

# Bird Flu — Another Attempt to Control the Food System and Make a Profit. A New Wave of Fearmongering Begins - Should You Be Concerned?

By [Dr. Ashley Armstrong](#)

Global Research, July 02, 2024  
[Mercola](#)

Region: [USA](#)

Theme: [Science and Medicine](#)

All Global Research articles can be read in 51 languages by activating the Translate Website button below the author's name (only available in desktop version).

To receive Global Research's Daily Newsletter (selected articles), [click here](#).

Click the share button above to email/forward this article to your friends and colleagues. Follow us on [Instagram](#) and [Twitter](#) and subscribe to our [Telegram Channel](#). Feel free to repost and share widely Global Research articles.

[Give Truth a Chance. Secure Your Access to Unchained News, Donate to Global Research.](#)

\*\*\*

*Fearmongering around bird flu mirrors COVID-19 responses, with calls for testing, social distancing, and vaccination in the agricultural sector. New RFID tagging requirements for dairy cows represent potential government overreach, aimed at increased animal tracking and control*

*Development of mRNA vaccines for bird flu in both humans and animals raises concerns about potential mandatory vaccinations and their impact on the food supply*

*FDA warnings against raw milk consumption lack evidence of foodborne transmission of bird flu to humans and may serve to protect industrial dairy interests. The centralization of the food system has led to a 72% decrease in small farms over the last 90 years, emphasizing the need to support small-scale farmers directly*

*The H5N1 virus may have origins in gain-of-function research, potentially emerging from a lab rather than occurring naturally in wild birds*

*Mass culling of poultry in response to outbreaks has led to over 92 million chickens being slaughtered since 2022, often using inhumane methods*

\*

Let the fearmongering begin (again)! Propaganda efforts are making people believe humans can die from the bird flu and that we must "do our part" in preventing the next global pandemic. Wear masks, social distance, sanitize everything, get tested, get vaccinated ... It's kind of like "COVID-19," but now in dairy cows!

**This is what  
bird flu  
looks like  
under a  
microscope**



Image from [imgflip.com](https://imgflip.com)

Similar to “wear masks, stay home, practice social distancing and sanitize everything,” the United States Department of Agriculture is now encouraging farmers to regularly test animals, test the milk weekly, register livestock, step up the use of personal protective equipment, limit traffic onto their farms, and increase cleaning and disinfection practices.

“The most important step we can take today is biosecurity. I am calling on producers to use our resources to enhance their biosecurity measures and states and producers to opt in to our support programs and herd monitoring programs, which are designed to limit the spread of this disease in dairy cattle.” — Secretary of the USDA Tom Vilsack.

## **Good biosecurity is the key to mitigating the spread of H5N1 bird flu**

*I am calling on producers to use our resources to enhance their biosecurity measures and states and producers to opt in to our support programs and herd monitoring programs.*

**Tom Vilsack** Guest columnist

Published 10:05 a.m. CT June 24, 2024

Image from [www.desmoinesregister.com](http://www.desmoinesregister.com). Article written by the secretary of the USDA (Tom Vilsack), spreading the message that it is up to the farmers to comply to biosecurity methods to stop the spread.

Similar to “toilet paper shortages,” now there are limitations on number of egg cartons purchased at some stores in Australia as bird flu spreads rapidly across large poultry farms. (Are meat and dairy products next?)

## Coles puts in buying limit on eggs due to Victorian avian flu outbreak

One major supermarket has implemented a temporary buying limit on eggs after cases were detected across five poultry farms in Victoria.

Jessica Wang

less than 2 min read June 10, 2024 - 8:05AM

NCA NewsWire

Figure: Coles is one of the two largest supermarket chains in Australia.

Similar to summer event cancellations in 2020 and 2021, state fairs and livestock events are requiring testing<sup>1</sup> and some are even being canceled this summer due to the bird flu.<sup>2</sup>



What's next?

- Lock downs of cows and chickens inside barns to reduce the spread?
- Mandatory avian influenza testing?
- Mandatory mRNA vaccination of all livestock to “solve the problem?”
- Force farm employees to wear personal protective equipment (PPE)?

