

Dr. Pam Popper - Make Americans Free Again: A Deep Dive into the Politics of Disease

Dr. Will Tuttle:

This is Will Tuttle, your host for The Worldwide Vegan Summit for Truth and Freedom. We now have the precious opportunity to learn from the deep experience and inspiring example of Dr. Pam Popper. She's an internationally recognized expert on nutrition, medicine, and health, and is the founder and executive director of Wellness Forum Health, providing nutrition and lifestyle education and intervention for optimal health.

Pam has been featured in many acclaimed documentaries, including *Processed People*, *Making a Killing*, and *Forks Over Knives*. She is the co-author of the *Forks over Knives* companion book, which was on the New York Times bestseller list for 66 weeks. She's the author of *Food Over Medicine* and her newest book is *COVID Operation: What Happened, Why it Happened, and What's Next*. Dr. Popper is also a lobbyist and public policy expert, and continually works to are changing laws that interfere with patients right to choose their health provider and their method of care.

She has testified in front of legislative committees on numerous occasions, and has testified three times in front of the USDA's Dietary Guidelines Advisory Committee. She's the founder of the Make Americans Free Again movement, and has been doing tremendous work, really, for many years and has been tracking what's been going on lately in the last year and a half, I think better than almost anyone I know of in the healthcare field, who's a vegan.

I'm really delighted that we have Dr. Popper with us. And so, Dr. Popper, I'd like to go ahead and start by just asking you, if you can hand, please, tell us a little bit what you've learned about the medical establishment and how the unwillingness, really, to question the official narratives about food are harming people and what you've learned about that. And then maybe we can go from that into the other things that are happening here, but let's start with the food first. You've been questioning, eating meat, dairy products, and eggs, and how has that helped your clients that you have?

Dr. Pam Popper:

Well, I think I can just best answer that question with how I came to get involved with this, which was that I was living my life as a fat, unhealthy person, at one time. Everybody knows the 120 pound me, people didn't see the 160 pound me, and just tired all the time and the whole story you hear. Fortunately, nothing bad had happened to me, something eventually would've. But I happened upon an article in the early 1990s, when it really wasn't very common to see information about diet and health. And it got me curious, and I started doing some research, and I asked the question that I think started my whole life in a different direction. I think I'm an intelligent person. I think I'm well read, why don't I know about this? And why doesn't anybody else know about this?

Because everybody my age, at that time, was living the same way. We were all getting fat and looking middle-aged before we were middle-aged, really, when I think about it now. And so, I think everything starts with you. You look at yourself and say, "Okay, I'm going to do something different. I'm just going to start down this path." And the ineptitude, it wasn't just that people

didn't know about diet, it's that medicine had deliberately omitted it from the discussion, and in favor of drugs and procedures and tests, and really pulling people into what I think a lot of us refer to as the medical mill. And so, this borders on criminal, all right.

In other words, if an \$80,000 bypass surgery that can't possibly really help you avoid another heart attack, particularly, if it's an elective surgery... It's not just that, how can you do something like that? So invasive, so expensive it doesn't help. But a diet change, which reduces your grocery bill, actually would help. To withhold that information and promote the surgery, if that kind of behavior goes on in the finance business or the mortgage business, we call it criminal behavior. We put people who do enough of that in jail. We have laws against it. Informed consent laws, govern everything. You can't buy a washing machine without looking at the warranty, and all this kind of stuff.

Dr. Will Tuttle:

Wow.

Dr. Pam Popper:

So that's how this all started. And I ended up starting my business Wellness Forum Health, about 27 years ago. And our mandate, I felt, was to make decision-making about healthcare, the same thing, the same process as decision making about buying a house or a car or appliances, or setting up a retirement account, where you look at risks and benefits and your options. And unless it's an emergency, then you decide what your course of action is going to be.

And, when you think about it, it was absurd to me, as I started thinking about it, that nobody buys a house, because the realtor says, "You're really stupid about real estate, so I'm going to tell you where to live." You would get in the car and drive away if somebody said that to you. And if you pulled into the parking lot of the car dealership, and they said, "Listen, people who don't know anything about cars, they shouldn't be picking cars. So, we've picked out a nice red one here, sign the lease." nobody engages in transactions like that. We all buy things and engage in activities that we don't know a lot about, and the assumption is the consumer's in charge.

Until we show up in a doctor's office, and the doctor says, "You need this \$80,000 procedure." And the person says, "Okay, how about next Thursday?" And it's like you abandon all common sense. I thought I'm just going to attack the whole problem, which is the diet is part of it, the lifestyle habits, the exercise, or lack thereof. But if you back up and figure out, where does that come from? It comes from lack of informed consent. So, if the medical profession doesn't have to provide it, we'll teach the consumers how to do it on their own. And that's how this all started.

