

Spring 2021 Humbleweed.net Update

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Spring 2021 is here and it can only get better after 2020 – at least this is my optimistic prediction. Following are most all of the announcements I have postponed sending out to you for various reasons. My last blog was posted on May 20, 2019 and since then I moved to the north end of Hayden, Idaho in March 2020 after over 20 years of living remotely on five acres. I am still not completely settled but getting a lot closer to feeling at home here.

Soon after my last blog on "[Cancer as a Metabolic Disorder](#)", my former radio partner AL Whitney in Ohio passed and I was offered the radio slot. I accepted the offer in July 2019 and now have a two-hour radio show, "Immunize Wizely", on the [Republic Broadcasting Network](#) (RBN), a popular patriot talk radio station out of Texas. This is my third time hosting on RBN but my first time not hosting the show with a partner. The show airs on **Saturday nights, 5-7 PT, 6-8 MT, 7-9 CT, 8-10 ET**. I have been blessed with a wide variety of fascinating and knowledgeable guests.

[Click Here](#) to listen to any of the archived shows and [Click Here](#) for all the ways to listen to the LIVE stream on Saturday nights.

Being the director of [Vaccination Liberation](#) since 1998, a national grassroots association dedicated to providing information on vaccinations not often made available to the public so that one can make the only informed choice, complete avoidance and refusal, it was clear to me what was about to happen in January 2020 regarding the SARS-CoV-2 plandemic. I barely got moved when the lockdown began. Thankfully, our

Essiac Tea formulator is an excellent researcher and writer who posted a series of 'newsletters' on this topic so I could focus on keeping our VacLib.org website updated and helping people stand up for their rights under federal law to refuse masking, testing and the roll-out of an experimental injection. [Click Here](#) to sign up for his Health Freedom newsletter and to read the archives, including the Covid Cover-Up Series 1-8.

All Rights Not Demanded Are Presumed Waived

Masks, Covid testing and the resultant vaccines are only authorized under what is called Emergency Use Authorization (EUA). Federal law stipulates that no product issued for Emergency Use Authorization may be mandated. Federal law and the EUA language are explicit that users of these products must be informed of known and potential unknown risks of the product and informed of the right to refuse. EUA defines products issued under EUA as "investigational." None of the covid injections, tests, or masks may be mandated according to law but of course businesses, schools, and government agencies are doing just that. In addition, no local or state law may conflict with federal law so these local ordinances are not lawful. Please read this article, ["Under Federal Law, Can Your Employer Make You Get the COVID Vaccine?"](#) by Greg Glaser and Mary Holland, two attorneys in our network. The specific federal law they are citing is 21 U.S. Code § 360bbb-3 – Authorization for medical products for use in emergencies <https://www.law.cornell.edu/uscode/text/21/360bbb-3> Scroll down to **(e) Conditions of authorization ; (1)Unapproved product ; (A)Required conditions**

We have viable pharmaceutical treatments for Covid-19 so the "alleged" vaccine is unnecessary – a clear violation of the PREP Act. This is why it all of a sudden became illegal in many states to prescribe hydroxychloroquine for off label use. Ivermectin is also an effective treatment. The agenda for the masses to line up for their certificate of vaccination ID

(COVID) soon became apparent.

If you are a red-blooded American as I am, you will stand with me in protecting our God-given rights and our Constitution that is being shredded before our eyes. In Idaho, we have had a steady [increase in our population](#) for the past five years as Americans flee California, Oregon, Washington and a few other states for greener pastures. Thankfully, most of our refugees are actively seeking remedies within our current incorporated, for-profit governments in order to protect our freedoms. It requires successful networking and countless volunteer hours to increase our numbers with each viable action. Certainly, not an easy task but a necessity for Americans who want to raise their families without the prying eyes of an out-of-control bureaucracy.

Keeping your healing space microwave-free

Many people signed up to receive my blog for additional information in restoring their health. As some of you know, a huge issue that keeps people from healing rapidly is their constant exposure to wireless internet and smart phones. Most people who are attempting to heal naturally are doing so in their homes. It is a good idea to have some way of checking your in-home exposure. Cathy Cooke in Boise, Idaho has done a class on Home EMF Testing. In her class she evaluates the meters available and gives her honest recommendations. Go to <https://www.shieldyourbody.com/webinar/>

At this link you can sign up for her latest webinar on March 25, 2021 or review past webinars.

Why Sulfur works so well with Essiac Tea

Our bodies get sick for many reasons, not the least is a lack of oxygen at the cellular level. By consuming elemental sulfur, the Essiac Tea is able to work more efficiently. Our exposure to the wireless world actually inhibits the uptake of oxygen at the cellular level. When we are deficient in sulfur,

this oxygen deprivation is magnified. This article [Organic Sulfur: The Missing Link to Regenerating Cellular Health, Boosting Immunity and Reducing Pain and Inflammation](#) By John C. Hammell explains why supplementation with pure organic sulfur crystals is essential in today's world. Below are some excerpts from the above link:

The health of the cell is very important, especially our gastrointestinal (GI) cells called enterocytes... When we are under stress, our bodies dump a large amount of acid into our gut, causing our small intestines to go from neutral to acidic. When cells exist in a low pH or acidic environment, their ability to transport oxygen into the cells and move toxins out becomes impaired. This lack of oxygen creates cellular malfunction, and the result is diseases such as cancer.

