

Dissolving the Carefully Fabricated Illusion of Vaccine Safety

A Special Interview With Dr. Suzanne Humphries

By Dr. Joseph Mercola

Dr. Joseph Mercola:

Welcome, everyone. Dr. Mercola, helping you take control of your health. Today, we are joined by Dr. Suzanne Humphries, who is here because she has written an update to her classic book called “Dissolving Illusions,” my absolute favorite book on vaccines. There are many, many good ones written, but I really enjoy hers and I frequently recommend and encourage people to obtain a copy, because it’s a great book and it really helps you understand some of the foundational basics. I remember the first, I think it was written over 10 years ago, wasn’t it?

Dr. Suzanne Humphries:

It was exactly. That’s why we’re doing a 10th anniversary edition.

Dr. Joseph Mercola:

Tenth anniversary. Yeah. Yeah, because it seems like it was 10 years ago. I was really honored and delighted to have been invited by Dr. Humphries to write the foreword for the new edition. It took some time to do, because it was special. I want to make sure it was good. I don’t really write forewords too much. I don’t think I’ve written a foreword in many years, so I’m delighted to help with this one though. So, welcome and thank you for joining us.

Dr. Suzanne Humphries:

Thank you. We were honored that you said yes to writing the foreword. Not only that, but I remember a few years ago when you were writing an article on “Dissolving Illusions,” I wrote back to you with just a couple of little tweaks, and I think I just assumed that somebody else was writing it for you because you have so much to do all the time. You were like, “No, no, I write it. It’s my article. I wrote it.” You really do. You read everything and you actually do all your own work, which I don’t think that’s actually that common in someone of your position.

Dr. Joseph Mercola:

Well, I have a pretty interesting position. I don’t really have a lot of responsibilities except to do content. It’s pretty easy to do, and I love doing it. So, it’s pretty simple.

Dr. Suzanne Humphries:

Yeah.

Dr. Joseph Mercola:

Yeah, it's really a great position in life, and then to write materials that can really help people understand the truth and get through the clouds and the illusions. I think it's a really good term, because it is an illusion. It is like a magic trick that they've created to deceive us intentionally, intentionally for essentially what amounts nothing more to greed if you boil it down to the basics, this desire to capture wealth and resources with complete disregard for human suffering.

Dr. Suzanne Humphries:

Absolutely. What I've learned over, I guess we could now say, 15 years of really immersing myself in this, is that it's the same old story over and over and over again. Sometimes people ask me, "Well, what is the drive? Why do they do this?" My answer is that I cannot completely answer why. Yes, certainly, there's greed involved, especially today, but I think there's probably some more sinister operations at play. But the one thing we can say is that for 225 years, the same story has been repeated over and over again, which is that vaccines come out. They make previous diseases that were not really very problematic worse. The vaccines cause problems. The death rates were always coming down for any disease before any therapy came in at all, whether it's an antibiotic or a vaccine.

That's true of smallpox, it was true of tuberculosis. It was true of any disease you can imagine that the key was doing the things that you do all the time, which is trying to help humans live better, stronger lives, to strengthen their bodies and their resilience. That's always been the key. Yet at the same time, there's been this dampening force over humanity, contaminating the blood of humanity with animal products and disease and viruses and spores and things that you can't even imagine. The pus. They used to call the smallpox vaccine pure lymph, but it was pus and you don't even want to know. I mean, that's part of what's in the revised edition. We added a lot to that. It's a horror story.

Dr. Joseph Mercola:

Yes, indeed.

Dr. Suzanne Humphries:

It's always been a horror story. So, to me, COVID was just another day at the office and probably was to you as well.

Dr. Joseph Mercola:

Well, it wasn't new. It was really easy to predict if you'd been involved with this, as I have since last century. It really understood it, the dangers and the damage, and we both stood up to discrediting criticisms. You've suffered much more than I have though, because I developed a platform and ability to circumvent some of the routinely directed strategies that they use to suppress this type of response. So, I was essentially shielded from the damage. But you were working as a very well-paid nephrologist, a subspecialist in the hospital, I believe, and you have integrity. You understood that your patients were being harmed and damaged by this, and you stood up to the administration. Ultimately, you had to leave your job and literally lost all your

income. So, maybe you can share that story, because it was really a brave and courageous action. I want to acknowledge your bravery for that, for making that choice.

Dr. Suzanne Humphries:

Well, thanks. What puzzles me is I don't consider it brave. I just don't understand why everybody doesn't do it.

Dr. Joseph Mercola:

No, no, it is. It's hard when you do it because I'm the same way. I don't consider it. It's just what you do.

Dr. Suzanne Humphries:

Yeah, it's just what you do.

Dr. Joseph Mercola:

But yeah, because you have integrity. A lot of people don't, who are physicians, and we could just see what happened in COVID. I'm not blaming them. This is not a judgment, but they have responsibilities. They have to feed their family. They have to pay their loans. They don't want to be homeless, and they would lose their job. I mean, most of these people would be terminated. They've got them by the throat, they're essentially slaves. To break out of the system is really hard. So, you did and that was a brave choice. You may not realize it, but it was, no question.

Dr. Suzanne Humphries:

Yeah, it might've been brave, but it would've been harder for me to stay at that point. So, what happened was I was working as a nephrologist. I was 100% nephrology, consultative nephrology in Northern Maine. I guess it was 2008, 2009 when the H1N1 vaccine came out. So, they were administering that simultaneously with the old flu shots. The first one that really rings my memory was that I had admitted a woman to the hospital for a kidney biopsy, and we did our own biopsies back then. We didn't have radiologists do them. She had an inflammatory kidney disease where she was losing protein in her urine.

Really, the only way to figure out what's going on there is to put a needle into the kidney and get a small tissue sample. I did my own admissions. So, I went up to the floor to admit her during my lunchtime break from my office hours. There was an order in the chart for – I believe there were two vaccines. I think it was both of them, the H1N1 and the regular flu vaccine. The shot was given, and my name was down as the ordering physician. Initially, I thought, "Well, there must be a mistake here, because that's outrageous."

Dr. Joseph Mercola:

Of course.

Dr. Suzanne Humphries:

So I went to the nurse and I said, “This must be a mistake, right? Wrong chart.” No, no, this is the new policy. What’s happening is that the pharmacist comes up and gives the patient some counseling, and then if the patient agrees to the shot, we give it. My blood just started to boil. My heart started to pound, because I couldn’t believe that this was actually true. So, I didn’t have to give any counseling. It was a pharmacist that would give a little piece of pink paper with false and limited information. So, my patient agreed to it, and this kept happening over and over. I kept complaining to the administration, and look, I’m a bargaining person. I said, “If you have to do this, I want to do the counseling. Can we wait till the day of discharge, please?” No, it has to be done within 24 hours of the hospital admission.

So, from that point, I saw people with kidney failure and actively on chemo. There’s literally nothing that can stop [it]. There’s no contraindication to giving a flu shot to a person in a hospital. There just isn’t. If you’re in the intensive care unit, at least in my hospital, there wasn’t. So, at that point, I was like, “Well, can vaccines cause kidney failure?” I didn’t know. So, I started looking into it, and I was really floored by what I found because not only can, but they do. The world’s literature is chock-full of case reports, which of course don’t mean anything, because they’re not randomized controlled placebo studies. So, we went back and forth with the administration.

I did a deep dive at that point, and I wrote a very long white paper with lots of medical references. I gave it to the hospital administration, and I thought, “They’re going to be interested in this. They’re going to stop this when they see this evidence.” It’s not just being disinterested that I went from being the nephrologist that was treating the top people that were running the hospital for their hypertension and everything else that probably caused by their themselves, but to being tracked and monitored like the KGB was after me reading every note that I wrote in the chart and getting called to the principal’s office to discuss my actions of saying, “No further vaccines.”

