

MOVCAAC.com

Motivate - Organize - Volunteer - Citizens Action Coalition

Educating, Motivating / Turning Talk Into Action

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Wellness & Preparedness Team, Medical Freedom Information #3, May 2022

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For medical advice, please consult with your primary care provider.

Mission Statement of the Wellness and Preparedness Team

The com(mission) of the Wellness & Preparedness Team is three-fold:

1. **Educate ourselves** in how to be well and stay well; and to be self-sufficient and prepared during these uncertain times.
2. **Motivate others** to be well and stay well; self-sufficient and prepared by sharing what we've learned.
3. **Turn our Talk into Action** by advocating for wellness legislation and representing MOVCAAC with elected officials at all levels of government and promoting preparedness within our local

In our previous issue: Off-Label Drug Use, Ivermectin & the Nobel Prize, Remdesivir & The Ebola Trials, Pfizer & The Trovan Trials, The Four Principles of Medical Ethics, Patient Advocate Bulldog, Micah Moreland, Dr. Wil Spencer "The Body Electrician" on "Shedding." We also shared a Data Call: Personal Stories to share with the WV Attorney General (Still a need!)

We continue providing information for use in educating yourselves and others. If you haven't yet read Vol's 1 and 2 suggest you do that by following this link: <https://movcac.com/wellness-newsletter/>

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- Recommended Reading List
- Links to internet sources others in the MOVCAAC have found helpful and informative

Upcoming Events:

Meetings <https://movcac.com/welcome-to-movcac/>

Masks

On May 11, 2022 at the Global COVID Summit, the International Alliance of Doctors and Medical Scientists comprised of 17,000 physicians and medical scientists issued 10 declarations including #5, ***"We declare masks are not and have never been effective protection against an airborne respiratory virus in the community setting."***¹

On what basis can they say that?

Years before, it was known that unfitted surgical masks do not offer protection for patients or workers against influenza from healthy nurses. In 2015, this judgment was reached after 18 days of testimony when the Ontario Nurses Association sued a Sault Ste. Marie hospital who was requiring the nurses to wear masks six months per year during flu season if they were unvaccinated.

In a second decision in September 2018 in favor of the Ontario Nurses Association against hospitals in the Toronto Academic Health Science Network, the arbitrator noted that the hospital's evidence in support of masking is "insufficient, inadequate and completely unpersuasive." He concluded, "[that masks] do not prevent the transmission of the influenza virus."

On April 6, 2020 in an interim guidance,² the World Health Organization stated, "There is limited evidence that wearing a medical mask by healthy individuals in the households or among contacts of a sick patient, or among attendees of mass gatherings may be beneficial as a preventive measure. However, there is currently no evidence that wearing a mask (whether medical or other types) by healthy persons in the wider community setting, including universal community masking, can prevent them from infection with respiratory viruses, including COVID-19." They recommended, "Medical masks should be reserved for health care workers." They noted that there is not good evidence regarding use of cloth masks in the community setting and consequently there is insufficient evidence to make a recommendation for or against their use in this setting.

Hence, prior to COVID and summarized by the WHO, there was not conclusive evidence to support mask wearing to prevent transmission of respiratory viruses including COVID.

In one of just a few randomized controlled trials, this one in Denmark, mask wearers did NOT have a lower risk of COVID infection than those who did wear masks.³ Epidemiologist Paul Alexander cited this and over 150 other studies that found that mask wearing has no impact on controlling the transmission of Covid-19 virus.⁴

In the other commonly cited randomized controlled trial of mask wearing, this one in Bangladesh, 0.68% of those wearing masks had COVID symptoms versus 0.76% those not wearing them.⁵ The relative reduction of COVID symptoms in the villages wearing masks was 11%. This study showed a small but statistically significant decrease in COVID symptoms in those wearing surgical masks, but inconclusive evidence on the effect of cloth masks.

