

## You Need to Do This Now!!!

I have heard a national trucker shutdown coming on Oct 1. Talking to my small town hardware guy, he says he cannot get truckers to deliver his supplies. So, something is up. Additionally, international shipping containers that used to cost \$2500 to ship across the ocean are now running \$27,000+. In my opinion these are steps you must take now.

1. Insure adequate food and water and everyday items for minimum 3 mo.
2. Get medical supplies as well: If you don't have one, get a Pulse Oximeter, and a nebulizer. When you need them they won't be available. If you need critical medications such as insulin, heart or lung medication etc. get some with cash now so you have 3-6 mo. at home. Get Ivermectin in whatever form you can. It may be too late on the internet but you can try. Go to farm stores or wherever you can find it. Antibiotics will probably be needed as well, whatever you can find. (Medications except Tetracycline and Epi Pens if stored in reasonable temperatures do not perish in decades according to an Army study.). Get the supplements that are critical in this situation of Spike protein and other attacks. Vit C, D, Zinc, NAC, Selenium, Quercetin, Lysine, DMG or Betaine.
3. Find people who also are of like mind and consider a "Medical Coop". Scott Kestersen at BardsFM podcast will be discussing this in detail in a show the week of Sep 27. In short, if you have interested physicians and nurses (retired ok) who are capable of putting in IV's and helping the sick, find them. Organize a coop around equipment that everyone might need such as oxygen generators, IV supplies, other equipment such as wheelchairs, crutches etc. An IR sauna and hyperbaric chamber would be a great focal point. Professionals have to be compensated, and equipment has to be rented, but this could keep many people out of the hospital.
4. Not one step backward. Unless we want to go down like Australia, we have to stand up now to the totalitarianism that is using medicine to take over the world. Do not acede to mandates, lockdowns, and masks. Do not put your children in harms way--public schools can now let 8 year-olds make a decision for vaccination--not that all are doing that, but it is already accepted by some of the public health officials. Do not get suckered into a digital national currency that can be turned off based on your behavior towards the state.