



# Sustainable Freedom Lab's 2023 Reliable Info Resource Guide

## News:

### **The Epoch Times – [TheEpochTimes.com](https://theepochtimes.com)**

A newspaper that keeps their conservatism in the Opinion columns. The news is well-researched and balanced. Sections on Life and Tradition, Mind and Body, and Home are entertaining and contain valuable information.

### **Just The News – [JustTheNews.com](https://justthenews.com)**

Old fashioned straight news from experienced journalists. Owned by John Solomon, former investigative journalist with The Associated Press, The Washington Post, The Washington Times, and The Hill.

### **The Washington Examiner – [WashingtonExaminer.com](https://washingtonexaminer.com)**

Breaking news, investigative reporting; and commentary that leans conservative. Good look at what is going on in Washington.

### **One America News Network – [OANN.com](https://oann.com)**

One America News Network is a conservative outlet, but it is balanced in the news only portions. Cover local, national, and international news. Has several conservative opinion shows.

### **Breitbart – [Breitbart.com](https://breitbart.com)**

Straight, no-holds-barred reporting that leans conservative. Often disparaged by the mainstream, the reality is they are good reporters who get the story right and in more depth than most. They hit stories you never see in the corporate media.

### **Sharyl Attkisson – [SharylAttkisson.com](https://sharylattkisson.com)**

Unbiased news, investigative journalism, and interviews. Incisive commentary. Excellent news source. Attkisson is a 5X Emmy Winner, former CBS Anchor and worth following to stay well-informed.

## Articles and Commentary:

### **The Federalist – [TheFederalist.com](https://www.thefederalist.com)**

Offers top writers with expert analysis of social and economic trends. Great place to find arguments to refute extremist dogma.

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### **The Western Journal – [WesternJournal.com](https://www.westernjournal.com)**

Another great source for in depth info on what is happening in Washington DC. Excellent writers that focus on political events and breaking news.

### **American Institute for Economic Research – [aier.org](https://www.aier.org)**

One of the oldest and most respected nonpartisan economic research and advocacy organizations in the country. Excellent analysis of current issues in economic terms. Great analysis of COVID-related studies.

### **Sustainable Freedom Lab – [SustainableFreedomLab.org](https://www.sustainablefreedomlab.org)**

Research and analysis of current issues including the pandemic, gender ideology, and the Great Reset. Detailed sources to help your own research. Information is presented from a unique perspective good for sharing with independents, friends, and neighbors.

## Analysis:

### **Real Clear Politics – [RealClearPolitics.com](https://www.realclearpolitics.com)**

Tops to stay aware of multiple sources national and state timely polling information. They offer curated news from many sources. A must for political junkies.

### **Media Research Center – [MRC.org](https://www.mrc.org)**

MRC gives you a quick handle on all the media is reporting. They create videos, articles, and podcasts that expose media bias. An invaluable resource for historic fact-checking.

### **Judicial Watch – [JudicialWatch.org](https://www.judicialwatch.org)**

Tom Fitton provides inside data, FOIA information, and email exposes you can find nowhere else. His work is 100% reliable as it is all from original sources. The “go to” site for exceptional content.

### **Just Facts – [JustFacts.org](https://www.justfacts.org)**

Has the highest credibility in true fact-checking. They publish thorough, straightforward, and rigorously documented facts about current issues. All information is accompanied by original sources. May be the most brutally honest fact-driven site out there.

## Health, COVID, Vaccines, and Masks:

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### COVID-19 Alternative Care Protocols –

#### Front Line COVID Critical Care - [FLCCC](#)

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FLCCC was founded by critical care specialists to provide COVID-19 treatments. They provide protocols for COVID-19 Prevention, Early Treatment, Hospital Treatment, Long COVID Treatment, Post Vaccine Treatment, and more medical information.

#### Zelenko Protocol – [Zelenko Protocol](#)

This site contains Dr. Zelenko's Protocol and studies supporting its efficacy.

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### Online Publications –

#### The Epoch Times – [TheEpochTimes.com](#)

The medical information is up to date, well-researched, and balanced. Sections on Mind and Body, and Home contain valuable health information.

