

SPECIAL SERIES PART 2: HOW TO PREVENT, TREAT AND DEFEAT COVID-19 WITHOUT BEING VACCINATED

The SUN Can Save Us From COVID-19 'Mad Scientists'

by Nation of Islam Research Group

"My Teacher taught me: take a bath at least once a year, in the Sun. Go someplace where you can take your clothes off and turn and turn again. And when you've turned enough, your body has accepted billions of vitamins into it. And when the day of disease comes, the vitamins rise up to defend us against disease. That's why in the Caribbean they're not worried about a pandemic down there."

—The Honorable Minister Louis Farrakhan National Leadership Summit December 12, 2020



The Honorable Minister
Louis Farrakhan

The value of the Sun to our health is actually immeasurable. Its role in keeping us healthy is so dramatic that if the Black man and woman really took advantage of its presence, we may never need to see another doctor or take another pill. The Messenger spoke eloquently to this need to wean ourselves off the pharmaceutical poisons, in his monumental book, *How to Eat To Live*: "Fasting is a greater cure of our ills—both mental and physical—than all of the drugs of the earth combined into one bottle or a billion bottles. Allah (God), in the Person of Master Fard Muhammad, has taught me that fasting, with the right kind of food, is the cure for our ills. He has said to me that there is no cure in drugs and medicine. And this the world is now learning. We can take medicine all of our lives until it kills us (yet, we are still ailing with the same old diseases).

When we were eating the right food in the right way, we had no doctor bills and no medical bills. There were no medicines to be found in our medicine cabinets. However, as soon as we changed and began to eat between meals (24 hours), we began to call on the doctor and his drugs—and it brought about one complaint after another."

Certainly, then, regulating our eating habits puts us on the road to true rejuvenation and optimum health, and frees us from the slavery of prescription drugs. And as our Minister Farrakhan emphatically points out, The Messenger added a critical part of his life-sustaining prescription—the SUN.

The words lifted above from the Honorable Minister Louis Farrakhan, form a powerful observation about the COVID-19 vaccine; a laboratory-created bio-weapon that the white man has released to reduce the world population. The aim is to destroy the Black man, but those who are in those sun-drenched islands have been largely unaffected by the "plandemic".

Since the beginning of America's mass murder initiative, the Caribbean has seen negligible mortality. And even in those islands with higher "death" totals, it is not known whether the victims were kept from known safe and effective treatments like ivermectin, or whether they were suffering from other life-threatening co-morbidities. We can't be entirely sure that they in fact died from "covid disease," as the so-called COVID-19 tests are notoriously inaccurate. So, the published mortality statistics have been so horribly manipulated to induce worldwide panic and fear that they are almost totally unreliable. Nonetheless, the SUN appears to have protected the sun people of the Caribbean from the plotting of the people of the dark:

Islands	"COVID" Deaths
Antigua and Barbuda	42
Aruba	108
Bahamas	256
Barbados	48
Bermuda	33
British Virgin Islands	6
Cayman Islands	2
Cuba	1,659
Curaçao	126
Dominican Republic	3,907
Grenada	1
Haiti	471
Montserrat	1
Puerto Rico	2,560
Saint Eustatius	0
Saint Kitts and Nevis	3
Saint Lucia	87
Saint Vincent and The Grenadines	12
U.S. Virgin Islands	32

Keep in mind that the American "model" for the "pandemic" response is New York, and that state's death count is a stunning 53,175! That one state has seen a body count that is at least 7 times all of the nations of the Caribbean. In fact, the US Navy ship USS Theodore Roosevelt has had more confirmed cases of "COVID-19" (1,102) than the sunny islands of Saint Eustatius, Montserrat, Grenada, Saint Kitts and Nevis, and the Caymans.

Here Comes The Sun

So, what is it about these sun-drenched regions that has the power to frustrate the plots of the maddest of Satan's mad scientists? There is a massive amount of scientific data that proves that the SUN is a far better doctor for the Black man than the entire American medical establishment. Sunlight is a primary source of Vitamin D, the hormone that is also dubbed "the sunshine vitamin." It is critical to building up of the immune system. Most Blacks who were alleged to have died from "COVID-19" were found to be seriously deficient in Vitamin D. So important is this sun-generated Vitamin D that researchers believe that the "pandemic" could be resolved in 30 days for about \$2 per person, simply by raising vitamin D levels among the general public. In one recent study researchers found that 40% of U.S. adults are deficient in the vitamin, but that number rose to 76% for Black Americans. Sunlight solves this deficiency and does many other remarkable things:

- It elevates mood. Even moderate sunlight exposure helps improve your mood and focus by boosting the serotonin levels in your body and decreases the risk of depression.
- It improves sleep. The brighter your daylight exposure, the more melatonin you produce at night. It has a range of effects on the brain, from improving sleep to synchronizing your biological clocks, and lowering stress. A 2017 study found that students who get more sunlight every day perform better in tests.
- It promotes bone growth. Sun-generated Vitamin D promotes calcium absorption and is essential for bone growth and formation. According to scientists, getting anywhere from 5 to 15 minutes of sunlight on your arms, hands, and face twice or thrice a week is enough to reap the vitamin D-boosting benefits of the sun.
- It lowers blood pressure. Nearly half of Americans have high blood pressure. Even moderate exposure to sunlight can cause a significant drop in blood pressure levels, cutting the risk of stroke and heart disease.
- Reduces the risk of cancers. Sun exposure decreases the risk of melanoma (skin cancer). The research found that outdoor workers who were exposed to regular sunlight had a lower risk of developing skin cancer compared to their indoor counterparts. Sunlight has also been linked to a reduced risk of certain cancers, including colon, ovarian, pancreatic and prostate cancer.
- It promotes weight loss. Black adults have the highest rates of obesity. The latest research reveals that basking in morning sunshine can reduce body fat. Studies show that as little as 20 to 30 minutes of early morning sun exposure is sufficient for you to lower your Body Mass Index (BMI) and trim your waistline.

Yes, science has finally caught up with Muhammad. And yet there are many additional benefits of sunshine that would require a library filled with books to expound. The profit-grubbing anti-Sun industries are dedicated to making us fear and loathe that mighty star, selling us oceans of sunscreen, billions of sunglasses, and miles of window shades. Yet, the Sun is free of charge—there are no patents to be filed, no profits to be made.

Certainly, the white man has so damaged and destroyed the environment and the atmosphere that overexposure to sunlight may be hazardous, but the masses of people are woefully underexposed to an unhealthy degree. Their deceptive "lockdown" policy forced us indoors; many of us are incarcerated in sun-less dungeons, and many of us live in high pollution cities amidst sun-blocking high-rise projects. All this compromises our collective health and makes us perfect candidates for a pharmaceutical fix.

The migrations of Black people to the northern cities have added to our health woes, because inhabitants of areas north of the line that goes from Los Angeles to Atlanta (roughly 33° latitude), are sunlight depleted between October 15 and April 15; so our bodies cannot generate adequate levels of Vitamin D during this time. But there are billions more vitamins that make ANY sun exposure a benefit to our health.

So, listen good to Our Minister: "Go someplace where you can take your clothes off and turn, and turn again.... And when the day of disease comes, the vitamins rise up to defend us against disease."

'Vaccine' Deaths & Serious Injuries

The Vaccine Adverse Events Reporting System (VAERS) contains 463,456 reports of suffering and deaths caused by the COVID-19 vaccine. Even with this extraordinary number, a Harvard study concluded that only ONE IN ONE HUNDRED negative medical reactions are ever reported.

In this column, and as a public service, The Final Call will present some of the data from the reports for all of those who are still considering taking this killer "vaccine."

Through July 9, 2021

10,991 Deaths

30,781

HOSPITALIZATIONS

59,402

URGENT CARE

8,832

LIFE THREATENING

2,487

ANAPHYLAXIS

2,885

BELL'S PALSY

3,906

HEART ATTACKS

1,073

MISCARRIAGES

19,814

SEVERE ALLERGIC REACTION

2,552

THROMBOCYTOPENIA/LOW PLATELET

9,274

DISABLED

82,535

OFFICE VISITS

TO BE CONTINUED...

IMPORTANT: If you or a loved one has suffered an adverse reaction to the COVID-19 "vaccine," contact your doctor immediately and then report it to the CDC's Vaccine Adverse Events Reporting System (VAERS):

<https://www.openvaers.com/covid-data>

Our God-Given Immune System: The Best Defense Against Covid-19

by **Charlene Muhammad**
National Correspondent

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Local Black pastors and members of community organizations may have already knocked on your door under the Biden Administration's door-to-door campaign to convince you to take the experimental mRNA gene therapy for Covid-19. Do not capitulate or submit under pressure. Allah (God) has already supplied everything in food naturally enriched with vitamins, as well as the sun, to help ward off and treat the COVID virus.

Isn't that the ultimate answer to the experimental mRNA gene therapy which in 6 months has led to 9,048 deaths, and over 200,00 injuries, including 26,818 hospitalizations (through July 7)? These Covid-19 "vaccine" statistics, updated weekly in The Final Call, are contained in the U.S. Government's Vaccine Adverse Events Reporting System (VAERS).