Dr. Will Tuttle:

Right. You've been enormously successful. I've known about your work for many, many years, myself, as a vegan activist, that you've been really helping countless people. You're based, I know, in the Midwest, in Ohio, but just helping people to transition away from toxic food, into healthier food and feel better.

Now, I'd love to talk, because you are the author of this book about COVID. And I think it's so important, because very, very few, if any people in the vegan community who are medical professionals, especially MDs, are saying a word questioning the consequences of the various things that are being rolled out, like masking people, for example, locking down businesses,

social distancing, using toxic hand sanitizers all the time. And then of course the big one, these injections with endless boosters.

I mean, can you please let us know what you think. First of all, it's a big question, but why we don't hear more pushback about that? I would love to hear what you think about that, in the vegan community. And also, what's really going on here? I know that these are big subjects, but I think you are one of the best people to talk about this.

Dr. Pam Popper:

I'll go back to my own experience. So, after I figured out that in the areas of diabetes and heart disease and weight, chronic degenerative conditions, we're not telling people what the real cause is or offering the real solution to people, well, what if all the rest of what we've been told is the same? All right, it's some type of deception, we're being lied to. And so I started looking into it, and it was part of my job, as I saw, to preparing information to give to consumers, so they would understand all the disclosures that are required to make an informed decision. So I start looking into this and I find out that, first of all, in 1992, our government passed a law, saying that the drug companies should pay the FDA to get their products reviewed.

Okay, so this will be a shocker. By 2015, they were approving 96% of what's submitted. And I've said for a long time, "I want to see the four percent they turned down." It must be like intravenous arsenic. And there's a conversation in the hallway that goes something like this, "We got to look like we're paying attention, but send it to us next year. We'll probably let you have it."

So, I mean, there was no possible way that objective decisions are being made about drugs and devices. Last year, I think their take was two point one billion dollars from the drug and device makers, that's a lot of money. I started looking at how the drug companies and device makers were getting into setting diagnostic parameters, so that more and more people could be deemed sick. It used to be that you were lectured by your doctor when your fasting glucose was 140, "Hey, you need to take off a few pounds, change your diet." And most people did that, and they stayed off of drugs. Well, then they changed it to 126, then they made up a new disease pre-diabetes.

So now all this endless testing, so you're going to the doctor all the time. Healthy people, going to the doctor and basically saying, "Take blood samples and urinalysis and poke and prod and images, find something wrong with this body. Please, find something wrong." And then give me some drugs and procedures to take care of it.

So going back to the diabetes thing, they lowered it to 126, then that became the benchmark for medicating for pre-diabetes. Now, it's down to 80 to 100 with no consideration for aging. I'm a 64-year-old vegan female who takes no drugs, in perfect health. I can work 19 hours a day and I'm not tired. And I feel great. And I'm athletic. I'm never going to see fasting glucose of 80 again. You know why? Because I'm 64, that's not a disease being 64. Actually, it's just getting older.

So anyway, all of that, so it's the testing, and then there's no consideration anymore for the patient, everybody's looking at files. So we're treating lab results and folders. A person has slightly elevated numbers for some reason, but they're eating well, they have absolutely zero risk of anything going wrong, but we got to give you a drug because your numbers are off. And this group started keeping these metrics, Number Needed to Treat, NNT. And you look at the way that we're drugging people right now, and the NNT is sometimes 400 for one person to benefit,

400 to one. So, it's like buying lottery tickets. That's like taking a statin drug if their cholesterol is slightly high.

I got curious about all of it. And I started looking into all of it and it wasn't limited to this issue of diet could get rid of your diabetes, it was everything. I think what happened to some of our colleagues, who have been very well meaning and from whom we have learned a lot about a lot of things, they didn't get that extra step of curiosity going on. They assumed that the rest of medicine was actually okay and in integrity. And it's not true. It just isn't true. The entire system is corrupt and conflicted, and that sort of thing. And during the period of time that I've been researching, which is 30 years, I mean, we've had other fake pandemics. This vaccination issue just gets worse every year, in terms of what's going on.

And so, when this happened, people say, "When did you know something was off?" March 10th, I posted a video very early on, and I said, "This isn't the first fake pandemic. The end goal is to vaccinate everybody. The Chinese had an incentive to do it. And here's why they did it, and why it happened." I went back and played that video for my Thursday group about a month ago, and it was spot on, except for, I allowed for the possibility that this came from the wet market, which it clearly didn't. And I changed my mind on that later on. It's overwhelming evidence that it didn't come from the wet market. And it's unfortunate because some of our colleagues hang onto that idea right now.

