

# MOVCAAC.com

*Motivate - Organize - Volunteer - Citizens Action Coalition*

***Educating, Motivating / Turning Talk Into Action***

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## **Wellness & Preparedness Team, Medical Freedom Information #4, June 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 community

**In our previous issue:** Masks, Respiratory Tea, Famine, Pestilence, War, Economy – Self Reliance, Home Storage Resource. We continue providing information for use in educating yourselves and others. If you haven't yet read Vol's 1 through 3, suggest you do that by following this link:

<https://movcac.com/wellness-newsletter/>

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*Want to contact the editorial team? Suggestions for future newsletter content? Want to submit an article? Please email [MOVCAACWellness@Protonmail.com](mailto:MOVCAACWellness@Protonmail.com), we'd love to hear from you.*

### **Upcoming Events:**

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

## Wellness

### COVID-19 Vaccines for 6-month to 5-year-old children?

With the EUA for Pfizer and Moderna Covid vaccines for 6 months to 5 years olds, the FDA and CDC have shown their cards. Most parents are already unconvinced by the CDC campaign directed toward children with only 29% of 5–11-year-olds in this country having received two shots of a COVID-19 vaccine. Now despite 75% or more of children already protected against COVID-19 with natural immunity, the CDC and FDA have set their sights on these even younger children.

It is likely that the CDC recommendation to parents to vaccinate their 6 months to 5-year-old children will be ignored for the following reasons:

- Children are at minimal risk from Covid-19 infection. Those under the age of 18 have a 99.995% survival rate after COVID-19 infection with children without comorbidities having an even higher survival rate.
- The vaccine clinical trials for this age group were particularly poorly done. They were too small to detect with accuracy the risk of severe reactions like myocarditis, anaphylaxis, and Guillain-Barre syndrome and too short to identify long-term risks.
- Vaccine effectiveness was judged by antibody levels (not preventing actual infections), and they waned rapidly starting after two months.
- With studies showing that COVID-19 vaccine lipid nanoparticles accumulated in the ovaries, the effect of the vaccines on future fertility in young girls is **entirely unknown!**
- The vaccines were NOT tested in children for the current predominant omicron variant. With many adults who were double boosted becoming infected with COVID-19 and being hospitalized, there are no data or reasons to assume that the vaccines will be helpful to children against omicron or future variants.

By granting EUA of COVID-19 vaccines for young children, the CDC and FDA have made clear they are more interested in pushing COVID-19 vaccines than protecting our children's health.

### Sudden Arrhythmic Death Syndrome ( SADS )

Sudden Arrhythmic Death Syndrome or Sudden Adult Death Syndrome ( SADS ) is a term used to describe unexpected cardiac death in young adults. (Mayo Clinic) According to the Cleveland Clinic, this occurs most frequently in adults in their mid-30s to mid-40s, and affects men twice as often as it does women.

All of a sudden, SADS is in the news. The condition is not a new one however, it seems to be on the rise.

Interestingly enough, America's Frontline Doctors posted an article by Mordechai Sones, November 18, 2021, about the "5-fold increase in sudden cardiac and unexplained deaths among FIFA athletes in 2021." <https://americasfrontlinedoctors.org/2/frontlinenews/500-increase-in-sudden-cardiac-and-unexplained-deaths-among-fifa-athletes-in-2021/>

According to Sones, the data shows "183 professional athletes and coaches have suddenly collapsed, with 108 dead." So what's changed that might account for the increase in sudden deaths? Could it be a certain experimental, emergency use, vaccine? ? ?

## Monkey Pox

The Plandemic du jour? Monkeypox? We've provided a link to the CDC's Monkeypox fact sheet here:

<https://www.cdc.gov/poxvirus/monkeypox/pdf/MonkeyPox-sexually-active-InfoSheet-508.pdf>

This one is a real headscratcher. The CDC purports that it's transmitted by "...close, personal, often skin-to-skin contact" complete with photo of a same sex couple engaged in pillow talk. So how is the WHO considering this a potential world wide pandemic? This is one of the most interesting CDC recommendations "Avoid sex or being intimate with anyone until you have been checked out." So help me out with this...is there a sex epidemic with the benefits of developing a herpes, shingles like rash or sores? More things that make me go hmmm.

