

Road Map to Recovery~ FAITH OVER FEAR

5G and EMF Radiation – Impact on Your Health and How to Treat Damages

Elizabeth Lee Vliet, M.D.

Preventive and Climacteric Integrative Medicine physician
and President/CEO, Truth for Health Foundation




TRUTH FOR HEALTH
— FOUNDATION —

A 501(c)(3) public charity incorporated in Arizona, USA



ROAD MAP to RECOVERY ~ FAITH OVER FEAR

FIRST STEP: ACCESS OUR WEBSITE RESOURCES!

- 5G Radiation and Your Health – many resources
- Health and Resilience: “The Universal Antidote”
- DSIAC Presentation: Radiofrequency Directed Energy Weapons and Effects (RF DEWs)
- VACCINE INJURY Treatment Guide and Hemorrhagic Fever FACT SHEET: common elements with 5G and radiation injury damage & similar integrated treatment options apply to all



TRUTH FOR HEALTH
— FOUNDATION —

A 501(c)(3) public charity incorporated in Arizona, USA



ROAD MAP to RECOVERY ~ FAITH OVER FEAR

STEP TWO: UNDERSTAND THE WEAPON IS FEAR!

- Fear is FALSE EVIDENCE APPEARING REAL.
- Fear is a tool of the enemy using LIES to sow confusion, and overwhelm you, creating panic and paralysis.
- Turn off sources of negative news and fear-mongering.
- Turn to GOD'S TRUTH and medical truth for a healthy mind, body and spirit to face whatever lies ahead.



TRUTH FOR HEALTH
— FOUNDATION —

A 501(c)(3) public charity incorporated in Arizona, USA



FEAR: What They SAY is Coming

MOST DANGEROUS COURSE OF ACTION: Drumbeat of FEAR:

With terrifying images released in media; co-ordinated, orchestrated globally

- **MARBURG** Hemorrhagic Fever Viral illness outbreak announced in April 2022
- **MONKEYPOX** announced IN MORE THAN 10 COUNTRIES MAY 15, 2022 -- all at once (never reported outside Africa historically). Monkeypox is not a danger to most people. Overall fatality rate is about the same as Smallpox, the world's best example of a virus eradicated by a traditional, non-gene therapy vaccine.
- Belgium announced mandatory quarantine for monkeypox May 22, 2022
- **Monkey pox VACCINE** quietly approved by FDA SEPT. 2019
- US GOVT ordered \$119 million worth of Monkey pox vaccine May 19, 2022
- Profit-driven BILL GATES predicts "bio-terrorist smallpox attack could be next"



TRUTH FOR HEALTH
— FOUNDATION —

A 501(c)(3) public charity incorporated in Arizona, USA

WHAT IS *REALLY* BEING DONE:

5G RAMP UP and CONTROLLED ENERGY RELEASE IS MOST **LIKELY** COURSE OF ACTION

- **COMMON SENSE: 5G FREQUENCIES ARE MORE CONTROLLABLE** by “The Powers” (Telecoms, Military, CCP directing puppet Biden) than are VIRUSES.
- The PLAN: TARGETED, PULSED FREQUENCIES achieve desired, controllable effects on body – especially in VAXXED people
- DURING LOCKDOWNS: WIDESPREAD DEPLOYMENT AND RAMPING UP OF 5 G EMF transmitter arrays throughout the US and around the world.
- SYMPTOMS of EMF RADIATION ILLNESS similar to COVID shots damage, COVID illness, Marburg illness, and Monkey Pox, and others.



TRUTH FOR HEALTH
— FOUNDATION —

A 501(c)(3) public charity incorporated in Arizona, USA



Series I: FAITH OVER FEAR

Planning for Crisis

STEP THREE: REMEMBER ~ “SYMPTOM” NOT a DIAGNOSIS!

ALMOST 90% SYMPTOM OVERLAP IN ALL!

