

COVID-19

CORONAVIRUS



FIELD GUIDE

HOW TO
PREPARE, PROTECT,
AND PROSPER DURING
AND AFTER THE PANDEMIC

TY & CHARLENE BOLLINGER

Coronavirus “Field Guide”: How to Prepare, Protect, and Prosper During and After the Pandemic

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INTRODUCTION

The "severe acute respiratory syndrome coronavirus 2" (SARS-CoV-2) has absolutely dominated the news for over a month now. Travel has come to a standstill, states are forcing businesses to close, and some parts of the country are already under quarantine. Millions of people are out of work, and panicked shoppers have left grocery store shelves bare.

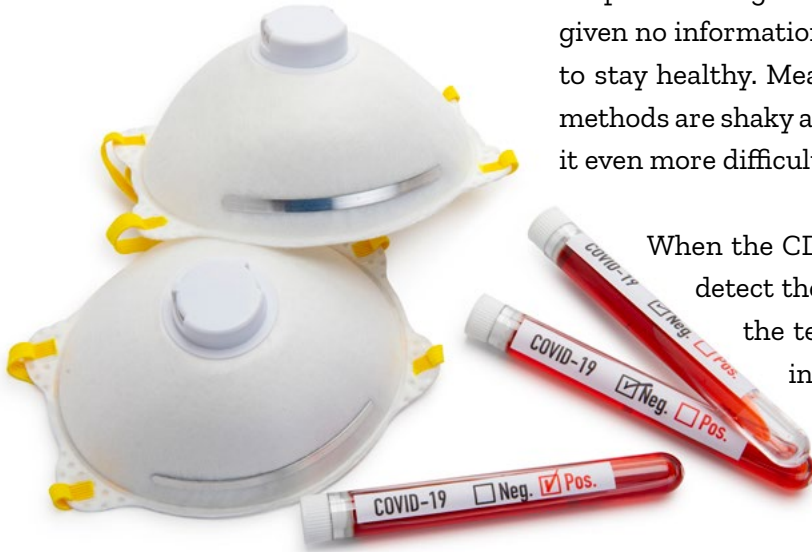
In the midst of all that's happening in the world, there is one underlying disease: **FEAR**.

People are afraid that they'll get sick. Afraid that they'll lose their jobs. Afraid that things may never get back to normal. And the more afraid they become, the more they look for guidance and reassurance from their leaders.

But it seems like information keeps changing. The alleged source of the virus doesn't align with epidemiological studies. Even the countries most affected by the coronavirus haven't seen the same infection and mortality numbers as they have with the seasonal flu.

Governments and health agencies are rushing to develop a vaccine for this new illness. Humans are volunteering as test subjects, while medical experts warn that rushing the testing process could make the outbreak worse.

People are being told to stay home and avoid each other but are given no information on boosting their natural immune system to stay healthy. Meanwhile, it seems that many of our testing methods are shaky at best, providing mixed results, thus making it even more difficult to contain.



When the CDC first started distributing testing kits to detect the virus, local health officials discovered that the tests were faulty and provided unreliable or inconclusive results. This is because COVID-19 is not the same as other diseases.

Research recently published in the scientific literature has discovered that the tests for this virus is likely resulting in an enormous number of false positives. And this is a problem for 3 main reasons:

- 1| False positives make it appear as if a larger portion of the population is asymptomatic (meaning that they have been infected but are not displaying symptoms). That could mean that the virus is more potent than we originally thought or that the amount of asymptomatic carriers (people spreading the disease unknowingly) is much lower than we thought.
- 2| With so many oppressive and dictatorial measures already in place, people falsely identified as carrying the virus could be forced into quarantine or even subjected to risky, untested medical intervention against their will.
- 3| Corrupted, inaccurate, or incomplete data is dramatically inhibiting our ability to respond rationally to this virus. Incomplete data can lead to inflated numbers, more oppressive "emergency" legislation, and increased fear (which leads to panic).

INTRODUCTION

Professor John Ioannidis (an expert in medicine, epidemiology, population health, biomedical data science, and statistics) may have summed it up best:

“The data collected so far on how many people are infected and how the epidemic is evolving are utterly unreliable. Given the limited testing to date, some deaths and probably the vast majority of infections due to SARS-CoV-2 are being missed. We don’t know if we are failing to capture infections by a factor of three or 300... This evidence fiasco creates tremendous uncertainty about the risk of dying from COVID-19. Reported case fatality rates, like the official 3.4% rate from the World Health Organization, cause horror — and are meaningless. Patients who have been tested for SARS-CoV-2 are disproportionately those with severe symptoms and bad outcomes. As most health systems have limited testing capacity, selection bias may even worsen in the near future.”

We don’t want you to be afraid.

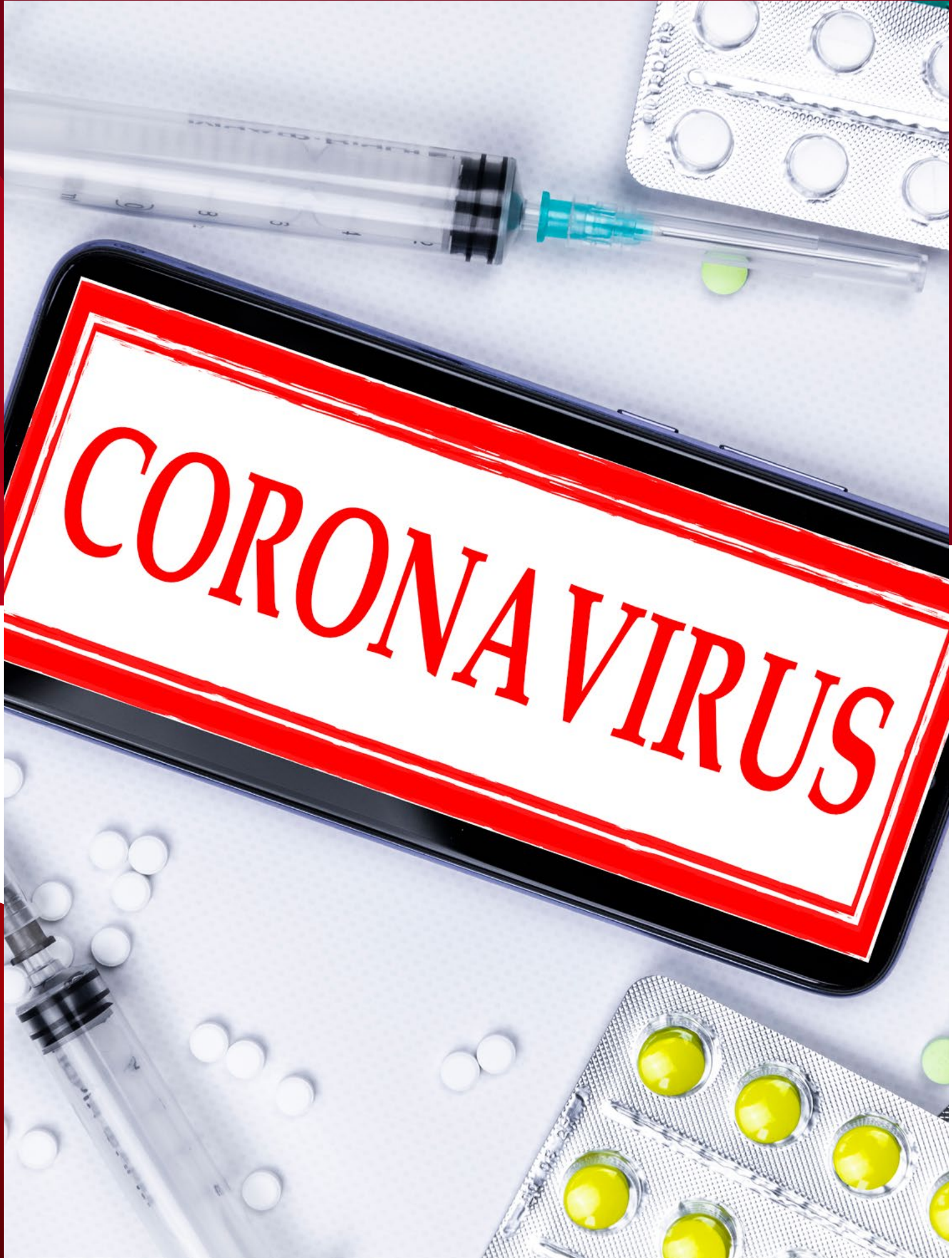
We want you to be safe, happy, and healthy. The best way to combat fear is with **facts**, and the truth is that there are plenty of things you can do to help keep you and your family safe. There are also plenty of lies and myths floating around out there.

That’s why we created this “field guide.” We’re going to go over some of the myths surrounding coronavirus, the origin and severity of the virus, the **truth about the vaccines** that are currently being created, and some steps you can take today to keep your family healthy.

But first, let’s make sure we understand what the coronavirus really is.

THE BEST WAY TO
COMBAT FEAR IS
WITH FACTS.





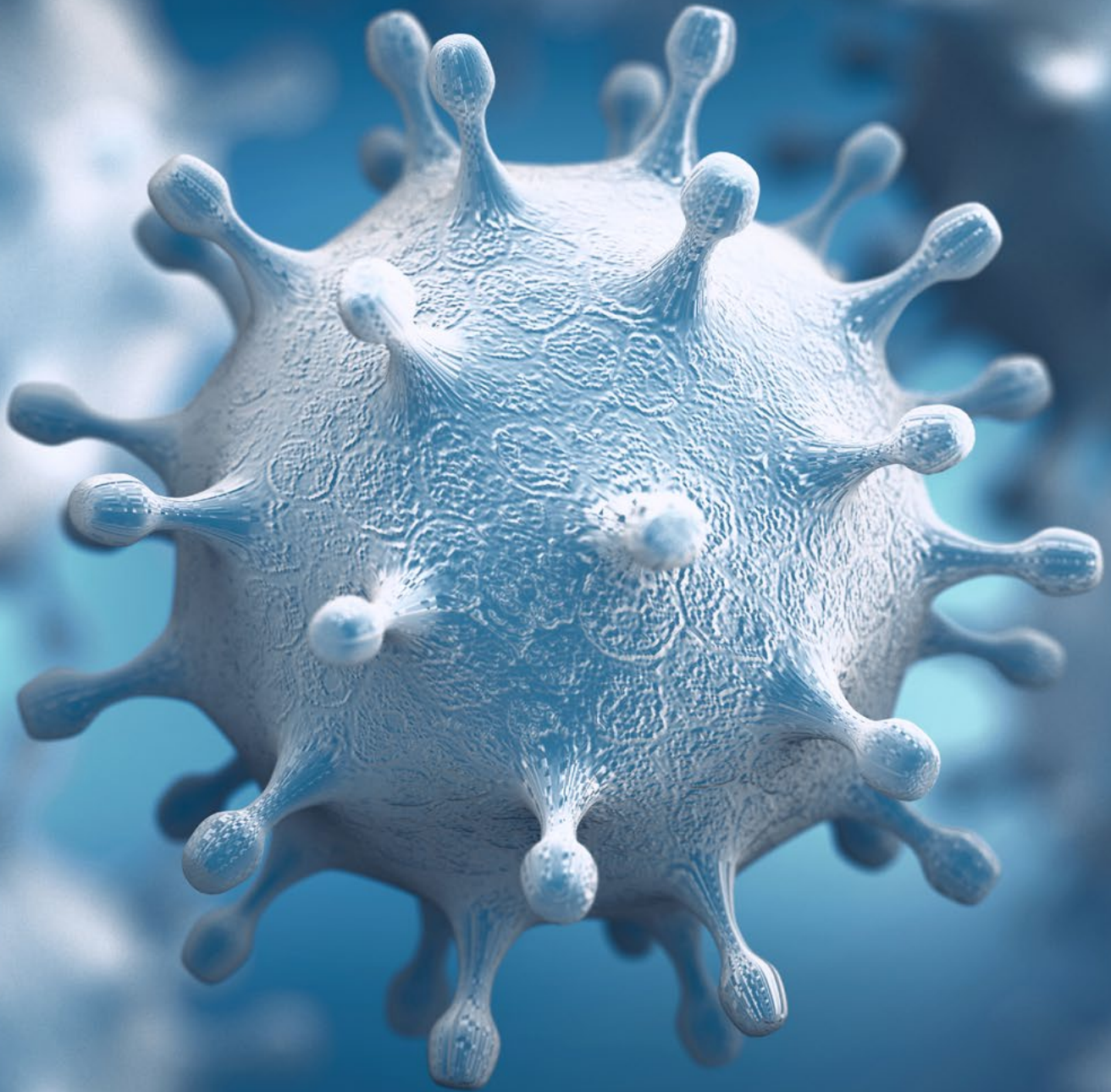
CORONAVIRUS

WHAT IS COVID-19?

01

When we talk about this “new” coronavirus, what we’re specifically referencing is “severe acute respiratory syndrome coronavirus 2” (SARS-CoV-2). You may also have heard it referred to as “novel coronavirus.” That’s because coronaviruses aren’t new – they simply appear in new (or novel) forms. You may remember two other coronaviruses that have caused major outbreaks in recent years: severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS).

Coronavirus gets its name from the “crown” that can be seen around the virus particles under a microscope. (In Latin, corona means “halo or “crown.”) So the term coronavirus simply refers to a group of viruses that cause respiratory tract infections in humans. And although they sound scary, some instances of the common cold are actually caused by a coronavirus. And like the common cold or the seasonal flu, it’s those who have existing health conditions or compromised immune systems that are most at risk for serious complications.



Symptoms of a coronavirus infection range in severity from respiratory problems to cases of pneumonia, kidney failure, and a buildup of fluid in the lungs. When we use the term “coronavirus,” we’re talking about the newest version of the virus (SARS-CoV-2). When we mention “COVID-19,” we’re talking about the disease that comes from the virus.

COVID-19 spreads more easily than SARS and is similar to other coronaviruses that cause cold-like symptoms, experts have said. It appears to be highly transmissible, and since cases are mild, the disease may be more widespread than current testing numbers suggest.

Coronavirus is an RNA disease, which can make it fairly aggressive and almost impossible to eradicate. Infection begins when the virus enters the host organism, and the spike protein attaches to its complementary host cell receptor. On entry into the host cell, the virus particle is uncoated, and its genome enters the cell cytoplasm.

It gets a bit technical from here, but the virus essentially binds itself to our DNA and tricks our bodies into replicating it. So once we’ve been infected, the virus can actually use our own systems against us.

There have been reports of people transmitting the virus before they show symptoms, but most experts think this is probably not a major driver of new infections. What is concerning, however, is that symptoms can be mild, and the disease can clearly spread before people realize they’re sick.

