

# CHD Children's Health Defense

## How Your Gut, Brain, Mind Activate Your Immune System

**"Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed." - Martin Luther King. Jr**



**Dr. John Bergman D.C.  
Huntington Beach CA**

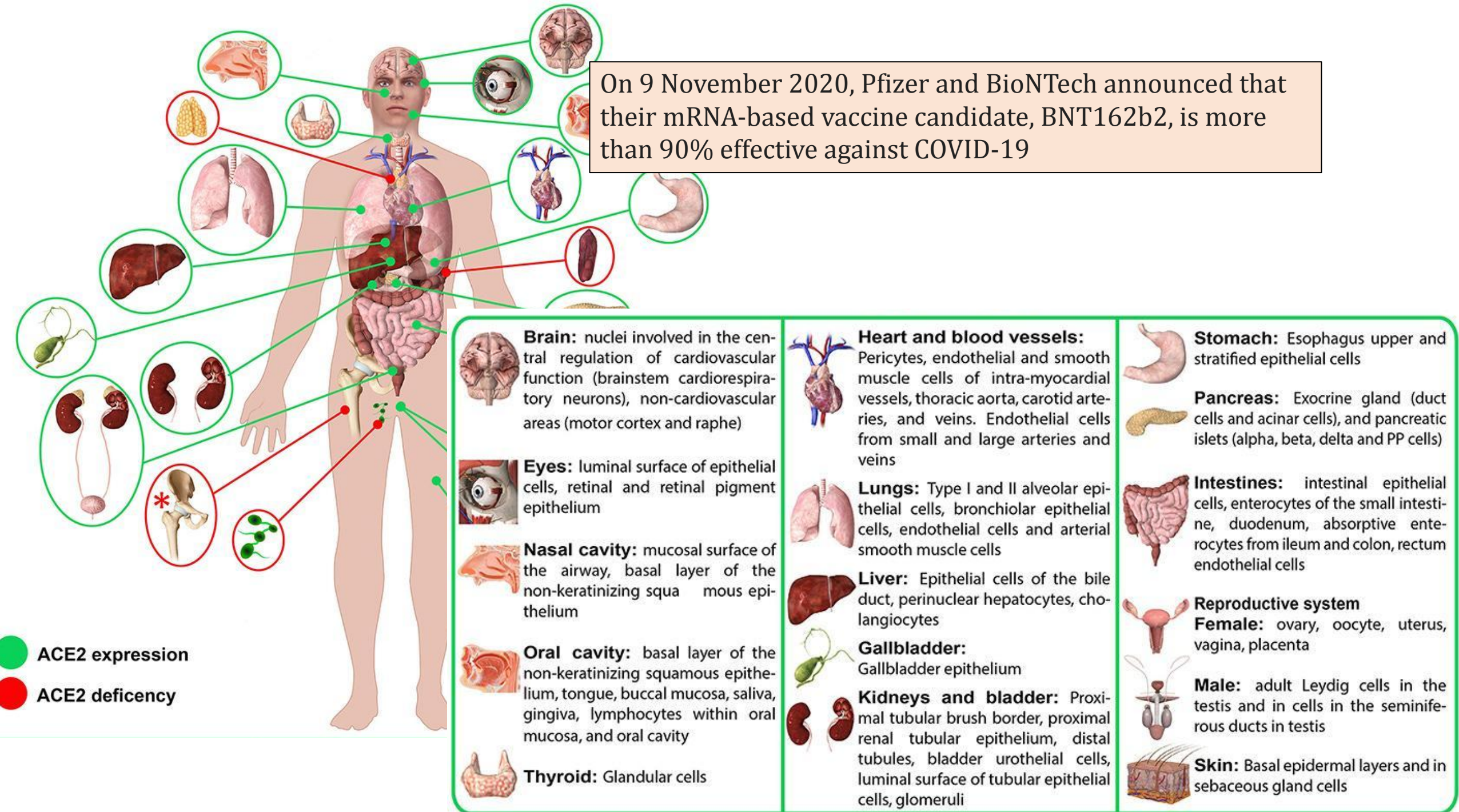


## 5 signs of life:

1. **Assimilation of nutrients** (The body needs nutrients to build cells, fuel activity, repair damage. It extracts what it can from the food taken in and passes the rest on through the alimentary canal. Nutrients are also used to detoxify and flush out metabolic waste.)
2. **Excretion of waste** (The body needs to excrete the metabolic waste of cellular activity and digestion as well as remove toxicity to maintain optimal homeostatic expression.)
3. **Growth**( The body grows to maximum size , shape and dimensions dictated by the blueprint contained in its DNA. Once the Body achieves full maturity, then it maintains homeostasis by replicating itself year after year through cellular regeneration and repair)
4. **Reproduction** (The body replaces itself on a continuum to maintain homeostatic expression over time. All cells wear out within a given time frame and need replacement by new cells, thus the body is always reproducing itself year after year. It also needs to reproduce itself in form by having offspring to insure the survival of its species)
5. **Adaptation** ( The body needs to continually adapt to its ever-changing environment in order to survive and express its greatest homeostatic potential long term.)



On 9 November 2020, Pfizer and BioNTech announced that their mRNA-based vaccine candidate, BNT162b2, is more than 90% effective against COVID-19



## COVID-19 vaccine efficacy and effectiveness—the elephant (not) in the room

Vaccine efficacy is generally reported as a relative risk reduction (RRR). It uses the relative risk (RR)—ie, the ratio of attack rates with and without a vaccine ... **However, RRR should be seen against the background risk of being infected and becoming ill with COVID-19, which varies between populations and over time.**

Although the RRR considers only participants who could benefit from the vaccine, **the absolute risk reduction (ARR), which is the difference between attack rates with and without a vaccine, considers the whole population.**

ARRs tend to be ignored because they give a much less impressive effect size than RRRs: ...

1-RR. Ranking by reported efficacy gives relative risk reductions of :

- 95% Pfizer–BioNTech,
- 94% Moderna–NIH,
- 90% Gamaleya,
- 67% J&J,
- 67% for the AstraZeneca–Oxford

the absolute risk reduction (ARR), which is the difference between attack rates with and without a vaccine, considers the whole population:

- 0·84% Pfizer–BioNTech
- 1·2% Moderna–NIH,
- 0·93% Gamaleya,
- 1·2% J&J,
- 1·3% AstraZeneca–Oxford,

## **Sen. Johnson to Secretary Austin: Has DOD Seen an Increase in Medical Diagnoses Among Military Personnel?**

There were also increases in registered diagnoses in 2021 for the following medical conditions:

- **Hypertension** – 2,181% increase
- **Diseases of the nervous system** – 1,048% increase
- **Malignant neoplasms of esophagus** – 894% increase
- **Multiple sclerosis** – 680% increase
- **Malignant neoplasms of digestive organs** – 624% increase
- **Guillain-Barre syndrome** – 551% increase
- **Breast cancer** – 487% increase
- **Demyelinating** – 487% increase
- **Malignant neoplasms of thyroid and other endocrine glands** – 474% increase
- **Female infertility** – 472% increase
- **Pulmonary embolism** – 468% increase
- **Migraines** – 452% increase
- **Ovarian dysfunction** – 437% increase
- **Testicular cancer** – 369% increase
- **Tachycardia** – 302% increase

Renz also informed me that some DMED data showing registered diagnoses of myocarditis had been removed from the database. Following the allegation that DMED data had been doctored, **I immediately wrote to you on January 24 requesting that you preserve all records referring, relating, or reported to DMED. I have yet to hear whether you have complied with this request.**



# **Normalisation of sudden death surge among athletes demonstrates the extent of our societal pathology.** 16th January 2023 by Editor BizNews

This article first appeared on Mercola. – Nadya Swart

**Between 2021 and 2022, more than 1,650 professional and amateur athletes collapsed due to cardiac events, with 1,148 of these incidents ending in their deaths. ...**

**the vaccination status of these athletes remains unknown** as players were reportedly told not to reveal their vaccination status and their clubs and sponsors have also refused to do so. ....

**the rate of vaccinated players among major North American sports leagues averaged above 90%. ....**

Dr Peter McCullough, an esteemed cardiologist and internist who has demonstrated an unfailing courage to challenge the narrative, weighs in on the likely cause of these tragic deaths. **Are athletes dropping dead from the COVID Jab?**

**Despite ‘fact’ checkers’ best efforts to dismiss it as normal, the number of people in this group who died suddenly between January and April 2022 was 1,696% above the historical monthly norm.**

Dr Joseph Mercola

## **mRNA vaccines elicit humoral immune responses without antibody-dependent enhancement (ADE) activity**

**ADE is a phenomenon that antibody protection against other viruses can deteriorate the infection and trigger harmful immunopathology [104].** Cross-reactive antibodies against the epitope on the E protein of zika virus deteriorate the dengue virus infection [105]. **The phenomena should also be taken into consideration in developing coronavirus vaccines [106]. Therefore, ADE has been a significant concern for vaccine development.**

Currently, Laczko et al. designed nucleoside-modified mRNA vaccines encapsulated with LNPs (mRNA-LNP). The mRNA encodes the full-length SARS-CoV-2 spike protein. The SARS-CoV-2 mRNA vaccine induced high levels of S protein-specific IgG. To further investigate whether or not the mRNA vaccine could elicit antibody-mediated ADE, they used HEK293T cells expressing mouse FcγR1. The results indicated no SARS-CoV-2 ADE by testing the mRNA-vaccinated mouse sera [107].

