

***“Fear has two meanings: ‘Forget Everything and Run’ or ‘Face Everything and Rise’. The choice is yours.”  
– Zig Ziglar***

This is a great quote, but if it were mine, I would've said that fear has two meanings: '**False Evidence Appearing Real**' or 'Face Everything and Rise'. I say that because that's the reality in which we're living. Over the last few years, fear has ruled the lives of many people worldwide. This fear caused those same people to make rash decisions they probably wouldn't have made if they'd taken the time to do some research and learn the real facts. They would've learned that reality was way different than what they were being told. The tremendous amount of misinformation being provided was in fact false evidence that appeared real. The media convinced you of things that looking back, we know were absurd. But research would've revealed the truth. Thankfully, more information is finally coming out that proves people were essentially being brainwashed into thinking what they heard on the news was true. But the reality is, it turned out to be fake news. Yes, I'm going there this month. The decision to be afraid is certainly a choice, so this time around, choose to NOT be afraid. Fear is the enemy. The only power that can so effectively rob the mind of all its reasoning capacities is fear. Knowledge is our friend and it gives us power. This time around, I want everyone to be prepared for what's coming, so I'm going down a path on which many don't want me to venture. Knowledge also gives us strength and courage. My goal this month is to arm everyone with the knowledge that will hopefully provide the courage to face everything that's about to come our way so that we RISE and we don't fall and comply. If you have specific questions about what I'm sharing, please don't hesitate to reach out.

Yours in health,  
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### Here We Go Again



There's an old saying that's really appropriate today: *“Fool me once, shame on you. Fool me twice, shame on me.”* I say this because those “they” people are at it again. They're trying to scare us into a repeat of 2020 when we were told a virus, which is very similar to the flu or the common cold, was going to kill us all. Did you ever stop and wonder why there were virtually no cases of the flu that year? How did the annual flu just disappear? The reality, which is now being exposed, is that essentially 99.9x% of people survived the cold/flu “they” called COVID-19. Many people were convinced to wear a mask that didn't work, to stay 6-feet apart to “stop the spread” and to take a “vaccine” that was supposed to keep everyone safe. That my friends, was all a BIG LIE.

We were told to beware of Omicron, Delta, Alpha, then Beta. Then there was BA.5. Now they're doing it again by trying to scare us with a new “variant” called B.A.2.86, which will of course usher in a new booster. Shame on them!!!

Did you catch the fact that the CDC accidentally admitted that masks are totally useless? How? They stated that *“cloth masks used to slow the spread of Covid-19 offer little protection against wildfire smoke. They do not catch the small particles found in wildfire smoke that can harm your health. Limit your time outside when it's smoky.”* A smoke particle (2.5 microns) is almost 21 times larger than a coronavirus particle (0.12 microns), so if masks don't work for smoke how on earth can they work for the coronavirus? The reality is that masks never worked and now there are over 167 PEER-REVIEWED studies confirming they don't work. Do your research.

Additionally, a new mask study published by NIH suggests that N95 COVID masks may expose wearers to dangerous levels of toxic compounds linked to seizures and cancer. Wait, wasn't this the same corrupt NIH who told people to wear masks? Additionally, two new studies, one from South Korea and the other from Germany, found that extended mask use results in excessive inhalation of toxic volatile organic compounds (“TVOCs”) and is linked to chronic headaches, nausea, organ damage and cancer. Interestingly, the also corrupt EPA recommends keeping TVOC levels below 0.5 parts per million in indoor air. In the Korean study, the mask sample had 4.8 parts per million, a whopping 8 times more than the EPA recommended limit! The German study was especially concerned about the impact of TVOCs on children, teens and pregnant women. Study researchers wrote: *“Circumstantial evidence exists that extended mask use may be related to current observations of stillbirths and to reduced verbal motor and overall cognitive performance in children born during the pandemic. A need exists to reconsider mask mandates.”*

Congressman Clay Higgins (R-La) stated on August 28<sup>th</sup> that he *“will forever stand against government mandates. I advise those in South Louisiana and across the country to not comply. Stand up against the shackles of tyranny and oppression.”* We MUST stand up and push back.