So that’s the coronavirus in a nutshell. It’s a type of virus that has been around for decades and – like the flu – tends to mutate and reappear over time. Unfortunately, when it comes to the origin of the disease, the answer is both simple... and not-so-simple. Let’s take a look at the origins of coronaviruses, and where COVID-19 really started.

**COVID-19 SPREADS
MORE EASILY
THAN SARS AND IS
SIMILAR TO OTHER
CORONAVIRUSES
THAT CAUSE COLD-
LIKE SYMPTOMS.**



WHERE DID THE VIRUS ORIGINATE?

02

Coronaviruses are zoonotic, meaning they are transmitted between animals and people. Detailed investigations found that SARS-CoV was transmitted from civet cats to humans and MERS-CoV from dromedary camels to humans. The first cases of coronavirus were discovered in the 1960s and caused bronchitis in chickens.

In fact, several known coronaviruses are currently circulating in animals that have not yet infected humans. When it comes to COVID-19, the consensus is that the virus began when a coronavirus present in bats was transmitted to humans. And that's likely true. But it gets a little murky from here.

Officials would have you believe that the new coronavirus began when someone ate contaminated bat soup at a Wuhan seafood and animal market, but that is a flat-out lie. A paper published in *The Lancet* in February found some incredibly unusual things about the latest coronavirus.



A Man-Made Virus?

The paper, written by a large group of Chinese researchers from several institutions, offers details about the first 41 hospitalized patients who had confirmed infections with COVID-19. In the earliest case, the patient became ill on 1 December 2019 and had no reported link to the seafood market, the authors report.

"No epidemiological link was found between the first patient and later cases," they state. Their data also show that, in total, 13 of the 41 cases had no link to the marketplace. *"That's a big number, 13, with no link,"* says Daniel Lucey, an infectious disease specialist at Georgetown University.

Lucey says if the new data are accurate, the first human infections must have occurred in November 2019—if not earlier—because there is an incubation time between infection and symptoms surfacing. If so, the virus possibly spread silently between people in Wuhan—and perhaps elsewhere—before the cluster of cases from the city's now-infamous Huanan Seafood Wholesale Market was discovered in late December. *"The virus came into that marketplace before it came out of that marketplace,"* Lucey asserts.

The much more likely scenario is that a weaponized version of the virus was released (whether intentionally or not) by the Wuhan

WHERE DID THE VIRUS ORIGINATE?

Institute of Virology – a level-4 biohazard lab which was studying “the world’s most dangerous pathogens.”

The institute even has an ad for researchers to help use “bats to research the molecular mechanism that allows Ebola and SARS-associated coronaviruses to lie dormant for a long time without causing diseases.”

The job is for a lab run by Dr. Peng Zhou, Ph.D., a researcher at the Wuhan Institute of Virology and Leader of the Bat Virus Infection and Immunization Group. Since 2009, Peng has been the leading Chinese scientist researching the immune mechanism of bats carrying and transmitting lethal viruses in the world.

His primary field of study is researching how and why bats can be infected with some of the most nightmarish viruses in the world, including Ebola, SARS, and Coronavirus, and not get sick. As part of his studies, Peng also researched mutant Coronavirus strains that overcame the natural immunity of some bats; these are “superbug” Coronavirus strains, which are not resistant to any natural immune pathway, and now appear to be out in the wild.

The institute is about 13 miles away from the Huanan seafood market that China claims as the source of the outbreak.

The institute is about 13 miles away from the Huanan seafood market that China claims as the source of the outbreak. *Photo credit: Newshub*





A study by 5 Greek scientists (published 1/27/2020) examined the genetic relationships of COVID-19 and found that “the new coronavirus provides a new lineage for almost half of its genome, with no close genetic relationships to other viruses within the subgenus of sarbecovirus,” and has an unusual middle segment never seen before in any coronavirus.

What exactly does that mean? Basically, this means that we are dealing with a brand-new type of ‘man-made’ coronavirus. The study’s authors rejected the original hypothesis that the virus originated from random natural mutations between different coronaviruses.

WHERE DID THE VIRUS ORIGINATE?

So, we know that the virus did originate from a coronavirus found in bats, but it most certainly didn't start when someone ate a bad batch of bat soup. The historical secrecy of the Chinese government may make it hard to get answers.

Dany Shoham, a former Israeli military intelligence officer who has studied Chinese biological warfare, has also linked the virus to China's covert biological weapons program. Mr. Shoham holds a doctorate in medical microbiology. From 1970 to 1991, he was a senior analyst with Israeli military intelligence for biological and chemical warfare in the Middle East and worldwide.

"Certain laboratories in the institute have probably been engaged, in terms of research and development, in Chinese [biological weapons], at least collaterally, yet not as a principal facility of the Chinese BW alignment," Mr. Shoham told The Washington Times. Work on biological weapons is conducted as part of dual civilian-military research and is "definitely covert," he said.

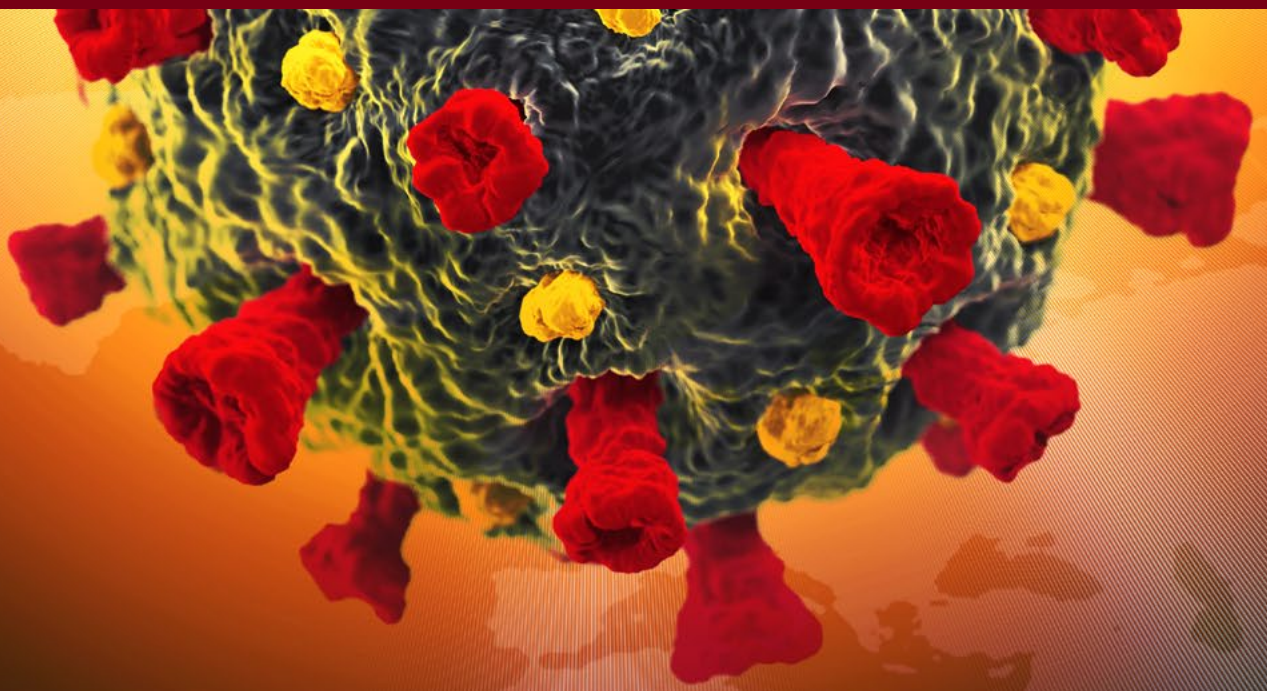
In a sad turn of events, the Chinese doctor who tried to warn others about the Wuhan coronavirus has died. Li Wenliang, a 34-year-old doctor working in Wuhan, raised the alarm about the novel coronavirus on December 30th. Soon after he posted the message, Li was accused of rumor-mongering by the Wuhan police. He was one of several medics targeted by police for trying to blow the whistle on the deadly virus in the early weeks of the outbreak. Li was hospitalized on January 12th after contracting the virus from one of his patients, and he was confirmed to have COVID-19 on February 1st.



There are many reasons why this kind of research could have taken place. And it would be wildly presumptuous to assume that this virus was released intentionally. But as long as free speech is being stifled and whistleblowers are being arrested, we simply don't have answers. What we do know is that this is an incredibly advanced, complex form of coronavirus that most certainly did not start in a bowl of soup.

Li Wenliang, a 34-year-old doctor working in Wuhan, raised the alarm about the novel coronavirus on December 30th.

Photo courtesy: Li Wenliang's Weibo account.



5G



THE 5G CONNECTION

03

We also have reason to believe that the new 5G networks are making the problem worse. Did you know that Wuhan was one of the first cities to roll out the 5G network? For those of you who are unfamiliar, 5G is the latest high-frequency network and is being rolled out aggressively around the world.

To enable 5G deployment, wireless providers will use submillimeter and millimeter waves in frequency ranges above 6 GHz to 100 GHz and beyond, so that much more data can be transmitted in the same amount of time.

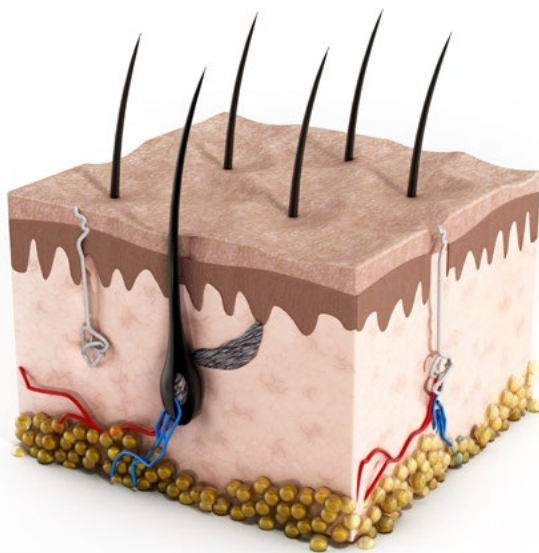
However, these high-frequency waves can't carry data very far. To use them, wireless companies will have to build a massive infrastructure of literally thousands of small transmitters to increase signal range and capacity. It is estimated that a transmitter will need to be placed every two to ten homes apart.

Non-ionizing electromagnetic fields (EMFs) are generated by devices that emit radiofrequency radiation (RF), including cell

phones, cordless phones and their base stations, Wi-Fi, broadcast antennas, smart meters, and even baby monitors. Electronic



Electromagnetic Field
Detector or EMF detector.



devices and infrastructures used to deliver electricity that generate extremely-low frequency electromagnetic fields also produce EMF.

Published, peer-reviewed, scientific evidence indicates that even the current wireless technologies often lead to radiofrequency exposures which pose a serious health risk to humans, animals, plants, and the environment.

For instance, wireless frequencies in the millimeter and submillimeter range have been shown to interact directly with our skin,

specifically sweat glands. Our skin is our largest organ. The ICNIRP, while developing recommendations for public exposure limits, appears to be planning to classify our skin as an extremity. In other words, our skin would be categorized as belonging to our limbs rather than head or torso, permitting it to be exposed to more radiation than would otherwise be allowed.

In her report "A 5G Wireless Future: Will it give us a Smart Nation or Contribute to an Unhealthy One?" Dr. Cindy Russell raises further concerns about the basic safety of currently used wireless technologies. She points out that the proposed 5G frequencies have not been tested for short- or long-term safety.

What does this have to do with coronavirus?

In 2007, a report titled The BioInitiative was published. It was republished again in 2012, and there have been ongoing updates between 2014 and 2019. Its website states that:

The BioInitiative 2012 report has been prepared by 29 authors from ten countries, ten holding medical degrees (MDs), 21 PhDs,

and three MsC, MA or MPHs. Among the authors are three former presidents of the Bioelectromagnetics Society, and five full members of BEMS.

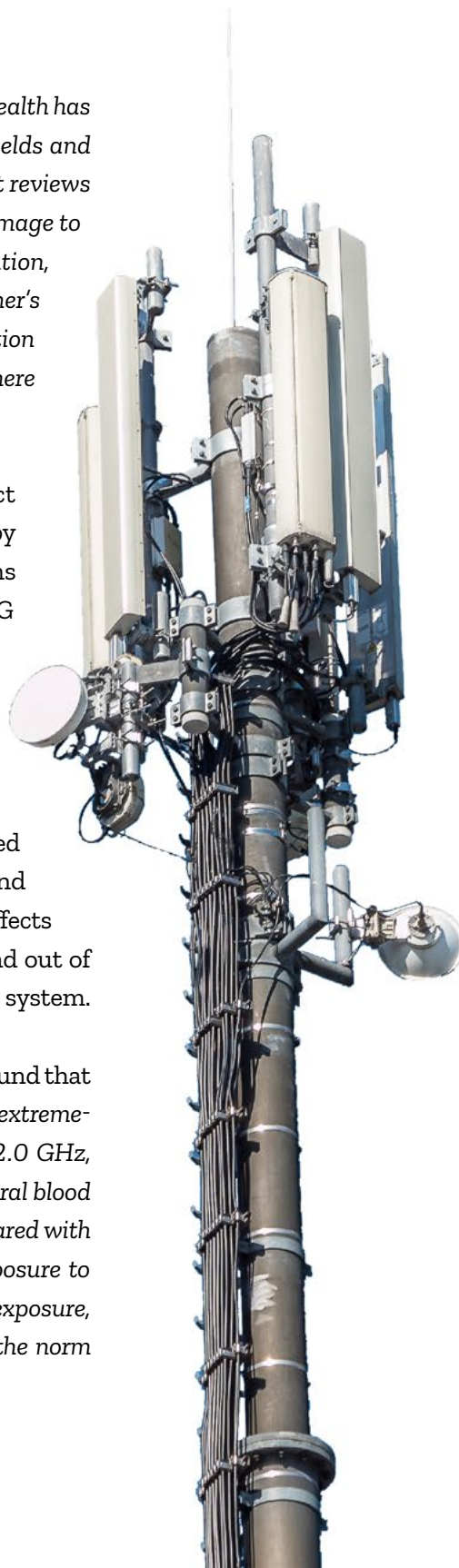
These are highly respected scientists coming from some of the world's most respected universities and institutes.