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Masks *(continued)*

Taken together, the evidence to support masks to prevent COVID transmission is weak. In line with this conclusion is a recent analysis of mask wearing versus COVID cases and deaths in Europe that found that mask wearing was NOT associated with a reduction in cases or deaths.⁶

¹ <https://globalcovidsummit.org/news/declaration-iv-restore-scientific-integrity>

² <https://apps.who.int/iris/handle/10665/331693>

³ <https://www.acpjournals.org/doi/10.7326/M20-6817>

⁴ <https://brownstone.org/articles/more-than-150-comparative-studies-and-articles-on-mask-ineffectiveness-and-harms/>

⁵ <https://pubmed-ncbi-nlm-nih-gov.wvu.idm.oclc.org/34855513/>

⁶ <https://www.cureus.com/articles/93826-correlation-between-mask-compliance-and-covid-19-outcomes-in-europe>

Have a Tea Party! By Dr. Wil and Delanne Spencer

Drinking tea is an ancient practice, rewarding in its warmth and flavor, beneficial for health and wellbeing. A nice cup of tea is just pure comfort.

The Patient Advocate Bull Dog's favorite tea blend (see recipe on the next page) will help to heal and support immunity while becoming a buffer between the vaxed and the unvaxed regarding the issues of shedding from the Covid Shots. The tea recipe we offer here is blended for exactly that and while it will provide protection from the current challenges, it will serve many and varied other conditions for helping your body heal and stay well. This recipe is a healthful contribution to everyone. Enjoy!

Yerba Mate: anti-inflammatory and promotes a healthy heart and cardiovascular system, gastrointestinal tract, improves digestion, lowers blood pressure

Star Anise: is an excellent source of antioxidants which help protect us from cellular damage

Cistus Incanus: contains gastroprotective properties from mucosal congestion, combats free radicals and cellular damage as it guards the body against inflammatory infections, relief of cold and flu symptoms.

Pine needle: tea protects your respiratory system in the challenging times of respiratory virus pandemics. It is chock full of Antioxidants, Vitamin C & A and protects from DNA damage

Phyllanthus niruri: helps the body adapt to physical, chemical, biological, emotional, or environmental stress, inhibits DNA [damage], and reactive oxygen species (ROS) production and scavenges free radicals

Mullein: anti-inflammatory compounds work to reduce inflammation in the lung, has strong antioxidant properties, which may contribute to its ability to support lung and respiratory function.

Dr. Wil's Tea Blend for Shedding

1/2 cup yerba mate leaves
4 – 8 star anise
2 heaping tablespoon of Cistus Incanus
Quarter to a half cup of pine needles chopped
2 heaping tablespoons of Phyllanthus Niruri
¼ to ½ cup of Mullein Leaf

Bring 1 – 2 gallons of filtered water up to a boil and turn down to a simmer
Add herbs to simmering water
Simmer herbs for 30-60 minutes
Strain off herbs
Sweeten to desired taste with raw honey

Home Storage Resource

A very good resource for long term storage foods, we're talking lasts 30 years and longer, are the Latter Day Saints Provident Living Home Storage Centers. Dehydrated foods in number 10 cans. You do not need to be a member of the LDS Church to purchase the foods for home storage.

The order form and prices are found at this link:
<https://providentliving.churchofjesuschrist.org/bc/providentliving/content/Home-Storage-Center/US%20HSC%20Pricing%202022.pdf?lang=eng>

The link to find a center near you is here:
<https://providentliving.churchofjesuschrist.org/food-storage/home-storage-center-locations-map?lang=eng>

Highly recommend calling ahead to check hours of operation and inventory of what you'd like to purchase!

Famine, Pestilence, War, Economy – Self Reliance, Community

Who has read Revelation 6:1-8? These are the passages that speak of the “Four Horsemen of the Apocalypse.” What does this have to do with anything? Actually...it's everything! There is a time coming (and already started) where resources are going to be very scarce. Whether you consider yourself a Christian or not, you may want to read the prophecy contained in the Book of Revelation and then consider connecting the dots to today's current events, crises.

