed train headed for a brick wall, and that we have no way to get off, that may simply be an illusion. We probably have far more choice than we think.

*“During my litigation [against the government], I had many different attorneys, and they would surround me and say, ‘You have to do this, you have no choice,’”* Austin Fitts says.

*“And I would say ‘I refuse. I’m not going to do that.’ That’s a choice. And then, what would happen? Suddenly, an option would open up that wasn’t there before. In other words, my refusal to go down the pathway that I had no choice created a new choice.”*

Remember that as you move forward. Refusing to be part of the system may seem impossible, but the very act of making the choice to refuse may be the very thing that opens up brand new possibilities and options. Certainly, there are paths to victory, beginning with getting state leadership to get onboard with sovereign state banking.

1 [TFTC December 18m, 2023](#)

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# How to Produce the Healthiest Foods Imaginable

## [How to Produce the Healthiest Foods Imaginable](#)

by [Joseph Mercola](#)

December 30, 2023

### Story-at-a-Glance

- Low-carb/high-fat diets ultimately backfire because they inhibit glucose metabolism, which is the most efficient form of energy production in the mitochondria; they also impair thyroid function
- One of the reasons why ketogenic and carnivore diets are usually helpful for a time is because, if implemented properly, you're radically reducing your intake of omega-6 fats, linoleic acid (LA) in particular, which is one of the primary drivers of ill health
- LA is a primary driver of disease, in large part due to its detrimental effect on mitochondrial function and, hence, energy production
- Your body has a certain amount of energy and a number of biological processes that it can turn on or turn off with that energy pool. The more energy you have available, the more functions your body can turn on. When your energy production is lower than required to maintain all functions, your body must downregulate certain functions, which ultimately results in problems
- One of the easiest ways to assess how much energy your

body is producing is to take your body temperature. Take your temperature 30 to 40 minutes after breakfast and midday. You want to see a rise in temperature

The interview above features Ashley Armstrong, who's an expert in two areas. One is producing some of the healthiest food in the United States, and the second is understanding how your body uses it and how to select the right types of food to optimize your biology, based on the late biologist and thyroid expert, [Ray Peat's, principles of bioenergetic medicine](#). She also is a certified personal trainer with a Ph.D., MS and BS in engineering.

Like many others who are trying to improve their health, Armstrong tried low-carb diets, fasting, keto and even carnivore diets in the past. But while these all led to improvements initially, they didn't eliminate them, which ultimately led her to investigate Peat's principles.

***"Ray Peat, he honestly saved my life and I owe so much to that man," she says. "I'm forever grateful for him. The biggest wake-up for me was measuring my body temperature. I was on a carnivore diet and measured my body temperature – it was 96.5 degrees Fahrenheit.***

***I was like, wow, no wonder my hair is thinning. No wonder my complexion is so pale. No wonder I'm not sleeping through the night. There was just a number of red flags. That body temperature measurement just woke me up. It's what I needed to [realize] I'm not thriving, I'm just surviving.***

***I've been implementing Dr. Peat's principles for over three years now. I have more energy in life than I think I've ever had, even as a teenager. And it's just amazing to see how being not restricted with your food, just being strategic with macros, types of food, how powerful that can be for your energy production."***

## **The Problem With Low-Carb and Keto**

As I've detailed in previous articles over the past year, low-



carb/high-fat diets ultimately backfire because they inhibit glucose metabolism, which is the most efficient form of energy production in your mitochondria; they also impair thyroid function. Your thyroid is crucial for energy production, and if your thyroid doesn't work, you're down the creek without a paddle.

One of the reasons for this is because ketogenic diets increase the stress hormones – cortisol, glucagon and adrenaline. On the other hand, one of the reasons why ketogenic and carnivore diets are usually helpful for a time is because, if implemented properly, you're radically reducing your intake of omega-6 fats, [linoleic acid](#) (LA) in particular, which is one of the primary drivers of ill health.

### **Energy Production Is Key for Overall Health**

As explained by Armstrong, the best way to understand the bioenergetic principle is to think of your body as a system. It has a certain amount of energy, and a number of biological processes that it can turn on or turn off with that energy source.

The greater your energy pool, the more functions your body can turn on. When your energy production is lower than required to maintain all functions, your body must downregulate certain functions, which ultimately results in problems. The human body is designed to promote survival, so it's going to prioritize things like your heart rate.

Functions that aren't necessarily vital for survival in the immediate moment, like sex hormone production, reproductive function, digestion, sleep and high cognitive thinking, get downregulated first. When you increase energy production, however, your body can then expend energy on those functions and bring them "back online."

### **Using Body and Pulse Measurements as Guides**

As explained by Armstrong, one of the easiest ways to assess

how much energy your body is producing is to take your body temperature.

*“High stress hormones can keep your waking body temperature elevated,” she says, “so you’ve got to do your waking temperature 30 to 40 minutes after breakfast, and then I like to do midday. You want to see that temperature rise.*

*For many who are on low-carb or who are living on stress hormones, they’re going to have potentially high waking body temperature, but after breakfast, that temperature may drop. That’s because the food you’re consuming is lowering your stress hormones and your actual body temperature is then better exposed.*

*So we want to see that body temperature rise. And I love how both of us are so passionate about linoleic acid. As human linoleic acid consumption has gone up, human body temperature has gone down. So, the types of fats that we are consuming in our diet is impacting energy production in a negative way.*

*It’s shown with obesity rates out the roof. It’s shown with the decline in our body temperature. It’s shown with the decline in our healthy life expectancy, which is bizarre as a First-World country. There are just so many profound effects.*

*But when we just think of it as energy production – the more energy we can give our body to be able to perform functions, the better it’s going to function. I asked this question to someone who is really adamant about fasting. I said, ‘If you’ve got two bodies, one body that’s fasted and the other body that is fed nourishing food, which body is going to thrive and function better?’*

*It’s obvious. If you add a third person fed more of a standard American diet, of course maybe fasting is going to make you feel better, but you can elevate yourself a step above. You don’t have to rely on fasting to increase energy production. Your body is not going to increase energy when you’re not [putting] energy in.”*

Indeed, when it comes to fasting, one of the primary benefits

is that it lowers the fuel for gram-negative bacteria that produce endotoxin in your gut. Low-carb does this as well. Endotoxin, estrogen, LA and stress hormones will all decrease your mitochondrial function, mediated in big part by your thyroid function. Those are the big things that need to be reduced to enhance your mitochondrial function and energy production within the mitochondria.

### **How LA Harms Your Energy Production**

As mentioned, LA is a primary driver of disease, in large part due to its detrimental effect on mitochondrial function and, hence, energy production. Your body can use both fat and glucose for energy. Muscle, in particular, will use fat for fuel, as will your heart. So, fat is not bad, but it's important to realize that different fats affect your body in different ways, so it's crucial to get the right fats. Armstrong explains:

*"The different types of fatty acid molecules have drastically different structures and those impact the internal environment inside of us. They impact how your body is producing energy. The more saturated we can become, the better our internal environment is going to be.*

*When someone goes low-carb, maybe they reduce the amount of packaged food that they're eating that contains a ton of vegetable oil and linoleic acid, and so potentially they're resaturating some of their tissues.*

*But when you learn about what livestock are being fed these days, then you realize that a high animal fat diet can still contain quite a bit of PUFAs [polyunsaturated fats] and linoleic acid, depending on what those animals ate. So, think it's important to consider the amount of each macronutrient that you're intaking because that can have profound impacts on your energy production.*

*Saturating your tissues is going to take you to the next level, but adding in appropriate levels of carbohydrates is*

***going to allow you to take your consciousness and energy production level to the next level [beyond that].”***

The types of carbs you eat matter, however. I’m convinced the ideal carbohydrate is fresh, ripe fruit. Ripe is the key here. Of course, some fruits are better than others. Watermelon, for example, is among the best. Watermelon with feta cheese and a little mint on top makes for a delicious snack.

Aside from containing a lot of water, watermelon also contains a substance called citrulline, which converts into arginine, a precursor for nitric oxide (NO). NO is important to your body, but the caveat is that it needs to come from real food. Drugs like Cialis or Viagra, which act by increasing NO, will accelerate your path toward premature death. Artificial citrulline and other synthetic amino acids that raise NO are also best avoided.

***“In Michigan, I rely a lot on frozen fruit,” Armstrong says. “In the summertime I’ll go to strawberry fields and pick strawberries when fresh and then freeze a ton of them. Same thing with blueberries and peaches. And then I rely on a lot of apples in the winter because apples are abundant around here and can be stored.”***

Juices also have their place. Cold-pressed, pulp-free orange juice, for example, is a good choice. The reason you want pulp-free is because if you’re like most people, you have gram-negative, endotoxin bacteria in your gut that will thrive on the pulp, hence increasing endotoxin production.

So, if you have an unhealthy microbiome, pulp-free orange juice is a great carb that will gently and safely allow you to enter the higher carb world. As your microbiome improves, then you can transition to whole fruits and berries, which is, I believe, far superior to juices.

### **How to Produce the Best Eggs**

Segueing into the topic of food production, Armstrong’s farm produces some of the highest quality eggs I’ve ever come

across, and the feed recipe I use for my own chickens came from her. But I recently discovered something that could make them even better, and that is to allow the chickens to scratch for their own food.

Their ideal food is insects fresh from the ground, and while I previously thought chickens couldn't get enough food this way, meaning you had to give them something, that may actually not be true.

Unfortunately, in places where the ground freezes, chickens will not be able to sustain themselves on insects, and you definitely do NOT want to feed your chickens dehydrated bugs. Why? Because the bugs are raised on corn and soy, making them very high in LA.

But in places like South Florida, for example, you can easily produce top-notch eggs, quality-wise, by allowing your chickens to peck for insects, without giving them any supplemental feed. Armstrong is also making plans to let her chickens forage for bugs year-round:

***"I think that would be the ideal condition, and I have an image in my head of what I want to bring our farm to in the future – a greenhouse where we've got fodder growing on the ground and a worm farm ... so [the chickens] will get abundant bugs in the winter. That's what I want to move towards, but that requires a lot of financial investment. So we'll get there one day."***

### **The Feed Has Dramatic Impacts on Animal Foods**

The feed Armstrong developed, which I've been using as well, results in eggs that have about 75% less LA than conventional eggs. When it comes to conventional eggs, the LA is really the only problem. When the chickens are fed an ideal diet, the yolk in the egg is one of the best, most nutritious foods imaginable. The only thing that comes close is organ meat.

Egg yolks are the ultimate food; the problem is 99.99% of the

eggs produced in this country are not that good. I don't care if they say free range, grass fed, organic, it doesn't matter. They're terrible because they have four times more LA than they should. As noted by Armstrong:

***"It's important to consider organic soybeans have the same amount of linoleic acid as non-organic soybeans. Whether it's grown conventionally, organically does not change the fatty acid composition of soybeans. You don't want to be eating eggs from chickens fed a bunch of soy vegetable oil and other high omega-6 PUFA foods."***

According to Armstrong, the feed of the chickens may even determine the eggs' allergenicity. In other words, if you're allergic to eggs, you could potentially be able to eat the eggs from correctly-fed chickens.

***"What is soy high in? Phytoestrogens that can be very problematic for some people. If a chicken is eating phytoestrogens that can be problematic for humans, those get passed through into the eggs. We have a number of customers that cannot eat any other eggs, but they're totally fine with our eggs. And it's because of the diet of the chicken."***

***So if you have allergic reactions or problems with eggs, try a different source where they're not fed soy. Some people can be allergic to corn as well, and that allergenicity can pass through the egg as well. But it seems like soy is the biggest culprit."***

***But be careful of many corn and soy-free feeds, because those are high-PUFA ingredients like sunflower, flax, fish oil, vegetable oil and safflower oil. And so, just be really careful of your source, and ask what the chickens are eating. But yes, allergenicity of eggs I think really depends on what the chicken eats."***

## **LA-Rich Animal Feed Is Now Impacting Human Energy Production and Health**

All of that said, it's still crucial to ensure your chickens have enough food, be it fresh insects or a carefully planned

feed that is low in LA and high in healthy saturated fats and other nutrients.

*“Your chicken is not going to thrive if it’s underfed,” Armstrong says. “Your chicken is not going to thrive if it doesn’t have food. I am trying to boost the metabolic rate of our chickens as high as possible. Just like us, chickens are monogastric single stomach animals, the types of fat that they are fed, the types of fat that we are fed impacts the types of fat inside of us.*

*This is a little bit different for ruminant animals – cows, goats – but for monogastric chickens, pigs, their diet is very important. And this is why I am so passionate about it, because we have been lied to and convinced that saturated fat is bad for us.*

*So, you’ve seen a huge push for PUFAs in our diet. This is going beyond just human dietary choices. This is impacting our livestock food. And this is having profound impacts on not only livestock health, but also the food that we’re consuming ...*

*Even in the dairy industry, they’re creating things called rumen-protected fats. They are PUFAs that in a typical rumen digestion system can go through the process called hydrogenation, which turns the PUFA into saturated fat.*

*They are designing rumen-protected fats so that the PUFA is passed through the rumen. The PUFA content of milk is increasing. That means any dairy fat – butter, cream, whole milk. The PUFA content of beef fat is increasing. And this is by design ... Lard and chicken fat from conventional animals has the same amount of PUFA as canola oil.*

*This is profound. We have changed the types of fat inside of us. I think the linoleic acid content of humans has increased 136%. That is changing how our body is making energy inside of us. The types of fat we consume day-to-day have a long life inside of us – 600 days. So, the types of fat we’re consuming day to day impacts our energy production for years to come.*

*It's unfortunate because this is just the reality for a lot of people, and that's why I'm so passionate about it. Our food system is designed in a way that is not setting us up for success. That's why I want to try to change it by going back to how our food was produced 100 years ago, where there was appropriate amounts of PUFAs in foods, small amounts, and saturated fat was the predominant fat source for both livestock and humans."*

## **High PUFA Diets Shut Down Your Metabolism**

As explained by Armstrong, in nature, animals increase their PUFA consumption up to a certain amount to initiate torpor, which means their metabolism is so downregulated that they can survive the winter without eating. Think about that. Can you function optimally if your diet is one meant for hibernation? In that state, you have to eat fewer and fewer calories to avoid weight gain, which results in undernourishment and poor energy production.

*"I try to keep my PUFA consumption as low as possible," Armstrong says. "You can easily track that in [Cronometer](#) and see what your total PUFA, total linoleic acid content is per day. If you have four conventional eggs, you're already at about 5 grams of linoleic acid in a day. And I would want people to be lower than that. All foods contain some amount of linoleic acid, so even milk is going to have a little bit."*

There's no question that LA is NOT an essential fat, even though it's categorized as such. It's not essential because nearly all foods contain it. It's virtually impossible to become deficient in LA if you eat food, regardless of what that food is.

Another fat that likely IS essential, but isn't widely recognized as such, is the odd-chain saturated fats (OCFAs) found primarily in dairy. You can learn more about this in "[The Amazing Benefits of Dairy Fat](#)." There's also evidence suggesting that if you don't get enough OCFAs in your diet, then high saturated fat intake might become problematic.



So, you need these odd-chain saturated fats. That's why you need butter. You need milk. These are essential. Your optimized biology and health is dependent on these foods, because, again, the OCFAs help increase your body's energy pool. They boost energy production, which will improve how your entire body functions.

In the interview we also discuss how dairy improves the health benefits of eggs, as the calcium in the dairy reduces the conversion of tryptophan in the egg white into serotonin. [Serotonin](#) is another compound you simply do not want too much of.

You also want to make sure you're having enough carbohydrates with that meal. Carbohydrate oxidation produces 50% more [carbon dioxide \(CO<sub>2</sub>\)](#), so simply having carbs with your eggs will raise your CO<sub>2</sub> level, which is very important for health.

***"So, for breakfast, have eggs, milk, some honey or maple syrup and fruit. Boom, there you go. You're drastically reducing the conversion of tryptophan to serotonin and it's a simple meal," Armstrong says.***

### **More Information**

We discuss a lot more in this interview than what I've covered here, so for more fascinating details, be sure to listen to the whole interview. For example, we discuss the pros and cons of egg whites, and why most cheese sold in the U.S. is less than healthy, as many cheese producers are using a microbial rennet made by Pfizer that is derived from mold that eats genetically modified corn and soy.

We also discuss various ideas for improving the feed of chickens, and how to maintain maximum egg production in the winter with incandescent lights and red light therapy.

If you want to purchase eggs from Armstrong's farm, Angel Acres Egg Co., visit [angel-acresfarm.com](http://angel-acresfarm.com). She's also started a

new private member food system that offers milk, cheese, low-PUFA pork and low-PUFA chicken, called [Nourish Cooperative](#). Both will ship farm-fresh food right to your door.

[Connect with Dr. Joseph Mercola](#)

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# Geneva: The Head of the Snake

## [Geneva: The Head of the Snake](#)

by [Dr. Joseph Mercola](#)

December 2, 2023

### Story-at-a-Glance

- Pascal Najadi, son of World Economic Forum (WEF) cofounder Hussain Najadi, is calling on the Swiss authorities to arrest the leaders of the World Economic Forum, the World Health Organization and GAVI, all of which are headquartered in Geneva, Switzerland, as well as Big Tech and Big Pharma executives, for injecting a bioweapon into 5.7 billion people
- In 2022, Najadi filed criminal charges against Swiss president Alain Berset for misleading the Swiss people about the COVID shots
- Najadi has also filed a civil case against Pfizer at the New York Supreme Court for harm done to him by the Pfizer COVID injection

- GAVI, founded by Bill Gates, has diplomatic immunity in Switzerland, and its immunity clauses go beyond even that of diplomats. GAVI's immunity covers all aspects of engagement, including criminal business dealings. They can do whatever they want without repercussions. GAVI is also completely tax exempt
- Another Gates-founded and funded organization headquartered in Geneva – the Global Fund to Fight AIDS, Tuberculosis and Malaria – also has diplomatic immunity

“Everything evil in the world, related to democide ... comes from Geneva.” That’s a quote from Pascal Najadi, a former banker and son of World Economic Forum (WEF) cofounder Hussain Najadi, who claims his father left the WEF “out of disgust” in the early ‘80s.<sup>1</sup> Hussain, founder of AmBank, one of the largest banks in Malaysia, was assassinated in Ceylon in 2013.<sup>2,3</sup>

According to Najadi, “evil” organizations engaged in democide – the murder of people by government – include the World Health Organization, the Global Alliance for Vaccine Immunization (GAVI) and the WEF, all of which are headquartered in Geneva, Switzerland.

This is why he calls Geneva “the head of the snake.” Najadi is now calling on the Swiss authorities to arrest the leaders of these organizations, along with Big Tech and Big Pharma executives, because:

***“... the WEF, WHO, GAVI, Big Pharma, Big Tech [and] Bill Gates all advocated for a global humanity injection [with] a bioweapon – injecting nanolipids [which are classified as toxic<sup>4</sup>] into 5.7 billion people. And we Swiss are hosting them? That’s terrible. We cannot tolerate any entity that promotes poison to be injected into humanity.”***

One of the reasons Najadi is so adamant about holding these organizations accountable is because he trusted the

information given, got three doses of Pfizer's mRNA shot in 2021, and is now dying from the effects. "It's a democide, and you'll be judged," he says. "It will be corrected in the name of humanity."

## **Najadi Goes After Swiss Government and Pfizer**

In December 2022, Najadi filed criminal charges against Swiss President Alain Berset (formerly the Swiss minister of health) for misleading the Swiss people about the COVID shots.<sup>5</sup>

Among the false statements highlighted by Najadi was Berset's claim that vaccinated people were not contagious and could not spread the virus<sup>6</sup> – a claim he must have known was untrue at the time he said it, October 27, 2021.

First of all, Pfizer never conducted any tests to determine transmissibility among the jabbed, so they had no data. Moreover, three months earlier, August 3, 2021, the Swiss Federal Office of Public Health (FOPH) had announced findings showing "Vaccinated people can spread the coronavirus just as frequently as unvaccinated people."<sup>7</sup>

Criminal charges include assault, bodily harm and abuse of office. The charges are reportedly still under investigation. He discusses this case with Rebel News in the video above.

In March 2023, he also filed a civil case against Pfizer and the U.S. Food and Drug Administration at the New York Supreme Court in Manhattan for harm done to him by the Pfizer COVID shot.<sup>8,9,10</sup> That case is discussed in the video below. Charges were also filed against the two doctors who "injected him with a toxic substance."<sup>11</sup>

## **The Geneva Syndrome**

According to her bio,<sup>12,13</sup> Astrid Stuckelberger "is an

internationally recognized expert on issues related to evaluating scientific research for policymakers, in particular in health and innovation assessment, pandemic and emergency management training and in optimizing individual and population health and well-being.”

She’s also a published author, with a dozen books to her credit, as well as more than 180 scientific articles, policy papers and governmental and international reports.

Between 2010 and 2020, Stuckelberger was also a professor at the Universities of Applied Science in Switzerland, and a senior lecturer at the University of Lausanne. When she started speaking out against the COVID-19 narrative, her university positions were canceled.

Stuckelberger refers to what she calls “the Geneva syndrome.” What she means is that most of the people who work in these Geneva-based organizations do not understand what they’re working toward, and those who do understand are too afraid to speak out because the power wielded by these entities is so great.

Instead, they speak in code or try to wake people up to the reality of what’s planned in indirect ways. What’s planned, of course, is a one world government ruled by an unelected cadre of technocrats.

The agenda that has become apparent over the past three years has been in the works for decades, but there was always some semblance of law and order, some checks and balances. What we’re seeing now is that the individuals involved have become so emboldened they don’t even care that people can see them flouting the rules and changing them to fit their own aims.

The WHO, for example, does not have the authority to dictate orders to the world, yet that’s what they did. Now, they’re simply trying to “legalize” and make permanent their power grab through the implementation of a new [pandemic](#)

[treaty, amendments to the international health regulations](#) and [One Health](#) – none of which can be voted on by the public.

### **Why Do Gates' Organizations Enjoy Diplomatic Immunity?**

Stuckelberger was the first to publicly point out that GAVI, the vaccine alliance founded by Bill Gates, has diplomatic immunity in Switzerland.<sup>14,15</sup> More specifically, GAVI has “qualified diplomatic immunity,” which is odd, considering the organization has no political power that would warrant it.

Odder still is that GAVI's immunity clauses go beyond even that of diplomats. GAVI's immunity covers all aspects of engagement, including criminal business dealings.

GAVI is a nongovernmental organization that is allowed to operate without paying any taxes, while also having total immunity for anything they do wrong.

They can do whatever they want, without repercussions. Equally strange, GAVI is completely tax exempt. So, to summarize, GAVI is a nongovernmental organization (NGO) that is allowed to operate in Switzerland without paying any taxes, while also having total immunity for anything they do wrong, willfully or otherwise.

Another Gates-founded and funded organization headquartered in Geneva – the Global Fund to Fight AIDS, Tuberculosis and Malaria – also has diplomatic immunity.<sup>16,17</sup> Like that of GAVI, the agreement between the Swiss Federal Council and the Global Fund includes articles specifying the “inviolability” of their premises and archives.

No agent of the Swiss public authority can enter or search them without express consent of the executive director of the organization. Their archives may not be searched, regardless of their location, and “in the conduct of its business,” the organizations “enjoy immunity from every form of legal process and enforcement.”

The only person who can waive this immunity is the executive director himself, or an authorized representative. But if you're engaged in criminal activity, would you waive your immunity to search, seizure and prosecution?

The inclusion of that article alone reveals volumes. It's what you'd want if you knew that what you were doing could get you in legal trouble, sooner or later. One of the few exceptions to the ironclad immunity clause is the civil liability for damages caused by a vehicle belonging to the operation.

### **The Nation-State of Gates**

In her [2021 testimony](#) to the German Corona Extra-Parliamentary Inquiry Committee, Stuckelberger also detailed the highly unusual agreement between the WHO, Gates and Swissmedic (the Food and Drug Administration of Switzerland).

According to Stuckelberger, Gates requested to be part of the WHO's executive board in 2017, ostensibly because he's one of its largest funders. Essentially, he, as an individual, sought to gain the status of a member state. There's no evidence that Gates was ever granted this status, but he may still have more power over the WHO than his funding already grants him.

Essentially, it appears that when he did not get voted in as a one-man nation state, Gates created three-party contracts with member states and the WHO instead, essentially placing himself on par with the WHO. According to Stuckelberger, on one of those three-way contracts is between Gates, the WHO and Swissmedic.

This arrangement is yet another piece of evidence that private-public partnerships have been hijacked by private interests, which also happen to enjoy the same or even greater liability protections than nation states!

### **Building a Global 'We the People' Movement**

Najadi insists that Switzerland must return to its neutral

roots. “Swiss neutrality has to be restored,” he says, and once restored, the country must never again allow institutions like the WEF, WHO and GAVI to gain foothold.