The BioInitiative further warns that *"evidence for risks to health has substantially increased since 2007 from electromagnetic fields and wireless technologies (radiofrequency radiation). The Report reviews over 1800 new scientific studies.... Health topics include damage to DNA and genes, effects on memory, learning, behavior, attention, sleep disruption, cancer and neurological diseases like Alzheimer's disease. New safety standards are urgently needed for protection against EMF and wireless exposures that now appear everywhere in daily life."*

What has not been apparent in the news reports is the fact that China in its rush to take the lead in the 5G race, had by the end of 2019 (and mostly within the last several months leading up to the COVID-19 outbreak) installed 130,000 5G antennas throughout the country, with at least 10,000 antennas installed in Wuhan alone. (As a comparison, the USA only has approximately 10,000 5G antennas presently installed throughout the whole country.)

Wireless radiation from 1G to 5G have all emitted modulated "Radiofrequency (RF) electromagnetic fields (EMFs)," and there are literally thousands of studies showing biological effects from exposures to man-made electromagnetic waves, and out of these, hundreds showing biological effects on the immune system.

To give just one example, research by Kolomytseva, et al. found that *"with whole-body exposure of healthy mice to low-intensity extremely-high-frequency electromagnetic radiation (EHF EMR, 42.0 GHz, 0.15 mW/cm², 20 min daily)... phagocytic activity of peripheral blood neutrophils was suppressed by about 50% ($p < 0.01$ as compared with the sham-exposed control) in 2-3 hours after the single exposure to EHF EM" and that this "effect persisted for 1 day after the exposure, and then the phagocytic activity of neutrophils returned to the norm within 3 days."*



The researchers concluded that *"the results indicated that the whole-body exposure of healthy mice to low-intensity EHF EMR has a profound effect on the indices of nonspecific immunity."*

Interestingly, at one point in this saga, the second most hit (with the COVID-19) provinces were Zhejiang and Guangdong Provinces, (though as of this writing, Zhejiang has now been taken over by Henan). The provinces listed below, in Chinese, and in order of most cases, are Hubei, Guangdong, Henan, Zhejiang, and Hunan.

It has been so bad in Zhejiang Province that Japan, on Feb. 12th, even extended its entry restrictions to virus-hit Zhejiang (at the time was third in the number of COVID-19 cases).

It includes the cities of Hangzhou and Wenzhou, which have among the country's highest concentrations of coronavirus cases. Hangzhou hosts the headquarters of Alibaba Group Holding, while Wenzhou is famed as a cradle of small business.



These cities (Hangzhou, Wenzhou, and Ningbo) have also been cities selected to trial the 5G in Zhejiang province.

In the city of Hangzhou, all three Chinese telecoms are providing 5G service in the city; whereas in Ningbo, only two are, and in Wenzhou, only one (China Mobile) is.

The three cities in Zhejiang Province with the most cases have been Hangzhou (168 cases), Ningbo (156 cases), and Wenzhou (503 cases), which are also curiously the cities selected to trial the 5G

network. The city proper of Wenzhou itself (though when one includes the outer-lying prefectures the total comes to 9 million), for example, with only 200,000 people, has an inordinately high number of people infected with COVID-19, and the city has been on lockdown.

While there are still plenty of questions, we do know a few things:

- + 5G radiation negatively impacts the immune system
- + Patients living outside of 5G zones are more likely to have milder symptoms or no symptoms at all
- + In the months leading up to the coronavirus outbreak, there were over 10,000 5G antennas installed in Wuhan
- + Cities with the highest rates of coronavirus infection tend to also have recently deployed 5G networks
- + There has been virtually no testing on the effects of 5G on people, plants, and animals

And 5G may even be making the virus more severe.

An *Asia Times* article from 2019 stated that there were 31 different 5G base stations in Wuhan at the end of 2018. There were plans developed later to place 10,000 5G antennas by the end of 2019, with most of those being on 5G LED smart street lamps.

The first such smart streetlamp was put in place in May 2019, but large numbers only started being put in place in October 2019, such that there was a furious pace of such placement in the last 2 ½ months of 2019.

These findings show that the rapid pace of the coronavirus epidemic developed at least roughly as the number of 5G antennae became extraordinarily high. So, we have this finding that China's 1st 5G smart city and smart highway is the epicenter of this epidemic, and this finding that the epidemic only became rapidly more severe as the numbers of 5G antennae skyrocketed.

**5G MAY EVEN BE
MAKING THE VIRUS
MORE SEVERE.**





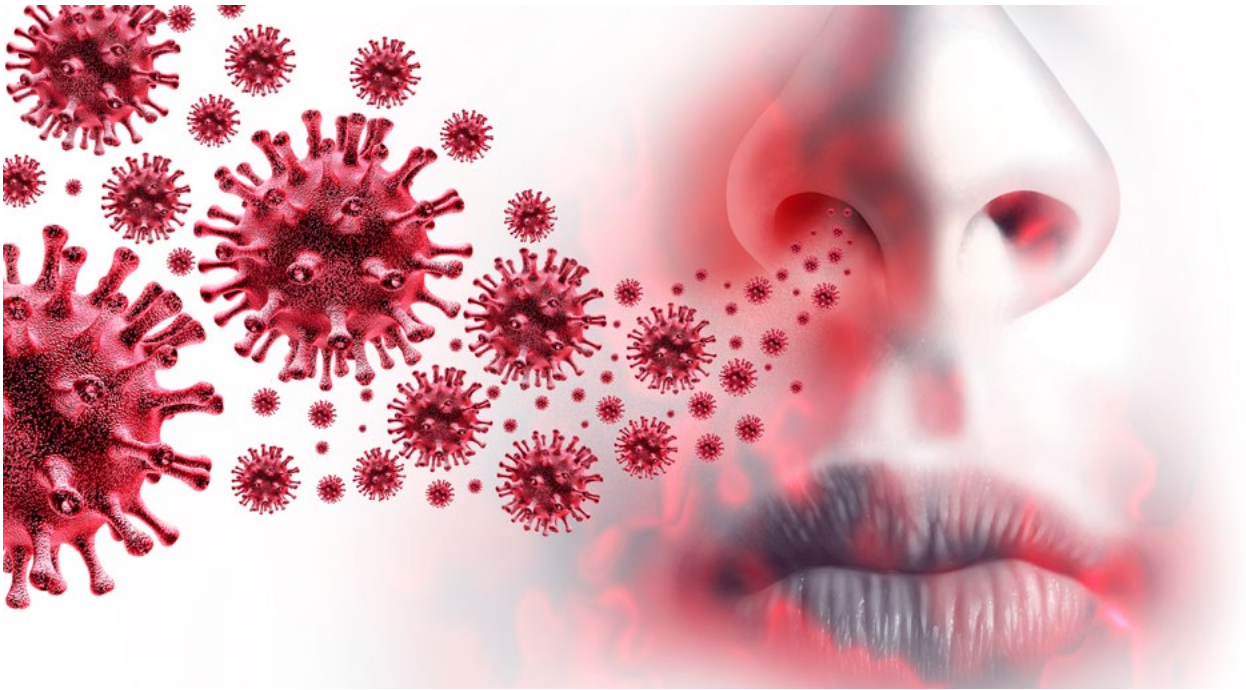
HOW DOES COVID-19 AFFECT ME?

04

When I first began working on this report, the effects of coronavirus were substantial and widespread, but things in the United States were mostly the same. That has changed DRAS-TICALLY over the past few days, and will likely continue to change in the weeks and months so come. So, let's discuss the health impact, the social and economic impact, and the changes we've seen in government response across the globe.

Health Impact

Although the virus originally impacted the Wuhan province of China, global cases – and fatalities – have now exceeded those in China. At the time of writing, there have been almost 400,000 confirmed cases worldwide, resulting in over 17,000 deaths (about 4% mortality of known cases). And some countries have been hit harder than others.



Two of the biggest concerns revolving around the coronavirus stem from its mortality rate and the ease with which it can be transmitted. Experts estimate that a patient with the virus can be contagious for up to two weeks without showing any symptoms. And for most of those who have tested positive for COVID-19, the side effects have been mild.

To put things into perspective, the CDC publishes their "influenza" estimates on the CDC.gov website. There, you'll see that the estimates for the 2018 – 2019 flu season calculate that roughly **35.5 million** Americans got infected with the flu and **34,157** people died. We would dispute the accuracy of the 34,157 deaths, since pneumonia and influenza are lumped together, but let's just say that the number is "spot on" accurate. Based on these numbers, 34,157 deaths out of 35.5 million infected is almost exactly a **0.1% fatality rate**. (See screenshot below.)

Source: CDC: <https://www.cdc.gov/flu/about/burden/2018-2019.html>

Age group	Symptomatic Illnesses		Medical Visits		Hospitalizations		Deaths	
	Estimate	95% UI	Estimate	95% UI	Estimate	95% UI	Estimate	95% UI
All ages	35,520,883	(31,323,881, 44,995,691)	16,520,350	(14,322,767, 21,203,231)	490,561	(387,283, 766,472)	34,157	(26,339, 52,664)

HOW DOES COVID-19 AFFECT ME?

The CDC's statistics show (as of March 29th) that the fatality rate from COVID-19 infections is **1.72%**, or 2,112 deaths in 122,653. This is about 18 times more deadly than the seasonal flu, assuming all numbers are accurate. However, according to the footnote, these statistics include "presumptive" cases (non-confirmed) -- which further validates our concerns that proper testing is not being performed and that the numbers are just a wild guess.

We have even heard from hospital workers that **everyone** who has any type of respiratory issues is **presumed** to have coronavirus and reported as a "coronavirus case" and that **everyone** who dies with some sort of respiratory ailment is **presumed** to be a "coronavirus death"!

Source: CDC: <https://www.cdc.gov/>

[coronavirus/2019-ncov/cases-updates/cases-in-us.html](https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html) (Screenshot 29 March 2020)

Coronavirus Disease 2019 (COVID-19)

CDC > Coronavirus Disease 2019 (COVID-19) > Cases & Latest Updates

Cases in U.S.

Other Languages ▾

Updated March 29, 2020

This page will be updated daily. Numbers close out at 4 p.m. the day before reporting.

CDC is responding to an outbreak of respiratory illness caused by a novel (new) coronavirus. The outbreak first started in Wuhan, China, but cases have been identified in a growing number of other [locations internationally](#), including the United States. In addition to CDC, [many public health laboratories are now testing for the virus that causes COVID-19](#).

COVID-19: U.S. at a Glance*†

- Total cases: 122,653
- Total deaths: 2,112
- Jurisdictions reporting cases: 55 (50 states, District of Columbia, Puerto Rico, Guam, Northern Marianas, and US Virgin Islands)

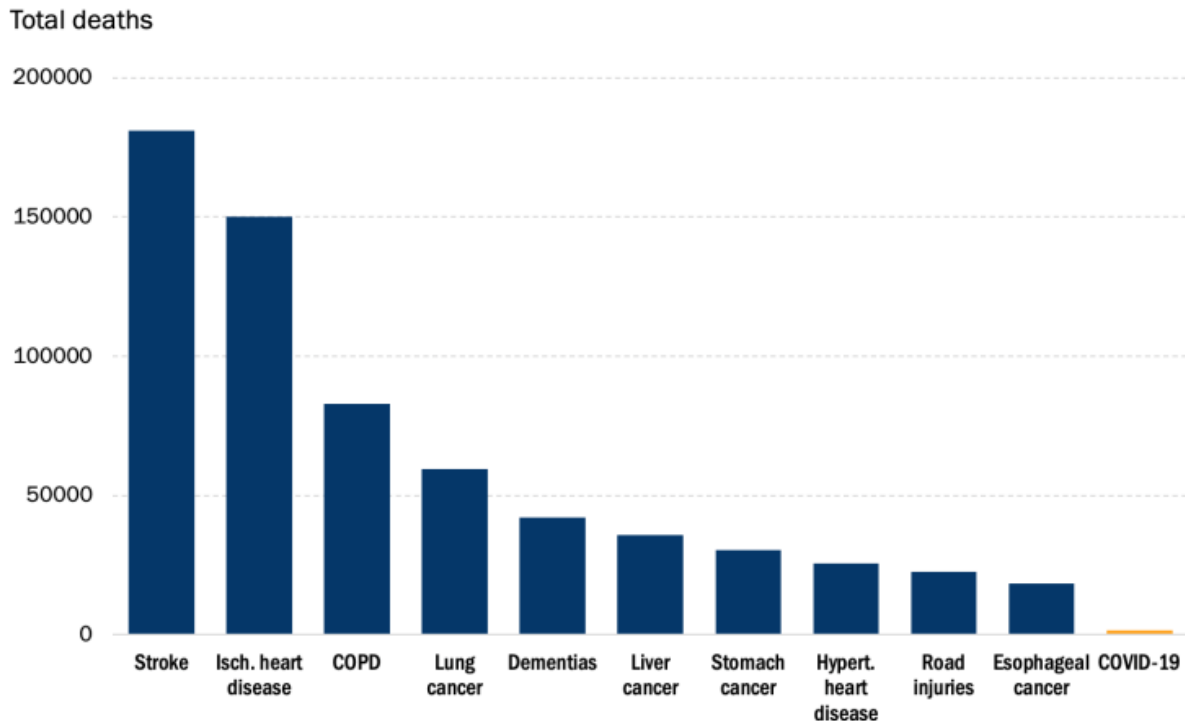
* Data include both confirmed and presumptive positive cases of COVID-19 reported to CDC or tested at CDC since January 21, 2020, with the exception of testing results for persons repatriated to the United States from Wuhan, China and Japan. State and local public health departments are now testing and publicly reporting their cases. In the event of a discrepancy between CDC cases and cases reported by state and local public health officials, data reported by states should be considered the most up to date.

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- U.S. at a Glance
- Cases Reported to CDC

Interestingly, the Brookings Institute just released an article about COVID-19, demonstrating that even when mortality was at its highest in China, it was still only the 49th cause of death in the country!

Figure 1. In China, COVID-19 was only the 49th cause of death at the peak of the crisis



Source: World Data Lab estimates based on IIASA 2020, China CDC 2020, and IHME 2017

BROOKINGS

But the issue here is that COVID-19 is new, and we simply don't know what to expect. As of the current date, mortality rates are largely dependent upon age group. Those over 70 years of age are much more likely to die than those who are younger.

The stress that this virus has put on the healthcare system is substantial. In Italy, hospitals are so overwhelmed that many patients are not receiving care because there simply aren't enough doctors, hospitals, or medicine to treat them all. But the impact of coronavirus on public health is just a part of the story.

Socio-Economic Impact

The impact on our social lives and the global economy has been massive, especially in the first few weeks of March. Major events have been postponed, thousands of businesses have been forced to close, and the stock markets have taken a major blow.