Another very inconvenient truth is that the WHO is now admitting that asymptomatic transmission of COVID is very rare. The claim of asymptomatic transmission was a major justification for social distancing, lockdowns and masks. This is further proof that everything about the COVID-19 hysteria has been a lie.

Then there was the whole frenzy surrounding the use of ivermectin and hydroxychloroquine. Doctors couldn't prescribe it. Pharmacies wouldn't fill the prescriptions. But guess what? There's now been a court ruling that no one can keep doctors from prescribing any medicine they deem appropriate for their patients. I wonder how many people would have survived had they been given these early treatments for a very treatable disease. As I've always said: they want us sick because there's no money in people being healthy. That's the main reason why I became a health coach. I wanted to teach people how to get well and stay well naturally.

The first time around, the whole COVID-19 scam was pretty much a test of how much tyranny we as Americans would take. I'm honestly stunned by how many people just did what they were told without asking questions and demanding real answers. We can't comply out way out of tyranny. Just look at how many people rolled up their sleeves and took an injection of a supposed “vaccine” of which no one still knows what it contains. Did you know the “vaccine” data sheet, which is supposed to contain all the ingredients and warnings, is COMPLETELY BLANK?

Here's another inconvenient truth: COVID-19 cases among “vaccinated “ seniors soared in 2021 according to newly disclosed data acquired by US health agencies. But this information was NOT presented to the public! Breakthrough infection rates were higher among those who were “vaccinated” early. Yet another corrupt agency, the Center for Disease Control, (“CDC”) was provided with this and more data, but again, didn't share it with the public. Remember, this “vaccine” was never officially approved for use. It only had an “Emergency Use Authorization” (“EUA”), which is only supposed to be approved if there is nothing else available to treat a disease. Well, there were drugs available to treat COVID: ivermectin and hydroxychloroquine. But as I stated above, doctors were banned from prescribing them and pharmacies were prevented from dispensing them. Instead, drugs like Remdesivir were the approved protocol in hospitals, but turns out, that drug destroys kidneys and ultimately killed a lot of people.

Both my least favorite government agency, the FDA, as well as the CDC, have aggressively promoted COVID-19 “vaccines” throughout the plandemic, which included hyping them as strongly protective against the disease. However, their OWN DATA suggests that was NOT the case. The reality is the more boosters an individual receives, the more the immune system is reduced, setting the individual up for more sickness. Have you ever stopped to wonder why those who have the most shots and boosters are the ones who repeatedly come down with COVID?

The bottom line is this: The last time around, most people complied with the mask mandates, the social distancing, the “vaccines” and other things the government and its entities pushed on us. This time, we should know better. Mandates aren't laws. Laws must be passed by Congress. The government never had the authority to force mandates on us. Thankfully, a brave federal judge struck down mask mandates on planes because they were unconstitutional. This time around, we MUST stand up to their tyranny and fight back. I guess “my body my choice” is only applicable for those seeking an abortion. If you want to wear a mask, please feel free to do so, because it's your choice. However, DO NOT impose YOUR will on ME! We are truly living through 1776 all over again, where we, as citizens of the United States of America, must fight for our freedom. Joe Biden recently stated he pushing for a new “vaccine” that will supposedly work this time. Don't buy it. It won't work any better than the others. In fact, the FDA literally just authorized the “updated” mRNA injections against COVID for “emergency use” and prohibits the former “bivalent” version for use in the US from now on. Give me a break and stop the madness! The government is using fear to scare us into compliance, to increase its control over American citizens and to make us sick. Please DO NOT COMPLY!

In closing, here is the immune protocol I wrote about in my November 2021 newsletter. Please go to my website and read it again. Start building your immune system now before this new “variant” strikes. YOU are in control of your own health. Don't let anyone take that away from you! DO NOT BE AFRAID! You have the tools, but do your research.

- Zinc – 100 mg/day. Viruses can't replicate in the presence of zinc.
- Quercetin – 1,000 mg/day. This supplement is the mechanism to get zinc into the cells.
- Vitamin C - 5,000 mg/day, possibly more. Any additional your body doesn't need is expelled in your urine.
- Vitamin D – 5,000 IU/day
- Magnesium – 500 mg/day

Stay healthy, don't succumb to the fear porn, fight back against the coming tyranny and have a wonderful month.