

**Les Berenson MD FACP**  
**Covid19 and Influenza talk – [www.InformedChoiceWa.org](http://www.InformedChoiceWa.org) 9-11-2020**

**Disclaimer** – Information I'm sharing is for informational purposes only and not meant to be medical advice or treatment for any medical or health conditions. These ideas I've adopted from other practitioners should be run past your clinician.

I'm retired and have been following 5 different holistic physicians who have had a long successful track record of treating these type viruses.

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**GOAL – to empower you to believe in your amazing immune system.  
You can feel safe & protected from Covid & viral illnesses now & in future.**

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According to the data from the CDC, the chances of dying from covid-19 is 0.04%. **In other words, there is a 99.96% chance of you LIVING !**

The chances of **dying in a car crash is 1 in 103.**

The chances of **dying from covid-19 are 4 in 10,000**, or 1 in 2,500.  
So there is a 24.27 times greater chance (or **2,427% greater chance**)  
**you'll die than you would die from covid!**

**Reason for the Covid Pandemic** In the beginning, it was the presumed based on computer modeling (which turned out to be faulty) that a great many deaths would occur. Because of that fear, we were locked down, masked, social-distanced, and got laid off. The 2-week lockdown has continued for 6 more months with no end in sight.  
**The death statistics from Covid19 are .1 - .3% (Meaning 99.7% don't die).**

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**Covid treatment focuses on boosting immunity, taking anti-viral compounds, decreasing inflammation, and supporting anti-oxidants.**  
Antioxidants help decrease inflammation and can decrease viral infections.

**Dr Brownstein** - "If we didn't get over these viral illnesses, we wouldn't survive as a human species, so it certainly makes sense we'd want a strong immune system in place when we get exposed to these pathogenic organisms."

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**Often protocols offer potential solutions focusing on immunity:**

**A plausible reason** there is so much pushback from any natural solution is -  
If there is a proven successful treatment for Covid19 there can no longer be an emergency release of a vaccine (**FDA - [Emergency Use Authorization](#) )**

Most mainstream AND Social media are supported by MASSIVE adds and (\$\$\$) by the pharmaceutical industry. Top 25% of Big Pharma are vaccine manufacturers.

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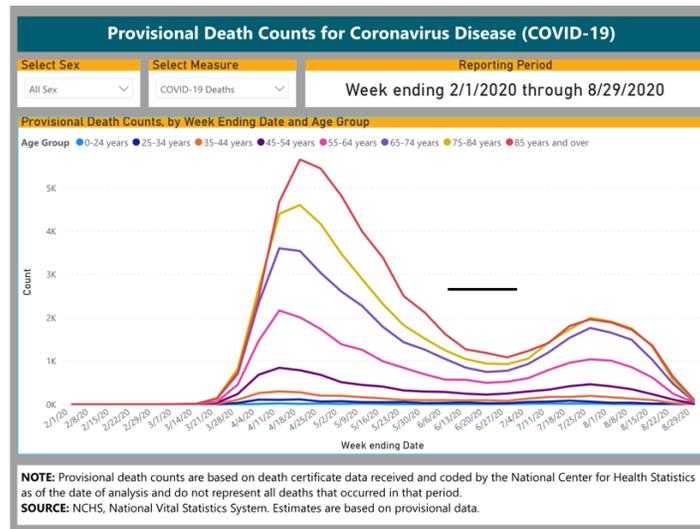
Many of these studies below - the clinicians felt they could not do a placebo-controlled trial based on ethical reasons and high likelihood of death.

