

# Chapter 55:

*Interview with*  
**Dr. Eric Zielinski, D.C.**



**Ty:** All right, Dr. Eric Zielinski, thank you so much for joining me brother.

**Dr. Zielinski:** Thank you so much. I really appreciate it, it's an honor.

**Ty:** Yeah, it's an honor to be able to talk to you about vaccines not only about the—we're going to talk a little bit about vaccine ingredients, we're going to talk about the issue of forced vaccines today.

But I also want to get your perspective on the role that essential oils can play in preventing diseases, helping the immune system and maybe even helping to detoxify from some of the poisons in vaccines.

Let's just get rolling to start with, brother. Tell the people that are watching this documentary a little bit about yourself and how you got involved with health initially.

**Dr. Zielinski:** My name is Dr. Eric Zielinski and 13 years ago, actually, almost 14 years ago, now I became a Christian and that just opened my heart, opened up my mind to a new way of life and health became more of a spiritual act of worship versus just something I had to do.

I was sick, Ty. I was depressed. I battled suicide ideation, chronic gut issues, cystic acne, ear infections, throat infections. I was just, relatively, just a sick kid. I really had no hope, no hope to really be fully functioning.

I couldn't even play high school sports even as athletic as I was because I dealt with chronic pain conditions. When I became 23, became a Christian and my mentor at the time showed me a way of life that like, "Look, you could live healthy and strong." So that's what I did.

I started focusing on biblical truths. I started focusing on biblical health and one thing after another my health just started to transform. I was no longer addicted to alcohol, no longer addicted to narcotics, no longer addicted to nicotine and drinking a pot of coffee a day.

And the next thing you know here I am 36 years old healthier than I've ever been, feeling better. I know what it's like and that's the reason why I do what I do because I know what it's like being sick and I know what it's like getting better and I want to help people.

**Ty:** It's a noble goal. I think that's why we're all doing what we're doing. We want people to be healthy. We want them to feel good and we want them to feel better.

One of the things that we're going to focus on today with vaccines is their toxic ingredients. I don't think that anybody will debate that some of the ingredients are toxic. I guess the argument comes up or the issue comes up, "Well, they're just small amounts. Not a big deal," right? But most people regardless of whichever side of the fence they're on with vaccines will admit that some of those vaccine ingredients are pretty toxic.

You just mentioned becoming a Christian and the biblical perspective, so my question to you is this, in light of the fact that we know now that many of the vaccines contain aborted fetal tissue, doesn't that kind of pose a conundrum for someone as a Christian to be injecting aborted fetal tissue?

**Dr. Zielinski:** It's a huge moral issue. I think that's not even part of the discussion when it comes to health as a whole. What are the health risks related to that? But regarding the spiritual condition, that's heart wrenching. We don't even recognize, people don't even recognize what's in the vaccines themselves.

That's a concern that I have, Ty. I just hope that people whether they're Christian or not who are anti-abortion who are pro-life recognize like, look we need to vote with our dollar and you choose who your doctor is. I don't care what insurance you have, what shared coverage you have, you choose who you go to, you choose what you want.

Unfortunately people that are pro-life, they're voting pro-choice by what they're allowing in their bodies even vaccines. It's tough but that's why I appreciate events like this and what you're doing because you are creating awareness. People have no idea.

**Ty:** I think many people don't have any idea how heavily the deck is stacked against people that buck the system. For instance, here in Nashville there's a physician who is our own personal physician Dr. Kalb. He practices down at Cool Springs medical.

He went to this conference called AutismOne in Chicago this year in April, I was there. He had an epiphany that he doesn't need to be giving vaccines. He did not know about how dangerous they were before. He wasn't aware of all the harms. Just in the middle of the conference he said, "I can't do this anymore."

He came back the next week and he posted on the Cool Springs Medical website eight reasons why we will no longer vaccinate. Since that time, he's been heavily under attack. They're threatening to take his medical license in the state of Tennessee now because he dares to not vaccinate.

