

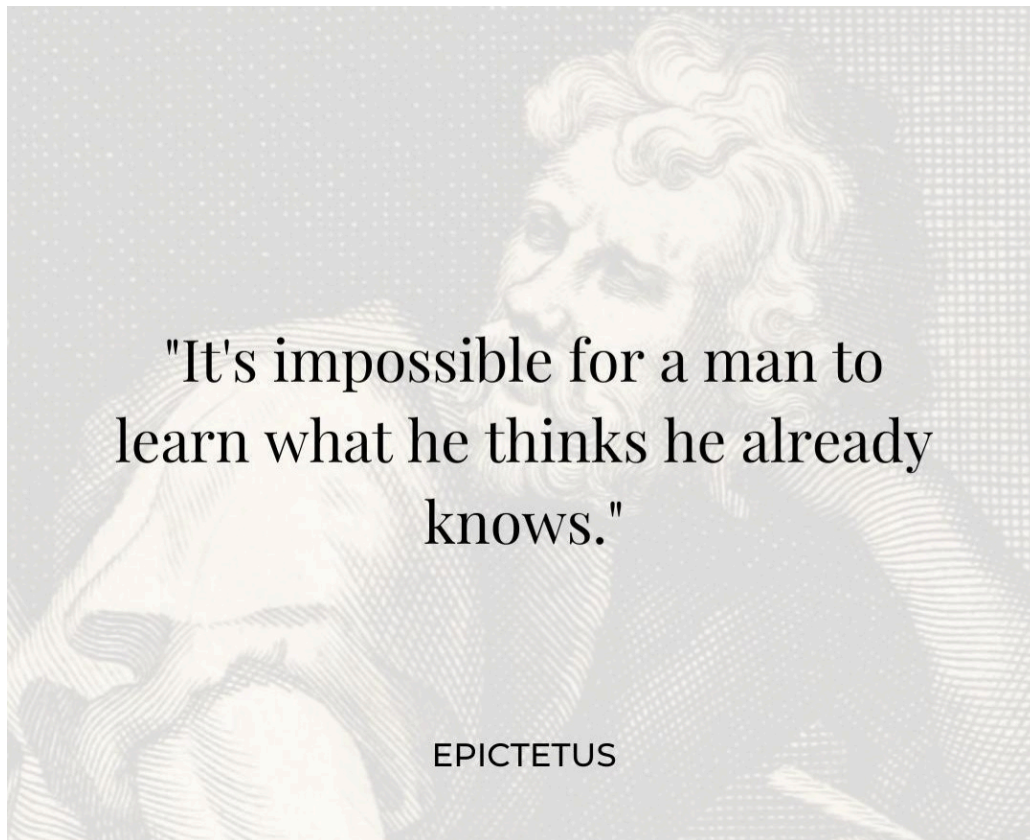
What the hell is happening?

Part 1 – The Short/Censored Version

By Eddie Henry

I highly respect Mother Nature, do not plan on getting the vaccine due to my fear of cancer, but think that most people (99%) should. That's it in a nutshell, read on if interested in why...