In an attempt to help slow the spread of the virus, health officials have asked people to practice “social distancing,” where we avoid group events and contact with one another as best we can. Several major sports leagues, including the NBA, MLB, NHL, and Champions League have postponed their seasons indefinitely.

The NCAA basketball tournament known as “March Madness” was originally going to play the games without fans in attendance but has decided to scrap the tournament altogether. Disney has closed its themed amusement parks, and Regal Cinemas has closed its theatres nationwide.

More recently, state and local governments have issued emergency orders banning bars, restaurants, gyms, and other social gathering places from remaining open. Many of these went into effect at midnight on March 17th, dealing a huge blow to the hospitality industry just before St. Patrick’s Day.

Schools nationwide have sent children home and shut their doors for at least the rest of the month, leaving parents who can still work scrambling to arrange childcare. Many companies have started to allow their employees to work remotely, while others have begun reducing their workforce.

Travel restrictions and fear of infection have been especially brutal for the travel industry. Airlines in the United States have asked





the government for \$10 billion to help keep them afloat as ticket prices and revenue plummet. And these are just a few examples of what's happening in America.

In countries around the world, commerce has come to a screeching halt. Stock markets and international trade are crashing, and entire nations have been put on lockdown. Thousands of Air and Army National Guard members are now supporting the response to the coronavirus pandemic across dozens of states.

Their missions include "response planners; support to medical testing facilities; response liaisons and support to state Emergency Operations Centers; support to healthcare professionals; logistics support; assisting with disinfecting/cleaning of common public spaces; providing transportation support for health care providers; collecting and delivering samples; and assisting with sample administration," the National Guard said in a statement.



With business and schools closing and health officials encouraging people to stay home, many have begun to panic buy. From toilet paper and bread to potatoes and ammo, consumers have been rushing to retail stores and online to stock up on provisions. Here's a photo that we took at our local grocery store of the bread aisle, only 30 minutes after the store opened with a **FULLY STOCKED** aisle!

This has created another kind of crisis for many families.

Many families simply can't afford to purchase a year's supply of toilet paper or 3 months' worth of canned and frozen goods. So, when a few people rush to the stores and clear the shelves, they create an artificial supply crisis. People are unable to buy what they need because a small group of people has purchased everything. Naturally, when the store resupplies, shoppers who couldn't find what they needed before instinctively stockpile what they find, creating a vicious cycle.

And many families are hurting. Basic household necessities are becoming harder to find. Many people are currently out of work, and those who aren't have had to find childcare while schools are closed. Times are hard, and people aren't entirely sure when they'll get better.

In many states, governors have ordered the closing of all dine-in establishments, gyms and fitness clubs, and several other industries. Their employees will be out of work for an indefinite period of time – and it happened without warning.

People are scared, and they're looking for hope and answers.

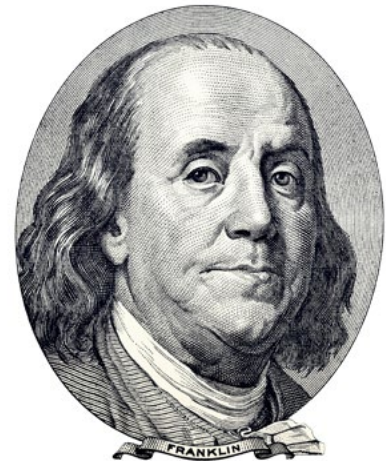
Governmental Impact

In times of crisis, it's not uncommon for citizens to willingly give up their liberty in the name of "safety" and "the greater good." The coronavirus scare is no exception. Around the world, tens of millions of people have been placed under quarantine.

Since the outbreak of the virus a few months ago, government officials have exercised unprecedented authority to monitor and detain citizens. The effort to control media coverage has reached a fevered pitch, and there doesn't seem to be any sign that the nanny state is going anywhere.

The efforts to quarantine those suspected of carrying the coronavirus seem to have had little effect on its global transmission. Nevertheless, millions of people in China and around the world

**PEOPLE ARE SCARED,
AND THEY'RE
LOOKING FOR HOPE
AND ANSWERS.**



*Those who would
give up essential
Liberty, to purchase
a little temporary
Safety, deserve neither
Liberty nor Safety.*

—Benjamin Franklin





have been put on lock-down. These people are confined to their homes, ships, or temporary "quarantine zones" with no due process.

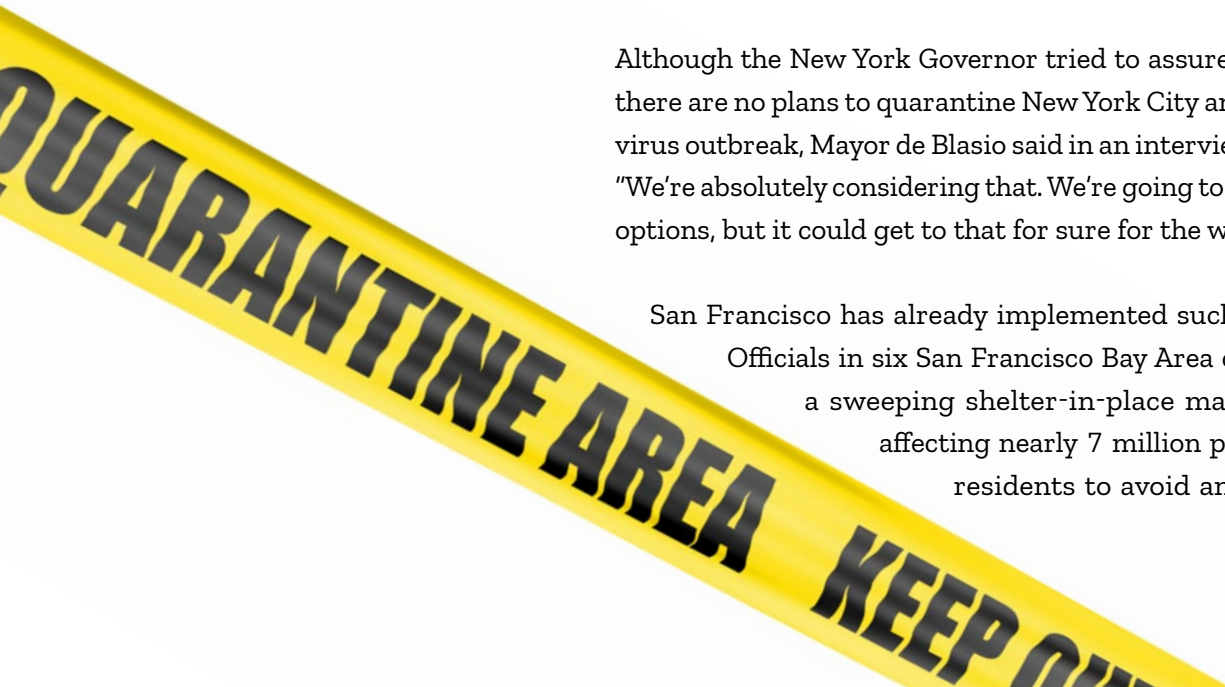
And although you may expect this kind of authoritarian response in communist China, the west is facing similar detention efforts.

In New York City, thousands of people are currently under quarantine. Although New York City Mayor Bill de Blasio claims that most of the quarantines are "voluntary," many of them aren't. We saw during the measles "epidemic" last year that Mayor de Blasio had no problem with violating the freedom of American citizens when he tried to force unvaccinated families to receive their shots.

Although the New York Governor tried to assure reporters that there are no plans to quarantine New York City amid the coronavirus outbreak, Mayor de Blasio said in an interview on CNN that "We're absolutely considering that. We're going to look at all other options, but it could get to that for sure for the whole country."

San Francisco has already implemented such a quarantine.

Officials in six San Francisco Bay Area counties issued a sweeping shelter-in-place mandate Monday affecting nearly 7 million people, ordering residents to avoid any unnecessary



travel by any method, and only leave their homes for food, medicine, and exercise.

The order says residents must stay inside and venture out only for necessities for three weeks starting Tuesday in a desperate attempt by officials to curb the spread of the novel coronavirus.

The United States government is detaining many travelers at military bases for up to 14 days... whether they like it or not. On January 29, a flight carrying nearly 200 Americans from Wuhan landed at the March Air Reserve Base in Riverside, California. The evacuees were placed under a 14-day quarantine in the base's living quarters. None of them tested positive for the virus, and the evacuees were released.

Is This Constitutional?

"The Constitution of the United States is a law for rulers and people, equally in war and in peace, and covers with the shield of its protection all classes of men, at all times and under all circumstances."

—EX PARTE MILLIGAN, U.S. SUPREME COURT (1866)

Today this "coronavirus-panic" gives government fuel and cover for its assaults on freedom and poses a question the government does not want to answer: ***If liberty can be taken away in times of crisis, then is it really liberty; or is it just a license, via a temporary government permission slip, subject to the whims of politicians in power?***

The government has no authority to dictate how many people choose to congregate for any peaceful purpose.

Our First Amendment states:

*Congress shall make no law respecting an establishment of religion, or prohibiting **the free exercise thereof**; or abridging the freedom of speech, or of the press; or the right of the **people peaceably to assemble**.*

THE GOVERNMENT HAS NO AUTHORITY TO DICTATE HOW MANY PEOPLE CHOOSE TO CONGREGATE FOR ANY PEACEFUL PURPOSE.

Telling people to not attend church is a violation of the constitutional clause, *"prohibiting the free exercise thereof."*

Telling people they cannot gather in groups of more than 20 or 30 (or whatever arbitrary number) is a clear violation of the constitutional clause, *"no law . . . prohibiting . . . the right of the people peaceably to assemble."*

The coronavirus or any other "emergency" does **not** cancel or negate the Constitution and Bill of Rights. These unconstitutional acts have had, and will continue to have, devastating effects on the socio-economic and physical health of U.S. citizens as well as people across the globe.

A 2015 study found that men experience up to an 85% increased risk of mortality following losing their jobs, and a 2020 *Lancet* study on the *"psychobiological effects of quarantine"* found that *"most of the adverse effects come from the imposition of a restriction of liberty."* The study noted: *"Separation from loved ones, the loss of freedom, uncertainty over disease status, and boredom can, on occasion, create dramatic effects. Suicide has been reported, substantial anger generated, and lawsuits brought following the imposition of quarantine in previous outbreaks."*

DOJ Wants to Suspend Certain Constitutional Rights During Coronavirus Emergency

The Department of Justice has secretly asked Congress for the ability to detain arrested people "indefinitely" in addition to other powers that one expert called "terrifying"



RollingStone

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As a constitutional republic, elected officials have an obligation to uphold the civil liberties and constitutional rights of its citizens, as well as the public's health. These can **not** be sacrificed or exchanged for one another.

On 22 March 2020, the Department of Justice (DOJ) secretly petitioned Congress for the ability to ask chief judges to detain people indefinitely **without trial** during emergencies. A concerning new report published in *Rolling Stone* entitled, *"DOJ Wants to Suspend Certain Constitutional Rights During Coronavirus Emergency,"* reveals that the DOJ, under the auspices of "protecting the public health from the threat of COVID-19," is attempting to suspend some of the most



basic protections upon which the United States Constitution and our civil rights are founded.

A recent *Politico* article entitled “DOJ Seeks New Emergency Powers Amid Coronavirus Pandemic,” states that this request raised eyebrows because of its potential implications for “habeas corpus” (the constitutional right to appear before a judge after arrest and seek release).

“Not only would it be a violation of that, but it says ‘affecting pre-arrest,’” said Norman L. Reimer, executive director of the National Association of Criminal Defense Lawyers. *“So that means you could be arrested and never brought before a judge until they decide that the emergency or the civil disobedience is over. I find it **absolutely terrifying**. Especially in a time of emergency, we should be very careful about granting new powers to the government.”*

Outside the USA

On a Princess cruise ship, thousands of passengers were confined to their cabins for nearly a month. Many passengers were trapped in windowless cabins totaling about 150 square feet (about 3 times larger than a prison cell). By the end of the failed quarantine, hundreds of passengers had been infected. Six of them died.

**ESPECIALLY IN A
TIME OF EMERGENCY,
WE SHOULD BE VERY
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GOVERNMENT.**

In Australia, things may be even worse. After the first human-to-human transmission of the novel coronavirus in Australia, the federal attorney general has made clear the government already has powers to detain people – against their will if necessary – to prevent the spread of the virus.

Under changes made to Australia's Biosecurity Act in 2015, government authorities designated by the chief medical officer can make a "human biosecurity control order" to require an individual to do or not do certain things, including:

- + Provide contact details
- + Regularly update an officer of their health status
- + Restrict movement by remaining at the individual's place of residence for a specified period
- + Undergo decontamination
- + Provide body samples for diagnosis
- + Undertake treatment or receive a vaccination
- + To remain in Australia for up to 28 days
- + Be isolated at a medical facility

An individual must comply with an isolation measure or a traveler movement measure for the first 72 hours while a direction is being sought. If an individual refuses to comply with a requirement to stay at a particular place or isolate themselves, there is a power for police to detain them.



Australia's attorney general, Christian Porter, said it is "not inconceivable" that control orders could lead to detention if individuals refused control orders, but this was intended as a "last resort."

He suggested the powers were most likely to be used to require people visiting sick relatives to undergo decontamination, to prevent them entering or exiting a medical clinic, or to answer questions at a hospital in the same way they do when entering or exiting Australia.

In addition to control orders, there are powers for the health minister enlivened by emergencies involving threats or harm to human health on a nationally significant scale, called human 'biosecurity' emergencies.

These powers allow the minister to "*determine any requirement that he or she is satisfied is necessary*" to prevent entry or spread of a disease. They are subject to safeguards that the requirement must be "*likely to be effective,*" is "*appropriate and adapted*" to its purpose, and is "no more restrictive or intrusive than is required in the circumstances."

Offenses for failing to comply are punishable by five years in prison or 300 penalty units (about \$63,000, indexed to inflation); the same penalties apply to failure to comply with a control order.

In China, the world's most sophisticated surveillance network has been unleashed. The Chinese people have long been aware that they are tracked by the world's most advanced system of electronic surveillance. The coronavirus emergency has brought some of that technology out of the shadows, providing the authorities with a justification for sweeping methods of high-tech social control.

Artificial intelligence and security camera companies boast that their systems can scan the streets for people with even low-grade fevers, recognize their faces even if they are wearing masks and report them to the authorities.

If a coronavirus patient boards a train, the railway's "real name" system can provide a list of people sitting nearby. Mobile phone apps can tell users if they have been on a flight or a train with a



known coronavirus carrier, and maps can show them locations of buildings where infected patients live.

