

The Covid Conversation: Vaccines, Censorship & Making Your Own Decisions – Dr. Joe Mercola with Dave Asprey – #816

Announcer:

Bulletproof Radio, a state of high performance.

Dave Asprey:

You're listening to Bulletproof Radio with Dave Asprey. Today is going to be an awesome and amazing episode because I have a friend and a guy who has changed the way we think about health over the last 25 years of sharing tens of thousands of cutting-edge pieces about health content online. He's written a new book about COVID-19 that hopefully this episode will be allowed to stay up. We don't really know for sure. I'm talking about none other than Dr. Joseph Mercola. Dr. Mercola, my friend, welcome back on the show.

Dr. Joseph Mercola:

Well, thanks for having me. It's really great to be back with you. With this COVID-19 craziness, I only lectured once last year, and that was with you in Park City in December. So, it was great to catch up with you [crosstalk 00:01:01] chance to spend some time because the best event of the year was canceled, which is your biohacking.

Dave:

Oh, the biohacking conference? Well, it's rescheduled. September the biohacking conference is meant to happen. We got a virtual one coming up and you're going to be speaking at that as well. That's May 8th. So, doing my best to spread it to the world, the podcast I mean, and the conference, and to let things calm down.

Dave:

You've talked about keto, you've talked about intermittent fasting, you've talked about EMFs on the show, and you've been an inspiration and a source of knowledge for huge numbers of people in functional medicine, in wellness just for decades. Back when I was in my mid-20s I think you started your website and I was reading it back then. So, I've definitely benefited from your knowledge over the years.

Dave:

You and me and everyone else I know who has a noteworthy and respectable website got, I'm going to say punched in the face by Google in that they changed their algorithms to the point that to this day you cannot find any useful health information on Google. You have to use DuckDuckGo, or there's another browser you like better, which one is that? Another search engine?

Dr. Joseph Mercola:

Swiss cows, which you can get-

Dave:

Swiss cows.

Dr. Joseph Mercola:

My favorite browser is Brave and you can actually download an extension of that. Actually, you can do it on Chrome too, but I would not recommend using Chrome. But you can download a Swiss cows extension and make it your default search engine.

Dave:

It's crazy, I found I couldn't write Fast This Way using Google because they wouldn't give me any good studies, any good posts, anything. So, I had to ditch it. That's part of this weird... It's not quite censorship, but it's pretty creepy when all of a sudden, the good stuff isn't available.

Dr. Joseph Mercola:

It's clearly overt censorship. There's no other description of it. It's censorship.

Dave:

It's funny because censorship we think of taping it over and blocking it out, but this is soft sneaky censorship, right? Where, oh no, it's still there, you just can't find it. It's like burying it.

Dr. Joseph Mercola:

Yeah, it's essentially the same thing. You can't even copy and paste the article in and come up with the search results. It doesn't work, this is crazy. So, they've suppressed it.

Dave:

Wow, that's censorship. That's straight up blocking. Okay. So, yeah, I've moved all of my search activity away, and I didn't move it away because I was angry, I moved it away because it doesn't work anymore, right? All right. So, we're in a situation where now people listening understand you can use Swiss cows, you can use DuckDuckGo, you can use any alternative browser and you do it because it works better, not out of some anger at Google or anything.

Dave:

It's like literally you wanted search and you're not getting it anymore. You're getting programmed content that isn't good. In the face of all that, instead of backing down, you're like, "Let me write a book about COVID." So, where does this fighting spirit, fighting for the good cause come from? What keeps you motivated to do that? So, just being like, "Screw these guys. I don't have to do this."

Dr. Joseph Mercola:

Well, my primary motivation was to help people recover their health and avoid needless pain and suffering by choosing the conventional model. And then the longer you get into this, the more you realize it's not just an educational invention, which is why nearly 10 years ago now we set out into health activism and support. 10% of our profits go to support for nonprofit entities that are designed to hit things in various directions.

Dr. Joseph Mercola:

We were largely responsible for GMO awareness by catalyzing the initial donation to acquire signatures for the direct ballot initiative in California in 2011 or '12. We lost that campaign because they cheated and basically, it's legal to lie in these campaigns, and they did. But we won overall because we created

the awareness, which was the primary purpose of the campaign. Then we rolled it over into four or five or even six other states.

Dr. Joseph Mercola:

So, as you know, I mean, GMO, we really put a dent in their system. But that's sort of a tangential discussion. We're involved in other areas like Vitamin D awareness and [inaudible 00:05:21] vaccine. The vaccine's a big part of this [inaudible 00:05:26].

Dave:

Vaccine is a big part of it, but before we get into the new book, how do you keep from getting just angry and bitter over all this? You keep coming up with truthful well-researched good stuff, and people just... They keep fighting it. How do you stay positive?

Dr. Joseph Mercola:

Listen, you and I are involved with Dr. B and deepest gratitude for helping me understand who this person is, and I met him at your event in April-

Dave:

Dr. Barry Morguelan you're talking about, yeah.

Dr. Joseph Mercola:

And we're in his private client room.

Dave:

Right.

Dr. Joseph Mercola:

Literally, it's 15 people or less. So, we both know well that there is never, never a justification for anger. It is getting you deeper into the matrix and will just make you go backwards and spend unnecessary energy. That's definitely a reason, so don't get angry. Eventually, it's a love and forgiveness strategy and you want to motivate yourself to action. And that's what we've been doing. We've been identifying the cause and we're really...

Dr. Joseph Mercola:

My primary focus now has shifted mission-wise. It's extended. Not shifted, but extended beyond preventing needless pain and suffering in the conventional model, to preventing global tyranny which will accelerate needless pain and suffering and deaths. So, it's a much broader global mission now. The COVID book was part of that, and I'm excited to tell you very confidently, this will be an absolute bestseller.

Dr. Joseph Mercola:

How do I know? Because Amazon has preordered, and you cannot submit a refund, 100,000 copies. This virtually never happens. The only time 100,000... And you've got a lot of bestsellers, how many times have you had 100,000 preorders from Amazon? It doesn't happen.

Dave:

I've never had 100,000 preorders. In fact, *Fast This Way* just crossed 100,000 sales about two, three months after it came out, and that's been a successful book. So, to get a preorder like that, that's a whale of a book.

Dr. Joseph Mercola:

Yeah, this is going to be number one.

Dave:

Now, do you think you'll make the *New York Times*?

Dr. Joseph Mercola:

No, no. We will not be in the *New York Times*. I am totally banned from the *New York Times* [inaudible 00:07:35]. It'll be number one in the *USA Today*, *Wall Street Journal*, *Publishers Weekly*, but it will not be in the *New York Times*. It won't even be on the list.

Dave:

Wow.

Dr. Joseph Mercola:

Yeah.

Dave:

Who would have thought? I-

Dr. Joseph Mercola:

Yeah. It doesn't matter. I mean, I've got *New York Times* bestsellers, it doesn't matter. But making number one is... And number one selling book in the whole country, although I might have problems with Dr. Seuss because of Amazon banning Seuss he's got a lot of sales now.

Dave:

Sometimes when they say bad things about you, you end up just becoming more known, and I think that's happened with you. They call it the Streisand effect, which is really cool. So, the more they rail against Dr. Mercola, the more they hear about him and you know it's something worth listening to. So, I think that's a good thing.

Dr. Joseph Mercola:

Yeah, it was good. I mean, I made the front page of the *New York Times*, the *Washington Post* because I was the villain, the tyrannical villain behind the anti-vax movement. I was the primary funder for it. I said, "Well, yes, that's me," and I'm proud of it. So, that resonates with [inaudible 00:08:42].

Dave:

It does resonate with people, and one thing that I know about you is that you are absolutely willing to put your money where your mouth is. You are a meaningful philanthropist towards causes you believe

in, which is the biggest sign that someone's doing the right thing. It's also something that's misused by certain people. They do philanthropy as a tax dodge, and that's not what you're doing. You're actually spending on action, which I really do respect.

Dr. Joseph Mercola:

Gates in a nutshell. The previously wealthiest person in the world who has used the tax law to effectively radically increase his network. So, he donates 10 or 20 billion and he doubles or triples that because that basically makes these investments his donations from his foundation he has, the Bill & Melinda Gates Foundation. He donates it to another company that donates it to industries and investments that benefit him directly.

Dr. Joseph Mercola:

So, it's extraordinary he's able to increase his wealth by [inaudible 00:09:43], and yet, it's a very clever strategy that was... Well, the philanthropy strategy he copied from Rockefeller, and I live in a small town in Florida that Rockefeller spent most of his last days. He actually died here, a mile from my house. So, he copied his strategy and it worked very effectively. Very effectively, and I [inaudible 00:10:07].

Dave:

It's a profound strategy.