*“The snake head is in Geneva,” Najadi says. “I call it a direct, clear and present danger to the Swiss population. But I can tell you, it is being cut off. If you have a house of cards ... of a criminal [entity]... one card pulled by justice and the whole card house collapses.*

*But from hope alone it is not done. Everybody must now change the spirit. All the vaccinated, the injected, knowing that they are poisoned – we are the masses. We are billions of people. Let’s just stand up and say ‘Stop. We will not comply.’ Because we are the guardians of humanity and our light obliterates the darkness of evil.”*

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# The End of Privacy Is Near

## [The End of Privacy Is Near](#)

by [Dr. Joseph Mercola](#)

November 17, 2023

### Story-at-a-Glance

- “CITIZENFOUR” is a documentary about NSA whistleblower Edward Snowden. It came out in 2014, but it’s even more pertinent today than it was then



- In January 2013, when documentary film director/producer Laura Poitras received an encrypted email from a stranger who called himself "Citizen Four"
- In June 2013, Poitras flew to meet Snowden at the Mira Hotel in Hong Kong, together with columnist Glenn Greenwald and Guardian intelligence reporter Ewen MacAskill. After four days of interviews, Snowden's identity was made public at his request
- Today, Snowden's warnings ring truer than ever. Artificial intelligence now scours social media, podcasts and videos for key words identifying "anti-vaxxers," for example. It doesn't even matter if they agree with what you're writing or saying. The mere inclusion of certain words will get you axed from the platform
- Next, the plan is to eliminate privacy altogether by requiring a digital identity to access the internet

"CITIZENFOUR" is a documentary about U.S. National Security Agency (NSA) whistleblower Edward Snowden. It came out in 2014, but it's even more pertinent today than it was then, so if you haven't seen it, I urge you to do so.

The Snowden story began in January 2013, when documentary film director/producer Laura Poitras received an encrypted email from a stranger who called himself "Citizen Four." Snowden reportedly chose this codename "as a nod to three NSA whistleblowers who came before him: Bill Binney, J. Kirk Wiebe and Thomas Drake."

Poitras had already spent several years working on a film about monitoring programs in the U.S., and had been placed on a secret watch list after her 2006 film "My Country, My Country,"<sup>1</sup> a documentary about Iraqis living under U.S. occupation. In his initial email, Snowden wrote:

*“Laura. At this stage, I can offer nothing more than my word. I’m a senior government employee in the intelligence community. I hope you understand that contacting you is extremely high risk and you’re willing to agree to the following precautions before I share more. This will not be a waste of your time ...*

*The surveillance you’ve experienced means you’ve been ‘selected’ – a term which will mean more to you as you learn about how the modern SIGINT system works.*

*For now, know that every border you cross, every purchase you make, every call you dial, every cell phone tower you pass, friend you keep, article you write, site you visit, subject line you type, and packet your route, is in the hands of a system whose reach is unlimited, but whose safeguards are not.*

*Your victimization by the NSA system means that you’re well aware of the threat that unrestricted secret police pose for democracies. This is a story few but you can tell.”*

## **Summary of Snowden’s Journey**

In June 2013, Poitras flew to meet Snowden at The Mira Hong Kong, together with columnist Glenn Greenwald and Ewen MacAskill, an intelligence reporter for The Guardian. After four days of interviews, Snowden’s identity was made public at his request.

Within two weeks, the U.S. government demanded Snowden’s extradition. Facing prosecution in the United States, Snowden scheduled a meeting with the United Nations High Commissioner for Refugees and applied for refugee status.

He managed to depart Hong Kong, but became stranded at the Sheremetyevo International Airport in Moscow when his passport was canceled. There he remained for 40 days, until the Russian government finally granted him asylum.

## **The Greatest Weapon of Oppression Ever Built**

The U.S. government implemented Stellar Wind, a program to

actively – and illegally – spy on all Americans within days of the 2001 9/11 attack. Ten years later, in 2011, construction began on a NSA data center in the Utah desert. It's now the largest surveillance storehouse in the U.S.

In his correspondence, Snowden warned Poitras that “telecommunication companies in the U.S. are betraying the trust of their customers.” Through Stellar Wind, all phone calls and text messages were being intercepted and stored, and the Stellar Wind program has only expanded from there.

The NSA not only intercepts American citizens emails, phone conversations and text messages, but also Google searches, Amazon.com orders, bank records and more.

***“We are building the greatest weapon for oppression in the history of man,” Snowden wrote, “yet its directors exempt themselves from accountability ... On cyber operations, the government’s public position is that we still lack a policy framework. This ... was a lie.***

***There is a detailed policy framework, a kind of martial law for cyber operations created by the White House. It’s called ‘Presidential Policy Directive 20’ and was finalized at the end of last year.”***

### **Linkability, the Key to Control – and Entrapment**

As explained in the film, a key aspect of control through surveillance is the linkability of data. One piece of data about you is linked to another piece. For example, your bus pass can be linked to the debit card you used to buy the pass. Your debit card is also linked to all other purchases.

With two key pieces of information – WHERE you went on a given day, and WHEN you made purchases, they can determine who you spoke with and met up with by linking those data points with those of other people who were in the vicinity at the same time. And that's without even using your cellphone data.

When all these various data points are aggregated – location data, purchases, phone calls, texts, social media posts and more – you end up with a collection of metadata that tells a story about you. However, while the story is made up of facts, it's not necessarily true.

For example, just because you were standing at a particular street corner does not mean you had anything to do with the crime that was reported on that same corner at the time you happened to be there. The problem is, your data could be used against you in that way.

The January 6 prisoners are a perfect example of how bits and pieces of data can be misused. Many have now spent years in jail simply because their cellphone data showed them as being in the wrong place at the wrong time.

### **State Power Versus the People's Power to Oppose That Power**

When asked by Greenwald why he decided to become a whistleblower, Snowden replied:

*"It all comes down to state power against the people's ability to meaningfully oppose that power. I'm sitting there every day, getting paid to design methods to amplify that state power.*

*And I'm realizing that if the policy switches that are the only thing that restrain these states were changed, you couldn't meaningfully oppose [them].*

*I mean, you would have to be the most incredibly sophisticated tactical actor in existence. I'm not sure there's anybody, no matter how gifted you are, who could oppose all of the offices and all the bright people, even all the mediocre people out there with all of their tools and all their capabilities.*

*And as I saw the promise of the Obama administration be betrayed ... and in fact, [how they] actually advanced the*

*things that had been promised to be sort of curtailed and reined in and dialed back ... As as I saw that, that really hardened me to action ...*

*We all have a stake in this. This is our country, and the balance of power between the citizenry and the government is becoming that of the ruling and the ruled, as opposed to the elected and the electorate."*

### **A Decade Later Snowden's Words Ring Truer Than Ever**

"I remember what the internet was like, before it was being watched, and there's never been anything in the history of man like it," Snowden said.

*"You could have children from one part of the world having an equal discussion, where they were sort of granted the same respect for their ideas and conversation, with experts in a field from another part of the world on any topic, anywhere, anytime, all the time.*

*It was free and unrestrained. And we've seen the chilling of that, and the changing of that model towards something in which people self police their own views. They literally make jokes about ending up on 'the list' if they donate to a political cause, or if they say something in a discussion. It's become an expectation that we're being watched.*

*Many people I've talked to have mentioned that they're careful about what they type into search engines, because they know that it's being recorded, and that limits the boundaries of their intellectual exploration."*

Today, after the extreme ramp-up of censorship, surveillance and harassment we've endured since the COVID pandemic began, Snowden's warnings ring truer than ever.

Artificial intelligence now scours social media, podcasts and videos for key words identifying "anti-vaxxers," for example. It doesn't even matter if they agree with what you're writing or saying. The mere inclusion of certain words will get you

axed from the platform.

Snowden's worst fears have indeed come true, and today most people have come to realize just how dangerous this kind of blanket surveillance can be. Countless individuals whose only "crime" was to share their story of how the COVID shot ruined their lives have had their posts censored and social media accounts shut down.

Canadians whose only "crime" was to donate a few dollars to a peaceful protest had their bank accounts frozen. Small companies and nonprofit organizations with the "wrong" viewpoints have had their online payment services cancelled, effectively strangling their ability to make a living and keep the operation going.

Others have been debanked without recourse, including yours truly. My CEO and CFO and all of their family members also had their accounts and credit cards canceled, apparently for no other reason than the fact that they work for me. In other words, guilt by association.

### **Will the Internet as We Know It Disappear in the Next Year?**

I recently posted an [interview with investigative journalist Whitney Webb](#) in which she talks about the next steps in the ramp-up of tyranny. The World Economic Forum has warned we may face a cyberattack on the banks before the end of 2024. That means we almost definitely will, seeing how they like to announce plans ahead of time.

Such a cyberattack will not only destroy the current banking system and usher in programmable central bank digital currencies. It will also eliminate privacy online by requiring everyone to have a digital identification tied to their ISP.

The principles of "know your customer" (KYC) will be imposed on everybody for everything, and anything that doesn't have that will be made illegal under National Security

justifications.

Essentially, what we're looking at is a cyber Patriot Act, which will allow for the unfettered surveillance of everyone's online activities, and the ability to restrict or block access to the internet. As noted by Webb, "The internet as you know it will not exist after this happens."

The goal is to surveil all online activity in real time and have AI perform predictive policing to prevent crime before it happens. At that point, all bets are off. Data points alone may land you behind bars. Thought-crimes will also have ramifications, potentially resulting in the seizure of private property and/or removal of "privileges" previously understood as human rights.

### **A Global Infrastructure Has Been Built**

During their first meeting with Snowden in Hong Kong, he explained that a global infrastructure, built by the NSA with the cooperation of other governments, was already in place. That was 10 years ago, so you can imagine how it's grown since then.

At that time, that network was already automatically intercepting every digital communication, every radio communication and every analog communication. This blanket siphoning of data allows the NSA and others that have access to the network to retroactively search an individual's communications, even if all they have is a single identifier. Snowden explained:

*"So for example, if I wanted to see the content of your email ... all I have to do is use what's called a selector, any kind of thing in the communications chain that might uniquely or almost uniquely identify you as an individual.*

*I'm talking about things like email addresses, IP addresses,*

*phone numbers, credit cards, even passwords that are unique to you that aren't used by anyone else.*

*I can input those into the system, and it will not only go back through the database ... it will basically put an additional level of scrutiny on it moving into the future that says, 'If this is detected now or at any time in the future, I want this to go to me immediately,' and [it will] alert me in real time that you're communicating with someone. Things like that."*

According to Snowden, the British Government Communications Headquarters (GCHQ) has "the most invasive network intercept program anywhere in the world." That program, Tempora, intercepts all content, in addition to metadata, on everything and everyone.

Snowden also describes the "SSO," which stands for Special Sorters Operations. The SSO passively collects data across networks, both in the U.S. and internationally. Domestically, this is done primarily through corporate partnerships.

"They also do this with multinationals that might be headquartered in the U.S. whom [they can] just pay into giving them access," Snowden said. They also do it bilaterally with the assistance of other governments.

### **You're Being Spied Upon Everywhere**

Snowden also pointed out some of the many ways in which you're being spied upon by the digital devices around you. As just one example, all VoIP phones, which transmit calls over an IP network such as the internet, have little computers inside of them that can be hot mic'd even if servers are down. As long as the phone is plugged in, someone can use it to listen in on your conversations.

Within days of their first meeting in Hong Kong, Greenwald and Poitras were publishing stories about the NSA's illegal blanket spying domestically and internationally. CNN Live



reported:

*“Another explosive article has just appeared, this time in the Washington Post ... that reveals another broad and secret U.S. government’s surveillance program.*

*The Washington Post and The Guardian in London reporting that the NSA and the FBI are tapping directly into the central servers of nine leading internet companies, including Microsoft, Yahoo, Google, Facebook, AOL, Skype, YouTube, and Apple.*

*The Post says they’re extracting audio, video, photographs, emails, documents, and connection logs that enable analysts to track a person’s movements and contacts over time.”*

Greenwald also made numerous live news appearances. In one, he stated:

*“In 2008, they eliminated the warrant requirement for all conversations, except ones that take place among Americans exclusively on American soil.*

*So they don’t need warrants now for people who are foreigners outside of the U.S., but they also don’t need warrants for Americans who are in the United States, communicating with people reasonably believed to be outside of the U.S.*

*So ... the fact that there are no checks, no oversight about who’s looking over the NSA’s shoulder, means that they can take whatever they want, and the fact that it’s all behind a wall of secrecy, and they threaten people who want to expose it, means that whatever they’re doing, even violating the law is something that we’re unlikely to know until we start having real investigations and real transparency into what it is that the government is doing.”*

## **Beyond Transparency**

At this point, we’re beyond merely needing transparency. The

intent to surveil and control every move we make and thought we express is now being openly expressed.

We can just assume that any digital devices can and probably are collecting data on our activities and whereabouts, and that those data are nowhere near held private and can be used against us in myriad ways.

Everyone must now choose between freedom and enslavement, and the option to choose freedom is rapidly closing.

Today, a decade after Snowden broke the dam of secrecy around the global surveillance scheme, we have but one choice left, and that is to actively reject that system by changing how we live our day to day lives. Everyone must now choose between freedom and enslavement, and the option to choose freedom is rapidly closing. Putting off making that choice is itself a choice.

Rejecting the control system means reverting back to “dumb” appliances and devices to the extent you’re able. It means getting savvier about privacy technologies such as deGoogled phones and computers<sup>2</sup> that cannot spy on you. It means using cash as much as possible and rejecting CBDCs and digital tokens. As noted by Whitney Webb in the interview I linked to earlier:

***“There’s a huge need for to divest from Big Tech as much as possible, and it needs to happen quickly, because the choice is either participate in the system being designed for you by crazy people and become a slave, or don’t become a slave. And if you don’t want to be a slave, you have to invest now in Big Tech alternatives, unless you want to live a completely analog life ...***

***The easiest route is to go the slavery route, and that’s how they’ve designed it on purpose. The whole selling point of that system is that it’s convenient and easy. So, obviously,***

*it's going to take some work to go the other route, but the future of human freedom depends on it so I think it's a pretty easy choice."*

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[Five Ways to Prepare for the Online Privacy Crackdown](#)

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# How to Protect Your Child From Transgender Lies

[How to Protect Your Child From Transgender Lies](#)

by [Dr. Joseph Mercola](#)

October 15, 2023

## Story-at-a-Glance

- While it seems the transgender ideology came out of nowhere, schools have been teaching children that their identity is separate from their biology, and that gender is a choice, for a long time. Today, transgender ideology is being taught to children as early as preschool

- Transgenderism is primarily a social contagion, although exposure to synthetic chemicals, in utero and in early life, may play a role in some cases, especially in boys identifying as girls
- Classic gender dysphoria primarily affected boys, and always presented at a very early age. Now, teens and young adults claim they're transgender, which was never the case before. Girls identifying as boys now make up about 60% of cases
- Many in the affirmative care field insist that you can block puberty without negative effects and that hormone therapy effects are reversible, neither of which is true. Proponents of transgender ideology also claim that unless trans kids are affirmed in their new identities and provided medical and surgical treatment to transition, they're at high risk of suicide, and that's not true either
- "Lost in Trans Nation," written by Dr. Miriam Grossman, a child and adolescent psychiatrist and board-certified medical doctor, provides parents with the required knowledge and tools to protect their children from the transgender ideology contagion

In this interview, Dr. Miriam Grossman, a child and adolescent psychiatrist and board-certified medical doctor, discusses the dangers of transgender ideology, which is her specialty, and, more importantly, how to protect your children from it.

She's the author of two books, "[You're Teaching My Child What?: A Physician Exposes the Lies of Sex Education and How They Harm Your Child](#)," and "[Lost in Trans Nation, A Child Psychiatrist's Guide Out of the Madness](#)."

Grossman is also a senior fellow at the [Do No Harm Medicine](#), which fights "against identity politics" and "for individual patients." "First, do no harm" is part of the Hippocratic Oath that doctors through the ages have sworn to abide by. Unfortunately, the Hippocratic Oath has been massively

perverted and “do no harm” has basically fallen by the wayside.

*“Do No Harm is a pretty recently formed organization of medical professionals who feel that our profession has lost its way,” Grossman explains.*

*“It has become politicized – by identity politics and other issues – to such a degree that our patients are suffering and our profession is suffering. DoNoHarmMedicine.org was founded by Dr. Stanley Goldfarb, a retired nephrologist from the University of Pennsylvania.*

*I believe he had the responsibility of organizing the curricula for medical students at the University of Pennsylvania, and he recognized the degree to which politics had entered into the curricula and was very alarmed. So, he retired and formed this amazing organization, which I would encourage every medical professional to check out and join.”*

## **The Rise of Transgender Ideology**

While Grossman has only recently become known as a leading voice opposing the mainstream transgender narrative, her involvement and concern about this unscientific belief system goes back about 15 years. For the casual observer, it may seem that transgender ideology sprang up from nowhere, overnight, but that’s not the case.

*“The explosion in cases did actually happen quite rapidly, but the teachings, the ideology that says our identities can be separate from our biology – which is not based in science – and the belief that we can be someone different than what our body says we are, that’s been taught to kids in sex education for a long time,” Grossman says.*

*“I became aware of it in the mid 2000s when I was writing my*

*book, 'You're Teaching My Child What?' I was a psychiatrist for students at UCLA, and a lot of the kids coming to see me with anxiety and depression, especially the young women, were there as a result of unhealthy sexual behaviors.*

*A lot of them, an alarming number, had a sexual transmitted disease, an STD. They had herpes or genital warts, and these diseases are caused by viruses that are incurable essentially. Once you have a diagnosis of genital warts, the human papillomavirus or the herpes virus, you've got that for life.*

*It can be controlled, but not eliminated. So these are serious diseases ... These were smart kids, and these were kids who were ambitious, yet they had made these foolish sexual decisions of hooking up with random strangers ...*

*So I started looking into what kids are being taught in sex education, and I discovered that sex education ... is not about health. It's not about staying healthy. It's about ... promoting sexual freedom – all sorts of risky behaviors – and it's about changing society.*

*My book, 'You're Teaching My Child What?' ... delves into the origins of sex education in this country. It is about sexual freedom. It's about rejecting Judeo-Christian values. It is most certainly not about fighting bacteria and viruses. And sex education is introduced at a very young age, in kindergarten."*

Gender ideology is introduced even earlier, in preschool. Books read to preschool children will say things like, "Adults make mistakes when babies are born and only you know if you're a girl or a boy," and "Adults may have made a mistake when they decided that you were a girl or a boy," or "Some people

are born with a boy's brain and a girl's body."

*"These outrageously false ideas are introduced to children at a very, very young age," Grossman says, "and that's the danger. These ideas are going to reach your kids before you do."*

## **Transgenderism Is a Social Contagion**

Grossman's most recent book, "[Lost in Trans Nation](#)," which came out in July 2023, provides parents with the practical information and tools needed to protect their families against the "transgender contagion."

*"It is a social contagion," she says. "If your child ends up in a friend group, either in school or in the neighborhood or online, in which there is one or more kids who are identifying as transgender, nonbinary, or one of these other made-up words, there's a much greater chance that your child ... will also end up identifying."*

*So, no family is immune. I've talked to hundreds and hundreds of parents, and I've seen many, many kids in my office who get drawn into this belief system. And trust me, it's a very difficult thing."*

The transgender contagion is so widespread at this point, Grossman suspects most of the college, high school and elementary school students believe that sex and gender are two separate things, and that you can choose your gender at will, because that's what they've been indoctrinated to believe.

*"When I use the word indoctrinated, I mean that this has been relentlessly pushed at them over and over again. They're bombarded with this idea, presented as if it is a fact. It's not a fact, it's a belief. And it's an outrageous belief. It's an irrational belief that you can be something other*

*than what your body says you are.*

*But this belief is pushed at them 24/7 from every direction, and it's presented as fact. And, it's presented in such a way that questions are not permitted. If you doubt, if you hesitate, if you ask questions, well then you are a hater and you are transphobic.*

*Kids want to belong. Kids want to be accepted in their social group. They don't want to be seen as an outsider and certainly not as transphobic. That's the equivalent of being racist, sexist and all those other awful things.*

*So, that's why I use the word indoctrinated, and that's why a majority of them are going to believe it. It's being presented to them by authorities, educational authorities, medical authorities, government authorities, and they don't hear the argument on the other side of it."*

## **Gender Dysphoria Then and Now**

When Grossman was a medical student, rapid onset gender dysphoria (when a young child suddenly insists he or she is the opposite gender) was exceedingly rare. That all changed around 2015, when the number of cases suddenly exploded.

However, contrary to classical gender dysphoria, these more recent cases typically involve teens and young adults, which had never been the case before. What's more, in the past, gender dysphoria predominantly affected boys, at a ratio of about 6-to-1. Today, girls identifying as boys make up about 60% of cases.

I, like many others, suspect synthetic chemicals, many of which have estrogenic activity, may be playing a role, especially in boys identifying as girls. Grossman doesn't dismiss that possibility, but based on her work, she suspects



social media and peer pressure are still the primary contributors.

*“The kids say as much,” she says. “They develop symptoms of being unhappy with their bodies after binging on these YouTube videos of kids who are chronicling their own dysphoria and their own path. So there’s definitely a social contagion element.”*

## **Transgenderism Is a False Cure for What Ails Them**

Not surprisingly, children with a history of psychiatric issues, such as being on the autistic spectrum or struggling with anxiety, depression or emotional trauma, are more prone to falling victim to gender ideology.

*“They learn about gender ideology, and they’re told that this could be the reason for your distress – ‘You’re feeling that you don’t fit in ... because you are in the wrong body.’*

*And they come to believe that all their problems are going to be solved by this one solution, that identifying as the opposite sex, change their name, their pronouns and their appearance ... that will be the solution.*

*We hear this over and over again from detransitioners, the people who went through the ‘affirmation’ and when they got more mature, they realized, ‘Oh my god, what have I done to myself?’ and regret what they’ve done.*

*I don’t like using this language because it’s Orwellian language, but let’s just call it what the mainstream medicine is calling it, which is ‘gender affirmation,’ which of course means you deny biology.*

*One of the main things that detransitioners talk about is how*

*they were convinced that this would be the solution to all their mental health problems. Instead, they go through the process, their bodies are sometimes permanently disfigured from hormones and surgery, and their mental health problems have not been addressed."*

## **Kids and Parents Are Being Lied To**

Making matters worse, children and teens are being lied to about the ramifications of hormone therapy and surgery. These are permanent changes being applied for what is likely a temporary emotional problem. You cannot undo the damage inflicted once you change your mind.

Remarkably, many in the affirmative care field insist that you can block puberty without negative effects and that hormone therapy effects are reversible, neither of which is true.

Proponents of transgender ideology also claim that unless trans kids are affirmed in their new identities and provided medical and surgical treatment to transition, they're at high risk of suicide, and that's not true either.

In fact, it's the exact opposite. Detransitioners are at high risk of suicide because not only is it a struggle to get back to their real identity, but many now have severe medical problems brought on by hormones and surgery.

Those who have undergone sexual reassignment surgery, in particular, face the very real possibility of lifelong medical troubles and associated depression. Many have urological problems, recurrent infections, chronic pain and sexual dysfunction. They're also sterile and will never be able to have children.

*"In my congressional testimony that I gave a few months ago, I pointed out that in countries such as Sweden, Norway, Finland, the United Kingdom, where they have made these medical treatments essentially unavailable to kids for the*

*past few years, there has been no increase in suicides or decreased mental health.*

*So that is simply not true. It's terrible misinformation and emotional blackmail [to say] 'The only chance your child has of living a happy and fulfilling life is if you go along with their new identity and give them whatever it is they say they want, even if your child is 10 or 12 years old.' And this is what's going on in the gender clinics.*

*It's very, very important that people read my book, not only families in which they are in the midst of this difficulty, but families who in the future may face it, so that they are prepared and can understand what it's about, so they know how to respond and how to protect their child before they're indoctrinated."*

## **A Generation of Damaged Youth**

Even if they don't go through with surgery on the sex organs, boys are given massive doses of estrogen, a known human carcinogen that has a plethora of ill health effects. Girls taking high-dose testosterone also face serious adverse health effects, including irreversible voice changes and blood clotting disorders.

An ever-growing number of teenage girls are also getting double mastectomies. There are no hard numbers on how many top surgeries are being done, because no one is tracking transgender treatments and gender reassignment surgeries, but it's definitely not a rarity anymore. Grossman comments:

*"When I was writing my book and working on the chapter on double mastectomies, there were 47,000 young girls raising money on GoFundMe to have breast surgery – 47,000 ... You have a whole population of young women who were led to believe that their breasts are simply disposable sex objects that*

*don't serve any other purpose.*

*Young women are never taught about the magnificent biology of nursing and of the nutrition, which is the gold standard nutrition, for newborns. There is nothing better for a newborn than mother's milk."*

## **The Madness Is Coming From the Top**

Children's lives are being ruined by lies, and we need to be just as aggressive in sticking to biological facts as the indoctrinators are being aggressive in pushing vulnerable kids to make destructive health choices.