Although there has been some anonymous grumbling on social media, for now, Chinese citizens seem to be accepting the extra intrusion, or even embracing it, as a means to combat the health emergency.

"In the circumstances, individuals are likely to consider this to be reasonable even if they are not specifically informed about it," said Carolyn Bigg, partner at law firm DLA Piper in Hong Kong.

This rollout of the world's most sophisticated surveillance network should alarm you. Sure, it seems like a great way to help contain the virus and identify people who may have been exposed, but at what cost? This system wasn't built in response to the virus – **it already existed**. Now that the government has an excuse, they're finally able to flex their technology muscles.



The new reality in China (and around the world) is that we are constantly being watched, tracked, and listened to. Our devices are capable of marking our exact location, listening in on our conversations, and even transmitting video feeds. The age of privacy has come to an end, and the age of government tracking is upon us.

Meanwhile, freedom of speech is being stifled. Tech companies have stepped up the effort to control the narrative, and efforts by the Chinese government to silence citizens and news outlets may have played a role in the spread of this virus.

Chinese officials arrested 8 medical professionals who tried to warn people of the disease back in December. Each detainee was part of a medical school's alumni group on WeChat, a popular social network in China, and they were concerned that SARS was back. (SARS is a type of coronavirus.)

According to *The Daily Beast*, it wasn't long before police detained them. The authorities said these eight doctors and medical

technicians were “misinforming” the public, that there was no SARS, that the information was obviously wrong, and that everyone in the city must remain calm. On the first day of 2020, Wuhan police said they had “taken legal measures” against the eight individuals who had “spread rumors.”

Since then, the phenomenal spread of the virus has created cracks even within the normally united front of the Chinese Communist Party. *“It might have been fortunate if the public had believed the ‘rumor’ and started to wear masks, carry out sanitation measures, and avoid the wild animal market,”* a judge of China’s Supreme People’s Court wrote in March 2020.

One Wuhan man, Fang Bin, uploaded footage of corpses in a van and a hospital in Wuhan and was then tracked down and taken into custody. His laptop was confiscated, and he had to pedal for three hours on a bicycle to get home after he was questioned, warned, and released. His coronavirus video went viral.

Experts agree that this kind of aggressive censorship could make the virus even more lethal. Leaders within the Chinese government have put their political interests before the good of their people, and the results have been catastrophic thus far.

Videos of workers soaking entire cities in bleach have been quietly removed or hidden on social platforms, and leaked footage of police training to “capture” a suspected patient has resulted in the poster’s arrest.

On the 17th of March, the Chinese government announced that it was retaliating against U.S. restrictions on Chinese journalists, with actions that include rescinding the press credentials of American correspondents with the *New York Times*, *Wall Street Journal*, and *Washington Post*.

The move escalates a “tit-for-tat” between China and the United States over resident foreign media that saw Washington this month slash the number of Chinese nationals permitted to work at the U.S. offices of major Chinese state-owned media outlets.

In a statement released in the early hours of Wednesday, China’s

foreign ministry said U.S. citizens who work as journalists for the three organizations and whose press credentials expire by the end of this year must hand back their press cards within ten days and would not be permitted to work in mainland China, Hong Kong, or Macau.

"We unequivocally condemn any action by China to expel U.S. reporters," said Washington Post Executive Editor Marty Baron in a statement. *"The Chinese government's decision is particularly regrettable because it comes in the midst of an unprecedented global crisis, when clear and reliable information about the international response to COVID-19 is essential."*



Fear-Mongering & Social Distancing

The measures being taken by governments around the world are drastic and unprecedented. The authority that these institutions are willing to assume in the face of a "health emergency" is concerning... and it's only the beginning.

Yet citizens around the world seem (for the most part) complacent. Fear-mongering by the press and international health agencies has convinced people that these measures are necessary to prevent a global catastrophe, and people are suffering.

No one wants to be seen as prioritizing profit or, say, youth soccer over saving lives. But in recent days, a group of contrarian political leaders, ethicists, and ordinary Americans have bridled at what they saw as a tendency to dismiss the complex trade-offs that the measures collectively known as "social distancing" entail.

Even in the face of a mounting coronavirus death toll, and the widespread adoption of the social distancing approach, these critics say it is important to acknowledge all the consequences of decisions intended to mitigate the virus's spread.

Some college students who were abruptly ushered off campus last week complain that they are more likely to infect higher-risk older adults at home than they were at college. Among the throngs who have been ordered to self-quarantine, some people question the purpose of isolating themselves if the virus is already circulating



widely in their communities. Certain parents balk at the pressure from friends to withdraw their children from schools that are still open, or at what they see as groupthink that has prompted the cancellation of events that are still weeks or months away.

And how do you weigh the risk of an unknown number of deaths against the possibility that several hundred thousand students who depend on free lunch at school will go hungry? Or against other lives that may be lost in an economic contraction born of social isolation?

Besides the financial ramifications of such policies, their concerns touch on how society's most marginalized groups may fare and on the effect of government-enforced curfews on democratic ideals. Their questions about the current approach are distinct from those raised by some conservative activists who have suggested the virus is a politically inspired hoax, or no worse than the flu.

Some Silicon Valley figures have taken to social media to underscore the economic impact of social distancing.

"The fear is far worse than the virus," tweeted Tim Draper, a venture capitalist, using the hashtags #corona #dustbowl, #food, #clothing, and #shelter. *"The governments have it wrong. Stay open for business."*

But America's hashtag has become something akin to #hunker-downathome, with a series of closings, suspensions, postponements by businesses and cultural institutions.

Many groups and people, ourselves included, want to help alleviate the fear that's been growing over the past few weeks. We want to outline ways to boost your immune system and protect yourself from the virus. But that's not what world health leaders want.

They want to roll out a new vaccine... and they might just **try** to make it "mandatory."

The Coronavirus Vaccine

Vaccination is germane to the COVID-19 issue because everyone is practically screaming for a new vaccine which will "magically" protect everyone from COVID-19. It is interesting to note that the reason there isn't a vaccine for coronavirus on the market isn't because researchers haven't tried. It's because their attempts have resulted in *"vaccine enhancement, where instead of protecting against infection, the vaccine can actually make the disease worse when a vaccinated person is infected with the virus."* More on that topic in a moment.

In 2015, a patent was filed by The Pirbright Institute for the live, attenuated coronavirus. The application claims that the new virus could be used to create a vaccine for treating or preventing respiratory viruses. The patent was awarded in 2018.

Now, The Pirbright Institute is funded by the UK Department for Environment, Food, and Rural Affairs, the WHO, and the Bill and Melinda Gates Foundation. All of these entities have been loud supporters of mandatory vaccinations and more government control based on "health concerns."

And for several years, Bill Gates has been telling us that a pandemic is coming, and in November of 2019, collaborating with

the World Economic Forum, the Bill & Melinda Gates Foundation hosted "Event 201" where they ran a simulation of a coronavirus pandemic. Coincidence? Or part of a more sinister plan? We'll let you decide.

But the push for the vaccine has even the staunchest vaccine advocates and scientists worried. Studies have suggested that coronavirus vaccines carry the risk of what is known as "vaccine enhancement," where instead of protecting against infection, the vaccine can actually make the disease worse when a vaccinated person is infected with the virus. The mechanism that causes that risk is not fully understood and is one of the stumbling blocks that has prevented the successful development of a coronavirus vaccine.

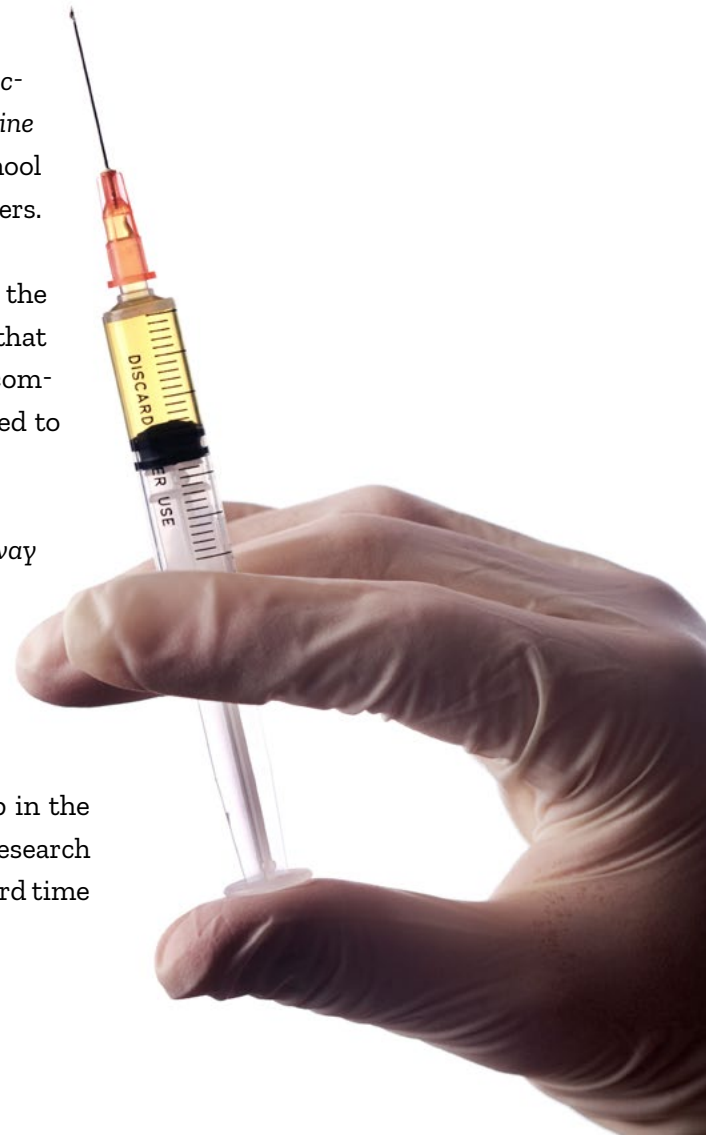
Normally, researchers would take months to test for the possibility of vaccine enhancement in animals. Given the urgency to stem the spread of the new coronavirus, some drug makers are moving straight into small-scale human tests, without waiting for the completion of such animal tests.

"I understand the importance of accelerating timelines for vaccines in general, but from everything I know, this is not the vaccine to be doing it with," Dr. Peter Hotez, dean of the National School of Tropical Medicine at Baylor College of Medicine, told Reuters.

Hotez worked on the development of a vaccine for SARS, the coronavirus behind a major 2003 outbreak, and found that some vaccinated animals developed more severe disease compared with unvaccinated animals when they were exposed to the virus.

"There is a risk of immune enhancement," said Hotez. *"The way you reduce that risk is first you show it does not occur in laboratory animals."*

And yet, testing on human subjects has already begun. This week, the first patients in a clinical trial for a potential COVID-19 vaccine were given shots, marking a key step in the global race to find a cure. Kaiser Permanente Washington Research Institute in Seattle developed a COVID-19 vaccine in record time and started administering the shots on Monday.





**IS IT "COOL" TO
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The first person to receive a dose of the potential vaccine was 43-year-old Jennifer Haller, an operations manager at a small tech company, according to The Associated Press. "We all feel so helpless. This is an amazing opportunity for me to do something," Haller said, adding that her two teenagers "think it's cool" that she's taking part in the study.

But is it "cool" to put yourself in harm's way so that pharmaceutical companies can expedite the rollout of a vaccine that may cause more harm than good? Is this "amazing opportunity" going to orphan her children?

Professor Jonathan Heeney, Head of the Laboratory of Viral Zoonotics at the University of Cambridge, and one of the people working on a vaccine, says that coronaviruses present a particular challenge to vaccine developers.

"If you make antibodies against the spike, they can end up binding to it and helping the virus invade important immune cells known as monocyte-macrophages. Rather than destroying the virus, these cells can then end up being reprogrammed by the viruses, exacerbating the immune response and making the disease much, much worse than it would otherwise be."

This phenomenon is well known, according to Heeney, but it could still slow down the development of a vaccine. "Researchers will want to be confident that their vaccine candidates are safe – that they don't inadvertently make the disease worse – before they are tested in humans."

The promise of a vaccine against Coronavirus is too far off to play a role in ending the deadly and economy-smashing effects of our response to COVID-19. The move to start human trials of COVID-19 vaccines without proper animal safety studies has prompted outcries.

As one of the leading proponents of vaccination, the man who infamously stated that babies can safely receive 100,000 vaccines at

HOW DOES COVID-19 AFFECT ME?

once, one would expect Dr. Paul Offit to go along with and promote the CDC-sponsored COVID-19 story of "impending apocalypse." But Offit recently posted a statement on his Facebook page regarding this matter. His message is calm, rational, and reasonable.

Offit stated:

*"Which will do more harm, the virus or the fear of the virus?
Why are we so scared of the novel coronavirus, COVID-19?"*

People are usually scared of viruses for three reasons:

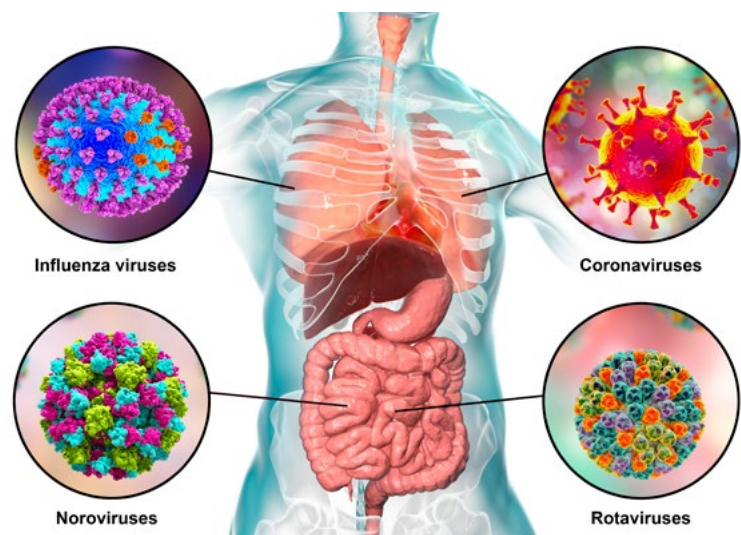
One: the virus causes gruesome, disfiguring, permanent symptoms. Smallpox, for example, not only caused life-long facial scarring, it also was a frequent cause of blindness in those who survived.

Two: the virus has a predilection for children. Polio paralyzed tens of thousands of young children every year until a vaccine finally eliminated the disease from the United States.

Three: the virus is likely to kill you. Rabies kills virtually 100 percent of people who develop symptoms after a bite from a rabid animal.