And it's not like you can't get a vaccine without Dr. Kalb. You can go to any drug store, any Walgreens, any C.V.S. and you can get the person behind the counter to give you a flu shot.

I mean there's no shortage of places to get vaccines. He's not endangering anybody by not vaccinating but he bucked the system they don't like that. What are your thoughts on that?

**Dr. Zielinski:** My initial thought is I'm convinced that 99.9 percent of every young adult going into medical school have a heart to serve, have a heart to help. I do believe there are some people out there in it for the money but by far most kids are in school trying to do what's good and then they get indoctrinated. You look at the research and then you look at the textbooks and everything is formulated in a very biased way to convince people to one direction.

You graduate after really being brainwashed for eight years and then you just, "Well, here's what we've got to do." It's a public health service. I actually studied at one of the premier public health schools in the world and I'm telling you, you want to talk about social pressure, that's a public health banner. That's what their focus is on. It's hard, Ty, to buck the system because you don't even know you're bucking the system at first. It's so ingrained.

So, with that my thumbs up to anyone who's willing to do that but, like you said, you got to recognize there is risk. I think it's really important to remember too, these individuals aren't the enemy. To me the enemy is the system, the big pharmas, the old white-haired men that are in the background making billions. There are people you can look at this, but the end of the day the doctor, the physician they're just trying to help.

**Ty:** I agree, I agree completely. The problem is that they have been indoctrinated in medical school and I think they've been indoctrinated by lack of education in medical school on vaccines.

Almost every doctor that I've interviewed on this documentary on the truth about vaccines, I asked them, "When you were in med school, what kind of education did they give you on vaccines?" "Basically, none. Just give them."

**Dr. Zielinski:** Like nutrition.

**Ty:** Yeah, they don't teach you on nutrition. They don't teach them on vaccines. As a matter of fact I looked at the top ten, I think, most utilized textbooks in medical school. I looked to see how much education was in those textbooks on vaccines.

I think the cumulative total pages was over 7,000 pages of material in those ten textbooks and there was less than five pages on vaccines out of 7,000 pages of text. They're not educated on vaccines. They're not taught anything except they're safe and effective and give them to your patients.

**Dr. Zielinski:** It's like a Platonic philosophical technique, it's a presupposition. If you presuppose it's true you don't even question it. There is no question, it's just, this is what you do and you start to give babies starting six months old the flu shot and you start to do this and you start to do that.

It's like it's not even questionable anymore. That's where it becomes dangerous because the people who do question they're considered the outliers. They're considered the dangerous ones and now look what's happening around the country.

**Ty:** Yeah, you look at states like California.

**Dr. Zielinski:** It's unbelievable.

**Ty:** They passed the mandatory vaccination law and they're looking to make it worse with the Children's Bill of Rights where the children can now decide over the parents that they want a vaccine.

I just did another interview and I mentioned to Dr. Heather Rice that you can bet your bottom dollar that they're going to scare the living daylights out of these kids in classes. "You're going to die from measles if you don't get the measles vaccine." They're going to indoctrinate the kids to where they want to take the vaccines because they're afraid.

**Dr. Zielinski:** That's it and that's what's happened. What blows my mind is T.S.A. and how we allowed our personal freedoms to be stripped from us all because of fear. If you can see that's the technique Ty, is if you instill fear in people they'll say, "Do whatever, do whatever you got to do, do whatever you need to do to protect me, protect my family."

But we got to recognize when you look at the history, there are things that we've done, natural things that we've done, to combat these infectious diseases since the beginning of time.

**Ty:** Talk about some of those natural things that we've done because I was talking to Dr. Heather and I got our story mixed up here she was talking about Raggedy Ann and how that was the story about smallpox. A little girl who had smallpox but before that we talked about the thieves oil.

Talk about that and the bubonic plague and the way that these robbers had used essential oils to combat the bubonic plague because I know that you are an expert on essential oils.