## Ohio In the News!

FOR IMMEDIATE RELEASE

Medical Right to Refuse:

An Ohio Constitutional Amendment

June 24, 2022

CONGRATULATIONS OHIO!!!

Ohioans are taking the next step towards securing medical freedom in Ohio!

The "Medical Right to Refuse" Constitutional Amendment initiative was APPROVED today by the Ohio Attorney General, Dave Yost.

The Ohio Ballot Board has 10 days to determine whether the proposal contains a single constitutional amendment. Then after they certify we can start collecting signatures. Now Ohio needs YOU to step up to help the Ballot Initiative Team meet the deadline in gathering the 600,000 signatures needed to put Medical Freedom – without discrimination – on the Ballot in May.

The Constitutional Amendment would read:

Section 22: Medical Right to Refuse

(A) An individual's right to refuse any medical procedure, treatment, injection, vaccine, prophylactic, pharmaceutical, or medical device shall be absolute.

(B) No law, rule, regulation, person, employer, entity, or healthcare provider shall require, mandate, or coerce any person to receive or use a medical procedure, treatment, injection, vaccine, prophylactic, pharmaceutical, or medical device nor shall they discriminate against the individual who exercises this right.

(C) No other provision of the Ohio Constitution shall impair or limit the rights contained herein.

Please visit [www.MedicalRight2Refuse.com](http://www.MedicalRight2Refuse.com) for instructions on how you can help the Ballot Initiative Team gather these signatures and help make sure medical freedom makes it onto the May 2023 ballot.

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## Preparedness: Nationwide – In the News

Food - 10 weeks of wheat supply left in the world. 285m expected to starve in 2022. 40% of world's export supply is now removed from the market (Russia, Ukraine & India). Current wheat crop harvest in EU & N. America may be down up to 50% too due to reasons listed below, thus exports will be reduced.. India, a world's leading rice exporter, is expected to cut rice exports soon due to domestic needs, supra. Prices won't just be out of sight, there will be virtually no availability. So, from Aug. into Nov. for delay from wheat processing from harvest, there will be no flour, bread, pasta or certain cereals in stores. Moreover, the harvest, plus severely reduced exports will put wheat at a 50% availability or less come deep winter. Recall Kissinger's NSS Memo of '74 - using food as a weapon? Even if one said there were 10-20m deaths from the vaxx, the 250m expected to starve eclipses. This shock & consequences to the US econ will be vast. People will need to be warned to ***stock up & plant gardens.***

"In North Dakota, the country's top grower of spring wheat, heavy rainfall made it impossible for local farmers to plant as much wheat as they wanted, reported Reuters. In light of the weather conditions, the state is on track to plant spring wheat at a record low amount of land this season—only seeding 49 percent of its intended spring wheat acres." Drought accounts for devastation too now.

**Wheat** - India - Produces 1/8th World's Supply for Export - Russia & Ukraine Export 1/3 for World, No Export Now. EU & N. America facing significant yield declines due also to fertilizer costs at up to 4x norm, fuel costs prohibitive too. Credit tightens too. <https://modernfarmer.com/2022/06/global-wheat-supply/>

**Rice - India grows 40% of World Supply - Expected to Drop Exports**

<https://www.sgtreport.com/2022/06/devastating-impact-warning-as-india-moves-toward-halting-rice-exports-leading-to-global-mass-starvation/>

**285m People Facing Starvation in 2022**

<https://www1.cbn.com/cbnnews/world/2022/april/global-food-catastrophe-coming-hundreds-of-millions-face-starvation>

**Food System Takeover for Control**

<https://childrenshealthdefense.org/defender/globalists-takeover-food-system-control-cola/?eType=EmailBlastContent&eld=0d75cd85-1fdd-4e19-b459-1bf557dc7ec3>

Deaths from Covid Vaxx Estimated into the Millions - Even if the outside numbers are per Zelenko and thus up to 10m worldwide, with more to come, this is nothing compared to the starvation deaths expected just this year.

