

How to Reclaim Your Health Freedom

As I am writing this, we are on the brink of forced vaccinations for a virus that has a 99.9% survival rate (outside of nursing homes), while Big Tech is censoring and silencing those of us who are trying to share the truth. And the truth is, your health freedom is at stake.

The best way you can reclaim your health freedom is to question the narrative and research whatever does not seem right. You must seek the truth and then fight for it. I urge you not to listen to the mainstream media or other parties with an interest in selling a vaccine. I know that this can be difficult. I have fought for truth in medicine for most of my career. And while many facts about the pandemic and the vaccine are being suppressed right now, there are resources available if you know where to look. In addition, I encourage you to trust your inner guidance.

Here are some topics you may want to research and several resources that can help you get started on your quest for truth and medical freedom:

Topic 1: Lockdowns. Did you know that the lockdowns we have been forced to endure since March are more dangerous than the virus itself? Never in history have healthy people been quarantined to protect a medically fragile population. The lockdowns occurring since March 2020 have created economic devastation all over the planet and have had far worse consequences on public health than the virus itself, including many more [suicides](#) in high school-aged children, drug overdoses, and cases of spousal and child abuse.

Resources: Many doctors, epidemiologists, and scientists have questioned the mainstream COVID-19 approach of lockdowns and masks and have even spoken out about the damaging physical and mental health effects of lockdowns. But they have been marginalized by the mainstream media. You can find information from these doctors in the [Great Barrington Declaration](#).

Professor [Dolores Cahill](#), president of the [World Freedom Alliance](#), has a wealth of information about the dangers of lockdowns and mask data as well as effective treatments for COVID-19 and much more.

[Millions Against Medical Mandates](#), an organization that I am a member of, also has very good information about lockdowns with links to many other resources available. [GreenMedInfo](#), run by my friend and colleague Sayer Ji, is a highly researched and referenced website with a huge body of information. Here is one piece on [lockdowns](#).

Topic 2. Flu vaccine. This year more than any other, people have heard they must get a flu vaccine. This seems odd if you look at the numbers the CDC is reporting. The flu has virtually disappeared in the wake of COVID-19, as have other diseases.

Resources: In my blog, [Should You Get the Flu Shot This Year?](#) I recommend against getting the flu vaccine for many reasons, one being that it can increase your risk of severe COVID-19 symptoms. I also have many other blogs and resources where you can learn how to boost your immune system and your health naturally and avoid and even recover from seasonal colds and flu.

Another great resource for information of flu vaccines is [Physicians for Informed Consent](#). Here you can find facts and scientific studies.

My colleague, Dr. Joseph Mercola, has many well-researched articles about vaccines, including the flu vaccine and the new COVID-19 vaccine. His [website](#) is easy to search.

Topic 3. Masks. Masks do not prevent the spread of respiratory viruses. Even the [CDC](#) has stated that “disposable medical masks (also known as surgical masks) are loose-fitting devices that were designed to be worn by medical personnel to protect accidental contamination of patient wounds, and to protect the wearer against splashes or sprays of bodily fluids. There is limited evidence for their effectiveness in preventing influenza virus transmission either when worn by the infected person for source control or when worn by uninfected persons to reduce exposure. Our systematic review found no significant effect of face masks on transmission of laboratory-confirmed influenza.”

Resources: A recent Danish study reported in the [Annals of Internal Medicine](#) concluded that “The recommendation to wear surgical masks to supplement other public health measures did not reduce the SARS-CoV-2 infection rate among wearers by more than 50% in a community with modest infection rates,

some degree of social distancing, and uncommon general mask use. The data were compatible with lesser degrees of self-protection.”

Dr. Joseph Mercola reported on the “science” and universal mask wearing, citing other experts and journalists, including investigative journalist Jeremy Hammond and attorney/activist Robert F. Kennedy, Jr. You can find the article [here](#).

Millions Against Medical Mandates has some very important information on the dangers of masking [children](#). They also have a great downloadable resource sheet from this same page with many links to research on masks.

Topic 4. Testing and “cases.” People are still going in droves to be tested at the slightest sniffle or even if they are asymptomatic “just to be safe.” This is truly ridiculous. Why would you want to be tested for something you don’t have? But, more importantly, the tests being used are not diagnostic tests. The majority of tests being performed are polymerase chain reaction tests, known as PCR tests. These are not diagnostic tests, so a positive PCR test means absolutely nothing. Yet, these are being used to determine the number of “cases” at any given time and location. We do not have a pandemic now; we have a casedemic. And the more testing you do with a test that is proven to be inaccurate, the more cases you will find. Even the [New York Times](#) reported on the problem with PCR tests a few months ago. And despite the fact that deaths have fallen dramatically, the term *cases* being used continually by the media and elected officials is driving the panic. Most recently, a [Portuguese court](#) had ruled PCR tests “unreliable” (and said that mandatory quarantines based on positive PCR tests are “unlawful”!

Resources: Dr. Joseph Mercola has [reported](#) on the use of PCR testing for COVID-19.

Del Bigtree of The Highwire has much information on his show and website regarding COVID-19, including [information](#) on the lack of accuracy of the PCR test.

Topic 5. The COVID-19 vaccine. The mainstream narrative is that we won’t be able to resume our normal lives and civil liberties until we are universally vaccinated. This is worrisome. There has never been a successful vaccine for this type of SARS virus. And, in fact, the prior attempts have failed miserably. The current COVID-19 vaccine was fast-tracked without adequate study. And clinical trials have been halted for all but the Pfizer vaccine because of serious side effects in very healthy volunteers, including death and transverse myelitis. Given that 99.99% of people recover from this virus, why take the risk? We still do not know exactly what is in the vaccine. We

do know that, in the trials, some subjects have experienced serious side effects, and several deaths have been reported recently. Another thing we know is that the vaccine is an mRNA vaccine, the likes of which have never been successfully created let alone tested for long-term safety. These vaccines are designed to instruct your DNA to make the SARS-CoV-2 spike protein through a process called *trans-infection*. This is also how genetically engineered organisms are created, which is why there is much discussion about transhumanism and “human 2.0” happening.

Resources: Start your truth discovery with this [article](#) by Dr. Joseph Mercola. The original article included a YouTube video of Dr. Carrie Madej discussing transhumanism and the idea of melding artificial intelligence with human DNA. I suggest you also watch Dr. Madej’s full video on the subject [here](#).

You may also want to [learn](#) what the COVID-19 vaccine can do to your body’s immune system.

Topic 6. Treatments for COVID-19. Safe and effective treatments for COVID-19 have been available from the beginning. These include vitamin D, vitamin C, zinc, quercetin, and hydroxychloroquine (HCQ). There are others, and all have been heavily censored.

Resources: The [Zelenko protocol](#)—a combination of zinc, HCQ, and azithromycin—significantly reduces symptoms, hospitalization, and deaths from COVID-19. America’s Frontline Doctors have also spoken out about these treatments after successfully treating many patients in their practices. You can learn more at their [website](#).

Of course, there are many more resources, and I encourage you to find them. Do your own research. Question the mainstream narrative. Dig below the surface.