I said, “Now, wait a minute. When you call me in for kidney failure and there’s a statin being given and I say to stop it, nobody asks any questions. It’s just stopped. How come there’s this protection around vaccination? What’s going on here?” So if they’d have just said, “Okay, Dr. Humphries, this makes a lot of sense. Carry on as you were.” I probably wouldn’t be in this position that I am today. I would not have written this book, so you can thank them for all this. So, after about a year of going back and forth, I was basically going out to my car at the end of the day to drive home. I had a 10-minute drive to my house and I had to lay down on the front seat and have a nap because I was so emotionally worn out by the whole thing.

One day I just said, “I have to get out of here. I can’t do this anymore.” So I gave my notice to my medical partners who almost broke down in tears, because that basically was going to leave them in a lurch. So, they convinced me to stay for two more years, two more years of this while they hired two people to replace me, because the practice was growing and I was a pretty fast and efficient worker. So, after that, I did leave. I left in 2011. During that time, yeah, I became an anti-vaccination activist. The more I learned about vaccines, the more I just said, “It makes no sense. I would never do this to a child.” I was not a pediatrician.

I wasn't dealing with autism. I wasn't dealing with any of that thing. I was dealing with adults developing hypertension after their tetanus vaccine. So, I started watching and I started asking the question, "When was your last vaccine?" Well, if every doctor asked, "When was your last vaccine?" and did a little timeline, a few of them might at least internally wake up, but as you say, they have the golden handcuffs on. I had golden handcuffs, too. Basically, like you said, I lived in a pop-up camper for a year on a friend's farm in Virginia after that. That's what my situation was for a while.

Dr. Joseph Mercola:

Yeah, essentially close to [being] homeless, essentially. I mean it's a home, but still it is not what you were used to. Like most physicians, especially a specialist, you made a decent salary. You gave that all up.

Dr. Suzanne Humphries:

I did. I didn't walk away with any excess, because I used it all to pay off my student loans, so I could be out of the golden handcuffs.

Dr. Joseph Mercola:

That's the other challenge. You get the privilege of being a physician if you pay them a half a million dollars. Unless your parents are wealthy or something, they can foot the bill.

Dr. Suzanne Humphries:

I have to give a shout-out to family and friends. It was a friend that let me live on her farm. It's a married couple. I lived on their horse farm. It was beautiful. Actually, I loved it. I had no electricity. I had a little bit of cold running water until the electricity was put in, but it was actually one of the most fabulous times of my life just getting back to the earth that way. I brought chickens in.

Dr. Joseph Mercola:

Was this in Texas or-

Dr. Suzanne Humphries:

Virginia. Yeah, this was in Virginia. Yeah. So, I did have a lot of emotional support. When I needed it, my sister was there opening her doors for me, but I didn't want to live in her house. So, I lived on my own for a while. Then I upgraded from my pop-up camper to a fifth wheel out in the woods there. Then I started traveling, because I got invited to Scandinavia to start talking about "Dissolving Illusions" after it came out. But the end of "Dissolving Illusions" was actually written in a tent that I set up as an office next to my pop-up camper.

Dr. Joseph Mercola:

How long did it take you to write that book? Well, was it a year or so?

Dr. Suzanne Humphries:

Let's see. I started in 2008, and it came out in 2013. So, my part was about five years, but Roman [Bystranyk] had been drilling into the data for about 10 years. So, I figured between the two of us, it's about 15 years' worth [of] work in there.

Dr. Joseph Mercola:

Wow, that's great. So, what was your journey like after the book's been out? Because you've been somewhat of a recluse, not wanting to do interviews or podcasts. What have you been busy with?

Dr. Suzanne Humphries:

Oh, I did. I actually was very public for a long time. Look, my life has been threatened more times than I can even count anymore, unfortunately.

Dr. Joseph Mercola:

Wait, wait, wait. Let's stop there. Let's get a little examples and illustrations of how you were threatened.

Dr. Suzanne Humphries:

Well, Erin [at] Health Nut was like one of the best people out there when the worst death threat came along. She was right there to do an interview. I think it was the very following day after the death threat came through to the Autism Trust.

Dr. Joseph Mercola:

That would be her for sure. She's right on top of it.

Dr. Suzanne Humphries:

Right there. Thank God, because at that point, the FBI was completely useless. The police didn't show up until a week later. That was my wake-up call to, "We're on our own here." There's not a militia going to come and protect us.

Dr. Joseph Mercola:

No.

Dr. Suzanne Humphries:

No, not unless you're Joe Biden. So, after that, I thought, "You get really loud. That's my protection was to get really loud." It was because after that interview with Erin that the public

oucry was so big that the police finally showed up and then the FBI showed up. But guess what? The FBI said that I did it to myself for notoriety.

Dr. Joseph Mercola:

Of course.

Dr. Suzanne Humphries:

Then after that failed, they blamed the two incredibly autistic men that lived at the Autism Trust and they said to me, “You just don’t understand autism. These people can do things you can’t imagine.” I was like, “Are you seriously going to tell me about autism?” Then they wanted to do a test. So, it’s a big, long story, but they basically wanted me to test them by putting a note of – It’s such a long story, and it’s so convoluted. I did an interview with Mike Adams on it at one point, which I went into great detail, but they basically were trying to frame the two autistic men. So, during the test, we put the little note up on the refrigerator and I videotaped it. So, Kent came up and we said, “Kent, what does that mean?”

He says, “It means if I’m really good and I do all my chores that I’ll get some bugs.” He loves bugs. I was like, “Right, Ken. Thanks.” So this is the guy that supposedly did this mastermind online cyber death threat to me three times. Then we called Billy. Billy looks at it. He goes, “Oh, mommy, I’m afraid. I can’t help you with that.” He just walked away. It couldn’t even register. So, after that, then it was that Polly and John and I are in a love triangle. So, they just kept coming up with new theories as to how we did this to ourselves. After a while, they just dropped it. I dropped it because I feel like the FBI became dangerous to me, not just unhelpful, but actually became dangerous at that point. But those were the worst death threats.

Dr. Joseph Mercola:

Why do you think you were targeted?

Dr. Suzanne Humphries:

I would love to have the answer to that. There was somebody that hated me so much that they were giving graphic descriptions of how they wanted to dismantle my body and listen to me scream and keep me alive as long as possible, pluck me off the street, all the different theories. I was about to give a talk-

Dr. Joseph Mercola:

Interesting.

Dr. Suzanne Humphries:

– at Cal Jam in California. I was about to go on stage.

Dr. Joseph Mercola:

Billy DeMoss. Yeah.

Dr. Suzanne Humphries:

Poor Billy and all the people that were there, you were there that year. They had to set up a whole security for people to get in.

Dr. Joseph Mercola:

Oh, yes, I remember. They didn't anticipate it would slow the entrance. I think I had a 9:00 presentation and no one was there, because everyone couldn't get through security.

Dr. Suzanne Humphries:

That's right. Men in black picked me up from my room, drove me in a limousine, and stuck me in the middle of the limousine. I mean, that's all thanks to Billy protecting me through that entire thing. They surrounded me on stage in the front, because one of the threats, because he knew – I know it's a he and I can tell you why, but it's not [a] very savory story, said that he was considering shooting me in front of the big crowd at the Cal Jam that was coming up. But he would first just shoot me in the knee and take me down and then listen to me squeal and then do me in front of the crowd. So, yeah, there was a bit of security that was implemented during that.

At that point, I was like, "You know what? I have planted my flag in the ground. I have committed my life to this for gosh, 10 years now." The risk benefit at this point, even to the public, I wanted to get that information. I got it out there. Those videos are still out there. I just need some time to myself now. I was worn out for being on the road for seven years. Then after that, as much as you want to say, I mean, I've got faith in God, but when something like that happens, it still shakes you. It did shake me.

Dr. Joseph Mercola:

Yeah, it sounds like it was a psychopath, I mean, someone who's definitely psychologically disturbed. It doesn't sound like they were targeting you. It was just a nutcase.