5G RADIATION ILLNES, COVID VACCINE INJURY, COVID-19 Illness, Neurological disorders (ex. MS), Cardiac disease, Ebola, MARBURG Hemorrhagic Fevers, Monkey Pox

SIMILAR TREATMENTS WORK FOR ALL OF THESE. WE ALREADY HAVE and USE EFFECTIVE OPTIONS.

DO NOT PANIC!



TRUTH FOR HEALTH
— FOUNDATION —

A 501(c)(3) public charity incorporated in Arizona, USA



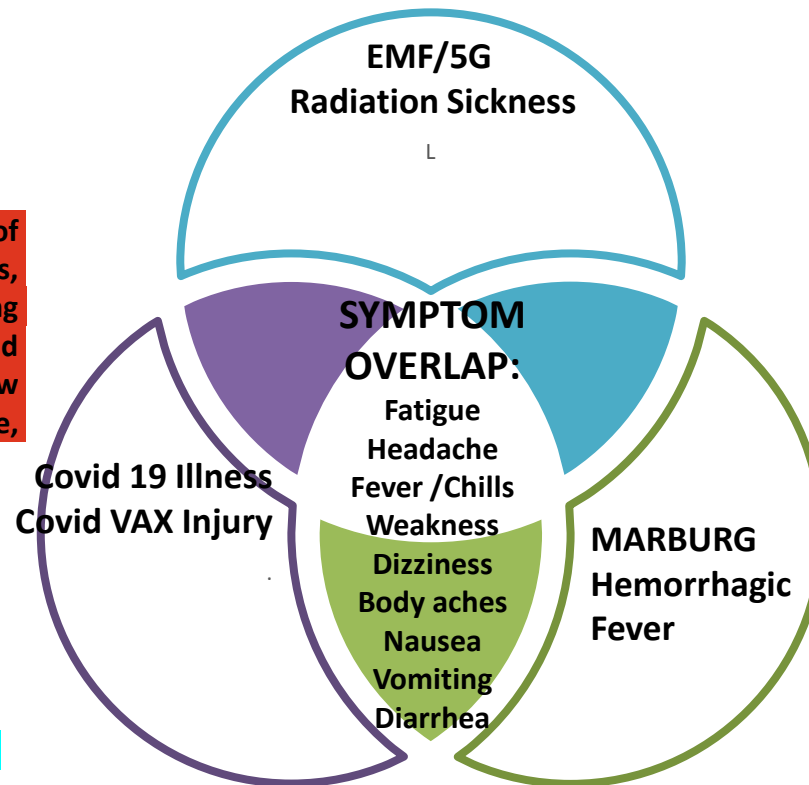
Clinical Syndromes: Symptom Overlap

EMF Radiation “Havana Syndrome”

Disorientation, dizziness, loss of focus, headache, weakness, fatigue, nausea, vomiting, diarrhea, fever, bloody vomit and stools, hair loss, infections, low blood pressure, organ failure, death

Marburg & Other Hemorrhagic Fevers

Disorientation, dizziness, loss of focus, headache, weakness, fatigue, nausea, , fever, vomiting, diarrhea, muscle/bone aches, bleeding under skin, mouth, eyes, ears, bloody vomit, and stools, nervous system malfunctions, delirium, coma, organ failure, death



