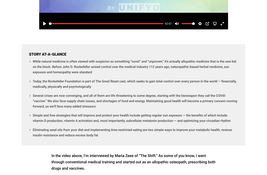
# Difficult Times Ahead — How to Break Free From the System

Analysis by Dr. Joseph Mercola ✓ Fact Checked

July 29, 2022

Save




**STORY AT-A-GLANCE**

- While natural medicine is often viewed with suspicion as something "novel" and "unproven," it's actually allopathic medicine that is the new fad on the block. Before John D. Rockefeller entered control over the medical industry 110 years ago, complementary and alternative medicine was the mainstay of medicine. Alternative medicine and homeopathy were the standard of care.
- Today, the Rockefeller Foundation is part of the Great Reset cabal, which seeks to gain total control over every person in the world — financially, medically, physically and psychologically
- Several crises are now converging all of them are life threatening to some degree, starting with the bioweapon they call the COVID "vaccine." We also have supply chain issues, and shortages of food and energy. Maintaining good health will become a primary concern moving forward, as we'll face many obstacles
- Simple and free strategies that will improve and protect your health include getting sunlight your vitamin D receptors — the benefits of which include vitamin D production, vitamin A activation and, most importantly, subcellular melatonin production — and optimizing your circadian rhythm
- Eliminating seed oils from your diet and implementing time-restricted eating are two simple ways to improve your metabolic health, reverse insulin resistance and reduce excess body fat

In the video above, I'm interviewed by Maria Zeee of "The Shift." As some of you know, I went through conventional medical training and started out as an allopathic osteopath, prescribing both drugs and vaccines.

Basically, medical school works as an indoctrination program where you learn how to diagnose disease based on certain sets of symptoms. Any given diagnosis is then treated with a prespecified suite of drugs.

After about five years into private practice, I realized I was on the wrong path — that these therapies did nothing to address the root cause of any disease — and I started asking myself about nutrition and foundational health practices, which have been my focus ever since.

After I realized that I knew little to no nutrition, and that I didn't know that if they weren't automatically in getting all those drugs they were supposed to, I had about 70% of my patients when I quit my practice, but those who remained and agreed to be treated with natural strategies such as nutrition and exercise fared well, and my reputation grew as a result.

## Natural Medicine Is Not Unproven

I am in the process of writing my new book and the first chapter will be all about how Rockefeller captured the U.S. medical system over a century ago through a very clever campaign to clean up many problems it had in the 19th century.

He did this through the Flexner report and subsequent strategic investments which essentially gave him control over the entire medical system which would serve as tool for him to sell pharmaceutical pharmaceuticals to further increase his wealth. Flexner's report and severe flat even today Rockefeller owns 50% of the drug companies.

While today natural medicine is viewed with suspicion as something "novel" and "unproven," it's actually allopathic or "conventional" medicine that is the new fad on the block. Before John D. Rockefeller seized control over the medical industry 110 years ago, conventional or natural herbal medicine, sun exposure and homeopathy were the standard of care.

Such treatments became "quackery" after Rockefeller's successful infiltration. Understanding how Rockefeller comprised medicine can be helpful in understanding current day events a bit better as well.

## How Medicine Was Corrupted

Johns Sefton was William Henry Rockefeller, an authentic "snake of salesman" who conned people into buying his useless "Rock Oil" tonic for cancer — a mixture of laxative and petroleum. Avery once admitted he would check his children every chance he got, in order to "make sure they weren't oil."

John D. learned the lessons of duplicity and fraud well, and by the time he was 46, he controlled 90% of the global oil refineries. While another 90% of the global oil refineries were under 90% of the marketing of oil, and over third of all oil wells.

Together with Gerson Simon, Rockefeller secretly bought up and dismantled the public transportation system in the U.S., to promote the need for a family car. They also replaced electric streetcars with gas-guzzling busses to expand their petroleum business.

In 1902, Rockefeller funded the establishment of the General Education Board, through which he intended to control public education. Other oil-backed schemes included the creation of the American education system followed, including a scheme to alter the teaching of American history to promote a line of collectivism, as well as a program aimed at the forced sterilization of the practice of medicine.

As mentioned, allopathic based herbal medicine was the norm at that time, and Rockefeller set out to shift the medical industry toward using oil-derived pharmaceuticals instead. To that end, the Rockefeller Institute for Medical Research was established in 1903, followed by Dr. Simon Flexner who, at the time, was a professor of experimental pathology at the University of Pennsylvania.

Flexner's brother, Abraham, was contracted to write a report on the state of the American medical education system, and his study, The Flexner Report, published in 1910, paved the way for Rockefeller to completely overhaul the American medical system.

The result of this report is that virtually every natural medical therapy was criminalized out of existence, including all herbal medicine practitioners. Flexner said, "Herbs are the first step in the beginning of "hoist the sickness". Natural remedies and ancient effective cures disappeared as quackery. The only medicines deemed reputable were patentable synthetic drugs, invented in the oil carteli, over research centers.

## Rockefeller's Plan to Monopolize Medicine, Banking and Food

Around that same time, the oil cartel also found a way to take over and control the U.S. financial system, through the creation of the Federal Reserve, established in 1913. The Rockefellers have been powerhouses in the banking industry ever since.