A major part of the problem is the educational system, as most schools are teaching transgender ideology. The solution, then, would be to get your children out of those schools. Grossman agrees, saying:

*"Because gender issues have been framed as a civil right, every teacher can introduce it in their class – into English literature, social studies, civics, history.*

*Parents also have to be aware that ... there are activist teachers, activist social workers and guidance counselors, who are out there to influence your child, and they will go as far as to keep it a secret from the family if the child requests to make some sort of identity change at school.*

*The school will keep it a secret from the parents, which is another outrageous element in all of this because it's a parent's right to know such a thing. So yes, you can remove your child from not only public school, but there are also private schools that push this ideology ...*

*Their professional organizations – the National Educational*

*Association, the professional organizations of social workers, school counselors, guidance counselors and principals – they have all bought into the narrative. So they are obligated to follow those policies, and the policies call for keeping the parents in the dark if the child says that's what they want.*

*I tell a story in my book of teachers who have felt that it is wrong to keep the parents in the dark about their child's gender identity at school and shared the information with the parents. They've been fired.*

*There are teachers, especially the younger ones, who have been indoctrinated. But I have people writing to me who are school psychologists and teachers, and they say things like, 'I can't do this anymore. I'm leaving this field. I'm retiring, I simply can't do this anymore, it's wrong.'*

*So parents need to be aware of that. And I provide in the book an appendix written by attorneys who are specialists in child and parental rights, and they explain exactly how to be proactive.*

*Even if your child is entering kindergarten, you can go into the school and you can, with a form that I provide on my website, [merriamgrossmanmd.com](http://merriamgrossmanmd.com), that puts the school on notice that they have no constitutionally based rights to direct the education of your child, that you don't want your child being taught gender ideology and that you do not permit your child to be a part of any program or club in which this ideology is being taught.*

*And you certainly are not giving permission for your child to be called by a different name, or for your kid to use the opposite sex bathrooms. You have to [do that]."*

## **Inoculate Your Children Through Biological Affirmation**

Another important strategy that parents need to adopt is to affirm the biology of their children from the start. By teaching them the value and permanence of their biological sex, you can effectively “inoculate” them against deranged ideas being brought in later. Grossman explains:

*“You can say to a 2-year-old or a 3-year-old, ‘You know you’re a boy, and you’re always going to be a boy. From the very first moment of your creation, you were a boy.’*

*This phrase, ‘sex assigned at birth,’ drives me crazy because it is so, so false. It is so outrageously untrue. Sex is not assigned at birth. Sex is established at conception and it is permanent.*

*Kids are being led to believe that sex – being male or female – is randomly assigned. Some doctor or nurse in the delivery room takes a look at you and makes this random decision that really isn’t based on anything real. No, you want to inoculate your child against that idea.*

*You want to tell your child that ‘You always were a boy or a girl, and you always will be. And that’s a great thing.’ Also, [teach them that] there are many different ways of being a girl or a boy. There isn’t one way.*

*There are some girls who love makeup and do all those stereotypically feminine things, and there are other girls who never want to put on a dress and they’re into building things and sports. And that’s great. That’s one kind of way of being a girl.*

*So from a very young age, we can tell kids that there isn’t just one way of being a girl or a boy, because what the*

*ideology is telling them is that if you don't fit into these ridiculous stereotypes, you may not actually be a girl (or a boy). So, you want your child to recognize that as not making sense."*

Another thing that children need to be taught from a young age is that being male or female has an impact on every system of the body. It's not just a few skin-deep anatomical differences.

Your biological gender – immutable due to the presence of XX or XY chromosomes in every cell of your body – impacts how your brain works, your cardiovascular system, GI system and the immune system, and no amount of sex hormones and surgery will change that.

By taking hormones to feminize or masculinize the body, you're wreaking total havoc on the entire system, because it wasn't designed for those hormones. The only predictable outcome of transgender hormone therapy is health problems.

### **More Information**

The transgender ideology is a pervasive threat to our children, and parents need to educate themselves on how to battle it most effectively. Grossman's book, "Lost in Trans Nation" is the only book out there right now that gives parents the necessary tools. So, if you have young children, pick up a copy. Also gift the book to new parents. It could be the most valuable baby gift they can get. In closing, Grossman says:

*"Parents, it's really essential for you to know as much as you can. I've put my heart and soul into writing this book ['Lost in Trans Nation'] because I have seen too much. I have seen people, marriages and families destroyed from this ideology.*

*That is why I wrote this book. It was not an easy book to write. It's not an easy book to read. But we have to live in reality and know what's going on. Parents that contact me all tell me the same thing. They say, 'We were blindsided. We never imagined that this could happen. We weren't prepared for it.' And so I want parents to be prepared ...*

*I have tons of information that families can use to protect themselves. Once your child is involved, it can be really tough to get them out because they are essentially brainwashed.*

*In addition to believing that they may be born in the wrong body, they have been brainwashed to believe that anyone who challenges them, anyone who won't use their new name and pronouns, is a bad person. [They've been told] their home might be unsafe if their parents won't use their new name and that they may need to live somewhere else ...*

*This is a push to change our culture, change our society – to place a wedge between kids and their parents and for the state to say that we know what's best for your child, not you. It's a very dangerous situation.*

*And I think it's important just to mention that other countries, very progressive countries such as Sweden, have all done a 180. Those other countries are saying what the kids need is psychotherapy. This is an emotional disorder."*

In addition to her book, you can also find more information on her website, [miriamgrossmanmd.com](http://miriamgrossmanmd.com), including the "Parent's Notice to Schools." If you want to follow her on [Twitter/X](#), [her handle is @Miriam\\_Grossman](#). Also consider becoming a member of the [Do No Harm Medicine](#).



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# Dane Wigington With RFK Jr.: Is Climate Engineering Real?

[Dane Wigington With RFK Jr.: Is Climate Engineering Real?](#)

Video available at Dane Wigington [Rumble](#) & [YouTube](#) channels.

## Is Climate Engineering Real?

by [Dr. Joseph Mercola](#)

July 19, 2023

### Story-at-a-Glance

- U.S. presidential candidate Robert F. Kennedy Jr. recently interviewed Dane Wigington, founder of [GeoengineeringWatch.org](#), about climate engineering and its hidden role in climate change
- The White House is considering a plan to block sunlight from hitting the surface of the earth in a bid to halt global warming, a process known as solar radiation

modification (SRM)

- A supercomputer called Derecho is analyzing the effects of solar geoengineering to help climate scientists decide whether SRM will be a good idea
- According to Dane Wigington, founder of GeoengineeringWatch.org, geoengineering projects of various kinds are already having severe impacts on weather patterns, our ability to grow food, biodiversity and human health
- Intentional geoengineering – including solar dimming – has been going on for more than 70 years

In the video above, U.S. presidential candidate Robert F. Kennedy Jr. interviews Dane Wigington, founder of GeoengineeringWatch.org, about climate engineering and its hidden role in climate change. Wigington also produced the documentary “The Dimming.”

While Wigington has tried to raise awareness about the reality of climate engineering for the last two decades, his work is now gaining traction after the White House announced it’s backing a plan to block sunlight in a climate engineering effort.

## **White House Considers Measure to Block Sunlight**

As reported by the Daily Mail, July 1, 2023:<sup>1</sup>

*“The White House has opened the door to an audacious plan to block sunlight from hitting the surface of the Earth in a bid to halt global warming.*

*Despite some scientists warning the effort could have untold side effects from altering the chemical makeup of the atmosphere, President Joe Biden’s administration has admitted they’re open to the idea, which has never been attempted before.*

*In a report<sup>2</sup> released Friday by the White House, officials suggested limiting sunlight to rapidly cool the planet, a process known as solar radiation modification (SRM) ...*

*The report noted several ways authorities could look to achieve SRM, all of which come with potentially devastating consequences if they backfire ... undertaking the mammoth task could have severe ramifications weather patterns and food supplies, which would in turn impact biodiversity, geopolitics, and health.”*

Policymakers in the European Union recently called for an international assessment of geoengineering risks, noting that:<sup>3</sup>

*“These technologies introduce new risks to people and ecosystems, while they could also increase power imbalances between nations, spark conflicts and raises a myriad of ethical, legal, governance and political issues.”*

## **Supercomputer to Determine Effects**

According to Scientific American, a supercomputer called Derecho will help climate scientists decide whether to block the sun:<sup>4</sup>

*“A new supercomputer for climate research will help scientists study the effects of solar geoengineering, a controversial idea for cooling the planet by redirecting the sun’s rays.*

*The machine, named Derecho, began operating this month at the National Center for Atmospheric Research and will allow scientists to run more detailed weather models for research on solar geoengineering, said Kristen Rasmussen, a climate scientist at Colorado State University who is studying how human-made aerosols, which can be used to deflect sunlight,*

*could affect rainfall patterns.*

*Because Derecho is three and a half times faster than the previous NCAR supercomputer, her team can run more detailed models to show how regional changes to rainfall can be caused by the release of aerosols, adding to scientists' understanding of the risks from solar geoengineering ... The machine will also be used to study other issues related to climate change."*

## **Geoengineering Is the Biggest Contributor to Climate Change**

According to Wigington, there's plenty of evidence showing that geoengineering projects of various kinds are already having severe impacts on weather patterns, our ability to grow food, biodiversity and human health.

Geoengineering projects have expanded from some 300 in 2012, to more than 1,700 in 2023.

Intentional geoengineering – including solar dimming – has been going on for more than 70 years and has exponentially expanded in more recent years. A geoengineering map,<sup>5</sup> created by the ETC Group and the Heinrich Boell Foundation, shows how geoengineering projects have expanded from some 300 in 2012, to more than 1,700 in 2023.

This includes carbon capture/removal, solar radiation reduction and a variety of weather modification projects worldwide. Not surprisingly, Bill Gates has been funding geoengineering for a long time. Broadly, geoengineering programs were initially implemented after World War II, starting in the polar regions.

For years, anyone who said that geoengineering and weather modification was being used was labeled a tinfoil hat-wearing conspiracy theorist. As it turns out, it was true all along,

and with the White House report just released, mainstream naysayers are suddenly admitting it as well.

What they're not readily admitting, however, is that a) geoengineering is as dangerous as climate change itself, and b) that geoengineering is responsible for the most catastrophic changes in our climate.

As noted by Wigington, the globalist power structures that now claim we need to use geoengineering to solve climate change were the ones responsible for creating that climate change in the first place with their geoengineering. According to Wigington, the state of our global climate is "even worse than we're being told," and climate engineering is "fueling that process."

In other words, the globalist cabal is trying to convince us that the cause of the problem is the solution, all while pinning the blame for climate change on regular people who drive cars to work and eat meat.

## **Are Chemtrails Real?**

One geoengineering technique used across the world involves the dispersion of chemicals and metals into the atmosphere, a practice colloquially referred to as chemtrailing.

A key difference between regular condensation trails from aircraft and particulate trails (chemtrails) is that condensation trails evaporate rather quickly. They will not block 80% to 90% of solar uptake and create global dimming like chemtrails do.

The persistent lines you see in the sky that very slowly disperse, creating a muddy, hazy "film" across the entire sky are NOT condensation trails. They are particulate trails, or "chemtrails." The particles dispersed in the air column are further manipulated via radio frequency transmissions.

The Alaskan installation known as HAARP<sup>6</sup> is but one facility involved. There are dozens of other large, ground-based facilities just like it around the globe. Smaller networks and NEXRAD radar stations located in urban areas around the world are also employed. All these networks are used to manipulate the particles dispersed via “chemtrails” in the atmosphere.

### **What Are They Spraying Into the Atmosphere?**

One of the key ingredients in these particulate trails is nanosized aluminum, which is neurotoxic to animals and humans. Aluminum also kills the root systems of plants and trees, as well as the soil microbiome. It also alters soil pH, which makes it harder for some crops to grow. One of the reasons aluminum is used is because it has high reflectivity, so sunlight bounces off it.

According to Wigington, climate engineers have stated they’re depositing tens of millions of tons of aluminum nanoparticles into the atmosphere annually as part of ongoing solar radiation management programs – “with no consideration for the consequences whatsoever.”

Lab tests conducted by GeoengineeringWatch also shows the presence of barium, strontium, titanium, manganese, polymer fibers, surfactant chemicals, and graphene in these particulate trails, as well as in rain.

While all these ingredients are studied for their effectiveness in geoengineering, no research is being done to ascertain what the health effects might be on populations, vegetation and wildlife below.

Wigington also warns that these aerosol sprays can be used to disperse bioweapons and may have been used for this purpose already. He cites a Washington Post article that noted the U.S. Army conducted 239 open-air germ warfare tests on the U.S. population between 1949 and 1969 alone.<sup>7</sup>

## **Where Are the Whistleblowers?**

According to Wigington, we have evidence that commercial airlines began to be used for particulate release operations in 2002, when restrictions on passenger luggage were implemented. That's not to say that pilots or airline employees know what's going on, but some airliners are equipped with nozzles and tanks for this purpose.

Kennedy points out that thousands of people must have been read into programs of this magnitude, so how come there are so few whistleblowers? According to Wigington, those in the know are all under gag order.<sup>8</sup> This includes weathermen. Secrecy is also upheld through massive compartmentalization.

Still, we know weather modification and geoengineering is real. Not only can we see it in the sky and measure the toxic particles in the aerosol and on the ground, but we also have patents describing these processes.

According to Wigington, the U.S. government owns many of the primary ones. Others are held by defense contractors like Raytheon and Lockheed Martin, which also do all the weather modeling for the U.S. national weather service.<sup>9</sup>

He suggests the reason weathermen can predict an area will have partial sun seven days in advance is because we don't have natural weather anymore. We have programmed weather. And the reason Raytheon and Lockheed oversee weather modeling is because they're also neck-deep in weather modification and need to maintain control of the narrative.

## **We Face Abrupt Climate Collapse**

According to Wigington, what we face is far worse than climate change. Due to the geoengineering already conducted, what we're facing is an abrupt climate collapse,<sup>10,11</sup> due to the many feedback mechanisms triggered. The particulates dispersed during these geoengineering events "shred" the ozone layer. As

a result, UV-C rays are now hitting the surface of the planet.

Other ramifications of geoengineering that are currently observable also include global dimming (chemtrails reduce solar radiation by 80% to 90%), global stilling (reduced wind flow), a reduction in precipitation and protracted droughts, a 90% reduction in plankton, and toxic geoengineering elements being found on the ground and in rainwater.

Moreover, while global cooling is the stated aim of most of these geoengineering programs, as the planet warms, the laws of physics state you need more precipitation to cool it, not less, because the atmosphere carries more moisture as the temperature rises.

To cool the planet, you need to create more rain, but these programs have resulted in less rain, and the reason for the reduction in rainfall is due to the particulates in the atmosphere. In addition to deflecting heat from the outside, these particles also trap heat down below, making the overall heating of the planet massively worse.

Is combating global warming really the endgame, or is that just a convenient cover story for a far more reckless goal? And if so, what might that goal be?

One might be that they're trying to hide the severity of the damage that their geoengineering has already done. Another might be to control populations and governments, using weather as a weapon. It might also be for communication enhancement purposes, as the atmosphere is being made more electrically conductive by these particles.

## **Signs and Symptoms of Geoengineering**

At the end of the interview, Kennedy asks Wigington what kinds of things in everyday life that people should look for if they're looking for evidence of geoengineering. One major one is the destruction of forests, as root systems die off due to



aluminum loading.

Home gardeners, especially if you've been doing it for a decade or longer, may notice that fruits and vegetables don't grow nearly as well as they used to. Not only are soil microbiomes being decimated and soil pH altered, but the air is also being altered.

The particles in the atmosphere create vapor pressure deficit (VPD), they lower the rH of the air, which is like the pH of soil. If there's not enough humidity, trees and plants shut down their respiratory system (stomata).

Stomata are involved in the exchange of carbon dioxide and water between plants and the atmosphere. So, when VPD happens, the plants and trees stop taking up carbon dioxide and they no longer release oxygen.

As a result, forests cease being carbon sinks and become carbon sources. Eventually, without respiration, the plants and trees die off. Increased UV radiation also damages plants, causing leaf scorch.

## **Geoengineering Won't Fix the Climate Crisis**

At the end of March 2023, a new study came out debunking the idea that short-term solar dimming might be a viable way to for world governments to meet their climate targets.

Scientific American reported on the study, noting:<sup>12</sup>

*"A controversial idea for cooling the earth's climate through artificial means would likely require a much longer global commitment than policymakers and the public understand, according to a recent study<sup>13</sup> that raises new questions about the potential for using solar geoengineering.*

*If world leaders decide to use solar geoengineering to meet international climate goals, they could be locked into it for*

*a century or more ...*

*Geoengineering is 'often communicated as temporary, a stopgap measure – so it implies being relatively short, and short in the sense of a couple of decades,' said lead study author Susanne Baur, a doctoral candidate at the European Centre for Research and Advanced Training in Scientific Computation in France.*

*'And so when we started looking at these pathways, and we extrapolated them a bit longer, we saw that in many cases, it's actually not that short.'*

*The public may not realize the scope of a commitment solar geoengineering – or its risks, including the need for long-term international cooperation. 'If we have to keep up a system like this for such a long time, that just increases the possibility of something bad happening,' Baur said."*

In a nutshell, the study argues that once you begin solar geoengineering, you can't stop until or unless enough carbon has been eliminated from the atmosphere to lower the earth's temperature below a certain threshold.

If there's too much carbon left, then a sudden halt to the geoengineering could skyrocket, resulting in "termination shock," a concept that describes a sudden, drastic elevation in global temperatures that life on earth doesn't have time to adapt to. In other words, it could result in a global extinction event.

## **Resources**

To learn more about weather modification and geoengineering, check out [GeoengineeringWatch.org](http://GeoengineeringWatch.org). It has a wealth of information, shareable resources, patents and documents

relating to geoengineering programs. Also check out Wigington's full-length documentary, "The Dimming," embedded above for your convenience.

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# Rogan's Kennedy Interview: Vax Mercury Con Exposed

[Rogan's Kennedy Interview: Vax Mercury Con Exposed](#)

by [Dr. Joseph Mercola](#)

July 1, 2023

[video link](#)

## Story-at-a-Glance

- June 15, 2023, podcast host Joe Rogan interviewed Robert F. Kennedy Jr., who is currently running as a Democratic presidential candidate
- In 2005, Kennedy started suing coal-burning powerplants and cement kilns for releasing mercury into waterways. He also pushed legislation to protect children against mercury and gave lectures on its dangers
- During those lectures, mothers started approaching him saying they suspected their children had been injured by mercury-containing vaccines. They told him that if he was really interested in protecting children against mercury, he had to investigate vaccines
- The mother of a vaccine-injured child brought him a thick stack of published research, and after looking through it, Kennedy realized that what health officials told us was very different from what the science showed
- Kennedy is now also legally representing people who claim they've been injured by cellphone radiation, which science shows can cause cancer, degrade mitochondria and make your blood-brain barrier more permeable, allowing toxins in your system to flood into your brain

June 15, 2023, podcast host Joe Rogan interviewed<sup>1</sup> [Robert F. Kennedy Jr., who is currently running as a Democratic presidential candidate](#). Rogan admits being blown away by Kennedy's book, "[The Real Anthony Fauci](#)," in part because the information in that book was not talked about anywhere else, and radically veered from the official narrative.

Still, if anything in that book was false, Kennedy would have been sued to high heaven by now, Rogan reasoned. Reading that book opened Rogan's eyes to the fact that what we're told by public officials and the media isn't necessarily the truth. He also realized just how easy it is to fall for a false narrative – especially when it's all you're ever allowed to really hear.

For the first several minutes of the interview, Kennedy reviewed his background and how he got to where he is today. He started his legal career as an environmental lawyer in the mid-1960s, suing 500 polluters who had turned the Hudson River into a sewer, on behalf of commercial fishermen whose livelihoods were threatened.

As a result of those lawsuits, the Hudson River was cleaned up and restored. These successes led Kennedy to found Riverkeeper,<sup>2</sup> which patrols waterways in 46 countries, holds polluters accountable and defends clean drinking water.

## **How Kennedy Got Involved With Vaccine Safety**

I would strongly encourage you to listen to this interview as around the 10-minute mark Rogan asks Kennedy how he got into the vaccine controversy. Although Kennedy had presented some of his comments in the media previously, this is the first time he was ever allowed to give his uninterrupted one-hour fascinating story on major media.

In 2005, Kennedy started suing coal-burning powerplants and cement kilns for releasing mercury into waterways. He launched

these lawsuits on behalf of local Riverkeeper chapters after learning that mercury was being found in the flesh of most freshwater fish. Pregnant women were also found to have levels that might put their children at risk of developmental problems.

Kennedy also pushed legislation to protect children against mercury and gave lectures on its dangers. During those lectures, mothers started approaching him saying they suspected that mercury (thimerosal) in the childhood vaccines had injured their children. They told him that if he was really interested in protecting children against mercury, he had to investigate vaccines.

He resisted, as his focus was on environmental pollution and he didn't want to get involved in public health. However, mothers of developmentally challenged children kept coming to his speeches, wanting to talk to him about vaccines.

Their continued pressure eventually changed his mind, and he decided to listen to their concerns. The true turning point came when a psychologist named Sarah Bridges found his home address and delivered an 18-inch thick stack of scientific papers, saying she would not leave until he'd read them.

Bridges was one of the few people who had been awarded \$20 million by the vaccine court, which had concluded that her son's autism had been caused by a vaccine. She just didn't want other parents to go through the same heartache.

### **Huge Gap Between Public Narrative and Published Science**

Kennedy began reading, and by the time he'd gone through a third of the pile, he came to the realization that there was a huge gap between what the public health agencies were saying about vaccine safety and what the published science showed.

Kennedy then started calling high-level public health officials and regulators, asking them about these studies and,

to his surprise, he realized none of them had read them. They were all just repeating what they had been told about the science. Stranger still, they told him to take his questions to people in the vaccine industry.

Kennedy did contact Dr. Paul Offit, as suggested, and caught Offit in a blatant lie. He asked Offit, how come pregnant women are told not to eat tuna fish to avoid mercury, but are then told to get flu shots that contain a huge bolus of mercury? Offit told him “there are two kinds of mercury, a good mercury and a bad mercury.” According to Offit, fish contain the bad kind, whereas the mercury in vaccines is harmless.

The problem was, Kennedy is an expert on mercury, having spent years suing mercury polluters. He has a deep understanding of the two types of mercury (ethylmercury in vaccines and methylmercury in fish), and there’s no such thing as a “good” or harmless mercury.

Kennedy, an excellent storyteller, goes on to review the history of vaccine science and why toxic elements like mercury are used at all. This interview is without doubt one of the most educational “lectures” on vaccines available right now, so I encourage you to listen to at least the first hour, if you don’t have time for the whole thing.

### **Ethylmercury Lodges in the Brain**

Importantly, he reviews crucial research that firmly debunks the claim that ethylmercury is excreted from the body within a week. Studies on monkeys, where the animals were sacrificed after vaccination (which you cannot do with children), showed that the reason there was no ethylmercury in the blood after several days was because it had traveled into the brain, where it stayed, causing inflammation.

When Kennedy challenged Offit on this point, Offit insisted that, while this research did show that ethylmercury lodged in

the brain, “the mosaic of studies” proved it was harmless and left the body.

Kennedy asked him to share those studies, which Offit promised to do but never did. Kennedy never heard from him again. At that point, Kennedy realized that something was terribly wrong, and he couldn't walk away.

Kennedy also challenged Dr. Anthony Fauci – who is a close friend of the Kennedy family – to show him a single placebo-controlled trial of a vaccine listed on the childhood vaccination schedule. Fauci said he would send him the studies, but, like Offit, never did.

The reality is, none of the mandated vaccines has ever been tested against a true placebo, such as saline. Most are tested against other vaccines, and if you're testing two products that contain a similar toxin, of course, the outcomes will be similar. That doesn't mean you've proven safety. Not even close.

Kennedy eventually sued the Health and Human Services Department to obtain the evidence Fauci claimed to have, and after a year the HHS finally returned a letter saying there were no such safety studies. “So, nobody knows what the risk profiles of these products are,” Kennedy says.

The sheer lack of data also means that anyone who claims vaccines have saved more lives by preventing disease than they've destroyed through side effects is simply guessing and making assumptions. There's no scientific data to back that up.

Also, Kennedy points out that while many vaccines are now mercury-free, they're loaded with aluminum adjuvant instead, which is just as bad. So they've just exchanged one neurotoxin for another.



## **Intentional Suppression of the Autism Signal**

Kennedy goes on to tell the story of a secret meeting<sup>3</sup> organized by the U.S. Centers for Disease Control and Prevention in 1999 after they conducted an internal study of their database, which contains the medical records, including the vaccination records, of 10 million children from the 10 biggest HMOs.

Specifically, they wanted to know whether mercury-containing vaccines might be causing autism. One of the first comparisons of health outcomes was done on the hepatitis B vaccine.

The data showed that infants who had received the hepatitis B vaccine within 30 days of birth had a 1,135% higher risk of autism compared to infants who either did not get the hepatitis B vaccine at all or received it after 30 days of age. "At that point, they knew what caused the autism epidemic," Kennedy told Rogan, because "that's a relative risk of 11.35, and a relative risk of 2 is proof of causation."

As panic spread through the industry, the CDC put together this secret meeting at a retreat center in Georgia. It was intentionally held outside the CDC campus to circumvent FOIA laws. The meeting included representatives from all the major vaccine companies, regulatory agencies that administer vaccines, the U.S. Food and Drug Administration, the National Institutes of Health, the Health and Human Services Department and leading academic institutions that conduct clinical trials.

The first day was spent discussing the reality of the problem, and the second day was spent discussing how to hide it. While the meeting was held in secret, someone did record it and, in 2005, Kennedy obtained a copy of it. You can read the [transcript on the Children's Health Defense website](#).

Early on in that 286-page transcript, we find the following admission by Walter Orenstein, then-director of the National

## Immunization Program at the CDC:<sup>4</sup>

*“Initial concerns were raised last summer that mercury, as methylmercury in vaccines, might exceed safe levels ... Analysis to date raise some concerns of a possible dose-response effect of increasing levels of methylmercury in vaccines and certain neurologic diagnoses.”*

What happened to this safety signal? As explained by Kennedy, it was intentionally “vanished” by reworking the study four times, using statistical tricks.<sup>5</sup> After the fourth iteration, the signal linking thimerosal with autism and a half dozen other neurodevelopmental disorders were no longer detectable.

The CDC published that final version and announced thimerosal had been investigated and found to be safe. And when investigators asked to see the raw data, the CDC claimed the data had been “lost,” so no one was ever able to verify the results. The fabrication stuck and has been peddled ever since.