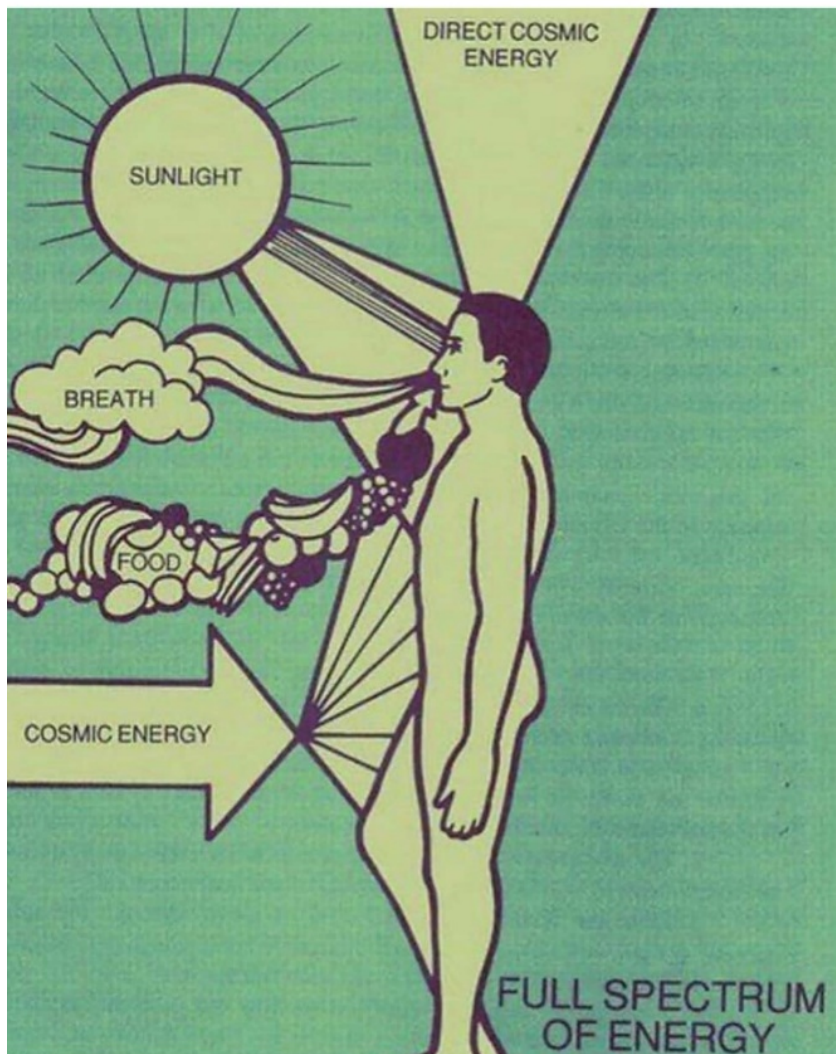
Full disclaimer – I am a fitness and nutrition enthusiast that has an obsession for human performance. I like to find out what makes people tick then make it tick better. I am not a doctor, or a scientist, and I don't expect anyone to use this as medical advice. These are just a few of my thoughts from intuition and the science I have followed, which is constantly changing, as science should (Science should be discovered and challenged with an open mind, not just accepted.) I am not trying to convince anybody of anything. That is a lost cause, especially since everyone is acting omniscient. I simply get questions on this daily, so here you go, in the most simplistic form possible. If you would like to rabbit hole on any of the topics, I am fascinated in this time and would love to learn more!



First and foremost, I deeply believe that we are batteries being charged from Mother Nature's energy systems, primarily from the sun. Your superpowers and capabilities stem from her. Keep your

battery full from all of the charging stations like good food, air, and water, sun exposure and contact with the earth, relationships, spirituality, and gratitude, and you will have a full battery and limitless energy for healing and a badass life in general,- the more energy, the more fun(yes, I put my glass bottle of water on the ground and in the sun most days before I drink it, so it gets charged up.) When your body isn't charged up from poor lifestyle choices, you have less energy. Now for instance, if you were to have some systemic inflammation, the body wouldn't have the energy to clear it out effectively. This is where we get into trouble. I would go as far as to say that all illness, disease, and aging is caused by systemic inflammation from poor lifestyle choices.

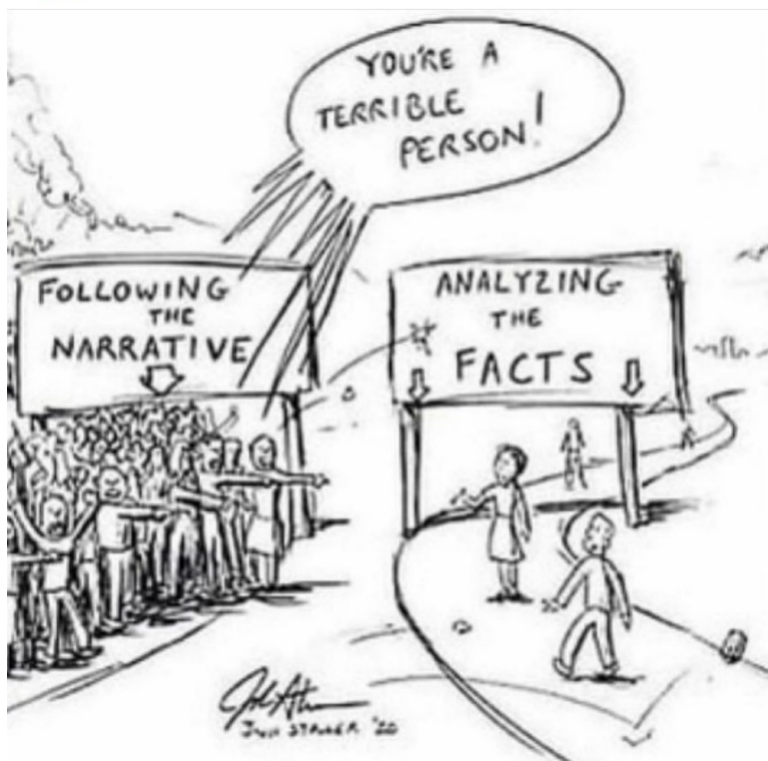
Where does energy come from?



