

# R-Garden Newsletter



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## Facts about Covid-19

by Swiss Policy Research, Updated: August 2020

[There is a website — [questioningcovid.com](http://questioningcovid.com) — which has a tremendous amount of excellent resources for understanding the current pandemic. The points listed below, 1-30, are just an overview of what follows, which is detailed, referenced information about each of the 30 points. This article is great, but does not mention the devastation we are seeing from the rollout of 5G, especially in the United States. There are many other good articles and videos on this website which I would encourage you to check out.]

**“The only means to fight the plague is honesty.”**

— Albert Camus, 1947

1. According to the latest immunological studies, the overall lethality of Covid-19 (IFR) is about 0.1% to 0.3% and thus in the range of a severe influenza (flu).
2. For people at high risk or high exposure (including health care workers), early or prophylactic treatment is essential to prevent progression of the disease.
3. In countries like the US, the UK, and also Sweden (without a lockdown), overall mortality since the beginning of the year is in the range of a strong influenza season; in countries like Germany and Switzerland, overall mortality so far is in the range of a mild influenza season.
4. In most places, the risk of death for the general population of school and working age is in the range of a daily car ride to work. The risk was initially overestimated because many people with only mild or no symptoms were not taken into account.
5. Up to 80% of all test-positive persons remain symptom-free. Even among 70-79 year olds, about 60%



**“Unless we put medical freedom into the Constitution, the time will come when medicine will organize into an undercover dictatorship to restrict the art of healing to one class of Men and deny equal privileges to others; the Constitution of the Republic should make a Special privilege for medical freedoms as well as religious freedom.”**

— Dr. Benjamin Rush, signer of the Declaration of Independence, 1776

**Look at what has happened in our country because his pleas were ignored!**

remain symptom-free. About 95% of all people develop at most moderate symptoms.

6. Up to 60% of all persons may already have a certain cellular background immunity to the new coronavirus due to contact with previous coronaviruses (i.e. cold viruses). The initial assumption that there was no immunity against the new coronavirus was not correct.

7. The median age of the deceased in most countries (including Italy) is over 80 years (e.g. 86 years in Sweden) and only about 4% of the deceased had no serious preconditions. The age and risk profile of deaths thus essentially corresponds to normal mortality.

8. In many countries, up to two thirds of all extra deaths occurred in nursing homes, which do not benefit from a general lockdown. Moreover, in many cases it is not clear whether these people really died from Covid-19 or from weeks of extreme stress and isolation.

9. Up to 30% of all additional deaths may have been caused not by Covid-19, but by the effects of the lockdown, panic and fear. For example, the treatment of heart attacks and strokes decreased by up to 60% because many patients no longer dared to go to hospital.

10. Even in so-called “Covid-19 deaths” it is often not clear whether they died from or with coronavirus (i.e. from underlying diseases) or if they were counted as

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“presumed cases” and not tested at all. However, official figures usually do not reflect this distinction.

11. Many media reports of young and healthy people dying from Covid-19 turned out to be false: many of these young people either did not die from Covid-19, they had already been seriously ill (e.g. from undiagnosed leukemia), or they were in fact 109 instead of 9 years old. The claimed increase in Kawasaki disease in children also turned out to be exaggerated.

12. Most Covid-19 symptoms can also be caused by severe influenza (including pneumonia, thrombosis and the temporary loss of the sense of smell), but with severe Covid-19 these symptoms are indeed more frequent and more pronounced.

13. Strong increases in regional mortality can occur if there is a collapse in the care of the elderly and sick as a result of infection or panic, or if there are additional risk factors such as severe air pollution. Questionable regulations for dealing with the deceased sometimes led to additional bottlenecks in funeral or cremation services.

14. In countries such as Italy and Spain, and to some extent the UK and the US, hospital overloads due to strong flu waves are not unusual. Moreover, this year up to 15% of health care workers were put into quarantine, even if they developed no symptoms.

15. The often shown exponential curves of “corona cases” are misleading, as the number of tests also increased exponentially. In most countries, the ratio of positive tests to tests overall (i.e. the positivity rate) remained constant at 5% to 20% or increased only slightly. In many countries, the peak of the spread was already reached well before the lockdown.

16. Countries without lockdowns, such as Japan, South Korea, Belarus and Sweden, have not experienced a more negative course of events than many other countries. Sweden was even praised by the WHO and now benefits from higher immunity compared to lockdown countries. 75% of Swedish deaths happened in nursing facilities that weren’t protected fast enough.

17. The fear of a shortage of ventilators was unjustified. According to lung specialists, the invasive ventilation (intubation) of Covid-19 patients, which is partly done out of fear of spreading the virus, is in fact often counterproductive and damaging to the lungs.

18. Various studies have shown that the main routes of transmission of the virus are neither long-range aerosols (i.e. tiny particles floating in the air) nor smear infections



**There is still little to no scientific evidence for the effectiveness of cloth face masks in healthy and asymptomatic individuals.**

(i.e. on surfaces), but direct contact and droplets produced when talking or coughing. However, in some circumstances, indoor aerosol transmission appears to be possible.