**Dr. Zielinski:** That is the story. It's an unbelievable story about taking oils like cinnamon, clove, eucalyptus, lemon, rosemary together and combining them in such a way where the vapors actually themselves combat the volatile organic compounds from the plague, from the virus.

We actually see research, a very similar blend was researched recently, a clinical trial that actually shows it kills the flu virus. Just flat out it kills. Again, clove, cinnamon, eucalyptus, rosemary, lemon and orange all work together. It's a synergy. It's a synergistic effect and they combat viruses like the flu.

What do you do? You take a Russian roulette shot? You know what the CDC said last year, Ty, remember? "Guess what everyone, we messed up. The flu strain that we put in the flu shot this year wasn't the right one." Of course it's not the right one because how many thousands and thousands now, we don't even know many potential flu strains are.

**Ty:** For sure it's an RNA replicating virus. You're never going to get the right strain.

**Dr. Zielinski:** No, but what do you do? You put a couple in, you do a Russian roulette and now you're just inoculating babies with embryonic egg yolks and Triton X-100—hopefully we can talk about that in a minute—and mercury and all these other toxic chemicals, it's like, "What in the world?"

You know, Ty, I stumbled, I got to say I geeked out over a book. I was doing a webinar for my essential oil club and I found this 1911 book from the Carnegie Library that started talking about essential oils with everything from pertussis, whooping cough and pneumonia and just infectious diseases in the early twentieth century that's all that they used. That's what they used in World War I, World War II they were using oregano and thyme to combat gangrene infection on the battlefield. So what happened?

We look at it, well, antibiotics happened and the government and big pharma said, "Look, we've got a solution and it's cleaner. You don't have to smell like pizza. It's very simple and it's cheap. Take a pill." And some people are like, "Okay. Makes sense."

Well, that changed the paradigm. When the antibiotics came out that changed the whole paradigm that's the reason why we're in this situation that we're in today if you look at it historically.

**Ty:** That is interesting. I did not know about that in World War I. You said it was thyme and oregano?

**Dr. Zielinski:** Thyme, oregano and other. There are so many. That was basically essential oils were used but predominantly we see oregano and thyme and others and cloves are exceptionally, exceptionally effective against infection. That was the medicine, especially European doctors. Dr. Valnet from France that's what they used.

So, aromatherapy wasn't "invented" until the early 20th century when Rene Gattefosse burned his hand in a laboratory experiment. The story goes he was frantic looking for something to help relieve his hand and he saw a big vat of oil. He put his hand in there, it was lavender oil, just to help relieve it. He would have put it in anything.

He was surprised at how quickly it healed and how there was no scarring. He was like, "What in the world. What was that?" They were just experimenting with lavender oil.

It really opened up his eyes to look at the healing properties of lavender and other things. That's where he wrote a book called Aromatherapy. That was a French book that now that's where we know what we do today based off of his studies now a hundred years ago.

**Ty:** What exactly is aromatherapy?

**Dr. Zielinski:** Aromatherapy is the therapeutic use of essential oils. There are three different ways you can use essential oils, aromatically and that is through a diffuser. You can apply them in a nebulizer or an inhaler, like a steam sort of steam sauna with eucalyptus, perfect. Also, a topical, you can apply essential oils topically or you can ingest them which is a debated topic but if done safely and wisely it's very effective.

**Ty:** Excellent. You mentioned that a combination of essential oils has been successful against the flu. Could you use those essential oils again and exactly how—is it inhaled, is it rubbed on the skin or ingested?

**Dr. Zielinski:** Yeah, all the above if it's done wisely. It's interesting, you go today and you're looking—as I've studied aromatherapy a lot of the recommendations are very conservative because people are hurting themselves.

These highly concentrated plant compounds, Ty, you're not going to find a pool of lavender out in the field but you'll find hundreds and hundreds of pounds of lavender. It takes literally thirty pounds of lavender to get one little bottle. It's a very highly concentrated substance.