This is all a little déjà vu, isn't it? Can you believe they are trying this again? And all of this may be obvious to you, but when you tune into any mainstream media account right now, people ARE buying it! And there is a massive amount of fearmongering and discussions on “why we should be concerned,” “what to do to prevent a spread.”

For example, Dr. Sanjay Gupta on CNN produced an “Are We Prepared for Bird Flu” fearmongering special.<sup>3</sup> The CDC is now predicting that the next pandemic will be from the bird flu.

“Once the virus gains the ability to attach to the human receptor and then go human to human, that’s when you’re going to have the pandemic ... I think it’s just a matter of time.” — Dr. Redfield, former CDC director.

News agencies from across the country are saying the exact same thing. So, is that really “news?” Or has it become propaganda again? Reporting what they want us to hear to spread fear. So in this article, let’s discuss how this bird flu “pandemic” is an attempt to obtain complete control of the food system.

“Who controls the food supply controls the people.” — Henry Kissinger

I will also touch on what YOU can do to help stop spread the fearmongering — helping others better understand why these types of events are occurring can hopefully help prevent people from falling for this. (AGAIN!)

## What Is ‘Bird Flu’

According to According to the World Health Organization (WHO), “H5N1 is one of several influenza viruses that causes a highly infectious respiratory disease in birds called avian influenza (or ‘bird flu’).” The “bird flu” is not new — it is something agriculture has dealt with for a long time. The CDC actually outlines the history of Avian Influenza from 1880 — 2024 [here](#).

Dr. Mercola wrote about this in 2006 in his book “The Great Bird Flu Hoax:” “The U.S. government is now practically screaming that a new avian super-flu will likely kill millions of Americans. The mainstream media is entirely onboard, as are drug companies and other corporations poised to benefit immensely off the paranoia. But there is NO coming bird flu pandemic.

It’s an elaborate scheme contrived by the government and big business for reasons that boil down to power and money.” Are they really trying this again?

## GOF Origins?

While I do not think humans should be concerned, there is no denying that H5N1 can cause problems for birds. Many people say that H5N1 comes from wild birds — but is Nature really something we should be fearing or trying to separate ourselves from? Where did the strain

come from and why is it so problematic? Are there other origins?

Gain-of-function (GOF) research seeks to alter the functional characteristics of a virus to “help” public health experts better understand how viruses can spread and better plan for future pandemics.

In 2010, there was controversial GOF research on avian flu viruses where strains of the H5N1 bird flu viruses were intentionally made to be transmissible via respiratory droplets among ferrets. These studies were funded by the National Institute of Allergy and Infectious Diseases (NIAID) under Dr. Anthony Fauci. Bill Gates has also funded gain-of-function research on H5N1.<sup>4</sup>

In 2011, the scientists reported that they were successful in modifying the avian H5N1 virus so that it was transmissible between mammals, making the entire situation riskier for humans.<sup>5</sup>

After being put on pause for a period of time, federal funding for these controversial research projects quietly resumed in 2019.<sup>6</sup> And GOF critics have repeatedly discussed the human risks if the virus escaped (or released) from a lab.

Did the current H5N1 strain come from a lab? Were migrating birds infected, which then traveled across the world and country infecting a number of poultry and livestock facilities around the world? There are individuals investigating potential lab origins of HPAI through gain of function research.<sup>7</sup>