They also sought to consolidate control over the global food supply, using philanthropy as their cover for the scheme. The Rockefeller Foundation funded the Green Revolution that led to the introduction of petroleum-based agricultural chemicals, which quickly transformed agriculture, both in the U.S. and abroad.

President Johnson's "Food for Peace" program actually mandated the use of petroleum-dependent technologies and chemicals by aid recipients, and countries that could not afford it were granted loans from the International Monetary Fund and the World Bank.

The Rockefeller Foundation also funded the "gene revolution" that brought us potentially genetically modified seeds. Today, the Rockefeller Foundation is part of The Great Reset cabal, which seeks to gain total control over every person in the world — financially, medically, physically and psychologically.

Unfortunately, a majority of people are still unaware of The Great Reset and what it actually entails. According to Matthias Desmet, Ph.D., who popularized the concept of "mass formation hypnosis", an explanation for the insanity we saw during the first two years of the pandemic, an estimated 20% of the population are completely hypnotized and unable to see or accept the truth.

About 10% never fall for the hypnotic propaganda, while the remainder are basically "fence sitters" who go along to get along. To prevent The Great Reset, it's crucial to educate these fence sitters so they realize the danger in going along with the official narrative.

## Now's the Time to Get Healthy

As I note in this interview, several crises are now converging, and all of them are life threatening to some degree, starting with the bioweapon they call the COVID "vaccine." The COVID shot has already killed hundreds of thousands of people, and more likely millions, will continue to cause premature death and disability over the next several years.

We also have supply chain issues, and shortages of food and energy. Maintaining good health will become a primary concern moving forward, as there will be so many added stressors. On top of that, food crises are more dangerous than ever.

The good news is that getting and staying healthy is fairly simple. Your body is designed to heal itself, given the chance. If you're new to this, be sure to sign up for my online newsletter and start reading. You can also find my articles archived on Substack.

In the interview, I explain why I had to create a free-based Consumer Library on Substack. For society you can read all of my newsletter articles for free for 48 hours. If you want unlimited access, you'd need to join my Censored Library, which is 50 per month.

## Health Tip No. 1: Eat Fermented Foods

So, what are some of the strategies that can help keep you healthy that don't cost a fortune (or anything at all)? One of the most basic ones is to get regular sun exposure, as its benefits include vitamin D production, vitamin A activation and, most importantly, subcellular melatonin production.

Ninety-five percent of the melatonin in your body is actually produced in your mitochondria in response to near-infrared light. Mitochondria are responsible for cellular energy production, and mitochondrial dysfunction is a root cause of most chronic disease.

Melatonin, meanwhile, is a very powerful antioxidant that reduces oxidative stress. By mopping up free radicals, oxidative stress damages the mitochondria and helps them work optimally.

Melatonin also helps increase glutathione, which is a major detoxification agent. Importantly, virtually every of the melatonin created in your mitochondria will even make its way into your blood. Oral melatonin can also help your chronobiology and regulate sleep, when taken at the appropriate time in the evening, shortly before bed.

## Health Tip No. 2: Cut Seed Oils From Your Diet

If you're worried about getting sunburn from all this sun exposure, this next talking point will offer relief, because the No. 1 cause of sunburn is excessive intake of seed oils and other foods high in linoleic acid (LA). This includes oils like canola, sufflower, corn oil and many others.

The LA actually gets incorporated into your cellular membranes, and if you have high levels of LA in your cells, you're going to be more prone to both sunburn and skin cancer. While LA has a half-life of about two years, and can take up to seven years to get rid of completely, many will notice a difference in the amount of sun they can tolerate fairly rapidly once they cut this fat from their diet.

That said, sunburn may be the least of your problems if you're consuming high amounts of LA, as it acts as an overall metabolic poison. This will be one of the major subjects of my next book. I am actually hoping to give it to you for free in celebration of our 25th anniversary.

Seed oils, courtesy of the LA, are incredibly proinflammatory and drive oxidation in your body. This oxidation, in turn, triggers mitochondrial dysfunction that then drives the disease process. [1,2,3,4,5,6] Anything over 10 to 15 grams a day is likely to cause problems in the long run, and the average American is eating 60 grams a day.

Your body also breaks down LA into harmful oxycholesterols called advanced lipid oxidation end products (ALEs) and oxidized LA metabolites (OXLAMs), which can cause significant damage at the cellular level.

For example, an ALE called 4HNE is a mutagen known to cause DNA damage, and OXLAMs are cytotoxic, genotoxic, mutagenic, carcinogenic, thrombogenic, atherogenic and obesogenic. [7] In fact, one of the primary reasons for the obesity epidemic in the U.S. is the overwhelming amount of LA being consumed on a daily basis.

In addition to all of that, most seed oils are made from genetically engineered crops, making them a significant source of toxic glyphosate. Aside from cooking oils, the primary source of LA are processed foods (any food containing or cooked in seed oil) and conventionally raised chicken and pork (as they're fed a lot of corn).