**However, most animal models and in vitro models seldom predict ADE.** One reason is that antibody-mediated mechanisms are the same. Another is that designing animal models depends on understanding how antiviral responses become harmful in humans [104].

Hence, we need more studies to define the clinical correlation with protective immunity. **Moreover, we should carefully analyze the safety of mRNA vaccine in humans because ADE of diseases cannot be predicted after administering antibodies and vaccination.**

Do COVID-19 RNA-based vaccines put at risk of immune-mediated diseases? In reply to “potential antigenic cross-reactivity between SARS-CoV-2 and human tissue with a possible link to an increase in autoimmune diseases”

**The reactogenicity of COVID-19 mRNA vaccine in individuals suffering from immune-mediated diseases and having therefore a pre-existent dysregulation of the immune response has not been investigated.** It may be hypothesized that immunosuppressive agents prescribed to these patients mitigate or even prevent side effects related to vaccine immunogenicity.

**Besides the mechanism of molecular mimicry, mRNA vaccines may give rise to a cascade of immunological events eventually leading to the aberrant activation of the innate and acquired immune system.**

**RNA vaccines have been principally designed for cancer and infectious diseases.** This innovative therapeutic approach is based on the synthesis of RNA chains coding for desired antigenic proteins and exploits the intrinsic immunogenicity of nucleic acids. In order to avoid degradation by RNases, RNA can be encapsulated in nanoparticles or liposomes, which deliver the cargo inside target cells following a process of endocytosis. mRNA is then translated into immunogenic proteins by cell ribosomal machinery [6].



## **New Swiss Study: Covid Shots Increase Risk of Myocarditis by 800 TIMES in Young Adults**

**“We have to acknowledge that the CDC is playing a stupid game,” Dr. Prasad continued. “This is what they just did. Everyone five years and older should get an updated booster. You can get it at least two months after your last dose of booster for 20-year-old man. We don’t know if two months is safe or not safe, and we do have a failure here.”**

**The US government did not take this safety signal seriously,**” he added. “We should have made the company do randomized trials of different doses, different spacing between the doses, lowering the doses, different strategies for men, randomized trials in people who’ve had and recovered from Covid-19 versus those who have not had it to their knowledge and who are zero-negative. We need different customized recommendations. A 20-year-old boy who got three doses and had Omicron may not benefit from the bivalent booster the same way an 80-year-old woman who’s in a nursing home who’s gotten four doses and has never had Omicron to her knowledge might — this could be very different. The risk benefit profile could be fundamentally different.”

**“Their zealotry for a one-size-fits-all solution is threatening the very institution of public health,”** he added. **“They have lost their minds.”**

**“The worst decision making I’ve ever seen,”** he added.

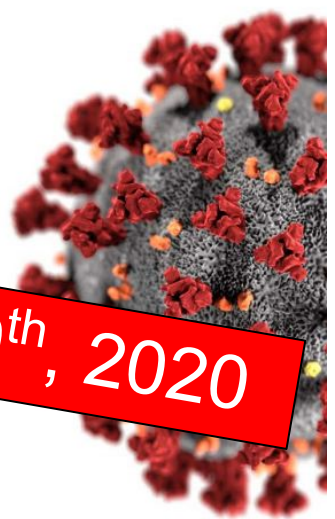
**1 in 35 incidence of Myocarditis**

**Not Rare**

From the CDC:  
In the first five days of administration of the COVID-19 vaccines, there were **112,807 doses recorded, and 3,150 Health Impact Events.**  
**That's a rate of 1 in 36 Health Impact Events.**  
**A Health Impact Event is defined as: "unable to perform daily activities, unable to work, required care from doctor or healthcare professional."**  
The CDC says they have investigated and identified **six cases of anaphylaxis.** They don't give any information on what happened to the other 3,144 people who suffered Health Impact Events.



**Anaphylaxis Following m-RNA COVID-19 Vaccine Receipt**



**December 19<sup>th</sup>, 2020**

Thomas Clark, MD, MPH  
December 19, 2020

### V-safe Active Surveillance for COVID-19 Vaccines

	Dec 14	Dec 15	Dec 16	Dec 17	Dec 18*
Registrants with recorded 1 <sup>st</sup> dose	679	6,090	27,823	67,963	112,807
Health Impact Events**	3	50	373	1,476	3,150
Pregnancies at time of vaccination	5	29	103	286	514

\*Dec 18, 5:30 pm EST  
\*\*unable to perform normal daily activities, unable to work, required care from doctor or health care professional



Vascular endothelial cells line the entire circulatory system, from the heart to the smallest capillaries.

These cells have unique functions that include fluid filtration, such as in the glomerulus of the kidney, blood vessel tone, hemostasis, neutrophil recruitment, and hormone trafficking.

**Endothelium of the interior surfaces of the heart chambers is called endocardium. An impaired function can lead to serious health issues throughout the body.**

The endothelium forms an interface between circulating blood or lymph in the lumen and the rest of the vessel wall. This forms a barrier between vessels and tissues and control the flow of substances and fluid into and out of a tissue. This controls the passage of materials and the transit of white blood cells into and out of the bloodstream. **Excessive or prolonged increases in permeability of the endothelium, as in cases of chronic inflammation, may lead to tissue swelling (edema). Altered barrier function is also implicated in cancer extravasation.**<sup>[6]</sup>

- **Blood clotting** (thrombosis and fibrinolysis). The endothelium normally provides a surface on which blood does not clot, because it contains and expresses substances that prevent clotting
- **Inflammation**.<sup>[7]</sup> Endothelial cells actively signal to white blood cells of the immune system<sup>[8]</sup> during inflammation
- Formation of new blood vessels (angiogenesis).
- **Constriction and enlargement of the blood vessel, called vasoconstriction and vasodilation, and hence the control of blood pressure**



## **Blood vessel formation**

The endothelium is involved in the formation of new blood vessels, called angiogenesis.<sup>[9]</sup> Angiogenesis is a crucial process for development of organs in the embryo and fetus,<sup>[10]</sup> as well as repair of damaged areas.<sup>[11]</sup>