Dr. Joseph Mercola:

Yeah. It works. Clearly, it works. Gates is not stupid, he's clever, and he's part of this whole issue. He figured this thing out years ago, more than a decade. He cleverly put himself within the World Health Organization and if anyone doesn't... This is a big part of the story of this book is the World Health Organization because if you think about it, they're the primary controllers of the whole process.

Dr. Joseph Mercola:

They dictated when the pandemic was, they redefined the definition, they made the definition of what was and what wasn't an effective therapy, what would work and would not work. They controlled the whole narrative. They demanded global lockdowns and almost every government in the world complied. It's incredible, and who is behind this? Gates.

Dr. Joseph Mercola:

I mean, they're taking direct orders from him. Aside from the United States, which I believe Biden has reactivated our funding for the World Health Organization. Trump discontinued it and Gates was the largest primary contributor. More than any other country in the world he was the primary funder.

Dr. Joseph Mercola:

So, he's very strategic. The guy is brilliant. Brilliant and nefarious at the same time. So, he's largely responsible for this whole thing. Are you familiar with Event 201?

Dave:

Well, share it with listeners.

Dr. Joseph Mercola:

Okay. So, Event 201 is an interesting organization that [inaudible 00:11:24]. Yeah, it occurred in late October of 2019 about six to maybe eight weeks before the pandemic was started. There was the World Economic Forum, Johns Hopkins was there, and Gates, the Bill & Melinda Gates Foundation.

Dr. Joseph Mercola:

So, essentially, it was an exercise in pandemic response and they did a coronavirus. Little did they know that in six weeks we have a coronavirus pandemic. Of course, they knew, and it was all planned. It's so blatant at times and they have this whole narrative that they've created.

Dr. Joseph Mercola:

So, when you mentioned Google earlier, Google's a huge part of the problem. Gates is like the spokesperson, he's the front guy, and he clearly has contributed to this, but there's a lot of people behind the scenes and more than just Klaus Schwab of the World Economic Forum. I know the guy doesn't get a lot of credit but deserves it, is Eric Schmidt. He's the guy that really brought Google prominence. Took it over from Sergey and Larry in the early 2000s.

Dr. Joseph Mercola:

Because prior to then, Google was good. You and I both loved Google. It was the greatest badge of honor to have a Gmail address. Now, if you have a Gmail address you should have your head examined because they are copying and storing every character that you write. Every character permanently will never be deleted. They know everything about you. Your privacy is violated, and if that isn't bad enough, they're using this collected information to understand and accurately predict your behavior and the behavior of society.

Dr. Joseph Mercola:

They know very well the deep learning tools that they have and the computer processing power and the artificial intelligence community that they own. DeepMind, I think it's DeepMind with Demis Hassabis over in the UK. They bought them for half a billion a few years ago. That's the organization that made AlphaGo that beat the World Go Championship champion, yeah. Lee Sedol, I think, initially.

Dr. Joseph Mercola:

Anyway, so they're using all these resources to identify what precise factors will predictably control our behavior, and they've been doing this for decades. Literally two decades.

Dave:

I'm a trained computer hacker. When Google was two guys and two servers, they came to a company that I helped to co-found, and I do believe the founders believe the don't be evil statement, but I think the don't part might have fallen off at some point.

Dr. Joseph Mercola:

Right. Well, I think that was catalyzed by Schmidt. That guy is dangerous on steroids.

Dave:

It could have been, and it's very interesting. For a long time there, I ran a plugin on my browser that would do a random query of Google at a random number of seconds all the time so that my data my

stream would be really polluted, and they still make that. But I'm like, "You know what? I'm burning electricity for no good reason," because every search query actually burns electricity. I said, "I'm not going to do that anymore." But I generally steered away from that side of things just as a well-educated hacker who knows architecture at all.

Dave:

So, we're to the point where there's global economic and technology forces that have a vested interest in making us do and think certain things. In the face of that, "Okay, I'm going to write a book." Your name has its own credibility, but you partnered with Ronnie Cummins who is a founder and director of Organic Consumer Association, which is a nonprofit that's really created the organic standards that big food hates to this day. You've got Robert F. Kennedy, Jr. in the book. You've got really credible people in the book with you.

Dr. Joseph Mercola:

Yeah, absolutely. Bobby was just so gracious. He was under such enormous personal demands that I felt so bad trying to pressure him for the foreword, but he finally came through with it literally a half-hour before it was going to the printer. It was crazy, but he's a great soul and we both look forward to connecting with him next month in California.

Dave:

I'm looking forward to getting some time with him as well.

Dr. Joseph Mercola:

Yeah, because he's one of the most powerful guys in this movement. He's clearly a very clever attorney who's been successful so many times, but he's a very good strategic guy and I'm really looking forward to really coming together to plan with Bobby how we're going to combat this thing at a very deep and strategic level. So, it's going to be fun working with him.

Dave:

I'm one of those weird middle-of-the-road people where we have all the what really happened in September 11, 2001 sort of things. I can say the story that I'm hearing doesn't look very accurate, but I also don't feel like I can say, "This guy did this and it was this because this guy met this guy." You can get twisted up in conspiracy theory stuff and one of the discrediting techniques they use is to say just, "Oh, it's a conspiracy theory." You just lump it all together because there are some crazy people out there.

Dave:

When it comes to the pandemic, I've had the head of United Biosciences on before the pandemic and stuff happened because I'm like, "Oh, you think you can do some kind of new vaccine that doesn't have adjuvants that might let you turn off a life-threatening food allergy? Tell me more. Maybe there's some useful tech in here.

Dave:

Deepak Chopra talked about maybe there is such a thing as a safe vaccine at some point. Do you ever think there could be a safe vaccine that lets us control our immune system or are they just always going to be bad no matter what?

Dr. Joseph Mercola:

I would never say never, and certainly absolutely impossible would be, I think, a foolish statement. I think it's technically possible.

Dave:

Yeah.

Dr. Joseph Mercola:

I don't think it's likely, certainly in the near future, and I certainly think this vaccine isn't. And I think the vaccine is a big part of everything that's going on. Now let's assume that the people who believe that this vaccine will help end the crisis and reduce the death toll, let's assume that's their sincere desire and intention.

Dave:

Let's face it, most people believe that.

Dr. Joseph Mercola:

Yes, because they've been cleverly manipulated through the Google data collection process. Now, it's not just Google, it's Facebook, it's Twitter, they're all pretty similar. But Google and Facebook are [crosstalk 00:17:47].

Dave:

It's tech, yeah.

Dr. Joseph Mercola:

Yeah. So, is that sufficient justification to silence the critics and conduct nationwide brainwashing campaigns that control public opinion on this topic. Anyone who's carefully studied this cannot objectively dispute that that is indeed the case we face today. The answer is no. People need to hear both sides of the story, otherwise, how the hell could you possibly have informed consent? It's impossible.

Dave:

I don't know. I grew up where you were allowed to be wrong and you were still a good person if you were wrong. You were allowed to say things that people didn't agree with and that was just considered educated. Now, clearly, they demonize people who say whatever isn't the current narrative, which is surprising and scary just for the amount of time I've been on the planet. Wow, this is a sea change. So, you've stood up and you've said, "All right," you've done a bunch of research about this and you say some things that are pretty darn definitive.

Dr. Joseph Mercola:

It's not just me. There's dozens and hundreds of other people who've done [inaudible 00:18:56].

Dave:

I didn't mean to sound that way. Thank you Dr. Mercola for... Yes, there are 25,000-plus people who've signed the Barrington Declaration. I'm married to a doctor. She went to Karolinska Institute. I talk to a lot of doctors, you talk to a lot of doctors. Privately, at least half the doctors I know about are highly concerned about the state of things. Whether they got the vaccine or not.

Dave:

They're still really concerned. They have great concerns about the vaccine about our response, about the effectiveness of all this stuff. So, there's huge discontent and questioning that you don't hear about when you read the Washington Post or something. So, we're there. You talk to a lot of these people and you say some things that are very definitive in the book.

Dave:

Granted, they're coming with other people, but you say that COVID was lab-engineered and came from Wuhan, the bioweapons thing there. How do we know that that's real? Sincere question. I'm not challenging it. I just don't know.

Dr. Joseph Mercola:

No, no, no, no. There's enormous supportive evidence and we could literally spend several hours on it if you want to go into the molecular biology of it and the specific sequences that are there and the proof for that and the publication and the funding for it, the Wuhan labs. I've done many, many interviews on this with Francis Boyle who was a University of Illinois law professor who actually was responsible for some type of... Oh, I forget the...

Dr. Joseph Mercola:

It was a federal law that if you're prosecuted on, you're not killed. You're given the death sentence, but you're given life imprisonment. It's Bio-Weapons Act I think it was. He was responsible for [crosstalk 00:20:39] in the late '80s.

