

# VAXX VS NATURAL IMMUNITY

Which is Better?

# **VAXX VS NATURAL IMMUNITY**

## **Which is Better?**

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## A BIT ABOUT NATURAL IMMUNITY & COVID-19



Our bodies have been so intelligently designed to protect us from environmental dangers including bacteria, viruses, and other harmful infections. At the start of the health crisis in 2019, the global government and health authorities downplayed thoughts about natural immunity and how it could potentially protect us from COVID.

And as the rate of infection swept over the population, they continued pushing their deadly vaxxes. Studies started surfacing, proving that natural immunity is far superior to the jab. In fact, the jab has actually been shown to increase the risk of getting COVID and getting seriously ill or dying.

Dr. Bryan Ardis put this into perspective:

"You have to just use some common sense here even if you have no healthcare background. We are talking about masking and vaccinating 100% of the survivors of the COVID-19 pandemic for 2 years. They have already survived. They've already survived 5, maybe 6 different variants, now of this virus. And 100% of the survivors we are talking about continuing to mask them and continuing to throw vaccines at them. It doesn't even make any sense."

An analysis published by the National Institutes of Health (NIH) shows that not only are the COVID vaccine booster shots harmful to the immune system, but they are also extremely dangerous.<sup>1</sup>

This study published by cardiovascular surgeon, Dr. Kenji Yamamoto concluded that the COVID jab is also highly ineffective with immunity waning eight months after two doses. He also concluded that those who are vaccinated end up with a lower immune function than those who are unvaxed.

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LifeSite recently published an article that reveals the misinformation that has been circulating regarding the COVID vaxx and how it “supposedly” protects against infection and death. In fact, Professor Martin Neil from the University of London along with his colleagues analyzed the latest edition of the dataset “Deaths by vaccination status, England”, and shows that the data is significantly flawed...

According to their published study, “We have previously identified anomalies in the UK Government’s ONS deaths by vaccination status data (ONS dataset)-specifically that some deaths occurring shortly after vaccination are being wrongly classified as unvaccinated deaths.”<sup>2</sup>

Furthermore, many studies are showing that the jab leads to a phenomenon called ADE - Antibody-dependent Enhancement. This is where the antibodies created during an immune response, due to the vaccine, recognize and bind to the virus but do not prevent the actual infection. This puts you at more risk of getting sicker with COVID than if you were unvaxed.

A study conducted by Wen Shi Lee and Colleagues noted that safety concerns for SARS-CoV-2 vaccines were initially fuelled by mouse studies that showed enhanced immunopathology, or ERD, in animals vaccinated with SARS-CoV following viral challenge.<sup>3</sup>

Another study published by PubMed states that Antibody-dependent enhancement (ADE) may be involved in the clinical observation of increased severity of symptoms associated with early high levels of SARS-CoV-2 antibodies in patients.<sup>4</sup>

The takeaway from this is that people may still be on the fence about getting the jab because they are worried about getting COVID, but there are a few things to consider.

First, the vaccine is proven to increase the risk of getting COVID and increases the severity of the symptoms. Second, it has been shown to lower immunity in general, not just against COVID but other diseases as well. Third, the data has clearly been manipulated to make people believe that the shot is effective - when it actually increases the risk of disease.

Finally, we have already survived COVID and undoubtedly have natural immunity against it by now. Early treatments have shown to be extremely effective in preventing severe illness, hospitalization, and even death. With these points in mind, is it really worth putting yourself at risk and getting vaxxed? Let’s hear what our top natural medicine doctors, medical doctors, and health experts have to say.





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## ***8 Things That Cause Disease - Dr. Bryan Ardis***

So there's actually 8 things, and I'll tell you here what I learned over the last 20 years. There's really 8 things I identify that can cause symptoms and diseases that are then given names by the medical profession. Those eight stressors on the human body are: foods that we may be intolerant to or allergic to. there is infections like bacteria, viruses, fungi, and parasites that can get into our body and cause symptoms and disease.

Three are toxic chemicals, and these could be anything from medications that you're on, to chemicals in our food, like AMPA, which is glyphosate, which is Roundup poisoning that we now know causes cancer, right? This is a herbicide and pesticide. There are chemicals in our food, in our environment that can cause disease and illness.



Also, heavy metal poisoning like mercury, aluminum, lead, arsenic, and cadmium. There's a lot of metals that we can accumulate in our bodies from environmental factors that can cause us to be sick and ill. And then there's emotional stressors. There's a huge impact on the mind over the organs, it's called psychosomatic in medical terminology.

Psychosomatic are you mentally create symptoms of illness and disease, and emotional traumas can create that throughout our life. So emotions can do it. Misalignments of the spine can put pressure on nerves that control the function of organs. This is a chiropractic issue or osteopathic issue. They both can address those misalignments and they do cause symptoms and disease. And then you have mineral and vitamin deficiencies that are specific.

And this is just a list of those things that we find that cause illness and disease. And if you can find someone who can look at the body as a whole, do testing to determine, are any of these things out of balance or in toxic loads, and then can we start to remove those using the body's own immunity and support that immunity through natural means?

We saw amazing benefits to thousands of people coming through our practice from 2004 to my office in Dallas, Texas, I opened in 2009 through 2018. In 2018, I retired and turned my practice over to the doc who purchased it for me, and then there are several doctors that were there and individuals to support the continued efforts to help people around the world.

I decided I was going to go out and use the nutritional clinical experience I grasped over the last 15 years or so in practice and I was going to start developing products through various companies that I helped co-found and then start providing these nutritional healthy alternatives to symptoms and disease processes around the world.

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***Natural Immunity is Stronger & More Robust***

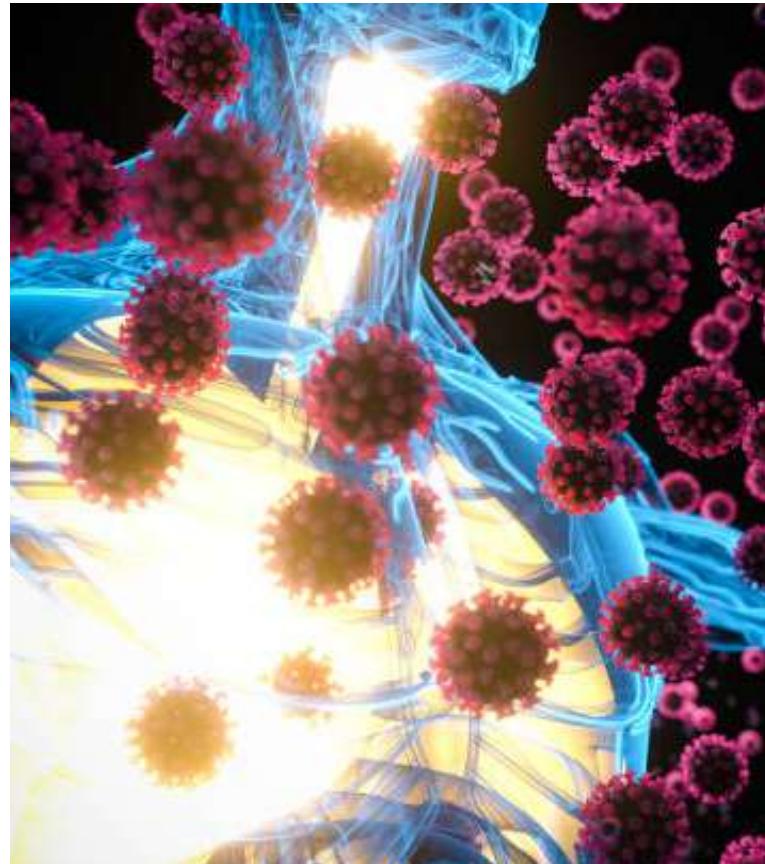
***Than Any Man Made Intervention - Dr. Patrick Gentempo***

There's varying modes of the immune system. The immune system and you have adaptive immunity. So, you're dealing- when you're looking at antibodies and antibody reaction in the blood, that's the adaptive immune system. And that happens in the blood. These antibodies are circling the blood. So what can happen is, if you're testing some type of an intervention that would create more antibodies in the blood, you would conclude, logically, that, "Oh, well, if you have the circling antibodies, then it must show that you have immunity."