## Health Tip No. 3: Time-Restricted Eating

A third strategy that won't cost you a dime, and may actually save you money, is time-restricted eating (TRE), a form of intermittent fasting where you eat all your meals and snacks within a six to eight-hour window, and your last meal at least three hours before bedtime. This means that for 16 to 18 hours a day you're fasting.

This schedule will give you virtually all the same benefits as calorie restriction with respect to longevity benefits, but without any of the downsides, the primary one being compliance.

In the U.S., 90% are overweight or obese. Some will even wake up in the middle of the night to eat, and this is a sentinel sign for metabolic disorder and chronic ill health. One of the primary benefits of TRE is that it will make you metabolically flexible, so that you can burn both fat and carbs for energy.

If you're constantly hungry, chances are you're metabolically inflexible and cannot efficiently burn fat. Your body is basically just screaming for another quick energy fix, because carbs burn fast and don't last long to you, you need more. Once your body can efficiently burn fat, hunger usually disappears.

Without hunger pacing driving your search for food, you'll also be able to simply not eat if you're in a situation where you can't find healthy food. This way you're not "forced" to eat junk that will deteriorate your health.

> **Eliminating seed oils from your diet and implementing time-restricted eating are two simple ways to improve your metabolic health, reverse insulin resistance and reduce excess body fat.**

TRE will also help prevent excessive activation of the mechanistic target of rapamycin (mTOR). mTOR is found in every tissue and responds to different nutrients and cues, including dietary protein, insulin, carbohydrates and exercise, and is fast activated twice a day in a pulsatile fashion. When you activate it continuously as most people do when they graze throughout the day, it can lead to an increase in risk to diseases like cancer.

## Tip No. 4: Optimize Your Circadian Rhythm

Circadian rhythm optimization is another frequently overlooked strategy that can have a tremendously beneficial impact on your health. Your body is designed to fall asleep a couple of hours or so after the sun goes down, and to wake up more or less with the sun.

Most adults cased right around eight hours of solid sleep per night for everything to function optimally. In the evening, avoid blue light from your TV and electronic screens. If you need lighting, you could use red LED bulbs, low-wattage filament bulbs or candle lamps. Alternatively, you could wear blue-blocking glasses. There are also various apps that will alter the color temperature of your screen at night.

These are but four simple strategies that cost you nothing and can make a huge difference in your health and well-being. There are dozens, many of which I'll cover in a free e-book that's being published in the next few years. The truth is, your body is biased toward health and can heal from most anything as long as you give it what it needs and eliminate pernicious toxins that are poisoning your mitochondria and cellular machinery.

## Become a Perpetual Student and Continue Your Learning

Last but not least, I mention in the interview that one of the most important traits you can develop if you want to be healthy is the mindset of a perpetual student. the internet, learning was a laborious challenge that required physical trips to libraries and book stores, obtaining textbooks and sitting rooms of paper.

As the internet took off, researching became incredibly easy. For about 25 years, you had the literature of the world at your fingertips. Today, censorship has shifted much of this intellectual freedom, and accessing information about health in particular is again a challenge.

Google, for example, is shadow banning and hiding valuable sites that contradict the official narrative so, unless you know where to look, you may not find the information. Fortunately, I've been around for 25 years and have a large following that do know where to find my site. Reincarnant, however, are a distinct disadvantage.

So, at this point, it's very important to identify trusted sources, and to follow them regularly, as doing a Google search is not going to lead you in the right direction anymore.

Virtually all search results are directed toward Big Pharma-approved and "fact checked" sites that expropriate the ranking points put forth by the globalist cabal that seek to bring in the The Great Reset. One of my personal favorites that I follow regularly is Dr. Robert Malone's GETTR account.

My #1 Bestselling Book – Now on Paperback!

My latest book, "The Truth About COVID-19," is a reader-friendly book. After thousands of reviews it has a nearly perfect 5-star rating, so grab your copy today before it's too late!

The Truth About COVID-19
by Dr. Joseph Mercola
★★★★★
6,888 ratings

ORDER NOW

Sources and References

TODAY'S FREE ARTICLES

1 Who Is Behind the Economic Collapse?
2 Dangerous Pesticides in Your Food
3 Shocking News About Beans, Peas and Potatoes

Hide Comments (115)

Post your comment

Sort Comments by: Top Rated Newest Oldest Top Poster

**gkinnerschuman**
Joined on 9/13/2011 11:35 AM
Add as Friend Send Message

Yes, the Rockefellers are bad news. They've even so much for all the hard work and sugar cold Yeter in Belgium the sun has been relentless. I doesn't rain. Anti 50% of all the trees are dead or dying. The grasshoppers have been for years but since the last couple of months has become exponential and hordes upon hordes. I do hope for our cell massages to stress her stamina crisis and all everything despite the mountains of tears and chemicals.

Reply · Mark as Spam · Posted On : 7/29/2022 1:09:35 AM
Like Dislike

**Howard**
Joined on 3/28/2009 3:43:53 PM
Add as Friend Send Message

job and of... Farmers and gardeners alike are complaining that this is the worst year yet. Poor harvests anticipated and many crop losses. Obviously, weather has played a major role, however, in addition to that unusual weather, it seems to have or whether there are bees not the extreme are healthy. A lot of my garden did not get pollinated. I hope is it just a one year of because it was cold.