So that's basically the story. I've been investigating how screwed up this whole mess is and how it hurts consumers. And it actually hurts doctors and health professionals with integrity too. And arguing for dismantling the whole thing for a long time, I guess, I'm an anarchist in the medical community.

Dr. Will Tuttle:

So do you think that the numbers are being artificially inflated, that it's not that serious of a disease and that we're being scared?

D. Pam Popper:

Yes. Yes. Well, I mean, Kary Mullis was the developer. Oh, first of all, I knew on March 10th, we had a problem. And then what cemented it is when Mr. Fauci made an appearance, the first time. Because I had written my dissertation on the HIV/AIDS debacle, and what he did back then, he should have been in prison then. I'm serious. I think this guy is serial killer and they all escalate, and this is his grand slam home run end of his career, hit it out of the ballpark, good times for Fauci kind of thing. That's a strong accusation to make, but we've essentially made it in court, under oath with a lot of documentation, all right.

So, one thing I'll just share with you is that I have a lot of critics, as you know, enough that, I mean, I have to live in a pretty locked down way, right now to make sure that I'm safe. But having said that, what I find interesting is, the number of people who are screaming at me, and I say, "Listen, why don't you show me all the data that you've gathered? Because we've got epidemiologists and psychologists and psychiatrists and public health experts and virologists and all these researchers who've helped us develop all this stuff for court cases. So, tell me all the experts you've been hiring and putting on the payroll to come up with your information." They just stare at you and walk away and all that.

But anyway, so what's really going on here is very dark. It goes very deep. It's awful to talk about what they have in mind. It's been planned for a long, long time, but, yes, the numbers are inflated. And going back to the days of HIV/AIDS, Kary Mullis, at that point in time, developed this PCR test, which they're using until the end of the year. They've acknowledged that it can't tell the difference between COVID and SARS-CoV-2 and anything else, but they're going to use it for a few more months, because it suits them well.

But he said at the time, "It is not to be used as a diagnostic tool. It's a lab amplification tool." And he won the Nobel prize for that test as a lab amplification tool. And he said at the time, "What happens with when you use PCR technology is that you find a needle in the haystack, and then you can turn it into a haystack," Which I think is an interesting analogy.

Dr. Will Tuttle:

Amplifying.

Dr. Pam Popper:

And Mr. Fauci knows it. He was speaking a virology conference last year, and I just have to say that what these people say every day, makes our case. And I get up every morning and I ask God to please keep them talking on camera, because that's actually how we're going to take them down, in the end through the courts. He actually said last year at a virology conference, "When you run that PCR test at 35 cycles or more, you get a bunch of full positives and dead nucleotides and it's all garbage"

All right, well the instruction manuals are to run it at 40 to 45 cycles. So, by his own acknowledgement, we have an epidemic of fake cases. The error rate, when this PCR test was used at Dartmouth-Hitchcock in 2007 was a 100%, 100% wrong, all right. But we've tested billions of people all over the world. And then on the basis of a fake test, we have called them cases. So based on this fake test, I would likely be a case. A case of what? What? A 64-year-old woman who takes no drugs, perfectly healthy, worked out in the gym, bench pressing my weight this morning, a case of what? Healthy person with a positive test of something.

And then, of course, through this whole thing, the good news about this is they were very sloppy in the way that they executed this. So just to give you an example of how skewed it all is. And I don't know if you've seen these data before, but we have screenshots of all this stuff. So, by their own admission, here in Ohio, we have 11.5 million people, and our emperor says we have 18,611 deaths, that was as of a couple months ago. In Vietnam, they have 98 billion people, 98 million, it's kind of a third world country, in parts, they have 35 deaths. Now we got a worldwide pandemic going on. Can you explain that to me? Nigeria, 209 million people, 1,793 deaths, all right. In fact, Ohio with 11 and a half million people has more deaths than 11 of the most populated countries on the entire planet, including China. We have more deaths here.

One of the things I'm looking forward to asking our little emperor under oath is, are you making stuff up or were you so careless is to not call the leader of Vietnam and Nigeria and say, "What are you doing over there? They're dying in the streets over here in Ohio, so tell me what to do so I can protect my people." And there's no way you can make sense of these numbers.

I could give you data like this and keep talking until tomorrow morning at this time or tomorrow afternoon at this time, and never run out of new information to tell you that we've dug up on this. And it's overwhelming. And so, what you're seeing, because we've filed so many court cases, is

you're watching the scrambling and hysteria that they're engaging in, because they can't make this work anymore and they don't have an exit plan. You see this now.