Back in 1931, Dr. Otto Warburg, M.D., won the Nobel Prize for discovering the nature of cancer and "the mode of action of the respiratory enzyme". Warburg said: "Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarized in a few words, the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar." In other words, cancer cells proliferate in an anaerobic environment where the mitochondria inside the cells produce energy without oxygen and one of the byproducts is a build-up of lactic acid. Research from the last 50 years has shown that tumor cells use lactic acid for food that makes tumor cells resistant to radiation and chemotherapy.

Oxygen and Organic Sulfur

One of the best ways to oxygenate your cells, alkalinize your blood and remove toxins that can lead to cellular malfunction is to consume organic sulfur. Sulfur lets oxygen in by increasing the permeability of cell membranes, and takes out the trash! Sulfur, in the form of sulphates, plays an

essential role in cellular detoxification and the normal metabolism of brain neuro-transmitters. Sulfur is one of the few anti-oxidant compounds that can easily cross the blood-brain barrier and repair oxidative damage to neurons and tissues. Sulfur is also essential for making certain vitamins like thiamine (vitamin B1) and biotin, and for producing insulin in the pancreas.

Organic Sulfur forms 146 different chemical combinations. Sulfur will combine with all metals except gold and platinum to form inorganic sulfides. Inorganic sulfides convert these hazardous toxic metals into non-hazardous, stable forms that are safely ushered out of the body. For example, when sulfur binds with mercury, it produces mercuric sulfate, a compound that our cells expel, the liver detoxifies and then we expel from our intestines. By bonding with all the toxic heavy metals, organic sulfur can safely chelate and remove these toxic metals from our bodies, greatly enhancing one's detoxification protocol!

Sulfur is the ANTIDOTE to the toxic chemicals and heavy metals we have been absorbing, as well as to the increased levels of radiation stemming from the microwave radiation from wireless devices, smart meters and celltowers.

Please read the full article [here](#).

New additions to Humbleweed.net

Over the last year I have added new pages under articles and products with educational pages now at the top of the homepage

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*Under the **Essiac Tea** tab we have added a viewable copy of our [Essiac Tea Manual](#), a page on the reasons to buy [Essiac Tea](#) a pound at a time, "[Essiac Tea Precautions](#)" and a page to video instructions on "[How to Make Essiac Tea](#)".

*Under the **Oregano Oil** tab, our latest new product and the

highest quality oregano oil on the market, the first article "Oil of Oregano: An herb for all seasons" details my personal research and experience with wild oregano oil followed by testimonials and the myriad of ways to use it. And last we have a booklet **Oil of Oregano: Nature's Premier Antiseptic** By Charles A. Weisman (1998) that was reformatted for easy reading and download with the original scan following it.

*Under the **Microbiome tab** are a series of articles regarding the epidemic of leaky gut today and information about the three new products we carry from Microbiomelabs.com – MegaSporeBiotic, MegaPre, and MegaMucosa. Microbiome Labs is the only company I know of that has done the scientific studies to back up their product claims. For anyone who has serious digestive issues, often originating from exposure to glyphosate in Roundup and/or a history of multiple vaccines, these are the only products that have the ability to successfully address repairing their leaky gut. To understand the pervasive problem of leaky gut today, Dr. Jake Paul Fratkin writes that 50% of his patients with chronic ailments suffer from a leaky gut as confirmed by laboratory tests.

*Recent additions under the **Articles** tab are White Oak Bark under **Herbs** and "MMS – Miracle Mineral Supplement for 21st Century Ailments" under **When You Have Tried Everything**. At the bottom of this article is a reference to Kerri Rivera's website. Kerri Rivera lives in Europe and will be in the United States this next week. She has agreed to be a guest on **Immunize Wizely** on March 20, 2021 so if you get a chance to tune in, it will be worth your time. If you miss it, you can still hear it on the archives.

*Last year we discontinued selling CBD oil, and for good reason. Online banking doesn't allow it and once it was discovered that we were selling it (we had one bottle left), PayPal froze our account for a full 7.5 days. So now we have Stripe as an option for online purchases. In the meantime, I discovered Hemp paste, a superior product to CBD oil. After

trying hemp paste myself and sharing this product with others, the testimonies from my friends as well as the scientific research has convinced me hemp paste is vastly superior to CBD oil products, as well as being much more economical since a little goes a long way. It only makes sense to utilize the whole plant rather than extract the oil using solvents and other unnecessary chemicals. If you have never tried hemp paste, we encourage you to order a jar today and experience the difference yourself.