People are literally hurting themselves, unfortunately. They're just putting it all over themselves and they don't realize we've got to be wise. When you look at the recommendations in the early 20th century, they created a 20 percent solution which is literally four of five times what the recommended dose and they injected into people to combat pneumonia.

You look at recommendations like that. I'm like, "Wow," they were using camphor oil to treat pneumonia in 1911 by injecting that 20 percent solution up to eight times a day, unbelievable. But that was very effective then. Now we get to the point where that was under the guidance of a doctor, so someone. I'm not going to recommend anyone to do that but what we do recommend is creating a good safe dilution.

I don't want to get into aromatherapy 101 too much about think it's important. For children under five years old, actually let me take that back, for children under one year old you want to stay with a 1 percent dilution or lower.

What that means is this, in a tablespoon you have roughly 300 drops of essential oil. If you want a one percent dilution, that means three drops of essential oil per tablespoon. That's a nice, safe recommended solution for a baby if you want to put it topically.

**Ty:** What's in the rest?

**Dr. Zielinski:** A carrier oil like coconut, almond, jojoba depending on whatever, even olive oil because that's what the ancients used. When we read it in the Bible that's what they're carrier oil was, it was olive oil.

If you're an adult, two to five percent solution is recommended for adults. A five percent solution, again, on a tablespoon would be 15 drops of essential oil per tablespoon. That would be a nice topical.

If you have the flu, for example, and if you want a topical ointment and if you are an adult, you can get 15 drops per tablespoon of that mixture like you mentioned, the clove, the cinnamon, eucalyptus, rosemary, lemon and orange. You could apply that and, interesting thing about it, is these oils literally penetrate into the bloodstream within minutes.

A good effective way, you could apply them on the bottoms of your feet but to me I like on

backs of the knee, on the backs of the neck, on the wrist. You can apply it over the abdomen. Various ways of applying the essential oil but also internalize them through ingestion as well.

**Ty:** You mentioned earlier, Dr. Zielinski, about Triton, Triton X-100, right? Talk about that.

**Dr. Zielinski:** My friend's a practicing chiropractor and one of his patients is a nurse. His nurse patient smuggled a box with the ingredients from the flu shot a couple years ago. Interestingly enough, I don't work in a hospital setting, but it's not easy to get the ingredients.

I literally just went to Kroger, if I have time I love to tell that story, but the pharmacist wouldn't give me the ingredients of the flu shot this year. She just wouldn't. She said she didn't even have it. She goes, "We don't have that available to give you." I'm like, "Oh, can you give me the ingredients?" She wouldn't even give them to me.

**Ty:** They have the ingredients for every food that's in the store, they have to. But they can't give you the ingredients for the vaccine. Did you ever get it out of her?

**Dr. Zielinski:** No.

**Ty:** Really?

**Dr. Zielinski:** You know what happened? If I got a minute to tell this story, it's kind of funny. Here I am, I'm in my workout get up. I went to the gym. I'm at the store just to get a little snack and you know how you go to the Kroger or Publix or Wal-Mart they oftentimes send you out a little coupon with your receipt. Well, this coupon talked about a specially formulated flu vaccine for the elderly, like "That's interesting."

Number one, I'm not elderly. So obviously, their marketing isn't pinpointing my age it's randomly or just giving it out to everyone. So, I looked at this and then I looked around me and I started seeing flu shot out of nowhere, like what is going on here.

So, I go to the pharmacist and she doesn't know who I am. Bless her heart she's just a sweet woman trying to do her job. I'm like, "Hey, can you explain to me what this specially formulated flu shot is. I'm just curious?"

I kid you not, Ty, she said, "Oh, that's for elderly people. It's two to three times the dose of what the normal flu shot is." I'm like, "What?" She goes, "Yeah, elderly people, their immune systems are compromised so the specially formulated flu shot is two to three times."

Don't you see the insidious marketing. Here's what they're doing, what do we talk about? We talk about epigenetics. We talk about customizing something based off of your epigenetic make up.