Dr. Will Tuttle:

So, basically, these huge numbers of deaths are, basically, people that are dying of respiratory illness, diabetes, this and that and the other and-

Dr. Pam Popper:

Car accidents.

Dr. Will Tuttle:

... mostly old people, and just labeling it as COVID, because it's a narrative, an agenda to roll out a vaccine. Is that the basic idea? Is that true? And do you think there's more to it than that?

Dr. Pam Popper:

Oh, well that, and it's even darker than that. But I'll just back up and tell you, and you can watch this, this was in a White House press conference video, when Deborah Birx, the scarf lady, announced that, the way they were going to categorize the deaths. And there's written information. I mean, we submitted this to the court. They produced a new manual and a new way of categorizing deaths. Which means that, if you're in a motorcycle accident, you have head trauma and you die, but postmortem, they test you positive using the fake test for COVID, you're now a COVID death.

Dr. Will Tuttle:

Right.

Dr. Pam Popper:

A reporter, an unusually curious reporter, because most of them sit there and stare off into space, and dutifully report whatever they say, actually challenged the scarf lady, and said, "You're really going to do it this way?" And she goes, "Yes." And she gave a couple of examples. We don't know who had COVID, because we're using a fake test and we have no idea who died of it, because we're categorizing motorcycle accidents as COVID deaths. I'm planning to live about 35 more years, I don't know if it's enough time to unravel all this stuff and figure it out. It'll be enough time to put the people who did this in prison, and some of them should probably be put to death. It's like what the Nazis did.

So, to go to what their real goal is, depopulation. They want to kill people. I'm going to tell you what they're doing right now, so you know, and we filed all this in court too. This is not a secret, lots of documentation for it all right. And by the way, when attorneys file things in court, just so you know, you can't be very wrong about it, because you'll lose your law license. So, you have to have affidavits and have... Look, if I went to our attorney and said, "I just want to file a lawsuit against Fauci, and I'm going to make up some numbers." He can't file that, until I document, and he's got to be able to prove it.

All right, so let's start with the people involved. Klaus Schwab is pulling the strings a little bit, he's with the World Economic Forum. He's a despicable human being. I mean, I just want to

throw up when I watch him speak, but he wrote a great book called the Great Reset. And he says, "The Earth will have a billion people. He hopes that most of them are Asian, because they will follow instructions better than other people."

Now these are people who are criticizing others for being racist and discriminatory. I mean, and people listen to this criminal, make those kinds of statements, and they go, "Oh, Klaus Schwab." And then you've got people like Bill Gates. Bill Gates has been thrown out of third-world countries. He sterilized a half a million girls against their permission in, it was either, Nigeria or Kenya, it's in my book. I can't remember which country. He's been involved in so much nefarious activity; I can't remember which country goes with which nefarious activity.

So anyway, Gates has been thrown out for inducing abortions in pregnant women, sterilizing girls against their will, without their knowing it. In India, he's been thrown out, and he's basically said, "The planet needs less people."

All right, so let's go to what's just happening in the United States. And I've been very careful to make sure that the numbers that we're talking about are reliable. All right, so we're not hypothesizing. All right, so let's go with the CDC's numbers to begin with. All right, so according to the CDC, these shots that have been on the market for just a few months have killed about 13,000 in some people. The usual number of deaths that it takes to take a product off the market is between 15 and 25, not 1,000. Okay?

Dr. Will Tuttle:

Right.

Dr. Pam Popper:

15 to 25, we have 13,000 plus, and they're still going strong, mandating in the whole nine yards. But our attorney, Tom Renz, filed a lawsuit in an Alabama federal court with a whistleblower affidavit, who has access to the backend of some of the databases, who says, "It's actually over 44,000." Now that's a little bit more terrifying. You kill 44,000 people and you're still going strong, right?

Dr. Will Tuttle:

Yeah.

Dr. Pam Popper:

But now we know there are 11 portals, and that's just one of them. And you start to think about, how can you possibly attribute good intentions to this? But even if you just go to the 13,000 number, how can you possibly attribute good intentions to this? So, I don't know. I'm taking them at their word. They're all into population control, these globalist people who are pulling the strings.

And by the way, Bill Gates is considered the most powerful doctor in the world. There actually was a cover story that said, "Meet Bill Gates, the most powerful doctor in the world." And how does this guy, who's sort of got nefarious history himself, end up in that situation?

