

MOVCAAC.com

Motivate - Organize - Volunteer - Citizens Action Coalition

Educating, Motivating / Turning Talk Into Action

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Wellness & Preparedness Team, Medical Freedom Information #5, July 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: Vaccines for 6-month to 5-year-old children, SADS, Monkeypox, Ohio in the News; the Rule of Threes, Heirloom Seeds. If you haven't yet read Vol's 1 through 4, 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, we'd love to hear from you.

Upcoming Events:

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

Wellness

Have you noticed? The Covid “Vaccine” Narrative Is Quickly Unraveling!

In December 2020 when the COVID shots were first rolled out, we were told that they were “95% effective” and “amazingly safe.” We were encouraged to get the shot not only to protect ourselves, but our neighbor. “Get the shot so that you will not kill Grandma.” With data showing that the COVID jabs do not prevent infection or transmission, the narrative changed to “Get the COVID jab so that you will not get severe disease, be hospitalized, or die.” Now with omicron, the majority of patients being hospitalized and dying are fully vaccinated (at least two jabs and maybe also a booster or two). That has not kept governmental leaders on the federal and state level and public health “experts” from still messaging “Get vaccinated.” Depending on court decisions, those in the military and federal workers are still at risk for being fired because they have not gotten the COVID jab which was designed against the original Wuhan virus, not the most recent variant. They are being strong armed to get vaccinated with a vaccine that largely no longer works against the circulating COVID variant and, according to VAERS data, carries at least 30 times more risk than all other vaccines in history combined.

Let’s look at some of the specifics in this unraveling narrative. Be discerning. Do not be fooled. We are being fed half-truths and deceptive statements with one goal in mind, to get everyone from 6 months old and up whether it will cause more harm than good or not double vaccinated, double boosted, and then annually boosted.

- Natural immunity from prior COVID-19 infection is much more protective than COVID vaccines. Natural immunity is highly prevalent in the US population. Back in February 2022, the CDC estimated that 75% of children and adolescents in the US had it.¹ With prior COVID-19 infection, further COVID jabs offer no additional protection. A large recent study from Weill Cornell Medicine in Qatar found that prior COVID-19 infection conferring natural immunity was 97.3% effective against severe, critical, or fatal disease IRRESPECTIVE of the variant and with NO WANING.² The natural immunity protection was also found in a subgroup of patients over 50 years old.
- The mainstream and public health message that vaccination protects from severe disease and deaths is not supported by the facts. Recent CDC data show that 75% of the COVID-19 deaths have been in older Americans, 90% of whom are fully vaccinated.³
- In West Virginia, COVID vaccination is not preventing severe disease. For the last month or longer, the majority of the people hospitalized, two-thirds or more of those in intensive care units, and almost all or all on ventilators are fully vaccinated. Look at the WV DHHR COVID dashboard. <https://dhhr.wv.gov/COVID-19/Pages/default.aspx>
- Similarly in the UK, the vaccinated population during the Omicron variant was associated with significantly increased hospitalization and deaths among those ≥18 years of age compared to the unvaccinated. The hospitalizations and deaths were particularly high in the vaccinated elderly.⁴

¹<https://www.cdc.gov/mmwr/volumes/71/wr/mm7117e3.htm>

²<https://www.medrxiv.org/content/10.1101/2022.07.06.22277306v1#:~:text=Protection%20against%20severe%20reinfection%20remains,14%20months%20after%20primary%20infection.>

³<https://abcnews.go.com/Health/older-americans-bore-brunt-covid-19-deaths-omicron/story?id=85113326>

⁴<https://www.medrxiv.org/content/10.1101/2022.06.28.22276926v1>

Have you noticed? The Covid “Vaccine” Narrative Is Quickly Unraveling! (Cont’d)