If you are still with me, you know that times have changed... When I got into the fitness industry twenty years ago, people wanted the facts. I can vividly remember saying that 'cheese is making your ass fat' and consequently, clients would limit their cheese and lose weight... If I were to say that today, most clients would say that I am extreme and overreacting, and that cheese is fine! Another example is

back then everyone could have gotten outside and ran a mile or two. Now, even kids balk at the idea to try because it is too hot or too hard. Whatever..., the point is, is that people have gotten complacent, soft, accepting, and unhealthy. Have you seen some of the fitness models lately? They look more like fast food models. Bottom line is that we are the sickest we have ever been, and our health is regressing faster than ever. This lax attitude has also leaked into the environment amongst other things. We are doing things that poison the air, soil, and water, at a faster rate than ever. This comes with its own set of consequences that is also contributing to our poor health. The more I educate myself on these topics, the more irritated I tend to become because it's disturbing and disgusting and no one seems to care. We are all to blame for this so stop blaming each other!

What's complicating this even more is that over the past few years, 'fake news' has emerged at a rapid pace. You really don't know what to believe. You must do some of your own research and see what makes the most sense to you. Look into it, set in it for a while, and see if it seems right. Make up your own mind and stop getting your information from Tic Toc. If your position doesn't agree with your peers, that's cool, they are entitled to their own opinion, but they are probably not your tribe anyway. You have a limited amount of energy while in this place. Spend it on people that actually matter, the ones that would actually come to your funeral.



With all of that said, here are a few things that make a lot of sense to me...

1. We coexist with viruses, bacteria, and fungi. But let's just keep it with viruses for now...They were here long before us and will most likely be here long after. There are millions of them in the

air, soil, and water. *On a different note, The Fantastic Fungi is a pretty cool movie explaining the coexistence...*

- 2.** Our bodies can stay in a balance with the viruses due to a delicate order of checks and balances that keeps everything calibrated. Our immune systems, including enzymes (that can cut up excess viral load) are responsible for this calibration.
- 3.** We must remain healthy so our immune systems can stay strong and do their job. Our microbiome is an example of this. A healthy microbiome helps regulate everything from digestion to immunity to mood.
- 4.** When the environment gets stressed from things like glyphosate, the pork industry, wildfires, - pollution in general, the viruses must adapt to survive.
- 5.** When viruses adapt, since we coexist with them, we must adapt too. This is what some people refer to as gaining natural infection or a genetic update. We must change and evolve to deal with the new world...
- 6.** Without this genetic update (think of your cell phone updates), we will be out of balance with nature and less resilient to what is coming next – and something is always coming...
- 7.** This genetic update should be a mild adaptation, fever, exhaustion, - mild flu like symptoms, -everyone can be slightly different. You will emerge from this update stronger on a genetic level moving forward.
- 8.** Sometimes these adaptations can be severe. Why is this? Is our immune system working the way it should, eating up the excess viral load with these enzymes? Do we have the energy for this? Or is our health compromised?
- 9.** Are we living in such a way that allows our body and immune system to operate efficiently? Or are we abusing ourselves and the planet in a careless and selfish manner? Unfortunately, it's the latter...

In general, our circadian rhythms (sleep patterns) are garbage. - We stay on screens throughout the evening, nuking our pineal glands, compromising our sleep – the main time we heal. We wake up sleep deprived and inflamed causing a mild headache, which often leads to taking caffeine and ibuprofen, - which may or may not lead to intestinal distress and adrenal fatigue. Then we often start our days with some refined products that zap our pancreas, in time leading to a pre diabetic state at a young age. We scroll on our screens during breakfast that often leads to fear and anxiety. We don't take the time to go outside because we are too busy, so our vitamin D status is deficient, let alone our microbial diversity from the lack of outdoors... We are so out of balance that we must take a host of pharmaceuticals just to get by, insert; statins, ace inhibitors, beta blockers, PPI's, anti-depressants, and more, which leads to a host of negative down stream effects.

