

## Health and Wellness—Information and Links

P—Freedom Teams—Health and Wellness (12)

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Wr\p\ft\3-21-24

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### To Those Interested in True Health and Wellness,

There is disease care and there is health care.

Freedom Focus is researching options for true health care—protective, proactive options that can prevent disease.

#### Please, do your own research:

We seek to have Primary Source links, not as recommendations, but to assist us in finding facts and best resources so that we are equipped to make our own best decisions. We strongly encourage everyone to be diligent and discerning as they do their own research.

#### Stay in touch:

The pages of Freedom Focus are always under development.

We welcome additions, comments and questions.

Contact us at FactsforFreedom@protonmail.com.

#### Disclaimer:

*The resources and links contained in these pages are not intended as recommendations. Please always do your own research. Freedom Focus assumes no liability or responsibility for the accuracy of the content or any consequences that could arise from action upon it. Information provided may contain copyrighted material whose use has not been specifically authorized by the copyright owner. Information is provided to advance the understanding of these issues. We believe this constitutes a “fair use” of the copyrighted material as provided for in section 107 of the US Copyright Law.*

This sequence begins with a “Table of Contents,” so that you can see the content ( flow of the steps) , and then the document moves into the information and links. (“Details and Links.” ) If you right-click on an external link, you will be able to open it in new tab. T(here are also links on phrases that will connect you to related blocks within the document.)

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1	<b>Health and Wellness—Vaccines</b>
1	<b>Health and Wellness—World Health Organization</b>
2	<b>Health and Wellness—Advocacy and Information</b>  Resources: 1. The World Council for health is a free site for information and advocacy. a. <a href="https://worldcouncilforhealth.org/about/">https://worldcouncilforhealth.org/about/</a> 2. Learn the Risk a. This site is for a US based non-profit that provides education on vaccines and medical and pharmaceutical treatments. b. A very good resource for parents because of the focus on vaccines. c. Learntherisk.org d. <a href="https://learntherisk.org/about-us/">https://learntherisk.org/about-us/</a>
2	<b>Health and Wellness—Bioregulatory Medicine</b>  Resources: 1. Bioregulatory Medicine Institute a. “Bioregulatory medicine is a total body (and mind) approach to health and healing that aims to help facilitate and restore natural human biological processes. It is a proven, safe, gentle, highly effective, drugless, and side-effect-free medical model designed to naturally support the body to regulate, adapt, regenerate, and self-heal.” b. BRMI.online
2	<b>Health and Wellness—Cancer</b>  Resources: 1. An Answer to Cancer? a. “The World without Cancer” by G. Edward Griffin is an impressive video that may hold the key to most effectively treating cancer. b. <a href="https://rumble.com/v2og4xg-g.-edward-griffin-world-without-cancer-the-story-of-laetrile-1974.html">https://rumble.com/v2og4xg-g.-edward-griffin-world-without-cancer-the-story-of-laetrile-1974.html</a> 2. A website that offers many scientifically based, effective, often natural solutions to cancer a. <a href="https://thetruthaboutcancer.com/">https://thetruthaboutcancer.com/</a> 3. Marcus Ellis, survivor of stage 4 cancer a. His story, an 18 minute video i. <a href="https://www.brighteon.com/62e5993b-73b1-4f62-a3a6-1d2e37fd5b1a">https://www.brighteon.com/62e5993b-73b1-4f62-a3a6-1d2e37fd5b1a</a> b. His site i. <a href="https://marcusellis.org/">https://marcusellis.org/</a> c. The protocol he used: i. (to be added) 4. Richardson Nutritional Center—offering information and products that Marcus Ellis recommends a. <a href="https://rncstore.com/?sacode=927t8s&amp;utm_source=simple-affiliate&amp;utm_medium=referral&amp;utm_campaign=Marcus+%25285257870147644%2529">https://rncstore.com/?sacode=927t8s&amp;utm_source=simple-affiliate&amp;utm_medium=referral&amp;utm_campaign=Marcus+%25285257870147644%2529</a>
2	<b>Health and Wellness—Carpel Tunnel</b>