In interviews with The Final Call Newspaper, medical experts outline in this article how Black and Indigenous People became more susceptible to contracting the Covid-19 virus. They further discuss natural, God-given remedies to prevent and treat the disease.

"The great causes of our illnesses are not eating right and eating too often," stated the Honorable Elijah Muhammad in the life-saving text, "How to Eat to Live: From God In Person" (Book 2).

"He (Allah) has told me there is no cure in drugs and medicine. And this, the world is now learning. We can take medicine all of our lives until it kills us, but we are still ailing with same old diseases," The Honorable Elijah Muhammad continued.

Dr. Akili Graham Muhammad, a general family physician who practices in Houston, told The Final Call that many people have overcome the virus by eating nutritious foods, fasting, and taking immune boosting supplements.

Dr. Muhammad recommends that we eat the small, white, navy bean, vegetables, fruits, and wholesome wheat and pure milk, as taught by the Honorable Elijah Muhammad in "How To Eat To Live."

"If you have comorbidities, try something different. If you have been infected with this virus, if you've gotten sick and it's taken a toll on you, or if you have taken the vaccine and it took a toll on you, it's not time to quit, it's time to get to work even more fervently so that whatever did happen to you can, God-willing, be improved," Dr. Muhammad said.

"Those foods give the body its absolute best potential to survive in this environment ... but we've been inundated with an ideology that we need a pill or shot or something, but not to address our habits or our bad habits. Get, read, and apply How To Eat To Live, and view "The Criterion," he concluded, "That lecture was and is a gift to us."

Dr. Velva Boles, a physician-scientist trained in microbiology and gene regulation, said besides that the immune system works to protect the body. One protection is innate or inborn, and relies heavily on certain nutrients, provided through foods, as well as the Sun. The other is on a cellular or secondary level.

Dr. Boles recommended vegetables, like cabbage, and dark-colored foods, such as black berries, blueberries, and dark cherries, for Vitamin D3 and other antioxidants the innate immune system needs to function properly. Get natural foods like berries, grapefruit, oranges, tangerines, and lemon for Vitamin C, she said.

"I'm trying to convince you that your nutrition is important. The best way to get vitamins, if you're not eating a full balanced meal, is supplementation, but you want to be careful there. Anything that pharmacy is making they've concentrated. And when 'Mother Nature' gives it to you, she integrates it, so that if you're eating something with Vitamin D3, it is balanced with whatever other mineral is needed for your body

to absorb Vitamin D," stated Dr. Boles.

She believes there are times when a vaccination may have its place. But a travesty around Covid-19 is people aren't being told the truth—that there are other ways to protect against death and hospitalization, she argued.

For example, people have been coerced, threatened, bullied and bribed. And a number of prominent Black figures, including entertainers, athletes and politicians, have taken the mRNA gene therapy injections publicly, in efforts to convince the Black community to get "vaccinated."

"But our communities need support clinics, manned by people of color, who understand our conditions," urged Dr. Boles. She is concerned primarily with underserved communities suffering health disparities in America.

Meanwhile, Dr. Boles said it is not why the virus triggers the cellular immune system, but the body attacks itself, and nobody can turn it off.

"I can give you steroids. I can go through all kind of blood cleansing filtrations and give you back your blood. But these cells respond to one thing, and that's the voice or chemical that they are trained to," stated Dr. Boles.

A lack of sleep, lack of nutritious food, excess weight, sugar, and diabetic syndrome or Type 2 Diabetes adversely affects the immune system, but God is involved in everything, said Dr. Boles.

"When you leave God out, I think that you are taking away the potential for miracles, and miracles in my opinion, are real. ... Being one who is a scientist as well as the clinician, I believe the body heals itself when the mind, the body and the spirit are all working as one," said Dr. Boles.

Anytime they are separated or dysfunctional, the result is lingering illnesses, long term defeat, and ultimately, disease, she said.

Currently, the mainstream media and U.S. health officials continue to push the false narrative that Covid deaths have supposedly skyrocketed among people who have not been "vaccinated." And Big Pharma is pushing for a third booster shot, though the CDC has said it sees no evidence to suggest one is needed, noted Ava Muhammad, Student National Spokesperson for Minister Farrakhan, in her Final Call article, "Don't Let 'Variants' Scare You!"

"It is now a matter of record that from the beginning of the pandemic, the U.S. Government, Mainstream Media and Big Pharma have used a massive, unprecedented fear campaign to drive the American people to line up for the deadly Covid-19 vaccine," reads her article published July 13.

That strategy has run its course and fewer people are submitting to getting jabbed, so now, the variant is being used to fuel the Covid hysteria needed to vaccinate the millions who are already vaccinated and keep repressive restrictions in place forever, according to the article.