Mark as Spam · Posted On : 7/29/2022 3:02:50 AM
Like Dislike

**MsMacAb**
Joined on 3/4/2021 3:43:55 PM
Add as Friend Send Message

Here in Scotland when we do get sun, doing some the chemicals to turn the blue skies to grey. We have not had much of a summer at all, it has been cold and wet. Our crops are poor and hub our my garden not doing that well. Scot knows what is spoiling these and as for the leaves of other things.

Mark as Spam · Posted On : 7/29/2022 4:38:24 AM
Like Dislike

**Good_Hands**
Joined on 11/18/2020 12:45:40 PM
Add as Friend Send Message

Thanks, you for the information. Chemtrails have been released in various locations for decades. In other weather systems and present evaporation from the oceans creating rainfall. Due to its position between the Atlantic and the North Sea, the UK has diverse weather patterns. Unfortunately, the weather patterns are being manipulated by the Globalists. Climate change is a hoax. Global cloud seeding, are deflection and other forms by the criminal elite have affected our weather? What they forecast one minute is deliberately empowered the next. there is no ice up on how recognizes or perspective for further power grabs.

A painting, "The Message" by artist Jean Jules Lavery, paints a pretty good idea of what that summer was like in 1900. So hot summers most have occurred at least five centuries ago long before industrial revolution even began. In fact some said scientists have found evidence of a mini ice age in the 1600s. Yet, we are being told that we are responsible for the climate change? These cycles have occurred long before anyone dreamt of burning fossil fuels. Why would the globalists want to do this? Depopulation is the main reason. Also, and the starting a pathetic garden rant spring to encourage other types of pollinator species.

Mark as Spam · Posted On : 7/29/2022 5:06:44 AM
Like Dislike

**Cabochon**
Joined on 10/13/2016 12:45:40 PM
Add as Friend Send Message

Cabochon, wrote back a lot of alarmist articles, some recently, along with a general increase in military aircraft traffic. Thanks doing their standard is blanket an only rage. BUT, as I type this I'm watching the local sofar of will turkeys – four hens and fifteen pullets – scratching and pecking in the dirt and bits of grass that are left in the neighbors fence. Chickens are a wonderful pest control, as, in addition, they are the only ones that can eat the ticks and other pests, and will do well and protected. To the weasyeers very good health.

Mark as Spam · Posted On : 7/29/2022 5:51:18 AM
Like Dislike

**Good_Hands**
Joined on 11/18/2020 12:03:09 PM
Add as Friend Send Message

Cabochon, wrote back a lot of alarmist articles, some recently, along with a general increase in military aircraft traffic. Thanks doing their standard is blanket an only rage. BUT, as I type this I'm watching the local sofar of will turkeys – four hens and fifteen pullets – scratching and pecking in the dirt and bits of grass that are left in the neighbors fence. Chickens are a wonderful pest control, as, in addition, they are the only ones that can eat the ticks and other pests, and will do well and protected. To the weasyeers very good health.

Mark as Spam · Posted On : 7/29/2022 5:51:18 AM
Like Dislike

**Guillermo**
Joined On 5/13/2014 6:47:46 AM
Add as Friend · Send Message

Yes, Sweetpromising report Dear Wigington of Sweetpromising that you said that chemtrail operations represent the "greatest source of damage on many fronts," and the implit ho right. In some areas of the world, persistent drought conditions caused by chemtrail operations have caused the loss of hundreds of millions of dollars in agricultural production. Chemtrail operations have little clear to know California and many other areas of the Pacific Northwest continue to long through epic drought conditions that have left many farmers scrrr

not speak up when it could have made a much bigger difference, the MAP have stopped offering the Medical Cannabis pilot.

This and all that follows is contained within the website www.podcast.net/feed/1.mp3 - Podcast - Podcast - Podcast

Properly bonsai dried fruit bark powder. You should have respectable heavy crop and be growing at least some other day (raspberries) Remember: cash is the biggest dependence you can afford because it takes years for them to mature? In addition, you will be hoping terrible and maybe other fruit from the wild areas. You will not have everything, but you will do ok. My goal for my orchard this year is to keep trees alive and healthy so they produce some fruit. Also if they did not get pulverized this year.

Reply · Mark as Spam · Post Date: 7/29/2020 9:17:42 pm

**Dordee**
Joined On 5/22/2012 12:41:41 PM
Add as Friend · Send Message

Trust! Coconut husk from watering gardenpots, parents. They did not tell me how to rate a cow, great, I watched them do it. You learn better this way. Foraging gives us not only berries, but greens, mushrooms, many edible plants.

Mark as Spam · Post Date: 7/29/2020 2:43:01 PM

Like · Dislike

**Ahmad**
Joined On 2/26/2008 4:23:23 PM
Add as Friend · Send Message

Here is another Fantastic Fungi gardener... assuming most people have access to open mushroom blocks. You can let them sit around for a while (in the shade!), start when the weather gets a bit cooler and before fall rains begin, break blocks in half. Place in rich soil (or, if you have a compost pile, place them there) or in your wood for mushrooms to fruit. Spread mushroom in a very good simple to experiment with, but can wait one year.