Dr. Joseph Mercola:

So, he was one of the first. I mean, I interviewed him in February of 2020 before it was official pandemic. He was spot on even back then at identifying the evidence with the North Carolina researchers who were a big part of this. I'm forgetting the name of the primary researcher there. I think it was Ralph Baric if I'm not mistaken. And then Shi Li with the Wuhan lab, known as the bat woman. Clearly, an expert researcher on coronaviruses for the last 10 years. And they'd done this gain-of-function research, which should be illegal. I mean, it should absolutely be illegal.

Dave:

Yes, it should be.

Dr. Joseph Mercola:

We're not suggesting in the book that this was a engineered virus that was intentionally released on the population. It could have been, but there's no proof of this that I'm aware of, but it appears to have been at a minimum accidentally released, and it was not from a regular food market that they claim it was.

Dr. Joseph Mercola:

See, the thing is when you start to study this, as I mentioned or alluded to earlier, Gates is behind this and he's engineered the World Health Organization. You have to be beyond skeptical of anything, anything that the World Health Organization says is true because it's probably a lot. It just most likely is, so if they're behind the narrative, this is the organization that they have a lot of clever strategies.

Dr. Joseph Mercola:

Now, they were not only just not opposed to Vitamin C and Vitamin D, which essentially have no side effects at all, are virtually free and highly effective, but they were even opposed to drugs that competed with their final recommendation was, which is the vaccine. The World Health Organization was behind the campaign to discredit hydroxychloroquine, which is a very safe drug that works in the recommended doses.

Dr. Joseph Mercola:

So, they spun off studies that used doses that were 10 times higher that did have side effects and didn't work. And they didn't use it with zinc because that's the way it works. It drives zinc inside cells, which helps stop viral replication. So, they spun these studies and just discredit hydroxychloroquine. They did the same thing for ivermectin.

Dr. Joseph Mercola:

So, they were not even opposed to natural therapy interventions, but they were opposed to even any drug that was inexpensive and effective. They were probably involved with this whole... The Lancet published a study that used fraudulent data from this company called Surgisphere. I'm sure you're familiar with that, and it was just absolutely fraudulent data and the experts were coming out. As soon as it was published there was a peer review. One of the best journals in the world it got... And it totally discredited hydroxychloroquine.

Dr. Joseph Mercola:

So, they ultimately wound up retracting it, but the World Health Organization didn't change its position at all on hydroxychloroquine. It was essentially removed from the equation despite brilliant people like Vladimir Zelenko who's just a unbelievably committed physician out in New York, and really did so much to herald the active use of that medication.

Dr. Joseph Mercola:

I'm not a big drug guy. I don't think you need hydroxychloroquine. My favorite thing, maybe this is one of the pros of the treatment is... I've just learned more about this. It's so crucial. I discuss it in the book, but it's really difficult to explain it deeply in the book, and I've done videos on my site. So, if you haven't seen or heard about this, definitely go to my site and look this up. This is going to be one of the biggest pearls you get from me.

Dr. Joseph Mercola:

This is a proactive preventive therapy. That is nebulization of hydrogen peroxide. I know it sounds simple and maybe foolish, but it works. I'm telling you I've never seen anything more effective in my entire clinical career for the treatment of viral upper respiratory infection. There is nothing better than this.

Dr. Joseph Mercola:

But here is the other thing. So, just go to my site and look it up. You'll find lots of articles and videos that are not on YouTube because they would get me banned. But we tell you how to use it [inaudible 00:24:41] to get. But let me just finish. This is something you obviously have to have before you need it, but I just learned from Dr. Levy, I just interviewed him this week actually. He's uncovered a real other benefit for this intervention that suggests everyone should use it twice a week because it kills these unnecessary pathogens that are in your upper respiratory system that tend to die and secrete toxins and they cause dysbiosis or non-optimization of your gut microbiome.

Dr. Joseph Mercola:

He noticed unbelievable benefits for the microbiome by using it, and he notices that if he goes less than twice a week, it tends to recur. So, I'm doing it now twice a week and I think everyone should do it. The cost is really just the cost for the nebulizer because the hydrogen peroxide is essentially free. It's probably less than a penny per treatment. Maybe a 10th of a penny. It's free. So, it's crazy not to do it. And then you have it [inaudible 00:25:40] and if you get sick, you can use it and treat yourself, your family, and your friends.

Dave:

I had Frank Shallenberger on at the beginning of the pandemic who's one of the... I call him the godfather of ozone therapy. He's been on your show as well, I think, right?

Dr. Joseph Mercola:

No, I haven't, but he-

Dave:

Yeah. And so, he was talking about it too.

Dr. Joseph Mercola:

Yeah. Frank, Rob Rowen, and David Brownstein are the primary promoters of this.

Dave:

Yeah. Famous names in alternative medicine for long periods of time. So, you guys listening, I have a nebulizer. I've had a nebulizer for a long time and I have hydrogen peroxide and I made sure that my close friends had one as well. We talked about it on the show, Dr. Mercola has a ton of them [inaudible 00:26:23] about it, and it's cheap and easy.

Dave:

But what I find going through my mind is I wonder if people are going to actually hear this episode or if it'll suddenly disappear into the digital ether. So, I hope you hear it here. We'll see if it works.

Dr. Joseph Mercola:

Well, if it gets censored and removed because that's one of their strategies. They censor things and they deplatform people. Obviously, their official narrative is removed. So, they just are able to hear the propaganda.

Dave:

So, let's hope it stays up, and I think that regardless of COVID, that strategy of just keeping your upper respiratory tract clean is a good idea. I've also seen studies of reducing the microbes around the eyes and nasal passages using iodine water. There's something called the Bulletproof Sinus Rinse where you put a couple of drops of iodine in saltwater, you sniff it, and it just reduces the load there, which reduces inflammation and keeps the very upper part of the respiratory tract going. So, there's hygiene-based approaches that increase immunity so that you can handle something that happens to you, which is pretty cool.

Dr. Joseph Mercola:

Yeah, David Brownstein's protocol involved a drop of iodine in the nebulization medium.

Dave:

Yeah. Oh, does he do... So, I have nebulized iodine as well. In fact, I found it worked really well for colds.

Dr. Joseph Mercola:

Yeah, yeah. He likes it and he's got some anecdotal stories of some of his patients who've used just the nebulized hydrogen and they forgot the iodine and they weren't getting better. They put the iodine and they got better. So, sort of compelling.

Dave:

Very interesting. All right. And you don't put those in together though, right? You don't use iodine and-

Dr. Joseph Mercola:

No, you can use them together. You don't prepare it and store it [crosstalk 00:27:57].

Dave:

Oh, you can. I've never done that, okay.

Dr. Joseph Mercola:

Yeah. That's what his protocol is.

Dave:

Okay.

Dr. Joseph Mercola:

Right before you use it, you put the iodine in.

Dave:

Okay. That's really cool. All right, so there's something that you're listening to this like, "What could we do?" It may not cure everything, but if it reduces severity, that's all that matters, right? So, if it's not very severe, you're going to be okay. What about long-COVID, Dr. Mercola? So many people are talking about this. Do you have an explanation for that?

Dr. Joseph Mercola:

I understood it when I interviewed Vladimir Zelenko, who's the physician I mentioned earlier. Even though he was doing all this pioneering work and putting out protocols to treat this effectively, and he's treated thousands of people. He's been in the trenches big time. I found out during my interview with him he had a terminal pulmonary sarcoma that he had to figure out himself and treat while all this was going on. It was crazy.

Dr. Joseph Mercola:

But Zelenko told me because I asked him the same question you asked me, and I really can't answer that because I don't treat thousands of patients with COVID, but he has. He told me that he's never seen any long-haul COVID symptoms in anyone that was effectively treated within the first few days. Effectively treated. If they weren't treated after five days then the virus has too much time to multiply and reproduce and just go into extraordinarily high numbers, and then it causes long-term damage.

Dr. Joseph Mercola:

But if you can get it effectively in the first day or two, you're golden, which is why... This is sort of revision of the nebulized peroxide protocol. The moment you feel a sniffle or sneezing or something, get to the nebulizer. It doesn't cost you anything. You've got it, just use it. Just treat yourself once or twice, that's it.

Dr. Joseph Mercola:

So, the sooner you treat it the more effective it's going to be because if you can get that virus before it starts to reproduce and multiply, it's going to be far more effective.

Dave:

And it cost 50 bucks to buy a nebulizer.

Dr. Joseph Mercola:

Well, a good nebulizer, it's under 100. It's under 100. Yeah, it's under 100. It might be closer to 80. But Tim Ferriss has a common question he asks his guests. What's the best thing you ever bought for under \$100? This would have to qualify for almost everyone, no question. It's under \$100.

Dave:

Beautiful. I really like that. I believe it's one of those basic health things because there are times when doctors don't know what to do even if it's just a regular cold. And yeah, it'll knock stuff down in a way that's really powerful.

