

(0:43) PCR Test Practically Worthless – only 3% of positive covid tests

External peer review of the RTPCR test to detect SARS-CoV-2 reveals 10 major scientific flaws at the molecular and methodological level: consequences for false positive results.

<https://cormandrostenreview.com/report/>

Study: Only 1 of 32 COVID survivors testing positive had live virus

<https://www.cidrap.umn.edu/news-perspective/2020/11/study-only-1-32-covid-survivors-testing-positive-had-live-virus>

Covid-19: Tests on students are highly inaccurate, early findings show

<https://www.bmj.com/content/371/bmj.m4941>

Covid PCR test reliability doubtful – Portugal judges <https://www.theportugalnews.com/news/2020-11-27/covid-pcr-test-reliability-doubtful-portugal-judges/56962>

(0:53) Case Numbers vs. Deaths

Total Coronavirus Cases in Canada

<https://www.worldometers.info/coronavirus/country/canada/>

Coronavirus disease 2019 (COVID-19): Epidemiology update

<https://health-infobase.canada.ca/covid-19/epidemiological-summary-covid-19-cases.html>

Number of deaths in Canada from 2001 to 2020 (1:09)

<https://www.statista.com/statistics/443061/number-of-deaths-in-canada/>

Number of coronavirus (COVID-19) cases, deaths, and people tested in Canada as of March 14, 2021

<https://www.statista.com/statistics/1107034/covid19-cases-deaths-tests-canada/>

Cumulative number of COVID-19 tests performed in Canada from March 12 to July 30, 2020

<https://www.statista.com/statistics/1111765/cumulative-number-of-covid19-tests-carried-out-in-canada/>

(1:20) ICU Occupancy

“The lockdown is deadlier than Covid”

<https://www.corriere.ca/the-letter/the-lockdown-is-deadlier-than-covid/>

<https://www.jccf.ca/wp-content/uploads/2021/01/Barber-letter-1.pdf>

(1:34) Infection Fatality Ratio

COVID-19 Pandemic Planning Scenarios (see Table 1.)

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/planning-scenarios.html>

New CDC Coronavirus Survival Rates Torches the Democrats’ Lockdown Regime

<https://townhall.com/tipsheet/mattvespa/2020/09/28/new-cdc-coronavirus-survival-rates-torches-the-democrats-lockdown-regime-n2576983>

The CDC's New 'Best Estimate' Implies a COVID-19 Infection Fatality Rate Below 0.3%
That rate is much lower than the numbers used in the horrifying projections that shaped the government response to the epidemic. <https://reason.com/2020/05/24/the-cdcs-new-best-estimate-implies-a-covid-19-infection-fatality-rate-below-0-3/>

(1:58) Asymptomatic Transfer

(2:20)

Post-lockdown SARS-CoV-2 nucleic acid screening in nearly ten million residents of Wuhan, China
<https://www.nature.com/articles/s41467-020-19802-w>

(2:23)

Household Transmission of SARS-CoV-2 A Systematic Review and Meta-analysis
<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2774102>

(2:43) T Cell Immunity

Majority Are Already Immune Against SARS-CoV-2

<https://articles.mercola.com/sites/articles/archive/2020/10/14/herd-immunity-coronavirus.aspx?v=1615869060>

(3:13)

T-cells: Warriors of SARS-CoV-2 Infection

[https://www.cell.com/trends/immunology/fulltext/S1471-4906\(20\)30260-X](https://www.cell.com/trends/immunology/fulltext/S1471-4906(20)30260-X)

(3:16)

SARS-CoV-2-derived peptides define heterologous and COVID-19-induced T cell recognition

<https://pubmed.ncbi.nlm.nih.gov/32999467/>

(3:20)

Preexisting and de novo humoral immunity to SARS-CoV-2 in humans

<https://science.sciencemag.org/content/370/6522/1339.full>

(4:05) Kids and Covid 19

(4:39)

Coronavirus disease 2019 (COVID-19): Epidemiology update

Figure 5. Age and gender Footnote 3 distribution of COVID-19 cases in Canada as of March 12, 2021, 7 pm EST (n=22,290Footnote 1) (See Figure 5.)