Mark as Spam · Post Date: 7/29/2020 6:05:06 PM

Like · Dislike

**Ahmad**
Joined On 2/26/2008 4:23:23 PM
Add as Friend · Send Message

Today, I was asking hubby why it is so hard to get many young people to even ask a 10 hour day. He reply was insightful: BECAUSE THEY HAVE TOO MUCH TIME. They are preoccupied getting rich all their lives. I also notice that many of them have no concept of putting something aside to be a very big. They work only long enough to make the next payment on their toys. If you will be reading this, I am sure you know what I mean. Maybe this is why I feel so at ease with the mushrooms to fruit. Spread mushroom in a very good simple to experiment with, but can wait one year.

Mark as Spam · Post Date: 7/29/2020 6:01:19 PM

Like · Dislike

**brianallen1**
Joined On 9/7/2021 10:12:38 AM
Add as Friend · Send Message

I vote for Almond to be our planting guru. I usually learn more from Almond's posts than anyone else. Thank you Almond for all of your time and effort.

Mark as Spam · Post Date: 7/29/2022 10:30:03 PM

Like · Dislike

**Plant0808**
Joined On 3/19/2014 8:42:04 AM
Add as Friend · Send Message

I found that my basin of constant hunger abated when I started eating raw salads and healthy foods. I interpreted this to mean that the growing hunger was a lot nutritional, not calorienic. I eat a small green salad or a little bowl of grapes with aspirin, satisfy the hunger.

Reply · Mark as Spam · Post Date: 7/29/2020 7:45:28 AM

Like · Dislike

**vapor**
Joined On 12/20/2008 6:07:38 PM
Add as Friend · Send Message

Here is a link to the video "The DARTS - A New Age of Health with Dr. Mercola & Maria Zeee" over at Bitchute:
www.bitchute.com/.../BCXDbqqvc3Ft/

Reply · Mark as Spam · Post Date: 7/29/2020 5:36:46 AM

Like · Dislike

**Leafez**
Joined On 2/23/2008 9:55:19 AM
Add as Friend · Send Message

I love this guy...been reading him for over 20 years ... http://henryhelphelper.com/

Reply · Mark as Spam · Post Date: 7/29/2020 3:05:38 AM

Like · Dislike

**MRSTRYS**
Joined On 10/24/2021 5:30:22 PM
Add as Friend · Send Message

Henry Nielson had everything going until he Tom. He was a PhD, a professor of English literature at the University of Winnipeg. That was until he ran afoul of some feminists, who made sure he was dismissed from the University. Initially the authorities denied his scandalous use, an anger driven cult protection of the rights of men. But then, at least, they initiated a search for truth. When Henry Nielson's case was finally heard, the court found that the authority conducted a proper investigation and Henry Nielson was dismissed on the grounds of his sexual harassment. The Nielson case is important because it proved that the authorities could not find any evidence of contributions from gallant cougs with outrageous stuff, to exactly this kind of variety and ignorance that makes Kamploops pain so unique. This is probably the only conspiracy minutes where articles are written by a genuine Ph.D Thesis from University of Winnipeg.

Reply · Mark as Spam · Post Date: 7/29/2020 6:50:11 AM

Like · Dislike

**Snagchief10**
Joined On 6/29/2019 10:53:5 AM
Add as Friend · Send Message

Henry Nielson had a column called "Just Henry" in the Ottawa newspaper when he was still a high school I believe, in the 60s. I was in high school too. I saw him later at a Canadian metro conference I co-hosted in the 90s. I'd have a peek at his view. Thanks Lurker!

Mark as Spam · Post Date: 7/29/2020 8:50:35 AM

Like · Dislike

**wor9463**
Joined On 12/19/2019 1:00:24 PM
Add as Friend · Send Message

The takeover of the American medical system is also detailed in the book "The Cancer Cure That Worked: 50 Years of Suppression" by Harry Lyons, regarding the suppression of the work of Dr. Ralph Wilz. Excellent book!

Reply · Mark as Spam · Post Date: 7/29/2020 5:07:15 PM

Like · Dislike

**lordbeast**
Joined On 2/11/2007 1:07:34 PM
Add as Friend · Send Message

The entire economic system is designed as the house wins and everyone else loses. The inflation system has been going on for a very long time. So even if you save money, the money is devalued as time goes along. Basically devaluation of the currency means you are much the equivalent of the same equal amount of money. And instead of a 401k increased donations we are looking at 20-30%. This always gives people the illusion they are rich. The bankers are laughing at us. Instead of increasing our food stores donations continues and losses continue. Our food stores are being depleted. The bankers are laughing at us. Our food stores are being depleted and losses continue.

Housing is used to fill this demand and fill towards the loan. That is also designed to keep you working in the 1940s people owned mortgages after 5 to 10 years. Now they are almost never paid off. Fixed. Housing Transaction fees keep rocketing way past time to retire. That is the house wins. It is almost the same today as it was way back when. Only the greedy have gotten a whole lot greedier. The system of medicine is a business system. It is not designed to heal anyone long term. Our Social Security is wrecked because people are living longer. Medicare is wrecked. Medicaid is wrecked. Medicare is designed to change everything including the slaughter of large populations in unfortunate conditions.