Dr. Joseph Mercola:

And you want to make sure... Dave, just let me interrupt. You want to make sure you don't get the nebulizer that's for \$25 and \$30 because you can get those on Amazon. Those are a piece of junk. You want the one that plugs in the wall. You want a real nebulizer, and when you put in the nebulization solution, it's not on the mesh directly. You use a separate container that you breathe in [inaudible 00:30:36]. That's the key.

Dave:

So, it pumps air through a little chamber that mixes the stuff that you breathe.

Dr. Joseph Mercola:

They're separate. They're not all placed in one unit.

Dave:

I've seen a lot lately about niacin and Vitamin C and quercetin and zinc for long-COVID, and how that tends to reverse it over time. Have you looked at that?

Dr. Joseph Mercola:

Yeah, niacin if it's going to work, I'm skeptical, but it will work because it's a precursor for NAD. You don't need much of it. I don't believe high-dose niacin would be that effective. I think there's other more effective strategies that we've talked about in the past, but I take niacin every day myself-

Dave:

How about raising NAD?

Dr. Joseph Mercola:

Yeah, raising NAD. I mean, you need some for sure. Interesting, people who died from pellagra, it killed people a century ago, right? Dementia, diarrhea, dermatitis, and death, four Ds. The primary reason for that was thought to be niacin deficiency, Vitamin B3. It turns out it's not a Vitamin B3 deficiency, it's an NAD deficiency because you can give someone IV NAD and not a shred of niacin and it'll treat pellagra magnificently. So, ultimately, the niacin works because it helps your body create NAD.

Dave:

The papers that I've read are talking about how there's different pathways and NAD might not help with long-haul COVID, but niacin apparently does. Basically, they believe that the long-haulers had low NAD when they got sick. So, I think it's a good idea to get your NAD levels up before you get sick. Seem like a good strategy?

Dr. Joseph Mercola:

A very good strategy. I take NAD suppositories every day. I make them myself, so yeah. I think you're doing that too now if I'm not mistaken.

Dave:

I just got your recipe. I am indeed. I've made my own suppositories of glutathione for a while, and you inspired me to do it with NAD as well because I don't always have a needle and the desire to stick another needle in my arm to do it. So, that is the backdoor method for certain vitamins is the best way. Talk to me about melatonin. I have huge amounts of melatonin here because I know what an antioxidant is, but a lot of people are surprised to hear melatonin might be in a treatment protocol or protecting yourself. Walk me through why that matters.

Dr. Joseph Mercola:

There's a lot of things that you can use. Quercetin is probably safer than hydroxychloroquine, also zinc ionophore, zinc itself, NAC an acetylcysteine because it actually works very effectively for some of the clotting challenges that develop as a result of COVID, and melatonin as you mentioned.

Dr. Joseph Mercola:

But I think those are all nice, and Vitamin C. How could I miss Vitamin C? Vitamin D. There's all these other peripheral strategies, but ideally, and there's no reason... They all work together synergistically, especially if you're going to use peroxide. If you're going to peroxide, I learned from Levy and it's a really important part that I didn't put in the protocol initially, but it should be is you have to use Vitamin C because Vitamin C works with peroxide.

Dr. Joseph Mercola:

Actually, they work synergistically, and if you don't have high amounts of Vitamin C, it's not going to work very well. So, I would definitely do that. But I think we're wasting time discussing these peripheral issues because the primary thing is you need the nebulizers. That's the single most important tool you have. If you're doing everything else and not that, you're missing the boat. You are missing the boat. That is really the only thing you need.

Dr. Joseph Mercola:

Yeah. I mean, you can use them, they're not... I mean, I use melatonin every night too. I use the same things and it can go dangerous if you use too much zinc. Maybe if you haven't used zinc and you're sick then I would maybe go to 50 milligrams, but most people don't need more than 15 a day. If you're taking more, you're going to potentially get in problems, drive some copper deficiencies and imbalances.

Dr. Joseph Mercola:

If you're eating a lot of meat like a lot of us are, you're getting enough zinc. There's plenty of zinc in meat. You're getting overdosed on it. So, you probably don't need a supplement of it.

Dave:

Yep.

Dr. Joseph Mercola:

Got to be careful. But I want to talk about some of the important things now that even aren't in the book. This is breaking news and I'm thinking people want to know about-

Dave:

Do share.

Dr. Joseph Mercola:

The vaccine passports. Have you heard about them?

Dave:

It depends on what country you're in. They're all making up random stuff, but apparently, they're going to let the nice private companies administer these because private companies are so good at responding to... Oh, wait. Seems like a fool's errand to me.

Dr. Joseph Mercola:

You are going to need a vaccine passport if you want to travel by plane. If you want to use public transportation. If you want to go to a concert. If you want to go to the library or restaurant, or you even want to go to the grocery store. You're going to need a vaccine passport.

Dr. Joseph Mercola:

So, if you have not been vaccinated, these vaccines are not going to be mandatory, but essentially, they are because you won't be able to participate in virtually any type of life. This is what they're going to, and here's an interesting factoid. Guess what company is largely responsible for putting this together. I mentioned the private companies, but there's a primary one that's responsible for this. It's IBM.

Dr. Joseph Mercola:

IBM, you may not realize or understand, but one of their divisions was responsible for developing the systems to identify the Jews in Nazi Germany that were exterminated. They played a large role in this and they've admitted. We wrote a whole big article on this. So, same company, few years later.

Dr. Joseph Mercola:

Interestingly, you know it as well, IBM's market cap today is about 110 billion. The market cap of Microsoft is 10 times that. It's over a trillion dollars. In the early 1980s, this young kid Bill Gates, Harvard school dropout wrote the operating system DOS and sold it to IBM for their emerging personal computer. They're the company that developed the personal computer, then all the clones started.

Dr. Joseph Mercola:

But computer hardware became a commodity and obviously, IBM's stock didn't go up much since that time, but Microsoft's sure did because its software became the big platform. So, Gates became the wealthiest guy in the world, and really... So, IBM's playing a role here, but I think Gates plays a much bigger role, really.

Dave:

I'm laughing a little bit, Joe, because over my shoulder, it's a little bit off camera, I have one of the first 2,000 computers that was made by the company that became Microsoft. It was called MIPS. I was actually there. My mom was carrying me in her womb. She was the first employee of Bill Gates, Ed Roberts, and Paul Allen. She answered phones when she was pregnant with me, and it's really funny because she remembers all three of them. She worked there half-time and stuff like that. Ed Roberts actually bought my crib, believe it or not.

Dr. Joseph Mercola:

Who was there? Gates [crosstalk 00:37:21]. Who were the three people she remembers? Gates and Allen?

Dave:

Gates and Ed Roberts and Paul Allen were the three founders, and Ed Roberts bought my crib. She still says he was so nice, and Paul's passed. But it was a brief time. They didn't give her stock options unfortunately or we'd be flying around in a private jet or something.

Dave:

Still, it's one of those family lore things so I'm laughing because part of my history is the very early days when that was happening. No one could predict back then where things were going to go. Gates is brilliant strategically. There's no question he's a super-smart guy.

Dr. Joseph Mercola:

If you deny that you are ludicrous. You're irrational because he is. No one can take that from him.

Dave:

And so, I was just laughing and talking about this history. I'm like, "Yeah, I got a museum piece back there that's one of these computers, and it changed the world." I'm going to argue that tech has changed the world for the better because we can have this conversation, because we can share it, because we can solve problems. We've solved so many things, but now there's bad stuff happening, and I think it's reversible.

Dave:

But let me ask you before we get into the vaccine passport even more. Do you think it's reversible? Is tech going to be used primarily for good or is it going to be evil?

Dr. Joseph Mercola:

You've asked probably the best question you could possibly ask because I think that's the crux of the higher situation. It really is the core of what my new mission is, to identify the specific agendas they have, and the agendas are very, very dark. As far as I understand it, their intention is to digitalize all of us and put us in a virtual world and essentially make humans digital assets in trading. That's their agenda.

Dr. Joseph Mercola:

Do we want to participate in this? I say no, but they've got a real big leg up on us and it's going to take a lot. I agree with you completely, technology tends to be independent, but there's a sordid history of the internet. I'm sure you're familiar with it. If you're not, there's a great book called *Surveillance Valley*, which describes in great detail the military history of the internet, and a large party controls most of it because it's a centralized structure.

Dr. Joseph Mercola:

I am so grateful for decentralized options which I think is the real solution, and we need to develop the decentralized censorship-resistant internet and social media platforms. That is the answer. It's not going to happen immediately. It's going to take a long time, but that's clearly the answer to this.