But what people should understand is that there's a difference between what they call humoral immunity, which is the blood, and cellular immunity, which is what you're worried about. Are the cells immune? And it is absolutely conceivable that you can have antibodies in the blood but the cells are not still immune. So, what's happened in some of the prior animal testings with the Coronavirus vaccines, is they were able to stimulate an antibody response in the animal. And of course, to take it to the next step, they'd say, "Well, let's reintroduce the antigen, the Coronavirus, to this animal.

And it should not get sick." Well, what they found in some of these studies is that the animals actually got sicker and had a higher mortality rate after the induced antibody response. Because you have to understand, we start to play with nature. And this is where we have to take a step all the way back and say, "We're manipulating some controls around nature and how our immune system responds, how we interact with the environment around us."

And we're in a sense saying, "We are smarter than nature. We're trying to outsmart nature." I mean, if you think about it, what is the vaccine? It's human beings saying, "We're going to try to outsmart nature. And we're going to do so by introducing so much noxious substances into the body, get the body to respond, and have the body at a heightened immune response, should somebody be exposed to this, and therefore a better probability of them being able to either not get sick or to move through the illness from whatever this particular pathogen is, faster." So that's the general idea of it.





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But you can't just have a single point of view. If you're going to start playing with the human immune system, and you're going to start causing it to react in unnatural ways, then what happens is that you might also turn the heat up too much in it, for example. And then when there is an exposure to the pathogen, maybe it overreacts. I mean, that's what a lot of people when they talk about this cytokine storm, and why people actually get really sick and die from COVID.

I mean, I have people I know who have. And what happened there, it was an over response of the immune system, this "cytokines storm" happens. And the result of that storm is that the body is- start- literally does something that is an overreaction that can cause it to get very sick and maybe even die. So we're at the controls playing with something that we don't have a lot of testing on. Because people say, "Well, it's safe. Look how many people had it, and it's safe." Well, how do you know what the impact might be a year, 2 years from now? And anybody try, "Oh, well, there would be no impact." That's absurd, to think that you can know all the downstream effects over time when you are playing with a new technology that's never been used in humans before. And it's experimental, and safety and efficacy studies haven't been done.

Because even when safety and efficacy studies are done, we still end up with things like Vioxx, which killed over 100,000 people, a painkiller, before the FDA finally said, "Oh, my God, we got to take this off the market." You can do all the studies right to get it approved, and it's still going to find out after the fact- years after the fact, that people are dying as a result of intervention.

We don't have the... we don't enjoy the years of research and safety and efficacy testing to bring this thing to a market. We have basically been told that we've got a killer virus out there, and we have to do something, and that we have to take the risk of not going through our normal protocols, which also are not completely safe and effective, the protocols for screening because things get through that process, which still turn out to be bad.

Imagine now that we take a new technology never used before in humans, and then we're telling everybody to get it. And I have to say that we need to take a pause here before doing so. And one other thing I'll say that I think is really important. I just reviewed an article, probably about a week ago. Because this idea of people who have had COVID getting vaccinated, I think is complete lunacy. If you've had COVID, meaning, natural-occurring COVID, you have virtually no risk of being reinfected.

And Nature is one of the top scientific journals - a referee, peer-reviewed scientific journal. One of the most respected ones out there. An article was published, I think in this last month, where they basically concluded that if you've had COVID, you have life-long natural immunity. The best kind of immunity you can get. Why in the world would they be recommending that people who have had COVID go ahead and get vaccinated?

Because now, we're going to talk about turning up the heat in the immune system, saying, "Hey, the body has already dealt with this pathogen. It's already protected for a lifetime. And then you're going to inject something straight into it that's going to start producing more spike proteins?" The body could freak out saying, "What the heck's going on? We already dealt with this. How are we now suddenly getting all of this new activity in here?"



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## ***Respecting Your Natural Immunity - Dr. Henry Ealy***

The heart-to-heart on this is I want you to understand, everybody listening, that you cannot inject immunity and you cannot take a capsule for immunity. So there is no nutraceutical that's going to confer immunity. There is no herb that is going to confer immunity, and there is no injection that is going to confer immunity. Why is that? Because immunity comes from within.

You are a miracle of existence, period, point blank. I want you to step back for a second and understand something. We are on a planet that is the perfect distance from a fusion reactor in the vacuum of space, hurling at a speed that you can not even fathom but we do not feel. That your mother and your father met when they met and then decided to have intimate relations on the night or day that they did. You are a miracle of so many probabilistic models that you should not be here that you need to first appreciate that you in and of yourself are an absolute miracle, that the life that you experience never had to happen, and that makes it a miracle of existence.

Your miracle of existence is that your body was given everything it needs to handle life on this planet as we know it. One of those gifts that you were given was immunity. Immunity comes from within, so if you get exposed to something that is an infection, your body has the ability to develop immunity to future exposures, to future infections, so that you do not develop symptoms. The reason you get symptoms when you get sick is because you are exposed to something that your body has never been exposed to before, and your body, your immune system, while it's amazing, still takes time to figure out what's going on.

So what'll happen is when you get infected macrophages ... and think of little Pac-Man. That's right, the video game Pac-Man was based upon immunology. Most people don't know that. Pac-Man was based upon a macrophage, a type of immune cell. And it goes out and it eats what's not supposed to be there, and then it does something amazing. It carries it back, the thing that it's broken down, to your lymph nodes. And in your lymph nodes, you have sections, and in the sections of the lymph nodes, you'll have B cells and T cells. B cells produce antibodies. T-cells are just some badass killers.

But when the macrophage takes that antigen back to your lymph node, the B cells and T cells study it. That's right. Your lymph nodes are school. That's your immunological school. And when they figure out how to kill that infection, they then multiply like crazy. That's where vitamin A comes in. They multiply like crazy, and then your lymph node swells, and we think, "Oh my God, it's getting worse." No. It's getting better because now your populations of immune cells have just, just quadrupled, septupled. They've just jumped off the charts.

And what starts happening is those cells start leaking back into your bloodstream to go systemically and find every single instance of that infection. And after they've vanquished the infection completely, they do something that's really awesome. They leave a lesser population of themselves, called memory cells in the case of B cells. They turn into memory cells so that if you get exposed and get infected again, they're already ready. See, the big deal on why you feel symptoms when you get sick for the first time is that your body doesn't know how to kill something yet, so it takes time to study and figure out.



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And that usually takes days if you're really well nourished and even longer if you're poorly nourished. But after it's studied it and after it's won the battle, now you have immunity for the rest of your life. Every time you're re-exposed, this gift of life, this gift of your body, says, "You are fine."

So what I want to take that understanding into, Jonathan is really simple. If this is about your health and this is about you appreciating the gift that you are and the gift of life that you've been given, the first question would not be, "Is Novavax better so I can get back to my life and I don't have to be in this fight?" This fight is at your doorstep, whether you like it or not. If this is really about this gift and you protecting this amazing thing we call freedom, what you will first do is honor your body by checking your antibodies and checking your T-cells to see if you've already established immunity because if you already have established immunity, there is no gain of benefit from any inoculation, period. And you don't need it.

And that should be your fight, telling people that, "Hey, I've already recovered from this. I don't need anything." The goal of an artificial infection ... We're talking about the inoculations. The goal is to give your body an exposure to something so you can develop immunity. If you've already been infected and you've already recovered, you are, by definition, medically immune. And you cannot become more immune to something. You are already immune. Why? Because immunity lives from within. It's not something that is in a syringe and it's not something in a pill jar. It's something that was given to you by your creator. And it's something that I think we all need to learn a little bit more about and respect because all it takes is a few nutrients to maximize the potential of the gift that you've been given.

So Novavax, I don't know enough about it to say more or less, and we don't have safety data on it yet. But what I would caution people on is are you trying to take the easy road out because you're exhausted and tired of this, and you think by doing this, complying with evil, you will somehow get them to leave you alone? I'm going to tell you a sad tale right now. These are bullies. And you never stop a bully by doing what the bully wants. You stop a bully by drawing your line in the sand and saying, "No more."