It has been historically so for a very long time. The problem with work 1 thousand miles away is that it is far people to change one word in a column of a court case. Or change one word in the pass 1 suspect an deadline will have to include changing one word in a sentence temporarily. I suspect home gardens will occur with a majority of home owners. This will mean the collapse of the banking system. It likely will mean the collapse of the entire system. Likely will not last long enough to see it happen even if the insurance statistics are correct and I think they are. Only a small population that will.

Reply · Mark as Spam · Post Date: 7/29/2020 10:48:44 AM

Like · Dislike

**Dordee**
Joined On 5/22/2012 12:41:41 PM
Add as Friend · Send Message

Doubt I will see that day either, at 81 now. Will continue living in the woods on my own without their 'treats' using road food: grass or get from neighbours.

Mark as Spam · Post Date: 7/29/2020 2:54:06 PM

Like · Dislike

**karacolman**
Joined On 9/10/2021 1:27:03 PM
Add as Friend · Send Message

You can't mess with great I with our climbing, and ever getting some or your chest. Yeah, I can't help but sure in the sure future, 50 years because, looking at their stocks change matters, by they think it's mostly to be in the future. Yeah, I'm sure. They will all be crying and lying about they did, yes sure. They keep they reign stop you sure... Will let them like a sinner from hell... Will we get to see it like a survivor will be to be sinner ending, we'll see.

Reply · Mark as Spam · Post Date: 7/29/2022 10:27:46 AM

Like · Dislike

**Pulpyd**
Joined On 11/14/2021 3:02:31 PM
Add as Friend · Send Message

Almond - same thing happened with the bees in my area this year. I'm in TX, so no cold weather. Had 100 to 150 temps since May (they typically in this 80s no) - I even exactly two bees on my cantaloupe and cucumbers plants (post yield, of course). I have raised bees, so I know what I'm looking for. Yet, I'm sure I'm not the only one experiencing this phenomenon. Bees are dying off everywhere. Not sure what's behind it, but I know it has to do pesticides. Bees are dying in area of big flower gardens and I have not seen even one bumble bee, when I have Monarch vines and Trumpet vines all over my yard and the bumble bees normally swarm them. I've not seen any activity. Very distressing.

Reply · Mark as Spam · Post Date: 7/29/2020 10:14:47 AM

Like · Dislike

**brianallen1**
Joined On 9/7/2021 10:12:38 AM
Add as Friend · Send Message

Live in the hummingbird Capital of North America. No hummingbirds this year.

Mark as Spam · Post Date: 7/29/2022 11:38:16 AM

Like · Dislike

**bee70570**
Joined On 7/14/2011 4:52:10 PM
Add as Friend · Send Message

Regarding Calendula's reference to climate change - the term was adopted by UN Friends of the Earth HQ, where I was working 30 years ago as a more accurate response to local climate disruption, such as, dilution of the gulf stream by melting ice resulting in a cooling effect for such as the UK. There was a tendency to discuss anything, although others may have adopted it as such later.

Reply · Mark as Spam · Post Date: 7/29/2020 6:36:09 AM

Like · Dislike

**justaone**
Joined On 10/20/2011 11:15:54 AM
Add as Friend · Send Message

Learning curve is daunting for me. Problem I solved that concern mentions in Grotto & Concern in present of interest. My greenhouse gardes discussions involved around it would seem we should be entering another period of cooling, another ice age. The concerns were two schools of thought. One, we were covering over the heat of the Downward cold was caused by a cooling of the sun. Two, the cooling was seen in the Rush from everything. The other school the one promoted by the President's today, knowing hothouse gases would be a problem, was that the cooling was caused by the Rush from the Ice Age. Both schools of thought were concerned with the weather patterns in the North South rotisserie heat and Kick pit propane, along with the Jet Stream occasionally breaking off into two Jet Streams with heat domes developing in the middle, suggest the polar could very well convert back into super cold and actually a return to ice.

Looking on an land and looking on ocean water levels. Should such a thing occur, such as Ice Age, occurred, Permaculture methods would be very important. Ice Age would be a very, very, very,

**mky32022**
Joined On 6/25/2015 10:27:20 AM
Add as Friend Send Message

The question is why did your chiro want you to take that product. What is he trying to accomplish? If only for lymph drainage, there are different & better products for that purpose. The binders in the Xymogen product are corn derived (magnesium stearate, stearic acid, microcrystaline cellulose). Usually B vitamins are in yeast, not a high homocysteine level. My sister used B Healthy vitamins by Emerald Labs to get her homocysteine level down from 36 to 13.

Mark as Spam Posted On: 7/30/2022 1:47:10 AM
Like Dislike

**lyn7020**
Joined On 10/17/2012 2:51:44 PM
Add as Friend Send Message

Dr Mercola, we SO appreciate you. You are my go to resource and I am looking forward to your new book. Here's to health...our most valuable gift.