Let's rabbit hole for a second with statins. Cholesterol helps with many things including our immune system and inflammation and is part of every cellular membrane in our body. It is part of the cell for flexibility and resilience so the cell can adapt and be optimal. Due to poor lifestyle choices, we get on a statin that limits this essential structure into the cell. Now your cells cannot be optimal which is why most people feel fatigued when on these drugs. So rather than changing some lifestyle factors, we would rather take a cellular toxin that will slow our performance and lower quality of life. I run a parallel of statins to most pharmaceuticals and vaccines. There is always an adverse downstream effect. Most people do not even know this about statins. I wonder what they know about vaccines? Hmm... Ok enough on that, back to the story.



10. These pharmaceuticals are just Band-Aids to the underlying problem, - which is an inflamed and broken body and mind. On a deeper level, these pharmaceuticals are mitochondrial toxins, creating cellular disfunction.

-Side note – cancer often attacks dysfunctional cells. So, my advice is to keep your cells strong at all costs!!! – more on this in a bit...

11. Now this broken and bandaged body is walking around feeling pretty good due to the pills or Band-Aids keeping them together and a virus update comes along. Do you think we are in a place to handle it? Do you think our immune system is primed and ready to attack? Or are we hanging on by a thread and just waiting for that last straw to break the camel's back?

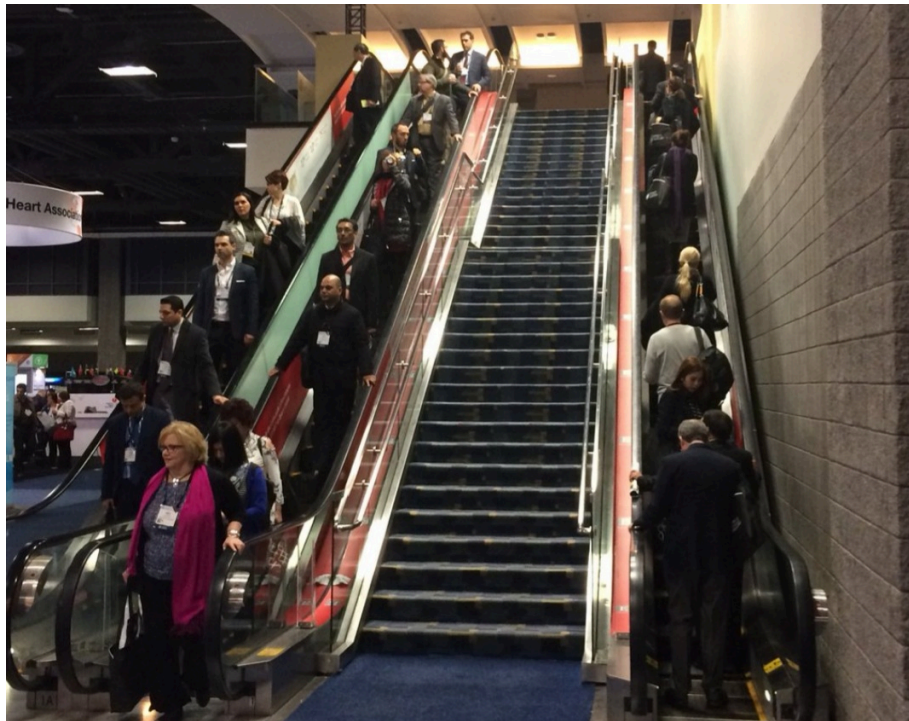
- Ever see the resemblance when watching The Walking Dead to just going to your local store? Not good...

12. If you are not healthy, can you be expected to fight off an attack from a potentially deadly virus or predator? Probably not. This is where most of us are...

I often hear people say, 'he/she is healthy.' Really? How's their sleep? How are there relationships? How is their happiness, stress level, vitamin d status, have they checked? Why isn't it optimal? How is their nutrition? -, processed or whole for the most part? Is their day full of caffeine and alcohol just to get by? Hmm... Are 'they really healthy? If you want to

quantify your health, get a metabolic panel including hormones, vit D and inflammatory markers. Make sure they are optimized and not just in the reference range... An individual with an optimized panel on no meds is pretty healthy in my book! With that said, I know very few healthy people. Probably about 1% of people I know are healthy.

- Sidenote: I recently took two trips that required multiple airports. Literally, 1% of the travelers took the stairs when changing floors. All of them lined up to get on the escalators. These were people without bags too. So, I kind of feel like 1% of people care.



*** this is a stock photo not the airport, but lots of similarities...

Could we focus on these things or are we just too busy? Could we dial in our sleep? Could we take some time for breathwork and meditation? Could we find the time to exercise and get some sun and nature? Could we find time to spend with friends, family, and community? Could we do something meaningful or with purpose more often? We must find the time, or it will only get worse.