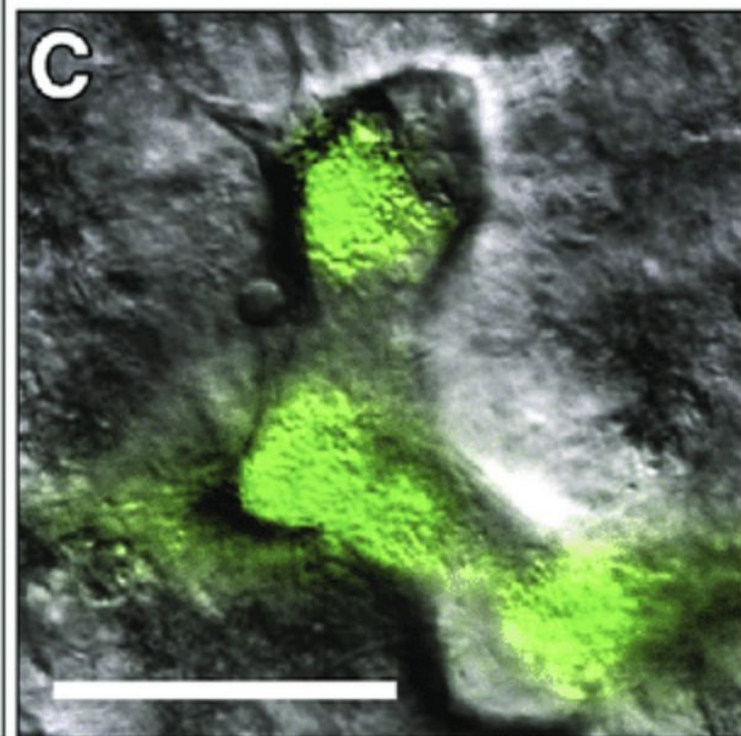
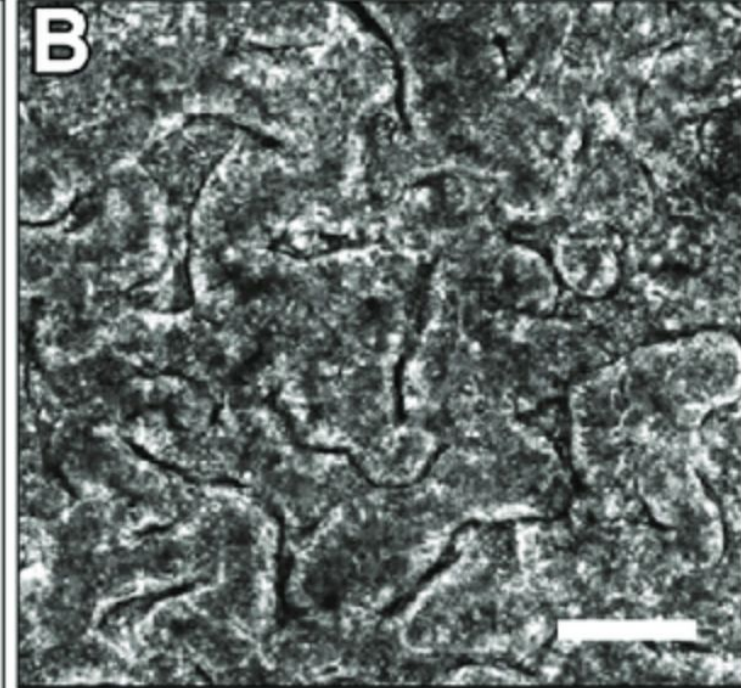
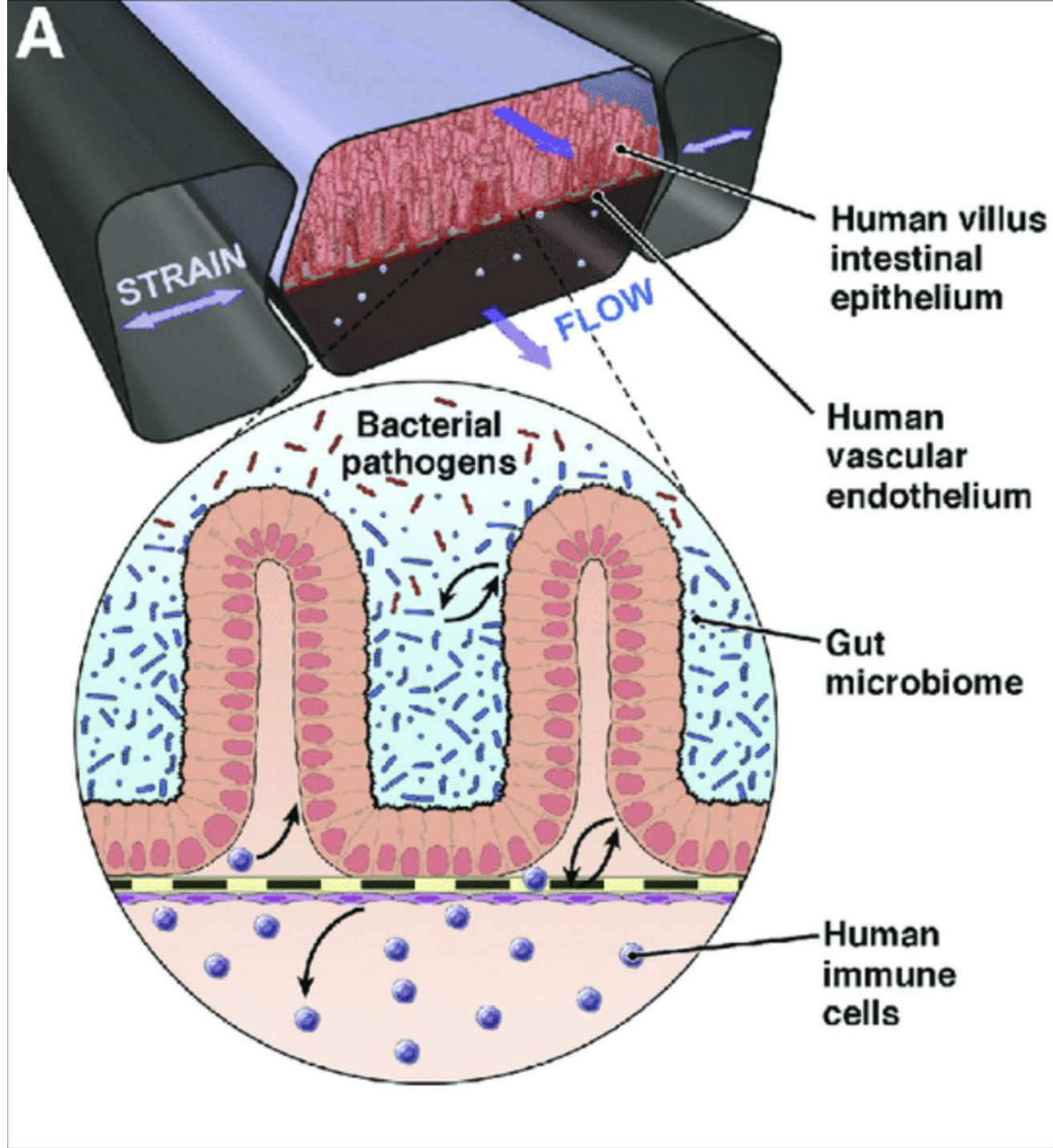
## **Host immune response**[\[edit\]](#)

**Endothelial cells express a variety of immune genes in an organ-specific manner.**<sup>[12]</sup>

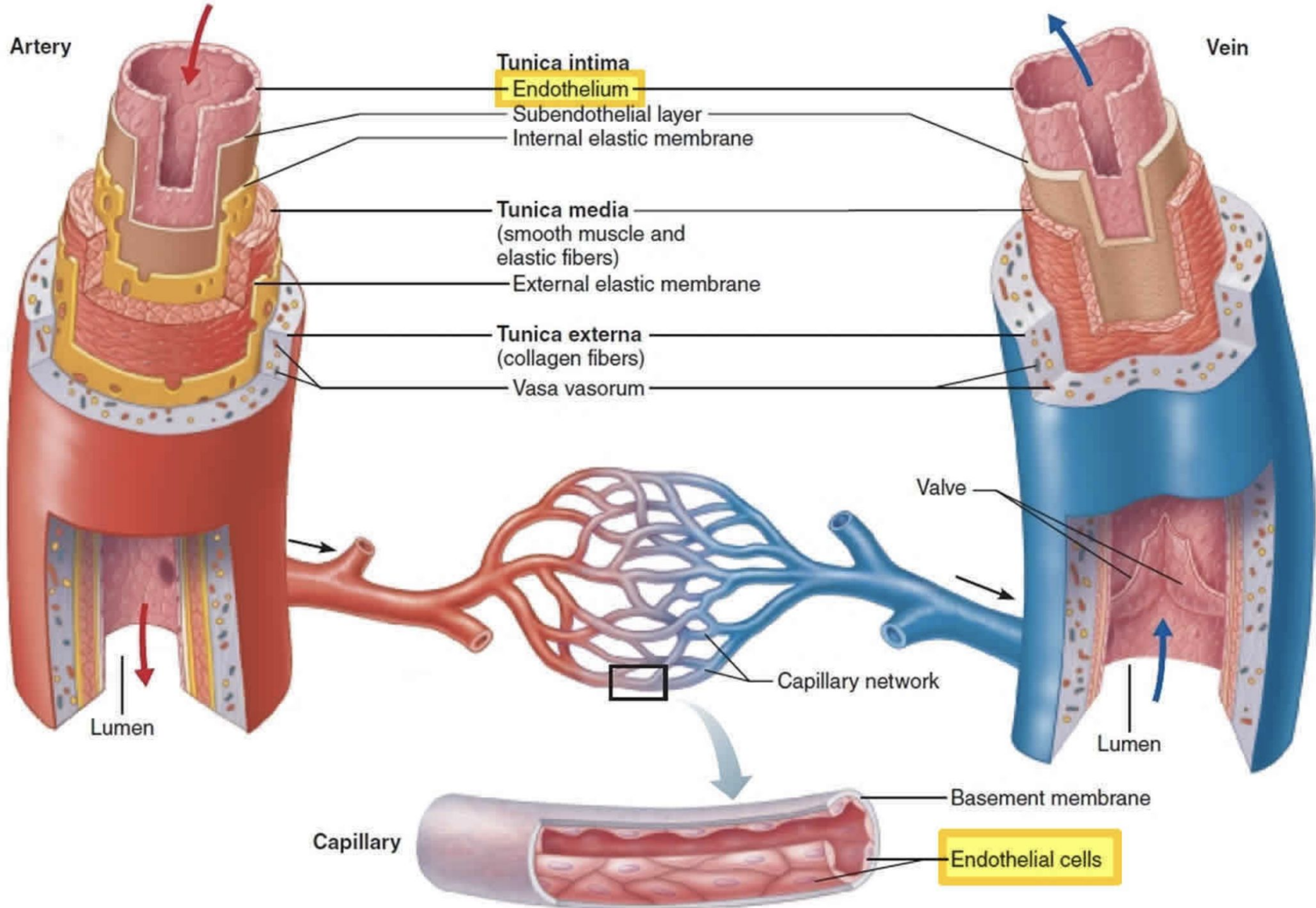
These genes include critical immune mediators and proteins that facilitate cellular communication with hematopoietic immune cells.<sup>[13]</sup>

**Endothelial cells encode important features of the structural cell immune response in the epigenome and can therefore respond swiftly to immunological challenges.**