## **We Live in a Toxic Soup**

Kennedy stresses that vaccines are not the only factor in the epidemics of chronic disease and autism in children. There are many other factors as well. Children are exposed to an enormous amount of toxins from many different sources, including electromagnetic fields (EMF) and wireless radiation.

Kennedy is currently representing people who blame their brain tumors on cellphone radiation, and “we have the science,” he says. “Tens of thousands of studies show the dangers of Wi-Fi radiation.”

Aside from cancer, cellphone radiation degrades your mitochondria and makes your blood-brain barrier more permeable, Kennedy says, allowing all the other toxins in your system to flood in. So, this too, could play a significant

role in the neurological dysfunction we now see in so many children. Kennedy also discusses the history behind and toxic influence of glyphosate, especially on your gut. (Incidentally, gut dysfunction is also a hallmark in autism.)

This is an interesting part of the interview as when Kennedy first mentions EMF, Rogan doubts it is true and doesn't believe him. After Kennedy's explanation you see Rogan morph in real time to a believer in EMF dangers and even ask his assistant Jamie to look into getting rid of the Wi-Fi.

### **Rogan Invites Dr. Hotez to Debate RFK**

Yesterday, I [published an article](#) reviewing the online debate that erupted after this interview, when Dr. Peter Hotez took to Twitter, slamming Spotify for not clamping down on Rogan's "vaccine misinformation."<sup>6</sup> Never mind the fact that Hotez, in April 2020, was allowed to argue his own irrational vaccine stance on Rogan's show.<sup>7</sup>

Rogan replied to Hotez's tweet, saying, "Peter, if you claim what RFK Jr. is saying is 'misinformation,' I am offering you \$100,000.00 to the charity of your choice if you're willing to debate him on my show with no time limit." Others further sweetened Rogan's offer by adding their own donations and, by 9 a.m. EST on June 18, the pot had reached \$1.52 million.

Hotez refused, albeit indirectly. Instead of giving Rogan a direct answer, he went on the MSNBC show "Rising Reacts" and said he wasn't willing to participate in an event that would get turned into "The Jerry Springer Show" by having Kennedy there.

Once you've listened to this interview, you can probably understand why no one is willing to engage in a public debate with Kennedy on this issue, particularly if you also heard Rogan's interview<sup>8</sup> with Hotez and compare the two. Kennedy has the data to back his claims and they have none.

On a side note, I find it curious that after Rogan took a beating in the press for discussing how he used ivermectin to treat a bout of COVID-19, he really hasn't had any hard-hitting health-related truth-tellers on his show – until Kennedy.

In my view, Spotify is hardly a free speech platform, so maybe that shouldn't be that surprising. Spotify killed our account due to a discussion about EMF, and they didn't just take that episode down. They removed all of my content.

Rogan has an exclusive contract with Spotify that grants him more freedom than most others, but I doubt he has completely free reign. That said, I'm glad he brought Kennedy on, and allowed him to talk uninterrupted.

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# Collagen and Gelatin Are Crucial for Optimal Health

## [Collagen and Gelatin Are Crucial for Optimal Health](#)

by [Dr. Joseph Mercola](#)

June 23, 2023

### Story-at-a-Glance

- Collagen accounts for about 30% of the total protein content in the human body and needs to be replaced. Red meat will not provide enough amino acids to allow you to build strong connective tissue
- Collagen provides structural scaffolding for your various tissues to allow them to stretch while still maintaining tissue integrity, and is crucial for repairing soft tissue, muscle and connective tissue. Gelatin is cooked collagen, which makes it more digestible and easier to absorb
- Many degenerative and inflammatory diseases can also be ameliorated by eating more gelatin-rich foods. Red meat, on the other hand, contains far higher levels of the antimetabolic amino acids cysteine and tryptophan, which you want less of if you struggle with degenerative and/or inflammatory conditions
- Life extension studies have shown that restricting only tryptophan, or only cysteine, produces a greater life span extension than caloric restriction
- Collagen is rich in glycine, which can be helpful for all sorts of bleeding problems, including nosebleeds, excessive menstrual bleeding, bleeding ulcers, hemorrhoids and even stroke

Collagen accounts for about 30% of the total protein in your

body. One of its primary purposes is to provide structural support and strength to your tissues, such as skin, bones, tendons, ligaments and cartilage<sup>1,2,3</sup> by allowing them to stretch while still maintaining tissue integrity.

As such, collagen is crucial for repairing soft tissue, muscle and connective tissue. Connective tissues include tendons, ligaments, cartilage and fascia, which tend to get weaker and less elastic with age. Connective tissue injuries are also problematic since there's very little blood supply in connective tissue, which slows down recovery.

Nearly one-third of the amino acids in collagen is glycine. It is also high in proline, hydroxyproline and alanine, which are the building blocks for the matrix of connective tissue. Your body uses the amino acids in collagen to rehab stressed areas and places in your body where it's needed the most. Other lesser-known health benefits of collagen supplementation include:

- Deeper sleep due to its glycine content<sup>4</sup>
- Reduced joint pain and stiffness,<sup>5</sup> including osteoarthritis pain<sup>6</sup>
- Improved gut health and digestion, thanks to the presence of glycine<sup>7</sup>
- Improved blood pressure and reduced cardiovascular damage<sup>8</sup>
- Improved glucose tolerance<sup>9</sup>
- Reduced inflammation and oxidative damage, as glycine inhibits the consumption of nicotinamide adenine dinucleotide phosphate (NADPH). NADPH is used as a reductive reservoir of electrons to recharge antioxidants once they become oxidized

## Important Differences Between Collagen and Red Meat

The chart below details the amino acid ratios of gelatin and collagen versus red meat (beef). As you can see, gelatin/collagen contain vastly more of the important amino acids to rebuild your connective tissue than beef. Since one-third of your body's protein is collagen, it makes no sense to eat only muscle meat, as it will not provide enough amino acids to allow you to build strong connective tissue.

Importantly, collagen contains higher amounts of specific amino acids with anti-inflammatory and other healing properties, while red meat is higher in amino acids that induce inflammation. I'll discuss these differences further below.

Amino Acid	% Gelatin Collagen	% Beef
Glycine	28	1.6
Proline	17	1.0
Hydroxyproline	14	0.3
Alanine	11	1.3
Methionine	0.8	3.2
Histidine	0.8	2.1
Tryptophan	0.4	1.3
Cysteine	Trace	0.2

I believe it is still important to eat animal protein that is higher in branched chain amino acids to stimulate mTOR and muscle protein synthesis, but it is wise not to use this exclusively as the amino acids in red are relatively high in

animal protein and have been shown to negatively correlate with longevity.

Interestingly, collagen and gelatin are extraordinarily low in these amino acids. This is why I personally shoot to have about one-third of my protein as collagen or gelatin. I have cut down my egg and meat intake by 50% and replaced the protein with gelatin and collagen. One of the reasons I did this was based on the late Ray Peat's take on the importance of balancing these important amino acids.

Our ancestors never had access to gelatin or collagen products as food sources like we have today, so they typically obtained their collagen from eating the whole animal, including the connective tissue. Since most of us are not doing that today, it would seem important to integrate some collagen and gelatin into our diets.

## **Collagen Is Important for Degenerative Diseases**

According to Peat, who was a biologist<sup>10</sup> with a specialization in physiology,<sup>11</sup> collagen – especially the cooked form, which is gelatin – also helps protect your cells against stress. He points out that amino acids in their free state have many hormone-like functions.

For example, during stress, cysteine and tryptophan are released in large quantities, and these amino acids have antimetabolic effects. Other amino acids act as nerve-modifiers, triggering excitation or inhibition, while others, especially glycine, have cell-protective, anti-stress effects.

As such, many degenerative and inflammatory diseases can be ameliorated by eating more gelatin-rich foods. Red meat, on the other hand, contains far higher levels of the antimetabolic amino acids cysteine and tryptophan, which you want less of if you struggle with degenerative and/or inflammatory conditions.



## **We've Followed a Flawed Paradigm**

Peat stressed that the conventional “lock and key” paradigm of endocrinology, which teaches that hormones signal cells that have suitable receptors for it, is flawed. Instead, his research brought him to the understanding that cellular responses were in fact dependent on the state of the cells, and that state is modified by nutrients, metabolites, hormones and neurotransmitters in its surroundings.

By fixating on a flawed paradigm, we've ended up with what Peat referred to as “monstrous distortion of the official dietary recommendations.” For example, most studies trying to determine the nutritional requirements for protein were done for the agricultural industry and were designed to identify the cheapest way to achieve maximum growth in the shortest time possible.

But maximizing growth doesn't mean you're also maximizing health and longevity. Quite the contrary. Polyunsaturated fats (PUFAs) like linoleic acid (LA), for example, produce rapid weight gain in young animals, which translates into rapid profits. But if we're looking for optimal human health, that's not what we want. And, indeed, there's overwhelming evidence showing excessive PUFA consumption is wrecking human health.

Similarly, amino acids in proteins were defined as “essential” based on their contribution of growth in animals, again ignoring factors such as longevity, brain development and optimal health.

According to Peat, what little research has been done in this area suggests the human requirement for tryptophan and cysteine is very low in adulthood. So, the high intake of red meat and virtually no consumption of connective tissues rich in collagen and gelatin is not doing your health any favors.

## **Collagen for Life Extension and Disease Prevention**

According to Peat, life extension studies have shown that

“Restricting only tryptophan, or only cysteine, produces a greater extension of the life span than achieved in most of the studies of caloric restriction,” which is rather remarkable. In his archived article “Gelatin, Stress, Longevity,” Peat explained:<sup>12</sup>

*“Both tryptophan and cysteine inhibit thyroid function and mitochondrial energy production, and have other effects that decrease the ability to withstand stress. Tryptophan is the precursor to serotonin, which causes inflammation, immunodepression, and generally the same changes seen in aging.*

*Histidine is another amino acid precursor to a mediator of inflammation, histamine; would the restriction of histidine in the diet have a longevity promoting effect, too?*

*It happens that gelatin is a protein which contains no tryptophan, and only small amounts of cysteine, methionine, and histidine. Using gelatin as a major dietary protein is an easy way to restrict the amino acids that are associated with many of the problems of aging ...*

*When cells are stressed, they form extra collagen, but they can also dissolve it, to allow for tissue remodeling and growth ... When collagen is broken down, it releases factors that promote wound healing and suppress tumor invasiveness. Glycine itself is one of the factors promoting wound healing and tumor inhibition.*

*It has a wide range of antitumor actions, including the inhibition of new blood vessel formation (angiogenesis), and it has shown protective activity in liver cancer and melanoma*

*...*

*When we eat animal proteins in the traditional ways (for example, eating fish head soup, as well as the muscles, or 'head-cheese' as well as pork chops, and chicken-foot soup as well as drumsticks), we assimilate a large amount of glycine and gelatin. This whole-animal balance of amino acids supports all sorts of biological process[es], including a balanced growth of children's tissues and organs.*

*When only the muscle meats are eaten, the amino acid balance entering our blood stream is the same as that produced by extreme stress, when cortisol excess causes our muscles to be broken down to provide energy and material for repair.*

*The formation of serotonin is increased by the excess tryptophan in muscle, and serotonin stimulates the formation of more cortisol, while the tryptophan itself, along with the excess muscle-derived cysteine, suppresses the thyroid function ...*

*The range of injuries produced by an excess of tryptophan and serotonin seems to be prevented or corrected by a generous supply of glycine. Fibrosis, free radical damage, inflammation, cell death from ATP depletion or calcium overload, mitochondrial damage, diabetes, etc., can be prevented or alleviated by glycine.*

*Some types of cell damage are prevented almost as well by alanine and proline as by glycine, so the use of gelatin, rather than glycine, is preferable ... Gelatin has been used successfully to treat diabetes for over 100 years. Glycine inhibits lipolysis ... and this in itself will make insulin more effective, and help to prevent hyperglycemia. (A gelatin-rich diet can also lower the serum triglycerides.)*

*Since persistent lipolysis and insulin resistance, along with*

*a generalized inflammatory state, are involved in a great variety of diseases, especially in the degenerative diseases, it's reasonable to consider using glycine/gelatin for almost any chronic problem."*

## **Glycine for Bleeding, Stroke, Muscle Spasms and Pain**

In his article, Peat reviewed several conditions that can be successfully treated with glycine. For example, all sorts of bleeding problems, including nosebleeds, excessive menstrual bleeding, bleeding ulcers, hemorrhoids and even stroke may benefit from a gelatin-rich, and hence glycine-rich diet.

According to Peat, glycine, taken shortly after a stroke, limits the damage and accelerates recovery. Glycine may also be protective in epilepsy, by stabilizing nerves and raising the amount of stimulation required to activate nerves. Glycine also has antispastic effects that can help alleviate muscle spasms associated with multiple sclerosis. He also shared the effects of his personal experimentation with gelatin:<sup>13</sup>

*"For years I hadn't slept through a whole night without waking ... The first time I had several grams of gelatin just before bedtime, I slept without interruption for about 9 hours.*

*I mentioned this effect to some friends, and later they told me that friends and relatives of theirs had recovered from long-standing pain problems (arthritic and rheumatic and possibly neurological) in just a few days after taking 10 or 15 grams of gelatin each day.*

*For a long time, gelatin's therapeutic effect in arthritis was assumed to result from its use in repairing the cartilage or other connective tissues around joints, simply because those tissues contain so much collagen ...*

*Some of the consumed gelatin does get incorporated into the joint cartilage, but that is a slow process, and the relief of pain and inflammation is likely to be almost immediate, resembling the anti-inflammatory effect of cortisol or aspirin.*

*Inflammation produces fibrosis, because stress, hypoxia, and inadequate supply of glucose stimulate the fibroblasts to produce increased amounts of collagen. In lungs, kidneys, liver, and other tissues, glycine protects against fibrosis, the opposite of what the traditional view would suggest.*

*Since excess tryptophan is known to produce muscle pain, myositis, even muscular dystrophy, gelatin is an appropriate food for helping to correct those problems, simply because of its lack of tryptophan. (Again, the popular nutritional idea of amino acids as simply building blocks for tissues is exactly wrong – muscle protein can exacerbate muscle disease.)”*

According to Peat, any condition involving excess prolactin, serotonin and/or cortisol, including autism, postpartum and premenstrual problems, Cushing’s disease, diabetes, and impotence “should” benefit from a diet low in tryptophan.

*“In some of the older studies, therapeutic results improved when the daily gelatin was increased,” he noted. “Since 30 grams of glycine was commonly used for treating muscular dystrophy and myasthenia gravis, a daily intake of 100 grams of gelatin wouldn’t seem unreasonable, and some people find that quantities in that range help to decrease fatigue ...*

*For adults, a large part of that could be in the form of gelatin. If a person eats a large serving of meat, it’s probably helpful to have 5 or 10 grams of gelatin at approximately the same time, so that the amino acids enter*

*the blood stream in balance."*

## **What Is the Difference Between Gelatin and Collagen?**

While collagen and gelatin have the same basic amino acid composition, their properties differ due to differing manufacturing processes. Put simply, gelatin is basically cooked collagen,<sup>14</sup> which makes it more digestible and easier to absorb. This is particularly important if you have compromised digestion.

Collagen is made from animal bones, skins, tendons and other connective tissues. The collagen is extracted through an acid or alkali treatment followed by purification and does not involve heat. Since the molecular structure is larger, collagen does not dissolve in water.

When collagen is heated, the molecular bonds break down, giving you gelatin hydrolysate or hydrolyzed gelatin (other terms to describe gelatin include collagen hydrolysate or collagen peptides). Since the peptide chains are shorter, gelatin can be dissolved in water, where it forms a thick gel.

In terms of health benefits, these differences are likely minimal, because when collagen is ingested, it gets broken down in your gastrointestinal tract into shorter peptides that are the same as gelatin. Since only free amino acids can enter your bloodstream, collagen and gelatin have essentially identical systemic effects, as their basic composition is the same. That said, gelatin may be preferable if you have ulcers or other GI problems.

## **Types of Collagen**

While 28 different types of collagen have been scientifically identified, most supplements will contain one or more of just three of these,<sup>15,16,17</sup> as they comprise 90% of the collagen in your body.<sup>18</sup>

- **Type 1** – collagen found in skin/hide, tendon, scales and bones of cows, pigs, chicken and fish
- **Type 2** – formed in cartilage and typically derived from poultry
- **Type 3** – fibrous protein found in bone, tendon, cartilage and connective tissues of cows, pigs, chicken and fish

## **Choose Your Collagen Source Wisely**

Historically, traditional diets provided ample collagen in the form of broth made from boiled chicken feet or beef bones. These are by far your best alternatives. If you decide to use a collagen or gelatin supplement, here are some general considerations to take into account when shopping around:

• **Is it organic and/or grass fed certified?** – Laboratory testing has revealed many popular collagen and bone broth products contain potentially hazardous contaminants typically associated with concentrated animal feeding operations (CAFOs), such as heavy metals,<sup>19,20</sup> chemicals like butylparaben, and various veterinary drugs,<sup>21,22</sup> including antibiotics.

To avoid contaminants, make sure your collagen supplement is certified “100% Organic” by the U.S. Department of Agriculture (USDA)<sup>23</sup> or, better yet, certified grass fed by the American Grassfed Association (AGA), which has the most rigorous standards. This also applies to gelatin, although it can be a bit more difficult to find, and if you do, it can run about \$50.

It appears that collagen and gelatin provide virtually identical protein profiles and biological benefits. Collagen has the benefit of being available in affordable organic choices. Gelatin can be used to improve the texture and satiety of foods. So, they both can improve your health; you just need to choose the one that works best for you.

•**What raw materials is it made from?** – Nonorganic collagen is almost universally made from hydrolyzed cattle hides, not beef bones. When made from cattle hide, even organic certification becomes questionable, because hides, organic or not, are still scraps from the leather tannery industry and have undergone intense processing with harsh chemicals.

Raw, newly skinned hides arrive to the tannery on large pallets, where they can remain to rot for weeks before being processed. Even though they're salted, they're not entirely preserved and the stench is overwhelming. The tannery process itself typically involves an acid bath and processing with harsh chemicals such as sulfuric acid or chromium salts.

Hides with scars and imperfections are discarded once they've gone through this processing, and these castoffs are what are used to make bovine hide-based collagen supplements.

The already processed scraps then undergo additional processing to dissolve the hide and release the collagen peptides. So, while the raw hide may have come from an organically-raised, grass fed cow, after all that chemical processing, just how organic is the final product?

While my personal preference used to be grass fed organic collagen made from beef bones (not hide), I'm now leaning more toward powdered gelatin, as it's more easily digested.

That said, I still believe the natural approach is best. Making homemade bone broth using bones and connective tissue from grass fed, organically raised animals isn't very complicated and will produce the best results. If you prefer chicken broth, consider using organic chicken feet. The claws are particularly rich in collagen.<sup>24</sup>

And, to reiterate, eating muscle meat will not provide you with the important amino acids that are necessary for building collagen. Considering about one-third of the proteins in your



body are collagen, it makes sense to ensure you're getting enough collagen/gelatin.

## **Beware: Jell-O Contains No Gelatin**

In closing, do NOT make the mistake of using Jell-O brand<sup>25</sup> "gelatin" snacks. Remarkable as it may seem, the ready-to-eat Jell-O cups contain no gelatin whatsoever. Instead, they're using carrageenan, which can induce inflammation and contribute to a wide variety of chronic diseases.<sup>26</sup> It can also cause digestive side effects.<sup>27</sup>

Jell-O powder<sup>28</sup> does contain gelatin, but sugar is the No. 1 ingredient, plus it contains food coloring and preservatives with questionable safety. What you want is a pure gelatin powder without sugar and other additives.

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# James Corbett on Technocratic Control and the Dangers of AI

# James Corbett on Technocratic Control and the Dangers of AI

by Dr. Joseph Mercola

May 14, 2023

## Story-at-a-Glance

- Rather than squabbling about controlled opposition, we would be better served by spending our time productively engaged in research, verifying and triangulating information to discern what is true and what is false
- “Divide and conquer” is the primary way the control network maintains control, and all that’s needed to divide a previously unified front is insinuation and the seeding of doubt
- As AI-equipped chatbots are getting more sophisticated and start to monopolize online searches and virtual assistants, state-endorsed propaganda may become the only information available
- Narrative is the ultimate weapon; with a convincing-enough narrative, you can motivate entire populations to go to war or anything else that you want them to do
- One of the most important strategies you can implement to prepare yourself for the likelihood of what they plan on throwing at us next lies with community, meeting like-minded people that share your views and complement your skills. It will also be wise to relocate from high density urban areas

In this video, I interview investigative journalist James Corbett about false narratives, the global takeover by technocracy, controlled opposition and the dangers of artificial intelligence, as well as the solutions to these and other challenges.

Corbett's journalism career began in the aftermath of 9/11, when he became "overwhelmed to discover that we are constantly lied to through the mainstream media." 9/11 was his "red pill" moment, and he hasn't stopped digging for the truth since.

*"The discrepancy between the things that I was finding online versus what was being reported on the evening news just started getting wider and wider," he says, "to the point where I felt that ... I had to insert myself in that conversation. So that's the reason we're talking today."*

In 2007, Corbett launched his website, [CorbettReport.com](http://CorbettReport.com). One of his hallmarks, both in his documentaries and regular reports, is impeccable citations of sources.

*"I always put up the transcript with the hyperlinks to the source documents for every single quotation, every video clip, everything that I'm playing," he says. "I want to direct people back to the source material so that they can research it for themselves."*

*I know, as a researcher myself who does this for a living, that's incredibly valuable. I very much appreciate it when other people do it, so I'm trying to set that example in the alternative media."*

## **Can the Global Takeover Be Derailed?**

Corbett is also featured on "[Good Morning CHD](#)" with Dr. Meryl Nass once a month, an online news show by Children's Health Defense.

*"It's a valuable way, for both of us, to continue keeping our eye on the ball of the World Health Organization and its latest machinations ... of the global pandemic treaty and the international health regulations (IHR) amendments that they're working on right now, which really could be the*

*hardwiring of the biosurveillance infrastructure,” Corbett says.*

When asked whether he believes the pandemic treaty and/or the IHR amendments can be stopped, Corbett replies:

*“Well, they are planning on unleashing the global pandemic treaty on the world at the World Health Assembly (WHA) next year, May of 2024. And preparatory to that, they’re going to be holding a World Health Assembly this month, at which they’ll be talking about the draft of the treaty and the draft of the IHR amendments and other such developments.*

*So, we’re looking at about a one-year timeline before whatever it is they’re cooking up will be foisted upon the world, unless there is some dramatic movement to stop that.*

*In the short run, it seems unlikely that the incredible institutional momentum is going to be derailed, but having said that, we could look at things that have happened in the past that have completely derailed agendas that seemed inevitable, including the 2009 edition of the UNFCCC, the United Nations Framework Convention on Climate Change.*

*In 2009, the UNFCCC was being promoted and hyped – even by the then-president of the EU – as the potential for world government through a new climate accord that would completely rewrite the international rule books.*

*That was completely derailed by a couple of interesting incidents, one of which was Climategate ... Squabbles between some of the developing nations versus the developed world ... [also] helped to derail that 2009 conference.*

*There’s potentially a similar thing happening [now] with the*

*WHO trying to foist regulations and restrictions on developing countries that can't afford them. As we saw over the course of the past few years, it was the African countries that held out against the biosecurity state agenda, to a large degree.*

*And I think people who are interested in invoking a global biosecurity surveillance net probably are most concerned about how developing countries will or will not participate in this. So, there may be a similar sort of geo-economic squabbling or something else that might derail this, so I don't think we should simply consign ourselves to the inevitability of it before it happens."*

## **Is Elon Musk Controlled Opposition?**

Determining the trustworthiness of people within the alternative news space is a challenge everyone is faced with these days. Accusations of people being controlled opposition are common. The same goes for high-profile individuals in general. For example, some people, including Corbett and investigative journalist Whitney Webb, believe Elon Musk is likely controlled opposition. What led them to that conclusion?

"It's a question that a lot of people have, so let's dig into it," Corbett says. On the one side you have people who believe Musk is exposing and undermining the military industrial intelligence complex. On the other are those who think he's just playing a "good guy" role while surreptitiously furthering Deep State goals. As noted by Corbett, it's hard to overlook the massive support Musk has received from the military industrial intelligence complex over the course of his career.

*"We don't have to speculate about that," Corbett says. "That is a matter of public record. We can point to the half a*

*billion dollars or so that the Department of Defense has awarded SpaceX in a series of contracts over the past few years to send satellites up into orbit of classified nature on unregistered, unreported missions that presumably have something to do with the DOD's declared intention to make space into a war-fighting domain.*

*There's the \$3 billion in NASA contracts that SpaceX was awarded in 2021 to develop the human lander for the Artemis Mission, and the never-going-to-happen constantly delayed moon trip that the public is being promised. There's the \$750 million that was awarded to Solar City in 2016 by the state of New York to build a solar cell production facility.*

*This, again, is another aspect of the business opportunities that Musk is involved in that I think shrieks of grift – a boondoggle at the very least, constantly promising a technology that not only doesn't deliver but actually is actively harmful to the environment. I think that's something that needs to be stressed.*

*Then, there's the \$1.3 billion that Tesla got from the State of Nevada in 2014 to build the Gigafactory, etc., etc., etc. We could go through the list of such help, but perhaps more to the point was the fact that before Elon Musk got to launch SpaceX, he was part of a trip to Russia ... to purchase old Soviet ICBMs [intercontinental ballistic missiles]. That trip ultimately resulted in the starting of SpaceX.*

*Who was accompanying Elon Musk on that trip? Someone named Mike Griffin, who just happened to be the chief operating officer of In-Q-Tel, which is the CIA's investment capital arm ...*

*Griffin went on to become the administrator of NASA, who then*

*chose SpaceX as the one company out of the 20 that was applying for it at the time, for this \$400 million contract to start development of the new ISS resupply rocket in 2005, which basically launched SpaceX ... and again awarded SpaceX \$3.5 Billion in 2008 with a contract that Musk himself credits with saving the company.*

*So, there you go, the literal deep state connections couldn't get much clearer. At every stage of Musk's business career, he has been saved as need be with the deus ex machina of deep state agents like Mike Griffin swooping in with billions of dollars of contracts at just the right time."*

That's why Elon Musk's Twitter takeover and the release of the Twitter Files may seem to be a move against the military-industrial complex, but given Musk's documentable ties to that very same military-industrial complex, we must be wary of placing faith in these developments.