Dr. Suzanne Humphries:

They have that much hate, so much hate.

Dr. Joseph Mercola:

I know. It's just an aberration, I think. I don't think there's probably any other one up that would do that more than likely, because just basing on my experience with COVID, there was a lot more people who hated me. I mean, I was No. 1 of the Disinformation Dozen. I had Bobby Kennedy. And I only had two experiences where people came up to my mailbox and dropped in really nasty letters like painted in blood and stuff. "You're killing my grandma," and things like that.

Dr. Suzanne Humphries:

Oh, yeah, those are the good old ones.

Dr. Joseph Mercola:

Nothing delusional or really threatening like that. All you did was write a book. It's not like – [inaudible 00:19:33] a little bit, but you weren't in the national news for doing that.

Dr. Suzanne Humphries:

No.

Dr. Joseph Mercola:

It's just odd. It doesn't make sense.

Dr. Suzanne Humphries:

Since the beginning, when I first started speaking publicly, the first thing that happened was the brake lines in my car were clamped. I had a sense something wasn't right.

Dr. Joseph Mercola:

Really?

Dr. Suzanne Humphries:

Yeah, something wasn't right with the car. I took it right in. The mechanic base almost broke down in tears over. He said, "This is a malicious act." I'm like, "Oh, come on. It has to be a problem over manufacturing." "No, this was a malicious act."

Dr. Joseph Mercola:

Why did you bring it in?

Dr. Suzanne Humphries:

There was a crossbow sticking out of the ground in front of my front door one day when I went out to work. This was still while I was still doing my job and going on radio shows and podcasts and things like that. I think it's more because when you're someone that had credibility, someone that has credibility, I was considered a top doctor in Maine as a nephrologist and comes out saying what I was saying, it is a big of a threat. It's not necessarily that I was some big important person, but it was where I came from. They really frowned upon that. I started reporting these vaccine injuries to the CDC. That was another whole weird thing is I would report them, because my colleagues around me wouldn't.

But then they started bringing them to me and go, “Here’s another one, Suzanne. Here’s another one.” So I started reporting them. Each time I would report one, I would get a call from the CDC saying, “Okay, someone else will be calling you,” and then I’d get another call. It was just a creepy, weird thing. Then at the end, after six months, I get a call from the main representative of the CDC, this doctor, who he and I just had a flat out fight on the phone. He said to me, “Well, what happened to you? What happened to you that you think all these vaccines are causing so many problems?” I’m like, “What happened to me is that I’ve been watching it happen, and then you’re giving this live flu vaccine to children when the insert on the paperwork tells you exactly the symptoms you’re going to get, which is the flu.”

He’s like, “Well, that’s my specialty and that absolutely doesn’t happen.” I said, “Well, I think we’re going to have to agree to disagree on that.” At the end, he hung up on me, and that was the last I ever heard of him.

Dr. Joseph Mercola:

So your reports to the CDC, that’s the VAERS database, I’m assuming?

Dr. Suzanne Humphries:

That’s right. Guess what? They never made it to the VAERS database.

Dr. Joseph Mercola:

That’s what I was going to ask. Did they still exist or did they delete them?

Dr. Suzanne Humphries:

They were deleted.

Dr. Joseph Mercola:

Oh, my gosh. Even though you document it, you call them, I mean, it’s such a corrupted system. It’s beyond corruption.

Dr. Suzanne Humphries:

I had the actual vaccine lot numbers, the GPs [general practitioners] that gave them. Everything was meticulously documented on these reports.

Dr. Joseph Mercola:

Yeah, well, I mean, it was bad enough then. What you described isn’t bad. It went exponential when COVID hit. If that looked bad, it was 10 to 100 times worse. So, I’m sure you have some thoughts on what happened. You weren’t really vocal in that period as far as I can recall.

Dr. Suzanne Humphries:

No. By the time COVID came, I was like, “You know what? The rest of you doctors out there that are waking up, take care of it, deal with it. This is what I’ve been dealing with for about 10 or 15 years.” We still have doctors out there. I’m not going to mention any names, but I was just speaking at a conference where one of the most lauded doctors there was somebody whose father was injured by the COVID vaccine. So, he woke up. “Oh, the COVID vaccine’s really bad, but all the other ones are very well researched-”

Dr. Joseph Mercola:

Safe and effective.

Dr. Suzanne Humphries:

Yeah. So, as far as I’m concerned, that person is extremely dangerous, because he’s just allowing all these young, beautiful lives to be destroyed by the good old vaccines that were well-researched in the past and completely safe. Sorry.

Dr. Joseph Mercola:

You could make an argument that the silver lining of COVID is that obviously in that case, he woke up at least to the COVID vaccine, but many others and I think maybe even the majority who had that epiphany generalized it to all the vaccines.

Dr. Suzanne Humphries:

Yeah, they are starting to.

Dr. Joseph Mercola:

Well, most of them. I mean this guy didn’t clearly but many. I mean, we’ve got examples within the community like Steve Kirsch, Paul Marik, Pierre Kory, Peter McCullough, all of them. I think all of them, maybe one of them wasn’t, I might have it confused, but most-

Dr. Suzanne Humphries:

I salute all of them.

Dr. Joseph Mercola:

Yes, indeed. But they bought the narrative, hook, line and sinker, initially. They were total advocates.

Dr. Suzanne Humphries:

Look, it took me six months to cotton on to it. It took them about six months to cotton on. I think that’s fair, because it does take time to start backing up and doing the research into the childhood

vaccines before you realize that and finally listening to the parents who've been screaming out in desperation about what they saw happen. Yeah.

Dr. Joseph Mercola:

But typically, it takes someone who has integrity. If you don't have integrity, it doesn't connect, because there's many physicians who went through that and their spouse, their siblings could be dead from this. They still don't understand what this is all about, which is surprising, but they're just holed up in their own little diminished view of the reality.

Dr. Suzanne Humphries:

That's right.

Dr. Joseph Mercola:

Yeah.

Dr. Suzanne Humphries:

Well, it's a dark night of the soul when you wake up to it. Your whole world does get a bit shattered, because not only that, you start to realize that the entire medical system is corrupt and backwards and that there's probably better ways to do just about everything.

Dr. Joseph Mercola:

No, I would disagree with that. There's no "probably" at all. There 100% is.

Dr. Suzanne Humphries:

I was waiting for that.

Dr. Joseph Mercola:

"Probably" should not be in that sentence. That is inaccurate. There's very little that medicine treats well. I mean, you could even make an argument against some of the things that I previously thought were really important. I mean, definitely save people's lives in traumas.

Dr. Suzanne Humphries:

That's right.

Dr. Joseph Mercola:

Long term, I mean, there's other strategies sometimes, but typically natural medicine is not going to work in an acute trauma like that. But that's one of the rare cases, but other than that, almost every other problem is just best avoided in the medical system. You're going to be so far ahead.

Dr. Suzanne Humphries:

You know what? For 225 years, doctors have been saying that. You know what? For 225 years, those doctors have been ignored, but that's one of the reasons that we wrote the second book that's coming out very soon.

Dr. Joseph Mercola:

Oh, really? After "Dissolving Illusions"?

Dr. Suzanne Humphries:

Yeah. We called it the "Dissolving Illusions Companion Book." We tried to get a name of its own, but it's so related to "Dissolving Illusions" that it's really connected. So, it's another huge book. It's about 600 pages long-

Dr. Joseph Mercola:

Wow.

Dr. Suzanne Humphries:

-with 230 something doctors giving different quotes about what they saw, boots on the ground for anywhere from smallpox vaccines to the toxoid vaccines to scarlet fever, typhoid, and the worsening of all diseases that occurred after they gave vaccines. Some of them basically come out and say, "The entire profession of medicine is a complete waste of time, damage to humanity. It would be better off if all the doctors just were taken off the earth, humanity to do nothing-"

Dr. Joseph Mercola:

There's some of us that know what we're doing.