**The contribution to host immunity by non-hematopoietic cells, such as endothelium, is called “structural immunity”.<sup>[14]</sup>**

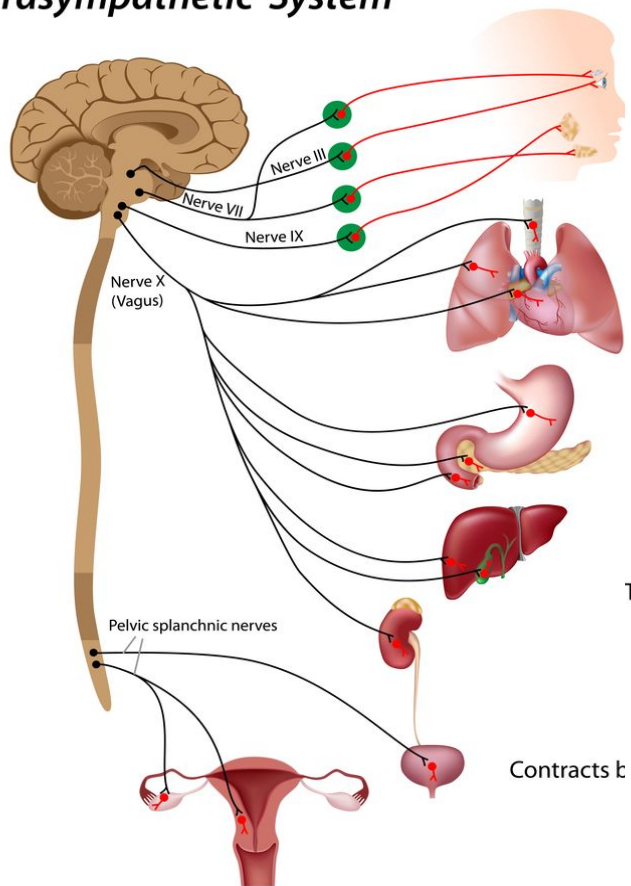




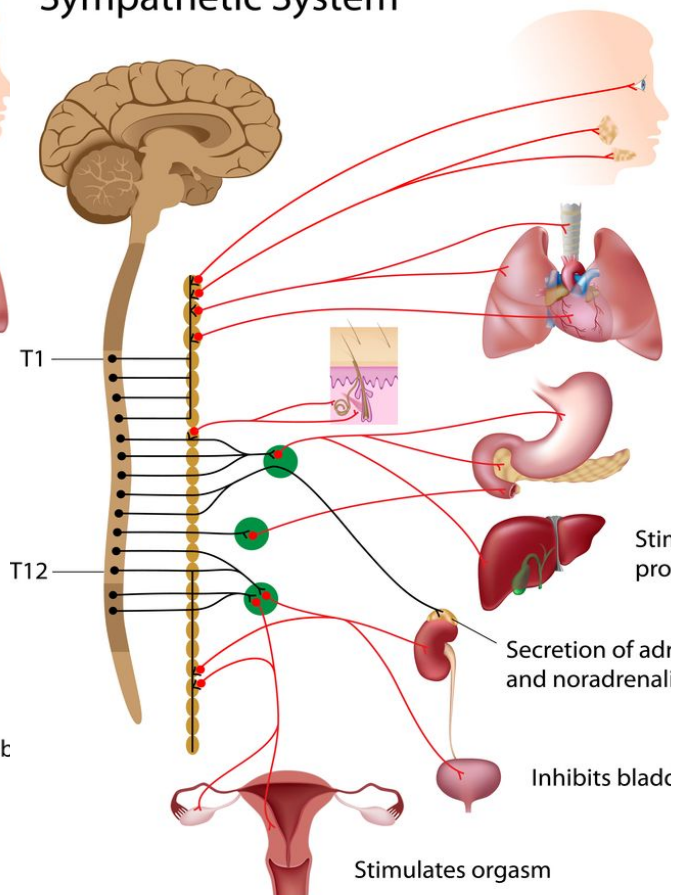


# Digestion and Your Nervous System

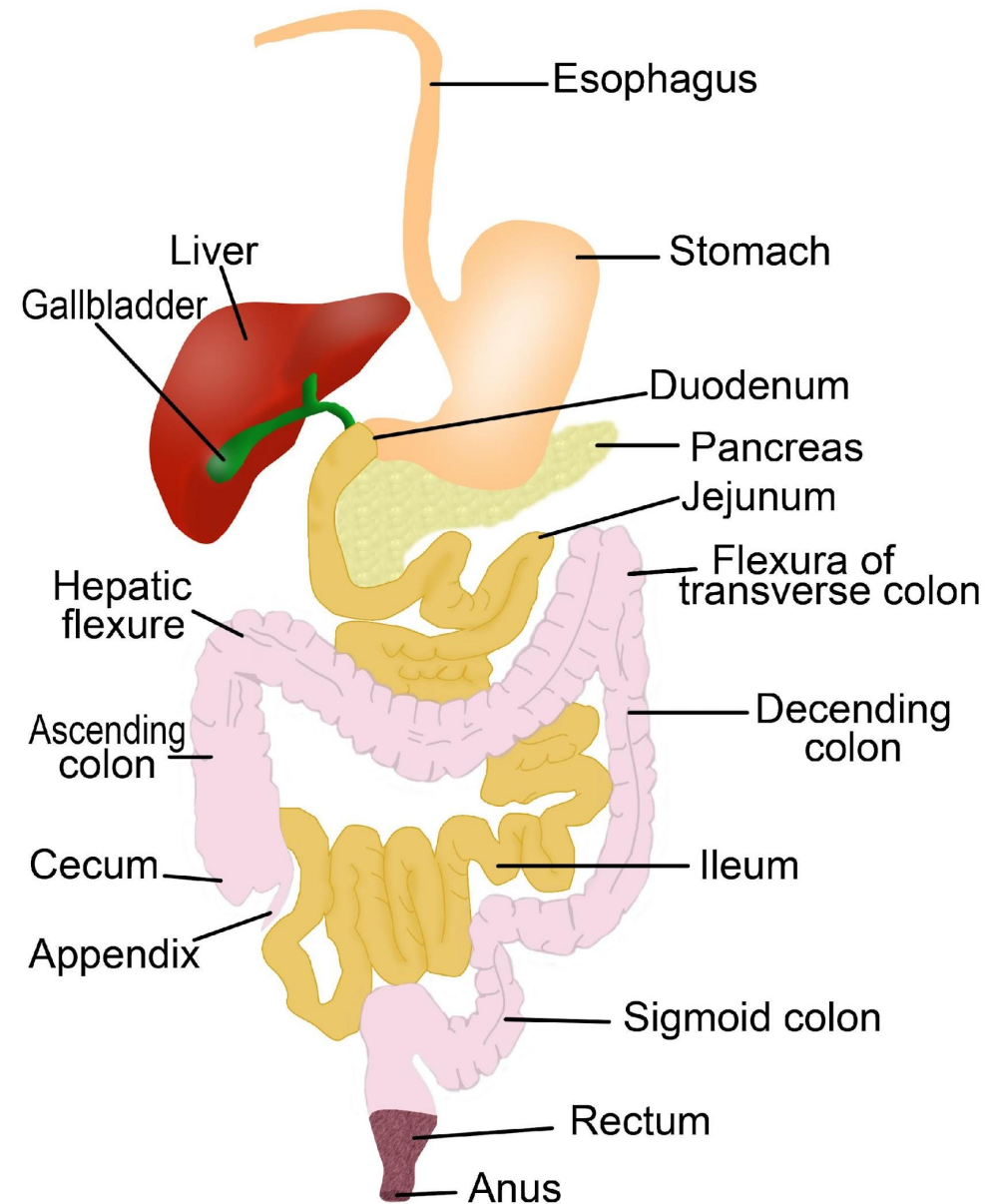
## Parasympathetic System



## Sympathetic System



# DIGESTIVE SYSTEM





# Functions of your Gut Flora

- Digestion and absorption of carbohydrates
- Production of vitamins
- Absorption of minerals
- Elimination of toxins
- Distinguish between pathogens and non-harmful antigens
- Keep harmful bacteria under control
- Aid in production of antibodies to pathogens
- Provide support to the Immune System

Endothelial dysfunction, or the loss of proper endothelial function, is a hallmark for vascular diseases, and is often regarded as a key early event in the development of atherosclerosis.<sup>[15]</sup> Impaired endothelial function, causing hypertension and thrombosis, is often seen in patients with

- coronary artery disease,
- diabetes mellitus,
- hypertension,
- hypercholesterolemia,
- **Endothelial dysfunction has also been shown to be predictive of future adverse:**
  - **cardiovascular events including stroke,**
  - **heart disease**
  - **rheumatoid arthritis,**
  - **diabetes,**
  - **systemic lupus erythematosus.**<sup>[16][17]</sup>