Dr. Joseph Mercola:

I think crypto is part of it too, and I think if your audience is not... Not all of crypto, but most of it. Especially something like Bitcoin, but there are probably better speculative assets in Bitcoin, especially if they're decentralized. That can get you out of the financial system. That's one of the biggest motivating catalysts behind this whole engineered pandemic is this transfer of wealth from most everyone to this global tyranny that they've evolved. They want all the wealth and all the power and Gates is one of them for sure, and there's many others.

Dr. Joseph Mercola:

So, if you're in the traditional banking system, you've got to get out because they're going to force in something that's called a CBDC, central bank digital currency, that is essentially a smart contract that will absolutely limit and control everything you do. They design the contracts, so if you step out of your front door without permission, you lose all your money. It could be that nefarious.

Dr. Joseph Mercola:

We don't know what it's going to be, but they'll have complete control because it's all centralized. So, you need alternative sources to store your wealth. Gold and silver have been the analogs for years, they're not really going to work that well in this new system. We really need a decentralized digital asset, and Bitcoin would be the [inaudible 00:41:03].

Dave:

It's funny. One of the reasons it's called biohacking is because of my Silicon Valley career. You look at what the hackers did, a lot of people who aren't tech don't know this, but Microsoft pissed a lot of people off because you couldn't tell what the operating system did, and it was doing weird inappropriate stuff, or just crashing all the time, or it was insecure.

Dave:

So, hackers like me like, "Hmm, maybe we could just do it ourselves." Linus Torvalds went out and made Linux. Today, most of the communication stuff that's going on between us is running Linux where it is made by a collaboration of people. It's entirely open source and you can see everything. So, biohacking is this idea that you don't need a white lab coat or a university degree to control your own biology. That it's up to us to do it to ourselves. We can run our own experiments on ourselves, and that's why hacking is in there.

Dave:

What I believe will happen, and my hope for tech is that the people who make a lot of money at these big companies and see the problems that are emerging, it's not that hard to do a decentralized dark web version of any social media network. That doesn't live in any one place, and when you do, that's very hard to shut it down.

Dr. Joseph Mercola:

It's almost impossible. It's almost impossible.

Dave:

Yeah. Well, it's possible by manipulating network IP protocols and looking for patterns in packets. I was VP of product for a company that did that kind of stuff so I know how that works. But we can still get around it with proper hacking. So, I'm really hopeful that in 20 years from now instead of Facebook, you'll be on Darkbook.

Dave:

Your computer is one-billionth of the processing power for it and it's spread around and it might be a little slow sometimes, but probably not. And no one has any say other than the code you can see. That's

the world I'm looking forward to and I think it's going to happen. It's going to solve all these problems. It'll probably create new ones too, but that's how tech works.

Dr. Joseph Mercola:

Yeah. Well, unless we have that, we are doomed. They are going to win. That's the only option out that I see. There is no other solution, and maybe I'm just ignorant, but I don't think there is because they've got too much control.

Dave:

There are enough good-hearted, very, very wealthy people I have been fortunate to come in contact with who are willing to take the small amount of money that it takes to do that and fund it. I truly believe that because it's not that much money to them. It's just a lot of money to you and me. So, it'll happen because it's a foregone conclusion.

Dr. Joseph Mercola:

Yeah, I'm excited about that because I agree with you completely.

Dave:

Okay. So, if you're listening to this and you're thinking it's getting pretty dark, look, there's lots of solutions to the problem and there's enough people getting aware of the problem that we will solve it because that's what humans do. When something is intolerable, you just do something better. It doesn't matter if housework is intolerable so you invent a washing machine or whether censorship of free thought is intolerable so you invent a censorship-free platform. I think it's going to happen.

Dave:

Let's get back to some of the knowledge in your book, okay? The nebulizer thing, we got it. The list of supplements, we got it.

Dr. Joseph Mercola:

Well, yeah. So, that was the big one I wanted to share with the viewers and listeners because that is huge. It's a really big takeaway and I want to share two other points I just learned today. This is not in the book. This is going to be the next book. Can you believe it? I have developed a system now to produce content real quickly, and we're going to have book number two, which will still be a bestseller because it talks more about the vaccine, which I think is really the crux of what's going on.

Dr. Joseph Mercola:

Interestingly, you probably have flown recently. Last time I flew, the narrative that the flight attendants are saying has changed. So, even though you've had a vaccine and your test is negative, you still have to wear the mask. You still have to wear it. That's the rules. That will probably be the rules for the rest of our lives. I'm sure you know that.

Dr. Joseph Mercola:

I mean, initially, we had the 9/11 challenge and then we got TSA for that. The Home... What is it? Home... What are they called? Home Security? No, it's not Home Security, it's-

Dave:

The Patriot Act, the Homeland Security Act.

Dr. Joseph Mercola:

Homeland Act, the Patriot Act, but the whole department. I forget what it's called. It's the one that [crosstalk 00:45:27].

Dave:

Homeland Security.

Dr. Joseph Mercola:

Homeland Security that's what it was. I forgot the land, Homeland Security, which is a huge department now. It's many, many billions of dollars. So, we're going to probably have to wear masks the rest of our lives. It doesn't matter. We were told it's going to stop the lockdowns and everything, but it hasn't. In many states, there's still lockdown.

Dr. Joseph Mercola:

So, here's the thing. This is an experimental gene therapy. It is not a vaccine by any measure or any definition other than Merriam-Webster changed the definition, World Health Organization changed the definition, but it does qualify. It doesn't meet the criteria. It is gene therapy, it's messenger RNA encapsulated in a liposome.

Dr. Joseph Mercola:

And the liposome is potentially problematic. I had a really long discussion with Judy Mikovits who believes that that liposome makes the messenger RNA, there are billions of these messenger RNAs in there, essentially insulates it completely from the normal system our body has. These RNA ACEs are enzymes that degrade RNA, but if you're in this liposome, they can potentially last in your tissues for a long time. You become a factory of making these proteins.

Dr. Joseph Mercola:

No previous vaccine in the history of the world did this. They don't cause your own body to make the antigen. So, we have no idea what this is. This was never tested in animals. Interestingly, this is what I want to share, this was never tested in pregnant women. Never. Yet the CDC and the FDA encourage pregnant women to get this and Stephanie Seneff, I'm sure you know who she is. She's an MIT computer scientist. She sent me-

Dave:

She's been on the show, yeah.

Dr. Joseph Mercola:

She sent me an article today that was 15 years old, 15 years old, showing how sperm can take up foreign messenger RNA, convert it to DNA, and release it into little pellets into the cytoplasm. And so, her speculation that a vaccinated woman who gets pregnant with an embryo can have these sperm plasmids synthesize a spike protein and may actually cause miscarriages.

Dr. Joseph Mercola:

Never been tested for, and this vaccine has never been tested in pregnant women, except one of the most... Probably the largest human experiment in history that's going on right now administering these vaccines. So, we'll know down the road, but it's only after everyone's been vaccinated or most everyone.

Dave:

How long would that take? We've had three months of people vaccinated. Wouldn't we start seeing a decline in fertility?

Dr. Joseph Mercola:

Well, listen, we're not even seeing an honest documentation of the death rates. Guys like Hank Aaron die and the boxer, I forget his name. Really good boxer just died recently, literally within hours of getting the vaccine. Every time a celebrity gets the vaccine, instantly... Well, their obituary in the New York Times never mentions the fact that they got a vaccine.

Dr. Joseph Mercola:

So, the official story, which is the New York Times is that the vaccine was never an issue because they never mention it. But then other publications come out that dispute and they get a coroner to sign off and say it wasn't due to the vaccine. There are literally thousands of people that have died now that have been reported to the VAERS database. The VAERS database is at least 10% less, maybe 100% less. So, you just add one zero or two zeros to the reported deaths.

Dr. Joseph Mercola:

I mean, that's well documented. There's lots of studies that show this. So, there are many, many people. More than likely, and that is just acutely. This is nothing about the long-term complications. When they gave this vaccine, they've been trying to develop coronavirus true vaccines for a decade in the animal study.

Dave:

Of course, it's really hard. It's the common cold, right?

Dr. Joseph Mercola:

Yeah, yeah. When they gave this coronavirus vaccine to ferrets, it worked tremendously. They all got coronavirus antibodies. But then they exposed them to the infection, every single ferret died. Every single ferret died because they had something called ADE, antibody-dependent immune enhancement. Their immune system went wild [inaudible 00:49:42].

Dr. Joseph Mercola:

So, we have no idea what is going to happen the next time they get exposed to an infection or they get the flu vaccine. And who's going to connect the dots? They'll be dying, it's just a coincidence. You could have a positive COVID test, right? A positive COVID test and you could die in a motorcycle accident, and you die of COVID. 100%. Multiple cases documenting this, right? [crosstalk 00:50:05]. You get a vaccine, die in two hours. Oh, just a coincidence. Just a coincidence. Does that make sense?

Dave:

Yeah. We know they're cooking the numbers and there's just so much evidence of that. It's a big deal.