Dr. Suzanne Humphries:

But back then, they were really upset about what they were seeing, because the dogma was to put people in hot rooms to cause them to vomit, give them diarrhea, make them sweat, bleed them, give them mercury, and not give them water when they're begging for it. That was considered the treatment for a lot of infections back in that era.

Dr. Joseph Mercola:

Which era are you referring to?

Dr. Suzanne Humphries:

So we're in the early 1800s, up through the early 1900s. Sweat therapy, they called it. I mean, we have sweat therapy today, but it's very important to stay hydrated and well-nourished and get fresh air.

Dr. Joseph Mercola:

Yeah, it's called sauna. It's all called sauna or running in the hot weather. They both do similar things. Removal of toxins is an important process, and it's really facilitated by sweating. Sweating is important for sure. I mean, everyone should do it ideally. Yeah.

Dr. Suzanne Humphries:

Yeah, I agree.

Dr. Joseph Mercola:

So I love the title of your book, "Dissolving Illusions," because it's so accurate. It's a very clever title because it is indeed an illusion. That's a very accurate assessment of what they've done. So, what thought went into creating that title?

Dr. Suzanne Humphries:

Well, I have to give Roman total credit on that, because he initially came up with it. Actually, initially I didn't like it. He goes, "Well, if you like something else, throw it at me." He's the most agreeable nice person you could ever work with. After a while, I was like, "Yeah, it really does make sense when you look at it, because we've all been in the middle of a big giant witchcraft or magic trick, however you want to put it." So what we've done over the past 10 years is in my travels, I would have to do more research to present over different diseases, because I would maybe go one place and they say, "We want to hear about tetanus," or they want to hear more about whooping cough. More medical literature has come out.

So, we've added basically another book to "Dissolving Illusions." We've expanded it by 200 pages. So, we've added on a chapter on tuberculosis, which was called the White Plague. We've added on a chapter – Oh gosh, what was the other one? There's a whole extra addition to the smallpox chapter. I've added about 20 or 30 new pages to the pertussis chapter. There is a chapter on deadly medicine, just the practices from the early 1800s through to the 1940s that were provably and documented very well causing lots of harm. Roman came up with some more charts. There's actually a follow-up on the polio chapter, where in the end of the polio chapter, there's this doctor Dr. Jacob Puliyel, who lives in India.

He wrote the papers on the pulse polio rounds in India, the oral polio vaccines, how they were causing paralysis in children, and how with increased pulse polio rounds, you'd see [an] increase in paralysis. Well, guess what? After those papers were written, pulse polio in India decreased. So, what did they do? Dr. Jacob Puliyel went and did the same study again, reanalyzed everything, and found that, guess what? When pulse polio goes down, paralysis in India goes down. So, we added those follow-up papers into there, as well as a lot of other data that we left

out of the original chapter to try to save space, but it's so important. It really needs to be put out there.

Dr. Joseph Mercola:

Yeah, for sure. So, after reviewing the literature that you did, have you come to the conclusion that the polio vaccine doesn't really work that well, and because it's not due to a virus, it may be due to toxins?

Dr. Suzanne Humphries:

Yeah, that's always been the case.

Dr. Joseph Mercola:

Maybe you can summarize that, because there was another book written – I don't know if you read it. It's called "Turtles All the Way Down [Vaccine Science and Myth]." It was written in the last year or two. It's a more recent one by [an] anonymous author.

Dr. Suzanne Humphries:

Yes, I know, and I even know who anonymous is.

Dr. Joseph Mercola:

Well, I've talked to [them] before, but I've never revealed their identity. But they refused to acknowledge who they are because they didn't want to repeat what you did.

Dr. Suzanne Humphries:

Yeah. Well, it's a little more complicated for them. Yeah. I can't say why.

Dr. Joseph Mercola:

But literally, a quarter of that book is devoted to polio. Maybe it's a third or even closer to half. I know it was a big portion of the book, and they presented some very compelling arguments. So, maybe you can summarize those.

Dr. Suzanne Humphries:

Right. Well, we have to distinguish poliovirus from poliomyelitis. So, poliomyelitis is when there's basically damage to a certain part of the spinal cord or the brain stem in the gray matter, and causes paralysis in one or more muscle groups and can be – up high, it can cause paralysis to nerves that supply the diaphragm, which is why the iron lung was brought in. So, it was always attributed to a virus, which is really interesting when you considered that [John Franklin] Enders and the early researchers were trying to infect monkeys with poliovirus, and they couldn't infect them with it. They stuck it up their noses, they would inject it into their bodies. They couldn't

cause paralysis in these monkeys until they injected matter from other paralyzed humans or animals into their brains.

That's what it took to actually paralyze them. It's a commensal virus. Polio is a commensal virus that's existed from time immemorial. When researchers went down to the Brazilian rainforest and they found these tribes called the Xavante Indians and convinced them to give them some blood samples and fecal samples, they found that just about 100% of these native people were colonized with polio and there was no history of paralysis anywhere in the tribes. Nobody talked about people that couldn't breathe. They were fetchingly healthy. Same happened in the Philippines.

When you look at the people that were living close to the earth, living healthy lives and then in comes the white population or maybe some of them were brown, but the lifestyle habits of sugar, tobacco, medicines that contained mercury, lead, arsenic, arm to arm vaccination spreading syphilis. So, latent syphilis gives you poliomyelitis. Lead can give you poliomyelitis. Arsenic is probably the most interesting, because not only does it clinically give you the exact scenario of poliomyelitis, but even in the spinal cord, [it's] exactly the same. That's been proven and we've shown that. I'm not a virus denier. There is actual virus that is a commensal-

Dr. Joseph Mercola:

Sure.

Dr. Suzanne Humphries:

-[inaudible 00:33:36] enterovirus. Yeah.

Dr. Joseph Mercola:

I think those people should be silenced because they're not in touch with reality.

Dr. Suzanne Humphries:

I know. I always just say, "Look, what we share in common with those people is that we think vaccines are rubbish and should be abolished."

Dr. Joseph Mercola:

Yes, absolutely.

Dr. Suzanne Humphries:

Let's look at what we share in common.

Dr. Joseph Mercola:

[crosstalk 00:33:51] is not productive at all or helpful.

Dr. Suzanne Humphries:

Yeah. I mean, I just have two really high level, honorable, integrity virology researcher friends who are just like, “Suzanne, come on. These viruses, they’re typable.” There’s no way that they don’t exist, and they’re all different to each other. They have their own footprint. They vary over time.

Dr. Joseph Mercola:

Some in our community are terribly confused about this.

Dr. Suzanne Humphries:

I know. Well, see, I went down that bunny trail early on because I thought, “Well, if viruses don’t exist, that’s brilliant. That’s going to be really supportive of what I want.” But I couldn’t go there because it’s just not true.

Dr. Joseph Mercola:

You support it when that came out?

Dr. Suzanne Humphries:

I did. Absolutely.

Dr. Joseph Mercola:

Yeah, this is important because – It’s a tangent, but I think it’s an important one, because there’s still many people watching this who believe that nonsense. So, why don’t you share with us the results of your analysis? Because you are a very diligent researcher. When you’re committed to something and want to understand, you dive deep and find the answers. I mean, you’re committed to truth. So, I think sharing this story would be helpful.

Dr. Suzanne Humphries:

I don’t really even think you have to dig that far. I have so many patients that bring their children to me after they’ve got chickenpox at a chickenpox party. You get chickenpox one time, very rarely maybe twice. You get chickenpox one time, you’re immune to it forever. You can be exposed to it over and over again, you don’t get it. Well, if it’s a detox, like they say, that we’re just detoxing and these are particles that come, why doesn’t it carry on? I’m still as polluted as I probably was 10 years ago. I’m not getting chickenpox over and over again. I got one time. So, why do these children that are non-immune that have never had it get it? Now, they don’t all get it. Sometimes you have to expose them more than once if they’re really healthy children.