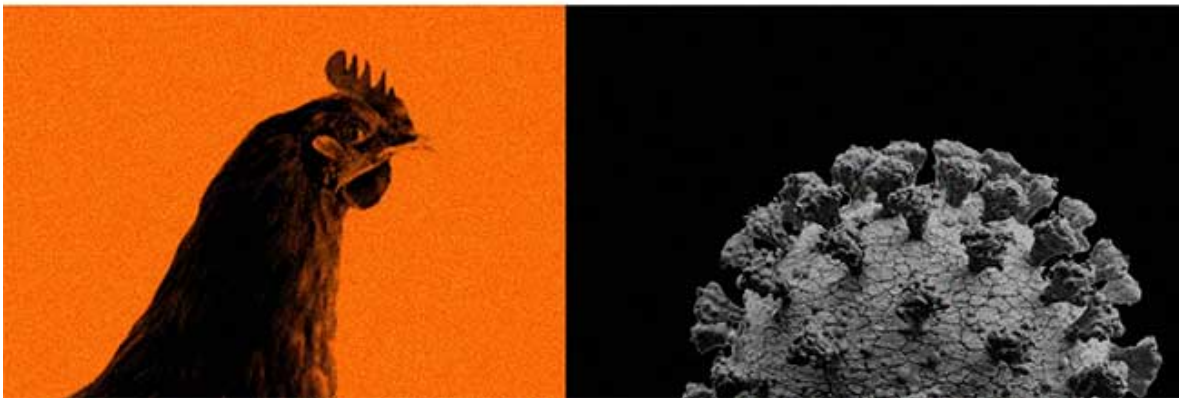
“Genetic analysis indicates that genotype B3.13 emerged in 2024 and exhibits genetic links to genotype B1.2, which was identified to have originated in Georgia in January 2022 after the start of serial passage research with H5Nx clade 2.3.4.4 in mallard ducks at the USDA Southeast Poultry Research Laboratory (SEPRL) in Athens, Georgia in April 2021.”

## SCIENCE

# Bird Flu Leaves the World With an Existential Choice

To prepare for future outbreaks, we'll have to decide which is the greater danger: nature or ourselves.

By Jacob Stern



Us humans will NEVER win the war against Mother Nature, as She will ALWAYS outsmart us. Image from [www.theatlantic.com](http://www.theatlantic.com)

Unfortunately, there is now troubling censorship that was recently instated to better control the narrative. Robert Malone reported that in June of this year, amendments to the WHO IHR (International Health Regulations) were illegally approved and prepared behind closed doors.<sup>8</sup>

“Although the ‘Article 55’ rules and regulations for amending the IHR explicitly require that ‘the text of any proposed amendment shall be communicated to all States Parties by the Director-General at least four months before the Health Assembly at which it is proposed for consideration,’ the requirement of four months for review was disregarded in a rush to produce some tangible deliverable from the Assembly ...

The IHR amendments retain troubling language regarding censorship. These provisions have been buried in Annex 1,A.2.c., which requires State Parties to ‘develop, strengthen and maintain core capacities ... in relation to ... surveillance ... and risk communication, including addressing misinformation and disinformation.’<sup>9</sup>

## Now Cows and Humans Get Bird Flu

But the bird flu now involves more than just birds ... this year marks the first “bird to cow” and “cow to human” transmission.

A multi-state outbreak of H5N1 bird flu in dairy cows was first reported on March 25, 2024.

And according to the CDC, there are now 12 states with outbreaks in dairy cows with a total of 126 dairy herds affected.<sup>10</sup>

According to the Ohio Department of Agriculture, however, most sick cows recover within a few days.

The first reported human case in the US was a dairy farmer in Texas who developed pinkeye earlier this year. “Swab testing” was used to determine this dairy farmer had the same strain of bird flu, H5N1, that is supposedly circulating in dairy cows.

Altogether, there have been four human cases in the U.S., and none involved person-to-person spread — all were infected after exposure to animals presumed to have bird flu. With the goal of spreading fear, the World Health Organization reported that the first human has died from the avian influenza in Mexico on April 24th.

A few important details they do not include in headlines is that this individual had many pre-existing conditions, had no exposure to poultry or other animals, and was bedridden for three weeks prior to the onset of avian flu symptoms.

This accusation by WHO that this man died from the bird flu was denied by the Mexican Health Secretary Jorge Alcocer.<sup>11</sup> Jorge Alcocer said the 59-year-old man died from other causes, mainly kidney and respiratory failure, NOT the bird flu.

“I can point out that the statement made by the World Health Organization is pretty bad, since it speaks of a fatal case (of bird flu), which was not the case.” — Jorge Alcocer

While the individual who died may have tested positive for H5N2, the current “fear” in the U.S. is the spread of the H5N1 strain in dairy cows. In 2008, scientists documented how testing positive for H5N2 may just be a result of seasonal flu vaccines or antiviral medications.