#### Children's Health Defense – [Children's Health Defense](#)

Articles and videos that focus on childhood epidemics, COVID, vaccines. As an organization, CHD analyses studies, pharma products, and government interventions into healthcare that affect children.

### INFORMATION ON THE COVID-19 VACCINES:

(I have attached links to articles that are fundamental to understanding the effects of the COVID-19 vaccines yet receive little press. Often highly qualified professionals who speak out are vilified or even decertified. Here is the information so you can decide for yourself.)

**In May 2023 the Epoch Times began releasing a vaccine information series. The work is deeply researched, backed by references, and source documents, and is in an easy to digest format. I urge anyone interested in the mRNA vaccines to read this series.**

### PROMISE OR PERIL: COVID-19 MRNA VACCINE ISSUES SERIES:

#### Part 1: FDA Overhaul Needed for New Vaccines and mRNA Therapies

<https://www.theepochtimes.com/health/fda-overhaul-needed-for-new-vaccines-and-mrna-therapies-5157904>

**Part 2: Health Implications of Poor COVID-19 mRNA Testing: Miscarriage, Vision Loss, Immunotoxicity.**

<https://www.theepochtimes.com/health/health-implications-of-poor-covid-19-mrna-testing-miscarriage-vision-loss-immunotoxicity-5201116>

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**Part 3: Pulling Back the Curtain: mRNA Lipid Nanoparticle Design Created Potential for Clotting and Triggering Immune Overdrive**

<https://www.theepochtimes.com/health/pulling-back-the-curtain-mrna-lipid-nanoparticle-design-created-potential-for-clotting-and-triggering-immune-overdrive-5201297>

**Part 4: A Deeper Dive Into the Role of Spike Protein in Myocarditis and Blood Clotting After COVID-19 Vaccination**

<https://www.theepochtimes.com/health/a-deeper-dive-into-the-role-of-spike-protein-in-myocarditis-and-blood-clotting-after-covid-19-vaccination-5201323>

**DOCTORS SPEAK OUT:**

**Dr. Peter Doshi, British Medical Journal Sr. Editor, Speaks up about the COVID vaccines:**

<https://palexander.substack.com/p/british-medical-journals-editor-dr>

**Excerpt from the article –**

"The analysis showed that mRNA vaccines were associated with 1 additional serious adverse event for every 800 people vaccinated. This would normally have a vaccine taken off the market and is in sharp contrast to the idea that serious adverse events are extremely rare as federal health regulatory agencies have commonly claimed with regards to COVID-19 vaccines. The authors also found that the trial data showed that the increase in serious adverse events following mRNA vaccination surpassed the reduction in risk of ending up hospitalized with COVID-19."

**The BMJ Study referenced above –**

<https://www.sciencedirect.com/science/article/pii/S0264410X22010283>

**Dr Sucharit Bhakdi: Organs of Dead Vaccinated Proves Auto Immune Attack - 22/12/2021**

<https://www.bitchute.com/video/fHIT55iM4Zv9/>

**Dr. Aseem Malhotra:** Video Introducing His 2 Review Papers

<https://www.youtube.com/watch?v=MtE0l5FqHPs>

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**Dr. Malhotra:** Curing the Pandemic of Misinformation on COVID-19 mRNA Vaccines Through Real Evidence-based Medicine - Part 1

<https://insulinresistance.org/index.php/jir/article/view/71>

**Dr. Malhotra:** Curing the Pandemic of Misinformation on COVID-19 mRNA Vaccines Through Real Evidence-based Medicine - Part 2

<https://insulinresistance.org/index.php/jir/article/view/72>

**Dr. Meryl Nass:** Negative Vaccine Efficacy Keeps Rearing its Ugly Head

<https://merylnass.substack.com/p/negative-vaccine-efficacy-keeps-rearing>

**Dr. Joseph Mercola:** How the FDA and CDC Hide Dangers of the COVID Jab:

<http://sustainablefreedomlab.org/wp-content/uploads/2022/11/How-the-FDA-and-CDC-Hide-COVID-Jab-Dangers.pdf>

#### **AUTOPSIES:**

This is a preprint review of 325 published autopsy cases and one necropsy case up until May 18<sup>th</sup>, 2023.