The novel coronavirus currently circulating in the United States--the one that has caused us to shut down schools, restaurants, sporting events, and virtually every aspect of our culture--falls into none of these categories."

Given the catastrophic outcomes in animal safety testing for the SARS coronavirus vaccine, we must understand that the current vaccine trials will likely fail. We must realize also that social distancing alone will be insufficient to bring a reasonably quick end to the need for social distancing and quarantine.



Even if you support the use of vaccines to combat viral infections, **you should be scared of this one.** The rules are being broken, the safety protocols have been thrown out the window, and the mass hysteria caused by the coronavirus has led to reckless development of a drug that will likely be flawed and definitely be too late.

But there's likely another motive here.

Vaccines for Adults & Children Alike (Whether You Like it or Not!)

For decades, international organizations have been working to make vaccines **mandatory** for people of **all ages**. This new scare may be just the ammunition that lawmakers need to finally achieve their goals.

Federal agencies are working vigorously on a propaganda campaign designed for one purpose: to increase vaccine administration at any cost. They're accomplishing this by exaggerating and exploiting a crisis, inciting public outrage, tracking opponents, and controlling the media. But don't take our word for it.





Simply take a look at the National Adult Immunization Plan (NAIP), which was published by the U.S. Department of Health and Human Services (HHS). HHS oversees the Centers for Disease Control (CDC), Food and Drug Administration (FDA), National Institutes of Health (NIH), and the Health Resources and Services Administration (HRSA). Each of these operating divisions are essentially a revolving door for the pharmaceutical and agricultural industries.

Not only are they heavily influenced by money from these industries, but their agents are often former industry employees, receiving high-level jobs in the private sector once their public service has ended, or both. In fact, it's so convoluted that the private companies who manufacture vaccines are no longer liable for proper testing or any injuries caused by their products.

If you're injured by vaccines, you have to go through a program called the National Vaccine Injury Compensation Program (VICP). The VICP is managed by the HRSA, a division of HHS. The ever-increasing federal recommendations for vaccine administration are managed by the CDC, a division of HHS. The vaccines are approved and regulated by the FDA, a division of HHS.

The safety management, recommendations, and liability for vaccines all fall within the purview of HHS. And the employees responsible for these duties are widely influenced by financial intervention from an industry that's expected to be worth **\$61 BILLION** by next year. This is the department to which I will be referring.

Here's the first paragraph of the NAIP:

"The National Adult Immunization Plan (NAIP) is intended to facilitate coordinated action by federal and non-federal partners to protect

public health and achieve optimal prevention of infectious diseases and their consequences through vaccination of adults. As a national plan, the NAIP requires engagement from a wide range of stakeholders to achieve its full vision. The plan emphasizes collaboration and prioritization of efforts that will have the greatest impact."

It then lays out four primary objectives. (1) Strengthen the adult immunization infrastructure, (2) Improve access to adult vaccines, (3) Increase community demand for adult immunizations, and (4) Foster innovation in adult vaccine development and vaccination-related technologies. They lay out exactly how they plan to accomplish these goals.

Objective 1.4 is to increase the use of electronic health records (EHRs) and immunization information systems (IIS) to collect and track adult immunization data. This means starting a national database to track exactly who received vaccines, and which ones. It's involuntary data collection on the American people, a power the U.S. government has repeatedly shown is incapable of wielding responsibly.

Goal three, in itself, is a clear manipulation of public opinion used to stifle rational debate. "Increasing community demand for adult immunizations" is exactly what it sounds like: a lynch mob. And this isn't a new tactic. We see this all the time in politics, where each side demonizes the other so that rational discourse is virtually impossible. Consider the current situation at the border. If you support a wall, you're an inhumane bigot. If you oppose the wall, you're an unpatriotic socialist. How can you open a dialogue with those parameters?

THE NATIONAL ADULT IMMUNIZATION PLAN AND THE COMPANION PATH TO IMPLEMENTATION

Providing an overview of actions needed to be undertaken by federal and nonfederal partners to protect public health and achieve optimal prevention of infectious diseases and their consequences through vaccinations of adults.



GOAL 1
Strengthen the adult
immunization
infrastructure



GOAL 2
Improve access to
adult vaccines



GOAL 3
Increase community
demand for adult
immunizations



GOAL 4
Foster innovation in adult
vaccine development
and vaccination
technologies

#AdultVax
#VaccinesWork

When we allow the government, or any other major power, to frame the conversation, the public always loses.

Objective 3.3 takes it one step further, saying that “all levels of government and community partners can expand and improve their use of social media to increase public awareness of adult vaccine recommendations.” And what’s the best way to dominate social media with your message? Simply **remove** anyone with an opposing viewpoint. And it’s literally happening right now.

Last year, Pinterest deleted the accounts of natural health advocates and anyone calling for greater accountability from the vaccine industry. Even more recently, TTAC was specifically mentioned by major media outlets like NBC and CBS who claimed that we were “spreading misinformation” and that vaccine safety advocate sites are “a hoax.” Facebook responded by vowing to limit vaccine safety advocate pages and reduce the way that they appear on your newsfeed by utilizing suppression algorithms.

They did all this after citing the World Health Organization (WHO), who listed “vaccine hesitancy” as one of the top ten threats to global health in 2019. And it’s not really a surprise.

In 1968, after the assassinations of Martin Luther King and Robert Kennedy, both the House and the Senate passed the Gun Control Act. In 1996, after the Oklahoma City Bombing, President Clinton signed the *Antiterrorism and Effective Death Penalty Act*. In 2001, after the attacks on September 11th, President Bush signed the *Patriot Act*. In 2010, after the Deepwater Horizon oil spill, President Obama signed an executive order leading to new environmental rules. California Senator Pan used the Disneyland measles debacle in 2014 to push SB277 through the state senate.

It’s clear that governments are empowered to make dramatic changes and enact laws that grant new levels of control whenever

WHO Says Anti-Vaxxers Are Global Health Threat



Anti-vaxxers are among the top 10 health threats facing the world in 2019, the World Health Organization says.

The movement against [vaccinations](#) has taken hold in a number of countries, including the United States. The percentage of American children aged 19 to 35 months who have not been vaccinated has quadrupled since 2001, according to U.S. Centers for Disease Control and Prevention data, *Newsweek* reported.

the nation is afraid. Fear is a powerful weapon for those in a position of power. In a corrupt system, those in power will manufacture fear in order to get what they want: **more power**.

Fear sells vaccines. The more fear, the better. If the media can amp up fear, anxiety, and hysteria, then most people will willingly give up their liberty and freedom in exchange for womb-to-tomb liability-free vaccinations.

It's not beyond the realm of possibility for citizens to be given a "choice" (if you can call it that): Either submit to all mandatory vaccinations (for the "greater good" of course) or give up your passport, driver's license, right to travel, job, insurance, and ability to engage in commerce.

We must stop this cycle of fear and loss of liberty. How many of our children and grandchildren will be injured or killed before enough of us wake up, and we take back our power? That's right! The power is in our hands, hearts, and souls. We are in charge of our bodies and our health - not the government and not Big Pharma.

Interestingly, Candance Owens, a conservative commentator and political activist, did a vaccine poll on her 2 million followers, asking them if they would get a coronavirus vaccine. Over 61,000 responded, and the results are very interesting! Almost $\frac{3}{4}$ of the responses were either "heck no" or "I'm not sure" whereas only 26% were "of course."

(screenshot from <https://twitter.com/>)

[RealCandaceO/status/1242795808304619556](https://twitter.com/RealCandaceO/status/1242795808304619556))

Candace Owens @RealCandaceO · 4h

If governments announced they created a [#Coronavirus](#) vaccine today, would you line up to go get yours?
Please RT, as I'm curious!

Of course! Sign me up.	26%
No chance in Hell!	41.2%
I'm not sure	32.8%

61,275 votes · 1 day left

1K 3.6K 2.9K

HOW DOES COVID-19 AFFECT ME?

This is huge! It shows that there's a window of opportunity to expose Big Pharma before a "forced coronavirus vaccine" goes to market.

Our friend, Larry Cook, who founded the Facebook page *Stop Mandatory Vaccination*, stated: "Make no mistake, the purpose of the Coronavirus is to help usher in vaccine mandates ... *Be Woke. Know the Plan. Prepare. Resist.*"

Is all the hysteria surrounding this new virus being used to facilitate even more government control and power? **Absolutely!**

However, we do believe that this virus is real, and it can be fatal, especially in those who are immunocompromised. And as the world's "health experts" are racing to find treatments for COVID-19, two drugs have jumped to the front of the conversation: **chloroquine** (used to treat malaria) and **hydroxychloroquine** (used to treat lupus).

President Trump has called these drugs "game changers," and New York state moved to begin trials on March 24th, procuring 70,000 doses of hydroxychloroquine and 750,000 doses of chloroquine, according to Governor Andrew Cuomo.

However, officials in Lagos, Nigeria have reported three overdoses in the days since the drug entered the conversation surrounding the pandemic. And in Arizona, a man died after reportedly taking a nonmedical form of chloroquine used to fight parasites in aquariums.

BOTTOM LINE >> Whether it's vaccines or prescription medications that are going to be recommended for COVID-19, we urge you to learn all you can about the **adverse events** and then weigh the risks vs. rewards.

In the end, remember that it is **your choice**, and any "forced medical intervention" by the CDC or other governmental agency is a **blatant violation** of the U.S. Constitution.

Also, remember that there are several myths floating around about the virus, so let's address those head-on.



IT IS YOUR CHOICE, AND ANY "FORCED MEDICAL INTERVENTION" BY THE CDC OR OTHER GOVERNMENTAL AGENCY IS A BLATANT VIOLATION OF THE U.S. CONSTITUTION.



CORONAVIRUS MYTHS

05

Myth #1: Face masks are 100% effective at keeping you from getting sick.

Wearing a face mask is certainly not an “iron-clad” guarantee that you won’t get sick – viruses can also transmit through the eyes and tiny viral particles, known as aerosols, can penetrate masks. However, masks are effective at capturing droplets, which is a main transmission route of coronavirus. If you are likely to be in close contact with someone infected, a mask cuts the chance of the disease being passed on. If you’re showing symptoms of coronavirus, or have been diagnosed, wearing a mask can also protect others.

Myth #2: Hand Sanitizer can protect you.

Maybe. Hand sanitizers with over 60% alcohol are effective in killing viruses like the coronavirus, Dr. William Schaffner, M.D., a professor of preventive medicine and infectious diseases at Vanderbilt University Medical Center says. But no one knows for sure if they will work on the current virus. Gels like Purell may





be easier for small children in particular, who may lack the coordination to do the full hand washing technique recommended by the Centers for Disease Control and Prevention, vigorously scrubbing both sides and between the fingers for at least 20 seconds.

But washing hands is still crucial, and potentially more effective in protecting you, since it both removes germs and the dirt they cling to. "You can't do it enough," said H. Cody Meissner, M.D., chief of the division of pediatric infectious disease at Tufts University School of Medicine and a member of the American Academy of Pediatrics' Committee on Infectious Diseases. Antibacterial soap has no added benefit, Dr. Schaffner said. "Just be thorough — and don't forget your thumbs!"

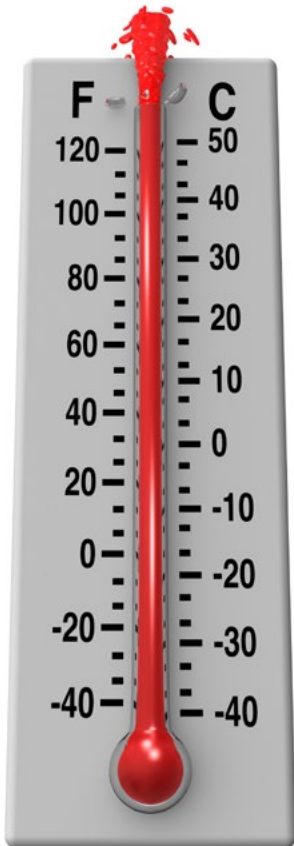
Myth #3: Heat will kill the virus.

Although a few high-ranking government officials have alluded to the possibility that high temperatures will kill the virus, there is not presently enough evidence to state this with scientific certainty. While the rate of most viral infections decreases during the summer months as a result of higher temperatures and humidity, there are 2 important caveats: people are less likely to be in close quarters with each other for lengthy periods, and although countries in the northern hemisphere are entering warmer months, the opposite is true for countries in the southern hemisphere.

Further, previous experience with and research on the other Coronavirus epidemics (SARS and MERS) demonstrated that this family of viruses may have little problem surviving in warmer climates.

Myth #4: You're much less likely to get COVID-19 than the seasonal flu.

Not necessarily. To estimate how easily a virus spreads, scientists calculate its "basic reproduction number," or R_0 (pronounced



R-nought). R_0 predicts the number of people who can catch a given bug from a single infected person, Live Science previously reported. Currently, the R_0 for SARS-CoV-2 is estimated at about 2.2, meaning a single infected person will infect about 2.2 others, on average. By comparison, the flu has an R_0 of 1.3.

Myth #5: It's not safe to receive a package from China

It is safe to receive letters or packages from China, according to the World Health Organization. Previous research has found that coronaviruses don't survive long on objects such as letters and packages. Based on what we know about similar coronaviruses (such as MERS-CoV and SARS-CoV), experts think this new coronavirus likely survives poorly on surfaces.

A past study found that these related coronaviruses can stay on surfaces such as metal, glass, or plastic for as long as nine days, according to a study published Feb. 6 in the *Journal of Hospital Infection*. But the surfaces present in packaging are not ideal for the virus to survive.

For a virus to remain viable, it needs a combination of specific environmental conditions such as temperature, lack of UV exposure, and humidity — a combination you won't get in shipping packages, according to Dr. Amesh A. Adalja, Senior Scholar, Johns Hopkins Center for Health Security, who spoke with Live Science's sister site Tom's Hardware.

And so "there is likely very low risk of spread from products or packaging that are shipped over a period of days or weeks at ambient temperatures," according to the CDC. "Currently, there is no evidence to support transmission of COVID-19 associated with imported goods, and there have not been any cases of COVID-19 in the United States associated with imported goods." Rather, the coronavirus is thought to be most commonly spread through respiratory droplets.





Myth #6: You can catch COVID-19 from eating at a Chinese restaurant.

False. In America, you may not even find real Chinese food at a Chinese restaurant. The outbreak originated in China, but that doesn't mean that people, food, or anything else of Chinese origin is somehow contaminated. The people in Wuhan who were first exposed to the virus are no different than you or me. It's incredibly foolish to worry about anyone based solely on their appearance or nationality. We should be worried about people who are sick or have been exposed, regardless of the way they look.



