

MOVCAAC.com

Motivate - Organize - Volunteer - Citizens Action Coalition

Educating, Motivating / Turning Talk Into Action

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Wellness & Preparedness Team, Medical Freedom Information Volume 2, no. 1, April 2023

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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

Previous issues and a one page “Wellness Tips” are found at 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.

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

Wellness: The Next Plandemic?

Locally we've been very focused on protecting our children's innocence. Indeed, we are able to effect change more readily on the local level. While we are active combatants in the war on innocence, we must also be aware of global events that may affect us all in the not too distant future.

The first global issue is the next Plandemic? The release of a virus, biological agent that is purposeful, most likely lab developed by "gain of function" research. This means some nefarious scientists have purposefully made existing viruses more potent, more deadly by altering the virus to create a more lethal, more transmissible, bio weapon. There are some who posit the theory that the next Plandemic will happen prior to the 2024 presidential election so stealing the White House for the resident in chief will be easier to accomplish. Lock down the population and rely on mail in votes which are easily manipulated. What bio agent will the next Plandemic consist of? Many believe it will be either Marburg or Avian Flu. Warning: The so called "vaccines" are already in production for both viruses. As for me and my family, we will not partake.

Marburg?

According to the WHO (I know)

<https://www.who.int/emergencies/disease-outbreak-news/item/2023-DON459>

"Marburg virus disease (MVD) is a rare but severe hemorrhagic fever that affects people and non-human primates. It is caused by an infection with Marburg virus or Ravn virus, both within genus Marburgvirus. Marburg viruses are zoonotic (or, animal-borne) RNA viruses within the virus family Filoviridae. Apr 19, 2023." Some scary stuff ala Ebola. Currently they are tracking an outbreak in Equatorial Guinea (Africa). As of this writing there are no known cases in the USA.

<https://emergency.cdc.gov/han/2023/han00489.asp#:~:text=These%20outbreaks%20mark%20the%20first,be%20present%20in%20both%20countries.>

Some fear the next Plandemic will be the Avian Flu. Who knows? (Pun intended). Even if the Plandemic with Avian Flu is not intended to affect the human population, they are being very effective in destroying a major food source for Americans. Chicken and other fowl are being eradicated in the millions to stop the spread of Avian Flu. Since the first confirmation of avian influenza A (H5N1) in the region in 2014, three human infections caused by avian influenza A (H5) have been reported: the first in the United States of America, reported in April 2022; the second in Ecuador, reported in January 2023; and this case. Apr 21, 2023

<https://www.who.int/emergencies/disease-outbreak-news/item/2023-DON461#:~:text=Since%20the%20first%20confirmation%20of,January%202023%3B%20and%20this%20case>

Or maybe Avian Flu?

The H5 bird flu virus is also known as Highly Pathogenic Avian Influenza (HPAI) A H5 and a few different subtypes have been reported in the U.S., known as H5N1, H5N2, and H5N8. H5 bird flu can be highly infectious, spreading through flocks of birds and infecting their respiratory and gastrointestinal tracts.

Current U.S. Bird Flu Situation in Humans

https://www.cdc.gov/flu/avianflu/inhumans.htm#anchor_1646930381934

Sporadic highly pathogenic avian influenza A (H5N1) virus infections in mammals have been reported in the United States, Canada, and other countries, but the risk to the general public from these viruses remains low.

The first case of an avian influenza A (H5N1) virus in a person in the United States was reported on April 28, 2022. More information about this case is available.

Only four human infections with low pathogenic avian influenza (LPAI)*A (H7N2) viruses resulting in mild-to-moderate illness have ever been identified in the United States.