## **Research**[\[edit\]](#)

### **Endothelium in cancer**[\[edit\]](#)

It has been recognised that endothelial cells building tumour vasculature have distinct morphological characteristics, different origin compared to physiological endothelium, and distinct molecular signature, which gives an opportunity for implementation of new biomarkers of tumour angiogenesis and could provide new anti-angiogenic druggable targets.<sup>[29]</sup>

### **Endothelium in diet**[\[edit\]](#)

A healthy diet abundant in fruits and vegetables has a beneficial impact on endothelial function, whilst a diet high in red and processed meats, fried foods, refined grains and processed sugar increases adhesion endothelial cells and atherogenic promoters.<sup>[30]</sup> High-fat diets adversely affect the endothelial function.<sup>[31]</sup>

A Mediterranean diet has been found to improve endothelial function in adults which can reduce risk of cardiovascular disease.<sup>[32][33]</sup> Walnut consumption improves endothelial function.<sup>[34][35]</sup>

### **Endothelium in Covid-19**[\[edit\]](#)

In April 2020, the presence of viral elements in endothelial cells of 3 patients who had died of COVID-19 was reported for the first time. The researchers from the University of Zurich and Harvard Medical School considered these findings to be a sign of a general endotheliitis in different organs, an inflammatory response of the endothelium to the infection that can lead or at least contribute to multi-organ failure in Covid-19 patients with comorbidities such as diabetes mellitus, hypertension and cardiovascular disease.<sup>[36][37]</sup>

History

## **Adverse reactions from COVID vaccination, 11.3.2021**

Question for written answer E-001384/2021

to the Commission, Rule 138, Francesca Donato (ID)

According to the data provided by supervisory bodies regarding spontaneous reporting (passive pharmacovigilance) following the administration of COVID-19 vaccines, there has been an extremely high incidence of serious adverse reactions that has never been hitherto detected for any medicinal product placed on the market.

**VAERS[1], EUDRA Vigilance, the EMA and AIFA have collected tens of thousands of reports of severe adverse reactions, including thousands of deaths after inoculation of the Pfizer-Biontech, Astra-Zeneca and Moderna vaccines. There have reportedly been 1265 deaths following COVID vaccination in the European Economic Area[2] and the number of serious adverse reactions in Italy alone, in two months, stands at 1830[3].**

In view of the above:

- 1.Does the Commission intend to suspend or withdraw authorisation for the emergency use of these vaccines pending the results of investigations into the causal link between serious or fatal adverse reactions and vaccination?**
- 2.Will it put in place an active pharmacovigilance system for all vaccines authorised for emergency use?**
- 3.Will it conduct a risk/benefit assessment of vaccination broken down by age group?**



1. <https://pubmed.ncbi.nlm.nih.gov/33300001>

### **SARS-CoV-2 Spike Protein Impairs Endothelial Function via ...**

We show here that S **protein** alone can **damage** vascular endothelial **cells** (ECs) in vitro and in vivo, manifested by impaired mitochondrial function, decreased ACE2 expression and eNOS activity, and increased glycolysis. The underlying mechanism involves S **protein** downregulation of AMPK and upregulation of MDM2, causing ACE2 destabilization.

2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8820157>

### **The spike protein of SARS-CoV-2 induces endothelial inflammation ...**

Feb 7, 2022 PMCID: PMC8820157 PMID: 35143839 The **spike protein** of SARS-CoV-2 induces endothelial inflammation through integrin  $\alpha 5\beta 1$  and NF- $\kappa$ B signaling Juan Pablo Robles, \*‡ Magdalena Zamora, ‡ Elva Adan-Castro, Lourdes Siqueiros-Marquez, Gonzalo Martinez de la Escalera, and Carmen Clapp

3. <https://www.nature.com/articles/s41375-021-01332-z>

### **An evidence that SARS-Cov-2/COVID-19 spike protein (SP) damages ...**

Mounting evidence accumulates that hematopoietic stem/progenitor **cells** (HSPCs) and endothelial progenitor **cells** (EPCs) are damaged during severe SARS-Cov-2/COVID-19 infection [ 1, 2 ]. It...

Science. 2019 Nov 29;

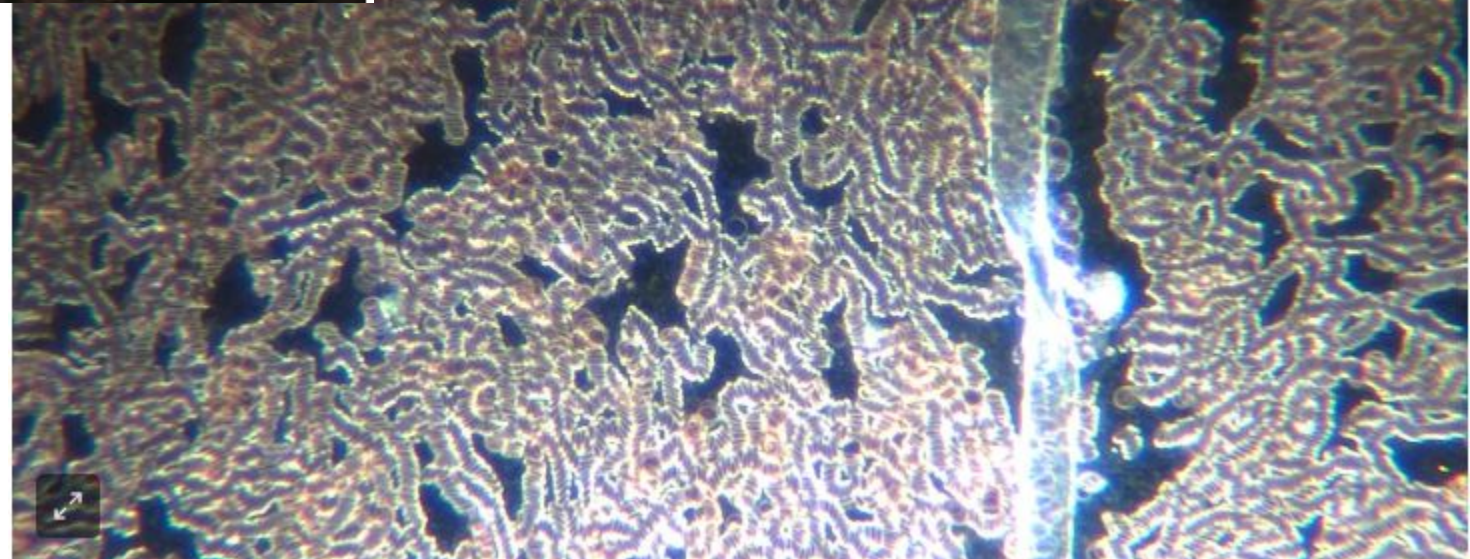
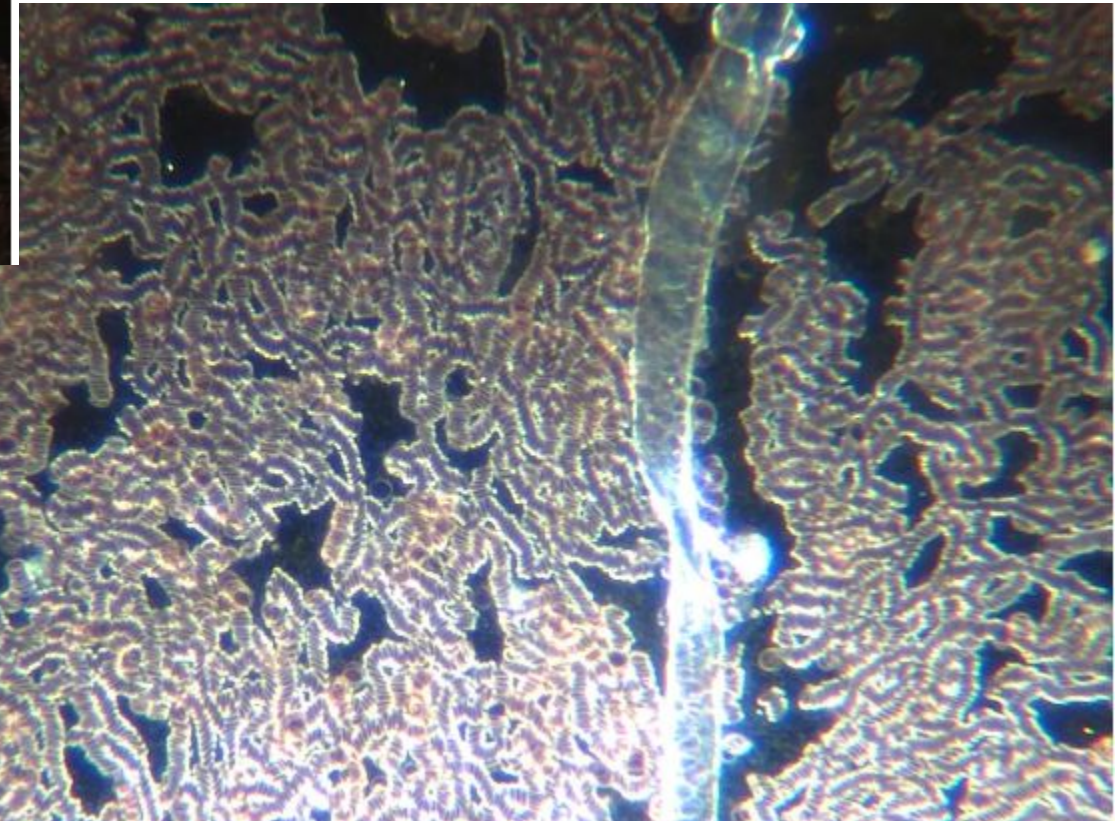
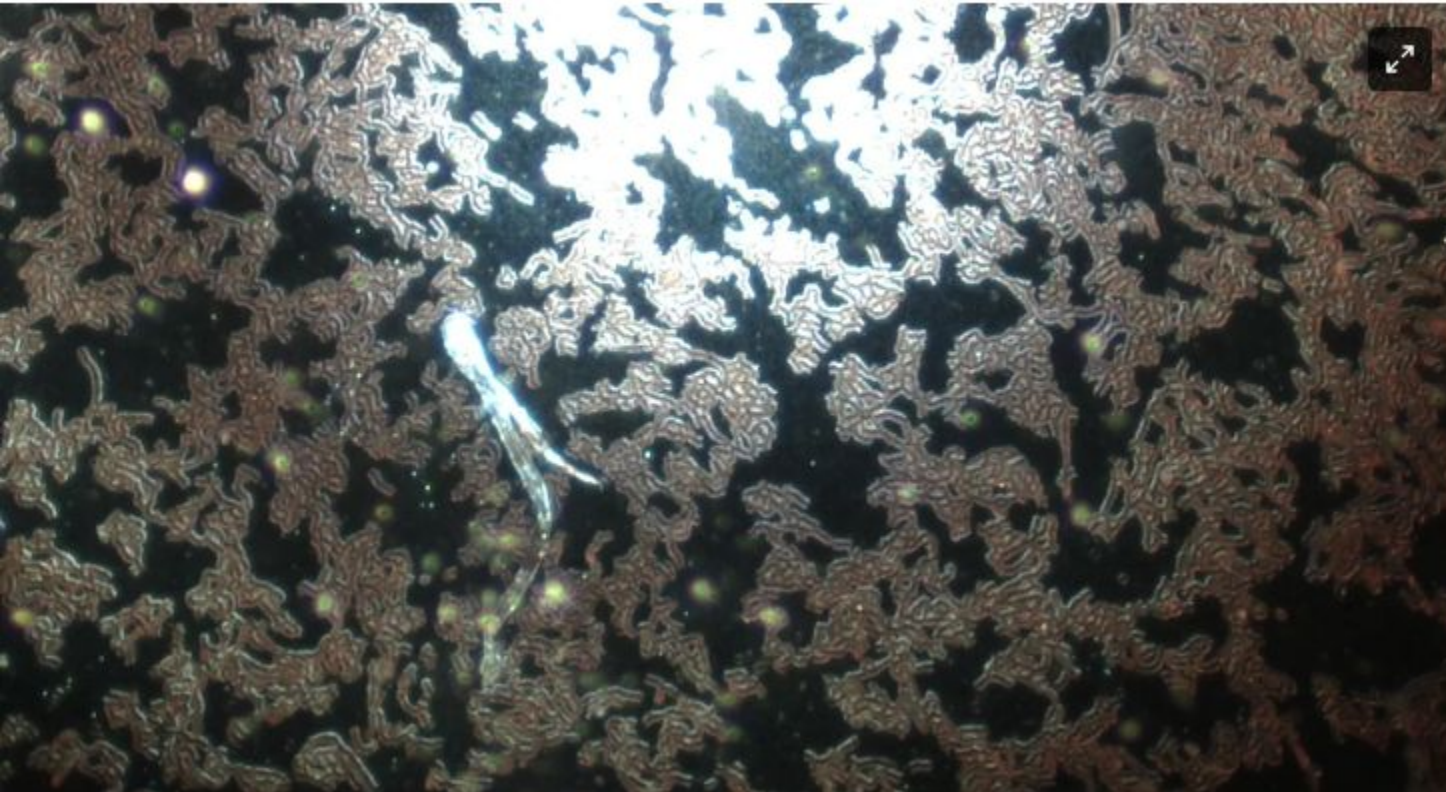
Immunology taught by vaccines