<https://zenodo.org/record/8120771>

The above preprint was withdrawn by Lancet “because the study’s conclusions are not supported by the study methodology.” After several requests, Lancet offered no explanation regarding the methodology. Unfortunately, quick retraction has been a hallmark of studies and reports critical of the vaccines.

<https://dailysceptic.org/2023/07/06/lancet-study-on-covid-vaccine-autopsies-finds-74-were-caused-by-vaccine-journal-removes-study-within-24-hours/>

Much of the criticism for the report stems from AFP FactCheck, a French company which is contracted to fact checks for Meta (Facebook) and Google, both noted for censoring medical information.

<https://factcheck.afp.com/about-afp>

<https://www.wsj.com/articles/the-biden-administrations-assault-on-free-speech-first-amendment-social-media-platform-meta-facebook-twitter-files-99101669>

The FDA tracks autopsies on those who died following the vaccines, but refuses to release them after FOIA requests.

<https://www.theepochtimes.com/article/exclusive-fda-withholding-autopsy-results-from-people-who-died-after-getting-covid-19-vaccines-4763765>

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**Typical cardiac tests may not detect C-19 spike vaccine protein.** When a pathologist's preliminary analysis of a decedent's heart appeared normal, he decided to take 22 different slides of tissue for further assessment and discovered vaccine inflammation had damaged and attacked his entire heart.

<https://sustainablefreedomlab.org/wp-content/uploads/2023/08/Myocarditis-Caused-by-COVID-19-Vaccine-Spike-Protein-Is-Often-Not-Detected-by-Typical-Cardiac-Tests.pdf>

"Through our autopsy-based approach, we identified five cases of lymphocytic (epi-)myocarditis in persons, who were unexpectedly found dead at home within the first week following mRNA-mediated anti-SARS-CoV-2 immunization."

#### **ADMISSIONS FROM PFIZER AND MODERNA:**

**Moderna CEO Bancel:** Admits COVID Is Like Seasonal Flu, Only Vulnerable Need Jabs

<https://palexander.substack.com/p/moderna-ceo-bancel-admits-covid-is>

**Pfizer Executive:** Admits Company Did Not Know if Their COVID-19 Vaccine Could Stop Transmission; They Never Tested for Transmission

<https://palexander.substack.com/p/pfizer-executive-now-says-that-they>

#### **ISSUES OF MALFEASANCE?**

**British Medical Journal Reports FDA Is Hiding Data on Covid Vaccines**

<https://www.trialsitenews.com/a/british-medical-journal-reports-fda-hiding-data-on-covid-vaccines-253dcc44>

**FDA Refuses to Release Autopsy Results on People Who Died After COVID Vaccines**

<https://childrenshealthdefense.org/defender/fda-autopsy-results-covid-vaccine-deaths-et/>

**Court Orders CDC to Release Data Showing 18 Million Vaccine Injuries in America**  
(The 18 million is extrapolated from the CDC data showing 2.5 million injuries [25%] out of 10 million patients monitored.)

<https://www.technocracy.news/court-orders-cdc-to-release-data-showing-18-million-vaccine-injuries-in-america/>

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**Disappearing Flu Data: RFK, Jr. Brings Together 5 Experts to Discuss Changes in How Health Officials Calculate All-Cause Mortality**

Robert F. Kennedy, Jr., invited four experts to comment on a theory, proposed by Jonathan Jay Couey, Ph.D., that public health officials in 2020 changed how they calculate all-cause mortality statistics to make flu deaths look like deaths from COVID-19.

<https://childrenshealthdefense.org/defender/rfk-jr-podcast-flu-data/>

**UK Medicine Regulator confirms COVID-19 is Man-made & Vaccines were created using Computer Generated DNA**

This analysis comes from [The Expose](#), a UK online paper that presents information from government data. They are often maligned, and PayPal has locked up their funding to silence their message.

<https://expose-news.com/2022/10/30/mhra-confirms-covid-19-is-man-made/>

**Studies –**

For researchers and doctors who want to dig deeper into the vaccines, here are several peer-reviewed studies posted by James Lyons-Weiler.