You can listen to Doc Peter who has been making hemp paste for years being interviewed by Ingri [HERE](#) (1st hour) and [HERE](#) (2nd hour with questions/comments from our audience) OR watch these two professionally produced videos on this topic:

[Science Finds CBD Oil Damaged](#) (7:52 min.) and [Happy Hemp Paste versus CBD Oil](#) (2:10 min.)

You can also find the two above videos on the homepage of HumbleweedHempPaste.com

Future additional articles to look for on Humbleweed.net

After several phone calls with customers, I have found that many people are not aware of specific habits and products that are either carcinogenic or mitigate the body's ability to repair itself.

Specifically, these are:

*Artificial sugars such as Aspartame (Equal, NutraSweet) and Sucrolose (Splenda)

*MSG (Monosodium Glutamate)

*Bragg's Aminos

*All processed foods, even those on health food store shelves

*Coffee, whether organic or NOT –acidifying, inhibits the

body's production of digestive enzymes and is hard on the liver.

I added hotlinks to the above claims so you can do some research on this yourself. My best recommendation is to learn to cook and prepare food from 'scratch' or the 'basic ingredients'.

There is a **Recipe** tab to give you some ideas on the top of the homepage.

To eat meat, or not to eat meat

People also ask me about eating meat when they have been diagnosed with cancer. My honest opinion from years of experience and research is that eating meat and dairy products should be avoided only while going through the healing process. It takes a lot of energy for your body to digest and assimilate animal products and toxins in our environment concentrate the higher on the food chain you go with your food choices. When you are completely well and resuming an active lifestyle that includes plenty of exercise, then and only then is eating organic meats, fish and raw dairy products healthy. As a member of the Weston A Price Foundation, I appreciate their insights in nutrition for growing families but, as we age, we tend to be more sedentary and don't require the same amount of calories, especially those derived from animal products. What elderly people need the most is mineral-rich food and herbs. Most elderly people I know who are extremely active and healthy do well on a mineral-rich smoothie in the morning and eat plenty of fruits and vegetables. Owning a quality vegetable juice extractor such as an Omega 8006 is also helpful.

If you are dealing with an aging parent who has been sedentary for many years, it is a good idea to have a ReboundAIR and a stabilizer bar to keep them from becoming dependent on a walker or end up in a wheel chair. You can read about why this

form of exercise is essential for a healthy lymphatic system and keeping our body in good shape [here](#). I took care of both my parents until they passed and was able to keep my father functional until he decided to not follow his program of drinking a certain amount of water prior to eating a meal. (My daughter and granddaughter chastised me for being the water police so my 2014 New Year's Resolution was to allow him to follow his program on his own, or not... He passed on April 9, 2014 at 92.)

Without exercise, our thirst "appetate" seems to be lost and many of our elderly suffer from dehydration dementia. I have witnessed so many people who have tried one potion after another potion for their chronic health malady only to finally discover they were chronically dehydrated. Beverages that actually exacerbate the dehydration issue are coffee, caffeinated teas, alcoholic beverages, soda pop and even Kombucha. The rule of thumb is to make sure you are drinking $\frac{1}{2}$ your body weight in ounces of water daily. And for every ounce of a dehydrating beverage, add 2 ounces of additional water intake. This website may be helpful <http://watercure.com/>

Since I want to end this blog on an inspirational note, I want to introduce you to...

Sam Shelley, the Miracle Man

Sam the Miracle Man, as he is affectionately called by his friends has survived two near-death experiences & five incurable diseases. Sam Shelley spent most of his life in pain with his mental and physical disabilities & required thirteen medications a day and needed mobility aides (walker/cane). Today, Sam lives free of disability, free of medicine, and free of disease.

Book: *I Don't Dwell: How I Used Meditation, Mindfulness, and Yoga to Reverse My Incurable Diseases* by Sam J. Shelley (2014)

Website: <https://www.headtrashanonymous.org/>

Interviews:

February 12, 2021 Interview with Robert Phoenix with Sam Shelley, The Miracle Man “Addiction to Stories in Junk Drawers” – Excerpt https://www.youtube.com/watch?v=_L8u0gAAg2I (6:04)

July 18, 2017 Dave Schrader interviews Sam the Miracle Man https://www.youtube.com/watch?v=8nad_vzIUKA (1:23:47)

One of our most important lessons in life is to have a disciplined mind. When we count our miseries rather than our blessings, we multiply our miseries. Our mind is creative so consider paying attention to all Sam Shelley has to say so miracles begin to manifest in your life.

Thank you to all my listeners and customers for their kind words of support over the years. You have made having a gratitude attitude that much easier for me. I am blessed and honored to be able to serve you, and assist you in your healing journey.

Yours in Truth and Freedom,

~Ingri