

THE COVID VACCINE

FROM A NATURAL HEALTH VIEWPOINT

by Blake Bars, Nature's Pantry General Manager



My intent in writing this letter is to share with you my perspective from the natural health viewpoint. If you want a vaccine or have gotten one, great, that is absolutely your choice to decide what medical interventions are right for you. I understand there are many good arguments in favor of vaccines. My goal is not to argue against but to openly and honestly present my case for medical freedom and informed consent in the face of current health mandates and possible vaccine passports on the horizon.

Over the last several years, I have learned so much in regards to how to prevent and fight off illness and disease naturally with diet, lifestyle and nutritional supplementation. In my twenties, I had a terrible diet and lifestyle, and when I got sick, I just waited for it to be over. If it didn't go away and developed into a persistent cough or sinus infection, I would go to the doctor and get

antibiotics. I didn't understand about the negative consequences of antibiotics, and I didn't realize how much my bad health choices were weakening my immune system and destroying my body's ability to prevent and fight off bugs.

I know now, however, that I can prevent and fight off colds and flus with fundamental health principles. I've learned how to put myself in a strong immune stance from the very beginning with diet, lifestyle and supplementation. And then, in the rare case, I do feel something coming on, I take extra care with my diet, water, sleep, and I mega dose a few choice vitamins and herbal supplements. The end result is I either don't get sick at all or it will last a couple days and be very mild. Today, my family and I, my team members and many of my customers successfully prevent and fight off viruses and infections with diet, lifestyle and supplementation.

I understand COVID is not merely the common cold and is not as easily prevented or overcome. However, I would argue that the same fundamental principles to health and wellness still apply. We are certainly seeing this in how the most immunocompromised people have been hardest hit by this disease.

Thomas E. Levy, MD, says that viruses attack and infect "those with the weakest immune systems. Poor nutrition and poor general health are always precursors to any viral infection."¹

"When you provide the conditions for a thriving human being and you remove the impediments to health, disease often simply goes away as a side effect," according to Rick Warren in his book *The Daniel Plan*.²

I believe the immune system is incredibly sophisticated and complex and every day our understanding is growing and changing. I believe we are fearfully and wonderfully made³, and when we put ourselves in a position of health, our immune system can respond to pathogens and develop far better natural defenses than any pharmaceutical drug ever could.

And this is why the traditional concept of vaccines are good, where we trigger a natural immune response by exposing a person to a small, controlled viral load. However, I'm not sure the current mRNA vaccine fits the traditional vaccine concept. In fact, according to board-certified pathologist, Dr. Ryan Cole, health authorities had to change verbiage of the vaccine definition in order to get it pushed through. ⁴

The mRNA technology is certainly incredible and a tremendous advancement in medical science, and we keep hearing that we can and should trust the science. Here's the definition of the word "science" according to Google: "The intellectual and practical activity encompassing the systematic study of the structure and behaviour of the physical and natural world through observation and experiment."⁵

In regards to mRNA injections, in my opinion, we are entering into a period of study, observation and experiment. Scientifically speaking, we have had much more time studying, observing and experimenting with natural preventions and treatments for viruses like Vit C, Vit D, herbal supplements, just to name a few.

In regards to health and the human body, science has not given us all the answers yet. Despite rapid advancements in medical science, chronic disease and debilitating illness continue to rise in our nation year after year.

If science has taught us anything over the decades and centuries of human history, it's that our theories are often wrong and our understanding is ever-changing. We've seen some crazy theories and practices in medicine for sure: leaches to drain blood, lobotomies, drug and surgery experimentation on vulnerable populations, etc. I wonder how we'll look back on things like chemo and vaccines in 100 years from now.

In our lifetime we've seen science be conducted with agendas and end goals. We've seen science used as a tool for certain causes, corporate profit and special interests. We've experienced that we can find evidence for whatever theory we want to believe.

Is not science an open minded exploration? Is it not an unbiased search for the truth? Or is it a tool for bludgeoning others with our theories until compliance is achieved?

"If science is not open-minded, it has no dignity and little validity." Thomas E Levy. ⁶

We are the sickest and most medicated nation on the planet. And since COVID, we've gotten even sicker with obesity, anxiety, depression and chronic disease on the rise. Could it be that our medical system is failing us in certain aspects because we are looking at things through the lens of disease and pharmacology and not through the lens of what actually makes people healthy like proper nutrition, hydration, sleep, exercise, sunshine and fresh air, strong social support, stress-reduction, mental, spiritual and emotional health, and vitamins and supplementation?

All the doctors and nurses I know are truly incredible people who got into medicine because they have a passion for helping and healing people. Nurses are literally my heroes. Is there a more demanding or important job on the planet that requires the loving care of a friend and the bravery of a soldier? They have always been the "Person of the Year" in my view, but it's times like these that we all especially realize it. Our nurses and doctors deserve better tools, better education and a better system. All too often our current medical system inhibits them from helping, healing and innovating in the ways that they need to most.

Doctors and nurses deserve to have the best education and tools at their disposal. I believe comprehensive nutrition and holistic health training would give this to them. Much of the fundamentals to health like hydration, nutrition, supplementation, sleep, stress reduction, etc., they are having to learn on their own time, which they seldom have.