Reply Mark as Spam Posted On: 7/29/2022 4:29:42 PM
Like Dislike

**mirandola**
Joined On 6/27/2014 7:00:58 AM
Add as Friend Send Message

HA! Mainstream "Medicine" is the only "real" medicine, and naturopathy is so-called quack medicine? These people are deceivers, just unscrupulous salesmen! A) I know of several people who died from mainstream medicine side effects, so dd our cat, horrific seizures, I am sad to this day she had to endure that. B) Just look on https://www.drugs.com and read up on drug side effects. Is it any wonder then, that someone else prescribed a certain medication I had also been prescribed, ended up with liver tumors?

Read about seizures, comas, death as "side effects", what a fie-based euphemistic term this is! "Since when" did the body ever favor harsh chemical isolates, anyway? Ah, but then they call the naturopaths the quacks, what fools! C) I could not believe my eyes and ears, when an authority in the natural health world who I was lucky enough to study with, would pt chemical chains on the board without looking up anything, rattle off double blind studies down to details such as the medical vulnerabilities of a particular patient in that study, the sex of that patient, and contraindications/uses/studies etc....when mentioning any herb or supplement under the sun!

Backed by decades of clinical practicing experience up through cancer, gangrene and AIDS, this person, a science researcher and practitioner, was so committed to truth in science that he blasted apart rumors about natural supplements at risk to sales! He himself formulates for companies world wide,and stood the most to lose!

No science in natural medicine, eh? (Because of the socio political climate I am not going to name this person, even if asked). D) What is wrong with a reliable body of anecdotes, spanning culture-wide response patterns to natural medicines, based on the milennia not merely centuries? Science studies can be and often are tweaked, particularly by unscrupulous and self gain-oriented bigHARMA! That's why my late father quit the field of pharmaceutical sales ("Educating" doctors, scary model!)

Reply Mark as Spam Posted On: 7/29/2022 9:36:28 AM
Like Dislike

**MyriamSofia**
Joined On 11/5/2012 10:33:20 AM
Add as Friend Send Message

Excellent symposio! I've shared this with friends, family and on social media! I've known this history for 30 years. God bless you and all you do in service of humanity, Dr. Mercola. I heard you speak at the Biohacking Conference last September and was moved to tears. I've followed your work for years.

Reply Mark as Spam Posted On: 7/29/2022 8:56:29 AM
Like Dislike

**efs8045**
Joined On 12/28/2020 8:33:21 AM
Add as Friend Send Message

Chautsement

Reply Mark as Spam Posted On: 7/29/2022 5:11:03 AM
Like Dislike

**Leahoz**
Joined On 2/2/2020 9:55:19 AM
Add as Friend Send Message

"People think war consists of tanks rolling down the street and it does. But there are other kinds of war, such as the kind taking place right now. "The bottom line is the hoax pushers want you dead. Yes, you. And if you're white then they not only want you dead, they want your children dead and your children's children dead. They want to wipe out your seed, your entire race. This is CRACY.

Reply Mark as Spam Posted On: 7/29/2022 3:37:55 AM
Like Dislike

**otis101**
Joined On 7/10/2010 6:30:32 PM
Add as Friend Send Message

www.globalresearch.ca/member-european-parliament-labels-covid-vaccine-...

Mark as Spam Posted On: 7/29/2022 2:34:36 PM
Like Dislike

**AncientHippy**
Joined On 4/29/2012 6:28:29 AM
Add as Friend Send Message

Is Flax seed (linseed) oil then also harmful? I have been using it several years daily as it is said to be beneficial. Wikipedia states it is one two essential fatty acids that the Human body does synthesise. Please clarify, also on the subject of linoleic and linolenic acid.

Reply Mark as Spam Posted On: 7/29/2022 1:47:11 AM
Like Dislike

**kev8395**
Joined On 7/4/2013 5:50:39 AM
Add as Friend Send Message

AncientHippy: No, flax seed is not harmful, it is health enhancing as is organic Styrian pumpkin seed oil, black seed oil, amaranth oil, coriander oil, milk thistle oil. I have written here before that these articles can be very misleading to people who are not used to these descriptions. Dr M even sells his own organic seed oils. What he means to say is that vegetable seed oils are unhealthy, the high processed, high omega 6 oils in the high street. They are a heart attack on a plate. But Dr M needs to make this clear in future articles as the healthy ones like your flax oil are pigeon holed as 'seed oils' along with the truly harmful ones and it causes confusion and could stop people eating healthy oils which are vital for health. Admin/Mods please pass this request on. Thanks

Mark as Spam Posted On: 7/29/2022 3:46:10 AM
Like Dislike

**jehwood**
Joined On 6/4/2020 5:59:24 AM
Add as Friend Send Message

Flax seed IS not beneficial for women and causes precancerous breast changes via inflammation through naturally occurring estrogenic properties. I would avoid. This has been proven.

Mark as Spam Posted On: 7/29/2022 5:41:38 AM
Like Dislike

**bee70578**
Joined On 1/24/2014 4:03:10 PM
Add as Friend Send Message

I have used ground flax seed for a long time either for cakes or as a breakfast cereal, but recently during an arm sprain injury it set off unbearable inflammation, which surprised me so I am wary now and need to experiment a little.