“A history of seasonal influenza vaccination might be associated with H5N2-neutralizing antibody positivity.<sup>12</sup> These results suggest that the administration of Tamiflu (an antiviral) may affect the results of HI tests for H5N2 virus.”<sup>13</sup>

Again, doesn't all of this sound so familiar? Pre-existing conditions, false positive faulty testing, fear, misinformation ...

## False Testing

Just like with COVID, government agencies are relying on PCR tests as they ramp up testing for bird flu. But PCR tests are extremely inaccurate and lead to significant levels of false positives.<sup>14</sup>

PCR testing works by replicating tiny fragments of DNA or RNA until they become large enough to identify. The fragments are replicated in cycles, and each cycle doubles the amount of genetic material in the sample. The number of cycles required to create an identifiable sample is the “cycle threshold” (CT). A high CT means many cycles were required to “detect” a virus.

“A persistent sticking point with the PCR test is that it picks up dead viral debris, and by excessively magnifying those particles with CTs in the 40s, noninfectious individuals are labeled as infectious and told to self-isolate.

In short, media and public health officials have conflated ‘cases’ — positive tests — with the actual illness.” — Dr. Mercola, written about PCR testing with COVID. But now we this can be applied to the current bird flu situation.

In December 2020, even the WHO warned that using a high CT would lead to false-positive results. Moreover, Kary Mullis, who won the Nobel Prize for inventing the PCR test, has said it is inappropriate to use the test as a diagnostic tool to detect a viral infection.<sup>15</sup>

Yet the government is mass producing and encouraging PCR testing with no reporting on CTs. A big part of the CDCs new \$93 million plan to reduce the impact of bird flu involves testing.<sup>16</sup> The U.S. Department of Agriculture (USDA) did not respond to “The Defender’s” inquiry about which CTs are used to test animals for bird flu.<sup>17</sup>

False positives can help them spread fear, encourage vaccinations, and mandate the mass killing of cattle herds of chicken flocks.

## Proposed Solutions

Former CDC Director Tom Frieden, outlined how he thinks the US should respond:<sup>18</sup>

- 1) Rapid response — Test, isolate, cull livestock
- 2) Trust the government and comply, with this type of messaging — “It’s up to our farmers to comply and report testing”
- 3) Coordination amongst state and federal agencies to monitor more farms

The USDA requires that infected farms depopulate (kill) their flocks to better contain the virus and stop the spread. “The virus, however, is fatal to birds, and state and federal officials require all poultry in infected flocks to be killed to prevent its spread.”<sup>19</sup> These mass killings (or “depopulations”) are paid for with public dollars through a USDA Program.<sup>20</sup>

On June 25, the Feds have paid Michigan farms \$81 million to recoup the loss of having to cull millions of birds.<sup>21</sup> More than \$73 million of that \$81 million was provided to the state’s largest egg producer, Herbruck’s Poultry Ranch. Nearly 6.5 million chickens (more than 40% of the state’s egg layers) were depopulated in early 2024.



# Feds pay Michigan farms \$81M to stamp out flocks infected by bird flu

Updated: Jun. 25, 2024, 10:09 a.m. | Published: Jun. 25, 2024, 10:01 a.m.



Image from [www.mlive.com](http://www.mlive.com)

Roughly \$1 billion has been paid out nationwide since the highly pathogenic avian influenza, H5N1, started spreading in January 2022. Nationwide, large corporate egg producers have received some of the biggest payments to cover the cost of culling their flocks. For example, Jennie-O was provided \$105 million, Tyson Foods was provided \$29 million, and Cal-Main Foods \$22 million.<sup>22</sup>

More than 92 million chickens have been slaughtered since the recent outbreak began in 2022. And in June of this year, 4.2 million birds were killed at a farm in Sioux County, Iowa. (Why were there 4.2 million chickens at a single farm?)

Corporations are compensated for the mass killings despite the utilization of inhumane depopulation methods that are not approved by animal welfare organizations. More than 80% of the mass culling here in the US use VSD+ (ventilation shut down plus), which is a cheaper option and is banned in other countries. Air is closed off to the barns and heat is pumped in until the temps rise above 104 °F, essentially cooking the birds alive.