Where I live, we had a big measles epidemic in 2019, and people were rushing to take their kids to be exposed to measles. I believe it was a strain of measles that was probably biologically engineered. It was pretty ambitious. It was really nasty. And some people had to take their

children more than once to be exposed because they're basically never been vaccinated. They're eating whole food, living on farms, being basically the purest people that you can have in today's world had to be exposed more than once, but they actually did get it. So, when you look at it that way, it's like, "Come on, people. These viruses are all different. They have different manifestations. You'd gain immunity to at least those two that I just mentioned."

Now, influenza virus is a completely different entity. The measles virus hasn't really shifted genetically very much over the years. The natural one hasn't. What's really shifted it, just like with all the other vaccines, is when you start injecting people with the virus, having it go into the body in an unnatural way, that there is not a full immune response, then that's what causes mutations in the viruses in nature, because they're able to work their way around the vaccine. It's happened very slowly with measles, happened very quickly with the bacteria, whooping cough, because of the really inefficient vaccine that was created for that. I mean, the flu shots don't work at all. Even [Dr.] Anthony Fauci came out with [a] paper this year.

It was almost a confession – actually, it was 2023 – about how poorly they've done with these viral vaccines and flu shots, and how if they were compared to all the other vaccines, they wouldn't even be allowed to be on the market. He said the COVID vaccines have the same problem. It's because they're not getting immunity on the surface where immunity is required, which is that the lung and the mucosal surfaces. How crazy to inject into a muscle a vaccine of anything and to think that you're going to get solid immunity on the nasal and upper respiratory mucosa. Absolute insanity. Same with the polio vaccine we were just talking about. It started out as an injectable vaccine after two horrible failures where many people suffered from that vaccine.

Saint Salk comes along, who creates this injectable vaccine that they had to manipulate that data so much. They had to change the level of the playing field of what they considered polio, changing the definition, and that what we added to that chapter, we're showing the charts, and how they would exist, what they would look like in their pure form without changing the definitions where the rates of polio actually went up hugely after that vaccine was introduced. So, there's never been a vaccine that actually really is worthwhile giving.

Dr. Joseph Mercola:

Let's come back to that question. I just wanted to make a comment, though, that was part of their playbook, that they continued through COVID. They changed the definition of vaccine to allow the mRNA gene therapy to be classified as a vaccine.

Dr. Suzanne Humphries:

Yes. They did the same thing they did with the Salk vaccine. See, history just repeats itself. So, the first vaccine that came out, the Salk vaccine, during the trials had Merthiolate and mercury compound in it to basically kill off unwanteds, but Salk wasn't happy with the field trials, the results of the antibody response from those children. So, he took the Merthiolate out. So, we had one vaccine that was used for the testing ground and another that was given to the public. The same happened with the COVID vaccine. The mRNA technology — that's not how the original ones were given and I can't wax eloquently on that now.

I did a talk about that long ago in Denver, where I went into this in-depth how the vaccine that was given for the trials was completely different to the one – It was much more pure, for instance. They purified it using some glass beads and they used column chromatography or something else to supposedly purify the one that was given, but it was a very, very different vaccine that was used on the population. Then of course, that vaccine changed. So, different companies had different ways of manufacturing. Of course, Pfizer was probably the most dangerous one as far as I'm concerned.

Dr. Joseph Mercola:

Yes, indeed. So, they perverted the truth in that. It was just shocking. They've got the time down now. I don't want to come back to it. Let's go to this question first. You implied from your comment that there are no effective vaccines. Some people believe that tetanus might be useful. Or even polio or smallpox, I think, [are] the two biggest and the one you put a lot of time and effort on, because it's the one that you got a lot of pushback on when you were still working in the hospital that everyone said, "Are you a lunatic? That's how we got rid of smallpox because of the vaccine, and then polio too." So those two for sure are, but even tetanus you don't believe is a useful vaccine?

Dr. Suzanne Humphries:

Well, I think it's a bit of magical thinking that you-

Dr. Joseph Mercola:

I love that term, magical thinking. I love that.

Dr. Suzanne Humphries:

You step on a rusty nail and you go and you get your magic vaccine and you're going to be magically immune to tetanus by the time tetanus is going to possibly affect you. Now, I've treated tetanus. I've treated tetanus over the past five years. I've treated even a case of locked jaw after tetanus in a fully vaccinated person that was up-to-date.

Dr. Joseph Mercola:

Really? Wow. Not many people have treated tetanus.

Dr. Suzanne Humphries:

Excuse me?

Dr. Joseph Mercola:

Not many people have treated tetanus, that I know of.

Dr. Suzanne Humphries:

Well, they probably have and they just didn't know it, because to try and get a diagnosis is akin to – Yeah, it's a [inaudible 00:41:35] .

Dr. Joseph Mercola:

You were very astute. How'd you diagnose it?

Dr. Suzanne Humphries:

The person diagnosed it themselves and came to me and said, "I've got tetanus. I know I've got tetanus."

Dr. Joseph Mercola:

Oh, that's pretty easy when they tell you.

Dr. Suzanne Humphries:

They stepped on one of those multi-plates that had rust on it. Rust is a cofactor, dirty rust. You want to be around ruminant animals, especially – There are high-risk wounds, but we know even from the World War I soldiers that if they had wounds and they were open, they could be loaded with tetanus spores. So long as oxygen was getting into the wound, so long as the wound was kept clean, so long as that person was able to get nutrition, no tetanus disease developed and we see that picture with the naked man laying with his back arch. That's a case of tetanus that would've been from a severe wound and complete neglect or possibly even treated by doctors back then, which would've been bloodletting and mercurials and things like that.

But real-life tetanus, this particular case that I'm going back to was problematic because she had been to so many doctors. Finally, she went to a neurologist who agreed that it was tetanus. They did so many tests. The fact that it is tetanus, we really don't know what to do about it. So, I just started giving her high-dose intravenous vitamin C and magnesium, cleaning up her diet, got her to stop smoking. She lost a really lot of weight, but she's perfectly fine now. Then after that, I've had people who said, "No, I stepped on a nail," because it is classic, the puncture wound. Then you get the anaerobic situation. If you get to it really quickly, if you start giving a lot of vitamin C and magnesium, they've shown in rabbits-

Dr. Joseph Mercola:

Do you know why it works? Would you like to know?

Dr. Suzanne Humphries:

Are you going to tell me something? Go ahead.

Dr. Joseph Mercola:

Yeah.

Dr. Suzanne Humphries:

Tell me.

Dr. Joseph Mercola:

You basically gave me the clue, and I just realized that first of all, tetanus is not a viral disease. It's a bacterial disease, folks. It's *Clostridium tetani*. It's an obligate anaerobe. It can reside in soils, but it can also reside in your intestine where there's no oxygen.

Dr. Suzanne Humphries:

That's right.

Dr. Joseph Mercola:

Oxygen is toxic to it. A molecule of oxygen will kill it. That's why it's typically in soil, because there's no oxygen in there typically. But if you expose that organism to oxygen as you do with vitamin C, because what is the metabolite of vitamin C? Hydrogen peroxide, oxidative therapy. So, ozone would be even better. It occurred to me if you had a wound that was tetanus, the last thing you need is a tetanus shot or tetanus antibodies. All you need is ozone on the wound. It'll destroy it instantly. Instantly. It cannot survive ozone at all. Now, [if] it gets in the tissues where ozone can't get to, it might be a problem, but if you've got a wound or you step on, you just put a little ozone and it's gone.

Dr. Suzanne Humphries:

The quicker you get to it, the better. That's what the rapid study shows.

Dr. Joseph Mercola:

Peroxide works, too. It's less expensive and easier to do, but peroxide would work. It's the same thing, oxidative therapy.