"Our immune system will take care of the variants, but we're crippling our immune system every time we inject anything into the most vulnerable," Dr. Judy Mikovits, a Ph.D in Biochemistry and Molecular Biology, told The Final Call.

"We have God-given immune systems that can do anything. ... We know this is a war of good and evil ... Our God is an immune system" said Dr. Mikovits.

"America, you won't solve it. The scientists of this world, you won't solve it. This virus is a pestilence from heaven, so scholarship from hell can't deal with a pestilence that came from heaven. But if you want to stop it, you have to go to heaven."

The Honorable Minister Louis Farrakhan
"The Criterion"

July 4, 2020



Vitamin D: Powerhouse in the prevention of Covid-19 is suppressed by the U.S. government

by Ava Muhammad
Student National Spokesperson
for The Honorable Minister
Louis Farrakhan

“You are already on death row and don’t even know it. You’re a host for the COVID virus. And that’s why it’s killing us. But it’s not that we don’t have the means...we don’t really need a vaccine. We need more Vitamin D.

Do you know why the virus is not hitting the Caribbean like it’s hitting America and Europe? Because we live in the Sun. The Honorable Elijah Muhammad told me that in the Sun, there are billions of vitamins that you can’t get in anything that is created except through the Sun.”

The Honorable Minister Louis Farrakhan
Excerpt from The National Leadership Summit, December 12, 2020



Vitamin D is synthesized (produced through a chemical reaction to ultraviolet light from the Sun) in the dermis layer of our skin, where all the skin’s vital functions are located. From there it goes to the liver and kidneys, which make it into an active hormone that is circulated throughout the entire body.

Back in May of 2020, early in the pandemic, the French National Academy of Medicine issued a press release pointing to Vitamin D as having an important role in the COVID-19 pandemic. It pointed out that Vitamin D has a wide-ranging influence on health. **It has the ability to check the hyperinflammatory(out-of-control) response that is a primary cause of death in COVID-19 patients.** The press release states there is *“a significant correlation between low serum vitamin D levels and mortality from COVID-19...by mitigating the inflammatory storm and its consequences, Vitamin D could be considered as an adjunct to any form of therapy.”*

In other words, Vitamin D deficiency increases risk of infection and death. The press release ends by recommending that the entire French population take supplemental Vitamin D as a *“simple and inexpensive measure.”*

In this country, when it comes to data to support the use of Vitamin D for COVID-19, 13 studies published in the Journal of Endocrinological Investigation, involving 2,933 COVID-19 patients, showed the use of the vitamin consistently and significantly reduced ICU admission and death.

In the face of overwhelming evidence, basic logic and observable

reality the United States Government has **re-fused**, to this day, to recommend Vitamin D to its citizens in the battle against COVID-19. Why? Because it threatens their wicked plan to inject every person in this country at least twice with the so-called “vaccines.”

On its website, the National Institute of Health (NIH) makes the following contradictory and irrational statement:

“There is insufficient evidence to recommend either for or against the use of Vitamin D for the prevention or treatment of COVID-19.”

Immediately following this deliberate falsehood, it contradicts itself:

“Vitamin D is critical for bone and mineral metabolism because the Vitamin D receptor is expressed on immune cells...Vitamin D also has the potential to modulate innate and adaptive immune responses.

Vitamin D deficiency is common in the United States, particularly among persons of Hispanic ethnicity and Black race. These groups are overrepresented among cases of COVID-19 in the United States. Vitamin D deficiency is also



Images: Bigstock

more common in older patients and patients with obesity and hypertension; these factors have been associated with worse outcomes in patients with COVID-19 in observational studies.”

The same government that for decades withheld penicillin from Black people during its wicked, so-called Tuskegee Experiment, is today refusing to even recommend something as inexpensive and available as Vitamin D to fight COVID-19. Why? Because this government has a policy of depopulation; a policy of killing Black and all indigenous people.

Truth is simple. Truth is clear. Truth is in harmony with the human brain that Allah (God) created to think right. Truth is not difficult to understand. Truth doesn’t require an excess of words and circular sentences to express.

‘Do you know why the virus is not hitting the Caribbean like it’s hitting America and Europe? Because we live in the Sun. The Honorable Elijah Muhammad told me that in the Sun, there are billions of vitamins that you can’t get in anything that is created except through the Sun.’

–The Honorable Minister Louis Farrakhan

One can see Divinity in the simplicity and clarity of the words from Minister Farrakhan: *“We need Vitamin D.”* Period. At the end of the day, the question is: Who will you trust? Allah (God) or Satan?