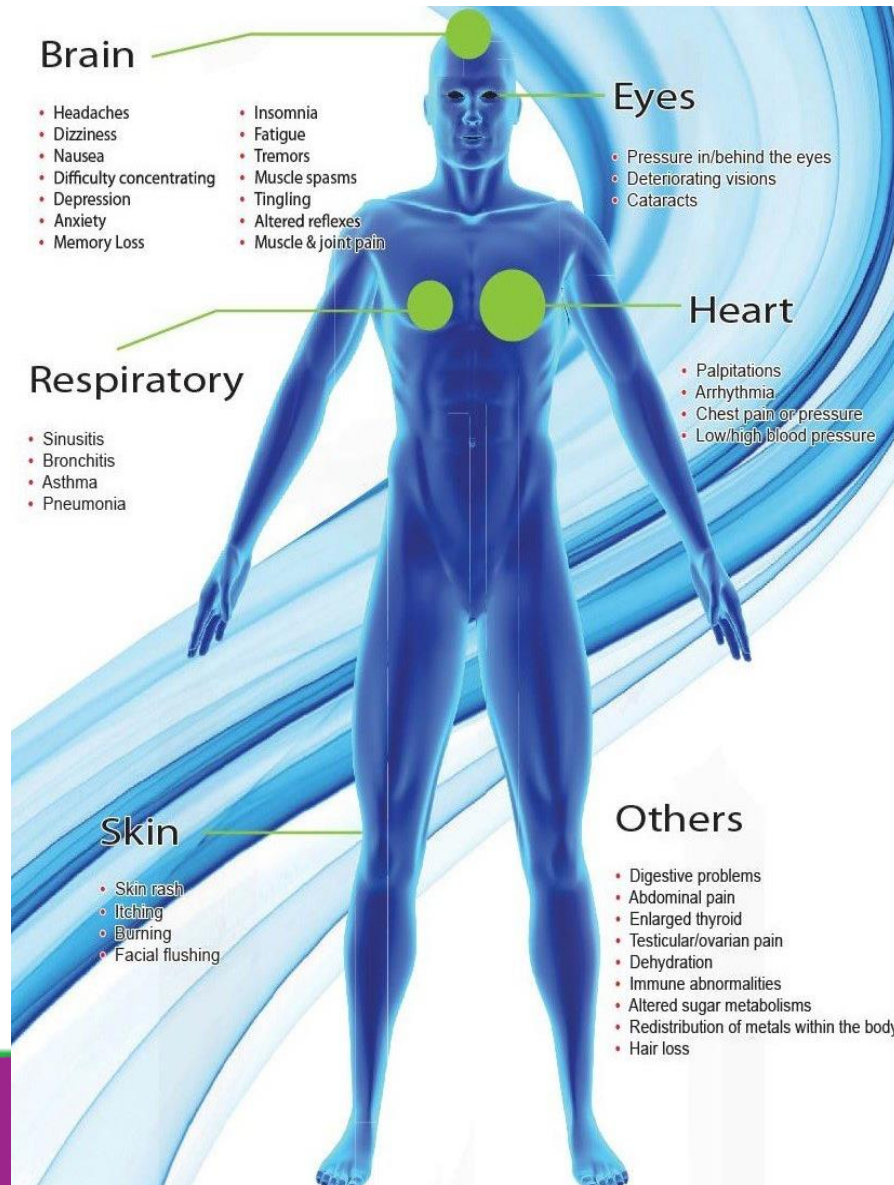
MONKEY POX VIRUS

Fatigue, headache, loss of focus, fever, chills, muscle aches, body aches, swollen lymph nodes, weepy skin lesions on face, arms, legs, soles of feet, palm of hands

COVID-19 Illness and COVID VAX Injury

Disorientation, dizziness, loss of focus, headache, weakness, fatigue, nausea, brain fog, fever, vomiting, diarrhea, muscle/bone aches, abnormal bleeding, blood clots stroke, heart attack, kidney failure, cardio-pulmonary collapse, coma, death

BODY EFFECTS OF EMF RADIATION



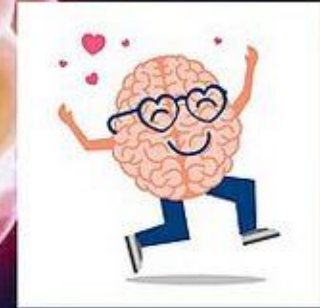
Frontal Lobe

It is located behind your forehead and helps you perform your everyday activities.



Damage to the frontal lobe can be caused by strokes, infections, injuries, and neurodegenerative diseases.

We all know the frontal lobe controls most of our movement but it also controls our speech and language.