According to Attorney Todd Callender (retrieved from Signal)

“I would like folks to know that we’ve seen an uptick in hiring for a Marburg Plandemic, shipping of Marburg experimental” vaccines” and now Marburg PCR test kits, inter alia:

<https://www.prnewswire.com/news-releases/virax-biolabs-group-limited-has-entered-into-an-agreement-for-the-distribution-of-marburg-virus-pcr-testing-kits-301801695.html> & https://www.medtl.net/products/instruments/real-time-pcr-systems?utm_source=bing&utm_medium=cpc&utm_campaign=%E5%85%A8%E7%90%83&utm_term=real%20time%20rt%20pcr&utm_content=%E5%AE%9A%E9%87%8FPCR%E4%BB%AA

In other words, staging has already begun, just like they did with Covid. We know the CDC has already ordered regular medical doctors and hospitals to be on the lookout for Marburg symptoms. See

https://www.cdc.gov/locs/2023/04-06-2023-Lab-Advisory-CDC_Issues_CDC_Issues_Health_Alert_Marburg_Disease_Outbreaks.html

<https://www.infectioncontrolday.com/view/hot-topics-ipc-sti-antibiotic-plans-marburg-covid-19-medicine-s-rat-problem>

https://www.winonadailynews.com/lifestyles/health-med-fit/cdc-issues-warning-as-two-african-countries-fight-spread-of-marburg-virus/article_b5f83d16-1e72-5956-832d-804593fde59c.html

Significant hiring of people with Marburg skills is also happening (even in Antarctica).

<https://www.pharmiweb.jobs/job/1592525/gmp-compliance-specialist-global-pharma-marburg-area-mwithd-5171> & <https://www.gov.uk/guidance/ebola-returning-workers-scheme>

Please note that the second test kit is an EPCR device, which means it is capable of reading molecular construction for multiple samples – research we’ve seen indicates they can do this remotely and don’t need a sample, just a signal. That’s what the 16 digit MAC addresses are for.

Folks, we have to get ahead of this and ensure that they know it’s another scam and horrible attack on humanity. This is happening and they’re not going to stop until we stop them. Laura Loomer seems to have independently verified this: <https://twitter.com/LauraLoomer/status/1650979401176064006>

Please folks, use your resources to head this off. All the legal pretexts are here and so are the preps; besides they’ve been caught and need to finish the job of killing us.

God bless you all and may God speed us in our mission,
Todd”

**JUST SAY NO TO
VACCINES** 
Defend Your Health Freedom



Our electric grid is extremely fragile and vulnerable to both natural threats (solar flares) and human attacks that we know could take it down, nationwide, for not days/weeks, but months/years. A national Congressional study warned that an EMP attack (which even North Korea could execute with its tiny, inaccurate nuclear arsenal) could knock out power for over a year, killing the vast majority of Americans with no food production or distribution, no municipal water systems.

The best documentary ever produced on this grave threat was produced by David Tice, a Fortitude Ranch member and investor! It is getting fantastic national coverage because of its quality and conciseness in explaining this dire threat: <https://griddownpowerup.com/>

Don't just watch the best ever documentary on our highly vulnerable electric grid. Forward it to your friends, and follow the easy steps to help pressure our politicians to order hardening of the grid (very feasible) and stop ignoring this huge risk.

Former Director of U.S. Center for Disease Control warns of "Inevitable" Pandemic coming



Dr. Tom Frieden, Director of the U.S. Center for Disease Control and Prevention from 2009-2017 was recently quoted in the trustworthy Wall Street Journal warning that the "next pandemic is inevitable" and "we are not prepared" to survive it (Wall Street Journal, March 19, 2023, pp. C1, C2) While we were able to quickly develop a Covid-19 vaccine, Dr. Frieden cautions that "the world may not be so lucky next time."

Fortitude Ranch was developed to protect our members both during a pandemic, and during the long period of collapse (economy not functioning, widespread loss of law and order) that results. For a decade now, professional research and studies, testimony before Congress warning of the need to prepare has yielded no program to prepare the country to survive a really bad pandemic like H5N1 Bird Flu (60% lethal). Worse, government officials don't give honest warnings of this "inevitable" threat and the horrible consequences. Dr. Friedman wrote this warning years after leaving office. In our last newsletter, we quoted another former senior government official warning about H5N1 and our lack of preparedness for surviving a real pandemic.

Those who are not prepared to survive a highly lethal viral pandemic or the loss in law and order that results as people struggle to survive, won't just have government to blame, but themselves for failing to heed all the warnings that a bad pandemic is coming.