So if you're taking the Novavax because you haven't been infected, you've confirmed that you don't have antibodies, you've confirmed that you don't have T cells, and you want to actually use it to be an artificial infection, to create immunity in you, that makes logical sense to me. But if you're taking Novavax and you don't care whether or not you've been ... you've already recovered, you don't care about those things. All you're setting the stage for is potentially what's called antibody-dependent enhancement. And that means you've already become immune. You've already recovered from an infection. Now, when another artificial infection is introduced, now you can create the opportunity for your immune system to go hyperactive and lead to autoimmunity.

So you really think you're getting somebody off your back? Just want this to go away. This goes away when we say, "Enough." This will never go away when we comply. It will not happen. There's too much money on the table. You have an obligation to your children and their children and their children's children to stand your ground, right here, right now, and do what's right, and that is to say, "I am not going to trade my freedom, my God-given freedom, for your profits." And that's what I have to say about that.

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*Natural Immunity Over the Deadly Jab - Dr. Patrick Quillin*



There are some pandemics out there in these bioweapons labs, trust me, but COVID was not it. And so we need to gear up our own natural immunity and host defense mechanisms. And, there are more rational medical therapies for COVID beyond ventilators and other obscenely invasive therapies: Ivermectin, hydroxychloroquine, Vitamin C intravenous, zinc, Vitamin D. So, there's rational treatments if you get it and best of all, if you're in good shape and you get it, which I did, I got COVID early in the whole game in March of 2020, and it was relatively minor. It was a 2-day flu gone over with. And now the studies show beyond argument, if you've had COVID and you have natural immunity, you have antibodies against it, your body recognizes what this thing is. You are 27 times less likely to end up with a severe reaction.

And the final story is a healthy human body is self-regulating and self-repairing. So, take all of that knowledge and put it together and then I've written 18 books that have sold over 2 million copies. Most recently Beating Cancer with Nutrition and 12 Keys to a Healthier Cancer Patient all available on Amazon. And the sum total is we're ignoring our natural immunity in favor of these invasive experimental drugs that now have been shown to be highly toxic. So the question is, is the COVID vaccine safe, and effective, and should it be mandatory?

The answer is no, there have been 26,000 deaths and 1.3 million severe adverse reactions. And that number is probably about 1% of the real number. According to a Harvard study, they said only about 1 out of 100 people actually report these events, because it's very difficult to get into the government's VAER system and report it. It's very cumbersome. So are they safe? No. Are they effective? Well, then we start talking about the fact that the triple-vaxxed are the people who are going to the emergency room with severe COVID now, 70% of those going in Israel, 80% in the UK. Those who have been triple-vaxxed are the ones who end up in the emergency room with severe symptoms from COVID as opposed to those who had natural immunity who have 27 times less likely to end up with severe symptoms.



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## ***The Vaxx Does Not Boost Immunity - Dr. Lawrence Palevsky***

So the COVID injection has been given to millions of people around the world, and most of them have carte blanche believed that this injection is actually a vaccine. But in fact, if we do our due diligence and do our homework, the COVID injection is not a vaccine. And so, how I was trained in medical school is to understand what the criteria we look at in order to understand if an injection is a vaccine. And number one, the injection must give you antibody immunity to a virus or bacterium. Number two, that antibody must give you protection from that virus or bacterium. Three, the injection must show that it reduces hospitalizations, deaths, or severe symptoms of the virus or bacterium. Four, the injection must show that it stops you from carrying that virus or bacterium. And five, the injection must show that it stops the transmission of that virus or bacterium from one person to the next.

So when we look at the injection that's being given regarding COVID-19, we see that the injection does not give you antibody immunity to the virus. It may give you antibody immunity to a spike protein, but that spike protein is not specific to the SARS-CoV-2 virus. Number two, antibody immunity is supposed to give you protection against the virus. Not only has that not been shown in any study, but the authorities who brought up the idea of giving the injection have also stated that "We don't know if this injection will give you protection from SARS-CoV-2 infection."

Number three, the injection was not studied to see if it would reduce deaths, hospitalizations, or severe symptoms of SARS-CoV-2 infection in any of the people who got the injection. They even said, "We don't know if it will reduce deaths or hospitalizations or severe symptoms." And they also said that it may reduce symptoms. And that was as far as they went. But there was no mention of it protecting you from the SARS-CoV-2 viral infection or stopping you from dying from the SARS-CoV-2 viral infection or stopping you from being hospitalized or developing severe symptoms. Number four, there were no studies done to actually look to see if, by getting this injection, you would no longer carry the SARS-CoV-2 virus. And number five, there were no studies done to see if you would stop transmitting the virus from one person to the next.

None of the five criteria were met to meet the definition of a vaccine. This injection is not a vaccine. It was never meant to protect you against the SARS-CoV-2 virus infection, and the authorities even told you that they didn't think that it would. After the injection was given, there were some studies published that showed that the injection did stop the transmission of the virus from one person to the next. And that stopping of the transmission was defined by a PCR test that was now negative. But the problem is that the PCR tests were manipulated to change the cycle thresholds, which would preferentially give them a false negative test when they wanted a false negative test to result.

More often, in the early parts of the pandemic, the PCR test was manipulated to a higher cycle threshold, which gave you a false positive response. Meaning that people would be told that they had a SARS-CoV-2 virus infection when, in fact, they really didn't. So, we don't have any information to understand whether this injection gives you antibody immunity to the virus. Will protect you from getting the viral infection, will stop you from dying, stop you from being hospitalized, or stop you from getting severe illnesses. Stop you from getting severe symptoms from the SARS-CoV-2 virus. We don't know if it'll stop you from carrying the virus.



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And we certainly don't know if it'll stop you from transmitting it from one person to the next. This is not a vaccine. It has never been proven to be a vaccine. And the manufacturers actually never claimed that it would be a vaccine at all.

So in the regular vaccination schedule for children and many of them for adults, there are things in there called adjuvants. And these adjuvants are very tightly bound to bacteria and bacterial particles. And the reason that the adjuvants are tightly bound to the bacteria and the bacteria particles is because in order to mount an efficient immune response to get an antibody against any of the bacteria, there has to be a catalyst to spur on the immune system, to mount an immune response against these bacteria. Because studies usually showed that if you inject bacteria or bacteria particles into the body, the body's immune system gave a very weak immune response, if that. So, the vaccine manufacturers needed to find a way to catalyze the immune system's response so that the immune system would mount a nice-sized antibody response against the bacteria and the bacteria particles. That's where the adjuvant came in. And the predominant adjuvant that's used in childhood vaccines is aluminum. The smaller the aluminum particle, the more potent it is as an immune stimulator to give the body a chance to mount an immune response against the tightly bound bacteria and bacteria particles.

What's very interesting, though, is the aluminum as an adjuvant becomes a nanoparticle, which by definition just simply means a very, very tiny particle. And that tiny particle binds, again, really tightly to the bacteria and the bacterial particles. But no studies have ever been done to actually evaluate what happens to these nanoparticles when they're injected into the child's body. And so this aluminum nanoparticle is known to give you an immune response that'll get an antibody against the bacterial particles and the bacteria. But the manufacturers in the scientific community just walk away after the aluminum is injected into the body and don't really care much about whether the aluminum (which is a non-essential mineral and the body does not need or utilize in any form) ...whether that aluminum goes anywhere in the body after it's been injected. But many people have done the science, and have done the studies and they have not walked away. They've actually stayed very present. And they've noticed that the aluminum nanoparticles can get anywhere in the body. And I'll say that again. They've found that the aluminum nanoparticles can get anywhere in the body, including the brain.

What's interesting is that when drug manufacturers first realized that there was a blood-brain barrier that prevented drugs from going from the bloodstream into the brain, the manufacturers had a problem on their hands. Because if there were brain lesions or brain diseases that needed to be treated with drugs, there was no way for the bloodstream to let the drug material go into the brain because the blood-brain barrier was completely blocking it. As a result, they needed to find a way to get the drugs from the bloodstream into the brain.

And what drug companies did was they developed nanoparticles, which are, again, very small particles to bind to the drugs, to get the drugs into the brain, and they were successful. So one has to ask the question, if the drug companies are using nanoparticles to bind to drugs, to enhance the delivery of drugs from the bloodstream into the brain to treat brain conditions, then do nanoparticles in vaccines, which are tightly bound to bacterial and bacterial particles. Do they go into the brain also, performing, typically as nanoparticles would? And any time I've ever asked that question to any of the scientists or doctors to whom I've been able to ask that question, they have refused to answer it.