Despite the success of vaccination in controlling many infectious diseases, **there are challenges in designing vaccines against HIV, malaria and tuberculosis, and other pathogens that, in aggregate, afflict billions of people.**

**Vaccine development has been frustrated by a lack of detailed understanding about what types of immune responses are effective at preventing infection, and failure to translate successes in animal models to humans.** This problem is compounded by the variability in vaccine efficacy in humans.

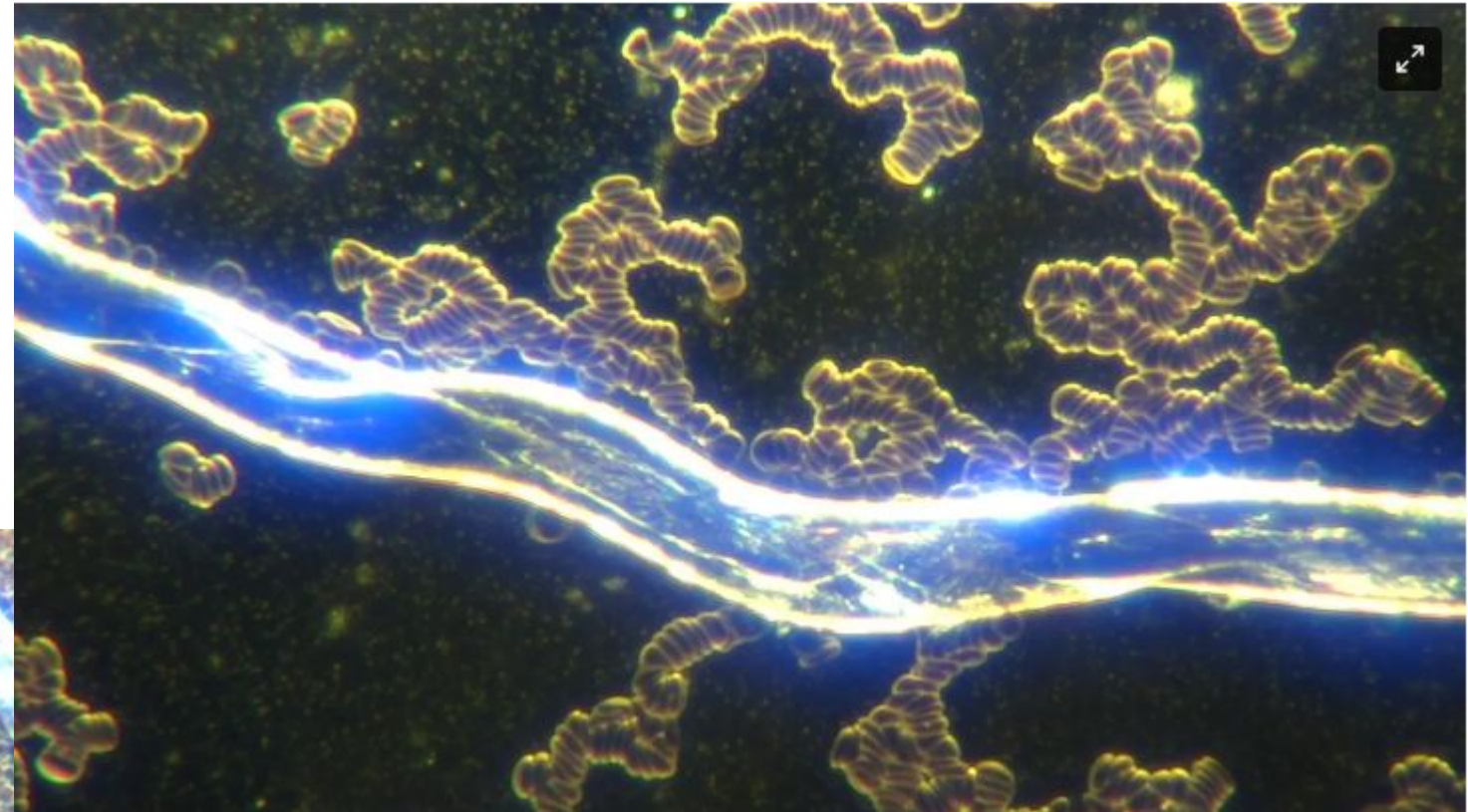
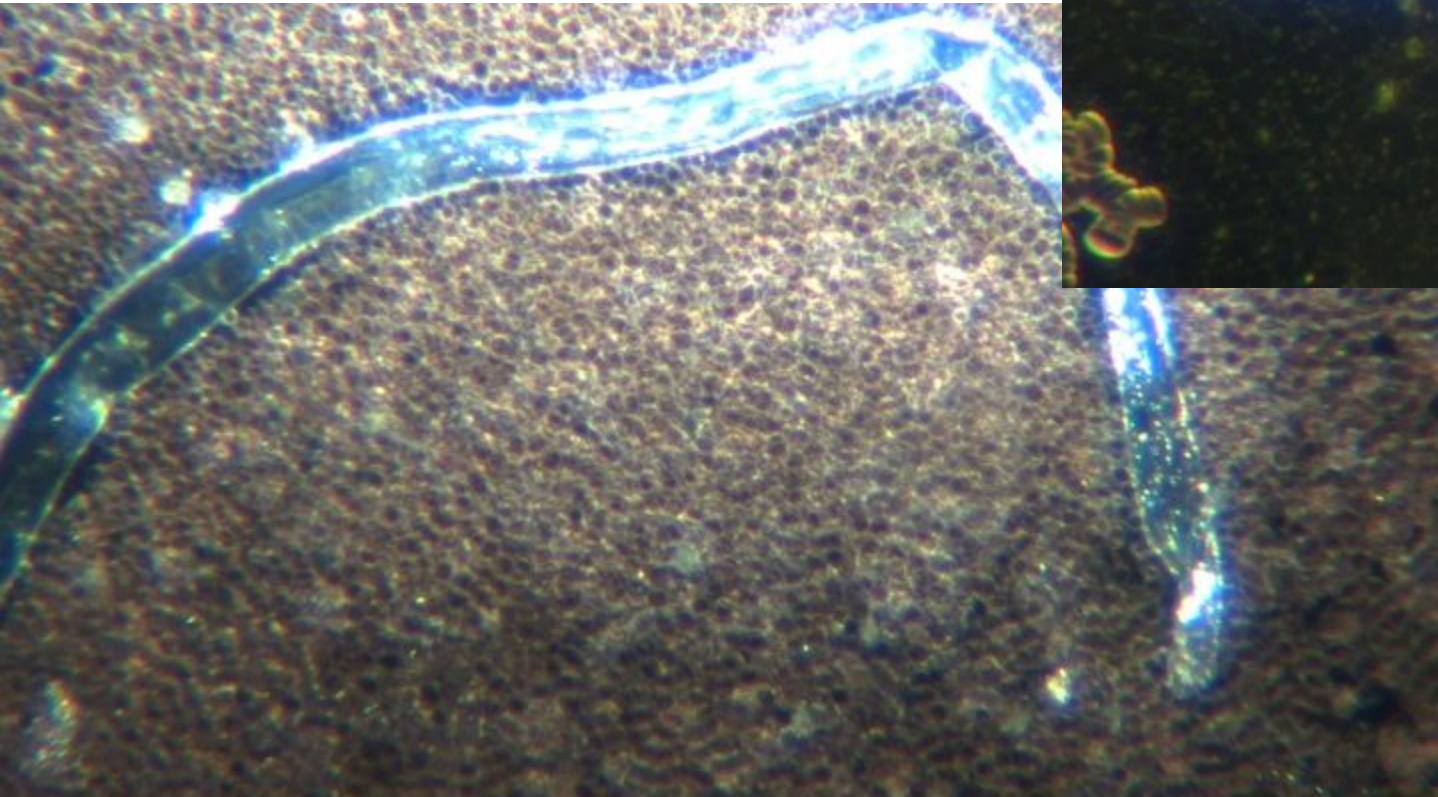
For example, vaccines against oral pathogens such as *Rotavirus* and *Poliomyelitis* have considerably lower efficacy in children in some low- and middle-income countries (LMICs) compared to those in high-income countries (1). **Environmental differences, persistent parasitic infections, malnutrition, and environmental enteropathy may affect immune system function and its ability to respond to vaccination (1, 2). Several studies have also suggested that intestinal microbiota composition plays a role (1, 2).**