Dr. Joseph Mercola:

We know we're not supposed to get angry, but that fires me up because it's so blatantly obvious. Anyone with a few brain cells can figure this out if they weren't just aware that they're being manipulated with all this propaganda.

Dave:

So, one of the things that I've worked on a lot over the last two years is equanimity. We talked about Dr. Barry Morguelan's work and all that stuff. Just being grounded and calm even if people are doing really stupid stuff. Even if bad people are doing bad things or good people are doing bad things or whatever the heck else. It's been one of the hardest things to be able to grow and maintain.

Dave:

So, I feel like I can sit down, I can look at this, and I can say, "All right, we are in a world where people lie." Big tobacco, big ag, big Monsanto, all that stuff. They lie, they cause devastation, and then it's good people's job to go in and reverse it and fix it and correct it. Over time, it seems like we generally do it, but it can take a generation of people dying who are the ones who lied.

Dave:

Do you foresee billions of people dying from this? There's a major 20-year veteran of the pharmaceutical industry from Germany who was like, "I just destroyed my career, but I got to talk. This ADE thing is a big thing. I'm really worried about it. You don't vaccinate during a pandemic because of ADE. You wait until the pandemic's over and all kinds of stuff like this." Are you sitting there going, "I'm getting pissed off because I think billions will die?" Because it's kind of what it sounds like.

Dr. Joseph Mercola:

Well, I think there's potential and I think it would be foolish of me to make that type of projection and prediction, but it's possible certainly.

Dave:

But is it a concern? Yeah, you're not predicting that, to be really clear.

Dr. Joseph Mercola:

This has never been tested, so how do you know?

Dave:

You don't.

Dr. Joseph Mercola:

We don't know. The experiment is in progress so we will find out. Eventually, the data's going to be manipulated. We're not going to get real numbers, but if it's that egregious... This didn't always used to be the case because I remember and I'm sure you've seen pictures of this or videos of Mike Wallace doing a CBS 60 Minutes segment in 1975 or 1976 for the swine flu in which they halted the vaccine

program because this was causing all this damage. Wound up paying \$3 billion, the government paid it because they...

Dr. Joseph Mercola:

Here's the other thing about this too. There is 100% no liability from any of these vaccine manufacturers. Complete insulation from prosecution for any damage that's done. Any damage because it's an emergency order. That's one of the strategies to manipulate. That's true for any vaccine, but they specifically identified a separate act, the PARP... I forget the acronym we're using for it.

Dave:

I think it's PARP, yeah. And then I have some hard questions for you.

Dr. Joseph Mercola:

Yeah, I know.

Dave:

All right, someone's holding a gun to your head and you have to get one of the available vaccines now. Which is the least evil of them? Which one would you pick?

Dr. Joseph Mercola:

I wouldn't pick any. That's the answer to my question. I would not take any.

Dave:

I know, so you just take the bullet head? Literally, you would die before you get a vaccine?

Dr. Joseph Mercola:

I'm going to probably die anyway because of [inaudible 00:53:40].

Dave:

I didn't expect you to say that.

Dr. Joseph Mercola:

Yeah, I mean, believe me, there's a very large price on my head. A very large price and I had to pay a lot in security to make sure that they're not [inaudible 00:53:52].

Dave:

Oh, I know you and I believe that. You've definitely made waves in some big industries where people do not like you.

Dr. Joseph Mercola:

I've literally cost them billions of dollars and that is not hyperbole. That is literally billions of dollars I can document from what we've done. And when you cause billions of dollars of loss to a corporation, you are on the hit list.

Dave:

Yeah, I believe that. All right. So, you wouldn't do it. So, then shoot down my thinking here. There's one that's based on a viral vector adenovirus, and there's a bunch more that are liposomes with mRNA in them.

Dr. Joseph Mercola:

Yeah, I know, right.

Dave:

I feel like the viral vector is better understood. The J&J one, and if I had to do it, I'd probably want that one. Good logic?

Dr. Joseph Mercola:

We don't know. It's the law of unintended consequences. It may make sense. I'm concerned about these adenoviruses, and that's one of the reasons I'm concerned about CRISPR. I think CRISPR for biohacking and longevity purposes has so much potential. They just awarded the Nobel Prize just a few weeks ago to Jennifer Doudna, it's hard to say her last name, and another person that got it.

Dr. Joseph Mercola:

So, it has great potential, but the CRISPR process uses the adenoviruses typically. I mean, there might be other viral vectors, but we have no idea what the long-term unintended consequences of that intervention is. So, I'd be really, really careful.

Dave:

All right. Of the two, sometimes if you're in a position where you really don't have a choice and you're listening to the show and, "What should I do?" From my perspective, I think there is unknown risk of all sorts of things including getting the virus, including getting the vaccine, and I'd like to have more data before I make decisions, which some people think makes me a bad person. I think it just makes me rational.

Dave:

How much time do we need to have since this first wave of vaccines to know whether the bad consequences are there? Is this a two-year problem? Is this a 10-year problem?

Dr. Joseph Mercola:

You're going down the wrong line of thinking. There is absolutely in my mind and almost every other expert, there is 100% no justification for this vaccine. Zero. No one has ever said or claimed that it prevents the disease. All it does is lessen the symptoms. You can treat this with the nebulized peroxide, probably 95% of the people wouldn't even need it.

Dr. Joseph Mercola:

Vitamin D, all the other things we talked about are far more effective, virtually free of side effects, and don't cost anything. I mean, it's crazy. So, we don't need the vaccine. It's the wrong strategy. You're falling into the propaganda narrative that they've [inaudible 00:56:29].

Dave:

Not at all. Here's why. Okay, I'm with you 100%. Properly functioning immune system and biology, you're meant to be able to handle this stuff. We've done this forever, so we're 100% aligned. But I know people, "Look, Dave, if I get a vaccine, I get to see my mother before she passes. If I get a vaccine, I can reunite with my young children, and I know it's stupid, I know it doesn't work, but I am going to go years without seeing my family if I don't do something I don't want to do."

Dave:

"So, since I have to do it. In order to achieve other goals that have nothing to do with Vitamin D, what the heck am I going to do?" Are there things that you would do to lessen the damage from a vaccine? Would you take a bunch of enzymes that break liposomes before you take it? How would you mess with the vaccine if you had to get it?

Dr. Joseph Mercola:

Well, that's a good question, and interestingly, I've interviewed a lot of good people, I think Judy Mikovits being one of the best. Certainly, one of the most well-qualified to answer that question from anyone I would know because I had the same question and actually thought about it and realized it was Judy. She's not only a virologist, she's a microbiologist and she's a brilliant out-of-the-box thinker that has never committed to conventional process.

Dr. Joseph Mercola:

So, I asked her that question and it makes a lot of sense. There are things you can do. It's essentially everything you would do to treat the infection. Some of the other things she adds in that's really-

Dave:

Before the vaccine.

Dr. Joseph Mercola:

Before the vaccine, yeah. So, you have your Vitamin D levels perfect. You're doing all the [inaudible 00:57:57] we talked about metabolically flexible, avoiding linoleic acid, which you're such an early adopter of. Kudos for that. Cyclical ketosis, all those things, and then probably the nebulized peroxide when you get it because all of those will improve your body's resiliency to any types of toxic insult.

Dr. Joseph Mercola:

So, that's what I would do, but I wouldn't get the vaccine. I wouldn't get it because you're capitulating, you're surrendering, you're giving up. That means they won. There's no justification for this. They've gotten away with murder. There is no justification for this vaccine.

Dave:

I'm with you 100% and there are times when the cost of sticking to what makes sense and principles cause so much harm to others around you. I mean, I know stories in my family from World War II. One of Lana's family spent a couple of years in a concentration camp for helping people escape from concentration camps, which was very disruptive of the family, right? He did the right thing, but it was at great cost.

Dave:

I got to respect if someone sits down and says, "You know, I exhausted my options and even though I don't want to, I'm going to get the vaccine because the value to me and others of getting it, not to protect others, but because of access to the ability to feed my family, things like that." If that's where they have to go, I value their right to make that decision, and I would still like to be able to talk with guys like you to offer really good advice about how do you be as safe as you can be if you make a choice that you don't want to make or maybe one you do want to make.

Dave:

So, I'm open-minded. Maybe this is going to be a miracle and we'll unlock a whole bunch of mRNA stuff and we're going to know all this cool stuff in a few years. I'm open-minded, I'm curious. But I don't think I want to be part of the first guinea pig set here. It just doesn't seem like a cool plan to me and maybe we'll learn something really cool out of all this and I hope it ends well. I just hope it ends, right?

Dr. Joseph Mercola:

Well, you don't just have the spike protein, the messenger RNA for spike protein. You've also got PEG, polyethylene glycol, which a lot of people are dying from autoimmune reactions from that. That's a lot of the instances.

Dave:

Messes with cell membranes. Yeah.