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## ***It's Proven that the Vaxx Fails to Provide Immunity - Dr. David Martin***

Well, the unvaccinated story is a ship that already sailed. They can't do that one because obviously when Anthony Fauci came down with COVID not once, but twice in the last six weeks, kind of blows the cover on this is not a vaccine versus unvaccine thing. I mean, the fact of the matter is Anthony Fauci himself not only had COVID but then had a rebound of COVID. Tested for SARS once and then tested for it positive again, after he allegedly was treated. The great news is-

**Jonathan Otto:** Wouldn't he try to blame that though and say, "Well, I was exposed in public because some people aren't vaccinating? And that's why I got it."



**Dr. David Martin:** Because all the data, their own data says that's not the case. This is actually something that they know, like the flu shot, morphs over a period of time, mRNA did nothing. And remember, mRNA did nothing to even expose people to the virus. The mRNA strand is about the S1 spike protein. It's not even about a virus. You're not getting protection from any virus at all. You're actually competing with binding sites on a cell. So, there is no immunity to a virus that is granted by any shot. So, you can't get an immunity based on a thing that's only blocking a receptor on a cell. And that's the problem. The problem is they know that the story, which they tried to lie to, remember Anthony Fauci in his own words said, "If you get the shot, you don't get sick." Well, guess what?

He got the shot. He got the second shot. He got the booster. He got the second booster. Still got sick and not once but twice. So, the great news is that ship has sailed. Bad news is they tried to make monkeypox the new thing to be afraid of. Well, monkeypox like AIDS mostly is a lifestyle issue. Most of the time, the people who actually contract those kinds of diseases are actually engaging in lifestyles that most of us don't engage in. So the likelihood is very high that they picked another bad attempt at turning us into this fearmongering of there's another pathogen to be worried about. And the funny thing is they can't even get their story straight. The World Health Organization gets together and says, "Well, this is a pandemic of concern." And then CDC says, "Well, we're not sure." Then the World Health Organization goes, "Ah, we're not sure."

And before long you have all of this infighting about, they can't even get their story straight on monkeypox. Now Dustin Moskowitz, who funded the study from the National Nuclear Threat Initiative that actually put the monkeypox narrative into play, the same guy who funded Event 201 back in October of 2019, that same Dustin Moskowitz who gave us monkeypox a year after he predicted it would come out in March of 2022. That same Dustin Moskowitz is disappointed because he actually saw the script play out with coronavirus and it's not playing very well with monkeypox. The public will not fall for this again. And so, what will happen and what is likely to happen on October is an economic disruption, not a public health disruption.

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## NATURAL PROTOCOLS TO BOOST YOUR IMMUNE SYSTEM

*Boosting Immunity Against COVID and  
Reversing Vaxx Damage to Your Immune System - Robert Scott Bell*



First of all, COVID is not one thing, it could be in many things or almost anything because the people who died from COVID died with it at best, and even that's debatable. You have people that have multiple comorbidities that were on death's door in hospices, and nursing homes, and critical care units died of ventilators, died of other triaged medicines that are so toxic to the liver and kidneys that they wouldn't survive anyway, or they were accelerated in their demise.

So in terms of the things I've covered on my radio show, selenium, number one, in terms of mineral preventing if you are afraid of viruses, which I'm not, but if you are, we know that they stop viral replication if you feel like that's necessary but in areas where selenium content in the soils and the people were high, there were no COVID manifestations, even in China. This is where the study originally came out of.

Other things that I utilize include molecular hydrogen that we get from the water and that hydrogen facilitates selenium and other things as antioxidants to protect us from the real danger, which is the toxic poisons, whether it be food, water, airborne or injected, all of these things matter. Another thing we've seen... The massive amount of damage in what they call COVID to endothelial tissue. So we focus on what will help endothelial tissue. Well, nitric oxide, almost more than anything, again, in combination with hydrogen, it's sensational, how you can cool that inflammation and accelerate the healing, the regeneration of tissue.



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And another thing I'm concerned about moving forward is those who have gotten the shot they're primed, pathogenically primed, the antibody immunity, enhancement... What was it called? The antibody-dependent enhancement immune enhancement. And that could facilitate cytokine storms if those of you who live in Florida or hurricane zones, think of a category 6 hurricane, it doesn't exist, but in your body, it might. And rather than condemn those people to death when they wake up and realize the mistake they've made getting the shot, I would like to facilitate their recovery or their prevention of the most disastrous sequence that's facilitated. Another thing I would add to that is copper.

Real ion type form copper one, copper two. This is going to be an important aspect of cooling the inflammation along with the hydrogen, along with the nitric oxide that we are needing to do to save their lives when they're overreacting or hyper reacting to their exposure to naturally circulating viral proteins or exosomes, if you will, that normally wouldn't cause this harm but now they're suddenly programmed to be harmed in a horribly devastating way that could lead to their death unnecessarily even in young people.

So if you've taken the shot and realize you made a mistake, you felt the peer pressure or your employer forced you to have it, any number of things, or you wanted to travel, you thought it was a good idea because you got to travel and you realize now that wasn't a good plan because you're learning about what it could potentially mean, we have to now look at what we can do to remediate undo. Now normal, what I call vaccinations, in homeopathy we've known about this for over 150 years as well, this thing called vaccinosis, adverse vaccine reactions and there are homeopathic remedies like thuja and silesia, or even the homeopathic form of the, what you call it, a pathogen or the vaccination materials itself we can convert.

Now, this is not with mRNA technology, a normal "vaccine", I don't even call it a vaccine. So it's reprogramming the DNA to produce certain things that they wouldn't normally produce so that they can facilitate reactions to the immune system to toxic proteins basically. So we don't have necessarily the experience to say definitively as we have with 150 plus years of response to vaccine injury that we do in homeopathy. However, we can still address manifestations, and symptoms and direct our remedies toward them and we are now, homeopaths around the world are working on this and we're all talking with one another, they are taking the material from the vaccine, or the so-called vaccine COVID shots themselves and converting them into homeopathic form to see if it's possible to undo the genetic alteration. I don't have a definitive answer.

I don't think anybody does at this point, but we're not giving up. This is not what we're here to do. We're here to move forward and respond to something that is so horrific. If we can at all help people we want to, I want to, but I'm not going to pretend I know definitively that we can other than what I've mentioned before about managing, mitigating, or reducing cytokine storms. We can do that safely without drugs. Some doctors will use drugs like prednisone that can be devastating and can be deadly in fact, to the liver and other things. I want to have options beyond that, that kind of triage that not intentionally, but could unintentionally end up killing people. We're looking at holistic options to support immunity, but also, again, mitigate the most extreme responses. So that's what I'm broadcasting about. This is what I'm talking about. This is what I'm discussing with other doctors around the world right now.

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## *Using Nutrition to Boost Immunity - Dr. Cathleen Gerenger*



The aging process starts to go up. And then when you think about herbs, why are herbs such healing to the body? It's because it's natural. So when you look at our blood, our red blood cell has the same molecular structure as plants' chlorophyll. The only difference is that our blood has iron, which is Fe in the middle, and plants have magnesium, which is Mg in the middle. So my background is in plant physiology. When I went to school, when I went to UF, so my background's in botany and I was so fascinated that the plants function just like a human. They have cell walls, we have skin. They're able to take in oxygen and they exchange it to carbon dioxide and all that good stuff. They have chlorophyll just like our blood. That's why that molecular structure is so similar to our biology, that's why plants help heal the body.

The most deficient mineral in our body is magnesium. Cardiovascular-wise, our body needs magnesium to function. Without magnesium, we're not able to calm down, we're not able to move our bowel movements or sleep well at night. What has high magnesium? Everybody's like, oh, chocolate, dark chocolate. Of course you can have one dark chocolate, but most people, they eat the whole freaking box!

See, a lot of people, they're like, oh my gosh, calcium. Don't forget, not all vitamins are the same. It depends on how it's formulated. So there's six different forms of calcium. We only know there's calcium and that's it. Well, you have the other arena that say, oh my gosh, calcium causes a lot of plaquing against the arterial wall, I have lots of questions. Well, because it's so important for us to look in a formulation and look and see how it's well balanced.



