

“A truly strong person does not need the approval of others any more than a lion needs the approval of sheep.”

- **Vernon Howard**

I think this is a fantastic quote because these days, you have to be strong to go against the grain, to stand up for your convictions and to not go along with the crowd because it's the easy thing to do. But at the same time, it doesn't mean you shouldn't surround yourself with those on the same mission as you. Being around like-minded people is energizing. I've always known that the right choice isn't always the popular choice. It's what separates leaders from followers. Remember, the one who falls and gets up is so much stronger than the one who never fell. True strength shows that you have the ability to persist AND that you also have the ability to start over, if that's what you need to do. As Bob Marley once said, "You never know how strong you are until being strong is the only choice you have." Dig deep into your soul and choose strength over weakness.

Yours in health,

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Things That Make You Go HmMMMMMM.....



Most of you are probably old enough to remember this 1991 song by C&C Music Factory. It recently popped into my head, probably because there are a lot of things going on that just don't make sense. So this month, instead of providing you with information, I'm going to ask a bunch of questions for you to think about and see if you can answer them.

- Why do most doctors treat the SYMPTOMS of disease and not the CAUSE?
- If cancer thrives on sugar, why do many doctors' offices and oncology clinics have bowls of candy in their waiting rooms?
- Why don't medical schools offer coursework in nutrition?
- How are they testing for the "Delta" and "Lambda" variants?
- Why did the seasonal flu completely disappear last year?
- Why is healthy food so much more expensive than unhealthy food?
- Why do more people die from cancer treatments than from cancer?
- Why are alternative cancer treatments suppressed and many doctors who advocate them persecuted?
- Why have we been brainwashed to believe the only treatments that work for cancer are surgery, chemo and radiation?
- If a pregnant woman tests negative for Hepatitis B, which can only be spread through sex and intravenous drug use, why are babies given this vaccine at birth, 3 months and 9 months when there's no way they have it?
- Why are fully vaccinated people still coming down with Covid?
- Why is it not more common knowledge that people with high levels of Vitamin D tend to be healthier than those with low levels?

- Why don't most people know about the power of Vitamin B17 or even what it is?
- How has the cancer industry made billions of dollars searching for a cure for cancer, but has never actually found it? Where does all that money go?
- Why are doctors who dare to question the status quo frequently ostracized, blackballed and persecuted?
- Why does the FDA raid offices of alternative practitioners and destroy their medical records?
- Why is it that the healthiest people you know are probably not taking prescription medications, but they eat healthy and take natural supplements?
- Did you ever wonder why, when you get put on a prescription drug for a particular ailment and it causes side effects that you get put on another drug to address those side effects?
- Why is the package insert for the Moderna vaccine completely blank when it should list all the ingredients and potential side effects?
- What is Luciferase and why is it in the vaccine?
- Why were we told hydroxychloroquine (HCQ) could kill you when it's been successfully been used to treat many illnesses, including malaria and rheumatoid arthritis, for over 65 years and why were pharmacists prohibited from dispensing it?
- Since Ivermectin won the Nobel prize for medicine in 2015, why was its use kept from us, particularly when studies have shown that if you take Ivermectin you will NOT get sick?
- Why did John D. Rockefeller use his political influence in the 1940s to have Congress declare natural remedies, which had been used for thousands of years, "Unscientific quackery"?
- Why is medical error the 3rd leading cause of death?
- Why does Microsoft have a patent with W0-2020-060606 as a patent number?
- Why does pharmaceutical industry spend the more money annually than any other industry lobbying Congress?
- And the final and perhaps most important thing that makes me go hmmm is this: Why are so many incentives being offered to take the Covid-19 vaccine, why do "they" want us to take it so badly and how many "boosters" will they want us to take?

Below are some websites I'd encourage you to check out. Have a wonderful month.

- <https://budesonideworks.com/>
- <https://www.bitchute.com/video/YnSppbsgDBYS/>
- <https://api.banned.video/embed/5febc6a8c3c5ce1ce2f5f8d7>
- <https://timetofreeamerica.com/proven-treatments/#scroll-content>
- <https://americasfrontlinedocs.com/wp-content/uploads/2020/07/White-Paper-on-HCQ-2020.2.pdf>