After all, Twitter is a centralized platform that lends itself to censorship, algorithmic manipulation and information suppression, and Musk has openly stated that he wants to create a "WeChat"-like app capable of handling every aspect of its users' digital life.

### **Why Did Musk Release the Twitter Files?**

Corbett suggests that the best way to evaluate Musk's ideas and contributions is to assess their outcomes.

*"Is what Elon Musk advocating good or bad? Do we agree with it or do we disagree with it? Is it right or wrong? And why do we think so? That has to be the heart that we keep coming back to. So, we have to evaluate Musk's ideas on that basis," he says.*

*"For example, there are ideas that Musk promotes that I am*



*100% onboard with. He has talked about the overpopulation myth and the under-population crisis that humanity is facing. I very much agree with him on that assessment. When he talks about the ill effects of lockdowns ... absolutely, I think he's right about that.*

*However, when he talks about the imposition of a carbon tax in line with Bill Gates and Mark Carney and the like, I think he's pushing a bad idea that is part of a plan for centralization of control in globalist hands.*

*When he gets on the stage of the World Government Summit and argues for universal basic income, again in line with any number of globalist operatives, I think he is promoting an idea that will be used for centralization of economic control in fewer hands.*

*When he talks about the ... Neuralink brain chip ... [he's] exactly in line with what [World Economic Forum founder] Klaus Schwab has been arguing ... I think that is a bad idea that is going to be used for control of the masses by a technocratic elite."*

As for Musk's acquisition of Twitter and subsequent release of the Twitter Files, Corbett doesn't think it's a great surprise to find that the military industrial intelligence complex has been using it to monitor and manipulate people. He believes Musk's job may well be to make the platform trustworthy again so that government agencies can continue using it for surveillance and control.

There's other evidence pointing in this direction as well. Musk has said he wants Twitter to become the WeChat app of America. And what is WeChat? It's a Chinese government-controlled app that monitors every aspect citizens' lives, including their financial transactions, social transactions,

communications, whereabouts and more.

It's basically the foundation for the communist social credit system. So, while Musk claims to be a defender of free speech, he's also talking about turning Twitter into THE central hub for the technocratic surveillance and control network.

## **Stop Looking for a Savior**

As noted by Corbett, what we need to do is "take responsibility for our own lives rather than looking for saviors like Elon Musk to swoop in and save the day." We can't lay that burden on any given individual or group of individuals. We must all do our part.

*"I think the conversation can get stuck on stupid because even though I tend to believe that Musk is some form of collaborator with the deep state that he pretends to oppose, I don't have proof of that and I do not know that for a fact, in the same way that his defenders do not know for a fact that he is not part of that controlled opposition," Corbett says.*

*"We can spend all our time and energy talking about this person and what we think their part is in all of this, or we could spend that time productively engaged in research, actually verifying, triangulating information, discerning what is true and what is not true.*

*When we take information down to that level, then it does not matter who is the person out there conveying that information to us. The important part is the information."*

It's also important to understand that "divide and conquer" is the primary way the control network maintains control, and all that's needed to divide a previously unified front is insinuation and the seeding of doubt. In the short-term, the

globalist takeover seems to have an unstoppable momentum behind it, but seemingly inevitable moves toward tyranny have been derailed at the last minute in the past and we must not give up hope or stop resisting. As explained by Corbett:

*“The term cognitive infiltration goes back to Cass Sunstein, the person who became Obama’s information czar ... He co-wrote a paper about cognitive infiltration in which he openly stated:*

*‘The government maybe should send people into conspiracy spaces, conspiracy groups, with cognitive infiltrators who will go in there and conceal their identity as being affiliated with the government, but will try to insert facts that will break the narrative of the conspiracy theorists.’*

*And what was the result of that paper? Rather than anyone having been exposed as being that cognitive infiltrator on the payroll of the U.S. government, what it effectively did was give people ammunition to speculate endlessly.*

*‘This person is a cognitive infiltrator, that person is a cognitive infiltrator,’ to the point where, ultimately, I think Sunstein wins without even necessarily having to implement that system at all, because ... the group fractures once the idea of pointing fingers at everyone becomes the norm ...*

*That is, in fact, precisely how the FBI’s COINTELPRO program worked back in the 1950s and ’60s ... One of the tactics they used was to put people into meetings in various spaces, the Black Panthers and others, in order to start spreading rumors and calling other people government agents.*

*The government agents were generally the ones that we’re*

*calling other people government agents in order to disrupt the groups, so I think we have to keep that in mind and keep our eye on the real prize here, which is discerning fact from fiction, truth from falsity, productive ways forward from unproductive ways forward.”*

## **ChatGPT and the Future of Propaganda**

I've often marveled at the effectiveness of modern propaganda. Part of what makes it so effective is the availability of technology, from social media and search engines to large language model artificial intelligence. OpenAI's ChatGPT has taken the world by storm and companies across a range of industries are already talking about replacing large numbers of white collar workers with AI.

This, even though there are serious problems with this technology. For example, we're finding chatbots have a tendency to lie and fantasize. Researchers are calling these instances "hallucinations." Basically, the AI is concocting a fantasy based on the information available and reciting it as fact. And that's in addition to the bias that can be built in by programmers. So, while it's an incredibly exciting technology, we cannot be naïve about its risks.

One obvious risk is that state-endorsed propaganda can become the only information available to people, as this technology starts monopolizing online searches and virtual assistants.

There won't be a multitude of answers anymore. There will only be one, and he who controls the AI will have the power to control the beliefs of the entire world. Of course, yet another risk is that no one will be able to control it and the AI will control itself. I don't know which might be worse. Corbett comments:

*“You introduced this topic with the concept of propaganda and potential uses of large language models for propagandistic*

*purposes. We should go back to the man who wrote the book on propaganda called 'Propaganda,' Edward Bernays, who [said]:*

*'The conscious and intelligent manipulation of the organized habits and opinions of the masses is an important element in democratic society. Those who manipulate this unseen mechanism of society constitute an invisible government, which is the true ruling power of our country.'*

*That was Edward Bernays in 1928. His words are as true today as they were then, perhaps even more so. And the true ruling power of the country, of the world at this point perhaps, are those who can most effectively, consciously and intelligently manipulate the organized habits and opinions of the masses.*

*And I don't think enough people have really stopped to cogitate on the fact that these large language models already starting to produce material that really cannot be distinguished from human-written material ...*

*You don't have to be a crystal ball prognosticator to see how this will extend out in the foreseeable future ... [to] the point where you can have entire conversations, entire fields of interest and study that will be completely populated by artificial-created conversation ...*

*A large language model that is able to accurately and without much prompting be able to populate botnets to flood social media and other places will essentially be able to dominate that conversation, [and] will consciously and intelligently manipulate the habits and opinions of the masses. At that point, you are talking about the ultimate weapon.*

*The ultimate weapon is narrative, because with a convincing-enough narrative, you can get entire populations motivated to*

war or to anything else that you seek to get them to do, like say lock down the entire productive global economy on the back of a scare that was absolutely not warranted.

So, I think once we start getting these completely synthetically-generated narratives, that will start creating these entire events that are not happening in the real world. [These events] will be deep-faked through video and audio and everything else, to convince you of an entire reality that doesn't exist.

We are really moving into some truly world historical changing times and I don't know if enough people are really cognizant of ... how this technology could be used for good or for ill ...

I think there is a real threat, and it is probably underappreciated by a large section of the public that are not keeping abreast of the daily torrent of information on this subject ... Some of the testing notes for ChatGPT-4 that were released showed there was a team that was tasking the chatbot with a certain task that would require it to do things that it was not programmed to do, or even authorized to do, including solving a CAPTCHA ...

[The chatbot] actually went on Fiverr or one of those types of platforms and recruited a human being to do it for it, to the point where the human said, 'Why are you recruiting me to do a CAPTCHA? How do I know you're not a bot? Ha-ha-ha.' To which it responded, 'I'm blind, I'm visually impaired, I can't do it myself.' Ultimately, it ended up getting that CAPTCHA solved.

It does not take a great degree of imagination to see where that can go. I don't know what kind of safeguards you can

*program into a technology like that, other than to completely keep it firewalled off from the internet and from any other computer system that it may be able to commandeer.”*

## **Solutions Watch**

On his website, Corbett has a section called [The Solutions Watch](#), where he proposes action steps that you can take to address a given problem, both big and small. For example, on the smaller scale, he’s discussed the importance of filtering your water, and testing your water to ensure it’s being filtered properly.

*“One thing that I think is sort of the foundation upon which we will have to build any thoroughgoing answer to the problems we’re facing is creating conscious community with others,” Corbett says.*

*“Of course, that can take the form of online and virtual community. I’m not going to pooh-pooh or disdain that. I think it is important to know like-minded people online. But increasingly, how can we trust what we are reading, seeing or interacting with online?”*

*I think the real point is to try to build real community with real people in the real world. That could take the form of intentional communities that are created from the ground up as a physical location that people will relocate to ... but I think it is extremely difficult to do that.*

*But at the very least, people can and should be finding like-minded people within their geographical proximity that they can meet up with, who will be there in emergencies, hopefully. But also that they can start forming small groups, that they can start teaching each other about various things that they may know and bringing solutions to the table.*

*I think that can be the core basis upon which we start erecting other things, because one thing that I've looked at over the years are some of these big, huge issues that seem utterly overwhelming and completely impenetrable to the average person, like the fundamental fraud that underlies the economy itself is the monetary system, which for people who haven't looked into it, the money supply itself is very much controlled, and the creation of money is a tool that is used for enslavement.*

*It could be used for human flourishing, but is not in our current economy. How do we possibly combat a problem as thoroughgoing as that? [Many people] I encounter online have ideas about the perfect alternative currency ... but [they] haven't convinced anyone to use it. To me, that speaks to the fundamental problem."*

## **Build Community and Get Out of Metropolitan Areas**

At the top of Corbett's solutions list is building parallel communities. That's really a foundational strategy because without it, many other solutions can't work. To that, I would add the recommendation to move out of crime-ridden urban and metropolitan areas and into areas where this kind of community-building is more likely to succeed. As noted by Corbett:

*"Until you have a community of people who are going to be working together on projects like an alternative or supplemental currency system, how are you going to launch something like that in a thoroughgoing manner?"*

*I think the core of the solutions that we're looking for lies with community, meeting like-minded people ... I'm not into this Pollyanna thinking that it's all going to be easy. It's an incredibly, incredibly difficult task to start creating an alternate currency, an alternate power grid and the alternate*



*society that we need to protect ourselves, to buffer ourselves from this encroaching biosecurity, technocratic enslavement grid.*

*That's a pretty tall order, and I can't offer any assurances that it's going to turn out all right. But I do know that if we just lay down and continue on the course that we're on, we are hurtling towards a brick wall of extinction, essentially. I really see this as a fundamental existential question that we are facing not just on the artificial intelligence front, but also on the genomic manipulation front, on the manipulation of the food supply.*

*If you are what you eat, then what does it mean that they're going to start feeding us insects and other such unpalatable items?*

*It is absolutely a war that is taking place on every front, all at once, and we're not going to get through this by ourselves. Unless you are the type of person that can go out in the woods and live by yourself for decades ... I don't think you're going to escape this all by yourself, so I think creating community is sort of the core of all solutions."*

## **More Information**

Corbett's reports, Solution Watch and documentaries can all be found on his website, [CorbettReport.com](http://CorbettReport.com). He also does a weekly news update series with James Evan Pilato of [mediamonarchy.com](http://mediamonarchy.com), in which they examine three news stories that are either trending or have slipped beneath the radar. "We try to draw attention to them and put them in the right context," Corbett says.

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# Bill Gates' Synthetic Fruit Coating: Even Organic Fruit Is Being Coated With This Stuff

[Bill Gates' Synthetic Fruit Coating: Even Organic Fruit Is Being Coated With This Stuff](#)

[Bill Gates Owns Synthetic Fruit Coating – What's in It?](#)

by [Dr. Joseph Mercola](#)

May 10, 2023

## Story-at-a-Glance

- Apeel is a plant-based protective coating that “helps the produce you love stay fresh for longer.” It retains moisture within the produce and keeps oxygen out, thereby slowing the spoilage rate
- Apeel Sciences was founded with a \$100,000 grant from the Bill & Melinda Gates Foundation. Other investors include the Rockefeller Foundation; the World Bank Group; Anne Wojcicki, co-founder and CEO of the personal

genomics company 23andMe; and Susan Wojcicki, former CEO of YouTube

- Apeel Science's founder, James Rogers, Ph.D., is an agenda contributor to the World Economic Forum (WEF). He's hailed COVID lockdowns as a model for future action on climate change. In other words, climate lockdowns. Rogers is also a WEF Young Global Leader
- Avocados, cucumbers, lemons and limes, mandarins, oranges, organic apples, grapefruit and mangos are listed as produce that are currently being treated with this coating. Apeel-treated produce can be identified by looking for the "Apeel Protected" produce sticker
- The coating, which cannot be washed off, likely contains toxic contaminants, including heavy metals and carcinogens, as well as trans fats and, potentially, harmful linoleic acid

Do you know what Apeel is? In an April 24, 2023, Twitter thread,<sup>1</sup> Alexis Baden-Mayer, political director at the Organic Consumers Association (OCA), lists the many patents associated with this mysterious synthetic fruit coating, which is even approved for use on produce certified as USDA Organic.

According to Apeel Sciences' website,<sup>2</sup> Apeel is a plant-based protective coating that "helps the produce you love stay fresh for longer." It retains moisture within the produce and keeps oxygen out, thereby slowing the spoilage rate.

Avocados, cucumbers, lemons and limes, mandarins, oranges, organic apples, grapefruit and mangos are listed as produce that are currently being treated with this coating.

Apeel-treated produce can be found in several large grocery chains in the U.S., including Walmart, Costco, Kroger, Trader Joe's, Harps Food and many others,<sup>3,4</sup> as well as stores in Germany, Denmark, Switzerland<sup>5</sup> and Canada.<sup>6</sup> As of October 2020, the company had also received regulatory approval in Kenya,

Uganda, Costa Rica, Colombia, and Ecuador.<sup>7</sup> Apeel-treated produce can be identified by looking for the following produce stickers.



## Red Flags

One of the warning flags that makes me question the safety of this product is the fact that Apeel Sciences (a DBA or “doing business as” of aPEEL Technology Inc.) was founded with a \$100,000 grant from the Bill & Melinda Gates Foundation.<sup>8</sup> That’s never a good sign. I can’t think of a single harmless product Gates has ever willingly poured his money into.

Other investors include the Rockefeller Foundation;<sup>9</sup> the World Bank Group; Anne Wojcicki, co-founder and CEO of the personal genomics company 23andMe; and Susan Wojcicki, former CEO of YouTube<sup>10</sup> (she stepped down in mid-February 2023<sup>11</sup>). By May 2021, Apeel Sciences was valued at \$1.1 billion.<sup>12</sup>

*Apeel Science’s founder, James Rogers, Ph.D., is an agenda contributor to the World Economic Forum (WEF). He’s also a WEF Young Global Leader. In 2018, Rogers stated his company would transition to using synthetic biology rather than*

*extracting its ingredients from real food.*

What's more, Apeel Science's founder, James Rogers, Ph.D., is an agenda contributor to the World Economic Forum<sup>13</sup> (WEF). Among the articles he has written for the WEF is one in which he hailed COVID lockdowns as a model for future action on climate change.<sup>14</sup> In other words, climate lockdowns.

Rogers is also a WEF Young Global Leader<sup>15</sup> – yet another red flag. And I'm not the only one questioning the motives behind this product. "Is [Apeel] another Gates/WEF plot to destroy our health? Or a distraction from worse plots?" Baden-Mayer asks.<sup>16</sup>

## **Is Apeel Part of President Biden's GMO Agenda?**

One of the first things that came to mind when I heard of Apeel is that it fits right into President Biden's recently launched agenda to turn the U.S. food supply over to the biotechnology industry. I reviewed this agenda in "[Executive Order Lays Foundation for Lab-Created Foods.](#)"

In summary, Biden's September 2022 "Executive Order on Advancing Biotechnology and Biomanufacturing Innovation for a Sustainable, Safe and Secure American Bioeconomy"<sup>17</sup> makes biotechnology a national priority across agencies and branches of government, including the U.S. Department of Agriculture (USDA).

In late March 2023, Biden expanded on this premise in a "Bold Goals for U.S. Biotechnology and Biomanufacturing" report.<sup>18</sup> One of the specific goals listed in this report is "Reducing food waste by 50% by 2030." Reducing food waste to combat climate change<sup>19</sup> is also the premise upon which Apeel Sciences was founded, according to its website.<sup>20</sup>

Further evidence that Apeel Sciences fits into Biden's biotech-driven food agenda is its acquisition of ImpactVision, "a software company that uses AI and machine learning to track the chemical composition of food throughout its shelf life."<sup>21</sup> The company has also promised to "double down on technology" through other tech acquisitions.

While reducing food waste and making fresh produce last longer are certainly sane and worthy goals, the question is, how is this being done? Seeing how Apeel's emergence broadly coincides with Biden's official transition into biotech-led foods, can we trust that it's a food-based product? Or is it biotech in disguise?

### **What Does Apeel's GRAS Notice Tell Us?**

According to Apeel Sciences:

*"Apeel adds a little extra peel on produce to slow the rate of water loss and oxidation ... That extra peel is completely edible, tasteless and safe to eat. A variety of plant feedstocks can be used to create our formulations, and luckily these ingredients exist in the peels, seeds and pulp of all fruits and vegetables ..."*

*"We think of these materials as building blocks, restructuring them in a way that allows us to iterate on what nature created, making our solution into a coating that can be applied to produce. So while nature is our foundation and inspiration, innovation and technology are how we apply these ingredients ..."*

Apeel Sciences' Generally Recognized as Safe (GRAS) notice<sup>22</sup> to the U.S. Food and Drug Administration, submitted in October 2019, gives us a little more. The primary component of the coating is said to be a mixture of monoacylglycerides derived from grapeseed.

An earlier GRAS Notice,<sup>23</sup> filed in April 2016, further specifies that the two primary components of Apeel is 2,3-dihydroxypropyl palmitate and 1,3-dihydroxypropan-2-yl palmitate. (In this notice, the product is called “Edipeel,” but the website now refers to it as “Apeel,” like the company name.) According to the 2016 GRAS Notice No. 648:

*“Monoacylglycerol derivatives are components of dietary fats commonly found in food and are also endogenously formed in the human body ... It is well established and recognized that monoacylglycerides, the subject of the present GRAS assessment, are formed in the gastrointestinal tract from the generally accepted metabolic pathway for the breakdown of triglycerides (i.e., lipolysis).*

*The hydrolysis of triglycerides by lipases proceeds through the formation of monoacylglycerides (i.e., monoglycerides). The free fatty acids released can be further used for triglyceride synthesis.*

*Given the metabolic sequel described above, and by applying scientific procedures, it can be concluded that a mixture of monoacylglycerides would not pose any health hazards different from commonly consumed dietary oils derived from plants or animals.”*

## **Toxic Residues**

However, just because something is made from all-natural ingredients doesn't mean the final product is perfectly safe. It depends on what you've done to those ingredients.

In this case, in Part 3 of the 2019 GRAS notice,<sup>24</sup> under Maximum Limit of Residues, we find that the grape seed oil that makes up the basis of this product contains residues of ethyl acetate, heptane and palladium, which are processing

aids, as well as the heavy metals arsenic, lead, cadmium and mercury.

According to Apeel, the levels of these toxic residues are either below levels deemed safe by the FDA, the EU and/or the Joint FAO/World Health Organization Expert Committee on Food Additives (JECFA). The following table lists the maximum daily exposure limits based on a maximum daily (90th percentile) intake of 218 milligrams per person per day.

*Table 3-5. Maximum Daily Exposure Limits for Residues in a Mixture of Monoacylglycerides Derived from Grape Seed*

<b>Residual</b>	<b>Manufacturing Limit (ppm)</b>	<b>Daily Exposure Limit (mg/person/day)*</b>
Ethyl acetate	21,000	4.58
Heptane	23,000	5.01
Palladium	10	0.0022
Arsenic	3	0.00065
Lead	2	0.00044
Cadmium	1	0.00022
Mercury	1	0.00022

\* – The daily exposure limit is calculated based on the total amount of monoacylglycerides derived from grape seed that are consumed by a high-end consumer (218 mg/person/day).

While the levels indeed appear to be very low, I would argue that any exposure to toxic chemicals and metals is an unnecessary risk. To me, intentionally coating fresh, unadulterated foods with something that contains toxins, even if in minute amounts, only adds to the toxic burden. We're already dealing with pesticide residues on conventional fruits and vegetables. This coating will simply lock those toxins in and add additional ones on top.

One of the biggest question marks is whether this coating can penetrate the peel, as the coating cannot be washed off. Can toxic risks be eliminated by peeling the produce, or is the flesh of the fruit or vegetable also contaminated with residues? We do not have the answer to that question, even though it's one of the most important ones.



According to Apeel Sciences, the coating is “not expected” to penetrate beyond the peel into the fruit.<sup>25</sup> Not expected? That means they have no idea. They’re simply guessing.

## **More Open Questions**

In Apeel Sciences’ 2019 GRAS notice, they referenced a 2017 EFSA review<sup>26</sup> of E471 (mono- and diglycerides of fatty acids) but didn’t mention that this review warned about the possible presence of epichlorohydrin,<sup>27</sup> a carcinogen, in E471 manufactured using glycerol or glycidol as a starting material. Apeel uses monoglycerides of glycerol.

According to this review, “The panel considered that the presence of epichlorohydrin and/or glycidol in mono- and diglycerides of fatty acids (E 471) would need further assessment as their presence could raise a safety concern.” Palladium, cadmium and arsenic are also carcinogenic, so there are at least four different carcinogenic contaminants in this coating.

What’s more, a 2021 European Food Safety Authority (EFSA) re-review<sup>28</sup> of monoacylglycerides found that “the potential exposure to toxic elements resulting from the consumption of E 471 could be substantial.” As a result, the review panel suggests it may be necessary to lower existing limits for arsenic, lead, cadmium and mercury.

## **Apeel Plans to Switch to Synthetic Biology**

Baden-Mayer also wonders whether Apeel’s coating is made with synthetic biology. Why else is Apeel Sciences listed as one of the best-funded synbio companies?<sup>29</sup> Don’t you have to produce synthetic biology products to be considered a synbio company?

In 2018, the Apeel founder himself also told Food Navigator that his company would soon transition to using synthetic biology rather than extracting its ingredients from real

food.<sup>30</sup> So, even if they haven't made that transition yet, this certainly suggests they intend to, eventually.

Apeel's GRAS notice also leaves this door open, stating that "monoacylglycerides can be created by breaking down a triglyceride by removing two of its fatty acids or they can be manufactured synthetically."

Finally, Apeel Sciences' board of directors includes Vijay Pande,<sup>31,32</sup> an adjunct professor of bioengineering at Stanford, who also serves on the board of Scribe Therapeutics, a company specializing in CRISPR technology and protein engineering. Pande is also the founder of Globavir Biosciences, an infectious disease start-up.

So, it certainly appears as though Apeel Sciences is geared up to move into genetically engineered synthetic biology, if they haven't made that leap already. The company is even directly connected to a company specializing in infectious disease therapeutics, and we now know there are efforts underway to turn foods into vaccine vectors.

## **Invisipeel – Another Type of Coating**

As mentioned earlier, aPEEL Technology Inc. is producing the Apeel coating for fresh produce under the business name Apeel Sciences. But that's not aPEEL's only product.

In August 2015 – three years after the Gates Foundation launched Apeel Sciences with a \$100,000 grant – the Gates Foundation committed nearly 10 times that amount, \$985,161, to aPEEL Technology Inc., not Apeel Sciences, to develop a crop coating:<sup>33</sup>

*"... to extend the shelf-life of crops without refrigeration and protect them from being eaten by pests by developing a molecular camouflage that uses cutin from plant extracts to create an edible, ultrathin barrier on the crop surfaces."*

Cutin is a waxy polymer and a primary component of the plant cuticle. It covers all aerial surfaces of all plants. It's insoluble and therefore has a waterproof quality. The Apeel product described in the GRAS applications filed by Apeel Sciences do not mention anything about cutin, so this is a different product.

According to Weston A. Price,<sup>34</sup> this product is called Invisipeel, and is applied by growers while the crop is still in the field. Apeel is applied after harvest once the produce is ripe. In short, we may be eating food that has been coated not just once but twice.

### **Is Apeel Just Another Trans Fat Alternative?**

Aside from potentially toxic contaminants, others who have investigated Apeel have highlighted other problems and warn that monoglycerides and diglycerides are a “go-to replacement for deadly trans fats.”<sup>35</sup>

In 2016, the FDA withdrew the GRAS status of trans fat as it was strongly linked to fatal heart attacks. Yet here we are again. Out with one toxic fat and in with another. The FDA ban doesn't apply to mono- and diglycerides, even though they contain trans fat, because they're classified as emulsifiers rather than lipids.