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When people start saying that, "Oh, let me buy some calcium, let me buy some magnesium, let me buy some selenium," and they try to put it all together themselves. I wouldn't even know how to do it myself. But the key is that if you do have magnesium or if you do have calcium, the ratio is 2:1, two magnesium versus one calcium. What does that mean? 500 milligrams of magnesium, 250 milligrams of calcium, if that's the simplest form. But I would rather stick with magnesium because too much calcium can displace other areas like your parathyroid, which helps your body regulate calcium.

Also, vitamin D is so important. A lot of times when we have labs coming in with vitamin D less than 50, when a person has a vitamin D less than 50, their chance of having cardiovascular disease or a cardiovascular episode is 60% more. The range of vitamin D is between 30 to 100. Our optimal level is between 50 to 70. Vitamin D is a pro hormone. It is also in the gut. What it does is that it helps to boost your immune system. So going back to vitamin D, when a person has a vitamin D level less than 30, their chance of having cancer or any type of diseases goes up 10 times more. So with all the supplementation that you look at, it's so important for you to figure out where your vitamin D level sits because that is one of those things that really not only helps to increase your hormonal levels, it also helps your cardiovascular health, microbiome and immune system, so that's really important.

The keto diet, the ketogenic diet. So I have a lot of patients coming in and I run some labs on them and when I look at their labs and I look at their kidney results, usually when I see the kidney enzymes are imbalanced, or even their liver enzymes, the first question is that what kind of diet are you on? Most of the time they say "ketogenic". That's like a very popular diet out there. It stresses a lot on your kidneys, especially being in ketosis long-term. Why would you want to put your body in ketosis long-term? I understand short-term just to get the body and the system going, but long-term it can put a lot of stress on your kidneys to break down that protein.

But what's this plant-based all about? You know, with a plant based diet, again, as we age, our body's ability to break down the food that we eat becomes a little bit harder. So with a plant based diet, it's easy for your body to digest it, it's easier for your body to break it down. But what about protein? Don't I need protein? Yes, your body does need protein, but guess what? Building blocks of protein are amino acids. Amino acids are building blocks of protein. So, we are taught to look at the source. Protein, I need protein, I need this, then this and that. No, you step back and say, hey, if I'm able to eat plant-based food that has high amino acids in it, maybe it's able to shunt down the right pathway so then it's able to go in there and give you the protein that you need, it shunts you down to that pathway.

What about iron? What I usually do is that not only do I look at B12, and your body does not make B12. You have to get your B12 from food. What has high B12 levels? Well, not just your animal protein, you can find B12 in beets. Beets are very alkalizing, beets helps your circulation, beets help your kidneys, so when we talk about plant-based food, we're just talking about the different organ system it's helping and not just one particular organ. So plant-based food is a rainbow of colors, and the reason why we have a rainbow of colors is because it helps different body systems. For example, if I see a high level of homocysteine, I know that that's a little bit imbalanced in the B. Folate is one of the big B vitamins. What's rich in folate? Yellow color fruits and vegetables... yellow color vegetables, try to eat more squash, yellow in color, high in folate. Yellow peppers, high in folate. Cantaloupes, high in folate. Papaya, high in folate.



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So we use the rainbow of foods to actually help to heal our body from the inside out.

Did you know in order for your thyroid to function properly, it also needs what we call selenium, and selenium is found in Brazilian nuts. You only need to eat two Brazilian nuts to feed your thyroid. Two. So all those people that are popping selenium vitamins, I'm like, seriously? Because then you displace other minerals. That's why they're called trace minerals.

I'm walking around like I'm at Whole Foods, I'm walking around the Asian market and I was like, if you have \$5 in your pocket and you walk into the grocery store, what vegetables do you get the bang for your bucks? Everybody's like, oh broccoli. I was like, broccoli's is not the only vegetable there is out there. There's a whole array of other vegetables. Guess what? Bok choy has a nutrient density of 965 whereas broccoli's have a nutrient density in the 300's. So for the bang for your bucks, what we want to do is that we want to teach you how to put nutrient dense foods back into your body. So if I have \$5 what kind of nutrients do I want to put inside my body? I will pick bok choy over broccoli because when we break that formulation down, the caloric intake versus the nutrient density that one vegetable provides your body, I want to have the highest nutrient density and watercress has a rating of 1,000... Isn't that cool? See, people think that broccoli is the only vegetable. I was like, no, you eat an array of different food. That's why we have seasons, winter, spring, summer and fall. That's why what makes our practice so special and so different is that I change my patients' regimen according to the season, the laws of nature, winter, spring, summer and fall. Just like your vegetables, seasonal fruits and vegetables, winter, spring, summer and fall.

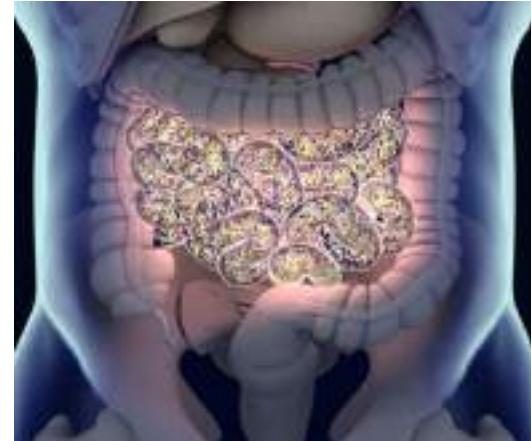
So one of the questions I get asked is that what about these plant-based fake meat? If you look at the ingredients, it's made a lot from soy and I'm not against soy, but soy products are really highly GMO, genetically modified, so instead of eating the fake meat, just eat the vegetables, eat the plants. That's my answer to everything because chicken, the ingredients is chicken. Then you have these fake meat, you look at the ingredients and there's a lot of different stuff in there to make it taste like chicken, so just eat the plants. If you like the consistency of it, then eat the plant-based stuff where we can go ahead and use kelp noodles instead of pasta. What's kelp noodles? It's made of sea vegetables. That's great for your thyroid. And again, I kept seeing all these hypothyroidism, Hashimoto's disease. All that stuff is because your body is lacking of iodine and your body does not make iodine. You can only get it from food. So T3, which is the active form of thyroid, it has three molecular structure of iodine attached to it. T4 which is the inactive of the thyroid, has four molecular structure of iodine attached to it. So what we need to understand is that what we nourish our body with is what really helps us on that cellular level, so we have something called eating well versus eating right.

It's so important for you to eat right. People say, well, I eat a salad every day. Well, what's in your salad? My Caesar salad. I was like, oh, that's great. It's just romaine lettuce and a bunch of cheese and a creamy dressing. That's not eating right. Eating right means a salad with a rainbow of vegetables, which nourishes your body and your organs because of the colorful fruits and vegetables that your body needs. And it needs that so we can break down... so your small intestinal tract, which is where the nutrients gets absorbed, gets to be broken down and delivered to the organs like your brain.

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## ***Improving Your Immune System is Improving Your Microbiome Health - Dr. Peter Kan***

**Jonathan Otto:** Dr. Kan, let's talk for a moment about everything that's going on. Those of you that are familiar Dr. Kan, you know who he is, you know why I'd speak to him for lots of really important information, and those of you that are new to Dr. Kan, he is a functional medicine practitioner. He's a doctor. He has a lot of experience across the board. He's seen over 5,000 patients dealing with all kinds of different challenges, so comes with a lot of experience. He also has backgrounds in [inaudible 00:00:33] or Chinese medicine. He has a lot of understanding when it comes to whether it's with some of the training that he's had as a board certified practitioner, when it comes to food sensitivity and why people are having certain reactions, and then when it comes to the immune system, he is an expert in immunity and the immune system, autoimmune disease thing.



Perhaps the foremost reason why people consult him and learn from him and learn from the videos that he puts out and the content that he puts in, documentaries with health secrets. It's fantastic to have you here Dr. Kan. He has certification in neurology, and so the brain and how it works, the gut-brain connection, and then obviously coming back to the immunity piece, we're very much aware of how much people were thinking about their immunity right now and just trying to understand and get a clearer picture.

We're told lots of different conflicting information as well. Vitamin C is helpful. Vitamin C is not helpful. Then just bigger pictures again, because if you're not well right now, then that's not a good position to be in in general, let alone if there is a new strain of virus that has deadly side effects and all that. The real issue here is actually your health, right? How do you correct that? Most people listening to this actually do care a lot about their health. They just yet haven't worked it out.