Dr. Will Tuttle:

Well, yeah, there's a whole background, as I understand, you probably are aware of it too, of his father and eugenics, and sort of trying to get rid of people who are... It's kind of like, from the point of view of animal agriculture, culling the herd. We've got too many livestock, we've got to get rid of some of them. It's a little bit unmanageable.

Dr. Pam Popper:

Yeah. And thinking about people that way is just... I mean, I'm upset about thinking of livestock that way. I don't want to kill anything. I'm one of those people. I'm happy when people take spiders out of the building, instead of... You know what I mean?

Dr. Will Tuttle:

Right.

Dr. Pam Popper:

And so the thought of looking at humans as being that disposable. And I think the other thing is, we should all be insulted at the idea that a few people, who've appointed themselves the leaders of the world, because they want to be the leaders of the world. It's like me sitting here and saying, "You know what? I'm the queen of the universe. I just appointed myself. So everybody should listen to me." And if I have enough money, I could kind of get away with that, and isn't that a bit frightening.

But these people have decided that they know what's best for the planet and for humanity. And this type of elitist, I'm-better-than-you, smarter-than-you kind of mentality, I just find so despicable. And, again, it comes from people who seem to want to accuse everybody else of being prejudiced or racist or whatever. And I don't know how they do it with a straight face at this point.

Dr. Will Tuttle:

So we still have some more time, but not a whole lot, but we have some more time, can you say a few words maybe about the actual injections themselves that people are getting? This seems to be such an important part of it, maybe a few words about that. And then also about the vaccine passports and how important that is to the agenda.

Dr. Pam Popper:

Well, the whole idea is to, when you think about it, the mandating vaccines for children to go to school was kind of a dress rehearsal, and they got away with it. And in some states, I mean, you can't... In the New York, they eliminated even the option for private schools to opt out. And then I think it's New Hampshire or Connecticut, they're trying to eliminate the option for homeschooling. So, you just have no choice, but to give your kids shots. So now what they want to do is they want to do that to the whole population. Like if you want to eat in restaurants, go to a concert, or maybe even buy food, you'll, by gosh, get the jab. And some people think, "Well, my I'll just get one." Well, good luck with that, because I just read an article this morning, the president of Pfizer says that, "As the new variants come, within 95 days, 95 days, they can have a new vaccine for each variant."

Well, RNA viruses mutate rapidly, and so this virus, the SARS-CoV-2 it mutated 11 times since you and I started talking. So, every 11 minutes or 20 minutes, we can pick another variant and Pfizer will go to work and make a vaccine. And it becomes mandatory then for you to keep your vaccine card up to date on your phone, so you can go into the grocery store and buy food, or have a banking arrangement or whatever. That's what they want to do. And the world is closing in on some places that are trying to do that right now, like New York.

So, anyway, in terms of what's in this thing, we actually don't know, and that's what's frightening. Because the drug companies, this arrangement that they've made with the FDA to kind of control the FDA in many ways, they don't have to disclose what's in the vaccines. They never have to give the raw data on any drug or vaccine that they develop. And right now, this is kind of chilling when you think about it, Pfizer's vaccine got full approval on Monday, and the trial data won't be available until 2023, and it won't be made public until 2025. So, we'll be able to in 2025, go back and figure out if what we're doing right now with tens of millions of Americans is a good idea or not.

And again, this is easy to verify. For people watching this who think that I'm a conspiracy theorist, or this can't be right, you can verify this with simple Google searches through the mainstream media. Look at the vaccine passports, look at what they have in mind, look at the approval, look at the due dates on trial data, and ask yourself, are you comfortable with doing this without any knowledge at all of what it's going to end up being about, or the consequences?

And people are having serial reactions. We talked about deaths. There are hundreds of thousands of severe reactions, and some of them are people who are never going to walk again. And some of these are children, by the way, who have almost zero percent statistically chance of dying of COVID, and we inducing pericarditis, myocarditis. How can you justify doing that to a 15-year-old?

Dr. Will Tuttle:

Right. So, there's no immunity. I mean, there's complete immunity for these companies. There's no way that they can actually have any legal ramifications....

Dr. Pam Popper:

Right. Since 1989, that's been the case on all these vaccines. And that's why they've felt okay to jack up the schedule to hundreds of them over the life span of the human. And I always ask people, this, let's say that tomorrow, the federal government will come out and say, "You know what? The car makers are making such a fuss about safety standards. And you know what we're really worried about, that they'll start making cars in other countries instead of here. So, we got to put a stop to that. So, here's what we're going to do. We're going to have no safety standards. Just make cars, all right. And so, inevitably, some of them are going to catch fire and some people are going to have accidents.