Mono- and diglycerides are byproducts from the processing of oil. In the case of Apeel, the monoacylglycerides are derived from grapeseed oil, which is loaded with polyunsaturated fats (PUFAs), including the highly problematic linoleic acid, which I'm convinced is one of the primary drivers of chronic disease. You can learn more about this in [“How Linoleic Acid Wrecks Your Health.”](#)

So, basically, what we're looking at here is a way to turn fruits and vegetables, known for their beneficial impacts on heart health, into a source of harmful emulsifiers that

increase your risk of heart disease, heart attack and stroke. This starts to feel even more diabolical when you consider that the Great Resetters of the world are pushing to replace meat and animal products with plant foods, which they are simultaneously making more toxic and less healthy.

## **Commonsense Ways to Make Produce Last Longer**

As noted by Moms Across America, there are far safer, natural ways to extend the shelf life of your fruits and vegetables. Below are a few of their tips.<sup>36</sup> Additional suggestions can be found in Almanac.com's [fruit and vegetable storage guide](#).<sup>37</sup>

*“Take avocados for example ... Once you bring them home and they get to their ‘sweet spot,’ you can store them in the refrigerator for up to two weeks. You can also freeze them whole, sliced, in chunks, or mashed. They will keep for three to six months.*

*Heavenly, succulent strawberries can be briefly soaked in a vinegar and water solution to be cleaned thoroughly. Let them dry completely, and store in a mason jar (with a paper towel at the bottom) in the refrigerator for three weeks or more. Sweet, colorful apples can be stored in a cool, humid place such as a basement, garage, or refrigerator for up to five months.”*

I have also found that if you purchase avocados on sale you can select rock hard fruits and store them in the fridge for around one month. You only need to take them out of the fridge for around three days before they ripen.

It's worth mentioning, in closing, that the best way to gauge the freshness of a fruit or vegetable is to inspect it visually. If it's been sealed shut with a coating that delays the decay process, you can't tell how long that produce has been sitting around.

What's more, if the produce is coated before it's ripe, will it ever fully ripen? Many fruits and vegetables are picked and shipped before they're fully ripened. They ripen en route. This is one of the reasons why so many fruits are tasteless and don't have the right texture. Will Apeel make this situation better or worse? Personally, I won't be buying Apeel-treated produce, and if enough of us refuse to buy it, they'll stop using it.

Modern industrial farming has created a food production model that is not only unhealthy, but unsustainable as well. The reliance on GMO-derived products and the toxic chemicals used alongside them are destroying the environment and the public's health.

To combat the encroaching influence of big GMO companies, I encourage you to support farmers and businesses that practice organic, biodynamic and regenerative farming. This food production model benefits both humans and the environment because it:

- Rebuilds topsoil by sequestering atmospheric carbon above ground and below ground
- Protects water sources, runoff, and reduces water demand by increasing moisture in the soil
- Promotes nutrition and health through nutrient-dense, organic food
- Minimizes the risk of foodborne illnesses and drug-resistant disease by avoiding the use of industrial chemicals
- Restores damaged ecosystems through regenerative methods
- Helps local farmers by giving them larger profits compared to industrial counterparts

How can you play your part? The solution is actually quite simple – buy healthy, organic food. One of the best things you can do is to purchase your food from small-business farmers. To help you in your search, I recommend visiting these

websites that point you to non-GMO food producers in your area:

[Regenerative Farm Map](#)

[Eat Well Guide \(United States and Canada\)](#)

[Farm Match \(United States\)](#)

[Local Harvest \(United States\)](#)

[Weston A. Price Foundation \(United States\)](#)

[The Cornucopia Institute](#)

[Demeter USA](#)

[American Grassfed Association](#)

I also urge you to support and donate to organizations like the Organic Consumers Association (OCA), as they are leading the way to promoting regenerative agriculture and sustainable farming practices. By advocating the innovative campaigns of these organizations, you are contributing to the future of regenerative agriculture.

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# How to Save Your Life and Those You Love When Hospitalized

## [How to Save Your Life and Those You Love When Hospitalized](#)

by [Dr. Joseph Mercola](#)

May 7, 2023

### Story-at-a-Glance

- Laura Bartlett and Greta Crawford have founded an organization to address the forced treatments patients receive when they're hospitalized for COVID-19, but the same strategy can be used to protect yourself against other medical hazards as well
- The Caregivers and Consent document they created is an "advance decision" document. So, the moment you enter the hospital, the hospital staff know what they can and cannot do to you; they are legally required to respect your current care decisions. And unlike an Advance Directive (which only kicks in when you are incapacitated) the Caregivers and Consent document goes into effect immediately
- It's important to complete and notarize your Caregivers and Consent document BEFORE you ever need to go to the hospital
- Make sure you send the completed, signed and notarized document to the CEO of the hospital in two ways: (1) via a professional courier (one that specializes in



delivering legal documents); and (2) via the Postal system with certified mail, return receipt requested. The CEO is responsible for all legal business relating to the hospital, including the medical records, so the CEO, not your attending physician, is the one whose responsibility it is to get your consent document entered into your electronic medical record

- Make at least 10 copies of the signed, notarized document and keep one copy on your person, in case you ever have an accident or acute illness requiring hospitalization. Also provide copies to the attending physician and nurse once hospitalized
- Also, should you become hospitalized (and therefore unable to personally send the document to the CEO), designate a family member or friend to send your Caregivers and Consent document on your behalf. Additional recommendations to ensure your safety are included

In this interview, Laura Bartlett and Greta Crawford detail how you can protect yourself from one of the top contributors to premature death, namely conventional hospital care. The key here is to understand what the dangers are and take proactive measures to guard yourself and your family from them.

Nearly 10 years ago, I interviewed Dr. Andrew Saul, author of "Hospitals and Health: Your Orthomolecular Guide to a Shorter, Safer Hospital Stay," in which he details how to minimize your risk of being a victim of a medical error.

First and foremost, Saul recommended making sure you have a patient advocate, someone who can speak on your behalf if you're incapacitated and make sure you're receiving the correct medication and treatment. During COVID, however, family or friends were not allowed into the hospital, and patients were routinely bullied into treatments they did not want or consent to.

The good news is, Bartlett and Crawford have developed a legal document that, when served to the hospital in the proper way, can ensure that your medical wishes are honored. By eliminating any confusion about your consent (or denial of consent), this document can literally save your life.

## **Why ProtocolKills.com Was Created**

Bartlett and Crawford have founded an organization to address the lethal and, in many cases, forced treatments patients receive when they're hospitalized for COVID-19, but the same strategy can be used to protect yourself against other medical hazards as well. Crawford explains:

*"I created a website called [ProtocolKills.com](https://ProtocolKills.com). This came after I was in the hospital with COVID. In the process of going to the hospital, I was denied informed consent and was completely unaware of some of the things they were doing to me. I was given five rounds of remdesivir, which nearly took my life, and I did not even know that I was being poisoned at the time ...*

*During that time in the hospital, I went from thinking I was going to go home after I got oxygen to actually feeling like that I was going to die. I was almost certain I was going to die after being given just the first dose of remdesivir ...*

*[And then there was] the constant push for the vaccine in the hospital, the harassment for not getting vaxxed, and the fact that I was given medication without my knowledge at all, which led me to start the website to not only inform people about what was going on, but [as] a platform to allow other victims who were not as fortunate as me.*

*Many of them, the majority of them, did not make it out alive. So, it's a platform for them to share their story. We have over 250 stories on there about what they faced in the*

*hospital. We really wanted to get this information out there to the public, but we also wanted to give a solution, not just to scare people. And that's where I ended up meeting Laura."*

## **National Hospital Hostage Hotline to the Rescue**

**Bartlett continues:**

*"Before I met Greta at the beginning of COVID, in early 2020, I started helping my brother, Dr. Richard Bartlett, who had a protocol utilizing inhaled budesonide steroid as part of his protocol to treat COVID early. We also found it very effective once people were in the hospital to help reverse [the infectious process] and also the scarring and the inflammation of the lungs.*

*There are instances where it even helped people who were on ventilators as long as 30 days come off the ventilator and go home. So, I was helping him get that message out in early 2020. I'm not a doctor. I'm not a nurse. I'm just somebody who could help get that known around the world. My background is in media PR ...*

*In the process, people who knew my brother, knew me, started reaching out to both of us with stories that they were in the hospital and they were having a hard time getting the doctor to respect their right to informed consent. It was an overwhelming number of instances where people just felt like they were being bullied or coerced, that their right to try budesonide, for instance, was just dismissed.*

*And it was almost as if informed consent didn't exist. But in fact, it never went away. Even during the COVID shielding for hospitals, informed consent between the doctor and the patient never went away. You always had the right to informed*

consent.

*So that's where my work started. In the process, since there were so many people reaching out for help, I thought, 'Well, why doesn't somebody come up with a way for people to quickly access some information of what their rights are and their patient rights?'*

*So, I started a nationwide hotline, called the [Hospital Hostage Hotline](#) [call or text 888-c19-emergency, or 888-219-3637]. It's still in effect. I still get calls from all over the country. And I've been able to help people who went in even for non-COVID reasons like a urinary tract infection that was [also] diagnosed as COVID, and they were being pushed towards a protocol and told they couldn't leave the hospital.*

*They needed to know they could, that they always had the right to leave AMA – Against Medical Advice – if that's what they chose. They also have the right to either consent or not consent to things and it should be respected. I realized that one of the biggest tools for getting that informed consent notice to the doctor was not to just verbally say it, but to have it in writing. These aren't my original ideas.*

*I actually had a hospital insider reach out ... somebody who had been in the system and knew how to navigate the system at a high level in administration, give me some tips and tools on how to navigate the hospital system to make sure that informed consent was not only documented and delivered effectively to get into the electronic medical record, but also, what their basic patient rights were and how to advocate for them.”*

## You Have the Right to Leave

One drawback of signing an AMA is that insurance won't pay for your treatment. That threat will often keep patients in the hospital because they'll have to pay out of pocket. So, it can be used against you.

*"Profit has been a big factor in a lot of suffering," Bartlett says. "Patients were afraid to leave because they were told, like in the instance of a gentleman that I was helping in New Jersey who went in for a urinary tract infection.*

*He was an elderly man. This was early 2020. They quickly tested him for COVID and started him on that road towards a ventilator. And they told him flat out, 'If you leave, none of this will be covered by insurance.' So that was a big factor."*

Hospitals may also misinform you about your AMA rights, as we've seen repeatedly during COVID. More often than not, the hospital's reluctance to release a patient has to do with protecting its revenues. Bartlett offers the following story to illustrate:

*"Somebody that I was helping advocate for said the doctor actually said to them, 'You cannot leave.' This person was 15 or 16 days into their COVID diagnosis and they were feeling better. They were likely not COVID positive ...*

*That's where the name of the hotline came from. They actually felt like hostages. That's what they were reporting to me. 'I feel like I'm held prisoner.' But in fact, they always had the right to leave a hospital whenever they chose to. It's not up to the doctor when they can leave. They have to make that medical choice for themselves, whether or not they feel like they can leave."*

## A Novel Consent Document That Can Save Your Life

Patients clearly need a way to put themselves back in the driver's seat, and the novel medical consent document Bartlett and Crawford created, available on [OurPatientRights.com](https://www.ourpatientrights.com), is the most powerful way I've seen so far to do that. As explained by Bartlett:

*"What we learned from this whole ordeal over the last couple of years is that there was a need for a novel document that did not exist, to our knowledge, that covers your written consent. A document that documents your current consent, not an advance directive that kicks in after you're incapacitated.*

*Before you go into the hospital, write down your consent wishes so that everybody involved in your care within the hospital will have eyes on it because it's put into your electronic medical record. It's notarized. It's signed before you go in. That's the key. So do it while you have full capacity.*

*It's a novel strategy. I'm so grateful to the hospital insider who saw the problem and helped us navigate the system, so that we have an insider's perspective on how to do this to keep people safe."*

As noted by Crawford, while COVID-19 may seem like a distant memory, people are still being hospitalized and diagnosed with COVID, and are being held hostage by a hostile medical system seemingly intent on milking them for all their worth, until death, if need be.

This is where filing a written medical consent form can help save your life. No doctor can override your written decision (consent) declining certain medications or treatments. Verbal

communication is not enough. It must be in writing, notarized and delivered in a manner that formally serves the hospital and puts their physicians on notice.

## **General Consent Vs. Specific Consent**

As explained by Bartlett, when you enter a hospital, you must sign a general consent authorization form. This is basically a contract between you and the hospital. Since you have bodily autonomy, they need your consent before they can do anything to you.

Typically, the general consent form authorizes hospital staff to test, treat and care for you in whatever way they see fit – and when a patient signs the general consent authorization, physicians feel justified that they can implement a hospital protocol without further explaining the risks, benefits or alternatives of that protocol to the patient.

Now, if you're well enough to read the entire document, and see something in there that you don't agree with, you can strike the sentence or paragraph and initial it, to indicate that you do not consent to that specific detail. However, that still doesn't offer you much protection.

What you need is a much more specific document where you detail the types of treatments you consent to and the ones you don't. You need to carve out a niche from the general consent form that specifies exactly what you do (and do not) consent to. And you need to be clear. Fortunately, the Caregivers and Consent document carves out that niche to communicate clearly to all physicians your exact consent wishes.

*"You need a written consent document that, in addition to just the general consent, is a contract between you and the doctor, so he knows, he's put on notice, what it is that you absolutely do not consent to. For instance, a COVID injection, if that's your wishes," Bartlett explains.*

*“They have a code of ethics, the American Medical Association guidance to physicians, per the ethics opinion 2.1.1, that when the patient surrogate has provided specific written consent, the consent form should be included in the record. This is key. Write it down. You don’t need an attorney. You don’t need any fancy training. You don’t need to be a doctor, don’t need to be a nurse.*

*You can write it down, and then, when you deliver it in our specific way – and it’s very important how you deliver it – it gets put into the electronic medical record for everybody to see. Now you’ve got receipts, that if you do something against consent, it’s intentional. OK?*

*So, here’s the website you can find a template for that.*

*It’s called [OurPatientRights.com](http://OurPatientRights.com).*

*What you’ll see there are two PDF documents. [On one of the PDFs there are two pages.] One is the actual template, the other one is instructions on how to deliver it. And you can edit the document by the way. You can write your own. It’s just a template. But there’s also very specific instructions on how you are going to deliver this so it’s not disregarded.*

*Here’s what you’re going to see in the document. ‘I [your name] advise all physicians, nurses, and other caregivers that this Caregivers and Consent document reflects my current wishes for my care and are carefully planned and intentional wishes.’ That’s very important because it’s current. It’s not going to kick in when I’m incapacitated.”*

## **Your Written Consent Must Be Respected**

Advance medical directives don’t kick in until or unless you’re incapacitated, so that’s another completely different kind of document reflecting current consent wishes. What



Bartlett and Crawford have created is an “advance decision” document. So, the moment you enter the hospital, they know what they can and cannot do to you. And, they are legally required to respect your written directives. The following section of the document reads:

*“Receipt of this Caregivers and Consent document by the hospital serves as notice that I will report to the Medical Board any physician who violates my carefully planned and intentional wishes that are based upon my deeply held religious and spiritual beliefs and are delineated within this Caregivers and Consent document.”*

This puts the doctor on notice. This isn't a threat. It's merely a factual statement that if anyone goes against your wishes, they're intentionally disregarding your consent. Once it's in your electronic medical record, they can't say they didn't know that you did not consent to a specific test, drug, vaccine or procedure. So, ignoring your written consent is then actually a criminal offense akin to assault and battery. It's also medical malpractice.

*“Let me tell you, there are good physicians and they are clamoring for something like this,” Bartlett says. “They are thankful there is something they can use to push back against administration and say, ‘I’m not going to violate this person’s written consent. I’m not going to do this to this person ...’*

*With these documents, if you are blatantly refusing to honor a patient’s wishes and religious beliefs, and you’re doing it against these documented legal forms, then you risk losing your license altogether as a physician and never working in medicine again ...*

*But you need it in writing ... and it needs to be served in a*

*very specific way. You need to do this before you ever go to the hospital. Have it handy in case you get yourself into a predicament, like a multi-car pileup on the highway and an ambulance transports you to the hospital. The time to have this done is before there's a problem."*

The document also specifies that "All items in this Caregivers and Consent document shall remain in effect unless I choose to revoke in writing; no one else may alter or amend this Caregivers and Consent document." So there can be no misunderstanding. Your doctor or nurse cannot claim you gave implied consent because you mumbled something incoherent in your sleep. In other words, if you didn't change your consent wishes in writing, you didn't change your consent wishes. Period.

### **What's in the Caregivers and Consent Document Template**

As mentioned, you can customize your Caregivers and Consent document any way you like. But to give people a starting point, the template, available on [OurPatientRights.com](https://www.ourpatientrights.com), includes things like:

- "I do not consent to the use of medications without my being informed of each medication's risks, benefits and alternatives before they are ordered. Only after that information is communicated shall I choose to either grant consent or to not grant consent for each and every medication that is ordered."
- "I do not consent to receiving any vaccine or booster for COVID-19 or COVID-19 variant."
- "I do not consent to receiving the seasonal flu vaccine."
- "I request and consent to the use of 1 mg of budesonide via nebulizer every 4 to 6 hours for COVID-19 or COVID-19 variant diagnosis with respiratory issues."

If you want to, you could change the verbiage to state that

you do not consent to ANY vaccine. If you have allergies, add that to the list. Personally, I would recommend adding the following dietary notice:

- “I do not consent to receiving ANY processed food, such as high-fructose corn syrup or seed oils. The only acceptable oil for me is butter, ghee, beef tallow or coconut oil. Acceptable forms of protein would be eggs, lamb, bison, beef or non-farmed seafood; but they must not be prepared with seed oils. If the hospital is unable to provide this food for me, my family or friends will bring it for me.
- Additionally, I do not consent to not being able to take my normal supplements while in the hospital.”

I would strongly recommend that you integrate this additional clause because it's a stealth form of abuse. These kinds of foods can only impair your effort to get well, no matter what your problem is. You may also want to add a notice saying you do not consent to receive blood donations from COVID-19 vaccinated donors, and that all blood donations must be from donors confirmed to have not received any COVID-19 vaccines.

### **Important: Follow Proper Procedure!**

As mentioned multiple times in this interview, it's crucial to follow the proper procedure. Here's a summary of the necessary steps:

1. Complete your customized and personalized Caregivers and Consent form BEFORE you ever need to go to the hospital.
2. Get the form notarized. Make sure you sign the form in front of the notary.
3. Send the completed, signed, notarized form to the CEO of the hospital in two ways: (1) via a professional courier (one that specializes in delivering legal documents); and (2) via the Postal system with certified mail, return receipt requested.

The CEO is responsible for all legal business relating to the hospital, including the medical records, so the CEO, not your attending physician, is the one whose responsibility it is to get your consent forms entered into your electronic medical record.

4. Make at least 10 copies of the signed, notarized form and keep one copy on your person or in your wallet or purse, and another in the glove compartment of your car, in case you ever have an accident. Also provide copies to family or friends. If you happen to be hospitalized before you've had the chance to send the documents, have one of them follow the delivery procedure outlined on the General Instructions form.

5. Once you're hospitalized, you or one of your contacts will give one copy to your attending physician and another to your nurse, and inform them that this document is already in your electronic medical record, or that the hospital will be served the documents shortly. Distribute additional copies to other care providers as needed.

6. Also, upon hospitalization, request to see your electronic medical record to make sure your Caregivers and Consent form has been entered. It is your right to see your electronic medical record, and it's available through an online portal, so don't let anyone tell you otherwise.

Also routinely check your medical record (or have your patient advocate do it for you) to make sure your wishes are being followed and that you're not being given something you've denied consent for.

Crawford notes:

*"What we've experienced using these documents is a complete change in the attending physician, from being aggressive and maybe trying to push you, to being very helpful and efficient. Once they receive these documents, they just do a 180. As a matter of fact, one patient's brother told me he's*

*getting treated better than he's ever been treated at a hospital before."*

Again, having this document in your medical record virtually guarantees that they cannot harm you by doing something you don't agree with. Of course, some psychopath might ignore your directives, but they'll have to pay a hefty price, as they're guaranteed to lose a malpractice suit and be stripped of their medical license. The legal consequences are so severe that the person doing it would have to be beyond irrational.

Keep in mind that while you can request and consent to certain treatments, such as ivermectin, for example, this document CANNOT force your doctor or hospital to use that treatment. They can still refuse to administer something you've consented to.

They cannot, however, administer something that you've declined consent for. The ace up your sleeve at that point is that you can still sign out AMA (against medical advice), get out alive, and seek desired treatment elsewhere. Getting out alive is the key goal.

## **More Information**

Again, here are the three resources created by Bartlett and Crawford:

- [ProtocolKills.com](https://www.protocolkills.com) – Here you can find a hospital protocol for COVID, information about remdesivir, patient rights information, alternative health care options and patient testimonies
- [OurPatientRights.com](https://www.ourpatientrights.com) – Here you can download the template for the Caregivers and Consent document and general instructions
- [Hospital Hostage Hotline](https://www.hospitalhostagehotline.com) – Call or text 888-c19-emergency, or 888-219-3637

In closing, please share this information with everyone you

know. Bring it to your church, synagogue and local community groups. Everyone needs to know they can secure their patient right to informed consent and how to do it so that their wishes cannot be ignored. This is the most effective way to empower yourself when it comes to your medical care. So please, help spread the word.

[Connect with Dr. Joseph Mercola](#)

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# Are Fibrinolytics Key to Preventing Clogged Arteries?

[Are Fibrinolytics Key to Preventing Clogged Arteries?](#)

by [Dr. Joseph Mercola](#)

April 15, 2023

## Story-at-a-Glance

- Lumbrokinase, serrapeptase and nattokinase are proteolytic enzymes that act as natural anticoagulants by breaking down fibrin that forms blood clots
- Fibrinolytic enzymes are antihypertensive, anti-atherosclerotic, lipid-lowering and anti-platelet agents, which also have neuroprotective effects
- Nattokinase at a dose of 10,800 fibrinolytic units (FU) a day for 12 months “effectively managed the progression of atherosclerosis and hyperlipidemia” in one study

- Just one 2,000 FU dose of nattokinase enhanced fibrinolysis and anti-coagulation, activating multiple fibrinolytic and anti-thrombotic pathways simultaneously
- Lumbrokinase is nearly 30 times stronger than nattokinase and 300 times stronger than serrapeptase; if you are using a fibrinolytic enzyme, my strong personal preference and recommendation is to use lumbrokinase
- Fibrinolytic agents, sometimes referred to as thrombolytic agents, are capable of dissolving blood clots that may block your veins or arteries. In general, cleaner arteries are a benefit to your cardiovascular health, which is one reason why fibrinolytic enzymes like lumbrokinase, nattokinase and serrapeptase should be on your radar.
- In your body, enzymes regulate the rate of numerous biological reactions, speeding them up so necessary functions like digestion, muscle contractions and other aspects of cellular metabolism can occur.<sup>1</sup>
- Lumbrokinase, serrapeptase and nattokinase are proteolytic enzymes that act as natural anticoagulants by breaking down fibrin that forms blood clots. Fibrin, a clotting material that restricts blood flow, is found both in your bloodstream and connective tissue such as your muscles. Fibrin accumulation is also responsible for scar tissue.

It is important to understand that when using these enzymes for fibrinolytic therapy they need to be taken on an empty stomach, at least one hour before or two hours after meals containing protein. Otherwise, these enzymes will be wasted in the digestion of the protein in your food and won't serve their fibrinolytic purpose.

## **Fibrinolytic Enzymes Help Manage Heart Disease**

Fibrinolytic enzymes are antihypertensive, anti-atherosclerotic, lipid-lowering and anti-platelet agents,

which also have neuroprotective effects.<sup>2</sup> Much research into fibrinolytic enzymes has focused on nattokinase (NK), an active ingredient in natto, or fermented soybeans. It's likely due to its high nattokinase content that natto consumption is linked to a decreased risk of heart disease mortality and increased longevity in the Japanese population.<sup>3</sup>

Nattokinase, produced by the bacteria *Bacillus subtilis* during fermentation of soybeans to produce natto,<sup>4</sup> is a strong thrombolytic,<sup>5</sup> comparable to aspirin<sup>6</sup> but without the potential side effects. It is important to note, however, that lumbrokinase is nearly 30 times more potent than nattokinase – and 300 times more potent than serrapeptase.<sup>7,8,9</sup>

So, while all of the fibrinolytic enzymes are effective and beneficial, you'll need much higher doses of nattokinase and, especially, serrapeptase, than lumbrokinase to achieve similar effects. If you are using a fibrinolytic enzyme, my strong personal preference and recommendation is to use lumbrokinase.

That said, you can get an idea of these enzymes' health potential via studies done on any of the types. One such study involved 1,062 people with mild hyperlipidemia and/or mild atherosclerosis. They took nattokinase at a dose of 10,800 fibrinolytic units (FU) a day for 12 months, which "effectively managed the progression of atherosclerosis and hyperlipidemia with a significant improvement in the lipid profile."<sup>10</sup>

Significant reduction in carotid artery intima-media thickness, a measure of the extent of atherosclerotic vascular disease, was noted, with improvement rates ranging from 66.5% to 95.4%. Those who smoked, drank alcohol or had a higher BMI experienced the greatest lipid-lowering effects. No adverse effects were noted from the nattokinase.