		Resources: 1. One of our members reported positive results using vitamin B6. 2. Researching ( and) links is underway.
2	<b>Health and Wellness—Covid—Planning for Covid-19 since 2009</b>  <b>DID YOU KNOW...</b> <b>...That planning for Covid-19 dates back to 2009.</b>  1. The following is from the website BRMI.online. 2. This organization is the Bioregulatory Medicine Institute. 3. Here is an example quote from their 376-page article called, “Medical Timeline of Covid P(l)andemic Starting 2009.” a. February 1, 2009—“Acuitas Therapeutics is a private company incorporated in British Columbia , Canada. They were found in February 2009...They are developers of the lipid nanoparticle (LNP) used to deliver mRNA code into cells.” 4. There is much much more. 5. To view the timeline: a. <a href="http://www.brmi.online/covid-19">www.brmi.online/covid-19</a> i. Scroll down to “Medical Timeline of Covid P(l)andemic Starting 2009.” ii. Download the PDF, the document will open. b. If that doesn’t work: c. Go to BRMI.online. i. In the bar at the top, click on “Principles.” ii. At the bottom of the drop down, click on Covid-19. iii. Scroll down to “Medical Timeline of Covid P(l)andemic Starting 2009.” iv. Download the PDF, the document will open.	
2	<b>Health and Wellness—Euthanizing</b>  Of note legislatures are promoting euthanizing, assisted suicides.  Resources:	
2	<b>Health and Wellness—Masks</b>  Resources: 1. Masks Unmasked: a. Fauci saying masks don’t work, are even harmful. b. <a href="https://rumble.com/vqvfac-fauci-says-masks-dont-work..html">https://rumble.com/vqvfac-fauci-says-masks-dont-work..html</a> 2. Dr. Sherri Tenpenny discusses the truths about masks a. <a href="https://www.worldviewweekend.com/tv/video/dr-sherri-tenpenny-covid-and-myth-masks">https://www.worldviewweekend.com/tv/video/dr-sherri-tenpenny-covid-and-myth-masks</a> 3. How masks reduce our oxygen intact to dangerous levels. a. (need video link)	
2	<b>Health and Wellness—Memory issues—Diabetes 4?</b>	

2	<p><b>Health and Wellness—Memory issues—Toxins</b></p> <ol style="list-style-type: none"> <li>1. Memory issues can be caused by toxins, an assault on the body             <ol style="list-style-type: none"> <li>a. Mercury (\aluminum)                 <ol style="list-style-type: none"> <li>i. The flu vaccine can contain\s mercury</li> <li>ii. Fillings in our teeth can be 50% mercury, which is close to the brain</li> </ol> </li> <li>b. Aluminum                 <ol style="list-style-type: none"> <li>i. Certain foods can contain aluminum</li> <li>ii. Because aluminum in foods is a heavy molecule it is normally pooped out without significant issues.</li> <li>iii. When aluminum is introduced via vaccine in the bloodstream and glyphosate is introduced, this can cross the blood-brain barrier.</li> <li>iv. Glyphosate acts as a cage that shields the weight of aluminum.</li> </ol> </li> <li>c. Iron filings                 <ol style="list-style-type: none"> <li>i. Iron builds up in the blood through “enriched” or “fortified” foods.</li> <li>ii. Iron may be in some chemtrails although aluminum is predominant.</li> </ol> </li> <li>d. Meds                 <ol style="list-style-type: none"> <li>i. Arisept and other Alzheimer’s drugs do not seem to offer much promise.</li> </ol> </li> </ol> </li> <li>2. Blood dialysis:             <ol style="list-style-type: none"> <li>a. This offers a way to remove heavy metals, toxins, and plastics.</li> </ol> </li> <li>3. Supplements can remove the toxins\slower process than dialysis             <ol style="list-style-type: none"> <li>a. Phosphatidylcholine                 <ol style="list-style-type: none"> <li>i. Can be found in eggs, yet additional supplementation may be helpful.</li> </ol> </li> <li>b. Vitamin D levels may need to be increased</li> <li>c. Lions mane</li> <li>d. Modified Citrus Pectin (MCP)                 <ol style="list-style-type: none"> <li>i. This is a great and safe binder.</li> <li>ii. This is taken between meals.</li> </ol> </li> <li>e. Cilantro                 <ol style="list-style-type: none"> <li>i. Helps remove heavy metals (must be taken with a binder such as MCP)</li> </ol> </li> <li>f. Magnesium L-Threonate                 <ol style="list-style-type: none"> <li>i. Most effective form to cross the blood-brain barrier.</li> </ol> </li> <li>g. Magnesium malete                 <ol style="list-style-type: none"> <li>i. With coconut oil</li> <li>ii. This will get the magnesium past the blood brain barrier</li> </ol> </li> <li>h. Nicotine patches                 <ol style="list-style-type: none"> <li>i. Lets other receptors let go of other chemicals</li> <li>ii. No addictive properties</li> </ol> </li> <li>i. Omega 3’s                 <ol style="list-style-type: none"> <li>i. 3’s are good for the brain</li> <li>ii. Often Almega 6 is too high, and 3’s are too low.</li> </ol> </li> <li>j. BoraxSoap                 <ol style="list-style-type: none"> <li>i. 20 muleteam borax                     <ol style="list-style-type: none"> <li>1. Boron—pharm grade</li> <li>2. 1 tsp in1 liter of water.</li> <li>3. Take 1 tsp a day with a full glass of water.</li> </ol> </li> </ol> </li> </ol> </li> <li>4. Detoxing—Lifestyle             <ol style="list-style-type: none"> <li>a. Saunas</li> <li>b. Sweating</li> <li>c. Be well hydrated\water                 <ol style="list-style-type: none"> <li>i. Water often florinated</li> </ol> </li> </ol> </li> </ol>
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		<ul style="list-style-type: none"> <li>ii. Water likely needs to be filtered</li> <li>iii. Water does need to have some minerals</li> <li>iv. Flouride—(mineral) will calcify brain and bones</li> </ul> <p>5. Detoxing—Dialysis, the quick path</p> <ul style="list-style-type: none"> <li>a. Dr. Issac Iliaz <ul style="list-style-type: none"> <li>i. Offers a different form of dialysis which removes plastics and heavy metals from the blood.</li> <li>ii. Dr. Eliaz will provide about 3 sessions in a week</li> <li>iii. His clinic is in Santa Rosa, CA</li> <li>iv. He is booking weeks out</li> <li>v. The cost is between \$7 and 10 K</li> <li>vi. He begins with a virtual skype</li> </ul> </li> <li>b. Inuspheresis <ul style="list-style-type: none"> <li>i. Switzerland</li> </ul> </li> </ul>
	2	<p><b>Health and Wellness—Providers</b></p> <p>Resources:</p> <ul style="list-style-type: none"> <li>1. Americas Frontline Doctors <ul style="list-style-type: none"> <li>a. <a href="https://americasfrontlinedoctors.org/">https://americasfrontlinedoctors.org/</a></li> </ul> </li> <li>2. Dr. Zelenko, now deceased</li> <li>3. Dr. McCullough</li> <li>4. Dr. Malone</li> <li>5. Dr. Ardis</li> <li>6. Dr. Judy Mikovich</li> <li>7. Dr. Tenpenny</li> <li>8. Dr. Le Meng Yan—she was at Wuhan</li> <li>9. Dr. Richard Fleming</li> <li>10. Dr. Lee Merrick</li> </ul>
	2	<p><b>Health and Wellness—Provision</b></p> <p>Resources:</p> <ul style="list-style-type: none"> <li>1. The Wellness Company <ul style="list-style-type: none"> <li>a. Striving to build a new healthcare system that earns people’s trust, offering high quality practitioners who align with our fundamental belief—to put the patient first.</li> <li>b. <a href="https://www.twc.health">https://www.twc.health</a></li> </ul> </li> </ul>
	2	<p><b>Health and Wellness—Remdesivir</b></p> <p>Resources:</p> <ul style="list-style-type: none"> <li>1. Dr. Bryan Artis—Hospital murdering, remdesivir renal failure <ul style="list-style-type: none"> <li>a. CDC Protocols that is using remdesivir shown to have 54% death rate</li> <li>b. <a href="https://rumble.com/vloe0w-dr.-bryan-ardis-grand-rapids-mi-reawaken-america-tour.html">https://rumble.com/vloe0w-dr.-bryan-ardis-grand-rapids-mi-reawaken-america-tour.html</a></li> </ul> </li> </ul>
	2	<p><b>Health and Wellness—Vaccines</b></p> <p>Resources:</p>