What we're going to do is, we're going to charge a \$250 tax on every car. And then when all these inevitably bad things happen, well, if somebody in your family gets killed by a car that has a defect, well, you can sue and get some money from this government fund that we collect." Who would buy a car made in the United States? And that's the equivalent of what they've done with the vaccine makers. And, again, it is almost willful ignorance for people to not understand how ridiculous that is. I mean, that's on its face, if you asked just people on the street, would they

think that the arrangement with cars would be okay? They go, "It's ridiculous. It'd never happened here." Well, they did it with vaccines. How do you know it would never happen here?

Dr. Will Tuttle:

So that's an interesting point, this idea of willful ignorance. And it seems to, again, in the vegan community, which is where we are supposedly very interested in knowing what's behind the curtain, and what's really going on, why do you think there's so much willful ignorance, even among people in the vegan community?

Dr. Pam Popper:

It's hard to explain and it is incredibly damaging, all right. I think some of it goes back to what I said earlier about, when you got curious about why we're not talking about eating plants instead of bypass surgery, and you realized what a terrible thing was being done to people, why couldn't you expand your ideas beyond just that? So it was that type of thing. I think that might be where it started. But it's at the point right now, what's going on is so, obviously, horrific that, at some point in time, you just got to say, "Look, this is a level of stupidity that is hard to fathom." And I believe, right now, that it's going to damage the community beyond recognition. I get emails every day from people who say, "I'll never listen to anything these people say again."

And it's easy to write off now, lower donations and that sort of thing to COVID, but sooner or later, it isn't going to be that. It's going to be, "You got behind these jabs and my uncle got killed." And, "You got behind this whole idea, my brother's business was bankrupted." I mean, there are real consequences here, and I'll say something else too, there are some members of our community that have not just been endorsing the vaccines and that sort of thing, but actively engaged in administering them.

And something I would advise everybody to take a look at, you should watch the documentary called *The Killing Nurses of the Third Reich*. And it's about how doctors and nurses did the regimes bidding. And a lot of them were convicted of treason, a lot of them were hanged, they died as a result or were killed as a result of what they did. Many of them did prison time. Not all of them. There are a lot of people who escaped, who were quite involved with the Nazi regime. But we have the same thing going on right now. And one in particular, who used to be a friend, and I can't even believe I'm watching it happen, but cannot give out the shots fast enough. And I'm horribly disappointed.

Dr. Will Tuttle:

Right. And there's quite a few even attacking vegans like you or other vegans who are questioning the narrative and saying that, "We're dangerous, and we're causing a lot of suffering and possible death by questioning the narrative." And these are medical professionals, or very often, it's not, very often, it's just people who have bought into this. So, you think it's just basically a failure to be curious, and a failure to just be able to be honest about what's happening?

Dr. Pam Popper:

Well, in the beginning, when I was criticizing my colleagues two years ago about... There was one notorious exchange at a conference, I won't mention names, but the question that was asked of all the panel members is, what do you say about colonoscopy? And my answer, we got a

lecture from a doctor who said, "Well, I do surgery and I've seen a lot of polyps. And I'm pretty sure I'm saving people's lives by taking those polyps out." I said, "Okay, well, that's all interesting. But the research shows that colonoscopy does not reduce the risk of dying of colon cancer. As a screening tool, it's useless. And the Canadians took it off their list. So, for every person you saved, you kill one. And we called that a wash. All right, it's what it is, you're not saving lives."

The person sitting next to me, got angry. In other words, I didn't say anything angry. This is what the data showed. And went back to the story about polyps. They said, "You're storytelling." "I love stories, but I'm talking about data and people should listen to your story, but they should see this data, and then decide if they're going to get a colonoscopy." And I was just as calm as here right now, as I'm with you. And we got a lot of anger about that.

And later people came up to me and said, "It was really clear what was going on, and that was unbelievable," all right. So, this had started, this fracturing had started, because I really have kind of been off to the side of this community, and I've watched as the, and I'm sure you've seen this too... I didn't know we were going to get into all this stuff, but it's interesting. And I'm sure you've seen this too, we're talking about converting to a plant-based diet, and we have to market this. If people walk away from us and think we're nuts, well, we've lost the whole thing.

I've watched as every year, we get more restrictions. Okay, we got, salt's going to kill you. Coffee's going to kill you. You have a cocktail on your birthday, that's death. And, gosh, if you eat a cookie, that's the slippery slope back to the American diet, and you've got to intermittent fast, and you've got more and more and more and more rules, that we've gotten to the place where the view of food is its nutrients and calories on a plate. And if you attach any more significance to it than that, then you just must not care about your health.