Dr. Joseph Mercola:

Yeah, it's just bad news. So, I don't know. To me, it just seems if you capitulate and surrender, they've won because they're essentially making this mandatory. There's no justification for it. None, zero, and it's just... I mean, this is-

Dave:

Yeah.

Dr. Joseph Mercola:

This is carefully thought out, this is very strategic. They've been planning this for years. This is exactly what they want, and if they don't win this time, they're going to come up with something even worse. But this is when we have to put the pedal to the metal and develop the alternative infrastructure, the technology so that we can communicate and provide valuable options because otherwise, they're going to win for sure.

Dave:

Valuable options and the freedom to choose them are really important.

Dr. Joseph Mercola:

Absolutely. This is all about personal freedom and liberty.

Dave:

It is all about personal freedom Dr. Mercola for sure. Sorry, somehow, we got a two-second lag. I wasn't trying to talk over you.

Dr. Joseph Mercola:

Yeah, it's the internet. Maybe they're targeting my computer. I mean, I've got at least a few hundred megs of bandwidth, so there shouldn't be any latency issues. But I'm actually going to get Starlink. I'm going to try that because you've got to have a backup. I think Starlink might be part of the workaround because they control the main fiber trunks and if they want to shut you up at the ISP level, they can. Starlink could work around that. They could be a really good backbone to connect with so I'm excited that Elon is doing that.

Dave:

It could be. We could have a whole episode on internet architecture and routing algorithms. I used to teach that stuff, I love that. As long as Elon has his own backbones and all that, it may end up being a separate internet.

Dr. Joseph Mercola:

Yeah. He may be part of the solution, yeah. Because they could block us at the ISP level, 100%.

Dave:

Wow, it's always fascinating to be able to pick your brain and see the future that you see, the possible futures, and I know your mind and you always go really deep on facts and information. That's why a lot of your posts, they're very well-referenced, and you go and you talk to the people in a way that's really cool similar to what I have to do because you can't know everything. But you end up getting to know the people who know this and this and this, and you assemble it really well.

Dave:

So, I'm excited about your new book. I'm excited that you're calling a spade a spade, that you're taking a stance, and I think you are going to be a massive bestselling author for this. I mean, 100,000 preorders is unheard of, and I hope it just raises awareness and questions. I think it's okay for people to be undecided. It's okay to say, "I'd like to wait a while." And look, if you look at all the numbers for yourself and you decide, "You know what? The right thing to do is to get it," look, I'm not going to disrespect you. It doesn't mean you're a bad person, right?

Dave:

It's a decision each person makes, but you should make it with all of the facts. All of the facts if you're going to make it and not with just propaganda, and that's our right. That's part of medical freedom is to do really stupid things to your body. We have to preserve that right, and anytime someone tells you you have to do something in order to do something that's a basic part of living in modern society, that's not medical freedom.

Dr. Joseph Mercola:

I would add to that that when you are inquiring your information to make an informed choice, you cannot stay with conventional platforms. You cannot be on YouTube and Google and Twitter and

Facebook and think you're going to get any hint of the truth because everything has been censored there when it comes to this pandemic. Everything, 100%.

Dr. Joseph Mercola:

So many people have been deplatformed and the search engine is manipulated as we talked about previously. So, you will not get access to the other side. They have eliminated it. This has been the most effective and stringent marketing campaign in the nearly 250-year history of our country. Nothing has existed like this before. They're controlling the entire narrative. They fear any [inaudible 01:04:14].

Dr. Joseph Mercola:

So, it's very predictable. I don't criticize anyone who makes a choice. They have no other rational objective choice really when the only thing you're given is a one-sided story. Well, of course, do I want to do this? Yeah, and they'll do it joyfully. They'll jump to the front of the line to get the vaccine because they think it's so great.

Dave:

It's interesting. We've got the Upgrade Collective members listening as our live audience and they have a couple of questions for you. There's a comment here from Mona. She says, "In Italy, vaccines are mandatory for doctors including pharmacists. So, if you want to stay a doctor or have your job, you have to get the vaccine hands down." Oh, it's optional, except you don't get to eat, and it looks like that's happening a lot.

Dr. Joseph Mercola:

That's true for the flu vaccine too, so no surprise. In those cases, you're usually working for an employer, right? Your hospital or a clinic or a practice, and then you have no choice. But if you're independently employed, then you do. So, that might be a sign that you just go find somewhere else to work. Maybe the best long-term strategy... A lot of the challenges we have in life, it's helpful to use an inverse [inaudible 01:05:33].

Dr. Joseph Mercola:

So, problem, as you know Dr. B would say, "Good." Then you learn and make another decision. You make a decision to reactivate that. So, yeah, it may not look good initially, but it might turn out really great for you in the long run.

Dave:

We're not sure yet, but I'm sure hopeful it turns out good in the long run. Holly is asking, "How do you break the controlled narrative on the platform? Do you stop using them? Which means the echo chamber is still there." How would you guide people who want to take action on this?

Dr. Joseph Mercola:

I don't know. We're still in investigation stage. I don't have a specific recommendation. I'm hoping to work with some really bright people, you being one of them. We've collaborated with some really great people. I'm sure you know more that can develop a solution. We've got access to people who are very, very wealthy who can fund this. We need a plan. We don't have one at this point. We're in the investigation stage.

Dave:

I had someone ask me once, "Dave, I want to be a vegan food activist. How do I go about doing it?" And I'm like, "Here's how you do it. Shut up and eat?" They're like, "What do you mean?" I'm like, "There's no such thing as a food activist." What you need to do is you need to show people that what you're doing works.

Dave:

So, what I would suggest that people can do now is you can educate yourself, you can read Dr. Mercola's book, you can look at alternative platforms. And there's probably some BS on some alternative platforms too as much as there is on the mainstream one. So, discerning ear, and then practice things that make you look and feel healthy and let you be not in a state of fear. And respond to questions rather than forcing it on people.

Dave:

When you respond to the questions, respond to the questions from a very neutral perspective. Look, there's pros, there's cons, but this is what the abundance of evidence that I've seen does. You don't have to bring in all of the data points you have now. You can bring in enough that it creates the space for the question for someone.

Dave:

Versus I have a couple of friends they were like, "Have you seen the latest?" They bring down the aliens are coming from the sky thing, and that doesn't serve you and it doesn't serve that mission. So, I would be reasonable, be level, be grounded, and a lot of this happens not on social media. It happens when you talk with your family, it happens when you talk with your colleagues.

Dave:

It's when you're not defensive about it, where you're questioning, you're curious, you can hold your ground, but you're non-reactive like, "Look, we can all be safe here. We can do this." I find that that seems to work as best as anything I can think of, but it's the face-to-face that matters.

Dr. Joseph Mercola:

Yeah. You got to connect with the right people. Fortunately, if you were involved in this space before they had censorship, you know who the people are. If you're not, then you're clueless. You have to know someone who knows them.

Dave:

It's true. It's much harder to find experts and really well-researched pieces. It's really crazy. Another question from Alan in the Upgrade Collective, and guys, Upgrade Collective is my membership group where you get early access to podcasts, you get to be part of the live audience and I'm teaching all of my books over the course of a year. So, ourupgradecollective.com.

Dave:

Now, Alan's saying, "Dr. Mercola, you mentioned polyethylene glycol or PEG as causing vaccine fatalities. Are there any other things in the vaccines that are causing it? Other adjuvants or things like that.

Dr. Joseph Mercola:

No, there's no specific adjuvants that I'm aware of. You don't need any adjuvants because it's essentially causing your body to make the antibody, right?

Dave:

And that's actually a good thing. To be really clear, at least there's no aluminum, formaldehyde, mercury, all those things. We didn't want those in there, so at least they got rid of those. That's a little bit of good even though there's some other stuff in there that we don't know much about or that looks like it's probably bad. But net net, at least we got rid of one group of bad crap. We might replace it with a worse one. We're not sure yet.

Dr. Joseph Mercola:

I haven't studied the vaccines, done a deep dive on it because it just gets me so annoyed, but I believe it's the Oxford AstraZeneca vaccine that has the aborted fetal tissue. I may have mixed them up. One of them does.

Dave:

Mm-hmm (affirmative). I think it's the one with the virus has the fetal tissue in it.

Dr. Joseph Mercola:

Yeah, one of them. So, who knows? I don't. But that would be an issue, I don't know, that's causing the interaction. And there might be something else and I'm just not aware of it since I haven't really done a deep dive on this because to me it's almost a moot issue. I guess it's important to know from a scientific perspective what's causing it, but I just would never recommend it to anyone.

Dr. Joseph Mercola:

It could have a potentially justifiable reason for some vaccines, although I don't know of any, but you could make a pretty valid argument. Most of them you can't but some of them potentially, but you can't make a justification for this vaccine at all. No way shape or form if you follow any type of rational logic. It's just impossible.