Mark as Spam Posted On: 7/29/2022 4:49:23 AM
Like Dislike

**jamNjim**
Joined On 2/20/2008 11:15:54 PM
Add as Friend Send Message

Linseed oil is over 50% linoleic acid. IF you are using a lot of it you might want to find a substitute like coconut oil.

Mark as Spam Posted On: 7/29/2022 7:23:56 AM
Like Dislike

**grulla**
Joined On 1/17/2012 8:03:55 AM
Add as Friend Send Message

About 20-25 years ago, my late wife had developed, what was described as a ganglion cyst, that had lasted quite a while on the back of her hand near the wrist. She finally heard/read some info to consume flax seed oil mixed with protein, such as tuna fish or hamburger, which she did, and the stubborn cyst finally dissolved within appx. a month. Perhaps the adverse above comment about flax seed oil simply prescribes to the idea that, 'the poison is in the dose'??? www.healthline.com/.../cyst Subtitle: Ganglion cysts

Mark as Spam Posted On: 7/29/2022 7:55:55 AM
Like Dislike

**mirandola**
Joined On 6/27/2014 7:00:58 AM
Add as Friend Send Message

THere is a great chapter on fats and oils in Paul Pitchford's wonderful book, Healing with Whole Foods.

Mark as Spam Posted On: 7/29/2022 9:51:15 AM
Like Dislike

**tee1875**
Joined On 12/29/2016 8:24:40 PM
Add as Friend Send Message

Please Dr. Mercola, can you tell me if Evening primrose oil is harmful. Thank you.

Reply Mark as Spam Posted On: 7/29/2022 12:40:45 PM
Like Dislike

**dfarrich**
Joined On 3/28/2016 1:46:04 AM
Add as Friend Send Message

No comment: LOL LOL LOL

Reply Mark as Spam Posted On: 7/29/2022 9:20:01 AM
Like Dislike

**wellness1122**
Joined On 7/22/2014 4:39:11 PM
Add as Friend Send Message

What about sesame oil? I used it in a marinade, for a flavoring with Far Eastern spices and tamari. I have it over meat about 3 or 4 times per year. Then, I used the cooked drippings to prepare the rice.

Reply Mark as Spam Posted On: 7/29/2022 4:38:57 AM
Like Dislike

**jamNjim**
Joined On 2/20/2008 11:15:54 PM
Add as Friend Send Message

Sesame is high in linoleic acid. We use it is making marinades and sauces also. It's a staple of Korean cuisine. I don't know how much you use, but a 16oz bottle typically last us a year. The wild roasted sesame oil we buy is getting very hard to find. Just a T/8th or 1/4 teaspoon is enough to add the flavor we are looking for in our dressings, marinades, and dips. I'm no expert on the correct proportions, but I would say that ZERO dietary linoleic acid is probably just as bad for you as too much. Moderation is usually the best approach when eating anything.

Mark as Spam Posted On: 7/29/2022 7:21:44 AM
Like Dislike

**ellecats**
Joined On 12/2/2015 9:28:56 AM
Add as Friend Send Message

No, red red LED lights.... no LED lights. The flicker rate is not good. Red light is good, though, and it won't destroy your night vision while stargazing.

Reply Mark as Spam Posted On: 7/29/2022 7:19:27 AM
Like Dislike

**VickyD.**
Joined On 10/4/2021 11:44:52 AM
Add as Friend Send Message

Ellecats, would you please expand on this info? I have been researching for weeks for the healthiest possible bulbs, but I'm going around in circles because each website will naturally give the info that will sell their own products. Which red lights could we get that has no flickering? Which clear lights that are not LED and contain no blue light/flickering? Dr M mentioned low-wattage filament bulbs and salt lamps, any recommendation for these?

Mark as Spam Posted On: 7/29/2022 4:43:53 PM
Like Dislike

Post your comment

Next Article >

Join the World's #1 Natural Health Newsletter for FREE!
Latest Trustworthy News from Dr. Mercola — delivered straight to your inbox!
Enter your email address
Subscribe Now!

Mercola proudly supports these charities and organizations. View All ~

INSIDE MERCOLA.COM
About Dr. Mercola
Health Articles
Podcast
Special Reports
En Espanol
Mercola Social Responsibility

HELP
Contact Us
Media Inquiries
Mercola Community FAQ

**Disclaimer:** The entire contents of this website are based upon the opinions of Dr. Mercola, unless otherwise noted. Individual articles are based upon the opinions of the respective author, who retains copyright as marked. The information on this website is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Mercola and his community. Dr. Mercola encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional. If you are pregnant, nursing, taking medication, or have a medical condition, consult your health care professional before using products based on this content.

If you want to use an article on your site please click here. This content may be copied in full, with copyright, contact, creation and information intact, without specific permission, when used only in a not for profit format. If any other use is desired, permission in writing from Dr. Mercola is required.

Terms & Conditions - Updated Privacy Policy
© 1997-2022 Dr. Joseph Mercola. All Rights Reserved.

TrustedSite Certified Secure
TRUSTe Certified Privacy Seal