Dr. Suzanne Humphries:

Oxidative therapy. Then vitamin C works, because A. It's oxidative therapy. But also, it's a toxin neutralizer. So, tetanus is a spore, and then it transforms under anaerobic conditions into the toxin-producing organism. So, if you can neutralize the toxin and kill the microbe, then you've won the battle. 100%, we've won the battle. So, the people come to me out of desperation, usually after, "Oh, I've got a cramp in my leg and it won't go away. It's getting worse and it's ascending." "It's okay, here's what we're going to do." I don't even need intravenous vitamin C for most of these people, but what I want to get back to is the rabbit studies where they basically got tetanus spores and ground glass and put it under the skin of rabbits, sewed it up.

If they gave rabbits vitamin C at the time that they did this, 100% of them survived. If they did it afterwards, the majority of them survived. If they already had high levels of vitamin C, all of

them survived. So, the rabbit study showed us that not only is tetanus preventable, it's treatable. So, I don't necessarily believe that doing a puncture wound into a person with basically a toxoid, that you're going to respond. That comes out of an animal. This is the thing, people don't realize what's in vaccines. Look at the ingredients, do a little bit of research. You have to have [inaudible 00:45:53]-

Dr. Joseph Mercola:

Exactly. There's a lot of other items in there.

Dr. Suzanne Humphries:

There are so many case reports of people with paralytic tetanus after having five vaccines. It's not a guarantee that you're not going to get it. But this is my opinion, if you feel better, I firmly believe that if you believe in something, you should do what you believe in.

Dr. Joseph Mercola:

Oh, sure. Always, always trust yourself. Don't trust others. Do the due diligence. Do your research.

Dr. Suzanne Humphries:

That's right, including me.

Dr. Joseph Mercola:

Trust yourself. Don't trust others. You can use them as a starting point, but you got to do the analysis yourself. Don't trust me. Don't trust you. Just trust yourself.

Dr. Suzanne Humphries:

But to me, there's no way. There's just no way. I don't care what wound I have. There's no way a tetanus vaccine or a tetanus immune globulin, which is a human-pooled blood product, is going into me.

Dr. Joseph Mercola:

Yeah, I think it's coming up to almost 50 years since I got my last vaccine.

Dr. Suzanne Humphries:

Hey, congrats. You might be completely free of it now.

Dr. Joseph Mercola:

No more. No more.

Dr. Suzanne Humphries:

Still living.

Dr. Joseph Mercola:

Yeah. I think it might be 43 or something like that, somewhere in there, but yeah, definitely no vaccines. It's not a good thing. Yeah, that's it. Most people haven't been 40 years vax-free. That's an unusual status, I think. Because you worked in the vaccines, you got them in the '90s, didn't you?

Dr. Suzanne Humphries:

My last vaccine was when I fractured my jaw in the year 2000. They just basically get, "Here's your tetanus shot."

Dr. Joseph Mercola:

Yeah, there you go.

Dr. Suzanne Humphries:

Before that, I think I took a flu shot one year during my residency and got morbidly sick afterwards. I remember back then I knew nothing. I was like, "That shot gave me the flu." I was like, "Shut up. That's ridiculous." Of course, it gave me the flu.

Dr. Joseph Mercola:

I think the last shot I got was hepatitis B when it first came out, 1980, 1981.

Dr. Suzanne Humphries:

Oh, yeah. That was my last before. Yeah.

Dr. Joseph Mercola:

Yeah, which is crazy. I mean, almost everyone agrees to a tetanus shot, but if they do, it seems to me because it's a bacteria, it's not a virus, that it probably has one of the least adverse side effects. People aren't getting autism from tetanus shots. What's your take on it?

Dr. Suzanne Humphries:

No, not autism, but it actually changes your T3-to-T4 ratio. This is all documented. I didn't put it in the book, but I've got a video out there from when I was in Finland that it definitely changes the way your immune system works. All vaccines do. I don't know where you live, but where I live, you can't get just a tetanus vaccine anymore. So, you're getting pertussis vaccine as well as diphtheria vaccine, which is a total joke.

Dr. Joseph Mercola:

Really? I mean, I've been given vaccines since way into the last century, but you could certainly get it just by itself.

Dr. Suzanne Humphries:

Yeah, no, I've looked into this.

Dr. Joseph Mercola:

It might've been with diphtheria. TD, I think it was, tetanus diphtheria.

Dr. Suzanne Humphries:

They've taken it off the market now. There's no regular-

Dr. Joseph Mercola:

No, the TD, they're not going to put pertussis in it?

Dr. Suzanne Humphries:

Nope.

Dr. Joseph Mercola:

Oh, my God.

Dr. Suzanne Humphries:

Look, try to find it. If you find it, let me know because I can't.

Dr. Joseph Mercola:

Well, it doesn't matter. The end result is you don't need any of them. That's the bottom line. There's no benefit. One of the really strong points, early on in the book, the "Turtles All the Way Down," that they made is that there – they made very compelling argument, and I'd like you to expand on it, that there has been no, no study ever done in the history of mankind that conclusively shows these vaccines are safe and effective, that wasn't fatally flawed in the design. I mean, they have them ostensibly, but the placebo is another vaccine.

Dr. Suzanne Humphries:

Yeah. You know Tetyana Obukhanych, right? Ph.D.

Dr. Joseph Mercola:

Yeah, I interviewed her actually, [inaudible 00:49:49].

Dr. Suzanne Humphries:

I think her book goes into tetanus really well, because she actually was a bench researcher who wanted to look into the tetanus vaccine to test it. They basically said, “You’re not allowed to do that.” She tells that story. Yeah. So, no, the tetanus certainly has never been tested except for – I guess you can know the rabbit study that I’m talking about, but that was actually looking at vitamin C, not the vaccine.

Dr. Joseph Mercola:

This is part of the whole fraud. I mean, they did this bastardized piece of crap study to prove that the COVID jab works, the Pfizer three-month trial, that if you look into the details – I mean the Canadian group just did a magnificent destruction of that study, yet that study is used today as the gold standard that this technology works and every other vaccine is approved because of it. They’ve got the time down. I think one of the last boosters or something, it was like eight days. It was a week or something for eight rats, and that’s all they needed to do to get approved. It was never good before. It’s beyond a joke. Now, it’s [a] clown world what they’re doing.

Dr. Suzanne Humphries:

Well, this new technology, that’s where all vaccines will be going into the future. They’ll be made on tobacco plants. They’ll still be using plasmids. They have to use plasmids, but they’re saying they’re going to green the vaccine by making them on plants instead of having to make them on animal cells. But if you look at the research and the potential pitfalls and critical analysis of this, they’re walking into an absolute minefield that’s going to be just as bad, if not worse, than the previous vaccines that we’ve seen. But now, mRNA technology, it’s accepted now. Unless a big bomb comes in, it’s the new way of the future because it’s fast. They can make a vaccine in something like two weeks now to a new microbe, and that’s what they’re going to do. So, if they can scare people enough, then they can pass this crummy research that you’re mentioning here.

Dr. Joseph Mercola:

That’s the protocol now. That’s the standard route that’s accepted. There’s no way around it. These things are going to come at us. So, the only solution is to opt out. Fortunately, I do think it is one of the silver linings that enough people woke up that they’re willing to take the risks like you did, to lose their jobs. To lose their jobs or get kicked out of the university and going to school rather than take that. I mean, there’s enough people that are going to resist it, so it’s going to be really difficult for them to do this next time. I’m pretty confident of that.

Dr. Suzanne Humphries:

Where I live, there’s an iron manufacturing plant and there are a lot of senior people that-

Dr. Joseph Mercola:

Where do you live now?

Dr. Suzanne Humphries:

Yeah?

Dr. Joseph Mercola:

Where do you live now?

Dr. Suzanne Humphries:

I'd rather not disclose my location. I'll tell you off the record.

