

THE COVID VACCINE

FROM A NATURAL HEALTH VIEWPOINT

by Blake Bars

These are the views of the author and do not necessarily reflect the views of Nature's Pantry.



I am not a doctor, and this letter is not intended to be prescriptive in any way. This letter contains my opinion and information I've learned over the last several years. You should always look into things for yourself and consult your doctor about medical decisions (if your doctor is knowledgeable about holistic health, even better). 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. It is absolutely up to you to decide what medical interventions are right for you. My goal is not to argue against but to openly and honestly present my case for natural health and medical freedom in the face of current health mandates.

Over the last several years, I have learned so much in regards to how to boost my immune system and support my health 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 bugs 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.

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 unhealthiest 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. 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 and we may not know the full ramifications for years. 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, and many pharmaceutical drugs as well.

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, and we've seen studies easily manipulated to achieve a desired conclusion.

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

"A dictatorship means muzzles all round and consequently stultification. Science can flourish only in an atmosphere of free speech." Albert Einstein.

We cannot silence one side of the scientific debate and expect to arrive at the truth more quickly. Furthermore, science is not something to be trusted or worshipped. Science is a process in which both sides of the argument must be heard in the process toward answers, and even when we believe we have put an argument through the scientific test and came to an answer, science is not the only test for truth. Truth must not only meet the test of empirical adequacy but it must also be logically consistent and experiential relevant. Science in and of itself cannot function as an arbiter for truth. We must also use our logic, reason and our own experiences in our search for truth.

Kary Mullis, inventor of the PCR test and Nobel Prize winner, said, "The academy of sciences is just a bunch of idiots like everybody else . . . There are no old wise men at the top making sure we don't do something really dumb . . . and there certainly is not some austere body of people that are not self-interested that are really looking at medical science and making sure that everything works . . . Guys like Fauci get up there and start talking, you know, he doesn't know anything really about anything and I'd say that to his face . . . He doesn't understand medicine and he should not be in a position like he's in . . . Those guys have got an agenda and it is not what we would like them to have being that we pay for them to take care of our health. They've got a personal kind of agenda. They make up their own rules as they go. They change them when they want to . . . Tony Fauci does not mind going on television in front of the people who pay his salary and lie directly into the camera. If Fauci wants to get on television with somebody who knows a little bit about this stuff and debate them, he could easily do it, because he's been asked." ⁷

Mullis, who was called a non-conformist because he refused to jump on board with politically-driven science, was reported to have died of pneumonia at age 74 in August of 2019.

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 power and profit, and not through the lens of what actually makes people healthy like proper nutrition, hydration, sleep, exercise, sunshine and fresh air, vitamins, strong social support, stress-reduction, mental, spiritual and emotional health?

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? Our nurses and doctors deserve better tools and more well-rounded education. All too often our current medical system inhibits them from helping, healing and innovating in the ways that they need to most.

Many today are not giving natural health fundamentals, preventions and treatments the recognition they deserve. It seems as if we have determined we are victims of our genes and our circumstances, our health is at the mercy of medical advancements, and there is nothing we can do. But this is so far from reality. The old saying, "You are what you eat," is being confirmed by cutting-edge science. Our immune systems are made up of what we put in our mouth. The human heart is literally made out of the food and the water that we put into our bodies, yet cardiologists have very little training in nutrition. Heart disease remains the number one killer in our country claiming the lives of over 600,000 people every year, according to the CDC.⁸ Today, every field of conventional medicine is founded on the same faulty premise. Doctors are taught to fix symptoms with drugs and have very little training in the clinically proven approach of holistic health. Our doctors are trained to match a drug or a surgery to a symptom, rather than solve the underlying cause of the problem, because frankly, there's much more money in the former.⁹

"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.¹⁰

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; and I would argue that over the last many months all of the above solutions have been discovered, re-discovered, tested and invented.

Despite efforts to suppress the information about successful prevention and treatment, the truth always surfaces eventually. Reports are coming in from doctors all around the world about how to successfully prevent and treat COVID.

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."¹¹

"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 to an Orthomolecular Medicine News Service article published in October 2020.¹²

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.”¹³

“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.¹⁴

"The knowledge of hydrogen peroxide, vitamins C, D, magnesium, other antioxidants and nutrients has been available. If these safe, inexpensive and effective treatments were applied early, as we have been appealing worldwide from Day 1, at the onset of this pandemic, Covid-19 could have been way behind us. Millions of lives and billions of dollars could have been saved. Mainstream medicine nearly totally ignores the God-designed defense mechanism of our human body." Richard Cheng, M.D., Ph.D., ABAARM Fellow and Diplomate of the American Academy of Anti-Aging and Regenerative Medicine (A4M)¹⁵