They're using our terminology of trying to customize things to say, "Hey, if you're old, we got something for you but do you know what it is? It's three times the dose." That's what it is and I'm like, "Are you kidding me?" Then right next to her was a sign and that said, "Get your flu shot, you get a hundred free fuel points."

I'm like "What are you talking about?" Marketing everywhere. I get a free tank of gas. I said, "Oh, can I have the ingredients. I'm just curious what's in it?" She was like, "Oh, we don't have that available." I asked her and she said no. She couldn't. I don't even know, did she have it? I'm sure she had the box.

They can't give that stuff out, Ty, because you're going to see Triton X-100. What's Triton X-100? Dow Chemical, it's a Dow Chemical surfactant in your household cleaner, in your industrial cleaner, in your paint. It's in your pesticides Ty. It's a surfactant and that's in your flu shot.

Here's the thing, I don't care this whole concept of parts per billion, it doesn't make sense to me. If it's a toxic chemical, it's a toxic chemical. These chemicals we know, formaldehyde was in that flu shot ingredient list time my buddy shared with me. We know formaldehyde, according to the National Institute of Health can cause cancer.

Parts per billion, when was the last time we've heard of anyone developing cancer by eating too much broccoli? You're not going to hear it. There is such a thing as excess can be harmful but not when it comes to this, a poison is a poison.

That's what we need to remember folks. Don't believe the lie. It might not kill you today but what do you think is happening to someone when they're six months old because that's the recommendation, a six-month-old. Every six-month-old in our country should be getting the flu shot according to our government, six months old.

**Ty:** And that's actually less than the age that the Cochrane Collaboration of 2006, their findings were that below the age of two and for the elderly that the flu shot is zero percent effective.

**Dr. Zielinski:** I know and I literally just looked before our interviewed today. I looked at the recommendations from the N.I.H. website, six months old. I'm now concerned about what's going to happen to these poor babies because now you're not killing them with egg protein because all the flu vaccines at this point are pretty much made from embryonic egg yolks. So is that a developing cause because egg is the number two food allergy in young kids.

I'm telling you, Ty, we're playing around with a genetic roulette and we just don't know. We're messing around with God's design and these poor babies don't even have a shot and not only that but they're getting the flu, they're getting pertussis, the whooping cough.

They're getting all these different vaccines, pneumonia, these babies are getting pneumonia. I cured myself of pneumonia with essential oils and a high dose of vitamin C last year. What's the pneumonia shot going to do for you?

Got some stuff on pneumonia too because essential oils have been showing thymol, carvacrol, geraniol, citronellol these are the chemicals in oils like lemongrass, oregano, thyme.

**Ty:** Oregano has carvacrol right?

**Dr. Zielinski:** Yeah and thymol, thyme, geraniol, rose. These are oils that have been proven to kill pneumonia. So, what do you do? You can take it. They're safe ways you can, again, internalize them like put them in a capsule. We can go into recommendations on safe usage.

But the end of the day, I'm telling you, when you look at the studies, when you look at, okay, what's effective what's not effective, you see that the chemicals in essential oils are typically as effective as the drugs out there but they just don't have the side effects. That's to me the bottom line.

**Ty:** It is. Name those again, Dr. Zielinski, that can be used effectively against pneumonia. The different oils that contain the thymol, carvacrol.

**Dr. Zielinski:** Yeah, rose, geranium, oregano citronella, lemongrass, clove and cinnamon, that's another

one. Again, many of the oils that we mentioned from that bubonic plague, that blend. It's beautiful, these are all oils are very effective.

And it's just not these oils though, Ty. This is one thing I think it's really important to take away from, these are just the oils that have been studied. What about all the other oils out there that people have been using for hundreds or thousands of years?

That's when I'm noticing a lot of the oils that we see being research are just because they're popular because the network marketing companies are selling tons of oregano and tons of lemon and tons of lavender but there are some pretty cool esoteric oils that people never heard of that just are crushing it.

I want to encourage people find out what works for you. That to me is epigenetics, biochemical individuality. Find what works for you and then use it because what's going to work for me isn't necessarily going to work for a 70-year-old African-American woman, right?