Well, the very first social experience humans had was sharing meals. There is a lot of significance of food beyond calories and nutrients on a plate, and calling people names... and they're not a whole lot better, some of these people, than the medical doctors who say, "People don't care about themselves." Well, if you don't care about yourself, to the extent these people think you should, you get the same judgment from them.

I kind of started moving away from all of that. If salting the broccoli will make you eat the broccoli, we got to let you salt it, all right. And salt isn't going to kill you, salt restriction might actually, but it's not going to kill you. So, you start extending that out, that tone deaf, I'm not listening to anybody, I'm not considering anything else, that behavior has carried over into this. "I'm right. I'm always right. Anybody who disagrees with me is wrong." This high and mighty judge, it's not a whole lot different, they would get along well in Fauci agency, actually, some of them. And I never thought I'd say that, but that's exactly what we're watching.

And it actually started a long time ago. And then like all things, it escalated, and here we are. So the good thing that can come out of it is, I think, that some of these people will make themselves irrelevant. They'll certainly be embarrassed, when this all comes out, and it will all come out. It is all coming out, all right. You're seeing even the mainstream media, and I've said this, this is an interesting perspective that I'll give you, the mainstream media benefited from dutifully following orders from the pharmaceutical companies and the government. But you know what happened? Their numbers have crashed. I joke, only kind of joking. I can afford to advertise on CNN now. Their numbers are so low.

So, if you've noticed, they're starting to report things, a little bit at a time, about the truth, all right. And they're going to turn on their masters, because this is what happens in a criminal enterprise, is that everybody... they're like rats in the sewer, you take off the lid, the sunshine comes in, and they all start running to save themselves. And they don't care about anybody else anymore. And that's what's going to happen. The media's going to try to save itself, because the big ratings are going to be reporting what's really going on, at some point. And then some of these people will start...

None of them have any characters, so all you have to do is get one of them in the hot seat and they'll give up everybody else. They'll throw somebody under the bus like Fauci or the scarf lady or whatever. And then that person will sing like a canary. We'll probably hear the singing here in Ohio.

Dr. Will Tuttle:

Wow. Well, thank you. Maybe you could just close with talking a little bit about the work you're doing with Make Americans Free Again, and the court case. Just some positive things that have been happening, and how people are getting involved with the grassroots movement perhaps? And what people can do to be part of the solution to this whole thing?

Dr. Pam Popper:

Yeah. So let's talk about positive stuff. We can fix this. And I wrote in my book that, actually, if we do this right, sometimes what you have to do is blow it up to build it again, because it gets to the place of not being fixable. I went through this period of time where I kind of lamented my pre-COVID life, and then I thought, "No, my pre-COVID life is, what it was, was allowing this to happen. So I don't want that. I want to go to something new, better," all right. So the government's collapsed, the media's collapsed, the healthcare system's collapsed, the education system is collapsed, so we can rebuild something better.

Here's how we're doing it, first of all, we have three branches of government and two have collapsed, all right. Legislative branch, useless, and our rulers, like the guy who runs Ohio, he's the emperor of Ohio. He used to be a governor, but he's not an elected official anymore. He doesn't care about people who live here. He's answering to somebody else. But the courts are still in business, and there are good courts out there. Not all of them, but there are good courts, and we've had the benefit of some of those.

So, we're going to sue the pants off of everybody, file in every jurisdiction we possibly can, in order to find one judge who orders discovery. Because we don't need to depose Mr. Fauci, 11 times, one will do, and then everybody gets the benefit, right? So, lawsuits are the thing. And I started last year, I figured we got to raise a \$100 million to finance lawsuits.

You have to start somewhere. I started a Thursday group, and I thought we're going to build groups and we'll raise money and file lawsuits. Well, filing lawsuits is like watching paint dry, that's how they go through the court system. I noticed something about our meeting, really early on, as it started to grow, people were so disenfranchised from friends and family and all that sort of thing, this started to be like the social event of the week, and it grew. My group right now, we have like a 100 plus people every week. And there's groups like this, thousands of them all over the country. So, everybody met new friends, thinking alike, no masks, people hugging. We had fundraisers with 400 people, when the gathering limits were 10. I mean, we had this whole underground life that we created, and it was wonderful.