The beauty of the fundamental health principles that we teach and apply at Nature's Pantry is that not only can they prevent and fight off disease naturally but they can help your body more successfully utilize conventional medicine where necessary. In regards to COVID, these health principles will help you prevent and fight off viruses naturally, and they will help your body deal with and successfully utilize vaccinations should you elect to receive them.

Studies have shown that you can dramatically impact your health and immune system in very short amount time. The proper diet and lifestyle changes can impact your health significantly within a matter of weeks. Positive, face to face social interactions are life-giving. Proper sleep can increase your immune response overnight. Short walks boost your immune system nearly instantaneously. The same is true for positive thinking. Millions of people have boosted their immune system instantly with vitamins and nutritional supplements.

Many today are not giving natural health fundamentals, preventions and treatments the recognition they deserve. It seems as if we have determined that we are victims of our genes, our health is at the mercy of medical and pharmaceutical advancements, and that there is nothing we can do. But this is so far from reality. If we support the immune system through diet, lifestyle and supplements we can have incredible short term benefits against viruses and bacteria, prevent and even reverse the chronic health conditions making us vulnerable to COVID, and experience long term vibrant health for life. Furthermore, diet and lifestyle can alter your genes for the better or for the worse. As Linda Clayville, certified nutritionist and owner of Nature's Pantry, has always told me, "Your genes load the gun, but your diet and lifestyle pull the trigger."

Learn more about how to strengthen your immune system and overall health by visiting the store, visiting our website www.naturespantry.life, or by signing up for one of our Vibrant You Health Challenges.

"Despite rapid advancements in medical science, our immune system is still the main weapon against infections. If we don't fix the culture that's damaging our immune system, we'll continue to lose lives unnecessarily. The beauty of science is to be able to ask questions, to be able to think from multiple perspectives and to come to well-thought-out conclusions for ourselves. It's time to put facts over fear and to help our families and our communities to get healthier," Shawn Stevenson, The Model Health Show. ⁷

While some people's immunocompromised position is because of their own choices and lack of knowledge, like me in my twenties, others are in immunocompromised positions by no fault of their own but because of inherited disorders, diseases caused by environmental exposure and more. Therefore, we need life-saving preventions and treatments available to all people whether they are immunocompromised or not. Whether it's natural preventions and treatments, proven pharmaceuticals and vaccines, or all of the above, we want solutions available to all people to the fullest extent possible.

Over the last year all of the above solutions have been discovered, re-discovered, tested and invented. Initially our reaction to the virus was justified as so much was unknown, but we have come so far. I must admit that with all I know about how to strengthen my immune system and fight off viruses, even I had my fears initially. But then as I've read and studied about the many effective preventions and treatments that are being used for COVID like Vitamin D, Vitamin C and so much more, my fears have subsided, and I've become confident in my ability to prevent and fight off this virus. And, I want to share what I've learned with everyone.

According to Dr. Ryan Cole, a board-certified pathologist in Idaho, Vitamin D levels decrease COVID symptom severity and risk for hospitalization by up to 90%. There have been placebo controlled trials all around the world showing this. ⁴

In an open letter sent to world governments on Dec 21, 2020, "Over 200 health, science and medical experts from the UK, US, and Europe say there is clear scientific evidence that vitamin D reduces Covid-19 infections, hospitalizations, and deaths. The group of scientists are calling for immediate and widespread, increased vitamin D intakes with most signatories declaring that they personally take at least 4,000 International Units (IU) per day – many take more." ⁸

"Reports are coming in from ICUs that are testing the blood vitamin C levels, that the majority of their critically ill patients are vitamin C deficient, many with undetectable levels of vitamin C that would diagnose scurvy. One ICU in Barcelona found 17 out of 18 patients had 'undetectable' vitamin C levels, akin to scurvy. Another, in the US, found almost all their patients were vitamin C deficient but those who didn't survive had much lower levels than those who did," according an Orthomolecular Medicine News Service article published in October 2020. ⁹

According to a peer-reviewed article published in December of 2020, "Vitamin C's potential benefits, low cost, safety profile and multiple disease-modifying actions, including antioxidant, anti-inflammatory and immunomodulating effects, make it an attractive therapeutic candidate in reducing viral load with oral supplementation in the range of 2–8 g/day to help attenuate the conversion to the critical phase of COVID-19. Likewise, vitamin C has potential benefits in treating acute respiratory infections and mitigating inflammation in critical COVID-19 patients with intravenous vitamin C infusion in the range of 6–24 g/day, for correcting disease-induced deficiency, reducing inflammation, enhancing interferon production and supporting the anti-inflammatory actions of glucocorticosteroids, especially given the high level of fatality for patients with severe COVID-19." ¹⁰

"Vitamin C has already been researched more than any other supplement or pharmaceutical drug in the history of the planet. Don't allow another 70 years of research to transpire before its proper use begins," says Thomas E. Levy, MD. ¹¹

To summarize Vitamin D and Vitamin C have been repeatedly proven to prevent and treat viral infections including COVID-19. You can find numerous articles from doctors and scientists on the effectiveness of Vitamin D, Vitamin C and many more preventions and treatments for COVID at the website www.orthomolecular.org on their news release page.