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### Data from the CDC updated weekly



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives. Protecting People.™



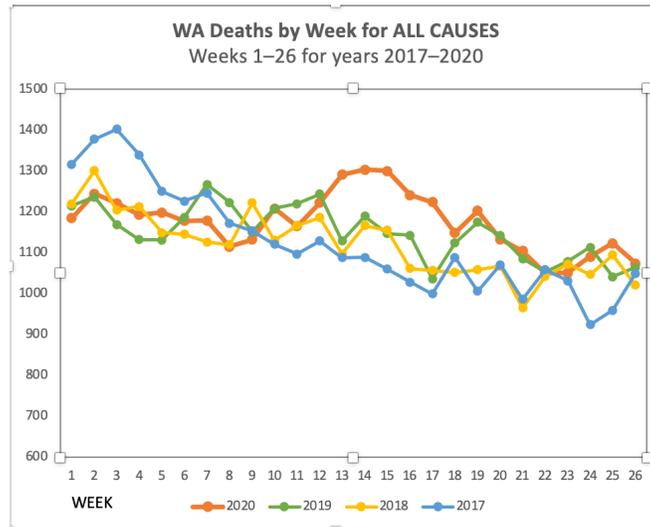
**NOTICE – Deaths are essentially back to a normal level in US**

<https://data.cdc.gov/NCHS/Weekly-Counts-of-Deaths-by-State-and-Select-Causes/muzy-jte6>

**Weekly Counts of Deaths by State and Select Causes, 2019-2020  
Deaths in Washington State 2017-2020**

**(200 deaths / week increase for 2-3 months in WA State)**

<https://data.cdc.gov/NCHS/Weekly-Counts-of-Deaths-by-State-and-Select-Causes/muzy-jte6>



**Casedemic (8 Min) - CRITICAL VIDEO**

<https://www.youtube.com/watch?v=FU3OibcindQ&feature=youtu.be>

**Hydrogen peroxide**

Hydrogen peroxide sits inside and outside in low levels, ready and waiting to be generated in greater amounts as soon as a pathogen is detected by your immune system

Nebulizing hydrogen peroxide into your sinuses, throat and lungs is a simple, straightforward way to augment your body's natural expression of hydrogen peroxide to combat infections

In addition to having direct virucidal effects, **Iodine** improves white blood cell function and thyroid hormone production. This provides a metabolic boost to white blood cells to **increase hydrogen peroxide antimicrobial properties** which is one way your immune system works to kill pathogens

**Hydroxychloroquine (HCQ) studies**

HCQ has been **SAFELY** used in treatment of Malaria, Lupus, Rheumatoid Arthritis in **pregnant women, children, and fragile elderly patients** for about 60 yrs.

[www.c19study.com](http://www.c19study.com)

A controlled meta-analysis of **68 published studies (41 peer-reviewed)** involving **2.66 BILLION PEOPLE**, showing **79% REDUCTION IN DEATH RATE** from Covid-19 in countries **allowing early use of HCQ** for treating Covid-19 **compared** to those countries which **allowed very limited or no early use of HCQ**.

**Dr Zalenko (NY) treated >800 high risk pts. with HCQ[?] had 2 deaths**

**Dr Raoult (France) treated over 3000 pts with a similar protocol**

**Dr. Fauci** has known since 2005 that chloroquine is an effective inhibitor of coronaviruses. NIH researched chloroquine and concluded that it was effective at stopping the SARS coronavirus in its tracks.

The [Virology Journal](#) - the official publication of Dr. Fauci's National Institutes of Health - published (August 22, 2005)

*"Chloroquine is a potent inhibitor of SARS coronavirus infection and spread"*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1232869/>

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### Glutathione

**Glutathione** [?] master antioxidant that removes toxins, helps repair cellular damage.

Dr Mark Hyman : 89,000 medical articles [?] most docs don't know how to use it.

**Deficiencies occur because of :**

- A) Decreased intake fresh veg / fruits, low protein intake
- B) chronic diseases (CV or respiratory dis., obesity, diabetes, cancer liver disease.
- C) tobacco smoking, Pollution, toxins, medications, stress & radiation (such as EMF)

**Notice the comorbidities also associated with Covid19 deaths**

### Glutathione contd.

Sulphur rich foods [?] garlic, onions, cruciferous vegetables; Exercise help boost Glut. Orally the precursors are quickly broken down so extremely hard to get adequate levels

Can take **NAC, Alpha Lipoic Acid,**

**Methylation nutrients** (methylated folate, Vit B6 (P5P) and B12 (methycobalamin)

Selenium, Vit C, E help recycle Glut; Milk Thistle helps boost Glutathione

Liposomal Glutathione has better absorption than pills - maybe 35%.