Dr. Joseph Mercola:

I don't want you to do that. I don't know. I was just curious. I'm sorry. I didn't mean to.

Dr. Suzanne Humphries:

The senior workers all got sat down and had an agreement that they were all just going to walk off the job. That's exactly what happened. They walked off the job and they were all invited back within a week. There were no mandates in that entire manufacturing plant for anybody. So, it's been done. I know nurses that have done it. It's just a matter of enough people being willing to agree on it.

Dr. Joseph Mercola:

You form your little community and you can stop this tyranny for sure.

Dr. Suzanne Humphries:

But what people have to realize, and I think that's why the history is so important, is that this is nothing new. In fact, the boldness is new, because it's actually more in our faces than it's ever been in the past. The discrimination is worse than it's ever been in the past, but the modus operandi is pretty much exactly the same as it's been for 225 years, where the recipients are not the beneficiaries of this technology and humanity is not getting healthier by any means as a result of it.

Dr. Joseph Mercola:

Yeah, I would agree. I would totally agree. Yeah. So, you've done a lot to support this. When is your next book coming out and what is it called? I think you mentioned, I just forgot the name of it.

Dr. Suzanne Humphries:

A few things are coming out. The “Dissolving Illusions” 10th anniversary edition, in which you wrote the foreword to, it’s coming out in two forms. One of them will be the regular form, the hardcopy book. And also, it’s been translated into 10 languages now. I’m having Chinese being translated right now as we speak. Russian’s being translated. All the Roman languages have been translated. Then we’re going to do a special coffee table edition, which is going to be a hardback with color and memoirs and pictures and things of what Roman and I have been doing over the past 10 years. Your foreword will be in that as well.

Then we’re putting out the “Dissolving Illusions Companion Book,” which I have table of contents here, which we have numerous doctors’ quotes, stories of vaccination tragedies, Royal Commission on vaccination, a huge timeline, rare documents that are really difficult to find now, a reading list, and lots of new images. So, those. You can read about all of that at DissolvingIllusions.com. That’s where all of our information is. The book is now in editing form and I’m hoping within the next couple of weeks will be out.

Dr. Joseph Mercola:

Yeah, it’s great, because this interview won’t be out for a few weeks. So, what is really important to understand is that they have really total control over electronic communications. So, many of the resources that you compiled and put in this book do not exist anymore. You cannot find them. They’re gone. They’re gone.

Dr. Suzanne Humphries:

Well, I do make sure to have these PDF paper copies to back it up, because you’re right. You can’t find a lot of them anymore.

Dr. Joseph Mercola:

They’re gone. It’s taken out. That’s why the print books are important to have, especially valuable ones like yours that really are authoritative documentation of the coverup, the fraud, the villainy that’s involved in implementing the strategy to give the illusion that you’re helping people when it is the exact opposite. Do you have any really good stories of people who have used your book, were inspired and were able to identify the illusion and made a choice not to cooperate with it?

Dr. Suzanne Humphries:

Well, when I was traveling with the vax bus, with Polly Tommy over that year, I can’t even tell you how many people came up to me and said, “I read ‘Dissolving Illusions,’ and that’s what made me not vaccinate my children.”

Dr. Joseph Mercola:

That’s got to make you feel good. That’s got to make you feel good.

Dr. Suzanne Humphries:

Yeah, because it always happens at these low moments when I'm just really fatigued and tired and feeling a bit hopeless, and then something like that will happen and I just, "Thank you. That's music to me. That's better than all the money in the world is to hear-

Dr. Joseph Mercola:

100%.

Dr. Suzanne Humphries:

-that people have taken the information and made their children's lives better, because it's not just about – This is a really important point. It's not just about not vaccinating. Look, if you're going to feed your children garbage and if you're going to not have a healthy lifestyle, I say go vaccinate, because no, when you get sick and you have to go to the hospital-

Dr. Joseph Mercola:

[inaudible 00:57:24].

Dr. Suzanne Humphries:

You're going to be abused. You'll be terribly abused. But if people follow your recommendations, you're like the underscore to "Dissolving Illusions." You're the solution to how to stay healthy so that the perceived need for these vaccines isn't there. So, survival is there after these and solid immunity develops, because that's what's happened historically. It's not been about vaccines, it's not been about medications, it's not been about antibiotics. It's always been about plumbing, nutrition, fresh air, vitamin D, lifestyle and keeping poisons out of our bodies. That's always what it's been about in terms of survival. No. Does that mean we'll never get sick? No, it doesn't. I personally believe it's good to get sick once in a while and get some of that effusions out of your lungs and your nose.

I think that does us some good once in a while. We don't want to be scarred afterwards. We don't want to die from being sick. That's the most important thing is looking at the death rates, not just the infection rates, because people keep throwing measles back. Measles is probably the most effective vaccine that's ever been created, but what's happened with measles is that adults are now susceptible because it doesn't – See, there's always an Achilles heel and a pitfall to every vaccine. Little infants that would normally be getting immunity from their mother's breast milk aren't getting it because their mothers aren't immune anymore because it doesn't last that long. So, now what's the solution? Guess what? Vaccines every five to 10 years for us adults.

Dr. Joseph Mercola:

It's a perversion of the definition of immunity, because they're using the definition as a level of antibodies and that is not immunity. That's humoral mood. That is not cell-mediated immunity. Your T-cells are not involved in that equation. They're only measuring the B-cells and the T-cells are every bit, if not more, important than the B-cells. That's why you get this lack of lifelong immunity because you never address the T-cells.

Dr. Suzanne Humphries:

That's true, but there's a whole new area of research that I put into the pertussis chapter, which is that now they've defined this really eloquent barrier that's quite different to our T-cells and B-cells in our blood, which is in the lung, the mucosal surface, an immune system that's recently been much more better defined than it was ever in the past. That is really the key. So, that's why when Fauci comes out with this confession about how these vaccines aren't doing what they're supposed to, guess what he has lined up? He has mucosal vaccines, eyeball vaccines, literally to shoot into the eye, up the nose, down the throat. But he doesn't say to stop the old ones.

We're going to give the old ones and then we're going to add these mucosal vaccines on top of it, because they now know that that's – They've known it. Look, they've known this. I have documentation that they've known it since the 1940s that the mucosa was key, but that's not how vaccines were ever manufactured to be given except for the flu shot, which we all know how that ended. So, yes, T-cells and B-cells, but mucosal immunity — absolute key, which is why it's completely backwards to start injecting disease matter into a person and think that you're going to give them lung and mucosal immunity. You don't.

Dr. Joseph Mercola:

Yeah. So, thank you for your acknowledgement that I'm the underscore for "Dissolving Illusions," because I believe I am. For a quarter century, I've been teaching people how to do this and focus on it. This has been my passion in life for most of my adult life. I just want to know the truth. I'm not interested in identifying some new revenue stream. I want to help people understand what they can do to prevent these diseases. As I mentioned earlier, I'm writing eight books at the same time actually, probably four or five are coming out this year. One of them is just about health. The most important things you can do, I just want to underscore this. There's a lot of things. I mean, sunshine is just crucial, and it's not vitamin D.

It's sunshine, sun exposure, because [inaudible 01:01:10] so important. Walking. The basics – clean water. Simple stuff, sleep. It's not rocket science. But one of the most important, really, the biggest variable that I perceive that has destroyed human health, literally destroyed it, I mean reduced it [in] orders of magnitude is – It happened in the Civil War, we obtained the technical ability to refine oil from seeds. It's commonly called vegetable oil, but seed oil is more accurate and it has exploded. It was a little bit in the 19th century then it started going up at the beginning of the 20th.