- The messaging on mainstream media from the White House COVID-19 Response Coordinator is “If you've not gotten a vaccine shot this year, go get one now.” It does not matter that the “ancestral strain COVID vaccine” does not work well against the circulating omicron BA.5 variant and wanes very rapidly. Dr. Fauci and numerous other public figures have been double boosted and in recent months been infected twice. Like a used car salesman pitching a lemon with his fingers crossed behind his back, Dr. Fauci carefully chooses his words, “... vaccinated and boosted people, particularly those who receive the full component of the boosting, are ***generally pretty well protected against severe disease*** [emphasis added].”
- With the rapidly waning effectiveness of the COVID-19 vaccines including booster doses and their failure to protect against severe disease, there has been a loss of confidence in the CDC. Their recommendations for first and second booster doses are going largely unheeded.⁵ For ≥65 years old, only 22.5% have received a second booster. For 50–64-year-olds, only 45% have received a first booster and 9% a second. For 18-49 year olds, only 27% have received a first booster. Only 30% of 5-11 years olds are fully vaccinated and only 2.5% have received a first booster.
- Recent data continue to raise concerns about the safety of the COVID-19 “vaccines.” Not only is there an increased risk of myocarditis in adolescents and young adults, but an Israeli study showed that there was a 25% increase in cardiac arrests and acute coronary syndrome associated with COVID vaccination in 16-39 year olds.⁶
- The FDA Vaccines and Related Biological Products Advisory Committee (VRBPAC) held a meeting June 28, 2022 to consider and approve a bivalent COVID-19 “vaccine” for the fall. It will add an Omicron BA.4/5 component to the current vaccine against the Wuhan strain.⁷ One of the participants voting AGAINST approval was Paul Offit, MD, the Director of the Vaccine Education Center at the Children’s Hospital of Philadelphia and the Maurice R. Hilleman Professor of Vaccinology at the Perelman School of Medicine at the University of Pennsylvania, one of the most visible vaccine proponents in the last decade. He stated he voted “No” because there was “uncomfortably scant evidence” about the effectiveness and safety of this vaccine. He was opposed to “rushing” approval when so little was known about the vaccine.⁸ Despite concerns about insufficient study of yet another COVID-19 “vaccine,” the Biden administration ordered 105 million doses of the Pfizer vaccine the day after the VRBAC meeting.⁹

For accurate information about COVID-19 and its treatment that is not biased by conflicts of interest, consider alternate news sources such as MOVACAC <https://movcac.com> and West Virginians for Health Freedom <https://wvforhealthfreedom.com/>. Stay tuned. There is bound to be much more on this topic.

⁵ https://covid.cdc.gov/covid-data-tracker/#vaccinations_vacc-people-additional-dose-totalpop

⁶ <https://www.nature.com/articles/s41598-022-10928-z>

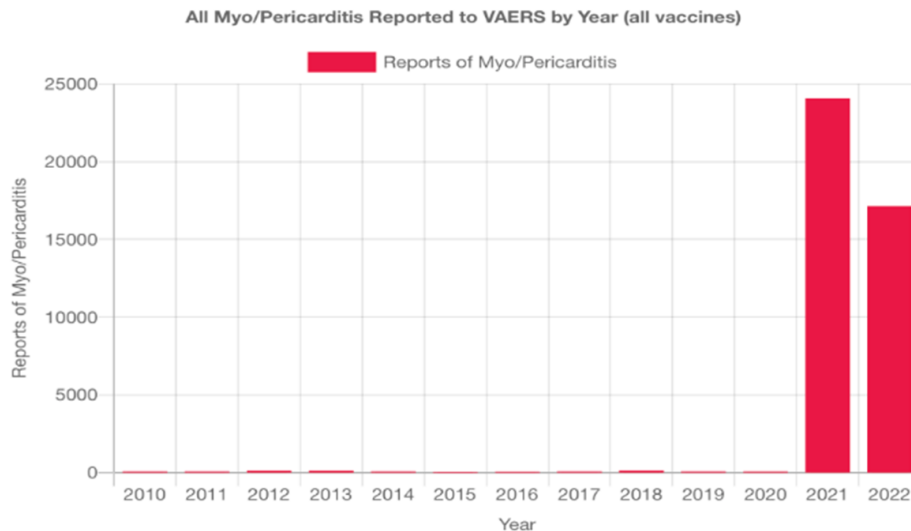
⁷ <https://www.fda.gov/vaccines-blood-biologics/update-covid-19-vaccine-booster-composition>

⁸ <https://www.statnews.com/2022/06/29/fda-dont-rush-to-change-covid-19-vaccine-composition/>

⁹ <https://www.hhs.gov/about/news/2022/06/29/biden-harris-administration-secures-105-million-doses-of-pfizers-latest-covid-19-vaccine-for-fall-vaccination-campaign.html>

Letter to Give to Doctors to Help Educate on Vax for Kids

The Pediatric Physicians and Scientists attending the Global Covid Summit prepared the letter found at this link: <https://globalcovidsummit.org/news/letter-to-take-to-your-doctor> to provide to your doctor outlining the concerns with the C-vid "Vaccines." The letter is available to print as a pdf. It's highly likely that your pediatrician has never seen this data, especially if they are associated with a big medical institution (e.g. WVU, MMH). The data is compelling, especially the chart depicting the increases in Myo/Pericarditis by Year (all vaccines) shown below.



Bottom line: The risk greatly outweighs the benefit of the C-vid vaccine in children. There's a 99.97% recovery rate from infection, indeed many children are asymptomatic and you'd never know they had it. If the kids do not get vaxed, there's a ZERO% chance of adverse reaction from the shot.