At Nature's Pantry, we are raising money to supply all of Union County with Vit D and C. You can help us by donating in the store. Ask us about how you can help in store or visit our website to learn more at www.naturespantry.life.

Finally, I must admit that I have lost a lot of trust in the medical establishment because of what I've learned over the last few years in regards to health and natural healing. I'm also concerned about the increasing political and corporate ties to the industry.

"Most physicians really care about and want to help their patients. The problem that remains is how to get physicians and the complete medical truth together." Thomas E Levy.

Brave doctors who stand up and speak out are all too often sat back down and silenced by medical boards and bureaucrats. Andrew Saul, Ph.D., explains this issue in his experience with a doctor friend, "Many years ago, when I was first starting out in the natural healing field, a physician said to me, 'You are lucky. You have no license to lose.' When doctors are to be silenced, they are simply threatened with loss of their license to practice medicine. State licensing board attacks on physicians are private and administrative. Such proceedings never get to open court; they never get to a jury. It is all behind closed doors. The most effective instrument of compliance is a bureaucracy, not the judiciary." ¹²

Why is there so much pressure on medical professionals to stay in the lines? Saul says that one of the mechanisms that keeps this system in place in the "cozy relationship between mainstream medicine and the media." According to Saul, "There is more than a hint of collusion. Major wire services are continually fed articles reflecting the positions of the largest, most vocal, and best funded health lobbies and professional trade groups . . . What gets publicity tends to get funded, and what is funded gets done . . . On top of that, the American Medical Association has the biggest-spending professional lobby in the country. Politicians know a bandwagon when they see it, and the result is more laws favoring orthodox medicine . . . and still more funding." ¹³

Doctors and nurses deserve a better system. We deserve a better system. But changing this system doesn't start from the top, down. It starts from the bottom, up. We need a grassroots health movement that starts with the individual at the local level. We need to relearn and apply the natural health and healing methods that not only give you a strong immune system now, but lead to vibrant health for life. We need to move away from fast food and quick fixes and take back the fundamentals to health that have been tested and proven over the decades and centuries of human history.

In regards to COVID, there are so many questions and red flags that have jumped out at me over the last several months. Why aren't the health officials talking about how to strengthen our immune systems and overall health? Is masking and distancing harmful to human health when mandated for hours per day over many months or years? What will be the physical, social, emotional and mental health consequences of our chosen anti-COVID strategies? Why does it all point to vaccines as the only solution, when this doesn't seem to be the case? Are one-size-fits-all solutions a good idea in health care, especially when people are so varied and their health needs so different?

Is it true that the NIH (National Institutes of Health, government agency) co-holds the vaccine patent with Moderna (private corporation)? Is it true that if there is an approved treatment, by law, no vaccine can be issued, and that the NIH has influence over which treatments get approved? Did you know that vaccine makers are not liable for any negative health consequences that happen to us because of the vaccine? How will potential vaccine passports infringe on my privacy and freedom? What are the implications for my children and grandchildren?

In conclusion, let me summarize my thoughts on the COVID vaccine from a natural health viewpoint and my case for health freedom and informed consent in the face of recent health mandates and vaccine passports on the horizon. I personally choose not to get a COVID vaccine, because:

- I believe that when I support my immune system properly, it can develop far better natural defenses to viruses, infections and pathogens than any pharmaceutical ever could.
- I believe there are many safe and effective preventions and treatments for COVID available to us all.
- I believe we are entering into a time of experimenting, studying, and observing the results of these vaccines.
- We do not fully know yet how effective it will be or what negative health consequences may arise from it.
- I have lost some trust in the medical establishment, media and government health organizations.
- I believe health mandates and vaccine passports have the potential to harm my health, limit my ability to care for my health and my family's health the way I believe is best, and the potential to infringe on the privacy and freedom of current and future generations.

I believe we should have the right to choose what medical interventions are right for ourselves and our families. My hope is that we can stand and protect health freedom and informed consent together. My goal is to work together toward a more balanced and effective approach to health care. But, in order for us to work toward better solutions in the future, health freedom must first be preserved.

You can stand up with me and stand for health freedom. Here are a couple websites where you can learn more about health freedom and how we can stand up together:

- Stand for Health Freedom <https://standforhealthfreedom.com/>
- Oregonians for Medical Freedom <https://www.oregoniansformedicalfreedom.com/>
- Say NO To Vaccine Passports here: <https://standforhealthfreedom.com/action/say-no-to-vaccine-passports/>
- Stand Firm Together. Stand for Truth, Health, and Freedom. <https://standfirmtogether.com/home>

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https://www.nutraingredients.com/Article/2020/12/21/Experts-send-Vitamin-D-and-Covid-19-open-letter-to-world-s-governments?utm_source=copyright&utm_medium=OnSite&utm_campaign=copyright
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<http://www.orthomolecular.org/resources/omns/v16n50.shtml>
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