**Ty:** Right. I make almost every day at least one big shaker full of what I call lemonade but it's just purified water with two or three drops of lemon oil and two or three drops of peppermint oil. I shake it up and add ice and I drink it and it like refreshing.

**Dr. Zielinski:** It's very refreshing.

**Ty:** Every day I have it.

**Dr. Zielinski:** It's a lot of menthol.

**Ty:** Yeah, it is and it helps with chronic halitosis. Charlene's like, "Your breath smells—"

**Dr. Zielinski:** She's like, "Hallelujah, I can kiss my honey."

**Ty:** "Honey you did something." I agree that there's just a ton of research that hasn't been done on a lot of the other essential oils. I think the thing to remember with essential oils is they are basically the immune system of the planet, I guess is a good way to look at essential oils. That's that concentrated immune system of the plant that fights off pests and when you inhale them or ingest them you get them too.

**Dr. Zielinski:** You know what the Bible says in Revelations chapter 22, "The leaves of the trees are for the healing of the nations, not only that but for healing of the animals and healing of the plants and healing of the world." So, with that though I want to caution people they are precious and we're at a point right now where it's getting hard to find certain oils because we've consumerized them to extinction.

I encourage safe, moderate use because we also need to think about our children and that's a problem I'm noticing especially. People are over using them. We need to think about what our grandkids are going to use because at this point what if we use them all up and then what? So, that is a consideration.

I have a confession. At first it was embarrassing but now I can see how God can use this to help a lot of people. Ty, three years ago, what I was doing, I was I was wrapping up my doctorate in chiropractic I was really focusing on research. I was a medical writer, that's how I was providing for my family.

I graduated school and I wasn't practicing because I was focused on research and writing

and then the crazy idea came to me that I was going to host an essential oil summit. I got together with our mutual friend Dr. Josh Axe and my buddy Jill Winger and we created what became the most popular essential oil event ever, non-branded, 165,000 people.

Here I am a medical writer to now being in front of hundreds of thousands of people over night. I wasn't prepared for that. I didn't have a team for that. You know what it's like, Ty. How many millions of people go to your website? How many people work on your team? I didn't have that.

I found myself working around the clock, very reactionary. I know you can relate to this. People that have a heart to heal, people that have a heart to help, who do we oftentimes put on the wayside? Whose health do we oftentimes neglect? Our own.

We neglect our own health to help others. You know what I did? I ended up working myself to get pneumonia. First time in my life. I was working around the clock. In my defense, we had a new baby and what do you do? Babies cry. Every single night I found myself waking up at like one or two in the morning helping with the baby and I couldn't go back to bed. So, I'd be on my computer till four or five in the morning, sleep deprived. I wasn't eating the foods I should have, just, again, focused. Developed pneumonia.

Now here's the confession I had to make because now everyone wanted to hear me talk about essential oils, I was a featured guest on some documentaries and podcasts. Well, guess what? Developing pneumonia I had a whole schedule filled like every other day I was doing interviews but I couldn't even talk five words without coughing and I'm praying, "What do I do?"

I started with my natural therapy, I started with my essential oils but here's the difference. Those take slower, those take a little longer so I didn't have the one month to heal. I went to the doctor I'm like, "I need something. I have an interview. I can't cancel my whole schedule." I got an antibiotic. And for the first time in nine years I took an antibiotic and it didn't kill me.

I loaded up on probiotics. I still did my natural therapies. It got me through those three, four weeks of just intense interviews and guess what happened a month later? Pneumonia came back. It was worse.

"I'm so sorry. What did I do?" Well, I had a clear schedule. I'm like, "I'm not going back to the antibiotics. I don't need to." But I was faced with that decision and you know what? That humbled me, Ty, because I realized something, what I supposed to do? What would you have done? What would I have done? Cancel all my interviews and not and share lifesaving potential information with people because I couldn't talk.