23/04/2023

Share     

Bird flu killed hundreds of seals in New England

Research published in the journal *Emerging Infectious Disease* has shown that Highly Pathogenic Avian Influenza (HPAI), widely known as bird flu, is responsible for the deaths of hundreds of seals on the New England coast in June and July 2022.

The study documents the first large-scale mortality of wild mammals in relation to bird flu. The H5N1 subtype of the virus has resulted in huge death tolls among wild bird populations, as well as tens of millions of poultry deaths in Europe and North America.

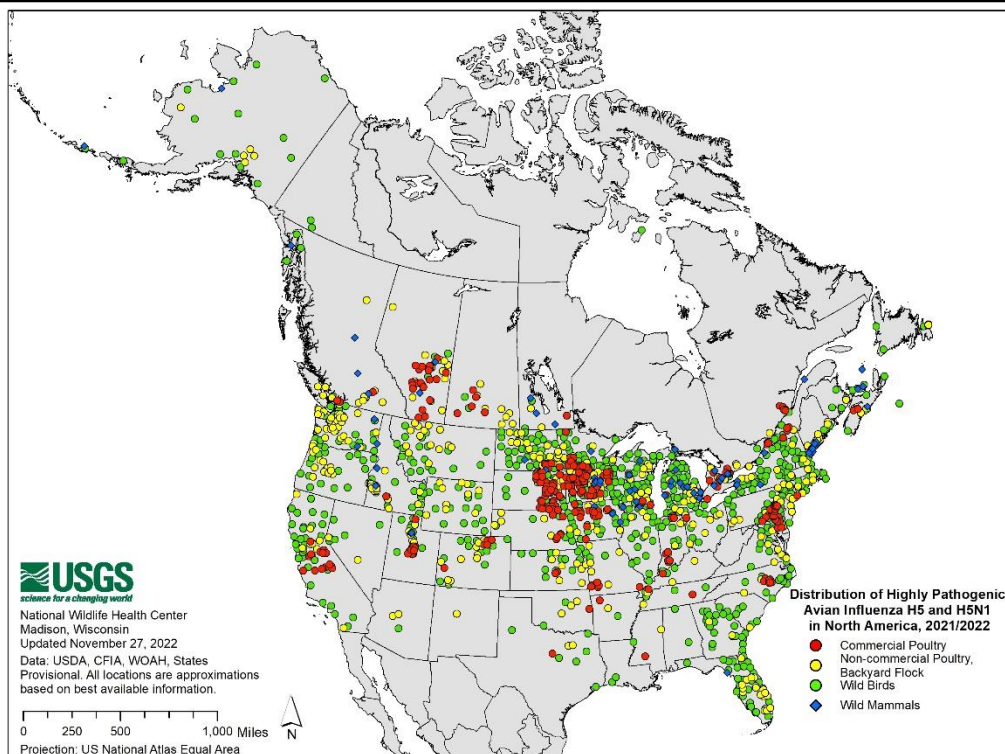
Spillover into mammals from birds has been documented during the global outbreak that started in 2020, but until now this was only known in small and localised events. The team behind the research demonstrated that more than 330 Harbour Seals and Grey Seals died in relation to bird flu on the New England coast in June and July 2022.



H5N1 Bird and Mammal Flu may have 100% lethality rate in Seals in northeast US

We are going to stop using the standard name "Bird Flu" for H5N1 since it is clearly a horribly fatal virus killing a wide variety of Mammal populations.

Experts from the Johns Hopkins University Center for Health Security and biologists have testified before Congress warning that natural mutation of H5N1 or deliberate bioengineering and bio attacks are "inevitable", but just like the warnings and Congressional reports about our highly vulnerable electric system, nothing has been done. Unlike a weapons program or big social spending project there is no valuable "pork" to distribute, no great purchase of re-election votes in securing our electric grid or warning citizens that the risk of a 60% lethal H5N1 pandemic has gone up. So the Center for Disease Control continues to spread the lie of "low risk" to humans—the exact same label used before H5N1 mutated last year and began spreading among mammal populations, not just birds. The very name "Bird Flu" or "Avian Flu" is now dishonest. It is not just a bird flu, it is a virus that now spreads among mammals as well.