Then the middle of the 20th century, it just exploded, because they had Ancel Keys come out and say, "Oh, yeah, these omega-6 fats are essential. They do lower your cholesterol like magic, but they don't cause a decrease in heart disease. In fact, they increase it." It is the most pernicious and pervasive metabolic poison in our environment, in the world. Nothing comes close. It destroys mitochondrial function. It impairs your immunity. There were many other reasons, but a big one was that they had a surplus of omega-6. It's not a metabolic poison by itself, but when you get it into levels that are 10 times higher than ever designed to be in human biology, it's a disaster.

It's a disaster on steroids. There's no way you can recover from this except to eliminate it from your diet. It's absolutely pervasive in everything. The average person has 10 times the toxic dose in their body. So, that is the most important thing. I've been pounding the drums on this for a few years now, but if you don't do that, it's almost hopeless. You cannot recover optimal health. You can do everything else, but if you don't get that linoleic acid down, the omega-6 seed oils, it's not pretty. It's not pretty. You're going to suffer for sure. There's no way around it. You cannot survive an onslaught of this oxidative poison that destroys your mitochondrial function. That's only one. There's a lot of it.

Dr. Suzanne Humphries:

An olive oil fan, are you?

Dr. Joseph Mercola:

Well, olive oil has significant amounts of linoleic acid in it. I mean, you can maybe get it down to under 10%, but you'd have to have a good variety to do that. Then 80% to 90% of – All commercial [oils], out of it, 80% to 90% is adulterated with seed oils. So, it's very dangerous. Since everyone has an excess, not a good idea to take anything. A coconut oil or tallow or butter would work. Those are great, but you don't want olive oil. If you're healthy and you had a low seed oil diet, [you] could have maybe a tablespoon or so. But I wouldn't do it regularly until you get linoleic acid low. The same thing with avocado oil. It's the same if not worse. You can have a whole avocado, that's okay. It's not going to be adulterated. Real food, whole food.

Dr. Suzanne Humphries:

Yeah. Well, that's really important, but people underestimate the benefit of actually – what you're talking about is actually animal fat. It's been so villainized over the years.

Dr. Joseph Mercola:

You know what's crazy? Next week I'm interviewing Ashley Armstrong and I'm doing a collaboration with her to create healthy chicken eggs, because chicken eggs are [a] really high source of linoleic acid. If you eat enough of them, you're over your limit, because of the food that they feed the chickens. It's not just the food that you're eating. It's the food that the animals you're eating that's a problem. So, normally, ruminants like cows and goats and sheep are excluded from that, because they have multiple chambers in their stomach that harbor these bacteria that saturate these polyunsaturated fats.

So, they convert these omega-6s to saturated fats, which is healthy. But you know how perverted these criminals are? They've decided that they're going to bypass this, and they've created new fats for the ruminants that bypass their system to do that. Now, even cows are going to have unhealthy fats, because of this perversion. It just doesn't get more sinister than this. I mean, they're even ruining the good food.

Dr. Suzanne Humphries:

They're certainly keeping us busy, aren't they?

Dr. Joseph Mercola:

If you know what you're doing, but it's a whole series of landmines out there. You step in any one of them, it could be a big problem. Most of us are stepping on a lot of them unintentionally, not consciously. The average person does not know what's going on. They don't understand this, but you can. It's just hard to figure out. Just like vaccines, the average person doesn't know. But we need resources like your book, "Dissolving Illusions," which I would recommend everyone get a copy because we don't know. There could be a cyber-attack before this interview even airs, which means you may never have access to the internet again. So, what are you going to do to prove to your – You can't go online. You're going to have to believe what they tell you, unless you got a book like yours that shows the proof that these vaccines do not work.

Dr. Suzanne Humphries:

Yeah, it's really nice to have a book in hand, but for people who are addicted to the cyber world, it will be also in the Kindle version and it's in an audio version as well.

Dr. Joseph Mercola:

Oh, sure. You got to have it. You have to have electronic.

Dr. Suzanne Humphries:

Yeah.

Dr. Joseph Mercola:

Did you do an audio version of your book?

Dr. Suzanne Humphries:

Yes. Yes, it's out there.

Dr. Joseph Mercola:

Did you do the voiceover?

Dr. Suzanne Humphries:

No, I didn't. We hired somebody.

Dr. Joseph Mercola:

Okay. Yeah. I've never done one. But for these new books, I think I'm going to do it, which is interesting. I've never done it before. But life's about change.

Dr. Suzanne Humphries:

Yup, learning new things.

Dr. Joseph Mercola:

And doing new things, exploring. So, anything else you'd like to add, Suzanne?

Dr. Suzanne Humphries:

No, I think that's everything. I mean, I would just really like to thank you and thank all the people. Over the past 10 years, I've met some of the most amazing people. I don't have any regrets from walking away from all the money and all the pain that I suffered because the reward was so huge in the new friends that I made. And all the overwhelming, heartfelt support from you and people like you over the past 11 years has been absolutely amazing. It was the key to "Dissolving Illusions" actually being successful as an independently published book, because of course, no publishers wanted to touch it.

Dr. Joseph Mercola:

Oh, yeah. There's a few that would.

Dr. Suzanne Humphries:

Maybe now.

Dr. Joseph Mercola:

Yeah. I've had two national best-selling books. I mean, No. 1 in the United States, more than any book in any category sold. Even with those credentials and 15 other best-selling books that didn't achieve that level of sales, but I was kryptonite. There was no major publisher that will publish me or have. When I had my last book, everyone refused me. So, we had to go to a smaller publishing house, but that's the thing. But I've got a one final question for you. You made a brave and courageous choice, and I'm wondering – It's hard. You don't have a double-blind placebo control, but if you can just in your mind, imagine what your life would be now if you're still working as [a] nephrologist in the hospital and those circumstances. First thing, what you've done the last – Was it 10? No, it's over 10 years. It's [been] 12 years, 13 years since you left.

Dr. Suzanne Humphries:

Yeah. Just in 2011. Yeah.

Dr. Joseph Mercola:

Yeah. So, 13 years. So, do you think you have more joy in your life now than you would've as a nephrologist if you are a nephrologist now?

Dr. Suzanne Humphries:

1,000%. Absolutely, 1,000%. I have more joy. I have more time. I don't have as much money.

Dr. Joseph Mercola:

Yeah, it's not about money. Folks, this is a perfect example that when you make a difficult choice, the one that you trust in yourself, you know it's the right thing to do, as Suzanne did, usually your joy is going to increase. The reason we were put on this planet is to be full of joy. Isn't that what you want to do?

Dr. Suzanne Humphries:

That's right. When I walked away from internal medicine and nephrology, we can't just walk away and hang your shingle out as now a holistic health practitioner. We have to reinvent ourselves. We have to learn so much more. Part of that was actually finding you because you had all this great tutorial stuff on, and interviews and data and information on supplements and things that we can use and ability to purchase them right there until they messed with you, but it took me probably five years of pretty intensive studying to really learn about true health. A lot of that happened in the process of researching vaccination, but we do have to do that. We have to learn other means-

Dr. Joseph Mercola:

Yes, it's our responsibility.

Dr. Suzanne Humphries:

-of therapies. Ozone is one of my main practices.

Dr. Joseph Mercola:

I love ozone.

Dr. Suzanne Humphries:

Treat it with vitamin C, bioresonance, things that are so gentle and aren't going to hurt people if you do them properly. That's the key, is that we can do that. This is what I've been telling doctors for 13 years. If you walk away, you can have people lined up down the street willing to pay cash for your services. They want you. You are not going to die poor and hungry. If I wanted to work full-time right now, I could probably have a lot of money.

Dr. Joseph Mercola:

Easily.

Dr. Suzanne Humphries:

I don't. I'm really valuing my downtime. So, I work about 20 hours per week now, and I'm still doing absolutely fine.

Dr. Joseph Mercola:

That's perfect. Well, I'm so happy for you and really proud of your ability to make that difficult choice.

Dr. Suzanne Humphries:

Thank you. Thanks for all your help over the years here.

Dr. Joseph Mercola:

You're most welcome. I'm happy to support you, because you're doing good work.