I made a decision. But you know what? I wasn't going to go back and that's where I came up with Dr. Z's flu shot because I was not going to use an antibiotic again.

Our good friend, Jonathan Landsman from Natural Health 365 said, "Eric, you got to get on this liposomal vitamin C stuff." So, I got some liposomal vitamin C which is 1600 percent vitamin C per serving. And that's just vitamin C that's encapsulated with fats so your body absorbs it.

I did that with the immunity shot that we're talking about. The oils like cinnamon and clove and eucalyptus, lemon and rosemary. I added some coconut oil, raw honey and some

Himalayan sea salt. I took, literally, 10,000 percent vitamin C for like a week straight. We knocked that thing out within a week and a half, two weeks. And it humbled me but, again, for those two weeks I could barely talk. I was still coughing but I was getting better.

I was getting better but I realized, you know what? What I did to my body and what other people do to their body, we're developing resistance and that's the concern that we're having, Ty, is when I'm looking at the research in Europe, they've actually done studies showing that children are becoming penicillin resistant. That the flum specifically now, the flu virus overseas, our drugs aren't working anymore and kids are getting sick same thing with pneumonia.

So, I just want to encourage folks there's a whole list of essential oils that can help with flu, pneumonia and other things. If you find yourself in a situation like I, give yourself a little bit of time and you can really heal yourself.

**Ty:** That's awesome, that's a great story. I think that will endear you to people that watch the documentary because we're just like everyone else. We get sick, we got to make the tough decisions. Sometimes you make a decision you wish you hadn't but you just keep going on. That's potent.

You mentioned flu, you mentioned pneumonia, any other specific combinations that people could use for preventing other types of measles, mumps, rubella anything like that, whooping cough?

**Dr. Zielinski:** Yeah, the only thing that we have—according to the research, Ty, what we see, we actually see with tuberculosis, sclarea which is the main component of clary sage that is highly effective, actually. The chemical sclarea in clary sage is more effective than most drugs when it comes to TB.

TB isn't an issue though for a most folks in America but TB is a huge issue globally. That means for people that are battling TB clary sage is a safe oil that you can consume. You can use it topically especially you want to use high, I would encourage higher dilutions like 5 to 10 percent dilutions if you're battling TB apply it topically, aromatically.

When it comes to measles, mumps, rubella I don't have any research to quote on that so I wanted to be careful. But to me it goes back to boosting the immune system. And we always go back to that bubonic plague, a blend that always helps. It just helps people boost the immune system. So, we have the flu. We have pneumonia. We have TB. There's one more. What else had you mentioned? You mentioned one other one.

**Ty:** Whooping cough.

**Dr. Zielinski:** Yes, so what we see with whooping cough specifically is going back to the research that we see. In 1911 they were injecting a 20 percent dilution in almond oil. They had sweet almond oil and a 20 percent dilution of camphor and it knocked whooping cough in its pants. Camphor also is a main chemical in rosemary.

Rosemary is a very common oil. What that means, folks, if your son or daughter is battling whooping cough even using it aromatically but again what's in that blend we talked about, cinnamon, clove, rosemary, eucalyptus. They figured how to kill the bubonic plague. Those oils are also effective against whooping cough as well.

**Ty:** There's a legend, a myth, a fable, maybe, probably, about Mary the mother of Jesus. She

allegedly put her shawl over a rosemary bush and it turned the flowers blue.

**Dr. Zielinski:** That's beautiful.

**Ty:** Yeah, that's why they call it rosemary. Probably not true but it's a neat story.

**Dr. Zielinski:** I love it because there's a reason—you know plants, what is it? Coconut oil is considered the tree of life. There's not one part of the coconut tree that you can't use, the coconut plant. Everything is edible or you can use it for paper.

When you look at the ancient history, when you look at the myths of the world everything was revolving around essentially God's provision and honoring what he's given us because they sustain. Those things sustain life and they have been up until now where now we're sustaining life by drugs. We're sustaining life artificially in ways that aren't even life anymore.