The frontal lobe is one of the last areas to mature and sometimes doesn't fully develop until your mid 30s

References

MediLexicon International. (n.d.). Frontal lobe: Functions, structure, and damage. Medical News Today. Retrieved February 14, 2022, from <https://www.medicalnewstoday.com/articles/318139#What-is-the-frontal-lobe>

Seladi-Schulman, J. (2020, April 20). Frontal lobe function, location in brain, damage, more. Healthline. Retrieved February 14, 2022, from <https://www.healthline.com/health/frontal-lobe#damage>

Istock. (n.d.). Retrieved February 14, 2022, from <https://www.istockphoto.com/collaboration/boards/PNJH8GvQ5UaIEIOx6rmM5Q>

SYMPTOMS of FRONTAL LOBE BRAIN DAMAGE

- Impaired higher order functions: reasoning, problem-solving, judgment, critical thinking, analysis of complex information
- Persistence with one behavior, way of thinking, or set of rules
- problems with maintaining attention or concentration
- Apathy, decreases in motivation
- [Marked mood swings](#)
- Impaired ability to initiate activities or interactions
- Drastic changes in personality or behavior, which can include volatility, [irritability](#), and [inappropriate social behavior](#)
- Poor impulse control or lack of inhibition
- Difficulty performing tasks that require a sequence of movements
- Loss of movement, on the opposite side of the body
- Diminished sense of taste and smell
- Difficulty with speech or language ([aphasia](#))

ROAD MAP to RECOVERY ~ FAITH OVER FEAR

5G RADIATION ILLNES, COVID VACCINE INJURY, COVID-19 Illness,
Neurological disorders (ex. MS), Cardiac disease, Ebola, MARBURG
Hemorrhagic Fevers, Monkey Pox

COMMON TO ALL:

- Inflammation
- Effects on blood vessels and blood clotting
- Immune disruption
- Oxidative stress damage
- Brain/heart/lung/kidney/endocrine damage



RESILIENCE
& HEALTH

An Initiative of
Truth For Health Foundation,
a 501(c)(3) public charity.



**"It's Never Too Late To Be
What You Might Have Been"**
George Eliot

ROAD MAP to RECOVERY ~ FAITH OVER FEAR

5G RADIATION ILLNES, COVID VACCINE INJURY, COVID-19 Illness, Neurological disorders (ex. MS), Cardiac disease, Ebola, MARBURG Hemorrhagic Fevers, Monkey Pox

ORGANIZE YOUR PLAN - COMMON ELEMENTS OF TREATMENT IN ALL:

- Anti-inflammatory +/- Antiviral meds, supplements, foods
- Anti-clotting Rx meds, supplements, and foods
- Immune boosting Rx meds, supplements, and foods
- Neuroprotective Rx meds, supplements and nutraceuticals, foods
- Improve cellular oxygenation – see next slide



RESILIENCE
& HEALTH

An Initiative of
Truth For Health Foundation,
a 501(c)(3) public charity.



**"It's Never Too Late To Be
What You Might Have Been"**
George Eliot

ROAD MAP to RECOVERY ~ FAITH OVER FEAR

COMMON ELEMENTS OF TREATMENT IN ALL:

- **Medicines to decrease inflammation**, such as *hydroxychloroquine, ivermectin, corticosteroids (nebulized budesonide, oral prednisone and others), montelukast, antihistamines, cyproheptadine, famotidine; also albendazole, mebendazole, and fenbendazole have been used.* Several of these are also *immune modulators* and help to prevent the immune disruption and dysregulation that can be caused by the COVID shots. **Corticosteroids** can be nebulized or given as oral pills.



RESILIENCE
& HEALTH

An Initiative of
Truth For Health Foundation,
a 501(c)(3) public charity.



**“It’s Never Too Late To Be
What You Might Have Been”**
George Eliot

FAITH OVER FEAR: Plan AHEAD

ORGANIZE YOUR PLAN - COMMON ELEMENTS OF TREATMENT IN ALL:

IMPROVE CELLULAR OXYGENATION GOALS:

suppress and repair the chain reaction triggered by overproduction of oxygen free radicals or *reactive stress species* (ROS) and optimize the body's antioxidant defense mechanisms.