In a mass killing of 5 million birds in March 2022 at Rembrandt Foods, some employees reported that it took about a month to pull the dead poultry from the cages and dump them into carts before piling the birds into nearby fields and buried in huge pits.



Hens culled using ventilation shutdown plus are moved down a conveyor belt into a truck, after which they'll be disposed of. This took place on an egg factory farm of more than 5 million hens in Iowa in 2022. Direct Action Everywhere

Image from [www.vox.com](http://www.vox.com)

Is the massacre of millions of birds really the best way to handle this situation? (It isn't working, as "avian flu" outbreaks continue to pop up!) What if flocks are massacred due to a single false positive test? What about the concept of "natural immunity?"

The "cull the whole flock with one positive test" approach of approach will just lead to a reduction in the nation's food supply (or even food shortages) and will lead to even more centralization and regulation in the food supply that is getting worse each year.

## Dairy Cow Tracking

The USDA used the H5N1 fearmongering to push a ruling through on April 26th of this year that RFID ear tags are now required for dairy cattle for an "efficient animal disease traceability system."

Or ... is it a way to monitor, track and control the total number of and movement of dairy cows? A way to keep records of mRNA vaccinations, pharmaceuticals and other protocols to maintain in control?

RFID (radio-frequency identification) tagging involves small devices that use radio frequencies to transfer data, mainly to track and identify objects, animals and people.

R-CALF USA is speaking out against this new ruling: "[T]he beneficiaries of this rule are not cattle producers or consumers. Instead, this rule is intended to benefit multinational beef packers and multinational ear tag manufacturers who will profit at the expense of cattle producers and consumers.

In fact, because the rule is cost-prohibitive for independent cattle producers, the agency is using millions of taxpayer dollars to give millions of their unnecessary EID ear tags away ... We will fight against the implementation of this disastrous rule that infringes on the

freedoms and liberties of our nation’s independent cattle farmers and ranchers. This is government overreach at its worst.” — R-CALF CEO Bill Bullard.

## Vaccines

The CDC still says, “the human health risk assessment remains low,” yet there is extensive vaccine development.

Finland is now the first country to roll out the experimental bird flu vaccine and purchased vaccines for 10,000 people in mid-June,<sup>23</sup> from manufacturer CSL Seqirus. This first round is intended for those “most at risk,” including farm workers and veterinarians. This purchase is part of the 40 million vaccine deal the EU has secured with CSL Seqirus.

This “Zoonotic Influenza vaccine Seqirus” (a two-dose vaccine, given 3 weeks apart) was authorized by European regulators based on immunogenicity studies showing that it elicited immune responses that scientists THINK would be protective against avian influenza.<sup>24</sup> (How is “we think so” enough?)

The flu vaccine is traditionally made with eggs, and this has scientists worried. “A majority of the approved vaccines are created by incubating doses in chicken eggs, but the [bird flu’s] rate of fatality among poultry poses an issue for these vaccines.”<sup>25</sup> So, many manufacturers are shifting towards more mRNA vaccine development.

“The bird flu outbreak in U.S. dairy cows is prompting development of new, next-generation mRNA vaccines — akin to COVID-19 shots — that are being tested in both animals and people.”<sup>26</sup>

The University of Pennsylvania is developing an mRNA vaccines for the bird flu using the same techniques that produced the COVID vaccines. According to a May 28th report from the Global Center for Health Security, “[a]n experimental mRNA vaccine against the H5N1 avian flu is highly effective in preventing severe illness and death in lab animals, researchers report.”<sup>27</sup>

Moderna and Pfizer are also competing for federal contracts to build a national stockpile of mRNA vaccines targeted toward the new bird flu.<sup>28</sup>

24 different companies are working towards the development of a bird flu vaccine for cows.<sup>29</sup> Mandatory chicken and dairy cow mRNA vaccinations would then mean we are exposed to mRNA vaccines through our food.

We definitely do not need more vaccines, as more and more studies are coming out documenting that health complications skyrocketed shortly after the Covid vaccinations were released in 2020.<sup>30,31,32</sup> From Dr. Joseph Sansone:

“Dr. Francis Boyle, the Harvard educated law professor that drafted the 1989 Biological Weapons and Antiterrorism Act, which passed both houses of Congress unanimously, provided an affidavit stating that Covid 19 injections and mRNA nanoparticle injections violate the law he wrote.