Vax Exemption Letter for Camp (or other situation)

The following is a letter requested by the parents of a 16 year old prepared by Dr. Pierre Kory, MD, MPA outlining the health risks and benefits of the vax. Read and download it at this link:

<https://pierrekory.substack.com/p/vaccine-exemption-letter-for-a-16-c85?s=w>

Contained in the letter is the most current data as of June 6, 2022 on the following:

- 1) risks associated with receipt of a COVID mRNA vaccination
- 2) efficacy of the COVID-19 mRNA vaccine in preventing illness
- 3) efficacy of the COVID-19 mRNA vaccine in preventing transmission
- 4) efficacy of the COVID-19 mRNA vaccine in preventing hospitalizations and death
- 5) efficacy of the COVID-19 mRNA vaccine compared to the protection offered by natural immunity
- 6) efficacy of the COVID-19 mRNA vaccine in the prevention of "long-haul" COVID
- 7) the risks of a healthy child suffering hospitalization and/or death from COVID
- 8) the efficacy and safety of alternatives to vaccination (i.e. reliance on effective early, anti-viral, and anti-inflammatory combination therapy)

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!

Water, Water Everywhere but not a Drop to Drink?

Recall the Survival Rule of Threes from the last newsletter? In the article it states you can live 3 days without WATER <https://urbansurvivalsite.com/the-survival-rule-of-threes/> What can you do to be prepared to have potable (drinkable) water if for some reason the city water (or well water) is contaminated, or they turn off the spigot? The Provident Prepper has great information on water storage at this link: <https://theprovidentprepper.org/how-to-store-water-for-emergency-preparedness/> The book “The Provident Prepper” is on the recommended resource list to have in hard copy for your home self sufficiency library.

Recession Action Items

Headlines...9.1% inflation, food costs soaring, fertilizer shortages and financial instability. What can you do to prepare to ride out this next wave of crises? During our MOVAC meetings we've discussed preparedness for months now. If you haven't yet made your action plan there's still time. The Provident Prepper (yes, the same website mentioned above) has a “Ten Steps (Actionable Items) to Prepare for a Recession” you can read at this link: <https://theprovidentprepper.org/ten-steps-to-prepare-to-thrive-when-recession-strikes/> At the end of the day, you need to determine what's best for you and your family. When we post these links it's not to say you must prepare exactly this way...it's to say you need to prepare...period. Make a plan and implement it. At some point the getting around “tuit” will be too late. The time to start is now.

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Long Term Food Storage

Food Storage options are many. Some folks have the means to stock up on freeze dried, dehydrated already prepared foods from companies like Augason, Readywise, and Mountain House; others are canning pros. Still others are amazing “couponers” who are able to stock from the sales the foods that we buy all the time for our families, just in greater quantities. This is great as long as folks remember to rotate their stocks based on expiration dates. Yet another article from “The Provident Prepper” contains “Long Term Food Storage: Best Containers and Treatment Methods” at this link: <https://theprovidentprepper.org/long-term-food-storage-best-containers-and-treatment-methods/> The article contains a primer on storing foods and there's something for all “skill” levels. You don't have to be a pro-canner or wealthy to stock up!

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Preparedness: Worldwide – In the News

Rising Social Unrest Over Energy, Food Shortages Threatens Global Stability

<https://www.forbes.com/sites/davidblackmon/2022/07/10/rising-social-unrest-over-energy-food-shortages-threatens-global-stability/?sh=42bf3800568b>

Record-high food shortages hits Southeast Ohio communities

<https://woub.org/2022/07/13/record-food-shortages-southeast-ohio/>

Fertilizer crisis delivers profits and pain as Ukraine fallout broadens

<https://www.washingtonpost.com/business/2022/07/14/fertilizer-inflation-food-shortage/>

We need U.S. industry to counter the next global food crisis

<https://thehill.com/opinion/international/3550927-we-need-u-s-industry-to-counter-the-next-global-food-crisis/>

Resources for Alternative Treatments

For whatever ails you...these are practitioners, both allopathic and naturopathic, that others in MOVAC have received care from successfully.:

The Body Electrician, Wil Spencer (aka Dr. Wil) Naturopath, VMSP, call 610-417-7248 or email: Wil@bodyelectrician.com

Dr. Syed Haider, MD, board certified in Internal Medicine with additional training in Functional Medicine. <https://drsyedhaider.com/> Telehealth visits with prescriptions available.

<https://jasemedical.com/> “The JASE Case” Emergency Preparedness Antibiotics (and a guidebook for their safe use!)

Dr. Alton and Nurse Amy <https://www.youtube.com/watch?v=RcIWM-6oY2c>



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Resources - 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?

MOVCAC 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/>

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>

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Links Continued

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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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