- **N-acetyl cysteine (NAC) as precursor to Glutathione**
- **Black seed oil (N. Sativa seeds, preferably Egyptian). Rich in thymoquinone: eliminates superoxides, is neuroprotective, antioxidant, anti-inflammatory, anti-bacterial, anti-viral**
- **Fresh fruits and green leafy vegetables including deep colored berries, grapes, citrus, pomegranate, spinach and kale**
- **ALLIUM family of vegetables: garlic, onions, leeks, and beetroot**
- **Fatty fish including salmon, trout, and herring**
- **Chocolate**
- **Nuts**
- **Seasonings and Spices including turmeric, ginger, cinnamon, and Cayenne pepper**



**RESILIENCE
& HEALTH**

An Initiative of
Truth For Health Foundation,
a 501(c)(3) public charity.



**"It's Never Too Late To Be
What You Might Have Been"**
George Eliot

ROAD MAP to RECOVERY ~ FAITH OVER FEAR

*5G Radiation Damage, COVID-19, COVID-VAX Injury, and
Monkey Pox, Marburg Hemorrhagic Fevers*

ORGANIZE YOUR PLAN – GET SUPPLIES ON HAND AT HOME NOW:

- Prescription medicines – do a TeleMed consult to arrange supply
- Purchase Vitamins, supplements for SIX MONTHS
- Arrange local sources of organic, plant-based meals
- Start your SEEDS of Health lifestyle changes NOW to boost immunity



RESILIENCE
& HEALTH

An Initiative of
Truth For Health Foundation,
a 501(c)(3) public charity.



**“It’s Never Too Late To Be
What You Might Have Been”**
George Eliot

ROAD MAP to RECOVERY ~ FAITH OVER FEAR

“SEEDS OF HEALTH” → PREPARE, DON’T PANIC

- **SPIRITUAL – PRAYER**
- **ENVIRONMENT, EXPOSURE**
- **EXERCISE**
- **DIET**
- **SUPPORT**

ORGANIZE YOUR PLAN of TREATMENT NOW!



**RESILIENCE
& HEALTH**

An Initiative of
Truth For Health Foundation,
a 501(c)(3) public charity.



**“It’s Never Too Late To Be
What You Might Have Been”
George Eliot**

FAITH OVER FEAR: PLAN AHEAD

CREATE A HEALTHY BODY, MIND AND SPIRIT!

- Reduce Alcohol, stop smoking, avoid use of recreational drugs
- Choose whole foods, homemade foods, and reduce inflammatory foods: processed foods, animal products except grass fed, poultry, and eggs
- Limit added sugars including artificial sweeteners
- Increase daily physical activity, especially aerobic exercise
- Practice yoga, Tai Chi, Qi Gong, breathing exercises to improve relaxation, reduce stress, improve oxygenation, boost immune function
- Turn off negative news and reduce time on social media
- Laughter and play – find ways to create more “laughter medicine” in your day.
- Scripture and Prayer daily
- Improve your social support – increase fun, relaxing time with family & friends



RESILIENCE
& HEALTH

An Initiative of
Truth For Health Foundation,
a 501(c)(3) public charity.



**“It’s Never Too Late To Be
What You Might Have Been”**
George Eliot

FAITH OVER FEAR

Planning for Crisis

STEP TWO: UNDERSTAND THE WEAPON IS FEAR!

This battle is **SPIRITUAL**. The enemy's #1 tool is **FEAR**

*“For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.
Ephesians 6:12*

- God does not give us a spirit of fear.
- Put on the Armor of **GOD** to prevent fear taking root.




TRUTH FOR HEALTH
— FOUNDATION —

A 501(c)(3) public charity incorporated in Arizona, USA



FAITH OVER FEAR: TURN TO GOD

- **II Timothy 1:7** *“For God gave us a spirit not of fear but of power and love and self-control.”*
- **I Peter 5:8** *“Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”*
- **Colossians 3:2:** *“Set your minds on things that are above, not on things that are on earth.”*
- **Ephesians 6:10:** *“Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil’s schemes.”*



RESILIENCE
& HEALTH

An Initiative of
Truth For Health Foundation,
a 501(c)(3) public charity.



**“It’s Never Too Late To Be
What You Might Have Been”**
George Eliot