If really sick IV Glutathione really helpful but difficult to get in allopathic setting

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### NAC

NAC is a precursor of Glutathione

G6PD deficiency (more common in Afro Americans) [?] Glutathione deficiency

G6PD deficiency can lead to hemolysis (the bleeding often seen)

Glutathione deficiency can be corrected by IV NAC. IV NAC given

to patients with glutathione deficiency, had marked improvement

in inflammatory markers

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### Vit D

**Spanish study - All pts were treated with HCQ & Azithromycin**

**(No Zinc mentioned).** The 76 pts were randomized to Vit D or no Vit D

50 pts treated with Vit D [?] only 1 [?] ICU (2%) vs 26 untreated [?] 13 ICU (50%)

Treated with Vit D [?] none died, Discharged with no complications

Untreated - 2 of 13 [?] ICU – 2 died

Doses were roughly equivalent to ~30,000 IU/day for the first week, and 7,600 IU/day until discharge, ICU admission, or death.

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**MATH Protocol – Dr Paul Marik MD** Frontline Covid-19 Critical Care Alliance  
Clinicians with 200 yrs. combined experience in critical care & emergency medicine  
**Rx 300 pts. in 2 hospitals with 5.1% mortality**  
IV Steroids, High dose IV Vit C, Thiamine, Heparin and  
optionally (Melatonin, Zn, Vit D3, Statin, Famotadine and Magnesium)

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**David Brownstein MD** has been using vitamins A, C, D & Iodine, nebulized H2O2 for 25+ yrs. His patients didn't develop pneumonia, get hospitalized, didn't die from flu and other influenza-like illnesses at rates they should have.

**His recent published study:**

**Vit A, C, D and Iodine** given to 99% pts.

**IV H2O2 and Vit C** ~ 30% pts.

**IM Ozone Rx** ~35%

**Nebulized H2O2 with Lugols Iodine Rx** ~85%

**Only 1 needed hospitalization after Rx started; NO deaths**

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#### **Prevention and Treatment –**

**Integrative clinicians I've been following to create recommendations:**

Dietrich Klinghardt MD PhD,  
David Brownstein MD  
Gabrielle Cousens MD/ ND

Thomas Levy MD (Integrative  
Cardiologist)  
Joseph Mercola  
Richard Horwitz MD

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#### **Prevention:**

Stress - Fear - Adrenals (take Adrenal support)

**Hydration, Exercise , Sauna, Magnesium** 1000 mg / day

**Vit C (Ascorbic Acid):** start with Bowel tolerance (see Treatment for details)  
OR 1000 mg BID (any brand, liposomal good, but not buffered ascorbates)

**Glutathione** (Liposomal) 500 mg / day

**NAC** 1200 mg 2X a day

**Quercetin:** 500 mg 2X a day-  
has antiviral properties.

Because of low costs, lack of severe side effects, can be used preventively especially combined with Vit C.

**Zinc:** 25 mg / day (any brand of picolinate, glycinate or other chelated version)

**Vit D** 50,000 IU/day X 4 days then 5000 IU /day (Check Vit D3 level after 60 days)

**Melatonin** 5 mg at bed

**Nebulized H2O2** [?] treats oxidative stress and anti-viral; **USE 3% H2O2**  
Use food grade (Dr. D. Brownstein rec) or regular (Dr. Thomas Levy rec)  
Can dilute with water (2-3 to 1) if burns or use straight.  
Optional add 1 drop 5% Lugols Iodine

**Want more protection?** Add HOCL: spray face, hands, throat, inside mouth and in eyes many times a day. Buy **Briotech** or **Force of Nature**

**Andrographis** : 1/2 to 1 dropper tincture BID or 100 mg capsule BID.  
Can cause rash in small number of people.

**Hydroxychloroquine (HCQ) – Prevention,**  
Used in other parts of the US and difficult to get in WA. State  
**Consider for high risk, Health care workers and 1st responders**  
200 mg hydroxychloroquine every other week and daily zinc