Case Study in Collapse: Looting, 63 Murders, 2,300 wounded, 3,600 fires in a week of marauder attacks in Los Angeles, 1992

Preppers understand that people faced with starvation or no water are unlikely to just stay at home and quietly, politely die, but take to the streets to loot. But many Americans seem to think that there won't be violence in a collapse, and you don't need guns to defend yourself.

There are plenty of instances in our history that show how looting and marauding groups can occur even in non-collapse, not life threatening situations. In 1992, Los Angeles had a week of fires and killings that erupted from a court verdict that proved an excuse for protests, then looting and marauding.

When a court refused to convict police officers accused of beating (not killing) Rodney King, riots exploded in parts of LA. The primarily black looters and rioters first robbed and burned businesses in predominately black communities of LA. On the second day, marauding looters started moving into the "Koreatown" area of LA. Many of the Koreans had experience in the South Korean Army, and quickly grabbed weapons and organized to defend their area (using high capacity magazines and rifles that are outlawed in some areas today). Hundreds of businesses and buildings were burned and robbed in Koreatown, but the organized, well-armed Korean soldiers succeeded in minimizing Korean casualties. In addition to looting and killing, the marauders set 3,600 fires and Destroyed over 1,000 buildings.

The marauders were only stopped when the California National Guard, United States military, and several federal law enforcement agencies deployed more than 5,000 federal troops to assist local police. LA had already had 6 days of arson and looting in 1965. We've seen this kind of violence in other cities, from Baltimore to Portland, and it can happen anywhere. In a collapse situation, looting will be far more massive and widespread. Over time as people face starvation or death by dehydration, or the threat of a marauding gang robbing and killing them, almost all Americans are likely to find themselves caught up in this violence.



The point of this case study is not to suggest any racial lessons, but rather to illustrate key points about collapse and security when a nationwide disaster strikes. If a lot of people decide to loot or set fires or kill, they can overwhelm the police—and not just for a week like this LA violence. If there is unrest nationwide, not limited to a small area, there will be no outside reinforcements to call in and put down the local violence, it can continue for months or years.

A second key point is that Americans do need to have semi-automatic, "military capable" weapons and magazines—not just single shot hunting rifles. If a looting mob or collapse marauders are coming at you, a lot of weapons and semi-automatic weapons with high capacity magazines are definitely essential for survival.

Source: Sam Jacobs, "Roof Koreans: How Civilians Defended Koreatown from Racist Violence During the 1992 LA Riots," June 12, 2020, The Libertarian Institute





<https://libertarianinstitute.org/articles/roof-koreans-civilians-defended-koreatown-racist-violence-la-riots-1992/>

Video about Fortitude Ranch, a MUST Watch:

<https://www.brighteon.com/3f4df268-919e-4f37-aefb-a4967b6b65b0>

Fortitude Ranch is a survival community equipped to survive any type of disaster and long-term loss of law and order, managed by full time staff. Fortitude Ranch is affordable (about \$1,000/person annually) because of large numbers of members and economies of scale. Fortitude Ranch is especially attractive to join because it doubles as a recreation and vacation facility as well as a survival retreat. Members can vacation, hunt, fish and recreate at our forest and mountain locations in good times, and shelter at Fortitude Ranch to survive a collapse. <https://fortituderanch.com/about-the-ranch/>

None of the above is intended to scare you, it's to prepare you, to make you aware. Be prepared, not scared!

Fortitude Ranch Threat Conditions:	
 Collapse	Widespread loss of law and order, non-functioning economy
 Collapse Imminent	Collapse very likely in next few days
 Elevated Threat Level	Much higher indications of threats that could lead to collapse
 Normal Threat Level	

Current threat level:

Fortitude Ranch Threat Condition:  Elevated Threat Level

Preparedness: the Seven Step Survival Plan

Where do I start? Read, download the Seven Step Survival Plan here: <https://movcac.com/?s=7+step>

The Seven Step Survival Plan, by David Kobler and Mark Goodwin, is an excellent primer on preparedness. Whether you've been prepping for a long time or just starting out, there's much to be learned in this document:

- Step One: Body, Mind, and Soul
- Step Two: Budget
- Step Three: Bug-Out Bag
- Step Four: Beans
- Step Five: Bullets
- Step Six: Bullion
- Step Seven: Base

These steps keep the overall mission of prepping in focus, prioritize the different aspects of preparedness, and put the tasks into smaller, bite-sized to-do lists.