<https://popularrationalism.substack.com/p/some-peer-reviewed-studies-for-weekend>

**Dr. Pierre Kory -**

Dr. Pierre Kory – Pres. Front Line Covid-19 Critical Care Alliance (FLCCC) breaks down the ACTIV-6 Trial of Ivermectin suggesting the drug has little benefit in treating COVID.

<https://rumble.com/v1txgsu-activ-6-ivermectin-trial-with-dr.-pierre-kory-short-video.html>

**Brownstone Institute –**

This article details a recent report in Clinical Research in Cardiology of 3 people who died unexpectedly at home shortly after receiving the COVID vaccination. Two other people likely died from the vaccines.

## **A CLOSER LOOK AT MASKS AND MASK STUDIES:**

### **Just Facts - [Everything You Always Wanted to Know About Masks](#)**

This article is probably the most extensive and scientific study on masks ever done. It represents more than 500 hours of research. These [thoroughly vetted](#) facts will take more than an hour for most people to read, but even the first few paragraphs gives you information to consider.

### **Just Facts - [Famed Bangladesh Mask Study Excluded Crucial Data](#)**

The Bangladesh study has been promoted as ultimate proof that masks are effective in stopping the spread of the virus. Except when those claims were made, the authors only released a portion of the data. The remaining information leads to a much different conclusion. Sadly, the media and federal agencies rarely mentioned the updated information.

### **CDC - [Study Promoting Masks Makes Claims Not in the Study](#)**

This study released in Feb 2022 claims masks reduce the odds of testing positive for COVID. In the fine print they admit the results are statistically insignificant. In other portions of the study the authors show a significant reduction in infection but fail to link it to the wearing of masks as many other environmental events may have contributed to the reduction.

### **The Cochrane Study - [The Cochrane Mask Study](#)**

The prestigious Cochrane Review is one of the most respected libraries of medical data in the world. This study reviewed more than 276,000 participants in Randomized Control Trials and found masking does nothing to reduce the spread of influenza-like, or COVID-like illnesses, and no reduction in confirmed flu or COVID.

### **Interview with the Lead Author of the Cochrane Study - [Interview](#)**

Tom Jefferson is a senior associate tutor at Oxford University and the Cochrane Study's lead author. Here he gives a rare interview that reveals more about the study including the concept of "layering" "to ward off the virus.

### **The NYT Attempted to Undermine the Cochrane Mask Study - [NYT Article by Zeynep Tufekci](#)**

This shows how the media succeeds in confusing the public and many professionals. In this case changes were made to the Cochran Study's conclusions without knowledge or consent of the authors, who disagree with the alterations. (You will notice YouTube has deleted the video portions, but this is no surprise.)



## **THE 2022/23 FLU PANDEMIC ISSUE:**

### **The 22-23 Flu Season - [How Worried Should We Be about the New Flu Season?](#)**

The CDC and the press are announcing that we are in the midst of a “flu emergency” unfolding in the USA right now. The CDC is calling for people to take the flu vaccine. Should we be worried? You may not know, last year, in time for the 22-23 flu season, the CDC changed the definition of Influenza-Like Illness leading to double-counting. (ILI)

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## **WHY MORE DOCTORS DON'T SPEAK UP ABOUT VACCINE INJURIES:**

It may be hard for many to believe, but physicians, surgeons, statisticians, researchers who expose information that runs counter to the CDC's COVID and vaccine narrative face severe reprisals. In many cases some of the world's leading doctors and other experts are threatened with loss of board certifications and licenses to practice. Here are some articles explaining how this happens.

### **Silencing COVID Science - [Article](#)**

### **Air Vaccines? - [A Conversation with Whistleblowers at Houston Methodist](#)**

### **The Power of State Medical Boards - [The Fight for Ivermectin as A COVID Treatment](#)**

### **Medical Board Reprisals – [Lacking Criminal Evidence, Boards Pursue 'Unprofessional Conduct.'](#)**

### **If COVID Shots are Bad, Why do Doctors Encourage More? - [Why Doctors Lie.](#)**

## **Is There Any Real Evidence of 2020 and 2022 Voter Fraud:**

### **Investigator's Report to the Arizona State Legislature – [Senate Election Oversight Meeting](#)**

Arizona forensic investigator Jacqueline Breger exposes racketeering and fraud in more than 20 states including Arizona's Maricopa County. Her team discovered 25,000 falsified ballots at a home traced to Donna Chavez whose daughter applied for whistleblower protection. In addition, 100,000 ballots and \$13 million in cash were found in 2 rental cars. At one point, an official, who is among the accused, hurriedly leaves the room. Go to 4:03 in the video for her testimony.