<https://multidimensionalocean.wordpress.com/2021/09/30/the-vaccine-death-report-reveals-that-millions-of-people-have-died-from-covid-vaccines/>

**\*\*Edward Dowd Reports Huge Econ Collapse, Lockdown in Sept. Expected - Encourages Resistance**  
<https://www.infowars.com/posts/economist-whistleblower-who-predicted-covid-tyranny-breaks-down-how-to-fight-the-next-lockdown/>

## Preparedness

There is a saying that goes something like this: “Failing to plan is planning to fail” Some attribute this to Winston Churchill who is credited with saying “He who fails to plan is planning to fail.” Others claim that Benjamin Franklin had the original thought saying “by failing to prepare, you are preparing to fail.” Regardless of who originally said it and how, there's wisdom in these words. The time to plan and prepare is now!

### The Rule of Threes

When you're preparing for or facing a survival situation, there is a rule that will help you prioritize. It's called the Survival Rule of Threes. It means you can live:

- 3 minutes without AIR
- 3 hours without SHELTER
- 3 days without WATER
- 3 weeks without FOOD
- 3 months without HOPE

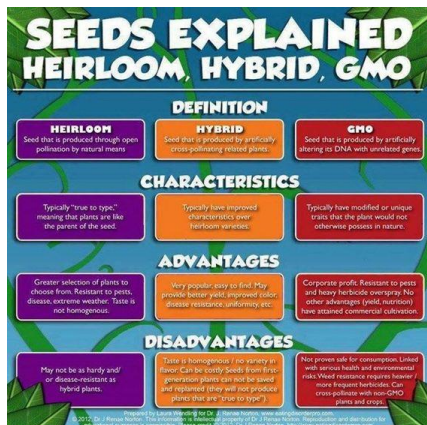
<https://urbansurvivalsite.com/the-survival-rule-of-threes/>



### Heirloom Seeds

Which of the above is most likely in the near term? For most of us watching the news it's painfully clear that a food shortage is coming (and civil unrest...but that's for another issue)...indeed, there's already a supply chain crisis that just seems to be getting worse. This is an area where you can do something to help yourself. Plant a garden, start stocking extra of foods you and your family normally eat. You don't have to have a farm, you can grow in pots in an apartment if need be. A key to growing your own fruits and vegetables is using heirloom seeds. “Heirloom” describes a seed's heritage, specifically a documented heritage of being passed down from generation to generation within a family or community.

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<https://www.seedsavers.org/heirloom-seeds#:~:text=The%20term%20%E2%80%9Cheirloom%E2%80%9D%20has%20increased,within%20a%20family%20or%20community.>

***Do not buy (or stock) anything other than heirloom, non-GMO seeds!***

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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

## Podcasts

- **The Tom Roten Show** - <https://800wvhu.iheart.com/featured/the-tom-roten-morning-show/>
- **The Prepping Academy** – Mark Goodwin, Christian Fiction Author and Podcaster  
<https://preppingacademy.com/prepper-recon-and-mark-goodwin/>  
<http://www.prepperrecon.com>

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

#### Want to Dig Deeper?

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

**Did we win against the WHO?** <https://standforhealthfreedom.com/interview/who-updates/>

**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/>

**MOVAC 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>

<https://www.naturalnews.com/2022-06-12-blood-clots-microscopy-suddenly-died.html>

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## Links Continued

**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>

<https://www.naturalnews.com/2022-06-12-blood-clots-microscopy-suddenly-died.html>

**The Essential Guide to Building Your Ultimate Bug Out Bag**

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

**Survival Tips** <https://modernsurvivalonline.com/survival-tips/>

**Prepper Food & Supplies** <https://4patriots.com/>

<https://prepperspeak.com/>

**Educational Reading:** <https://www.naturalnews.com/2022-06-12-1910-flexner-report-rockefellers-create-framework-for-sick-care-medicine.html#>

### **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>



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