First of all, because we were getting away with it. And second of all, because people could have a good life, in spite of what was going on. And we're still doing that, because there are a lot of restrictions in a lot of places. But then we thought, "Well, what can we do to be productive while we're watching paint dry?" So, we've got this idea, how about small business rescue? And we're still doing this too. People bring, they say, "So and so is struggling." Well, we organize buying parties and we organize groups of people to buy from restaurants regularly, and all that sort of thing. And then people started to feel successful instead of feeling like, "Oh my God, here comes some more bad news and some more bad news and some more bad news." It's like "Thursday night, it's all good news. Look at what we're doing."

So that got to be fun, and we did quite a bit of that. We're still doing it. Last year, we did some helping parents get kids out of school. This year, we're on an all-out kick to get a half a million to a million kids out of school, and into better educational opportunities. The schools are dystopian buildings we used to call school. They're unsafe for a variety of reasons, particularly, psychologically for children. So, we're big involved with that. We have all kinds of resources. We built this huge website with every resource imaginable. We have private coaches, and we do Zoom sessions every week for parents. And we have office hours with experienced parents.

And then we started working on healthcare. And we're organizing significant minorities to walk out of healthcare institutions to make them change their vaccine mandates. But the other thing we're doing, and I've wanted to do this for a long time, because the healthcare regulatory system in this country is absurd, so if you're a naturopath or herbalist, you can get arrested for practicing without a license or a nutritionist and not a dietician. Right now, if you're a doctor, you can get your license suspended, because you issue an exemption. You have to get a job to work in a hospital.

Well, here's the thing, if we can collect a \$100 from five percent of the healthcare providers in this country, we'd have \$115 million a year to go after this situation. And I think for \$115 million a year, I'm not the brightest lamp in the chandelier, but I believe I can clean that up. And we can start to have some fun. Right now, what happens is that they're easily able to scare people into compliance, because most people don't have the money to fight these battles on their own. But if we can say to doctors in California, who've been told, "You issue more than five exemptions and we're going to investigate you," we can tell doctors in California, "All of you, who have a conscience, issue exemptions. You get in trouble; we'll pay your bills."

All right, then let's bankrupt the rainy-day fund for the licensure boards while we're at it. So the more doctors that get in trouble, the happier we are, because it doesn't cost a lot more to defend 12 than 10. You know what I mean? And you really start to go after it from an aggressive standpoint and back these people down. And so I think we can remake the regulatory scheme for healthcare in this country, because what they're doing to doctors is unconscionable. What they've done to unlicensed people, were the only country on the planet that eliminated everything that wasn't conventional medicine. And we need to fix that problem, it's a 100 years old.

And so, I firmly believe that if we do this right, getting the kids out of school, empty school buildings will make them change what they're doing. Lots of money can make the regulatory scheme completely remake itself. And I think that we can, one day, when I'm 95 years old, I'm going to be sitting on my front porch saying, "You know what? That was painful. What they did was awful. We put a lot of people away and took their assets away for doing it. We had to make a lot of things right. But all things considered, we never could have gotten to this good place here

without that bad episode there." And then this would not have been for not, you know what I mean?

Dr. Will Tuttle:

Wow. Well, thank you so much Dr. Pam Popper for that beautiful, positive vision. And I really want to encourage everyone to go to your website. What would you suggest if people want to find out more and be part of this beautiful vision and the work you're actually doing, the practical work you're actually doing?

Dr. Pam Popper:

Yeah. So join us. Here's what we give, my email address, I give it out to everybody, pampopper@msn.com, and go to www.makeamericansfreeagain.com and join. We do a conference call every week for people who don't know what we're doing, want to have more knowledge, have questions about all this stuff. I do it at noon on Thursday, it's all free, all right. I do healthcare calls, couple times a week, groups of healthcare professionals. Teach them about what we're doing and how we're going to help them and all that kind of stuff. We have, every week, at least three events for people who need help as parents, "I don't know what to do. I don't know if I should pull my child out of school," all that's free. Everything free, all right.

If you want to donate, we really appreciate that. But all the money goes to the attorneys, except for a little bit for our attorney to have an assistant, because he needs that. All the rest of it, we spend on legal fees. And then you can get involved in this effort too. You can start a Thursday group. People sometimes say, "Oh, I've never done anything like that before." I've never done anything like this before, but I'm glad I did it. And I look forward to my Thursday group every single week, I never miss it. So, we can show you how to have this great underground life. If you live in a terrible place like New York, like we have here.

And so anyway, send me an email, go to the website, get involved and we can fix this. If I don't think we could fix this, I'd be out of here, but I know we can. We're going to.

Dr. Will Tuttle:

Great. All right, well thank you. Thanks again. Make Americans Free Again is the website, and it's important to stay positive, go vegan, and question all these narratives. Thank you so much, Dr. Pam Popper.

Dr. Pam Popper:

Thank you.