Dr. Boyle asserted that ‘COVID 19 injections,’ ‘COVID 19 nanoparticle injections,’ and ‘mRNA nanoparticle injections’ are biological weapons and weapons of mass destruction and violate Biological Weapons 18 USC § 175; Weapons and Firearms § 790.166 Fla. Stat. (2023).”<sup>33</sup>

## War on Raw Milk

There also seems to be a war on raw milk amidst all this fearmongering. The FDA is now encouraging states to discourage and stop sales of raw milk to prevent human bird flu spread.<sup>34</sup> If you tune into various news reports from across the country, the message is similar:

“Eggs and pasteurized milk and dairy products from the store are safe to consume. But the FDA warns against the consumption of raw milk.”

The suggestion to avoid raw milk is listed twice on the list of CDC recommendations:

- People should avoid exposures to sick or dead animals, including wild birds, poultry, other domesticated birds, and other wild or domesticated animals (including cows), if possible.
- People should also avoid exposures to animal poop, bedding (litter), unpasteurized (“raw”) milk, or materials that have been touched by, or close to, birds or other animals with suspected or confirmed A(H5N1) virus, if possible.
- People should not drink raw milk. Pasteurization kills A(H5N1) viruses, and pasteurized milk is safe to drink.
- People who have job-related contact with infected or potentially infected birds or other animals should be aware of the risk of exposure to avian influenza viruses and should take proper precautions. People should wear appropriate and recommended personal protective equipment when exposed to an infected or potentially infected animal(s). CDC has recommendations for worker protection and use of personal protective equipment (PPE).

There is no evidence supporting foodborne transmission of HPAI to humans. In fact, the FDA and USDA concluded in 2010 that “HPAIV is not considered to be a foodborne pathogen.”<sup>35</sup> HPAI in humans is linked to transmission via animal contact, not by foods.<sup>36</sup>

The only demonstrated transmission is direct contact with animals — not a single human has developed bird flu from milk.

“Recent risk communications from CDC, FDA, and USDA regarding transmission of influenza A sub-type H5N1 (highly pathogenic avian influenza virus or HPAI) to humans via raw milk include no supporting evidence of viral transmission from raw milk to humans in the peer-reviewed literature ...

An extensive body of scientific evidence from the peer-reviewed literature introduced herein does not support the assumption by these US government agencies that HPAI transmits to humans via milkborne or foodborne routes and causes disease. Nor does the scientific evidence support the recommendation that consumers should avoid raw milk and raw milk products.”<sup>37</sup>

And something that the FDA really doesn't want you to know is that there is no guarantee that pasteurization truly kills the virus.

When explaining why raw milk is not safe, many government agencies use [this study](#) with mice, saying heat treatment to the milk significantly reduces the HPAI virus titers. But the conclusion of the study is very, very important "bench-top experiments do not recapitulate commercial pasteurization processes."

[Enter this study](#) that the FDA and mainstream media isn't talking about which demonstrates that standard pasteurization protocols in the US for milk isn't enough to actually inactivate the virus since this virus seems to handle heat surprisingly well.

And on top of that, raw milk has a number of antiviral properties and pasteurized milk does not contain.<sup>38</sup>

The "pasteurized milk at the store is safe, and raw milk is very unsafe and is filled with bird flu" messaging encourages consumers to continue supporting these MEGA CAFO dairy farmers, and discourages consumers from supporting smaller dairy farms raising cows in synchronicity with Mother Nature.

So no, avoiding raw milk won't stop human spread. But it will encourage more of a centralized food system.

The FDA's messaging to avoid consumption of raw milk and raw milk products do not appear to be based on scientific evidence, but instead seem to be stemming from the desire to protect the centralized dairy industry.

FDA and USDA will never do anything to compromise the dairy industry, as the dairy industry spends millions of dollars on lobbying each year to keep control.

## Confinement Operations Aren't Working

With the repeated "outbreaks" occurring in poultry flocks year after year, isn't it obvious that the current industrial agriculture system IS NOT working?