Due to our choices, for the most part, we have accepted this narrative, and will take pills and shots for life. And these pills will do a pretty good job at getting you by, - with a much lower quality of life.

But, for the ones that pass on the sweet tea, says no to the bread at the restaurant, takes the stairs, finds time to get outside and move, -the ones that put the phone down at night to read, and live and love and volunteer as much as possible, the ones that would rather exercise than take a pill. Well, what are you to do?

The answer is to LIVE IT UP! Do not live in fear. You are healthy, strong, and resilient. You make these choices, so your energy is topped off and your superpowers and capabilities are broad. Life is sweeter due to your choices. Enjoy it so you can do more in your day and you have a better story to tell at the end of the road. Do try though, to spread the love. You have figured out how to live in a way that helps protect you and hopefully the planet. You have the motivation and discipline. Consider sharing this with your tribe. Try to help others find the strength to align with a healthy lifestyle that resonates with them. They will be resistant at first, but be kind and warm, and give it some time. That is how we beat this thing .We must all leave this garden better than we found it.

Controversial Thoughts?

This chatter about unvaccinated people as carriers or the responsible parties for variants...

Well, maybe. But from what I have seen on this earth with almost every species, is that compromised hosts are the breeding grounds for illness. Vaccinated or not, I believe sick hosts are the problem not the healthy ones. Predators attack the weak and vulnerable. Being sick makes you weak. If a body cannot defend itself due to poor health, it just makes sense to me that they would be a good place for the perfect storm. Could the vaccine, like other pharmaceuticals, be a mitochondrial toxin, making you less healthy while mildly protecting you at the same time? Maybe... Could variants proliferate in these environments? Maybe...



Could the Covid-19 vaccine taken repeatedly cause antibody dependent enhancement?

Maybe... Would you take a strong antibiotic every three months for preventative purposes? You would have almost no adaptive immune system left, leaving you very susceptible for the next wave and would probably shit like a goose for the rest of your life. No thanks. I know this is not apples to apples but a dose or two of a vaccination makes sense. Not sure that continual usage does though. What do I know...?



Do I take a vaccine because the unhealthy people are worried about their health? -at the cost of my health?

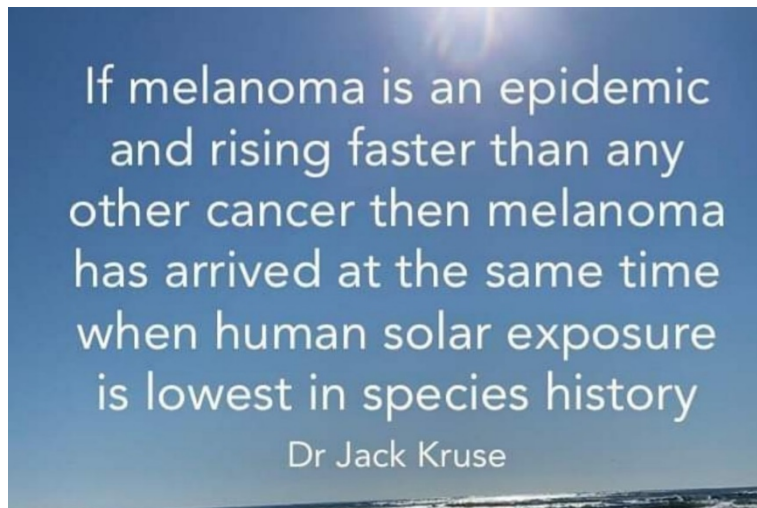
No. I make choices for a better life. The majority of people I see held together by pharmaceuticals barely have the energy to live. That's not for me. Sorry. I believe that natural infection delivers a better protection and a better life for the healthy. Maybe the vaccinated ones are having fewer problems with the virus but this doesn't consider the health of the individual. The one percent of healthy people I mentioned earlier are both vaccinated and unvaccinated. I believe the placebo effect has something to do with this too.

- Placebo effect: Ever hear of the guy whose dad died of a heart attack at the age of 55 and that guy is 54? He is so worried about his future that his stress levels and inflammatory markers are through the roof. His worry drives him to get on a statin, so he doesn't follow in his fathers' footsteps even though his labs look good. He is sacrificing his quality of life to quell the stress. But he magically gets better! Why is that? Well, most likely because he feels safe from disease from the statin and his body can release some of the stress and inflammation that's been building. Now he can live without worry again, or so he thinks. Maybe the vaccine has similar properties. There is more bullying and fear floating around now than I have ever witnessed. But getting vaccinated can quell the fear and gain acceptance. Could that be part of the phenomenon. I have no clue, but the placebo effect in general has magical properties!