According to Dr. Peter McCullough, one of the world’s foremost experts on treatment of COVID-19, “The tension is ratcheting up all over the world as the Delta outbreak continues to flare in many heavily vaccinated regions of the world. When more than 25% of the population takes the ill-advised COVID-19 vaccine, this promotes a super-dominant mutant that can easily evade the vaccines’ weak protection, which has happened with Delta. India has shown the world the only way to deal with Delta is not more vaccination, but early multidrug treatment. Frustration is coming out in folk songs, and the pop music industry, as shown in Eric Clapton’s ‘Enough is Enough’ and ‘Waking Up’ (Freedom Doesn’t Come in a Can) – a protest song written and performed by Jack DesBois. Expect more to come as many wake up to the reality that our government agencies have failed us on the science, transparency, and safeguarding Americans from conflict of interest.”¹⁶

You can find numerous methods for effective prevention and treatment for COVID at these websites:

- Orthomolecular.org News Release Page <http://www.orthomolecular.org/resources/omns/index.shtml>
- The AAPS Guide to Home-Based COVID Treatment <https://aapsonline.org/covidpatientguide/>
- Rapid Virus Recovery by Thomas E. Levy <https://rvr.medfoxpub.com/>

I might believe that robust prevention efforts and early and aggressive treatment were always a far better approach to this pandemic than lockdowns, masks, distancing and vaccines, but I would never advocate that the approach of prevention and treatment be mandated. People need to have the freedom to decide what medical intervention path is best for themselves and their families.

Finally, I must admit that I have lost 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, MD, JD.

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.”¹⁷

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." ¹⁸

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 decentralization of health care, more personalized family practice, and we need to relearn and apply the natural health and healing methods that lead to a strong immune system now and 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. It's time to move away from the system that feeds elites who are hungry for power, profit and control, and move toward a system that promotes truth, freedom and health for the people.

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 naturally? How harmful will masking and distancing prove to be when mandated for hours per day over many months or years? What will be the physical, social, mental, cultural, and economic consequences of our chosen anti-COVID strategies? Why does it all point to vaccines as the only solution, when this is clearly not the only or even the best solution for everyone? 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) co-holds the vaccine patent with Moderna? 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? Is it true that Ivermectin, the drug so discredited by officials, is not under patent and runs about \$3 per treatment? Is it true that Remdesivir, the drug pushed through by officials, is under patent and runs about \$3,000 per treatment? Is it not alarming that vaccine makers are not liable for any negative health consequences that happen to us because of the vaccine? How will potential vaccine mandates and 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, effective and affordable preventions and treatments for COVID available to us all that are, arguably, better solutions than experimental vaccines.
- I believe we are entering into a long period of 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 over the long run.
- 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.

As free citizens of the United State of America, 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 hope 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.

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

- Stand Firm Together. Stand for Truth, Health, and Freedom. <https://standfirmtogether.com/home>
- Oregonians for Medical Freedom <https://www.oregoniansformedicalfreedom.com/>
- Stand for Health Freedom <https://standforhealthfreedom.com/>
- Truth Freedom Health Movement <https://truthfreedomhealth.com>

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- ³ Psalm 139:14. Holy Bible, New International Version.
- ⁴ Pathologist Dr. Ryan Cole presents to lawmakers at the Idaho State Capital Building on March 5, 2021.
<https://www.youtube.com/watch?v=oA-fTaGadyc>
- ⁵ Google Dictionary definition of the word "science."
https://www.google.com/search?q=science+defition&rlz=1C1GCEA_enUS940US940&oq=science+defition&aqs=chrome..69i57j0i433j0l8.2707j0j7&sourceid=chrome&ie=UTF-8
- ⁶ Levy, Thomas E. Curing the Incurable: Vitamin C, Infectious Diseases, and Toxins (p. 91). Medfox Publishing. Kindle Edition.
- ⁷ KARY MULLIS FULL INTERVIEW
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- ⁸ Deaths and Mortality
<https://www.cdc.gov/nchs/fastats/deaths.htm>
- ⁹ The Model Health Show & Shawn Stevenson
<https://themodelhealthshow.com/maskfacts>
- ¹⁰ The Model Health Show & Shawn Stevenson
<https://themodelhealthshow.com/maskfacts>
- ¹¹ Experts send Vitamin D and Covid-19 open letter to world's governments
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
- ¹² Vitamin C Cuts COVID Deaths by Two-Thirds
<http://www.orthomolecular.org/resources/omns/v16n50.shtml>
- ¹³ Vitamin C—An Adjunctive Therapy for Respiratory Infection, Sepsis and COVID-19. PubMed Central. December 2020.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7762433/?fbclid=IwAR2DMYof3WJjitFTHLMgVwBRpECgJjFrLUzX-jat-EJBFkIUIRYypnRHI4>
- ¹⁴ Orthomolecular Nutrition for Everyone: Megavitamins and Your Best Health Ever, by Helen Saul Case and 30 Experts in the Field of Nutritional Medicine.
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<http://www.orthomolecular.org/resources/omns/v16n47.shtml>
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