In addition, Mark Goodwin writes apocalyptic fiction. If you like to learn about prepping via a good story, Mark Goodwin is excellent. See the list below. His books are also available on Amazon/Amazon Kindle: [All Book Series by Mark Goodwin \(goodreads.com\)](https://www.goodreads.com/author/show/Mark_Goodwin)

Preparedness: Economic Collapse? – Banks in the News

[S&P 500: 11 Bank Stocks Tank Again — Fueling Financial Crisis Dumpster Fire | Investor's Business Daily \(investors.com\)](#)

Folks, WesBanco is a local West Virginia bank. If you think this is only happening in other parts of the US, you are mistaken. There are many predicting a recession in the very near future. We'd submit these folks haven't been shopping recently for staples like milk, eggs, cereal for the kiddos. We're already there.

Company	Ticker	Day % ch.	Year to date % ch.
First Republic Bank	(FRC)	-46.5%	-93.0%
Atlantic Union Bankshares	(AUB)	-15.1%	-21.6%
Northern Trust	(NTRS)	-9.5%	-11.9%
Independent Bank Group	(IBTX)	-8.9%	-37.8%
PacWest Bancorp	(PACW)	-8.4%	-54.8%
WSFS Financial	(WSFS)	-7.4%	-24.0%
Veritex Holdings	(VBTX)	-6.5%	-41.1%
Live Oak Bancshares	(LOB)	-6.4%	-26.2%
Columbia Banking System	(COLB)	-6.3%	-32.7%
Simmons First National	(SFNC)	-6.3%	-28.5%
WesBanco	(WSBC)	-6.1%	-27.3%

Still others are predicting bank runs. This is when depositors like you and I pull our money out of the banks because of concern regarding bank collapse. Just ask the Silicon Valley Bank depositors.

<https://www.cnbc.com/2023/04/28/first-republics-stock-poised-to-rise-for-second-day-as-regional-bank-searches-for-rescue-deal.html> ◀ Since the article was published, the FDIC is said to be taking control of First Republic Bank. Shares have fallen from a high of \$170.12 to the current \$3.51. Their stock has fallen 97% this year.

There may come a day soon when the federal government declares a bank freeze to prevent collapse. A period of time where citizens have no access to their bank funds. No functioning ATM's, no access to cash in the bank. The government has done this before in 1933:

"At 1:00 a.m. on Monday, March 6, President Roosevelt issued Proclamation 2039 ordering the suspension of all banking transactions, effective immediately. He had taken the oath of office only thirty-six hours earlier.

The terms of the presidential proclamation specified that "no such banking institution or branch shall pay out, export, earmark, or permit the withdrawal or transfer in any manner or by any device whatsoever, of any gold or silver coin or bullion or currency or take any other action which might facilitate the hoarding thereof; nor shall any such banking institution or branch pay out deposits, make loans or discounts, deal in foreign exchange, transfer credits from the United States to any place abroad, or transact any other banking business whatsoever."

For an entire week, Americans would have no access to banks or banking services. They could not withdraw or transfer their money, nor could they make deposits."

History may repeat itself. <https://www.federalreservehistory.org/essays/emergency-banking-act-of-1933>

Preparedness: World News, Petrodollar

Currently, the Group of 7 (G7) (United States, Canada, United Kingdom, France, Italy, Germany, Japan) have the world's biggest, most developed economies.

The G7 was previously called the G8, until Russia was expelled from the group.

The G7 does not include some of the world's biggest economies, such as China, Brazil, and India (now part of BRICS).

Around the world BRICS nations (Brazil, Russia, India, China, and South Africa) are looking to dump the US dollar or petrodollar for trade, especially in oil. Petrodollars are U.S. dollars paid to an oil-exporting country. Petrodollars are the primary source of revenue for many OPEC members and other oil exporters. Oil exporters settle sales in U.S. dollars because the dollar is the most widely used currency, making it easier for them to invest export proceeds. Many are starting to use their own national currency or the Chinese Yuan.