The Four Horseman are:

1. **White Horse, Conquest.**

A political world leader? Klaus Schwab/ Yuval Noah Harari, George Soros? An organization such as WHO, NATO, UN, WEF?

2. **Red Horse, War.**

Ukraine, Russia, Iran, Israel, Syria, Turkey, North Korea, China, Taiwan. Nothing further needs stated here.

3. **Black Horse, Famine**

Control of the world's resources? Baby Formula, Grain, Fertilizer shortage, Diesel Shortage...when the trucks stop trucking, the food stops being delivered.

4. **Pale Horse, Pestilence, Death.**

Where do we start? Take your pick of the crisis du jour: Covid, Monkey Pox, Marburg, Small Pox. Whether real or manufactured, the effect is the same.

We all need to be prepared to be self-sufficient. Find a like-minded community, connect with local farmers, learn skills such as canning, grow a garden, have a water source. Stock long term shelf life foods. In the resources section you'll find links to books and internet sites that contain information that other MOVAC members have found helpful. This is something that cannot be put off until you get around to it. The time to prepare is now!

The Time to Prepare is Now!

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Recommended Reading

Reference for the Bookshelf, Hard Copy Recommended:

- *The Provident Prepper* by Jones and Jones
- *The Foxfire Books* (6 Volumes)
- *Where There Is No Doctor: A Village Health Care Handbook* by Werner, Thuman, Maxwell
- *The Modern Herbal Dispensatory: A Medicine-Making Guide* by Easley and Horne
- *The Foragers Harvest* by Samuel Thayer
- *The Survival Medicine Handbook* by Joseph Alton MD and Amy Alton ARNP
- *Peterson Field Guide To Medicinal Plants & Herbs Of Eastern & Central N. America:* (Peterson Field Guides) by Foster and Duke
- *Edible Wild Plants: Eastern/Central North America (Peterson Field Guides)* by Peterson

Fiction, if you like to learn through fictional stories:

- *One Second After* by William R. Forstchen
- *The Boston Brahmin Series* by Bobby Akart

Links to sources others in the MOVCAC have found helpful and informative:

Their Stories

<https://movcac.com/their-stories/>

- Jill Hartshorn <https://rumble.com/vubs1x-movcac-mark-hartshorn-interview.html>
- Joyce Ann Creel <https://rumble.com/vvf28h-movcac-joyce-creel-interview.html>
- Linda Board <https://rumble.com/vxit1h-the-board-family.html>
- Isaac Martin <https://rumble.com/v118mqh-cindy-martin-interview.html>

Want to Dig Deeper?

MOVCAC Wellness Information Library <https://movcac.com/information-library/>

Real Not Rare <https://www.realnotrare.com>

Protocol Kills <https://www.protocolkills.com>

How Bad is My Batch? <https://howbadismybatch.com/>

Open VAERS (Vaccine Adverse Event Reporting System) <https://openvaers.com/>

Covid Daystar <https://covid.daystar.com/>

Censored News (a news consolidator of many sources) <https://censored.news/>

The X22 Report <https://rumble.com/c/X22Report>

Prescription Drug Information Including Adverse Reactions and Interactions

<https://www.drugs.com/>

The Tom Roten Show - <https://800wvhu.iheart.com/featured/the-tom-roten-morning-show/>

MOVCAC Preparedness Library <https://movcac.com/being-prepared/>

Mike Adams Health Ranger - Resilient Prepping & Survival Nutrition

<https://report.resilientprepping.com/resilientprepping.html>

<https://report.survivalnutrition.com/survivalnutrition.html>

The Essential Guide to Building Your Ultimate Bug Out Bag

<https://taskandpurpose.com/gear-tech/how-to-build-the-ultimate-bug-out-bag/>

The Prepping Academy – Mark Goodwin, Christian Fiction Author and Podcaster

<https://preppingacademy.com/prepper-recon-and-mark-goodwin/>

<http://www.prepperrecon.com>

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