Myth #7: You can protect yourself from the virus by gargling with bleach or salt water.

Nope. None of these recommendations protects you from getting COVID-19, and some of these practices may be dangerous. Wash your hands. Support your immune system. Avoid close contact with people who are sick. It's important to drink plenty of water, but it doesn't kill the coronavirus.

Myth #8: Everyone who gets infected will die OR only elderly, sick people will die.

Definitely not. Although the majority of cases that result in death are among the elderly, and individuals with chronic health conditions, COVID-19 has affected mostly all age groups, as well as people with no underlying diseases. There have been no deaths reported among children aged <9 years, who represent only 1% of all cases of infection. Individuals aged 10 to 19 years demonstrate a similar incidence, and those aged 20 to 29 years account for roughly 8% of cases. People aged 30 to 79 years, however, account for 87% of cases.



The fatality rate for COVID-19 is also skewed toward the elderly: people aged 70 to 79 years have a fatality rate of 8%, compared with 14.8% among those aged >80 years. People with any underlying comorbidity have a higher fatality rate. In addition, reports indicate more people of the male sex have been infected; they have also more often presented with more severe infection and have had higher death rates.

COVID-19 Fatality Rate by AGE:

*Death Rate = (number of deaths / number of cases) = probability of dying if infected by the virus (%). This probability differs depending on the age group. The percentages shown below **do not have to add up to 100%**, as they do **NOT** represent share of deaths by age group. Rather, it represents, for a person in a given age group, the risk of dying if infected with COVID-19.

AGE	DEATH RATE confirmed cases	DEATH RATE all cases
80+ years old	21.9%	14.8%
70-79 years old		8.0%
60-69 years old		3.6%
50-59 years old		1.3%
40-49 years old		0.4%
30-39 years old		0.2%
20-29 years old		0.2%
10-19 years old		0.2%
0-9 years old		no fatalities



WHAT CAN I DO?

06

Although masks, vaccines, and gargling salt water are NOT good options for protecting yourself against COVID-19, there are plenty of natural ways to protect your health and combat disease. One of those methods is high dose intravenous Vitamin C.

IV Vitamin C

Intravenous vitamin C is already being employed in China against COVID-19 coronavirus. OMNS Chinese edition editor Dr. Richard Cheng is reporting from China about the first approved study of 12,000 to 24,000 mg/day of vitamin C by IV. The doctor also specifically calls for immediate use of vitamin C for prevention of coronavirus.

A second clinical trial of intravenous vitamin C was announced in China on Feb. 13th. (VIDEO) In this second study, says Dr. Cheng, *"They plan to give 6,000 mg/day and 12,000 mg/day per day for moderate and severe cases. We are also communicating with other*



hospitals about starting more intravenous vitamin C clinical studies. We would like to see oral vitamin C included in these studies, as the oral forms can be applied to more patients and at home."

And on Feb 21, 2020, an announcement was made of a third research trial now approved for intravenous vitamin C for COVID-19. According to Dr. Cheng:

"Vitamin C is very promising for prevention, and especially important to treat dying patients when there is no better treatment. Over 2,000 people have died of the COVID-19 outbreak and yet I have not seen or heard large dose intravenous vitamin C being used in any of the cases. The current sole focus on vaccines and specific antiviral drugs for epidemics is misplaced.

Early and sufficiently large doses of intravenous vitamin C are critical. Vitamin C is not only a prototypical antioxidant, but also involved in virus killing and prevention of viral replication. The significance of large dose intravenous vitamin C is not just at antiviral level. It is acute respiratory distress syndrome (ARDS) that kills most people from coronaviral pandemics (SARS, MERS and now NCP). ARDS is a common final pathway leading to death. We therefore call for a worldwide discussion and debate on this topic."

Three research studies in China have approved vitamin C for treating COVID-19. Confirmation has also been obtained that 50 TONS of vitamin C has been shipped to Wuhan province, and on March 3rd, the Shanghai government officially recommended Vitamin C for COVID-19.

The coronavirus can be dramatically slowed, or stopped, with the immediate widespread use of high doses of vitamin C. Physicians have demonstrated the powerful antiviral action of vitamin C for decades. There has been a lack of media coverage of this effective and successful approach against viruses, in general, and coronavirus in particular.

Is vitamin C a "cure" for coronavirus? The reality is that there is no "cure" for coronavirus (or any virus for that matter). We are exposed to literally thousands of 'harmful' viruses each and every

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day, but with a functioning immune system and intake of natural antivirals, we shouldn't have to worry about any of the viruses ... including coronavirus!

Protect Yourself from Radiation

You can also protect yourself by avoiding potentially dangerous radiation. Based on the 5G-COVID-19 connection, it is apparent that mitigating exposure to wireless radiation is imperative.



Keep it Clean

You can also follow basic hygiene practices. Wash your hands thoroughly with hot water for at least 20 seconds. Avoid touching your face, eyes, and nose. If you need to cough or sneeze, use a tissue or your elbow – **DO NOT SNEEZE OR COUGH INTO YOUR HANDS!** Disinfect surfaces that are touched often.



20 Ways to Fight COVID-19 & Support Your Immune System

But most importantly, make sure you're supporting your God-given immune system. In addition to basic hygiene, vitamin C, and minimizing exposure to 5G radiation, here are 20 ways to boost your immune system and protect from COVID-19:

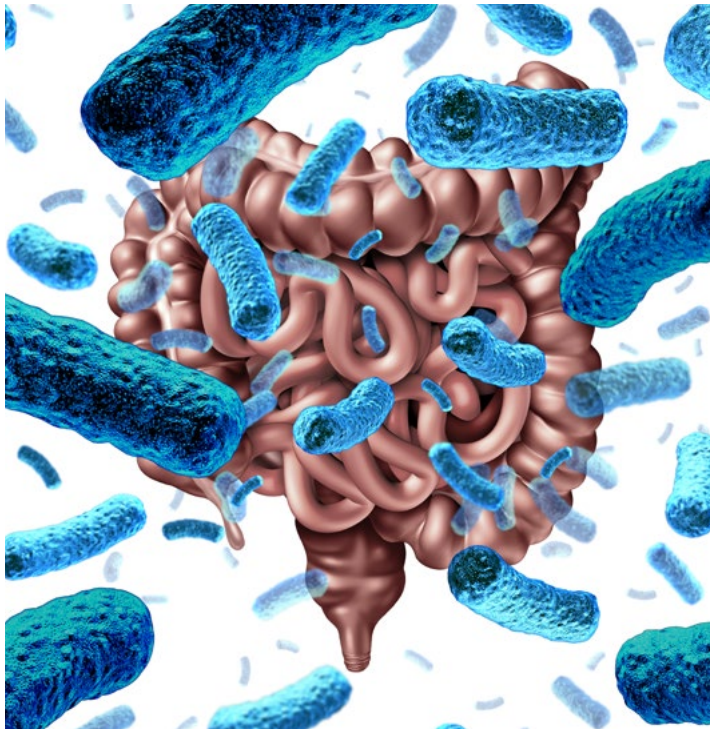
#1. Probiotics & Prebiotics

A diversity of gut bacteria is the key to a sound GI system and a robust immune system. A key part of that is to make sure you are getting enough beneficial bacteria in the form of probiotics. Stress, toxins in the air, water & soil, and poor dietary choices can create an environment where pathogenic microorganisms proliferate.

Inoculating your system with some form of probiotics in the form of fermented foods, whole foods, or supplements every day can turn this situation around.



There are dozens of probiotic types and each is helpful in its own unique way. Three kinds that are especially important are *Saccharomyces boulardii*, *Lactobacillus acidophilus*, and *Lactobacillus plantarum*. *L. plantarum* is potent because it has a special casing around it which protects it from being neutralized in stomach acid. It is also more antibiotic-resistant than other probiotics. *Lactobacillus acidophilus* is abundant in our bodies; it resides in the gut, in the mouth, and in a woman's vagina.

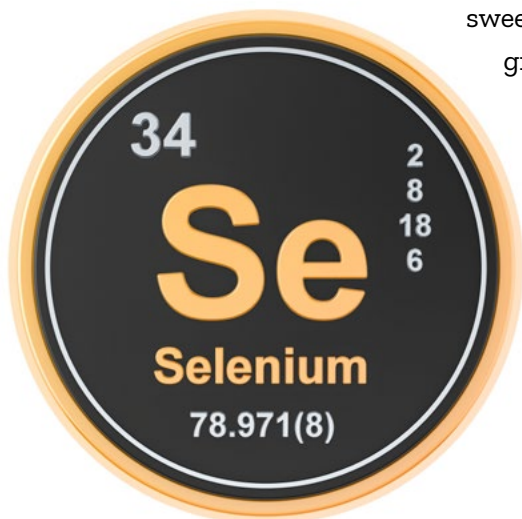


It can crowd out pathogenic bacteria such as certain forms of *E. Coli*. According to a 2005 University of Western Sydney study, *L. acidophilus* also boosted immune function directly in a mouse model by increasing the number of certain pathogen-seeking cytokines.

Finally, according to a meta-analysis conducted by Washington State University, *Saccharomyces boulardii* has an anti-inflammatory effect and can boost certain immune system mechanisms which help to fight pathogens.

While your body absolutely needs probiotics for a healthy gut and immune system, the "good guys" in your digestive system need prebiotics to survive. Prebiotics are sources of soluble fiber that beneficial bacteria use as "food." The two kinds of prebiotics, inulin and oligofructose, can be found in foods such as organic sweet potatoes, jicama, asparagus, garlic, leeks, onions, and whole grain wheat.

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#2. Selenium

Selenium is an essential micronutrient that is important for immune response, thyroid health, oxidative damage prevention, and many other functions. There are over two dozen known "selenoproteins," with most of them

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exhibiting antioxidant properties such as glutathione peroxidase (GPx), which can slow down viral replication and mutations. Studies using mice have shown that viral symptoms and infection times are more severe when dietary selenium is deficient, and that low selenium intake results in decreased GPx activity. Adequate selenium nutrition should be considered as a defense against viral infectious diseases like COVID-19.

#3. Essential Minerals

Everyone needs essential minerals for health. They are often called the “spark plugs” of life since they are elemental for so many functions in the body, including in the immune system and gut. Humans require certain “essential” minerals to survive. Our entire body system is composed of about 4% of minerals. We cannot produce them ourselves, however. We must get them from whole foods or supplements. Some minerals, such as potassium, cesium, magnesium, and calcium affect pH, while others are vital for the functioning of enzymes. Still, others help with the transfer of nutrients through cell membranes.

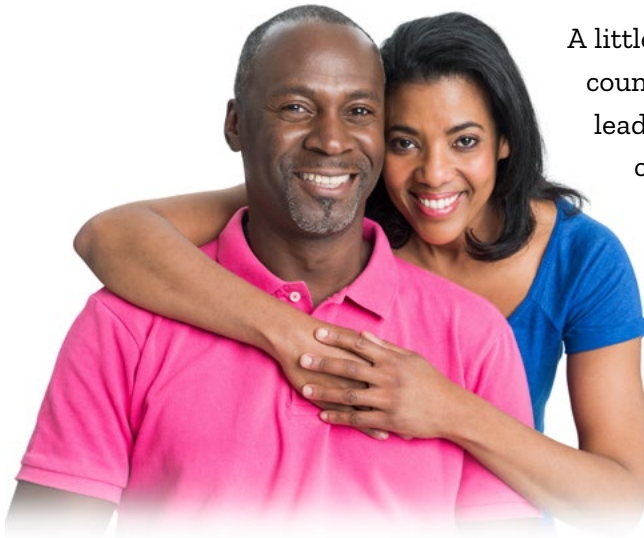


#4. Stay Hydrated & Reduce Stress

To demonstrate how important staying hydrated is for your body, consider this: A person can survive without water for only about 3 or 4 days. This is because your body is at least 60% fluid. The fluids that run through your system, such as your blood and lymph, are responsible for major functions like the absorption of nutrients, the circulation of blood, digestion, and detoxification. When you do not drink enough water throughout the day, these systems suffer, and this puts great stress on the immune system. Be sure to use only fresh, filtered water for drinking.

Here is a secret: if you make just this one lifestyle change, it can have a huge impact on your energy level in general.





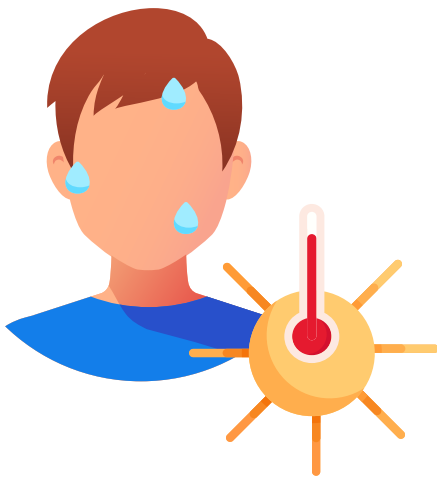
A little stress is normal and healthy. That being said, countless studies have proven that chronic stress can lead to lower immune function indirectly through creating imbalances in the endocrine and nervous system. Stress also raises cortisol levels, which over time can lead to inflammation and changes at the genetic level. A 2003 report in the journal *Trends in Immunology* stated that "[t]here is now good evidence (in animal and human studies) that the magnitude of stress-associated immune dysregulation is large enough to have health implications."



#5. Melatonin

One of the main problems with coronavirus is that it creates a "cytokine storm," which is induced by the activation of NLRP3 inflammasomes. According to a recent article from Italy, melatonin inhibits the NLRP3 inflammasome, so it may be a truly unique molecule to fight against COVID-19. Simply stated, adequate

melatonin levels may reduce the infectiousness of coronavirus and may also diminish the chances of developing acute respiratory distress syndrome and acute lung injury.



#6. Hyperthermia

There are many ways to lower stress, such as meditation, prayer, exercise, being in nature, and reducing caffeine consumption. Another way is through modalities that utilize the soothing power of heat. Hyperthermia raises body temperature temporarily, and this can also boost the immune system too. The mechanism for how this work is seen through substances in the body called Heat Shock Proteins (HSPs). Healthy HSPs play a role in protecting cells from damage caused by stress.

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A certain amount of stress on the body caused by exposing oneself to high heat temporarily increases the amount of healthy HSPs within cells. This can be a good thing immunity, according to a 2016 Italian study, among others. Forms of hyperthermia include dry sauna, infrared sauna, wet sauna, mineral springs, exercise, and utilizing certain technologies such as the Biomat.