**In WA. state** - If one has lupus, rheumatoid arthritis a physician can Rx HCQ

### **Covid19 Treatment**

**If getting Covid – get enough rest, drink plenty fluids and then focus QUICKLY on building your immune system**

**Vit C (Ascorbic Acid):**

Rx **Initially Bowel Tolerance** - \*\*\* **VERY IMPORTANT** \*\*\* then  
2000 mg **4X a day** (liposomal Vit C best, but not buffered ascorbates)

**Bowel Tolerance (KEEP ACCURATE RECORD) Russell Jaffe MD protocol–**

**Mod. healthy person** – Rx 3 gm (3000 mg) every 15 minutes

**Ill health** begin with 6 gms (6000 mg) every 15 minutes.

**If after 4 doses there is no gurgling or rumbling in the gut, you should double the initial dosage & continue every 15 min. until VERY watery stool**

**Glutathione (Liposomal)** 2000 mg (up to 4-6,000) / day (split in 2 dosages)

Can be Rx orally or used in a nebulizer

Rx 600 – 1200 mg 2X a day

**NAC** 1200 mg 2X a day

**Vit D** 50,000 IU/day X 4 days then 5000 IU / day(Check Vit D3 level after 60 days)

**Vit A helps modulate your immune system;**

**helped 3rd world countries with measles infections & other viral infections**

Adults: 100,000 IU/day X 4 days then 10,000 IU/ day; then 10,000 IU / day X 7 days

**Zinc** 50 mg / day

**Iodine** 25-50 mg / day (Ideally start before and start slow but if caught off guard)

**High Dosage Melatonin** 50-300 mg– Klinghardt MD [?] Acts as anti-Inflammatory

**Iodine** - used to be only antibiotic before our “antibiotics”. Has direct viricidal as well as immune system effects. Helps white blood cells produce hydrogen peroxide to fight viral and bacterial infections, as well as thyroid effects.

Rx - 25-100 mg/day if ill then 25-50 mg / day (Ex Nascent Iodine 6 drops / day)

**Nebulized H2O2 If sick use 3-4 X a day for 10 - 15 min / time**

Add few drops Lugols iodine if available \*\*\* (See Prevention protocol) \*\*\*

**Magnesium** – 1000 mg / day

**Consider HCQ** (if rec by your doc and available in your area)

**or Quercetin** 500 mg 2X a day

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I’m retired and have been following 5 different holistic physicians who have had a long track record of treating these type viruses

### **Influenza (Flu)**

**FLUIDS** – VERY important – dehydration causes many symptoms esp. low energy.

If one has little energy [?] my opinion is still VERY dehydrated

**Use LOTS SALTY fluids** – organic veg juice, chicken or vegetable broth

**Vit. C** - Consider bowel tolerance to saturate body (see Covid Treatment above) or 6000-8000 mg per day in (IMPORTANT) 2-3 divided doses (GOOD BRAND)

**Echinacea / Goldenseal** – (get combination) – see box for instructions

Echinacea stimulates the immune system; Goldenseal is antiviral, antibacterial

**Vit A** - as above for Covid treatment

**Vit D** – as above for Covid treatment

**Zinc 25 mg / day - If Sore throat - Zinc Lozenges** - (follow directions on box)

**Nebulized H2O2** (Consider adding Iodine) \*\*See treatment protocol above\*\*

**Glutathione (Liposomal)** and or **NAC** (as above for Covid treatment)

**Odorless Garlic** (usually 500 mg capsules) need (1500 mg – take at 1 time) to fight off an infection (500 mg can be used daily for prevention)

**Optional** : Essential Oils (Oregano, Peppermint, Eucalyptus);  
Herbs such as Astragalus, Ginseng

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**\*\*\*If have A) high fever, B) feel awful, C) have white patches in throat, and TENDER neck glands this may be strept. throat & need antibiotics\*\*\***

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**Homeopathy** (from my intensive homeopathy course - LB) **For PREVENTION:**

A) **Oscillocochinum 1 dose vial weekly** during flu season  
B) **Silicea 30 C, 5 pellets daily** to boost immune system

If **GET FLU:** **Oscillocochinum - 1 vial 6 to 8 hours apart;** repeat 3-4 doses.