<https://health-infobase.canada.ca/covid-19/epidemiological-summary-covid-19-cases.html?topic=About+COVID-19&about=More+details+about+the+cases+reported+in+Canada>

(4:55)

FluWatch annual report: 2018-19 influenza season

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/fluwatch/2018-2019/annual-report.html>

(5:18)

'Pupils pose little risk of spreading Covid'

<https://www.thetimes.co.uk/article/pupils-pose-no-risk-of-spreading-covid-27q6zfd9l>

(5:20)

Transmission of SARS-CoV-2 in Australian educational settings: a prospective cohort study

[https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642\(20\)30251-0/fulltext](https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(20)30251-0/fulltext)

(5:23)

Children under 10 can hug grandparents again without risk, Swiss health officials say Swiss scientists conclude that young children pose no risk of coronavirus infection because they do not have 'receptors' targeted by it

<https://www.telegraph.co.uk/news/2020/04/28/children-10-can-hug-grandparents-without-risk-swiss-health-officials/>

(5:26)

Cluster of Coronavirus Disease 2019 (COVID-19) in the French Alps, February 2020

<https://pubmed.ncbi.nlm.nih.gov/32277759/>

(5:28)

Minimal transmission of SARS-CoV-2 from paediatric COVID-19 cases in primary schools, Norway, August to November 2020

<https://pubmed.ncbi.nlm.nih.gov/33413743/>

(5:31)

School closure and management practices during coronavirus outbreaks including COVID-19: a rapid systematic review

[https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642\(20\)30095-X/fulltext](https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(20)30095-X/fulltext)

(5:38)

Prevalence of SARS-CoV-2 Infection in Children and Their Parents in Southwest Germany

<https://jamanetwork.com/journals/jamapediatrics/fullarticle/2775656>

(6:07) & (7:29) Prevention and Treatment Options

Optimal Nutritional Status for a Well-Functioning Immune System Is an Important Factor to Protect against Viral Infections <https://www.mdpi.com/2072-6643/12/4/1181>

MATH+ Protocol – Downloads & Translations This page contains the MATH+ Hospital Treatment Protocol for Covid-19 <https://covid19criticalcare.com/math-hospital-treatment/pdf-translations/>

I-MASK+ Protocol – Downloads & Translations This page contains the I-MASK+ Prophylaxis & Early Outpatient Treatment Protocol for COVID-19 with guidance on the timing and doses of each component medication. <https://covid19criticalcare.com/i-mask-prophylaxis-treatment-protocol/i-mask-protocol-translations/>

(6:39) Vitamin D

Vitamin D levels appear to play role in COVID-19 mortality rates
Patients with severe deficiency are twice as likely to experience major complications
<https://www.sciencedaily.com/releases/2020/05/200507121353.htm>

Perspective: improving vitamin D status in the management of COVID-19
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7216123/>

Vitamin D can help reduce coronavirus risk by 54%: Boston University doctor
<https://www.msn.com/en-us/health/medical/vitamin-d-can-help-reduce-coronavirus-risk-by-54-boston-university-doctor/ar-BB199vhH>

The role of vitamin D in the prevention of coronavirus disease 2019 infection and mortality
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7202265/>

Autumn COVID-19 surge dates in Europe correlated to latitudes, not to temperature-humidity, pointing to vitamin D as contributing factor
<https://www.nature.com/articles/s41598-021-81419-w>

(8:12)

Critical Care COVID-19 Management Protocol
https://www.evms.edu/media/evms_public/departments/internal_medicine/Marik-Covid-Protocol-Summary.pdf

Vitamin D and SARS-CoV-2 infection—evolution of evidence supporting clinical practice and policy development
<https://link.springer.com/article/10.1007/s11845-020-02427-9>

(6:43) (8:11) Vitamin C

Hydrocortisone, Vitamin C, and Thiamine for the Treatment of Severe Sepsis and Septic Shock: A Retrospective Before-After Study
<https://www.sciencedirect.com/science/article/abs/pii/S0012369216625643>