Why aren't government agencies discussing how diseases easily spread when animals are stuffed in buildings, overcrowded and locked in confinement? Can you imagine if you were stuffed into a home with thousands of people — wouldn't it be hard not to get sick?

In CAFOs, animals are often regularly on antibiotics due to the close living conditions. Can a body with a wiped-out gut microbiome handle any amount of disease?

Mega confinement barns, extreme biosecurity, separation from nature, vaccinations and antibiotics — it doesn't work! But it does help them maintain food control and is a profitable business model for big ag, big pharma, and big food companies.

The development of a vaccine and culling birds is much more profitable path for addressing bird flu relative to the natural immunity path.

## What You Can Do

The solution is clear — stop supporting their system. Buy from farmers. Remember, the

messaging and fearmongering around the bird flu is intentional, with the goal of developing even more food control. Everything through their centralized food system is “safe” — so you can trust the food at grocery stores is safe from HPAI. (So they say ...)

Instead, the messaging should be “know where your food comes from, know your farmer and know how the animals are raised.” This discussion on food sourcing and knowing your food comes from is not profitable for industrial ag because they get \$0 from that sale, so it isn't brought up.

The centralization of the food system and shift in farming styles has been somewhat successful in benefiting the big corporations and maintaining food control, while hurting farmers. The size of farms has increased, while the number of farms has shrunk (opposite of what we want for low toxin, nutrient-dense food production.)

In fact, the number of small farms has decreased by over 72% in the last 90 years — in 1935 there were 6.8 million farms, and in 2023 there were 1.89 million farms.

“It is very hard as a farmer to be profitable in the conventional system, so more and more farms are going out of business. And many farms that are in business require an off the farm job to pay the bills.”

We are losing small scale farmers more and more each year, and they need your support to stay in business!

Moral of the story — whenever you can, buy directly from farmers, Cooperatives, or buyers' clubs — these type of food systems support small-scale, toxin free farming. The prices may be more expensive, but farmers are paid a fair wage and produce higher quality food products.

Plus, with these type of transactions, the big agriculture companies get \$0 of this sale, funneling less money into their system. And on top of that, remain grounded and maintain common sense as we head into the next round of bird flu fearmongering.

\*

Note to readers: Please click the share button above. Follow us on Instagram and Twitter and subscribe to our Telegram Channel. Feel free to repost and share widely Global Research articles.

*Ashley Armstrong is the cofounder of Angel Acres Egg Co., which specializes in low-PUFA (polyunsaturated fat) eggs that are shipped to all 50 states ([join waitlist here](#)), and [Nourish Cooperative](#), which ships low-PUFA pork, beef, cheese, A2 dairy and traditional sourdough to all 50 states. Waitlists will reopen shortly.*

*Featured image is from rawpixel.com*

The original source of this article is [Mercola](#)  
Copyright © [Dr. Ashley Armstrong](#), [Mercola](#), 2024

## [Comment on Global Research Articles on our Facebook page](#)

## [Become a Member of Global Research](#)

Articles by: [Dr. Ashley  
Armstrong](#)

**Disclaimer:** The contents of this article are of sole responsibility of the author(s). The Centre for Research on Globalization will not be responsible for any inaccurate or incorrect statement in this article. The Centre of Research on Globalization grants permission to cross-post Global Research articles on community internet sites as long the source and copyright are acknowledged together with a hyperlink to the original Global Research article. For publication of Global Research articles in print or other forms including commercial internet sites, contact: [publications@globalresearch.ca](mailto:publications@globalresearch.ca)

[www.globalresearch.ca](http://www.globalresearch.ca) contains copyrighted material the use of which has not always been specifically authorized by the copyright owner. We are making such material available to our readers under the provisions of "fair use" in an effort to advance a better understanding of political, economic and social issues. The material on this site is distributed without profit to those who have expressed a prior interest in receiving it for research and educational purposes. If you wish to use copyrighted material for purposes other than "fair use" you must request permission from the copyright owner.

For media inquiries: [publications@globalresearch.ca](mailto:publications@globalresearch.ca)