

MOVCAAC.com

Motivate - Organize - Volunteer - Citizens Action Coalition

Educating, Motivating / Turning Talk Into Action

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Wellness & Preparedness Team, Medical Freedom Information #7, October 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: We provided a one page "Wellness Tips." If you haven't yet read Vol's 1 through 6, suggest you do that by following this link: <https://movcac.com/wellness-newsletter/>

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- Resources for Alternative Treatments
- Recommended Reading List
- Podcasts
- Links to internet sources others in the MOVCAAC have found helpful and informative

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

There's so much going on it's hard to figure out where to start.

ACTION ALERT!

One of the most concerning Wellness issues is the drive to put the Covid 19 "vaccine" on the childhood vax schedule. That would make the shot MANDATORY!

What you can do to stop this:

Stop the CDC from Adding C19 Vax to Childhood Shots!!!

Oct 19, 2022 8:30-5:30 & Oct 20 8:30-3:20 EDT CDC will meet to vote on adding C19 vax to the list of childhood vax. Written comments must be received on or before Oct 20. You may submit comments, identified by Docket No. CDC-2022-0111 here > <https://www.regulations.gov>. All submissions received must include the Agency name and Docket Number. **Click on the following link to make your opinion known:**

https://oneclickpolitics.global.ssl.fastly.net/messages/edit?promo_id=18234

Follow up with a phone call to the ACIP Committee members listed below (especially Dr. Long since she doesn't seem to have her email address listed). Phone calls are critical! You can call at any hour and leave a message. Don't put this off, needs done before close of business October 20

- Dr. Sarah Long 215-427-5201
- Dr. Grace Lee 650-497-0618
- Lynn Bahta (an RN) 651-201-5505
- Dr. Beth Bell 404-432-3059
- Dr. Oliver Brooks 323-564-4331
- Dr. Wilbur Chen 410-706-5328
- Dr. Sybil Cineas 401-444-4741
- Dr. Helen Keipp Talbot 615-322-2035
- Dr. Matthew Daley 303-393-6604
- Dr. Camille Nelson Kotton 617-726-3812
- Dr. Jamie Loehr 607-697-0360
- Veronica V. McNally (an attorney) 517-432-6969
- Dr. Katherine A. Poehling 336-716-9661 extension: 62540
- Dr. Pablo J. Sánchez 614-722-4559
- Dr. Nirav D. Shah 312-952-6092

**Do this
TODAY!**



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7 Pillars of Preparedness

Pillar One: Water

- Experts say we can survive three days without water. That's not a long time. Do you have a way to filter or treat contaminated water? Do you have a way to store potable water?
- Calculate two liters per person in your household, per day of water as a minimum. This should come to a half gallon per person.
- Based on that number calculate your household requirement for one week minimum, two weeks ideally.

Pillar Two: Shelter

- Think about layout in terms of actual use vs intended use vs potential use.
- A shelter needs to function normally and it needs to function in extremes. Not only during environmental threat, but also the additional burden of more people.
- Will you shelter in place or bug out to an alternate location?

Pillar Three: Fire

- This pillar includes alternative heating and cooking means as well as fire protection and fire suppression.
- If electricity is off, if the stove doesn't work, if the heating is shut off, what do you have as an off grid alternative for that? Do you have a camping stove, a little gas cooker or the ability to improvise and adapt for what is suitable for your environment?

Pillar Four: Food

- Shelf Stable and long-term food do not require any sort of special storage considerations, refrigeration, freezing or particular temperature. You need to ask yourself: do I have the means for preparation? Is this something I can tolerate? Let me let you in on a little secret: No One Like MRE's. They are a necessary evil with a few rations that are okay. But that is as good as you're going to get.
- While the stores are still open and online ordering is available, get what you can. Try to maintain a well-rounded diet. Buying a million of one thing is not going to work. To the best of your ability add variety. In my family we are fortunate to be able to create Indian food. With four base ingredients and 10 different spices we can have 30 different meals.
- Don't forget the snacks, it's going to be a stressful time. Comfort snacking can bring a profound sense of relief. Just don't buy 400 bags of chips and nothing with any substance.

Pillar Five: Signaling | Communication

- MOVCAAC is in the process of educating folks on the different types of communication available and how to operate them. The next class is scheduled for Sunday, October 30 at the Rock Family Worship Center from 2:30 – 5 pm. This is GMRS Network Radio Training.

Pillar Six: Medical | Hygiene

- As the system starts to get squeezed and the pressure begins to show, emergency services are potentially re-prioritized. You will then need to be your own fire department, your own nursery, your own school, your own pharmacy, your own hospital.
- Most modern toilets are designed as a gravity-fed system. If your toilet entirely stopped working, do you have alternatives to that?

Pillar Seven: Personal Safety

- Mindset, purchases, training. You need to be able to pull the trigger, have the weapons & ammo on hand and the training to use it.
- This includes personal protective equipment (PPE); gloves, masks (can be disposable or long lasting), safety glasses, protective footwear, cold weather gear.

References: <https://youtu.be/AX6xkl3jfaQ>

<https://www.theorganicprepper.com/tc-7-pillars-urban-preparedness/>

Preparedness: Worldwide – In the News

Mike Adams, The Health Ranger Report

Situation Update, Oct 17, 2022 - Russian 2nd wave ATTACK on Ukraine just days away as China readies economic RETALIATION against America

<https://healthrangerreport.com/situation-update-oct-17-2022-russian-2nd-wave-attack-on-ukraine-just-days-away-as-china-readies-economic-retaliation-against-america>

This is a long podcast but well worth the time to listen. If you want to know what's happening around the world so you can better prepare for what's coming, make time to listen to this podcast.

Halloween Candy and 13 Other Supermarket Items That Are More Expensive or Harder to Find

<https://www.cnet.com/culture/halloween-candy-and-13-other-supermarket-items-that-are-hard-to-find-right-now/>

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

Freedom Family Health Care, Barbara Lott, Nurse Practitioner. 800 Division St, Parkersburg, WV 26101
Phone: (304) 485-9027

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!)

Back to Basics Log Cabin, 33 Hamrick Ln, Belpre, OH 45714 . Phone: (740) 423-4235 Note: they now carry Immunita, the herbal tea blend recommended for all respiratory ailments.

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 Health Ranger Report Sitreps (Posted Daily)** <https://www.healthrangerreport.com/>
- **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/>

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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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