19. There is still little to no scientific evidence for the effectiveness of cloth face masks in healthy and asymptomatic individuals. Experts warn that such masks may interfere with normal breathing and may become “germ carriers” if used repeatedly.

20. Many clinics in Europe and the US remained strongly underutilized or almost empty during lockdowns and in some cases had to send staff home. Millions of surgeries and therapies were cancelled, including many cancer screenings and organ transplants.

21. Several media were caught trying to dramatize the situation in hospitals, sometimes even with manipulative images and videos. In general, the unprofessional reporting of many media maximized fear and panic in the population.

22. The virus test kits used internationally are prone to errors and can produce false positive and false negative results. Moreover, the official virus test was not clinically validated



due to time pressure and may sometimes react positive to other common coronaviruses.

23. Numerous internationally renowned experts in the fields of virology, immunology and epidemiology consider the measures taken to be counterproductive and recommend rapid natural immunization of the general population and protection of risk groups.

24. At no time was there a medical reason for the closure of schools, as the risk of disease and transmission in children is extremely low. There is also no medical reason for small classes, masks or ‘social distancing’ rules in schools.

25. Several medical experts described express coronavirus vaccines as unnecessary or even dangerous. Indeed, the vaccine against the so-called swine flu of 2009, for example, led to cases of severe neurological damage and lawsuits in the millions. In the testing of new coronavirus vaccines, too, serious complications and failures have already been reported.

26. A global respiratory disease pandemic can indeed

extend over several seasons, but many studies of a “second wave” are based on very unrealistic assumptions, such as a constant risk of illness and death across all age groups.

27. In several places, nurses described an oftentimes fatal medical mismanagement of Covid patients due to questionable financial incentives and inappropriate medical protocols.

28. The number of people suffering from unemployment, depression and domestic violence as a result of the measures has reached historic record levels. Several experts predict that the measures will claim far more lives than the virus itself. According to the UN 1.6 billion people around the world are at immediate risk of losing their livelihood.

29. NSA whistleblower Edward Snowden warned that the “corona crisis” may be used for the permanent expansion of global surveillance. In several parts of the world, the population is being monitored by drones and facing serious police overreach during lockdowns.

30. A 2019 WHO study on measures against pandemic influenza found that from a medical perspective, “contact tracing” is “not recommended in any circumstances”. Nevertheless, contact tracing apps have already become partially mandatory in several countries. In some countries, such “contact tracing” is carried out directly by the secret service.

**There is a new book coming out September 15th, by Thomas S. Cowan, M.D. and Sally Fallon Morell — *The Contagion Myth, Why Viruses (including “Coronavirus”) Are Not the Cause of Disease*. I would encourage everyone to check out how some scientists now view viruses.**

## Cordyceps & Cordyceps Plus

Coping with life’s everyday challenges can sometimes get the best of us. Particularly, if our health is not as robust as it should be. Researchers believe that the high stress of today’s lifestyles is likely the major factor causing premature aging and chronic health problems. Three dietary supplements that seem to help offset some of these negative consequences are Cordyceps, Astragalus, and Rhodiola.

### **Cordyceps**

Modern researchers have found that Cordyceps seems to help maintain normal respiratory and heart functions, normal kidney and liver conditions, support the immune



## Growing your own food is like printing your own money

— ROW FINLEY



system, increase energy levels, and enhance sexual function. Cordyceps may have a positive effect on memory, appetite, and sleep patterns. From a nutritional viewpoint, Cordyceps is a well-balanced nutritious whole food.

**Cordyceps Plus** includes these additional ingredients:

**Astragalus** is an herb that has been used in traditional Chinese medicine for centuries. It has many purported health benefits, including immune-boosting and anti-aging effects. Astragalus is believed to prolong life and as an adaptogenic herb it helps normalize many systems in the body.

**Rhodiola**, also known as Crenulin, Arctic root, or Golden root, has been used for centuries in Asia, Eastern Europe, and Scandinavia. The root of the plant was used in traditional folk medicine as a remedy to improve endurance and productivity, prolong life span, and support the nervous system.

## Advanced Joint Formula

*Advanced Joint Formula* is a breakthrough, all-natural product designed to support five signs of joint health: mobility, flexibility, strength, lubrication and comfort so you can do the things you love. It contains a synergistic blend of several powerful ingredients — **Chondroitin Sulfate**, **Glucosamine Sulfate** and **Glucosamine HCL**. As well as **Creatine Monohydrate**, **Calcium Citrate** and **Magnesium** for bone development, and **Lipase** and **Amylase** to enhance the delivery of the other ingredients and to further support joint lubrication and smooth movement.

- Promotes flexibility and fluid movement
- Maintains healthy connective tissue
- Features vital ingredients for potent joint support
- Supports cartilage maintenance