Dave:

I hear what you're saying and a lot of the behaviors that we're doing right now don't seem to much logic or reality, at least the way I live it. Including destroying the middle class, shutting down businesses. Up here in Canada, they said, "Oh, the numbers went up slightly, so let's tell every restaurant to shut down with no notice." Which means if you have \$10,000 worth of meat in your freezer, you just have to throw it away because you can't serve it. No warning. So, they're systematically looting the middle class.

Dr. Joseph Mercola:

As a Canadian, you know what Trudeau did? I think the last week if I'm not mistaken, anyone flying into the country has to take a test. If you test positive, you are put into an internment camp. An internment camp.

Dave:

Well, I think they call them hotels.

Dr. Joseph Mercola:

It's an internment camp. Forcefully put in there. You have no choice, you're put in there.

Dave:

The good news is that if you say no to the test and all that, they write you a \$2,000 ticket that they throw out of court later. So, there's lots of Canadians coming in going, "Sorry, there's a Canadian constitution." That's what I've heard, but of course, I'm a law-abiding citizen of Canada. Actually, I'm a law-abiding whatever of Canada, but-

Dr. Joseph Mercola:

Have you flown back into Canada recently?

Dave:

I haven't flown under the new rules, no. I flew under the old rules, which required 14 days of quarantine when I came home, which I honored. I don't think it matters that much, but so I stayed in a separate house and waved at my kids through the window for a couple of weeks and did extra meditating. It wasn't the end of the world, but I'm pretty fortunate because I have a separate house to do that, right? So, I get it.

Dave:

I'm hopeful that at a certain point enough people will become so outraged when they realize that they have no more money, no more livelihood, no more businesses, no more fun, no more community, no more connection. One effect is anxiety and depression, and the opposite of that is anger. Any politician involved in this should really look forward to another career outside of politics, and I think that is going to happen.

Dave:

I don't know how many countries are going to turn a little bit more aggressive than just voting people out of office, but it wouldn't surprise me if globally some really interesting things happen over the next couple of years. I sure hope we can solve everything peacefully and line up and just tell people, "You know, you have rights. You have rights to do stupid things, whether that means getting or not getting the vaccine. Whatever your definition of stupid is, you have rights and we've got to maintain that." Dr. Mercola, when can people get your book? Is it already preordered on Amazon?

Dr. Joseph Mercola:

Well, you can preorder. I think it comes out the third week of April.

Dave:

Okay. It's almost there, so you should be able to preorder it. I would encourage you guys, order it now. Let's hope Amazon keeps selling it because you never know.

Dr. Joseph Mercola:

Yeah, well, they should have enough copies. They ordered 100,000, but they might sell out. I don't know.

Dave:

Yeah, they might. So, I'm certainly going to be reading this, and one final question from the Upgrade Collective here. We talked a lot and your book talks a lot about the normal supplements, the nebulizers. If you had an older person in your life who wanted to have backup prescription medications. There's hydroxychloroquine and ivermectin. Is there anything besides those that you should probably have on hand?

Dr. Joseph Mercola:

No, those would be the only two drugs. They may be difficult to get. Depending on where you're at, they may be illegal for you to get. I just don't know the status of them yet. I think quercetin is a good substitute for hydroxychloroquine that's available in most places, and it does pretty similar benefits, although hydroxychloroquine may have some other additional [inaudible 01:14:08].

Dr. Joseph Mercola:

Ivermectin, they're both relatively safe, and you may be able to get them from a pet supply store. But get your Vitamin D levels tested. They needed to be tested. You need to be 60 to 80 nanograms per milliliter. If you're in Canada, you multiply by 2.5, so it'd be 100 to 150 nanomoles per liter.

Dr. Joseph Mercola:

This time of year, unless you're living in Florida or somewhere even further south, you're probably going to be deficient, so you need about eight to 10,000 units orally a day to get your levels back up. So, you want your levels in therapeutic window when you're exposed to the virus. It's so clear. The people who had normal Vitamin... I wrote a paper on this, a review paper. It got published in Nutrients in October.

Dave:

Oh, you've been a leader in Vitamin D for years. You and Dr. Cannell from the Vitamin D Council are the two earliest voices I ever saw.

Dr. Joseph Mercola:

Yeah. Well, Holick preceded me by many, many years. Michael Holick of Boston. Actually, I emailed him today. I'm probably going to interview him soon. Really great guy. But you got to get your Vitamin D levels up. It's crazy not to. It's the least expensive supplement you can get. It's the cheapest one. Have some Vitamin C on board, especially liposomal because you could take high doses. You don't want to take high doses all the time. When you get hit with it you do. Maybe take a few hundred milligrams a day, maybe 1,000 a few times a week.

Dave:

I have to ask you this because you and I are on board with this don't eat Omega-6, right? All of the liposomal Vitamin C is full of Omega-6.

Dr. Joseph Mercola:

Yeah, it's a good point. Very good point, yeah, because... Well, I didn't even realize it, but it's a matter of quantity, right?

Dave:

It is a matter of quantity and oxidation. I don't worry about a little bit of non-GMO soy lecithin or sunflower lecithin.

Dr. Joseph Mercola:

Yeah. It's not so much the oxidation because I'm assuming most of it's not going to be oxidized, but even if it was, the real danger is the Omega-6 itself. In our case, we have liposomal C 1,000 milligrams. 1,000 milligrams, that's one gram, and most of its Vitamin C. I don't know how much soy oil is in there, or sunflower, we use sunflower oil is in there.

Dave:

I think it's by weight a lot more oil than Vitamin C from what I've seen. Those packets with the gram are usually five or six grams. I don't worry as much about lecithin because you need some. 2% of grass-fed meat is Omega-6, so it is essential. So, all right, if it had a good carrier in there and the predominance of your fat is saturated, I don't think it's going to put your ratios high enough to matter. So, I don't worry about it, but I thought you might have a different perspective on it because it's one of those cases like is it worth it?

Dr. Joseph Mercola:

I'm OCD on Omega-6. Well, I thought of my next book, I might be writing two before then. After I wrote the EMF book, I said I'm not writing another book for 10 years, 10 years. And then I'm winding up writing four books in one year. It's crazy. It's crazy.

Dave:

Wow. I do one every year and I thought I was on a pace.

Dr. Joseph Mercola:

Yeah, well, I've got a huge team here that really [inaudible 01:17:26].

Dave:

That helps having some good researchers. I hear you 100%. All right, I'm going to go out on a limb here and put on my super biohacker hat and we're going to go back to that, all right, someone walked up to on a subway and gave you the vaccine against your better judgment. Now, you talked about ahead of time, making sure that your immune system was strong. What would happen if one was to take, oh, cyclosporine and other herbal and pharmaceutical immunosuppressants? Just completely destroy or at least inhibit your immune response for six weeks after your injection.

Dr. Joseph Mercola:

Not a good strat. I think it's a pretty bad idea. Yeah, but you can use things like interferon. Interferon is one Judy Mikovits recommends.

Dave:

So, you use interferon after the injection so you don't get as big of an effect from the injection?

Dr. Joseph Mercola:

Yeah, and before even. Yeah.

Dave:

Okay. So, interferon might be the answer for those of you who are looking like, "Oh my God, I might have to do this." And that's an injectable. Beautiful. Dr. Mercola, I always love picking your brain. I love your passion and your belief. Your willingness to just go out there and say it and do it. And you've been doing that for decades and definitely have earned my respect.

Dave:

So, thank you for sharing your knowledge and continuing to write books just to get it out there regardless of whatever gets thrown in your path. You're doing a good job, so thank you.

Dr. Joseph Mercola:

Well, thank you too. It takes a village, and you're part of the village. So, thanks so much.

Dave:

Much appreciated. Upgrade Collective guys, thank you for your great questions today. Next time we'll have it so we can wire in your audio. I would just encourage if you're listening to this and this episode pissed you off, it did it in one of two ways. Either because the vaccines are great and everyone should get them. Vaccine hesitators or deniers or whatever are bad people. Or you're on the other side going, "Anyone who would get a vaccine is a horrible human being." All of that is a lie.

Dave:

You don't have to be angry that someone wants to do something different than you. You don't have to be angry when someone is wrong. You don't have to be angry when someone does something that you don't even respect. You can just accept that they did that. Maybe they have bad facts, maybe they have better facts. Maybe they have childhood trauma. You can't know why they do what they do, but you can have clean boundaries and say, "I'm going to do what I'm going to do for the reasons I'm going to do it, and other people don't have a right to interfere with that."

Dave:

That is the calm place of you can hear this episode and you can be like, "I don't really believe all of that," or, "I believe all that," or, "There's a lot more. They didn't talk about the aliens." All of the above is okay, right? So, peace, community, joy, love, and disagreement all at the same time. See you guys on the next episode.