Dr. Kan, let's just discuss some of these things. Let's chat. Let's field some of the ways that we're seeing people feel. Why don't we just discuss what is this problem? How do we strengthen ourself against it? Let's firstly just come into what you understand about the coronavirus and what this means for people.

**Dr. Peter Kan:** Yeah, so the coronavirus is, there's a lot of conflicting information about where started, if it's from animal or not. I mean, I think that's all not that relevant. What's relevant here is that it's a virus. The way you address this virus is the same way you address any other virus. I know for a fact that what we know about it so far the infection rate and the death rate, again, you're going to get different people have different opinions. It's not Ebola, right? It's not the plague. Most people who get it, they're going to be just fine. You're going to have symptoms, but you're going to get over. Obviously there's risk population in the elderly people or immune compromised.



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The way you address this from my perspective is how you would address anything. How do you stay strong in case of just any kind of flu or cold or virus is you have to get your own immune system to work. When it comes to that, your immune system has natural killer cells. These are like the soldier of the immune system. They go out and seek out these viruses and they kill them. Then you have the B cells that make antibody, so that's for after you have an infection, your immune system will remember who the bad guys are and try to develop antibodies so he can fight against it better that next time.

With any kind of viral infection, that's what you want to focus on, right? It's not like there's a, there's no official treatment for coronavirus, right? The treatment is all palliative and try to treat a secondary pneumonia. There's no treatment or vaccine for coronavirus. There's no drug for it, meaning you can't take an antibiotic for this. How do you fix it? How do you address it? It's just about strengthening your immune system.

I think all the stuff that Jonathan has been teaching you guys all along all applies. Obviously that's for how do you make yourself healthy, right? Detox, addressing gut infections, work on heavy metals, eating healthy, plant-based diet. I think all of that applies ever more so, right? If you haven't started doing those things, this is the time to start doing that, right? If you haven't done any type of detox, this is the time to take advantage of these bundles that Jonathan's created to start building yourself up.

For acute situation though, meaning, if you are just trying to prevent some viral issue, you're in a very at risk area or you're the at risk population or you're starting to develop some symptom, whether it's coronavirus or not, it doesn't matter, because if you have sore throat, you have some cough, you have some fever, you would address it like it's any other virus, right? Unless you are very elderly and you're getting difficulty breathing, seek medical care of course. But other than that, what do you do when you start to get symptoms? This is the thing that I would try to talk about today, some of the things that you can do right now that'll be immune support. If you, John, I don't know if you want me to get into that. We can start or you want to go in a different direction right now.

**Jonathan Otto:** That's cool. No, that's really awesome. Just to speak into what you're talking about, Dr. Kan, I love the repositioning in terms of let's talk about your health, right? What an awesome opportunity to talk about your health rather than just to like, because it'll be coronavirus today and then it'll be something else tomorrow. This does really cater really well to people that are driven primarily by fear and by trends and that type of thing. Where's the long haul, right? What's the message that is going to be the right one for you for a lifetime to come so that you, you, your ship is pointed in that right direction. It's something that people really deeply need to reflect on and understand if they want to be well not just today but for tomorrow.

Yeah, when it comes to, and again speaking about this coronavirus, and I'm seeing so much. Obviously, right now, I think people, there's a mixture of challenges here. We have people that we're feeling really concerned about. You're getting the virus, and now we've got this on flow effect of so many people getting laid off work. I just want to speak to all of this. I again want to just say I hear you, I feel what you're going through. Sometimes it's hard to sleep at night just thinking about how this strain affects everyone in the world. I'm like every day I'm praying for everyone and what this means for people. Back in my home country Qantas, the major airline just laid off 20,000 people.



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Then Cole's, which is our equivalent of Walmart, normally they're getting 800 new applicants a week, people applying for a job. They've just gotten, wow, it was something like 35,000 applications.

It was just staggeringly high unemployment just overnight. I feel the pain that everyone's going through. Some of the answers and some of the things that we can't even talk about it, it's just simple things that people can do. Dr. Kan, about how do you save money on groceries or not have to buy bucket loads of supplements and just get a few things that will work for you to help you through the current issue or what's a good thing to invest in and what's not a good thing to invest in or what are some helpful things that we can add into our diet at this time to keep ourselves healthy.

That's why I also changed the playing field when it comes to just thinking about the things that we need in life as well, sometimes the aspiration. Sometimes the things that we have there is being the central things that there are some families that are going to come together more than ever. There's some marriages that that can be strengthened. There's some families and relationships that can strengthen. There's healing and forgiveness and all types of things that can be experienced because of the crisis.

The spiritual relationships, when I say people's connection, their walk with God, things that people put on the back burner in times of prosperity, they feel like, "Well, I'm invincible. Why do I need to even talk about these things." You refer back to stories from the Bible and people look at different civilizations and when they came to ruin, and you'll see that there's these cycles of where it's so easy, and it was easy for different societies at the time to not trust in God in times of prosperity. Then because of that, they went into darker parts. Then that brought about destruction. When I say destruction, I mean self-destruction, not actually an act of God, but self-destruction.

How do we look at how we can use these opportunities to deepen our own state of consciousness and the way that we interact with others and our relationship with God? In this case as we'll primarily focus on your health, but we're broadening the field a little bit, how can you focus there and strengthen your health during these times?

I mean, you just look back to ancient times, even during the Egyptian times, we can actually look at the autopsies through the bones as to what diets these people have, how did they live, how did they die? You'll find that it was the wealthiest people actually the ones that were most, their diets were the poorest, and they had been most health effects like Queen Hatshepsut died of cancer. I mean, that's surprising. These diseases are also ancient diseases as well. I mean, the way that you would eat and that type of diet in the palace was actually very similar to the way we eat today, which is a little bit shocking. Simplifying things and certainly increasing the amount of plants and vegetables we're eating.

Dr. Kan, let's talk about strengthening immunity? What would you say for people that are really interested in strengthening their immune system?

**Dr. Peter Kan:** Yeah, so obviously, a diet is a big part of that and always has been, right? It's not like all of a sudden we have coronavirus, and all of a sudden things change and how we would stay healthy changed. I mean, principles and unchanging principles always going to be true. It's important to latch onto how the body really



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works. What we always want to do is make sure that we have a variety from a dietary perspective, and I'll talk about supplements in a little bit, is make sure that you have a rainbow of color in your diet, right? Because that rainbow color, that's plant-based and all different colors of different types of food is going to help. Natural colors, of course, not artificial colors. The colors is where the antioxidants and these phytochemicals, the beta carotenes are. That's really the secret sauce.

Now you can go in individually dissect each individual thing and talking about if I'm an ortho molecular perspective, but nature provides. Nature's plan is much better than what we can comprehend. If you eat a colorful diet, you're going to get all various spectrum of nutrients. That's a very easy thing to do, right? Now, it depends. It depends on what the availability of your market is. I think certainly that's something we all can strive for.

Also, a variety of of foods as well. One of the key things to improving your immune system is improving your microbiome health. Your microbiome requires diversity. Sometimes when people have autoimmune disease, people started going to more restrictive diet, there's certainly a time and place to go on a more restrictive diet initially, as a form of detox. They get rid of certain food sensitivities. The goal is to, after the restrictive diet, get on a more variety of diet, meaning your diet should have a lot of diversity. Diversity in all different type of plant matters. That different type of diversity of different plants is what's going to feed the microbiome and help you produce different types of short chain fatty acids like butyrate, propionate and acetate. These short chain fatty acid is what's going to help you with your immune function, oral tolerance, immune tolerance.

Again, a variety of different plant-based food. Not just plant-based diet but you're only eating the same five vegetable every day, but a variety of vegetable. Try something new you haven't tried. If you always eat the same five vegetable, go to the market and buy a new vegetable that you never tried before and find three different recipe. You're bound to find one that you're going to like. If you do one new vegetable every week, in four weeks, you have four new vegetable. That can start to impact your microbiome. Those are easy things to do.