I guess that's my call to people, that's my call to question is, okay, the life expectancy might be a little bit longer, might be a little bit more but what kind of life are you living? Are you living a life worth living right now? A 90-year-old in a coma, is that a life worth living versus being vibrant healthy and strong?

That's the argument and that's really the public health argument and that's the argument that we're getting in the research is, "Look at the data." Yeah, I'm looking at the data. Quality of life is shrinking, life expectancy is increasing. What's the difference? We got to go to the Blue Zones and we got to look at around the world to see what they're doing naturally to live good lives to their hundreds.

**Ty:** Yeah, there's still mushrooms essential oils.

**Dr. Zielinski:** Cannabis oil, why not? There's so many different things and now, again, why do you think cannabis oil is under wraps so much in the United States? Because it works. Anything under wraps. Why do you think essential oils are under wraps? We know what happened a couple years ago with the F.D.A. Can we talk about that for a minute?

**Ty:** Yeah, sure.

**Dr. Zielinski:** This is a good, important topic because what we had is about two and half, three years ago, we had the Ebola outbreak. You know about the Ebola, right? Who owns the Ebola patent? You know that? The CDC they own the patent for the Ebola virus. Just blows your mind when you wrap your brain around that.

So, the Ebola of virus goes out. We have an outbreak one or two people, one or two people it's an outbreak. Well, you had some well-intentioned misinformed bloggers out there, distributors of the two largest essential oil companies who started saying, "Hey, essential oils can help with Ebola." No way shape or form that the government was going to handle for that.

The aromatherapy community literally created a petition. They reported several websites to the F.D.A. The F.D.A. got wind of this, they shut down those websites, like blanked, shut down their websites. They gave cease and desist letters to Doterra and Young Living and one naturalceutical company and said, "You need to control your distributors or we're going to shut you down." Out of nowhere.

Next thing you know you have distributors talking about, "Hey, I use peppermint to help with my asthma. I use lemon to help with my kidney problems." That became illegal now.

You can't use, that's called a drug claim. Well, there's a difference between saying essential oils can cure Ebola versus saying, "Hey, I use peppermint oil to help with asthma."

Now distributors from around the world, they are now restricted. They can only say, "It helps with respiratory support." What's that mean? What does it immune support? What's all this stuff?

**Ty:** They have to use vague terms.

**Dr. Zielinski:** Yeah, so basically that was the excuse because we have no research supporting whether or not essential oils can help with Ebola but we do know that's how quick. So, I mention this to say that we know that this is under attack.

Everything that we're doing is under attack. It's scary to see what the government can do when they want to do things and how quickly they can shut things down at the sake of helping people.

**Ty:** Yeah because you make a claim and now miraculously whatever substance that you were using has become a drug. Any kind of medicinal claims it trans-mutates them into a drug, it's magic.

**Dr. Zielinski:** You know why? Because they don't go through the "rigorous research" that drugs go to. Well, Ty, how many drugs do you know that, how many vaccines, how many drugs do you know that have been taken off the market because they end up killing people? I don't buy it. I don't buy it. You know why? They just don't make a lot of money. You can't make money off of oils. You can't. I understand that.

I just want to encourage people to hold on. That's one reason why I don't sell oils. I'm completely non-branded. I won't sell essential oils. I won't recommend a brand. I've consulted multiple lawyers about this. I have the First Amendment freedom of speech to say, "Hey, here's what the research says."

I could be a voice and I realize, Ty, it's been very humbling that hundreds of thousands of folks that follow me online and everything that I've been doing, I've had so many people thank me because they are restricted, they can't speak. I'm like, "You know what? We just need to go out there and help." So again, thank you for what you're doing and for giving us a voice.

**Ty:** Thank you for what you are doing Dr. Z and thank you for all that you've shared today that's going to help the audience make up their mind about what they want to do with their choice. We still do have a choice on whether to vaccinate or not to vaccinate.

**Dr. Zielinski:** God bless you.

[End of transcript]