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**Cochrane Report** (see references at end) - first published in 1999 - to review research from effects, efficacy and safety of flu vaccines. Looked at 52 clinical trials of over 80,000 adults and found 71 people would need to be vaccinated to avoid one influenza case

**Might Flu Shots Increase COVID-19 Pandemic Risk?** by Dr. Joseph Mercola  
<https://articles.mercola.com/sites/articles/archive/2020/09/08/will-the-flu-shot-help-with-coronavirus.aspx>

**Flu Vaccination Associated With Increased Viral Shedding**  
<https://articles.mercola.com/sites/articles/archive/2020/08/11/flu-vaccination-associated-with-increased-viral-shedding.aspx>

**Flu Shot Fails to Protect Seniors and Increases Miscarriages**  
<https://articles.mercola.com/sites/articles/archive/2019/09/26/flu-shot-ineffective.aspx>  
U.S. Centers for Disease Control and Prevention data has repeatedly demonstrated that the flu vaccine does not work for seniors.

**References :**

[www.HealthyImmunityNow.org](http://www.HealthyImmunityNow.org) - scientifically well referenced site with protocols for prevention, treatment, nutrition , newer treatments, interviews, and ways to locate a practitioner

**COVID-19 Prevention & Treatment** - <https://healthyimmunitynow.org/prevention-%26-treatment-1>

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[www.InformedChoiceWa.org](http://www.InformedChoiceWa.org) – website for our protection

**AN INFORMED LIFE RADIO** – (see archives)  
<https://www.informedchoicewa.org/an-informed-life-radio/>

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## **Viral Pandemic: A Review of Integrative Medicine Treatment Considerations**

Pamela Holloway, RN, BSN, MS, Rhett Bergeron, MD, Leigh Erin Connealy, MD, Clifford Fetters, MD (SEE TABLE 1 – for protocol)

<https://www.acimresearch.org/procacimres/article/view/31>

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### **Comprehensive scientific review well referenced** including :

supplements ie Zinc Ionophores, vitamin C, vitamin D3, vitamin C, magnesium, proteolytic enzyme's (Bromelain, Lumbrokinase, Nattokinase), nascent iodine, melatonin, glutathione, selenium, dietary factors, air quality, water quality, Electro Magnetic Fields (EMF), sleep factors,

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### **Casedemic (8 Min) - CRITICAL VIDEO** to understand why so many Covid cases

<https://www.youtube.com/watch?v=FU3OibcindQ&feature=youtu.be>

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**Brownstein, D, R Ng, R Rowen, J-D Drummond, T Eason, H Brownstein & J Brownstein**

*“A Novel Approach to Treating COVID-19 Using Nutritional and Oxidative Therapies”*. *Science, Public Health Policy & the Law* 2:4-22 , 2020.

<https://stevenyager.org/wp-content/uploads/2020/08/Steven-Yager-Dr-Brownstein-A-Novel-Approach-to-Treating-COVID-19-Using-Nutritional-and-Oxidative-Therapies.pdf>

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### **Vit D**

**Spain study** – *“Effect of Calcifediol Treatment and best Available Therapy versus best Available Therapy on Intensive Care Unit Admission and Mortality Among Patients Hospitalized for COVID-19: A Pilot Randomized Clinical study”*

[https://www.sciencedirect.com/science/article/pii/S0960076020302764?via%3Dihub&utm\\_campaign=Chris%20Kresser%20General%20News&utm\\_medium=email&\\_hsmt=94616504&\\_hsenc=p2ANqtz-\\_bTpVO13-Y6gr0e9CXXrekZJHE3a7dZ02OdwiXdqGUvGe8YQ\\_-jOfm7oZsXjRBZ5bBEXKjTssNg7rM9kYgw7SeVe6zQ&utm\\_content=94616504&utm\\_source=hs\\_email](https://www.sciencedirect.com/science/article/pii/S0960076020302764?via%3Dihub&utm_campaign=Chris%20Kresser%20General%20News&utm_medium=email&_hsmt=94616504&_hsenc=p2ANqtz-_bTpVO13-Y6gr0e9CXXrekZJHE3a7dZ02OdwiXdqGUvGe8YQ_-jOfm7oZsXjRBZ5bBEXKjTssNg7rM9kYgw7SeVe6zQ&utm_content=94616504&utm_source=hs_email)

