

“Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same.”

– Francesca Reigler

I absolutely love this quote. But in addition to happiness being an attitude, it's also a CHOICE. I've written about that fact many times. We and we alone have the ability to control our own emotions. No one else can do that for us. We can't make other people happy. It's up to us to make the choice to be happy. Being with someone we care about can certainly contribute to our happiness, but it's not the cause of it. As my dad would say, "Happiness is an inside job." We can't be happy if we dwell on the past or worry about the future. Focus instead on living our best life in the present and cherish every moment today, because tomorrow isn't a guarantee. The very best time to be happy is always right now! As always, please reach out to me with any questions you have about anything I write.

Things That Make You Go HmMMMM, Part 2



In my August 2021 newsletter, I wrote about things that make you go hMMMM. It's been over a year and so much information has come out, I decided it was time to ask more questions for you to think about and research. The most important thing I've learned over the last couple of years is that you can't believe everything (or maybe anything) you're told by the mainstream media. Sadly, you also can't always believe your own doctor. Before you make ANY decision that could somehow affect you, please do your research. Don't rely on others, including me. I've always encouraged you to look into things on your own. Unfortunately, people, including doctors, don't always have the best intentions. But sometimes, they just don't know any better. So once again, I'm going to throw out some questions that just don't make sense to me.

- The most important thing that makes ME go hMMMM is this: Why do most doctors treat the SYMPTOMS of disease and not the CAUSE? Treating the CAUSE is the ONLY way people will get well.
- Why In the early 1960's, were only 3 different childhood vaccines (7 total shots) required? Why did that increase in to 22 (total) in 1996 and increase again to 36 (total) in 2017? These are all required by the time children are 6.
- Why was the hashtag #DiedSuddenly trending on social media and then Facebook and Twitter blocked it?
- Why were pharmacies prohibited from selling Ivermectin (and HCQ) and then the CDC recently (and quietly) added it to its list of approved treatments for COVID-19?
- Why is the Association of American Physicians and Surgeons ("AAPS") suing the FDA for misleading the public about Ivermectin?
- Why are ingredients in cereals like Fruit Loops (yellow dye #5 and #6, red dye #40, blue dye #1) allowed in the United States but are banned in the United Kingdom and European countries?
- Why do Doritos include the ingredient Potassium Chloride, which is used for lethal injections for inmates on death row?
- Why is most soda in the US made with high fructose corn syrup as the sweetener when other countries use sugar, which is more easily recognized by the body?
- Why did we get away from letting food be our medicine?
- Why was the Surgeon General of Florida, Dr. Joseph A. Ladapo's Twitter account temporarily taken down when he posted an analysis that there has been an 84% increased risk in cardiac-related death among men 18-39 years old who had received the COVID "vaccine"?
- Now that there are over 167 peer-reviewed studies showing masks DON'T work, why are they still being pushed in many places?
- Why were hospitals monetarily incentivized to put COVID patients on ventilators and Remdesivir?
- Why did Anthony Fauci and the FDA make Remdesivir the designated treatment for COVID in hospitals when it was known to cause kidney issues and is a very toxic drug?
- Why are illegal immigrants being offered free health care when our monthly premiums and other costs continue to skyrocket?
- According to Joe Biden, the COVID pandemic is over, so why are mandates still being pushed?

- Why is the FBI going after parents who are speaking out at school board meetings?
- Why are many athletes and young people dropping dead for no apparent reason?
- Why were we told that the COVID “vaccine” prevented the spread of the virus when Pfizer executive Janine Small just admitted to the EU parliament that Pfizer actually did NOT test it for preventing transmission of COVID prior to it being made available to the public?
- Why does half of all makeup sold in the United States contain dangerous levels of toxins?
- Why are toxic chemicals such as Sulfates (SLS, SLES), Parabens, Polyethylene Glycols and Triclosan put into shampoo?
- Why would anyone think that testing medicine or anything else on mice translates to human safety?
- Why was the swine flu “vaccine” halted after just 32 deaths in 2009, but the reported C-19 jab deaths exceed 31,000 and it’s still on the market?
- Why is JP Morgan Chase shutting down Kanye West’s bank account but had no problem providing services to Jeffrey Epstein?
- Why didn’t we have \$5 billion to build the wall but we have \$700 billion to give to other countries?

In closing, I’d like to just reiterate how important it is to ask questions, demand answers and do your research before believing what you’re told by the media and before putting anything into your body, including food. Stop for just a moment and decide whether the recommendations and information you’re being given make you go hmmmmmm.

For those of you who have “vaccine” remorse, I encourage you to check out this link:

[Treatment Protocols](#)

I’m encouraging you to watch these two well-researched videos. #17 is especially important if you have young children in your lives. #25 is critical for you and everyone you love or care about. Currently, this series goes up to Part 25 (and I suggest you watch ALL of them), but these 2 are particularly eye opening:

[Part 17](#)

[Part 25](#)

Have a wonderful month.