#7. Eat Green Vegetables & Consume Less Sugar

Bright green vegetables such as kale, broccoli, cabbage, and Brussels sprouts are all part of the Brassicaceae, or Cruciferae, family. These foods have pretty much all the nutrients you need for immune system health. They are packed with antioxidants and essential minerals such as calcium, magnesium, and selenium. They also contain specific phytonutrients such as sulforaphane, which boost enzymes that support the immune system.



A 2011 study conducted by the Babraham Institute in Cambridge, UK, found that phytonutrients within green veggies provide chemical signaling for intraepithelial lymphocytes (IELs) in the gut and in the immune system. IELs help to ensure a fully-functioning immune system.

Sugar in today's world normally comes in the form of fructose, and largely synthetically-produced High Fructose Corn Syrup (HFCS) in particular. Research conducted in 2010 at Oregon Health & Science University found that ingesting HFCS can lead to imbalances in the hypothalamus. The hypothalamus is the part of the brain which sets healthy appetite levels and also controls the production of hormones responsible for metabolism.

The other form that sugar typically comes in commercially is sucrose (table sugar). Sucrose is a mixture of fructose and glucose and is extremely hard for the body to break down and digest. Experts state that too much of any kind of sugar can compromise immune function significantly. Too much sugar can lead to obesity

and diabetes and can also lower white blood cells' effectiveness at destroying harmful bacteria in the gut and elsewhere.

If you are suffering from a major disease, think seriously about removing sugar from your diet completely, at least for a little while. Besides hydration, cutting back on all sources of refined sugars, including white bread and pasta, is probably one of the best things you can do for your immune system, hands down!



#8. Essential Oils

There is a wide range of essential oils that have been clinically proven to possess antiviral properties, including eucalyptus, clove, grapefruit, cinnamon leaf, tea tree, and lemon balm.

#9. Stay Away from "Trans Fats" & Consume Healthy Fats

Another substance to stay away from for immune health is trans fats. While many naturally-produced fats are essential for immune system health (we will get to those next), trans fats are synthetically produced and can actually turn off certain functions in the body vital to healthy immunity and cardiovascular functioning. When trans fats are heated, this creates extreme oxidation in the body.

In addition, according to the University of Illinois biochemist and best-selling author Dr. Fred, man-made trans fats can turn off the synthesis of a substance called prostacyclin. Prostacyclin is needed to keep blood circulating and to prevent clotting. Trans fats are also linked to neurological disorders such as depression.

On the flip side, there are some fats that you want to keep on your plate. The job of Omega 3 fatty acids is to maintain the vitality and integrity of cells, including immune system cells. In fact, they make up part of the cell membrane and play a role in cellular genetic integrity as well. Omega 3 fats cannot be made by the body. They must be received by consuming whole foods or as a supplement. The three types of Omega 3s are EPA and DHA, which come from cold-water fish, and



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ALA, which comes from nuts and seeds, leafy greens, and some animal fat.

#10. Iodine

Iodine exhibits activity against bacteria, molds, yeasts, protozoa, and many viruses. Interestingly, of all the antiseptic preparations suitable for direct use on humans and animals and upon tissues, only iodine is capable of killing all classes of pathogens (gram-positive and gram-negative bacteria, mycobacteria, fungi, yeasts, viruses, and protozoa).

According to Dr. David Brownstein:

"Iodine is essential to not only fighting off an infection it is necessary for proper immune system functioning. There is no bacteria, virus, parasite or fungus that is known to be resistant to iodine."



Iodine is one of the best antiseptics around. Almost all sterilization products have some form of iodine in them. Iodine is amazing as a wound cleaner, gargle, surface cleaner, and even water purifier!

#11. Bone Broth

Bone broth is made from long-term heavy boiling of the bones of animals, typically organic and hormone-free beef, chicken, or fish. The boiling process extracts nutrients and other healing materials from the marrow inside the bones to create an elixir of goodness for your immune system and your gut. Bone broth is super high in vitamins, minerals, fatty acids, and lipids, all of which are essential for immunity.

It also includes amino acids glutamine, glycine, and arginine, which help to regulate the immune system, support the liver, and ensure quality sleep. Bone broth also contains substances known as Glycosaminoglycans (or GAGS), which help seal the gut lining.





#12. Eat Less

Then there is the conventional wisdom of simply eating less in general. Individuals have been restricting calories for health for centuries. Even animals stop eating when they are ill and need to rest and restore. Many studies indicate that calorie restriction is linked to less free radical damage, the regulation of inflammatory mechanisms, and the prevention of disease.

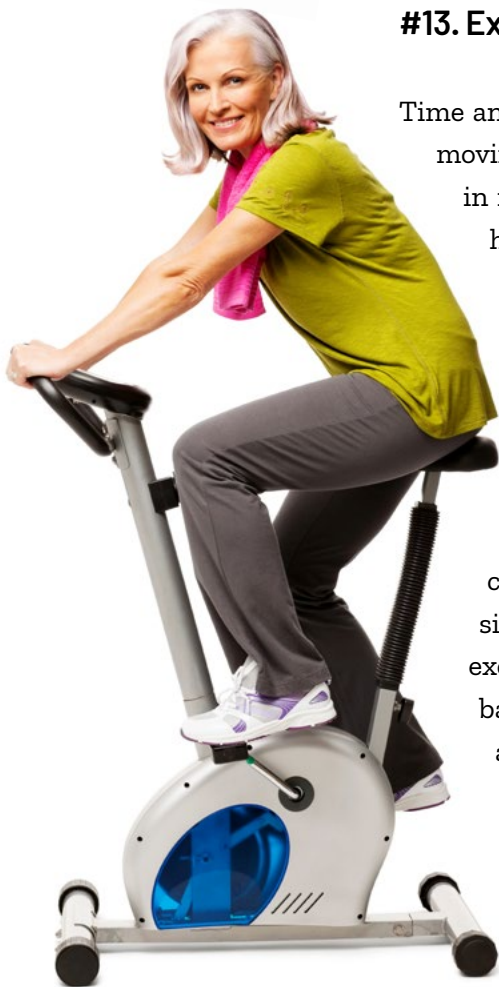
A recent report published in the journal *Cell Stem Cell* found that a 3-day fast helped regenerate the immune system as well as protect it from damage, even at the genetic level. A study conducted on those who practice intermittent fasting during Ramadan found that the practice regulated the number of inflammatory cytokines produced by the immune system.

Intermittent fasting is when a person goes from between 14 to 20 hours without eating, usually from the evening before to the next morning or early afternoon.

#13. Exercise

Time and again, over recent years, studies have confirmed that moving your body can have a profound effect on immune health in many ways. One way is through upping the amount of healthy HSPs within cells, as mentioned above. Exercise can also help with detoxification through circulating lymph fluid. What is even more amazing is that high-intensity cardiovascular activity can also help the gut.

According to a 2016 study conducted by the University of British Columbia in Canada, aerobic exercise can increase gut bacteria diversity by 20%. The biggest change that researchers conducting this study saw was a significant increase in butyrate levels shortly after aerobic exercise. Butyrate is a fatty acid that is linked to healthy bacteria such as Clostridiales and Roseburia. Exercise can also decrease "energy harvesting" bacteria associated with obesity and increase bacteria that encourage more efficient fat burning.



#14. Get Quality Sleep

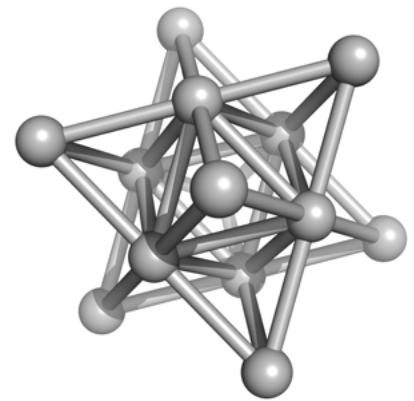
The majority of Americans are sleep deprived. Insufficient sleep has been associated in countless studies with a compromised immune system as well as accelerated aging, DNA damage, and cell damage. In addition, research conducted at Uppsala University in Sweden suggests that alterations in sleep can affect the abundance of beneficial bacteria in the gut and lower gut microbiota overall.

This is because it is while you slumber when major organs such as the digestive system and the liver have a chance to rest and repair. It is also the time when repairing hormones, such as melatonin, are released. The bottom line is that in order to have a healthy immune system and a healthy digestive system, you need quality sleep!



#15. Silver Nanoparticles

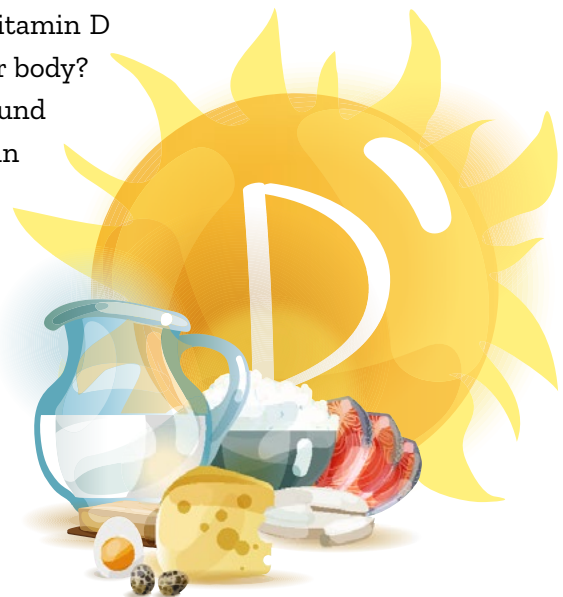
Silver has been utilized as a medicine since ancient times to treat scores of ailments, including the bubonic plague. It works by interfering with the enzymes that allow a virus to utilize oxygen, thus, in essence, suffocating it so it cannot do damage in the body. Silver nanoparticles have proven to exert antiviral activity.



#16. Vitamin D

Vitamin D is really not a "vitamin," per se. It actually acts more like a powerful steroid hormone. Did you know that vitamin D affects more than 100 different gene blueprints in your body? Yet a 2009 U.S. Centers for Disease Control survey found that roughly three-quarters of all the teens and adults in the U.S. are vitamin D deficient.

Like C and the Bs, the body cannot make vitamin D. The best way to get enough of it is through direct exposure of skin to the sun, or through supplementation. The non-profit Vitamin D Council states that vitamin D supplementation may be beneficial on a variety of preventative fronts, including helping with autoimmune disease and cardiovascular issues.



If you are supplementing with vitamin D to up your levels, be sure to get a product that contains both D3 and K2. Both are needed to work together for cellular communication.



#17. B Vitamins

Like vitamin D and C, B vitamins are pretty much essential for all healthy functioning in the body. This includes B1, 2, 3, 5, 6, 9, and 12, with added emphasis on vitamins B6 and B12 where immune system health is concerned. B6 is found mostly in animal products and dairy. It is essential for a process called methylation.

This is the mechanism through which DNA gets expressed and is vital for detoxification through the liver. Methylation is also a key factor in the production of the super-antioxidant glutathione. Not too long ago, it was normal for individuals to get B12 shots from their primary doctor when they were feeling under the weather. There was a reason why...

Vitamin B12 is a major player for red blood cell formation and for the nervous system. Babies born with B12 deficiency run the risk of impaired growth and lower brain development. Sadly, a recent survey conducted as part of the Framington Heart Health Study found that one in every four Americans is B12 deficient.

#18. Medicinal Mushrooms

Adding medicinal mushrooms to your daily routine is a great way to boost immune function directly. Some mushrooms that have been scientifically verified to do this are Lion's Mane, Turkey Tail, and Reishi. A study conducted by the U.S. Department of Agriculture found that Lion's Mane mushroom can be both neuroprotective and anti-aging. Several studies connect Reishi in particular to improved immunity. It has been used for thousands of years in Asia for this capacity. A report



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in the *Journal of Ethnopharmacology* linked *Ganoderma lucidum* (Reishi) to antiherpetic activity. It inhibited the mechanisms by which the virus maintains itself and flourishes in the body.

#19. Green Tea

Green tea contains a substance called Epigallocatechin gallate, or EGCG. EGCG can help the immune system by protecting cells from oxidation since it is a powerful antioxidant. The amino acid L-theanine in green tea also provides support to the germ-fighting T-cells of the immune system. There is laboratory evidence to suggest that EGCG in green tea may also repair damaged DNA. The fermentation process that a typical black tea goes through destroys most of the EGCG in tea leaves. Green tea does not go through fermentation, thus the EGCG is not destroyed.



#20. Turmeric

Curcumin is a key phytonutrient found in the bright yellow Indian root spice turmeric. To date, thousands of studies have been conducted on curcumin and many more on this substance together with its partner substance, piperine. Piperine is a phytonutrient found in black pepper. The two together pack quite a punch for disease prevention. They are powerful anti-inflammatory agents that can help the body as a whole, especially the immune system and the body's detoxification.

A 2007 report published in the *Journal of Clinical Immunology* found that curcumin can modulate the expression of many immune system substances, including T cells, natural killer cells, and macrophages. The authors state that "curcumin's reported beneficial effects in arthritis, allergy, asthma, atherosclerosis, heart disease, Alzheimer's disease, diabetes, and cancer might be due in part to its ability to modulate the immune system."





Summary

Above all, remember that things will get better. With all of the media coverage, school closings, and quarantine orders, it would be easy to feel scared. But remember that God is in control and has given us so many ways to protect ourselves and stay healthy right here in nature.



This virus is real. But it shouldn't scare us into giving up our freedoms. Wash your hands, supplement your immune system, and look out for one another. We're going to be ok!

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ABOUT THE AUTHORS

Ty & Charlene Bollinger are devoted Christians, health freedom advocates, health researchers, documentary film producers, and best-selling authors.

After losing several family members to conventional cancer treatments, they set out to learn the truth about cancer and the cancer industry, working together tirelessly to help others to learn the truth that sets them free to live healthy, happy lives.

Ty & Charlene's heartbreak and grief coupled with their firm belief that chemotherapy, radiation, and surgery were NOT the most effective treatments available for cancer patients, led them on a path of discovery.

On their journey, they interviewed cutting-edge scientists, leading alternative doctors, and groundbreaking researchers to learn about hidden alternative cancer treatments. What they uncovered helped to create The Truth About Cancer and its four awe-inspiring documentaries: *The Quest for The Cures*, *The Quest For The Cures Continues*, *The Truth About Cancer: A Global Quest*, and *Eastern Medicine: Journey Through ASIA*.

Ty and Charlene speak frequently at seminars, expos, conferences, and churches. Together, they host a biweekly internet news program: TTAC Global Health News.

Their message is clear: **CANCER IS NOT A DEATH SENTENCE. THERE IS ALWAYS HOPE.**



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