Another thing that you want to do from a dietary perspective is limit, obviously sugar intake. By the way, if you look at all the research and the data out there, they're telling people who are more at risk for coronavirus are people who are elderly, people who have preexisting immune condition and people who have diabetes. That's one of the risk factor for getting complication or having higher mortality rate from coronavirus. Why? Because high blood sugar is one of the most inflammatory things that you can have. You really want to keep blood sugar stable, and that's by cutting out refined carbs and sugar intake and increasing more of the fiber and vegetable intake. It's not that difficult, right? It's all stuff that we already know, but are we practicing that? Especially the diversity thing. That's easy to do. You just go try a new veggie then you already can have a significant impact. By cutting out the refined carbohydrates and the sugar, you're already going to impact in your blood sugar in a positive way. Those are dietary things that are so simple that we all should be doing.

Let's not forget hydration. A lot of people just simply don't drink enough water. I mean, it's water man. People just take it for granted. If you're dehydrated, your adrenal gland cannot work. Adrenal function, one of the cofactors is magnesium. Magnesium have to be kept in solution by water. If you dehydrate, you can't hold onto magnesium. That's a critical cofactor for adrenal function.



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You need proper adrenal function for proper immune support as well. Hydration status is so important. If you're not the person that likes to drink water, try to start a habit, try to start something new.

If anything, this time of change is, I think, it's like what Jonathan said brilliantly is reposition it, right? This time of change could be a chain time of like, "Oh man, I've got to restrict and do all this stuff." Or it could be a time to start a new healthy habit that you haven't done just to improve your situation. If it's hydration, do that. If it's adding one new vegetable a week, do that. If it's eating more a rainbow color in your diet, if it's always green, green, green, okay, that's good.

What about the red? What about the purple? What about the other color of vegetables? Those are all very simple things, but the effect of those are profound. We want to go for the fancy stuff like, "Hey, what supplement do I take?" Sure, supplement can be very beneficial, can speed up the process. But if your diets not optimal, the supplements not going to do all that much, right? It's like you still have an imbalance there. I would start with those dietary measures first.

All right, and then as far as a nutritional supplement, if we want to get into that, I think it's important to focus on some of the simple stuff. Go ahead Jonathan.

**Jonathan Otto:** Oh yeah, no, that's awesome. I think that, yeah, I mean looking at the immune system and what you're talking about there in terms of ... Yeah, I mean let's look at some of the studies, right? You go back to a 1997 study that was done in Australia. It was testing people with autoimmunity. They were in a study group. It was looking at the data to see how susceptible were these people to cancer. It showed that if you had an autoimmune disease, you're five times more likely to get cancer. That ranged between the less aggressive to aggressive cancers including pancreatic cancer. That should be really quite alarming for people.

Again, I don't want to scare people because it's pretty basic when you think about it, when you start to understand the principal here. When you understand, make this connection here, and this study really it brought this conclusion. It said, "Is there a connection between these two different disease groups, cancer and auto immune disease?" It was suggesting that there was, by virtue of the question. It said, "Autoimmune diseases is a condition where the immune system is attacking, and it's not supposed to." Right? It's attacking healthy cells, allegedly, as we understand it. There's some truth to that. Then cancer is a disease where the body is supposed to attack cancer, which is naturally occurring in the body, which is news to a lot of people. That's absolute, straight scientific fact. Circulating cancer cells, your body's constantly killing them. If you're not fighting cancer right now, you're one of these people that it's working well enough at this point in time.

When you look at the body, and if the immune system is having to attack self based on toxic overload, now you've got this situation where you really need to understand, "Okay, if my body is having to attack self because of whatever exposures I've put," and then we can talk about those exposures, "then how is it going to be able to fight foreign viruses, pathogens and cancers and other related disease?" What's the number one thing you can do? It's not just ... People can see it as, "Okay, you take vitamin C." Vitamin C is actually fantastic.



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There's a lot of great studies on it. I'm not downing vitamin C, I'm all about it. Fantastic. For that to be this magic bullet, absolutely not because probably a big portion of the people that listen to this on this call, you have a compromised immune system, not because of a deficiency in vitamin C, the deficiencies caused based on a toxic overload so that your organs can't function properly, therefore your immunity is low. Do you agree with me Dr. Kan on that?

**Dr. Peter Kan:** Absolutely, yeah. I will tell you that one of the things I was going to talk about today is vitamin C, how it helps people get over things like this. I don't use vitamin C in my practice. I don't actually, on a normal basis working with people with autoimmune recommend vitamin C. In fact, a lot of people come to me, they're already taking vitamin C. I have them just go off of it, because there's bigger fish to fry. There's more important thing to address with them like toxicity and viral issues and whatnot. Again, for a short term, vitamin C can be helpful to help you get over certain symptoms. Absolutely, that could be a good little bandaid to use or a short term tool.

Yes, you're absolutely right. The problem is not a vitamin C deficiency or any vitamin deficiency, not in the United States at least, right? It's not that common for people to have A and a C and a D and an E and a zinc and vitamin A through Z, you need to take everything. I mean, that's not the reason why people have autoimmune disease. It's usually due to toxicity, a leaky gut. Why do you have a leaky gut in the first place? Toxicity. We can always go back to toxicity or some type of infection. Even when we talk about infection, why do people get infection? If you have chronic infections, it's because you're toxic, suppressing the immune system. When it comes down to it, it's really just overload of toxins. Then you throw on top of that, right? You throw the way people eat, their ruinous lifestyle by just eating way too much carbs and sugar and alcohol and then they're taking certain medication that's suppressing things. It really come down to it, it's those things that are the biggest differentiator I would say.

**Jonathan Otto:** Exactly. I could be eating all the things that you just mentioned just now and thinking my bottle of vitamin C has the air conditioning thing, right? I could be just taking my bottle of vitamin C, I'm fine, right? No, that vitamin C is not an efficient bandaid for you. My interest isn't just to tell you about some latest cool thing. My interest is in sharing with you how you can be healthy consistently and be well and stay well. I mean, it's such an interesting point and discovery.

Now, I'm taking people's focus to a more tangible conversation, which is how do we strengthen our immune system based on stopping our immune system from having to attack foreign toxins and pathogens and overloads that we're putting on it. How do we cleanse the body? How do we do that? Because then that's a really great place to fight from. Somebody might say, "Well, is it a good idea to do to work on decalcifying my body during these times?" Absolutely, there's never been a better time. This isn't going to disappear overnight. These are some of the things to think about. Again, we just want to go into really practical solutions.

**Dr. Peter Kan:** In light of COVID-19, what are your best recommendations for prevention?

Well, yeah, people ask, again, some of the questions I work in a high risk area, what do I do to protect myself? A lot of these, how do you protect yourself, is the hygiene, is the social distancing and things like that.



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As far as some people ask about what specific things they can take, like someone asks about wormwood. The reality is that a lot of these things, even if it's like a compound like caprylic acid, does that work for virus? Not particularly, but would it have some synergistic effect? Would it kind of have a side benefit to helping support the immune system, if you took caprylic acid or black walnut oil, would that help with the virus? Not directly, but maybe indirectly.

So, they all going to have some type of immune supporting effect, but specifically for virus then you're looking to improve natural killer cell function. So, there's two aspects to helping support virus.

One is you want to reduce viral replication. And you want to support your immune systems, like the natural killer cell to go after the virus. The other side of it is really to reduce the oxidative stress and inflammation that's a result of the infection.

So, in fact the pneumonia and all these complications of the virus, not just coronavirus, any other virus, is really from the inflammatory cascade and inflammatory response that it triggers, that's what's causing the pneumonia. And then all the inflammation in the lung that's producing all the mucus and it leads to the respiratory issue. So it's really the inflammation that you want to address as well.

So, the inflammation piece, that's where vitamin C can help. It's an antioxidant. So, high dose vitamin C has been, you know, I have reports coming from China and they're using IV vitamin C to help people that are in critical situations to help them to recover faster.

Not saying that that's a treatment or a cure for coronavirus. It's just really to help reduce the severity of that situation so the person may, instead of being in critical, then maybe they recover faster from that. So it's not like a cure for coronavirus necessarily. But it can certainly lessen the severity of symptom.

Now the study in China is using IV vitamin C, you could still take oral vitamin C, but you have to take very high doses to make that work for you. So, typically the range is going to be, if you have symptoms, you're going to have to get up to 6,000 to 10,000 milligram per day in divided doses. Because if you take a lot of vitamin C, it can irritate the stomach, you get diarrhea, which is not harmful necessarily unless you have it very severely then you may get dehydrated.