It's also interesting to note that regular exercise further improved nattokinase's beneficial effects, and it also worked synergistically with consumption of vitamin K2 and aspirin. At a lower dose of 3,600 FU per day, nattokinase was ineffective at lowering lipids or suppressing the progression of atherosclerosis, highlighting the importance of proper dosing and "challenging the recommended dose of 2,000 FU per day," the researchers explained. Further:<sup>11</sup>

*"The available data suggest that the antiatherosclerotic effects of NK are due to the collective effects of the combination of the antithrombotic, anticoagulant, antioxidant and lipid lowering properties of NK or the natto extract containing NK ... A possible mechanism [for NK's lipid-lowering effects] is through NK proteolytic activity on certain protein targets involved in lipid metabolism, resulting in changes in lipid metabolism."*

## **A Single Dose of Fibrinolytics Has Anticoagulant Benefits**

A study involving 12 men revealed that just one 2,000 FU dose of nattokinase enhanced fibrinolysis and anticoagulation.<sup>12</sup> It activated multiple fibrinolytic and antithrombotic pathways simultaneously, the researchers explained.<sup>13</sup> At six and eight hours after the nattokinase was taken, D-dimer concentrations were significantly elevated.

D-dimer is a protein fragment produced by the body when a blood clot dissolves. It's typically undetectable or present only at very low levels, but its level may significantly rise when the body is forming and breaking down blood clots,<sup>14</sup> as occurred after one dose of nattokinase in this study. The researchers added:<sup>15</sup>

*"Based on NK's unique, comparatively strong*

*fibrinolytic/anticoagulant activity, stability in the gastrointestinal tract and long bioavailability in vivo, NK would appear to offer potential advantages over other currently used agents for treatment and/or prevention of selected diseases processes ...*

*NK might have an impact on not only fibrinolytic/anticoagulant pathways but also other risk factors for thrombosis, which imply as a NK's possibility for prevention and/or treatment of the diseases."*

As mentioned, fibrinolytic enzymes inhibit platelet aggregation and the formation of blood clots similarly to aspirin. In an animal study, a 500 mg/kg dose of nattokinase fully prevented a blocked artery, as did aspirin at a dose of 30 mg/kg, demonstrating its effectiveness at improving blood flow:<sup>16</sup>

*"The results indicate that nattokinase extracted from fermented soybean inhibit platelet aggregation by blocking thromboxane [a vasoconstrictor] formation, and thereby delay thrombosis following oxidative arterial wall injury. Therefore, it is suggested that nattokinase could be a good candidate without adverse effects for the improvement of blood flow."*

Brain benefits are also apparent from fibrinolytic enzymes, including nattokinase and serrapeptase (SP). In a study on rats, administering either enzyme for 45 days successfully modulated several markers of Alzheimer's disease.<sup>17</sup> A significant increase in brain derived neurotropic factor (BDNF) was also noted. BDNF is a member of brain growth factors that contributes to neuroplasticity, which greatly enhances cognitive performance.<sup>18,19</sup>

## **Fibrinolytic Enzymes for COVID-19**

Another candidate for application of fibrinolytic therapy is COVID-19, as coagulopathy appears to play a role in severe COVID-19. Researchers wrote in the *Journal of Thrombosis and Haemostasis*:<sup>20</sup>

*“There is evidence in both animals and humans that fibrinolytic therapy in acute lung injury and acute respiratory distress syndrome (ARDS) improves survival, which also points to fibrin deposition in the pulmonary microvasculature as a contributory cause of ARDS.*

*This would be expected to be seen in patients with ARDS and concomitant diagnoses of DIC [disseminated intravascular coagulation] on their laboratory values such as what is observed in more than 70% of those who die of COVID-19.”*

The researchers reported three case studies of patients with severe COVID-19 respiratory failure who were treated with tissue plasminogen activator (TPA), a serine protease enzyme found on endothelial cells that's involved in fibrinolysis, or the breakdown of blood clots.<sup>21</sup>

All three patients benefited from the treatment, with partial pressure of oxygen/FiO<sub>2</sub> (P/F) ratios, a measure of lung function, improving from 38% to 100%.<sup>22</sup> An evaluation of organ tissues from people who died from COVID-19 also revealed extensive lung damage, including clotting, and long-term persistence of virus cells in pneumocytes and endothelial cells.<sup>23</sup>

The findings indicate that virus-infected cells may persist for long periods inside the lungs, contributing to scar tissue. In an interview with Reuters, study co-author Mauro Giacca, a professor at King's College London, described

“really vast destruction of the architecture of the lungs,” with healthy tissue “almost completely substituted by scar tissue,”<sup>24</sup> which could be responsible for cases of “long COVID,” in which symptoms persist for months.

“It could very well be envisaged that one of the reasons why there are cases of long COVID is because there is vast destruction of lung (tissue),” he told Reuters. “Even if someone recovers from COVID, the damage that is done could be massive.”<sup>25</sup> Dissolving scar tissue is another area in which enzymes, particularly proteolytic enzymes, may be useful.

The potential for blood clots is one reason why board-certified internist and cardiologist Dr. Peter McCullough uses full-dose aspirin – 325 milligrams a day – in almost everyone with long COVID syndrome who doesn’t have a major blood clot, in addition to other medications.<sup>26</sup>

However, a safer and likely equally effective alternative to aspirin is lumbrokinase and serrapeptase. You can alternate between the two enzymes – one day take lumbrokinase and the next take serrapeptase – because you’ll need to be on it for about three months and you can develop a sensitivity to them over time if you use them daily without interruption.

## **A Breakdown of the Top Three Fibrinolytics**

Fibrinolytic enzymes are ideal for targeted usage; as mentioned, if you intend to use them daily, be sure to alternate through the following types so you don’t develop a sensitivity or allergy to them. Also, remember that they need to be taken on an empty stomach, at least one hour before or two hours after meals containing protein.

**1. Lumbrokinase** – As I said earlier, this enzyme is about 300 times stronger than serrapeptase and nearly 30 times stronger than nattokinase,<sup>27</sup> making it my top recommendation if you are using a fibrinolytic enzyme. Extracted from earthworms,

lumbrokinase is a highly effective antithrombotic agent that reduces blood viscosity and platelet aggregation<sup>28</sup> while also degrading fibrin, which is a key factor in clot formation.

I recommend that everyone keep some high-quality lumbrokinase in your emergency kit. I recently had a significant bruise from a weight training injury. I took a high dose of lumbrokinase for a week and it cleared right up.

I also took lumbrokinase recently after being stung by three wasps on my forehead just before bed, which swelled to nearly the size of half a tennis ball. It occurred to me since wasp venom contains proteins that fibrinolytic enzymes can break down so I took half a dozen and went to sleep.

I was beyond surprised to see nearly all the swelling decrease. If you are going to try this the sooner you take it to the time you are bitten, the better it will likely work as it denatures the venom proteins before they do their damage to your body.

**2. Serrapeptase** – Also known as serratiopeptidase, serrapeptase is produced in the gut of newborn *Bombyx mori* silkworms, allowing them to dissolve and escape from their cocoons. Research has shown it can help patients with chronic airway disease, lessening viscosity of sputum and reducing coughing.<sup>29</sup> Serrapeptase also breaks down fibrin and helps dissolve dead or damaged tissue without harming healthy tissue.<sup>30</sup>

**3. Nattokinase** – Nattokinase has been shown to break down blood clots and reduce the risk of serious clotting<sup>31</sup> by dissolving excess fibrin in your blood vessels,<sup>32</sup> improving circulation and decreasing blood viscosity. Interestingly, in one in vitro study, the thrombolytic activity of equivalent amounts of nattokinase and TPA were found to be identical<sup>33</sup> –

TPA, remember, is the enzyme that led to improvement in the three COVID-19 case studies.<sup>34</sup>

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# A Handful of Companies Control the Global Propaganda

[A Handful of Companies Control the Global Propaganda](#)

by [Dr. Joseph Mercola](#)

April 14, 2023

## Story-at-a-Glance

- PR firms and ad agency holding companies are a central

cog in global propaganda machine. They make sure the same message is distributed in many different places in a cohesively timed fashion

- An estimated two-thirds to 80% of the content broadcast and published by corporate media comes from public relations firms such as these four. In other words, most so-called mainstream media “news” is propaganda
- The four largest ad holding companies in the world are the Publicis Groupe, WPP, the Omnicom Group and the Interpublic Group, and all are deeply interlocked with the corporate media, the military-industrial complex and the policymakers
- A handful of private investment companies dominate every aspect of our lives and own everything we spend our money on. The two largest ones are Vanguard and BlackRock. Vanguard and/or BlackRock are also among the top 10 shareholders in the four largest ad agency holding companies

The 1% of the world’s wealthiest people provide the ideological justification that is driving the implementation of The Great Reset worldwide. The term academia uses to describe this globalist cabal is “The Transnational Capitalist Class” or TCC

In her book “One Idea to Rule Them All, Reverse Engineering American Propaganda,” Michelle Stiles reveals how the American public (and indeed the global population at large) have been indoctrinated and conned by public relations (PR) companies that run the globalist cabal’s propaganda campaigns. I will be interviewing Michele shortly for this book.

The PR agency creates a global media plan for a given client. It decides the articles to be written and where they’re to appear. It then decides where ads will run and when. So, while drug companies appear to have a rather direct influence over media, it’s really the PR firms that wield the greatest control, especially when it comes to the organization of it



all.

They make sure the same message is distributed in many different places in a cohesively timed fashion. As such, PR companies are a central cog in the global propaganda machine and need to be understood as such.

On a side note, there are two designations for PR companies: public relations firms and ad agency holding companies. Ad agency holding companies do public relations but are primarily ad agency based.

## **A Russian Nesting Doll Model of the World**

As detailed in "[Who Owns the World?](#)" a handful of private investment companies dominate every aspect of our lives and own everything we spend our money on, from food and beverages to clothing, travel, housing and just about everything else you can think of.

While there appear to be hundreds of competing brands on the market, like Russian nesting dolls, larger parent companies own multiple smaller brands. In reality, all packaged food brands, for example, are owned by a dozen or so larger parent companies.

These parent companies, in turn, are owned by shareholders, and the largest shareholders are the same in all of them: Vanguard and Blackrock. These institutional investors also own each other. They're shareholders in each other's companies, which erodes the concept of competition and strengthens the global monopoly even further.

## **Four Ad Holding Companies Dominate the Media Landscape**

The four largest ad holding companies in the world are currently the Publicis Groupe, WPP, the Omnicom Group and the Interpublic Group, and Stiles notes, all are "deeply interlocked with the corporate media, the military-industrial complex, and the policy elites."

Each agency, in turn, has smaller subsidiaries and affiliates, again giving us the illusion that there are far more players than there really are. And, as with everything else, Vanguard and/or BlackRock are among the top 10 shareholders in these top four ad agency holding companies. [They also own major media companies, and the largest drug companies.](#)

*An estimated two-thirds to 80% of the content broadcast and published by corporate media comes from public relations firms.*

For clarity, in her book, Stiles lists the top three as WPP, Omnicom and Interpublic, but as of November 2021, Publicis surpassed WPP in terms of market value, nabbing the No. 1 spot as the world's largest ad holding company.<sup>1</sup> WPP still has a larger annual revenue, though. That said, all four boast multibillion-dollar annual revenues. In 2022:

- London-based WPP, which has agencies in 112 countries, made \$17.847 billion.<sup>2</sup> Noteworthy clients include Amazon, Microsoft, NBC, Healthline, the World Economic Forum (WEF) and Pfizer.
- Publicis made \$14.957 billion<sup>3</sup> serving clients within the technology, pharmaceutical and banking industries.
- New York City-based Omnicom made \$14.289 billion<sup>4</sup> from its 200+ agencies, which service more than 5,000 corporate brands, universities, nonprofits and nongovernmental organizations (NGOs).
- The Interpublic Group's revenue was \$10.928 billion,<sup>5</sup> and its clientele include the U.S. Army, ABC, Columbia Records, Unilever, U.S. Bank, Facebook and ExxonMobil, just to name a few.

According to Stiles, an estimated two-thirds to 80% of the content broadcast and published by corporate media comes from public relations firms. In other words, most so-called mainstream media "news" is propaganda.

Remarkably, when you add the revenues of these top four ad holding companies together, it's still below \$60 billion, which seems a modest price to control up to 80% of the global mainstream media landscape. Clearly, it's money well-spent, from the globalist's perspective.

## **The Transnational Capitalist Class**

As noted by Stiles, the term academia uses to describe this globalist cabal is "The Transnational Capitalist Class" or TCC. "They are 1% of the world's wealthiest people who provide the ideological justification driving desired actions to be implemented worldwide in pursuit of their shared interests through transnational governmental organizations," she writes.

She goes on to cite sociologist Peter Phillips' book, "Giants: The Global Power Elite," in which Phillips details:

*"... the vast web of interconnectedness of the 17 giant investment firms managing in excess of \$43 trillion in capital, who are themselves cross-invested with each other, the near giants ... and have ownership stakes in the top 1,500 corporations spanning the globe, giving them enormous power in corporate board rooms across the planet.*

*Leaders of these firms meet together at various policy-making conferences throughout the year to network, strategize and finalize recommendations in the form of reports and whitepapers that heavily influence worldwide geopolitics ...*

*If you still live in the dark ages thinking there is no intertwined global elite controlling and overpowering the sovereignty of nation-states and dominating the ideological landscape, take the time and read Phillip's book. It's a reality check as bracing as a cold shower ...*

*Phillips profiles 389 of the world's most powerful players in*

*capitalism ... It's a very small ecosystem of entwined connections, financial overlap, elite prestige and message control which they inhabit ...*

*There are integrations, cross integrations, partnerships, overlap of leadership and constant networking among the 1%. This is evident. So far, an obvious but overlooked question is: If a deeply complex geo-political and ideological web has already been established, who are the weavers and what are they up to? Who is responsible for the organization on such a grand scale?*

*People who study these types of things have many names for the weavers: 'The Deep State,' 'The 1%,' 'The Elites,' 'GloboCap,' 'The Powers That Be,' or simply 'Globalists.' It is likely that the true leaders will always remain hidden, and the leaders profiled in Phillips' book are more or less figureheads fronting for controllers behind the scenes.*

*Remember, wolves don't go announcing themselves to the general public. If things go awry, their anonymity protects them. In the end, knowledge of the names is not as important as understanding the systematic game of 'winner take all' that they are playing."*

But for all their private meetings, the globalists would not have been able to build this hidden monopoly where they own everything, were it not for their control of the media.

They hid their control of the media pretty well for a long time, but during COVID, the lockstep word-for-word regurgitation of nonsense and easily-confirmed lies revealed there was, without doubt, a top-down organization to the madness.

Here, [Publicis](#) appears to be a top candidate as the primary

string-puller, seeing how it's partnered with the World Economic Forum, which is leading the call for a "reset" of the global economy and a complete overhaul of our way of life.

## **US Government Spends Billions on Propaganda**

While private interests are at the center of the globalist cabal or Deep State, it's a mistake to think that governments aren't participating in their plans – or their propaganda.

As reported by Stiles, between 2007 and 2015, the U.S. federal government spent more than \$4 billion on public relations services, plus another \$2.2 billion for polling, research, and market consulting services. Why does a government "of the people, by the people, for the people" need all this PR? In short: to indoctrinate the public with the globalists' narratives and points of view.

"Building trust takes time because character is only revealed through action," Stiles notes, and this is well-known to con artists and propagandists alike. Without a certain level of trust, a con won't work, and we are now discovering that the globalist cabal has spent decades orchestrating a con so big many still cannot believe it. They've infiltrated academia, science and just about every branch of government, and not just in the United States.

In a functioning system, mainstream media would have alerted us to the game plan and exposed the liars and the frauds along the way. But they didn't, and the reason they didn't is because mainstream media are no longer free to report truth. It's been captured by the globalist propaganda machine and its primary function is to broadcast the narratives created by PR companies on the cabal's behalf.

*"Propaganda is a rich man's sport," Stiles writes. "Imagine with piles of money you can purchase 'trust,' enabling you to monopolize ideas. Your ideas at the top of the food chain ensure continued market dominance and financial leverage over*

*a manipulated citizenry.*

*You are going to do this in various ways; creating foundations that will 'donate' large sums of money to organizations you would like to influence, sponsoring organizations that influence national and global leaders and by creating nonprofit organizations that can promote your message while appearing independent.*

*This takes decades, but you're a patient person. After all, global ideological dominance shouldn't happen overnight. When sufficient entities exist or have been captured – the average citizen is subject to the finest pseudo-reality that money can buy.*

*It's a diabolical achievement – the corruption and take-over of the ideological free market. Your ideas saturate the landscape, and your helpless victims struggle to triangulate 'truth,' trapped in a literal spider's web of interconnected and well-financed authoritative voices and entities."*

## **The Creation of an Idea Syndicate**

Stiles goes through the various ways in which the globalists technocrats and transhumanists managed to create an "idea syndicate" where their ideas always get top billing. One way has been through the capturing of societal influencers through the lures of "grants and the promise of appointments, publications and prestige."

This strategy has resulted in people of low integrity and morals taking center stage – most are basically people willing to sell out – while simultaneously throttling the influence of independent thinkers who cannot be bought.

Another highly effective strategy is to "control the realm of ideas by lavishly funding certain themes and narratives while

selectively starving others slated for extinction,” Stiles writes. This is routinely done through charitable foundations. Through “charity,” the cabal can fund the ideas that the TCC endorses while simultaneously starving out opposing ideas and ideals. As noted by Stiles:

*“The true threat of the foundations lies ‘in their ability to provide war chests in the battle of ideas,’ picking winners and losers and corrupting the free-flowing ideological landscape ...*

*Those ideas that are nonconformist, unconventional or simply do not comport with the dominant ideology espoused by the foundation trustees would be left to wither on the vine, having little reach or power to influence.*

*Much of what is called ‘truth’ today is supported by ‘research.’ ‘The research says’ is the essence of supposed objectivity and the backbone of a superior argument leaving the fellow without research in the dust. The logic is as follows: All worthy ideas get funding for research; your ideas have no supporting research; therefore, your ideas are inferior.*

*As you can easily see, all ideas do not have equal opportunity to advance if the control lever of funding is biased. With this scheme in place, entire intellectual flotillas of specialized science could be created and used to commandeer social policy, legislation, and judicial rulings by directing the money spigots flowing into academia ...*

*Foundation control of monies to academia can be thought of as a chokehold on the seedbed or ideological germination centers targeting idea creators and their livelihood.”*

The third way to create an idea syndicate is through front groups – third-party organizations that claim to be independent but are really agents of and for a particular agenda.

*“With enough money, front groups can afford to scheme up designer truth hot off the assembly line to support literally any platform,” Stiles writes, adding, “Thanks to billions of dollars spent through foundations, public relations firms and the third-party technique, Americans are literally swimming in a sea of manufactured truth ...”*

## **Controlling Competing Views**

So, to summarize, maintaining control over ideas and prevailing narratives involves both the monopolization of ideas and the simultaneous suppression of competing views, and PR companies and media perform both functions.

As noted by Stiles, even when media present opposing views, they do so very carefully. “Truth that has the power to unseat the illusion of democracy will have a firewall erected against it,” and media simply will not cross that firewall, no matter how “neutral” they pretend to be.

## **ChatGPT Weighs in on Potential Dangers of PR Firms**

In closing, and just for fun, a member of my team recently asked ChatGPT to “write a story about the potential dangers of how the top three ad holding companies, which also act as public relations firms, can influence news coverage about pharmaceutical products, similar to how Bill Gates could use his foundation’s money to influence the World Health Organization and media organizations to influence the coverage of global health, and potentially benefit from his own pharmaceutical investments.”

The carefully engineered prompt for the AI allowed a response that reveals the kernel of truth that even the radicalized



programmers at OpenAI could not filter out:



The potential dangers of how pharmaceutical companies like Pfizer could use ad holding companies and public relations firms to influence news coverage about their products have been a topic of concern in recent years. With Pfizer being a major client of top ad holding companies like WPP, Omnicom, and Publicis, there is a possibility that they could use their influence to shape news coverage in a way that benefits their bottom line.

This is not to say that these ad holding companies and public relations firms are inherently biased, but the potential for conflicts of interest exists. For example, Publicis has been a lead investor and partner with NewsGuard, a fact-checking organization that aims to combat misinformation and disinformation. While this is a noble goal, it is important to consider the fact that NewsGuard's clients include pharmaceutical companies like Pfizer.

Similarly, Bill Gates' foundation has been accused of using its money to influence the World Health Organization and media organizations to benefit his own pharmaceutical investments. While this is not the same as direct influence by pharmaceutical companies themselves, it highlights the potential for conflicts of interest when money is involved.

The concern is that news coverage about pharmaceutical products may not be fully objective if there is a financial incentive for ad holding companies and public relations firms to spin the story in a particular way. This could have serious consequences for public health if important information is withheld or downplayed for the sake of protecting a company's bottom line.

It is important to note that there are ethical guidelines in place to prevent conflicts of interest in journalism and public relations, and not all ad holding companies and public relations firms engage in unethical behavior. However, the potential for conflicts of interest cannot be ignored, and transparency is key in ensuring that news coverage about pharmaceutical products is fair and objective.

In conclusion, the potential dangers of how pharmaceutical companies like Pfizer could use ad holding companies and public relations firms to influence news coverage about their products is a cause for concern. It is important to ensure that news coverage remains objective and transparent, and that conflicts of interest are avoided to protect public health.

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# Health Officials Delayed Report Linking Fluoride to Brain Harm

[Health Officials Delayed Report Linking Fluoride to Brain Harm](#)

by [Dr. Joseph Mercola](#)

April 2, 2023

## Story-at-a-Glance

- The release of the National Toxicology Program's (NTP) systematic review of fluoride's neurotoxicity was blocked by government officials and concealed from the public since May 2022
- Fluoride Action Network's lawsuit against the U.S. Environmental Protection Agency (EPA) to ban the deliberate addition of fluoridating chemicals to U.S. drinking water has been on hold waiting for the release of the NTP report
- Prior to the NTP report's scheduled release in May 2022, it was shared with members of dental groups like the American Dental Association, which urged officials to alter the report

- After a court order, the NTP report was released, showing that out of 55 studies included, 52 found that increased fluoride exposure was associated with decreases in child IQ
- The meta-analysis noted that no safe exposure level could be confirmed, including exposure to fluoride levels found in artificially fluoridated water

In 2015, the U.S. Centers for Disease Control and Prevention labeled community water fluoridation as one of the 10 greatest public health achievements of the 20th century.<sup>1</sup> To this day, relatively few consumers are aware of water fluoridation's sordid history or the battle that's been going on behind the scenes to get this toxin out of U.S. drinking water.

I've been warning of the risks for well over a decade and have been ridiculed as a result. In one example from 2013, an article published by mainstream media outlet Slate scoffed at the idea of fluoride as a neurotoxin, insulting me directly in the process.<sup>2</sup>

Vindication is upon us, however, following the court-ordered release of the National Toxicology Program's (NTP) systematic review of fluoride's neurotoxicity – a release that was blocked by government officials and concealed from the public since May 2022.<sup>3</sup>

## **Fluoride Lawsuit Delayed for Years, Waiting on NTP Report**

Paul Connett, Ph.D., executive director of the Fluoride Action Network (FAN), has been instrumental in catalyzing the movement to remove fluoride from water supplies in the U.S. as well as internationally. FAN filed a historic lawsuit against the U.S. Environmental Protection Agency (EPA) in federal court.

In 2016, FAN and coalition partners filed a petition asking

the EPA to ban the deliberate addition of fluoridating chemicals to U.S. drinking water under Section 21 of the Toxic Substances Control Act (TSCA).

The EPA dismissed FAN's petition, prompting the lawsuit challenging the EPA's denial. Although the EPA filed a motion to dismiss the case, the motion was denied by the court in 2017.<sup>4</sup> The trial was held in June 2020, but the judge was unable to make a final ruling.<sup>5</sup>

At the time, he requested more information, including the NTP's systematic review of fluoride's neurotoxicity, as well as the benchmark dose analysis of fluoride's neurotoxicity.<sup>6</sup> Status hearings for the case have been delayed since. In December 2021, an update from FAN explained:<sup>7</sup>

*"The document the Court wanted was the systematic review of fluoride's neurotoxicity from the National Toxicology Program's (NTP). The NTP spent 4-5 years and at least a million dollars to produce two draft systematic reviews<sup>8</sup> on fluoride's neurotoxicity. Both draft reviews stated, 'NTP concludes that fluoride is presumed to be a cognitive neurodevelopmental hazard to humans.'*

*However, on February 9, 2021, seven months after the trial ended, the NTP wrote a private statement, not released to the press or to the public, that it would not complete its systematic review.*

*Instead, NTP wrote that it would do a 'state of the science' report on fluoride's neurotoxicity. The public learned of NTP's private statement after lawyers representing the U.S. EPA in the TSCA trial submitted it into the record on February 22, 2021 ...*

*The National Toxicology Program is well aware that the Court is waiting for its document. The presumption is that powerful forces within the National Institutes of Health were behind the ending of the NTP's systematic review and that they may be involved in the 'state of the science' report as well."*

Multiple delays, including cancelations and rescheduling, followed, with the EPA continuing to ask that the trial be delayed indefinitely until NTP published the report.