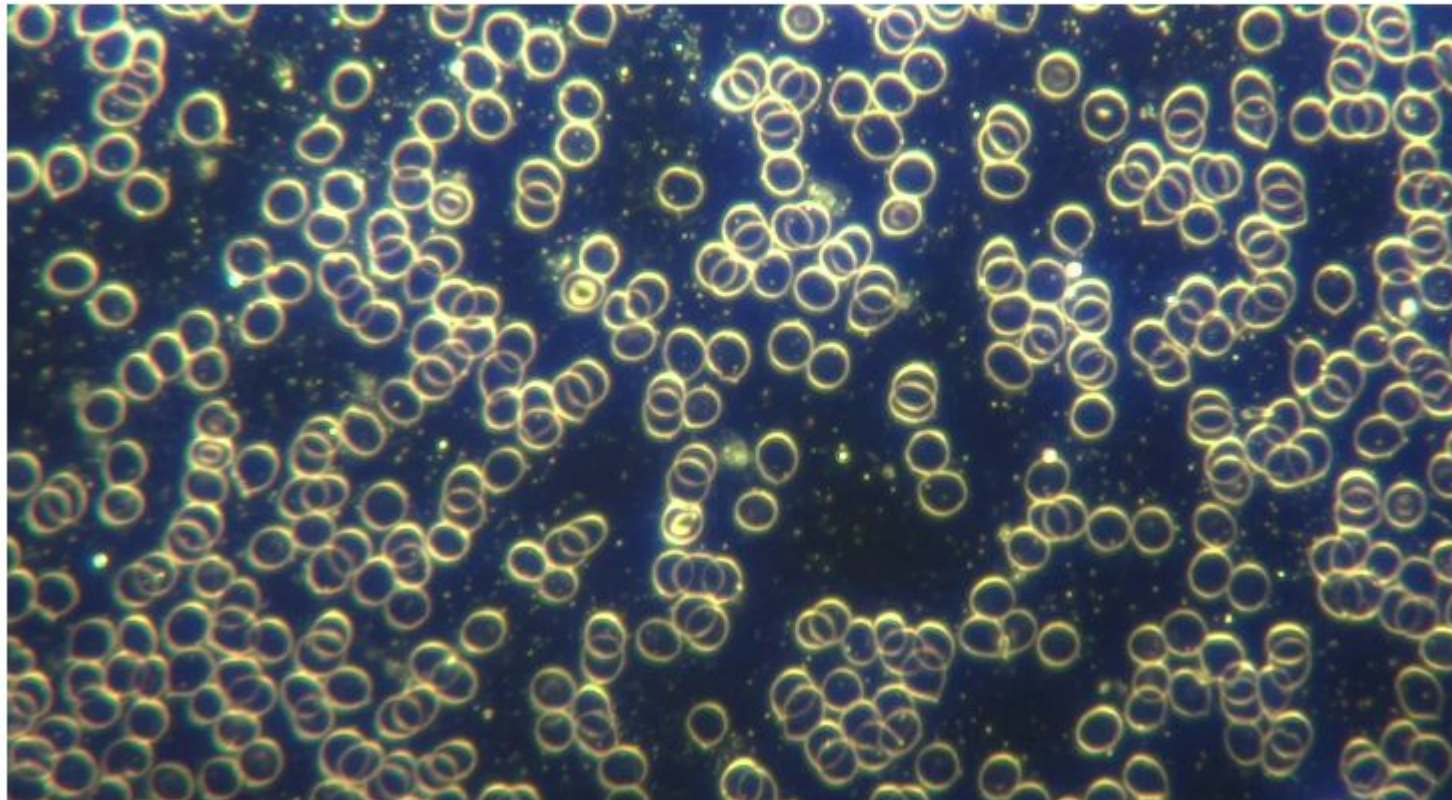
<https://anamihalceamdphd.substack.com/p/there-is-hope-edta-chelation-works>



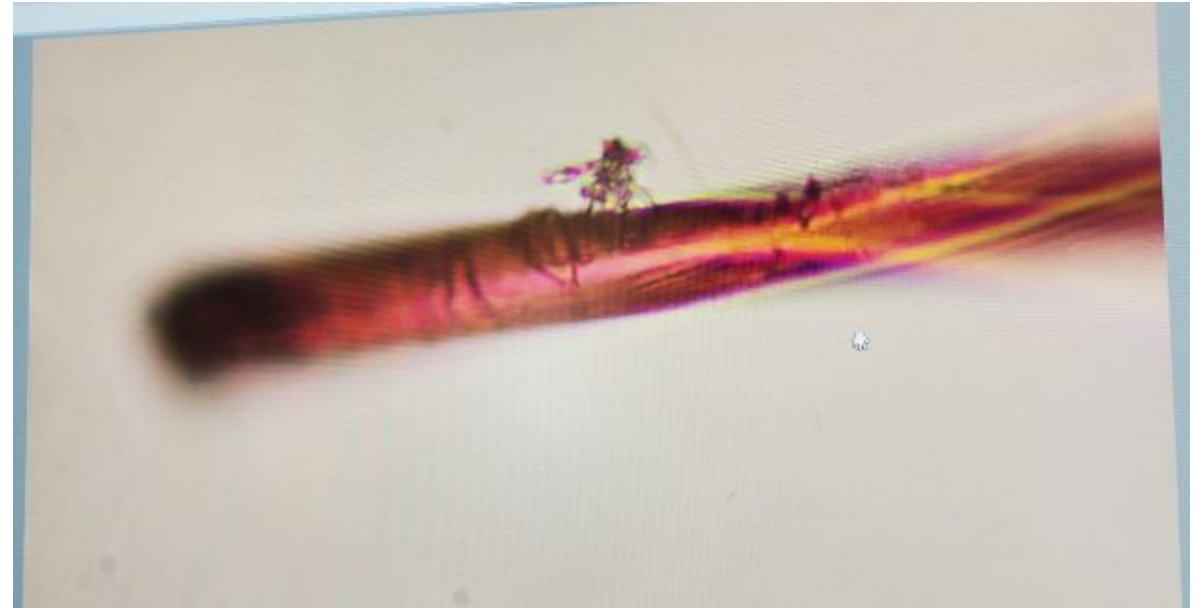


<https://anamihalceamdphd.substack.com/p/there-is-hope-edta-chelation-works>

He was started on a nutritional program and he did IV EDTA Chelation twice a week. We checked his blood in a month. There were no structures seen and Rouleaux was resolved. He is feeling excellent. See below:

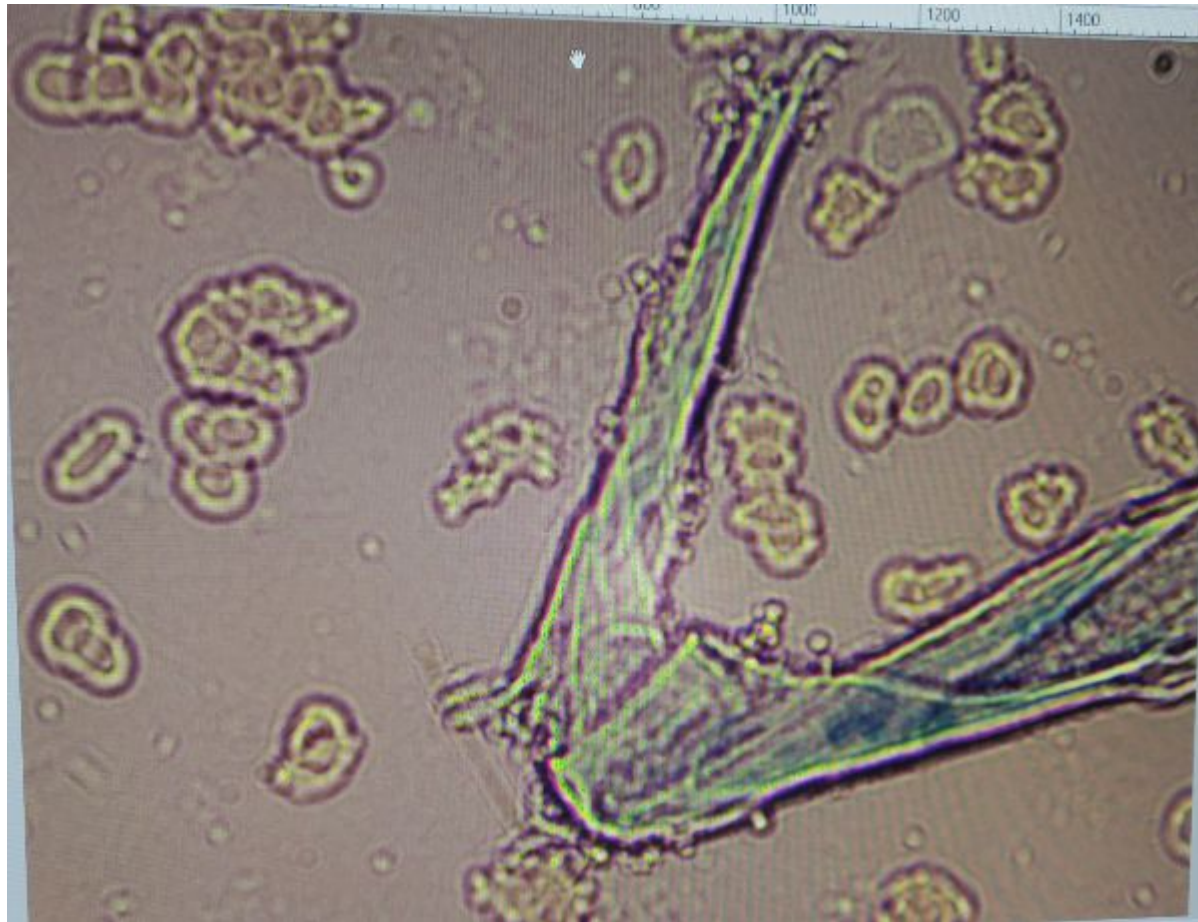












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5. **Adaptation** ( The body needs to continually adapt to its ever-changing environment in order to survive and express its greatest homeostatic potential long term.)



For anyone that has taken the injection here is the protective protocol for the Mrna and J&J injections is:

- Glutathione,
- Vitamin C /D3 / K
- Quercetin,
- Zinc,
- NAD,
- Magnesium,
- Omega 3's
- Cayenne supplements with each meal

this will help with the effects of the spike proteins, and **the clotting issues.**

Keep this protocol for at least a year

Get a live blood cell analysis to see the health of your blood.

# The Benefits of Breathing

- **Reduces mental and physical fatigue**
- Improves blood circulation and cell oxygenation
- **Stimulates the Parasympathetic Nervous System**
- Breathing acts as a pump to massage internal organs
- The action of your diaphragm helps push lymph throughout your body, which **helps eliminate toxic waste and strengthen your immune system**
- Toxic CO<sub>2</sub> waste is eliminated directly through your breath

# Rewiring the Immune System

## Step 1 - Raise Your Metabolism


- Deep Breathing
- Proper Sleep
- Ketogenic Diet Periodically
- Intermittent Fasting
- Exercise
- Cold Showers

# Rewiring the Immune System

## Step 2 – Unburden Your Immune System

- Avoid Processed Food
- Eat Immune-Enhancing Foods
- Supplement Accordingly
- Eliminate and/or Minimize Stressors



A close-up photograph of a person in a white lab coat holding a syringe filled with red liquid. The syringe has a scale on it with numbers 1, 2, and 3 visible. The person's hands are in the foreground, and their torso is visible in the background. The background is a plain, light-colored wall.

**"The medical authorities keep lying. Vaccination has been a disaster on the immune system. It actually causes a lot of illnesses. We are changing our genetic code through vaccination."**

**- Guylaine Lanctot M.D. Canadian author of the best-seller 'Medical Mafia'.**



**NATURAL NEWS**  
Natural Health News & Scientific Discoveries



## Logan County Sheriff's Office

Sheriff Damon Devereaux

216 S. Broad  
Guthrie, OK. 73044  
Phone 405.282.4100  
Fax 405.260.3229

September 13, 2021

Reverence: COVID Vaccine Mandates

Beginning last March 2020, we have seen a tremendous amount of controversy over COVID, mask mandates, restrictions, and lockdowns, lockdowns that include our places of worship and businesses, both large and small. We have watched the topic of COVID divide our families, our friends, and our coworkers. We have seen an unprecedented amount of division, hate and contention among all Americans. Since the rollout of the COVID vaccines, this division has become more widespread and more intense between those who believe in the vaccines, those who don't and those who are undecided.

As law enforcement officers, our first and foremost duty, and what we all swear an oath to do, is to support and defend the Constitution of the United States and the Constitution of the State of Oklahoma. It is in that defense and the defense of individual liberty, that the Logan County Sheriff's Office HAS NOT, AND WILL NOT mandate the COVID vaccine for any of our employees as long as I am the Sheriff. Just like the flu shot, our employee's choice to get vaccinated, or not, is theirs and theirs alone, and I respect their decisions.

I am not pro-vaccine, nor anti-vaccine. I am pro-freedom for each person's ability and responsibility to decide for themselves.

I'm appalled at some of the absolute dictator-like tactics we are seeing from our Federal Government and several other State Governments. It flies in the face of everything our country has always stood for and is furthering the damage and division done to the people of this great nation.

It's time for our politicians and other public servants to take a stand and remember their first responsibility is to protect the people's rights, NOT TO RUN THEIR LIVES!!!

A handwritten signature in black ink, appearing to read "Damon Devereaux". The signature is written in a cursive, flowing style.

Damon Devereaux  
Sheriff, Logan County



**The difference between  
destruction of the immune system  
and stimulation of the immune  
system is an interpretation.**

Deepak Chopra

quote fancy

# Chiropractic and Neuroimmunology

- Brennan et al, found that **when a thoracic “manipulation” was applied**, the response of polymorphonuclear neutrophils isolated from blood collected 15 minutes after the manipulation **was significantly higher** than blood collected 15 minutes before and 30 and 45 minutes after manipulation. A slight, but significant rise in substance P was also observed.
- Brennan PC, Triano JJ, McGregor M, et al: “Enhanced neutrophil respiratory burst as a biological marker for manipulation forces: duration of the effect and association with substance P and tumor necrosis factor.” JMPT 1992 15(2):83.