But you back off the vitamin C, the diarrhea stops. So you have to take very high doses of vitamin C to make that work for you. And this is if you have symptoms. If you have any kind of viral infection, you have to take high doses to help decrease that symptom. And zinc is also helpful in this regard. Zinc, again, during an active type of episode, you want to take higher doses, typically about 50 milligram is what I recommend, three times a day. Vitamin C, 6,000 to 10,000 milligrams in divided doses, you take it every two hours. So, you gradually build up so you don't get loose stool from that.

So, those are two things that you can do that are inexpensive. Talking about, hey, you don't have to take a bucket full of supplements, but what are the things that are inexpensive that you can take? Vitamin C and zinc will fit the bill as far as that for things that people can do.

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## *The Vital Role of Vitamin D & C in Immunity - Dr. Russell Marz*



So, one of the things I like to bring up is Linus Pauling. So, Linus Pauling was... At the end of his career, they said he is a big quack, and he was really senile and whatnot. Well, truth is, he lived to 94 years old. He was sharp as a tack right to the end. And he coined the term in 1968, orthomolecular medicine, which is the medicine I originally studied, I wanted to study to incorporate as part of how I treat my patients.

And that is the use of natural substances, nutrients, essential nutrients, but in really high amounts. So, it could be vitamin C, it could be pantothenic acid, it could be selenium. So, there's a number of nutrients that, when used in really high amounts, can be extremely therapeutic. Niacinamide is one of them, to treat schizophrenia, which is we would consider that a neurological condition.

So, it makes sense to use something that the body already has experience with. It's not going to have the same reaction as some pharmaceutical. I have a patient now, I'm treating. He is in kidney failure. Amazingly he got COVID, but it was under my care, and he did not get vaccinated. And I was a little worried about him because he was an extremely high risk candidate for developing severe COVID. But I had been treating him for about 6 months. He had gone through about 4 fasts. He had lost about 45 pounds. He got it from his wife, and when he came down with it, I was holding my breath a little bit.

And you know, I put him on this naturopathic protocol, and he responded really well. He was fairly sick for 7 to 10 days, but he came out of it, and he did great. I was like, "Whoa, it was a good way to go." And I was very happy. To me, he demonstrated what all people should be doing in preparation of their immune system—get healthier. Even the Prime Minister of England, Boris Johnson, made a statement, which I thought was profound, especially for him.

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He said, "I know I'm a fat slob, and I worked really hard, and I lost 28 pounds, and I want to be an inspiration for the rest of my people. And we all need to get healthier, and we need to lose weight, if you have a few extra pounds, and take some vitamin D." I'm like, "Wow, sign me up. Way to go."

Yeah. And so Alan Gaby, he's one of my mentors and stuff, and he writes in the "Townsend Newsletter", which is a newsletter of alternative medicine.

**Jonathan Otto:** You mentioned the other disease was Gaby's disease? Gabby's?

**Dr. Russell Marz:** Gabber. I think it was Gabber disease. This is different. We didn't name it. And he wrote this beautiful article on the most recent "Townsend Newsletter", and he said that natural medicine has missed the opportunity to take charge of the situation, meaning that this was a golden opportunity to shine forth with all of our therapies that we have in our tool bag—IV vitamin C, IV ozone, IV peroxide, high dose vitamin therapy, high dose nutrient and botanical therapies, lomatia, echinacea, naturopathic medicine has had a whole bag of tools to treat viruses, and conventional medicine notoriously has no treatment for viruses. Acyclovir, maybe a couple other things. But virtually, the only thing they have is to do a vaccine and stay home and wear a mask and don't go out, which is actually the opposite of what you want to do. You want more exposure, but you want your exposure to be when your body is ready for it. In other words, you need to prepare for it.



**Jonathan Otto:** That's the real vaccine.

**Dr. Russell Marz:** That's the real vaccine. Make sure your vitamin D level's at 55 nanograms per dL. It's been well studied. Why isn't everyone talking about that? If you check your blood and you're at 20 or 30, get your level up higher. But there's a whole host of nutrients. I gave several talks about this, zinc and selenium, and vitamin C. If you read Linus Pauling's original works, I mean, they're fascinating, and this was a great opportunity for people to educate themselves on vitamin C. Vitamin C, all mammals on earth except for one species of Guinea pig, one species of bats, all primates, all other species make vitamin C in very large amounts. So a 150-pound dog would make 3 or 4 grams of vitamin C a day. If you scare them and do things that they don't like, their vitamin C level goes up. They make it in their liver from glucose. It's a perfect scenario.

High blood sugar? No problem. We take that sugar, and we convert it into vitamin C. And vitamin C is one of the great antioxidants and immune stimulants. It's the perfect thing. So in his book he describes why people should be getting 8, 10 grams of vitamin C a day, which is... That's like, whoa, that's crazy talk. Well, Linus Pauling won 2 Nobel Prizes. He should have won a third, but he was listed as a communist, and they wouldn't let him go to this conference in Geneva where he would've learned the information to come out with a double helix, so... Anyway, he was a brilliant scientist, humanitarian. I mean, one of the great people of all time, and he was relegated to being some old, senile, dumb guy. It was not true, absolutely not true.



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## CONCLUSION



We have all been victims of the media's lies. And even though we know the truth about the dangers of the vaccine, we can't help but worry about getting COVID and how we'll recover. We've been brainwashed by mass psychosis which was an agenda that was planned out way before the "so-called" pandemic.

What we need to be doing is relying on real science, real data, and true facts. These speak louder than the lies and misinformation that we've been fed. These show that the vaccine is extremely dangerous and ineffective. But how could this case be any different when they were created at warp speed? There's no way they could've been safe.

And when we find ourselves stuck between lies and misinformation, we need to pray. God designed us perfectly to fight off diseases, including COVID. We have the early treatments and natural solutions that are PROVEN to work.

Take Dr. Ben Marble for example, who treated over 150,000 COVID-19 patients with his online medical consultation service, *My Free Doctor*. He helped his patients with early treatments and had a 99.99% survival rate- where only one of his patients refused to take his recommendations and died.

Many of our other natural medicine doctors and health experts achieved the same success by treating their patients with the right medicines, natural supplements, and protocols. So overcoming COVID is possible, and it also gives you a much more robust immune system rather than destroying it by getting the jab.



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# UNBREAKABLE

DESTINED TO THRIVE

## ABOUT JONATHAN OTTO



Jonathan Otto is an investigative journalist, natural health researcher, documentary filmmaker, and humanitarian.

In addition to serving as a producer for ***The Truth About Cancer*** and ***The Truth About Vaccines***, Jonathan has created several highly-acclaimed, groundbreaking docuseries — ***Depression, Anxiety & Dementia Secrets***, ***Autoimmune Secrets***, ***Natural Medicine Secrets***, and ***Autoimmune Answers*** — covering innovative, effective natural remedies for autoimmune disease, neurodegenerative disease, mental health, cancer, and heart disease.

These docuseries — watched by millions around the world — represent Jonathan's unceasing quest to discover the root causes of debilitating diseases by interviewing over 120 world-renowned natural medicine doctors, scientists, natural health experts, and patients.

In response to this life-saving knowledge, Jonathan created **Well of Life**, a line of doctor-formulated, 100% natural supplements specially designed to detox and fortify the body.

When the global elite took away the human and medical rights of people around the world — and coerced billions into taking the toxic, experimental COVID “vaccines” — Jonathan was determined to get the truth out, despite being repeatedly censored and deplatformed.

He interviewed the world’s top medical doctors, health experts, and legal experts on vaccine injuries who risked their own careers to expose the lies behind the deadly COVID “vaccines” — which have caused deaths and injuries to millions of people — to create his newest docuseries, ***Vaccine Secrets***, ***COVID Secrets***, and ***Unbreakable: Destined to Thrive***.

Jonathan’s greatest reward has been hearing the testimonials from people whose lives have literally been saved with the protocols he developed.

His work has been featured in international TV broadcasts, print media, national news, and radio broadcasts. He received the awards, **Young Citizen of the Year** and **International Volunteer of the Year**, by the Australian government for international humanitarian contributions, which he continues to support.

Jonathan and his wife, Lori, welcomed their first son, Asher, in January 2019 and their second son, Arthur, in May 2021.