Three Intravenous Vitamin C Research Studies Approved for Treating COVID-19
<http://orthomolecular.org/resources/omns/v16n12.shtml>

Vitamin C Treatment of COVID-19: Case Reports
<http://orthomolecular.org/resources/omns/v16n47.shtml>

Vitamin C—An Adjunctive Therapy for Respiratory Infection, Sepsis and COVID-19
<https://www.mdpi.com/2072-6643/12/12/3760/htm>

(8:09) Zinc

Immune-boosting role of vitamins D, C, E, zinc, selenium and omega-3 fatty acids: Could they help against COVID-19?
<https://www.sciencedirect.com/science/article/abs/pii/S0378512220303467>

(8:08) Quercetin

Quercetin and Vitamin C: An Experimental, Synergistic Therapy for the Prevention and Treatment of SARS-CoV-2 Related Disease (COVID-19)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7318306/>

Small Molecules Blocking the Entry of Severe Acute Respiratory Syndrome Coronavirus into Host Cells

<https://jvi.asm.org/content/78/20/11334>

(8:16) Hydroxychloroquine

Early treatment with hydroxychloroquine: a country-based analysis

<https://hcqtrial.com/>

NIH clinical trial of hydroxychloroquine, a potential therapy for COVID-19, begins

<https://www.nih.gov/news-events/news-releases/nih-clinical-trial-hydroxychloroquine-potential-therapy-covid-19-begins>

Pathophysiological Basis and Rationale for Early Outpatient Treatment of SARS-CoV-2 (COVID-19) Infection

[https://www.amjmed.com/article/S0002-9343\(20\)30673-2/fulltext](https://www.amjmed.com/article/S0002-9343(20)30673-2/fulltext)

Correspondence from Dr Vladimir Zelenko on Treatment of COVID-19 in New York

<https://docs.google.com/document/d/1SesxgaPnpT6OfCYuaFSwXzDK4cDKMbivoALprcVFj48/mobilebasic>

(8:18) Azithromycin

Macrolides and viral infections: focus on azithromycin in COVID-19 pathology

<https://www.sciencedirect.com/science/article/abs/pii/S0924857920302235>

(8:21) Ivermectin

Dr. Pierre Kory (FLCCC Alliance) testifies to senate committee

"Early Outpatient Treatment: An Essential Part of a COVID-19 Solution" — Dr. Pierre Kory, President of the Frontline COVID-19 Critical Care Alliance (FLCCC), called for the government to swiftly review the already expansive and still rapidly emerging medical evidence on Ivermectin.

<https://vimeo.com/490351508>

"If You Take It, You Will Not Get Sick." — Pierre Kory on Ivermectin

<https://dryburgh.com/ivermectin-pierre-kory/>

Review of the Emerging Evidence Demonstrating the Efficacy of Ivermectin in the Prophylaxis and Treatment of COVID-19

<https://dryburgh.com/wp-content/uploads/2021/03/FLCCC-Ivermectin-in-the-prophylaxis-and-treatment-of-COVID-19.pdf>

(9:12) Variants

(9:33)

Adaptation of SARS-CoV-2 in BALB/c mice for testing vaccine efficacy

<https://science.sciencemag.org/content/369/6511/1603.full>

The UK is spooking everyone with its new covid-19 strain. Here's what scientists know. <https://www.technologyreview.com/2020/12/21/1015315/the-uk-is-spooking-everyone-with-its-new-covid-19-strain-heres-what-scientists-know/>

(10:24) A Way Out For Everyone

(10:34)

Become a joyful member of our family and community again...Humans are social creatures and do not do well in isolation ...Solitary confinement and fear are harmful to your immune system
Factors associated with depression, anxiety, and PTSD symptomatology during the COVID-19 pandemic:
Clinical implications for U.S. young adult mental health

<https://pubmed.ncbi.nlm.nih.gov/32512357/>

Psychosocial impact of COVID-19

<https://pubmed.ncbi.nlm.nih.gov/32526627/>

Loneliness and social isolation as risk factors for mortality: a meta-analytic review