Will it cause fertility issues, balding, my manhood to fall off, etc.?

All pharmaceuticals have adverse downstream effects. That is kind of the definition of a mitochondrial toxin. If your cells can't perform optimally, bad things can happen.

*** On a personal note, I am afraid of cancer and discouraged from the advancements in the last while. I believe that healthy cells/mitochondria are the best defense against these mutations as well as the next wave of illness in whatever form they may be in, not pharmaceuticals. I also believe that the pharmaceuticals holding us together are mitochondrial toxins. If my cells are toxic, how can they defend themselves properly against cancer? This is the main reason for my current decision of not getting the vaccine.

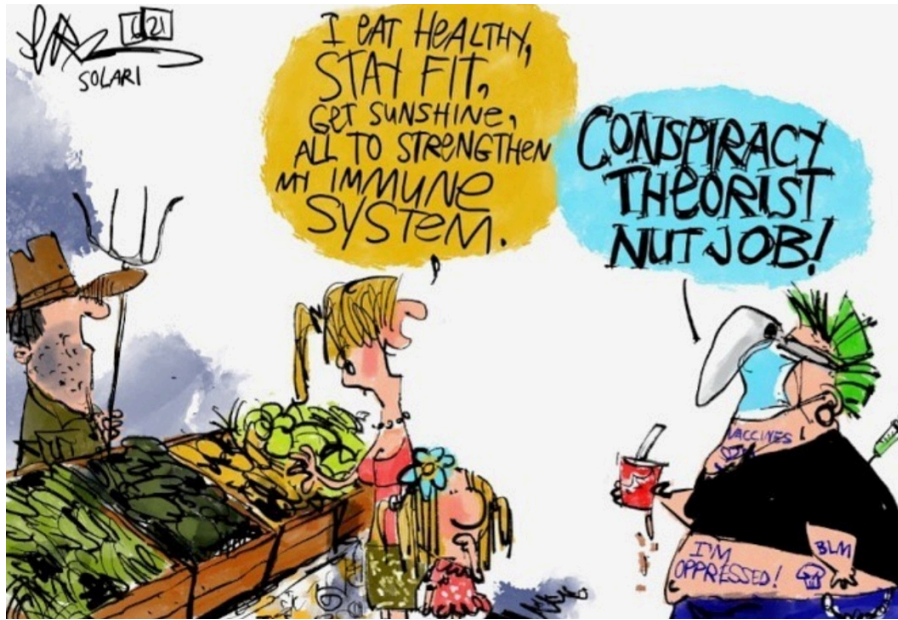


* I tend to like and listen to Jack Kruse.

If this quote is correct, its odd...

What about conspiracy theory?

Maybe. Are we on the bottom of the fish bowl that the elite few are sprinkling down fish food to?- giving us just enough information to get by? Maybe... Are Big Food, Big Pharma, and Big Ag in the business to make money? – Yes. Will they say things that may not be entirely true? Possibly. Does milk do a body good? - probably not. I recently saw that over 80% of the commercials on TV are for pharmaceuticals and much of the remainder are from big food, creating the need for the pharmaceuticals. Check this out next time you are scrolling and see how that sets with you. But we are the ones lining up for fast food, pharmaceuticals, and the latest and greatest cell phones. We are the ones creating the push. So, who is really to blame?



Are unvaccinated people to blame for overrun hospitals?