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**Flu vaccines: Cochrane Report** - first published in 1999 -

to review research from effects, efficacy and safety of flu vaccines

[https://www.cochrane.org/CD001269/ARI\\_vaccines-prevent-influenza-healthy-adults](https://www.cochrane.org/CD001269/ARI_vaccines-prevent-influenza-healthy-adults)

**Yanuck SF<sup>1</sup>, Pizzorno J<sup>2</sup>, Messier H<sup>3</sup>, Fitzgerald KN<sup>4</sup>**

Dr Pizzorno ND (Chair, Board of Directors, Institute for Functional Medicine; Founding President, Bastyr University; Seattle, WA, USA.)

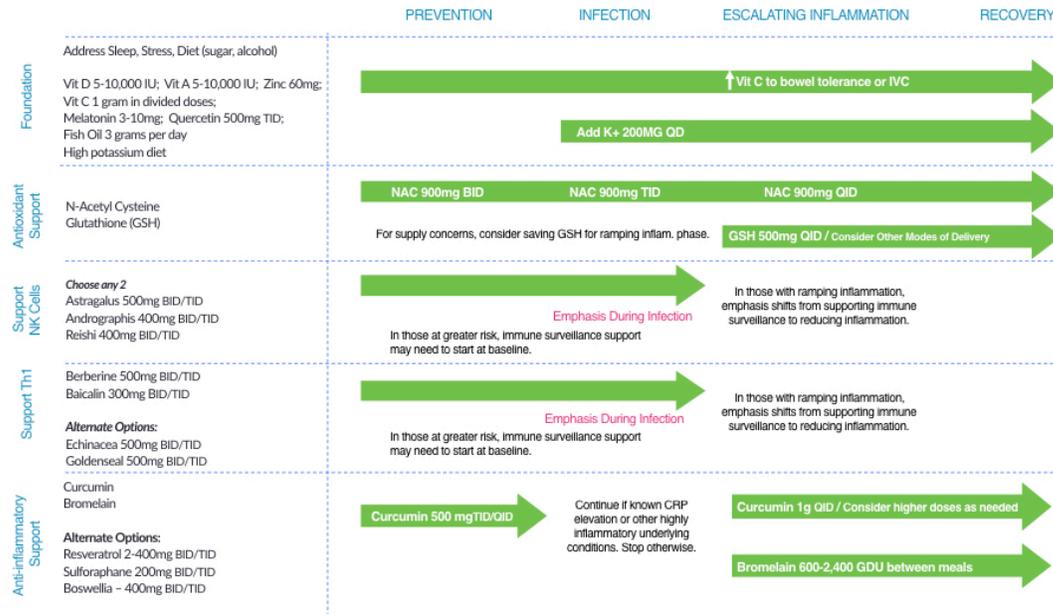
<https://athmjournal.com/covid19/wp-content/uploads/sites/4/2020/05/imcj-19-08.pdf>

**Dr. Yanuck** is an adjunct assistant professor in the Department of Physical Medicine and Rehabilitation at the Univ. of No. Carolina School of Medicine,

where he teaches the course :

*“The Immunology of Autoimmune Disease, Inflammation and Chronic Infection: A Research-Based Functional Medicine Perspective.”*

Scientific paper presenting an evidence-based strategy for improving clinical outcomes in COVID-19. Recommendations are based on the phases of the disease because optimal interventions for lunch saves me not be appropriate for a different phase. The four phases addressed are: Prevention, Infection, Escalating Inflammation and Recovery



### HCQ studies

[www.c19study.com](http://www.c19study.com)

A controlled meta-analysis of **68 published studies (41 peer-reviewed)** involving **2.66 BILLION PEOPLE**, showing a **79% REDUCTION IN DEATH RATE** from Covid-19 in those countries which allowed early use of Hydroxychloroquine for treating Covid-19 compared to those which allowed limited or no early use of HCQ.