Finally, at a January 2023 hearing, FAN reported, "the judge acknowledged that "justice delayed is justice denied," ultimately ruling against them. The court directed the plaintiffs and defendants to start the process of adjudicating whether the final NTP report and accompanying agency comments ought to be made public in preparation for the final phase of the trial."<sup>9</sup>

## **Dental Groups Urged Officials to Alter NTP Fluoride Report**

Reports suggest that prior to the NTP report's scheduled release in May 2022, it was shared with members of dental groups like the American Dental Association. Linda Birnbaum, who was NTP director until 2019, said the report was set to be released until, "They were blocked." Capital & Main reported a clear conflict, as dental groups got ahold of the NTP report and worried its findings would threaten the future of water fluoridation:<sup>10</sup>

*"Leading up to the report's intended release, individuals from dental organizations including the American Dental Association (ADA) scrutinized the report's scientific credibility in communications with staff from other dental groups and health agencies including the National Institutes of Health and the NTP, divisions of HHS, records show.*

*This January, Birnbaum issued a scathing legal declaration as part of the lawsuit, writing, ‘The decision to set aside the results of an external peer review process based on concerns expressed by agencies with strong policy interests on fluoride suggests the presence of political interference in what should be a strictly scientific endeavor.’*

*... If federal health agencies shared the report with outside organizations, ‘That was completely inappropriate,’ said Birnbaum. ‘It’s either everybody gets a chance to look at it, or only very restricted government entities,’ Birnbaum added. ‘That trust, I would say, was broken.’*

*In a February 2022 email to various senior health officials including HHS Assistant Secretary for Health Rachel Levine, ADA senior manager for strategic advocacy and public policy Robert Burns asked the NTP to ‘exclude – or carefully consider how to characterize – any lingering neurotoxin claims’ from the upcoming report.*

*He wrote that ‘such claims are often taken out of context,’ and might ‘undermine national, state, and local efforts to expand community water fluoridation’ at the CDC’s recommended levels.”*

## **NTP Report – 52 of 55 Studies Link Fluoride to Lower IQ**

So, what did the NTP report<sup>11</sup> reveal about fluoride’s neurotoxicity? Out of 55 studies included in the review, 52 found that increased fluoride exposure was associated with decreases in child IQ.

“Our meta-analysis confirms results of previous meta-analyses and extends them by including newer, more precise studies ... The data support a consistent inverse association between fluoride exposure and children’s IQ,” the report found.<sup>12</sup> While

some have stated that the data only apply to water fluoride concentrations above those commonly found in U.S. drinking water, NTP didn't agree, stating:<sup>13</sup>

*"We do not agree with this comment ... our assessment considers fluoride exposures from all sources, not just water ... because fluoride is also found in certain foods, dental products, some pharmaceuticals, and other sources ... Even in the optimally fluoridated cities ... individual exposure levels ... suggest widely varying total exposures from water combined with fluoride from other sources.*

*... We have no basis on which to state that our findings are not relevant to some children or pregnant people in the United States ... Several of the highest quality studies showing lower IQs in children were done in optimally fluoridated (0.7 mg/L) areas...many urinary fluoride measurements exceed those that would be expected from consuming water that contains fluoride at 1.5 mg/L."*

## **No Safe Level of Fluoride in Water**

The report also identified a drop of about seven IQ points over a fluoride range of 0.2 to 1.5 mg/L, which a peer reviewer described as "substantial ... That's a big deal."<sup>14</sup> The meta-analysis noted that no safe exposure level could be confirmed, including exposure to fluoride levels found in artificially fluoridated water.<sup>15</sup> The next hearing for FAN's lawsuit against the EPA is set for April 11, 2023.<sup>16</sup>

FAN obtained documents via the Freedom of Information Act that further showed dental groups' attempts to "water down the report." FAN explained:<sup>17</sup>

*"When the NTP held firm, these agencies got HHS Assistant Administrator Rachel Levine to block its release. Only one*

*historical example exists of an NTP report being blocked from release, a report on the carcinogenicity of asbestos-contaminated talc.*

*Talc industry groups conducted an aggressive lobbying campaign, enlisting friendly congresspeople to intervene. FAN was able to force today's release of the NTP report by using leverage from the ongoing lawsuit against the EPA.*

*Fluoridation defenders have falsely claimed draft versions of the report had been 'rejected' by a National Academies committee. In fact, the committee recommended that NTP clarify their methods and reasoning for reaching their conclusions because the issue was considered so contentious. The NTP has done that in the report ...*

*There is now little question that a large body of scientific evidence supports a conclusion that fluoride can lower child's IQ, including at exposure levels from fluoridated water ... With the release of this report, dental interests may have to rethink their denial of the evidence that fluoridation can reduce children's IQ."*

## **97% of Western Europe Has Rejected Water Fluoridation**

If the U.S. got it wrong about water fluoridation after declaring it a top public health achievement, it makes you wonder what else they're wrong about. And it's important to understand that water fluoridation is not the norm worldwide. In fact, 97% of people living in western Europe drink nonfluoridated water, including those in: Austria

Belgium, Denmark, Finland, France, Germany, Greece, Iceland, Italy, Luxembourg, Netherlands, Northern Ireland, Norway, Portugal, Scotland, Sweden, Switzerland

Fluoride in drinking water is an industrial waste product from



the phosphate fertilizer industry.<sup>19</sup> More than 300 studies have shown fluoride's toxic effects on the brain,<sup>20</sup> including 2006 National Research Council review that suggested fluoride exposure may be associated with brain damage, endocrine system disruption and bone cancer.<sup>21</sup>

In 2012, Harvard researchers also revealed that children living in high-fluoride areas had significantly lower IQ scores than those who lived in low-fluoride areas<sup>22</sup> and suggested high fluoride exposure may have an adverse effect on children's neurodevelopment.

A study of Mexican women and children also raised concern, showing that higher exposure to fluoride while in utero is associated with lower scores on tests of cognitive function in childhood, both at the age of 4 and 6 to 12 years.<sup>23</sup>

Each 0.5 milligram per liter increase in pregnant women's fluoride levels was associated with a reduction of 3.15 and 2.5 points on the children's scores on the General Cognitive Index (GCI) of the McCarthy Scales of Children's Abilities and the Wechsler Abbreviated Scale of Intelligence (WASI), respectively.

Fluorosilicic acid, which is the fluoride chemical added to drinking water, may also be contaminated with additional harmful compounds, including lead and arsenic. Children, in particular, are at risk from ingesting fluoride, but they are exposed to the same levels in drinking water as adults. According to Steven Gilbert, Ph.D., founder and director of the Institute of Neurotoxicology and Neurological Disorders:<sup>24</sup>

"From the 1950s the PHS [Public Health Service] recommendation for the concentration of fluoridated water has been 1.0 mg/L (milligrams per liter or ppm) for most of the U.S., with a range of 0.7 to 1.2 mg/L. In 2015, this recommendation was lowered to 0.7 mg/L to reduce the toxic side effects of fluoride ingestion while attempting to maintain its beneficial

effects.

For toxicological assessment, ingested doses are typically adjusted by body weight. Kids eat more, breathe more, and drink more than adults on a body weight basis so they will have higher fluoride doses than adults. Moreover, child organ systems such as the brain and bones are still developing, making them more vulnerable to the toxic effects of fluoride.”

Hopefully, now that the NTP review has been released, the truth about water fluoridation’s toxicity will come out, and the archaic practice can be ended in the U.S. and worldwide.

## **Help End the Practice of Fluoridation**

There’s no doubt about it: Fluoride should not be ingested. Even scientists from the EPA’s National Health and Environmental Effects Research Laboratory have classified fluoride as a “chemical having substantial evidence of developmental neurotoxicity.”

Furthermore, according to screenings conducted for the Centers for Disease Control and Prevention (CDC), 65% of American adolescents now have dental fluorosis – unattractive discoloration and mottling of the teeth that indicate overexposure to fluoride – up from 41% a decade ago. Clearly, children are continuing to be overexposed, and their health and development put in jeopardy. Why?

The only real solution is to stop the archaic practice of artificial water fluoridation in the first place. Fortunately, the Fluoride Action Network (FAN), has a game plan to END fluoridation worldwide.

Clean pure water is a prerequisite to optimal health. Industrial chemicals, drugs and other toxic additives really have no place in our water supplies. So please, protect your drinking water and support the fluoride-free movement by making a [tax-deductible donation](#) to the Fluoride Action

Network today.

## Internet Resources Where You Can Learn More

I encourage you to visit the website of the [Fluoride Action Network](#) and visit the links below:

- Like FAN on [Facebook](#), follow on [Twitter](#) and [Instagram](#), and sign up for [campaign alerts](#).
- [10 Facts About Fluoride](#) – Attorney Michael Connett summarizes 10 basic facts about fluoride that should be considered in any discussion about whether to fluoridate water. Also see [10 Facts Handout](#) (PDF).
- [50 Reasons to Oppose Fluoridation](#) – Learn why fluoridation is a bad medical practice that is unnecessary and ineffective. [Download PDF](#).
- [Moms2B Avoid Fluoride](#) – Help spread the word to expecting parents to avoid fluoride during pregnancy due to potential harm to the fetus.
- [Health Effects Database](#) – FAN's database sets forth the scientific basis for concerns regarding the safety and effectiveness of ingesting fluorides. They also have a [Study Tracker](#) with the most up-to-date and comprehensive source for studies on fluoride's effects on human health.

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# Conflicts of Interest: Pfizer's Secret Collusion With the NIH

## [Conflicts of Interest: Pfizer's Secret Collusion With the NIH](#)

by [Dr. Joseph Mercola](#)

March 21, 2023

### [Video Link](#)

#### Story-at-a-Glance

- Under the 1984 Bayh-Dole Act, government scientists can collect royalties from drug companies for discoveries they make while working on the public's dime
- Taxpayers fund government research, while Big Pharma, the National Institutes of Health and NIH scientists keep all the profits
- As a patent holder who profits from royalties, the NIH has a significant stake in regulations that impact patents and vaccine mandates, and may use its influence to benefit itself rather than the public
- The NIH distributes \$32 billion of taxpayer funds as research grants each year. As the largest federal grant-maker, the NIH has a monopoly on what research gets done and what doesn't
- Scientists vying for grants also recognize that in order to get funding, they have to play by the rules, and that means doing work that supports establishment narratives on public health policy

In late February 2023, Moderna agreed to pay \$400 million to

the National Institute of Allergy and Infectious Diseases (NIAID) for the patent it holds on Moderna's mRNA shot.<sup>1</sup>

The patent process is a part of the COVID mRNA shots that the media haven't really addressed and people in general don't know anything about – probably because it's a total racket. Based on internal documents and correspondence, it appears the NIAID funded the creation of SARS-CoV-2. At the same time, it patented and receives royalty payments for the “vaccine” against said virus.

The National Institutes of Health (NIH) is supposed to be the primary government agency responsible for public health research, but by the looks of it, it appears instead to be in the business of creating public health threats in order to profit from them.

And the agency itself isn't the only one raking in profits. Many patents are held by individuals working at the NIH/NIAID. So, taxpayers fund research that may or may not work out, while Big Pharma, the NIH and individuals at the NIH profit from products that end up on the market. This is a clear conflict of interest that can hurt public health in any number of ways.

For starters, it incentivizes the NIH to support and promote potentially dangerous drugs, as we've clearly seen during the COVID pandemic. The NIH also has a significant stake in regulations that impact patents and vaccine mandates, and may use its influence to benefit itself rather than the public.

### **Conflicts of Interest Influence Public Health Policy**

In the Full Measure video above, investigative journalist Sharyl Attkisson reports the findings of watchdog group Open The Books, which recently took a deep dive into “the issue of government scientists collecting royalty payments from pharmaceutical companies for discoveries made while working on your dime.”

The NIH distributes \$32 billion of taxpayer funds as research grants each year. As the largest federal grant-maker, the NIH has a monopoly on what research gets done and what doesn't. According to OpenTheBooks.com founder and CEO Adam Andrzejewski, the NIH distributes \$32 billion of taxpayer funds as research grants each year to an estimated 56,000 different entities. "That basically buys you the entire American health care space," he says.

As the largest federal grant-maker, the NIH has a monopoly on what research gets done and what doesn't, as it decides which scientists and projects get that money. Scientists vying for grants also recognize that in order to get a piece of that pie, they have to play by the rules, and that means doing work that supports establishment narratives on public health policy.

But that's not all. The NIH is also gobbling up patents, which further weakens its incentive to protect and promote what's truly in the public's best interest due to the financial conflicts of interest that come into play.

### **How the Third-Party Royalty Complex Works**

As explained by Andrzejewski, under the 1984 Bayh-Dole Act, government scientists can collect royalties from drug companies for discoveries they make while working on the public's dime:

*"Here's how the third-party royalty complex works. You have a government scientist funded by taxpayers, and they work in a government lab that's also funded by taxpayers. And when they have an invention [a drug, device or therapeutic] ... the NIH ... then licenses that invention ... to the private sector.*

*And the private sector then pays royalties back to NIH. NIH then distributes those royalties on a royalty split schedule, back to the scientist. Details of those royalty payments to government scientists are kept as strictly held secrets."*

In fact, these royalty payments are kept under such closed wraps, scientists who receive them aren't even required to divulge them on their financial statements, let alone to the public. Congress can't even access those data.

In mid-June 2022, Sen. Rand Paul questioned then-NIAID chief Dr. Anthony Fauci about whether he'd ever received royalty payments from an entity to which he had given a research grant, and whether he or anyone else on the vaccine committee had ever received payments from vaccine makers.<sup>2</sup> Fauci suffered one of his now-famous lapses of memory and wouldn't answer.

### **NIH Fights to Shield Conflicted Parties**

Paul's questioning of Fauci came on the heels of a lawsuit filed against the NIH to obtain these payment disclosures. The lawsuit was filed by Open The Books in October 2021. But while the NIH eventually did release them, many of the most crucial pieces of information were redacted, and Paul's attempt to get answers led nowhere. As noted by Andrzejewski:

*"That lawsuit unearthed 3,000 pages of royalty payments to NIH scientists from 2010 to 2021. During that time, 2,407 government scientists received \$325 million in secretive royalty payments, averaging out to more than \$135,000 each.*

*But much is left unknown. NIH redacted or blacked out key details. We don't know who paid it. We don't know how much each individual scientist received. We can only see their names and count the number of times that each scientist received a payment.*

*And they also redacted the invention, the license number or the patent number ... So, every single one of those individual, third-party royalty payments has the appearance of a conflict of interest ...*



*We need to be able to follow the money. Unelected bureaucrats are running the entire American health care complex without any scrutiny. They're basically telling the American people, 'Sit down, shut up, pay up. We'll run things.' And that's not how the federal government is supposed to operate."*

## **COVID Jobs Are Rife With Conflicts of Interest**

Conflicts of interest also appear to have played a role in the U.S. government's preferential treatment of Pfizer and Moderna during the pandemic. Pfizer was the first to receive government authorization for its COVID jab, and it just so happens to be part of an NIH royalty-sharing agreement.

Moderna also has such an agreement. What this all means is that the NIH helped invent certain technologies that went into these shots, and then licensed those technologies to Pfizer and Moderna in return for royalty payments.

So, the NIH has been making tens of millions of dollars from the COVID shots. Could that financial incentive influence the NIH's stance on vaccine mandates? What do you think?

As you may recall, Johnson & Johnson's COVID jab was vilified for causing blood clots, and the U.S. Food and Drug Administration even limited the authorized use of the Janssen shot to people over the age of 18 who have no access to Moderna's or Pfizer's jabs, and/or those who voluntarily opt for the Janssen shot, understanding the risks.<sup>3</sup>

Meanwhile, Pfizer's and Moderna's shots also cause blood clots, but neither of them was placed under restrictions. Instead, both were added to the U.S. childhood and adult vaccination schedules. Janssen wasn't.

## **The NIH Royalty Cash Cow**

The NIH's secret royalties and the conflicts of interest these

payments create were also addressed by “Rising” hosts Robby Soave and Briahna Joy Gray in a recent episode (video above). Alexander Zaitchik, author of “Owning the Sun: A People’s History of Monopoly Medicine from Aspirin to COVID-19 Vaccines,” also joined them on the program.

In Zaitchik’s view, the biggest scandal is not that government scientists are receiving royalty payments from drug companies but, rather, the intimate relationship that exists between government and “an industry that is using the monopoly system to price gouge the American people.”

*“The NIH has basically abandoned its role to serve the public,” Zaitchik says, “and instead has become much too aligned with the industry and is an enabler, an accomplice and a protector of these monopolies. The vaccines are a point in case.*

*Government science was basically given, along with these massive research subsidies, through Warp Speed, to Moderna, for example. And there were no public interest provisions attached.*

*There were no pricing promises, there were no requests that technology be transferred [shared] with other parts of the world. It was basically a conveyor belt for private industry ... So, for me, the real problem is NIH [being] fully aligned with industry on the monopoly question when public science is involved ...”*

## **Public Gets Fleeced Coming and Going**

When public monies are being used for research, any scientific discoveries ought to be used for the public’s benefit, and the patents should remain public property with broad licensing rights.

This used to be the default position, but not anymore. In the 1970s, Big Pharma convinced Congress that this policy was slowing down innovation, and that if companies were allowed to claim exclusive rights to the patents, they'd be more apt to innovate. The Bayh-Dole Act was an outgrowth of this.

But we can now see why and how that doesn't work. Public health is literally being sacrificed for profit, and since government agencies are in on it, there's no one left to look out for the public's interests.

Additionally, the public ends up getting fleeced twice. First, our tax dollars are being used to fund the research that private companies then lay claim to, and then we end up paying top dollar for the products we funded the development of, as there's no price competition.

As noted by Zaitchik, while the Bayh-Dole Act is a bad law, it does have a rider that says generic production of drugs created with government funding can be mandated. However, every time patient groups have approached the NIH and asked for this provision to be enforced, as the monopoly is hurting patients who cannot afford the exorbitant prices, the NIH has rejected those requests.

For example, the U.S. Army invented a breakthrough prostate cancer drug, and Americans are paying six times the price for this drug compared to other parts of the world. But even though the government has the power to lower the price by mandating generic production, it refuses to do so.

*"The whole system, up and down, has been completely corrupted by the amount of money and power the industry has been allowed to amass, because of the corruption in the patent system in general," Zaitchik says.*

## **Big Pharma Endangers Public Health**

In closing, I'd like to draw attention to a paper published in

Surgical Neurology International in October 2022, titled “The Pharmaceutical Industry Is Dangerous To Health. Further Proof With COVID-19.”<sup>4</sup>

*“The COVID-19 period highlights a huge problem that has been developing for decades, the control of science by industry,” the author, Fabien Deruelle, an independent researcher in France, writes.*

*“In the 1950s, the tobacco industry set the example, which the pharmaceutical industry followed. Since then, the latter has been regularly condemned for illegal marketing, misrepresentation of experimental results, dissimulation of information about the dangers of drugs, and considered as criminal.*

*Therefore, this study was conducted to show that knowledge is powerfully manipulated by harmful corporations, whose goals are: 1) financial; 2) to suppress our ability to make choices to acquire global control of public health.”*

Deruelle’s paper reviews a long list of techniques that drug companies use to shape and control the science, including the following:

1. Falsification of clinical trials and making data inaccessible
2. Faked studies
3. Conflict-of-interest studies
4. Concealment of the jab’s short-term side effects
5. Concealment of the fact there is no knowledge of the long-term effects of the COVID-19 jab
6. Dubious composition of the COVID shots, with many ingredients remaining unlisted
7. Inadequate testing methods
8. Conflicts of interest within governments and

international organizations

9. Bribing of physicians
10. Denigration of renowned scientists who express differing views
11. The banning of alternative effective treatments
12. Unscientific countermeasures that eviscerate liberties and freedoms
13. Government use of behavior modification and social engineering techniques to impose isolation, masks wearing and vaccine acceptance
14. Scientific censorship by the media

### **White Collar Crooks Are Running the Show**

Deruelle points out that all but one of the primary drug companies producing COVID “vaccines” – Pfizer, Moderna, AstraZeneca, Merck and Johnson & Johnson – have long criminal histories, having been busted and fined huge sums for illegal marketing, recommending drugs for off-label use, misrepresenting trial results and concealing information about known dangers of their drugs. Moderna is the only exception, as it’s only been around since 2010. Deruelle writes:<sup>5</sup>

*“In 2007, Merck paid \$670 million, in 2009, Pfizer paid \$2.3 billion, in 2010, AstraZeneca paid \$520 million, and in 2012, Johnson and Johnson paid a fine of \$1.1 billion ...*

*Since 1995, Pfizer has been assessed more than \$6.5 billion in penalties for 42 instances of misconduct; 36 instances of misconduct since 1995, resulting in over \$11.5 billion in penalties for Johnson and Johnson; 35 instances of misconduct since 1995 and \$8.8 billion in penalties for Merck.*

*Pfizer is singled out as having persistent criminal behavior and casual disregard for the health and well-being of patients. Pfizer is no different from other pharmaceutical companies, but it is larger and more egregious. Pfizer is a*

*habitual offender, persistently engaging in illegal business practices, bribing physicians, and suppressing unfavorable trial results.”*

## **Will Pfizer Stand Trial?**

True to form, Pfizer is also accused of scientific fraud in its COVID-19 jab trial. Brook Jackson, who worked at one of Pfizer’s trial sites, sued Pfizer in 2021 for violating the False Claims Act.<sup>6</sup> U.S. District Judge Michael Truncale heard oral arguments on the motions to dismiss, March 1, 2023.

As reported by The Epoch Times March 2, 2023,<sup>7</sup> defense attorneys for Pfizer argued that “whether protocol violations occurred was ultimately irrelevant because the federal government was made aware of them but still granted emergency authorization to Pfizer’s vaccine.”

Jackson’s lawyers countered by saying the FDA authorized the vaccine before reviewing Jackson’s complaint. Judge Truncale has not issued a ruling as of this writing, and Jackson’s attorney suspects it may be weeks or even months before the judge issues his opinion.<sup>8</sup>

## **Conflicts of Interest Shaped COVID Responses**

Deruelle also specifically delves into the conflicts of interest and relationships between the drug companies involved during COVID-19 and governments, international organizations and media – and how they worked the COVID “emergency” for their own benefit. Here are some select excerpts:<sup>9</sup>

*“In 2009, the H1N1 episode should already have been enough to reveal that governments and the WHO are not autonomous. Work has shown that the 2009 H1N1 pandemic seems (based on case fatality rates [CFRs]) to have been the mildest influenza pandemic on record. Following investigations by the BMJ, it appears that this event declared by the WHO is significantly*

*tainted by conflicts of interest.*

*A report by the Parliamentary Assembly of the Council of Europe has heavily criticized the WHO, national governments, and EU agencies for their handling of the swine flu pandemic: distortion of priorities of public health services all over Europe, waste of huge sums of public money, provocation of unjustified fear among Europeans, and creation of health risks through vaccines and medications which might not have been sufficiently tested before being authorized in fast-track procedures.*

*According to former head of health at the Council of Europe, W. Wodarg, the swine flu outbreak was a false pandemic driven by drug companies that influenced scientists and official agencies ...*

*During the COVID-19 period, France hired private consulting firms, mainly McKinsey and Company, which is known for working with pharmaceutical companies. The Senate Inquiry Commission reports that McKinsey contributed on all aspects of the health crisis, notably for social engineering strategies on the vaccination campaign and the extension of the health pass ...*

*The suppression of good science and scientists is not new, but COVID-19 unleashed state corruption on a grand scale, suppressing science for political and financial reasons ... Since the beginning of COVID-19, much scientific data and expert opinion have been censored or labeled as false or misleading by many internet platforms ...*

*In June 2019, the World Economic Forum (WEF) and the United Nations signed a partnership (2030 agenda). In the field of health, this alliance is designed to combat key emerging*

global health threats and achieve universal health coverage. In October 2019, in New York City, the Johns Hopkins Center for Health Security and its partners the WEF and the Gates Foundation, hosted Event 201, a fictional coronavirus pandemic ...

Among the partners of the WEF, there are: Pfizer, AstraZeneca, Johnson and Johnson, Moderna, McKinsey, and Facebook et Google. A few months later, a coronavirus pandemic is declared, accompanied by its highly mediatized universal solution, the vaccine ...

In addition to Event 201, other pandemic simulations, civil (MARS and SPARS in 2017) and military (Dark Winter in 2001, Atlantic Storm in 2003 and 2005, Global mercury in 2003, and Crimson Contagion in 2019), have taken place over the past 20 years. All these simulations correspond to fear programs induced by false media.

For the general welfare of the population, all these scenarios lead to the same methods (identical to those used during COVID-19): Isolation, control of movements and liberties, censorship, propaganda, and coercive vaccination of the population ...

[T]here is no doubt that this is an event manipulated by governments, international agencies, pharmaceutical industries, and the media. In addition to the huge profits obtained by the pharmaceutical groups involved, the primary goal of this 'pandemic' seems to be compulsory vaccination, because the introduction of a European vaccine passport had already been planned since 2019 ...

The objective of the WHO is to impose the Chinese model to become the norm. That is to say, a system with centralization



*of each person's health data and restriction of freedoms for the unvaccinated ... A period such as COVID-19 represents a powerful lever for increasing the effectiveness of global governance."*

## **Conflicts of Interest Threaten Our Freedom**

In the final analysis, conflicts of interest and the collusion between government and industry does more than rob us of our hard-earned money. It now threatens our very freedom, as these monopolies are being used to further a totalitarian takeover of global proportions.

As such, we can no longer turn a blind eye or accept excuses such as "these relationships don't influence our decision-making." They absolutely influence the decisions being made, and the public is consistently on the losing end. Congress needs to start taking this seriously, and revisit laws such as the Bayh-Dole Act, which is currently allowing private monopolies to profit while no one is looking out for our interests.

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