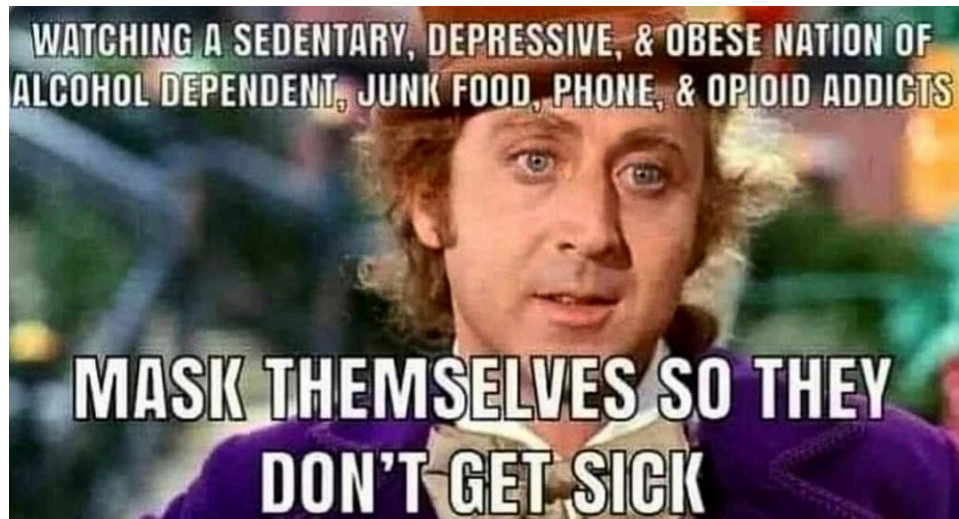
I do not believe this is the case. I believe that unhealthy unvaccinated people are the cause for this. I recently saw a woman at the pool on her cell phone, with a cigarette and coke, spray down her whole body with some toxic aerosol sunscreen. I hope she was vaccinated because she zapped whatever immunity she had left in the five minutes I watched her let alone what the rest of her day probably looked like. She might have a real issue if exposed to the virus. But, at least she was outside in nature- which is sadly, more than I can say for most. Maybe don't smoke when there is a potentially deadly respiratory virus floating around. Yes, it aggravates me when these people are taking up high demand hospital beds...

Should this be a choice?

Yes. Your body your choice. I remember back on the seatbelt mandate in the 90's. This never set well with me. I can remember having awesome road trips as a child in a minivan with bean bags and board games. Now my daughter is literally in a straight jacket while driving. Me wearing or not wearing a seat belt will not cause harm to others. Using my cell phone while driving will however put others at risk. I get it. The insurance companies need certain specs to approve you, blah, blah, blah, - follow the money trail... But I still believe I should have control over my body as long as it doesn't affect others.

Masks:

Is erasing people's faces the answer? Masks could be effective in certain situations if used properly. Exercise could also be effective in certain situations if done properly. Exercise would help you lose weight and get off most pills. The problem lies here. People rarely do things effectively. Again, if only 1% of people care about doing things effectively and right, then masks are probably not going to yield a great return. When I was less refined, I would say 'just act like an educated adult.' If you are feeling funky, stay home or at the very least keep your distance.



Social distancing...

Eliminating human touch is not the answer. Eliminating A-holes from your tribe is a good start though. Again, 'just act like an educated adult.' If you just got out of the bathroom and didn't wash your hands, stay away! I do not want to shake your weenie hand. But if you are feeling good, bring it in and spread the love! Human touch is one of the healthiest and most energetic acts I am aware of.

Will I get the virus?

Yeah, most likely, or at the very least, be exposed. I would say it is ubiquitous by now. As stated earlier, I believe we are coexisting with this virus. I think the best-case scenario is to be lightly and gradually exposed with mild to no symptoms following. This has been the scenario for most of the healthy people I know, especially kids that have had Covid. I do think it is important to continue to practice a healthy lifestyle afterwards to minimize potential future effects.

Will I do things/live differently?

Yes! This gives me the best excuse ever to avoid A-holes. Obligations and forced conversations are a thing of the past. Cool shit and badass people only from now on! I hope to trade them out for environmental love and volunteer work **since I believe the abuse on Mother Nature is the reason we are in this mess.**

Treatments...

I think I have made it clear by now that about 1% of people care enough about their health to make enough of an effort to make a difference. For the other 99% of 'floaters', I would throw everything but the kitchen sink at this thing; Ivermectin, Hydroxychloroquine, steroids, anti-biotics, antibody infusions, ozone, nebulized hydrogen peroxide, high dose zinc, vitamin C, Vitamin D, colloidal silver, oil of oregano, garlic, colostrum, glutathione, and other anti-viral blends. But if I was the 1% with a pretty full battery charge, I still might do all of the above, but I might also choose to go with the the options with the least adverse side effects. Most pharmaceuticals including anti-parasitics, anti-biotics, and steroids, have some down stream effects that we are aware of that are mitochondrial toxins and systemic inflammatory

agents. Luckily, they are not taken chronically, so hopefully the effects aren't as long lasting and devastating as statins for instance, as discussed earlier. But with all of that said, the natural agents like nebulized hydrogen peroxide with little to no known negative side effects would be a great start AT THE FIRST SIGN OF ILLNESS.