<https://pubmed.ncbi.nlm.nih.gov/25910392/>

(10:48) Four hugs a day are indeed the minimum

9 Reasons You Need To Be Giving and Receiving Hugs Everyday

https://preventdisease.com/news/14/012314_9-Reasons-Need-Giving-Receiving-Hugs-Everyday.shtml

The communication of emotion via touch <https://pubmed.ncbi.nlm.nih.gov/19653781/>

The Power of Touch

<https://www.psychologytoday.com/intl/articles/201303/the-power-touch>

Of Touch: How Physical Contact Can Improve Your Health

https://www.huffpost.com/entry/the-power-of-touch-physical-contact-health_n_3253987

Warm partner contact is related to lower cardiovascular reactivity

<https://pubmed.ncbi.nlm.nih.gov/15206831/>

OXYTOCIN: GO OUT AND TOUCH SOMEONE

<https://positivepsychologynews.com/news/emiliya-zhivotovskaya/2012032321636>

(10:50) Good Nutrition and don't forget to take vitamin D in the wintertime

Optimal Nutritional Status for a Well-Functioning Immune System Is an Important Factor to Protect against Viral Infections <https://www.mdpi.com/2072-6643/12/4/1181>

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Autumn COVID-19 surge dates in Europe correlated to latitudes, not to temperature-humidity, pointing to vitamin D as contributing factor
<https://www.nature.com/articles/s41598-021-81419-w>

(11:11) The real virus is fear

Stress! Don't Let It Make You Sick
<https://www.aarp.org/health/healthy-living/info-2014/stress-and-disease.html>

"The immune system's ability to regulate inflammation predicts who will develop a cold, but more importantly it provides an explanation of how stress can promote disease," Cohen says. "When under continuous stress, cells of the immune system are unable to respond properly, and consequently produce levels of inflammation that lead to disease."

Life Event, Stress and Illness
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3341916/>

Not all stress has negative effect. Studies have shown that short-term stress boosted the immune system, but chronic stress has a significant effect on the immune system that ultimately manifest an illness. It raises catecholamine and suppressor T cells levels, which suppress the immune system. This suppression, in turn raises the risk of viral infection.

Fear, Loss, Social Isolation, and Incomplete Grief Due to COVID-19: A Recipe for a Psychiatric Pandemic
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7368098/>

Science Reveals the Impact of Fear on the Human Brain
<https://www.learning-mind.com/impact-of-fear-on-the-human-brain/>

The impact of fear on the human brain is very powerful: it completely changes the way we process information. "When people are frightened, the parts of the brain that are responsible for rational thinking cease to dominate", Dr. Bruce Perry explains, quoted in an article published on the Time magazine website.

(11:18) Turn off your TV

Sitting time and mortality from all causes, cardiovascular disease, and cancer

<https://pubmed.ncbi.nlm.nih.gov/19346988/>

Relationship between screen time and metabolic syndrome in adolescents

<https://academic.oup.com/jpubhealth/article/30/2/153/1542221>

Children's screen viewing is related to psychological difficulties irrespective of physical activity

<https://pubmed.ncbi.nlm.nih.gov/20937661/>

Internet Addiction: The New Mental Health Disorder?

<https://www.forbes.com/sites/alicegwalton/2012/10/02/the-new-mental-health-disorder-internet-addiction/?sh=69ba67357404>

(11:23) Look outside your own front door and see what is really happening

Nature experience reduces rumination and subgenual prefrontal cortex activation

<https://www.pnas.org/content/112/28/8567.full>

Trends in research related to "Shinrin-yoku" (taking in the forest atmosphere or forest bathing) in Japan

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2793347/>

Exposure to Greenness and Mortality in a Nationwide Prospective Cohort Study of Women

<https://ehp.niehs.nih.gov/doi/10.1289/ehp.1510363>

Living near nature linked to longer lives, says study

<https://www.cnn.com/2016/04/22/health/living-near-nature-linked-to-longer-lives/index.html>

Autonomic Nervous System Responses to Viewing Green and Built Settings: Differentiating Between Sympathetic and Parasympathetic Activity

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4690962/>

Vis Medicatrix naturae: does nature "minister to the mind"?

<https://pubmed.ncbi.nlm.nih.gov/22472137/>