<https://www.investopedia.com/terms/p/petrodollars.asp#:~:text=Key%20Takeaways,them%20to%20invest%20exp,ort%20proceeds.>

“China also wants to expand the bloc (BRICS) to include more members and expand its sphere of influence. Nineteen countries, including Saudi Arabia and Iran, are willing to join the group, and it will have a wider scope to push the new idea.” [BRICS looking to exert more influence | undefined \(tbsnews.net\)](#)

What you need to know about BRICS and the Petrodollar:

<https://www.youtube.com/watch?v=kccXqwHVhCc>

Is this the Death of the Dollar?

Educate yourself and others.



Paper money eventually returns to its intrinsic value—zero. Voltaire

Investments to consider other than banks:

- Physical Gold (not an IRA), There are many companies out there...we have experience with JM Bullion <https://www.jmbullion.com/> P.S. not all assets in Gold, can't eat it!
- Physical Silver (Not an IRA), see comments above.
- Food, Long Term Storage (25 yrs plus) Dehydrated Foods
- Land, God isn't making any more!
- Safety & Security Items (Weapons and Ammo)
- Cash under the mattress...but not all in cash...can't eat it!
- Barter items, cigarettes, alcohol, canned foods, hygiene articles, medicines.

Band-Aids, Beans, Boom Booms, Bullets, Bullion, Barter

Resources for Alternative Treatments

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

<https://www.patientadvocatebulldog.com/> **Patient Advocate Bulldog.** A resource for Dr. Wil's products including the Jab Rescue Kit and Respiratory Rescue Kit. They now also have a Fallout Kit too.

Freedom Family Health Care, Barbara Lott, Nurse Practitioner. New address as of May 1st: 1701 7th 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. Specializing in D-Pack or disaster preparedness antibiotic kit, backup meds and COVID protocols & long haul treatment.

<https://jasemedical.com/> **"The JASE Case"** Emergency Preparedness Antibiotics (and a guidebook for their safe use!) What Is the Jase Case? The Jase Case is a travel-friendly medical kit packed with five different emergency preparedness antibiotics. The medications are carefully selected to cover a wide variety of common illnesses and life-threatening conditions, from traveler's diarrhea, bladder infections, and pneumonia to anthrax poisoning and wound infections. The case also comes with a helpful guidebook describing each of the antibiotics, recommended uses, dosages, side effects, and potentially dangerous interactions to avoid. The antibiotics included in the Jase Case and their intended uses are as follows:

- Amoxicillin-Clavulanate: Used to treat bite wounds, pneumonia, and sinusitis.
- Azithromycin: Used to treat pneumonia, urinary tract infections, and traveler's diarrhea.
- Ciprofloxacin: Used to treat anthrax poisoning, plague infection, traveler's diarrhea, and tularemia.
- Doxycycline: Used to treat anthrax poisoning, bite wounds, plague infection, skin infection, tetanus, and tularemia.
- Metronidazole: Used to treat bacterial vaginosis, diarrhea, giardiasis, tetanus, and trichomoniasis.

Additional conditions that may be treated by a combination of one or more of these medications include cellulitis, diverticulitis, intra-abdominal infections, tooth infections, ear infections, strep throat, cholera, osteomyelitis, prostatitis, salmonella, lyme disease, malaria, Q fever, Rocky Mountain Spotted Fever, chlamydia, amebiasis, C. diff, and pelvic inflammatory disease.

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.

Mother Earth Foods, 1638 19th Street, Parkersburg, WV 26101 A natural health food store offering a wide variety of vitamins, supplements, foods, beauty items, bulk herbs, and more.

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>

The X22 Report <https://rumble.com/v2l3njq-derek-johnson-continuity-of-government-is-in-place-military-in-control-scar.html>

Glenn Beck Podcast [Jonathan Cahn: What Happens When America Gives Up God - Glenn Beck](#)

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

Links Continued

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>

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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