### **Researchers' Testimony at Arizona Senate Elections – [Article Covering the Breger Testimony](#)**

The Arizona Legislature's Senate Elections Committee and House Municipal Oversight & Elections Committee held a joint hearing on Thursday featuring testimony from several people involved in researching the voter disenfranchisement that occurred in 2020 and 2022.

## Climate Change:

### CO2 Coalition – [CO2Coalition.org](https://CO2Coalition.org)

Formed in 2015, the CO2 Coalition uses the traditional scientific method of empirical, measurable, and objective facts to test and replicate hypotheses. A good source for independent thinkers who choose to use science rather than politics to make decisions involving the climate and sustainability.

### Net Zero Watch – [NetZeroWatch.com](https://NetZeroWatch.com)

This group analyzes global climate change policies, their real costs, and their effect on consumers. They operate under The Global Warming Policy and accept no donations from energy companies.

## Substack Authors of Note –

### Popular Rationalism – [Popular Rationalism](https://PopularRationalism)

James Lyons-Weiler is a scientist, author, and human rights advocate. James is an expert in statistics and data analysis in biomedical studies. He shares research and interpretation of studies from COVID-19 public health policies to whether published studies actually support their own conclusions. Don't miss his work!

### Dr. Paul Alexander – [Evidence-based COVID news](https://Evidence-based COVID news)

Dr. Alexander is a COVID-19 Consultant Researcher in EBM, Research Methodology, and Clinical Epidemiology. He provides breaking information on vaccines and true stories behind the legacy media's health-related stories. His analysis is thorough, yet understandable.

### James Roguski – [James Roguski](https://JamesRoguski)

James Roguski is a relentless researcher whose passion is to cut through misinformation and find the truth. His work is precise, deeply researched, and presented in an easy-to-follow format. James' breakdown of the FDA approval meeting and its accompanying Pfizer/Moderna documents is a must read for all parents.

### Jessica Rose – [Unacceptable Jessica](https://Unacceptable Jessica)

Dr. Jessica Rose is a Canadian researcher with a bachelor's degree in Applied Mathematics and a master's degree in Immunology from Memorial University of Newfoundland. She also holds a PhD in Computational Biology and post-doctorates in Molecular Biology and Biochemistry. She breaks down data in the Vaccine Adverse Events Records System (VAERS) to make it accessible to the public

### Dr. Maryl Nass – [Meryl's COVID Newsletter](https://Meryl's COVID Newsletter)

Meryl Nass is a physician and researcher who proved the world's largest anthrax epidemic was due to biological warfare. She revealed the dangers of the anthrax vaccine. Her license was suspended for prescribing COVID medications and 'misinformation.'

**Igor Chudov – [Igor's Newsletter](#)**

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Chukov explains how governments and other players manipulated people into panic over COVID. His article 'Vaccine Skeptics are the True Critical Thinkers' is worth everyone's time to read.

**Dr. Geert Vanden Bossche – [Voice for Science and Solidarity](#)**

Geert Vanden Bossche, PhD, DVM is an Independent Vaccine Research Consultant. He specializes in Vaccine Discovery & Preclinical Research. Geert's mission is to unveil and widely share the scientific truths concerning the detrimental health and social consequences of the ongoing COVID-19 mass vaccination campaigns.

**Other authors -**

**Pam Popper – [Rumble Videos](#)**

Pam Popper is a best-selling author and internationally recognized expert on nutrition, medicine, and health. Her InforMED educational programs, articles, and videos have been used by consumers all over the world to regain and/or maintain their health.

**Pam Popper – [Wellness Forum Health](#)**

This is Pam's Wellness Forum Health Newsletter that helps consumers and professionals make better informed medical decisions.