- Let's talk about preventatives beyond maximizing energy through healthy lifestyles for a second. If a steroid is given to quell a cytokine storm, wouldn't it make sense to minimize inflammatory agents and possibly even routinely take some natural anti-inflammatories? How about anti-biotics or anti-parasitics? There are natural agents out there that have anti-biotic and anti-parasitic properties. Maybe get started with some of these. Look up some functional medicine practitioners and see what they have to offer. At the very least search up 'The Doctrine of Signatures' for some good remedies. Maybe try using a search engine like 'Duck Duck Go' rather than 'Chrome' for instance to get less censored information...

"Imagine if the culture took the attention it put on masks, social distancing and vaccines and invested it instead—with the same amount of energy and money—into helping people build healthy immune systems, where would we be?"

JOEL SALATIN – WISE TRADITIONS PODCAST 314
westonaprice.org

Covid – 19 Vaccines:

Aren't vaccines supposed to create a similar antibody response as mother nature? Yes, vaccines should work off of her design and can be effective and

save lives. But it takes a minute to figure things out. First off, trying to modify and replicate mother nature is just silly, or at the very least, takes lots of time and work. It is freaking mind boggling to think of the zillions of processes happening in your body at any second, let alone when it comes in contact with a virus. We understand so little. I was ironically reading a snippet on energy by Dr. Minkoff while piecing together this article. Reading this blows my mind and scares the shit out of me when I hear

people say, 'they know what is going on with the body.' We know very little... Think on this passage for a second...

'This electrical system is busy sending an almost uncountable number of messages to the muscles, bones, brain, and the cells. The human brain is the home to approximately 100 billion neurons, each firing about 200 times every second. The number of messages is so massive it is hard to fit on the page: 20,000,000,000,000,000 bits of data are transmitted each second. When your body's electrical system breaks down, it brings on a wide range of unexplained symptoms.'

Craziness! How could someone read that and think they have 'figured it out!'

Now, I am the first to get dosed up for an acute infection. Big Pharma definitely saves lives! But chronic use or unknowns or scarier, chronic use of unknowns isn't for me, at least anytime soon. With all of that said, I am interested in the future and evolution of this vaccination and the technology behind it. I hope it can target many markers moving forward like cancer!

A mandate?

Let's hope it doesn't come to this. But if I get forced to take the vaccine or decide to take it, I will just carry on as is. Again, your body is very smart and capable of dealing with things. Give it the right energy and it will figure out how to thrive. Again, we have been consuming GMO's in the food, water, and air for years, and we don't have three heads yet. Honestly, seeing how most people live their lives with artificial and GMO everything is most likely much more damaging than an experimental vaccine.

Is the vaccine man-made?

Man has been genetically modifying Mother Nature in labs for years in the form of GMO's. Eventually, something is going to leak out. This is actually why we are most likely in this mess. Continually messing with Mother Nature is probably not the best idea. So, yes, there is a good chance man created this in a lab.

Will the virus keep mutating?

How could it not? Again, we are constantly destroying Mother Nature and trying to rebuild and replace her with genetically modified elements. The elements that we grow from. Then let's launch satellites all through space and connect it with 5g or whatever EMF smog is next. If Mother Nature must evolve to survive, then she doesn't have a choice. Yeah, we are in for one wild ride.

Try to understand that we are in this mess because of our actions, - our constant abuse on ourselves, each other, and Mother Nature. We have carelessly and selfishly polluted every aspect of Mother Nature for years. Do we not think there is eventually going to be some blow back from her? I have never imagined so much hate. Stop attacking one another and understand that this is everyone's fault. Not the vaccinated or unvaccinated. Here's the hippie in me; start channeling your energy into love and

building back what we have lost through years of selfish and careless acts so we can rise above this. Coming together with a shared goal of love, unity, selflessness, health, and happiness may be the only way out of this.

So, with all of that said, unfortunately everyone will still ask, what are your thoughts on the vaccination? Here is my answer to you...

Can you pass on the bread or take the stairs? Do you literally have the discipline to pass on the bread when at a restaurant or take the stairs when in the airport? You know what the right decision is. Sure, a piece a few times a week is fine, but you get the point. And the point is not for the bread or escalator, it is for all the lifestyle factors mentioned earlier. Can you put down your cell phone at night, can you take time for breathwork, gratitude, and exercise? Can you eat well? Can you really be a healthy individual that can coexist and fight and survive? **Can you be healthy enough to help others and the planet? Are you the 1%? If the answer is no, then maybe pharmaceuticals could serve you best. But if you have the discipline to live right, and embracing Mother Nature feels right to you, maybe natural infection would serve you better. Whatever your decision is, just try to be healthy!**