		<ol style="list-style-type: none"> <li>1. Children at risk from the vaccines—in the womb, infants, breast feeding. <ol style="list-style-type: none"> <li>a. Naomi Wolf is leading a group studying the Pfizer reports of harms, the report that originally was to be blocked for 75 years.</li> <li>b. Here is a brief video of what she is finding.</li> <li>c. <a href="https://rumble.com/v15303n-dr.-naomi-wolf-joins-war-room-to-discuss-altercations-with-covid-19-vaccine.html">https://rumble.com/v15303n-dr.-naomi-wolf-joins-war-room-to-discuss-altercations-with-covid-19-vaccine.html</a></li> </ol> </li> <li>2. Childrenshealthdefense.org <ol style="list-style-type: none"> <li>a. Truth about vaccines</li> <li>b. Book about the harm Fauci has done by Robert F. Kennedy—<u>The Real Anthony Fauci</u></li> </ol> </li> <li>3. Dr. Andreas Noack reveals that there are razor particles in the vaccines. <ol style="list-style-type: none"> <li>a. This is in the site Brandnewtube.com, which may require signing in</li> <li>b. <a href="https://brandnewtube.com/watch/dr-andreas-noack-razor-blades-particles-in-the-quot-vaccines-quot_Q1RZhCpxbFBhF9M.html">https://brandnewtube.com/watch/dr-andreas-noack-razor-blades-particles-in-the-quot-vaccines-quot_Q1RZhCpxbFBhF9M.html</a></li> </ol> </li> <li>4. Healthy athletes dropping dead <ol style="list-style-type: none"> <li>a. Can be shared with vaccine video by Dr Andreas Noack—see at _____ (time) when he says that the increased flow of blood in athletes move the particles into the heart, which is why they are collapsing and sometimes dying.</li> <li>b. <a href="https://www.youtube.com/watch?v=L8sPIMJ7iAc">https://www.youtube.com/watch?v=L8sPIMJ7iAc</a></li> </ol> </li> </ol>
2		<p><b>Health and Wellness—World Health Organization</b></p> <p>Resources:</p> <ol style="list-style-type: none"> <li>1. Stopvaxpassports.org <ol style="list-style-type: none"> <li>a. This is a site that is warning about vaccine passports.</li> <li>b. This site also sponsored a webinar about the initiative to give sovereignty to the Who: <ol style="list-style-type: none"> <li>i. <a href="https://stopvaxpassports.org/webinar-stop-the-sellout-of-us-sovereignty-to-the-who/">https://stopvaxpassports.org/webinar-stop-the-sellout-of-us-sovereignty-to-the-who/</a></li> </ol> </li> </ol> </li> </ol>