### **ZELENKO: HCQ DENIERS ARE “GUILTY OF MASS MURDER” –**

Interview by Del Bigtree July 2, 2020 (Mosney, NY)  
Treated 2200 patients – 800 with HCQ and had only 2 deaths

### **Hydroxy Chloroquine (HCQ) scandal – June 18, 2020**

**Dell Bigtree interviews Dr. Jim Meehan MD** Analysis of the major HCQ studies

### Vaccines – if mandated what’s to come

#### Science Checker Questions for Covid19 by Les Berenson MD

How many of these aspects of vaccine science are you aware of? Scientific references are below each topic.

[https://lesberensonmd.com/?page\\_id=5910](https://lesberensonmd.com/?page_id=5910)

## **CAUGHT ON CAMERA - TOP W.H.O. SCIENTISTS QUESTION SAFETY OF VACCINES**

[HTTPS://WWW.BITCHUTE.COM/VIDEO/B4ULDHYHQ1VN/](https://www.bitchute.com/video/B4ULDHYHQ1VN/)

### **The Brave New World of Bill Gates and Big Telecom - By Robert F. Kennedy**

[https://childrenshealthdefense.org/news/the-brave-new-world-of-bill-gates-and-big-telecom/?fbclid=IwAR39nzMjT5Fub3hYPSOSJOillghJlzkyRhdz\\_41kX-nOBNRmCsXsdKcDZz8](https://childrenshealthdefense.org/news/the-brave-new-world-of-bill-gates-and-big-telecom/?fbclid=IwAR39nzMjT5Fub3hYPSOSJOillghJlzkyRhdz_41kX-nOBNRmCsXsdKcDZz8)

**Carrie Madej MD clearly describes what the Moderna vaccine will entail.** Covid19 vaccine WILL cause a genetic change which will continue to re-write and "repair", ie, change our DNA.

<https://www.facebook.com/DrRashidAButtar/videos/343156547089686>

### **PlandemicInDoctorNation (Full feature documentary)**

Know the source of your information. Is your information coming from friends and family who get it from mainstream and social media who are governed by advertising from the pharmaceutical industry?

Comprehensive documentary on all aspects of Covid Plandemic.

[www.Plandemicseries.com](http://www.Plandemicseries.com)

1986 – the year the vaccine act was signed. This act waive any liability for the vaccine manufacturers for any damages, deaths or issues.

[www.1986TheAct.com](http://www.1986TheAct.com) (Documentary costs \$10 to rent)

### **Dr. Anthony Fauci – Well meaning physician?? By Les Berenson MD**

[https://lesberensonmd.com/?page\\_id=5936](https://lesberensonmd.com/?page_id=5936)

### **Who is Bill Gates – Philanthropist or ... By Les Berenson MD**

[https://lesberensonmd.com/?page\\_id=3755](https://lesberensonmd.com/?page_id=3755)

### **Heated Vaccine Debate - Kennedy Jr. vs Dershowitz (Legal answers)**

<https://www.youtube.com/watch?eId=0f6f6ff4-5289-415b-ab5d-047f49637f01&v=IfnJi7yLKgE&feature=youtu.be&eType=EmailBlastContent&app=desktop>

## **CDC IS NOT AN INDEPENDENT GOVT AGENCY, IT IS A PRIVATELY OWNED SUBSIDIARY OF BIG PHARMA**

[HTTPS://ENVIROWATCHRANGITIKEI.WORDPRESS.COM/2020/04/19/CDC-IS-NOT-AN-INDEPENDENT-GOVT-AGENCY-IT-IS-A-PRIVATELY-OWNED-SUBSIDIARY-OF-BIG-PHARMA/](https://envirowatchrangitikei.wordpress.com/2020/04/19/cdc-is-not-an-independent-govt-agency-it-is-a-private-ly-owned-sub-sidiary-of-big-pharma/)