

CHOICE INSIDER

January 24, 2024

Education, Healing and Inspiration

Message from Ted



Dear VCC Community,

It was two years ago this week that a handful of truckers left British Columbia for Ottawa. What began as a humble protest against vaccine mandates became quite possibly the greatest event in Canadian history. I anticipate there will be many video summaries like this to mark the event

'A Powerful Tribute to the Freedom Convoy'

My eyes swell up with tears and my heart aches with the hope this moment gave to humanity. This remembering also reminds me of the abuse we were exposed to by our governments, media, public health, police and judges. If anything, my resolve to hold those accountable has only deepened. We cannot forgive the callous disregard for human rights, fundamental freedoms, truth, accountability and morality .

The blessing is that we have grown stronger and wiser as a result of this vicious assault. We know now who our enemy is and we will not stand by and allow them to continue their treacherous agenda. We now know who is with us and who is against us; who has morality and who doesn't; and who has courage and integrity and who does not.

Our hearts are grieving, and our purpose is clear.

Reclaim Canada we will. *(Image:*

Ted

VCC Live Broadcasts

VCC - CHA Live Wed

Note New Date: January
24, 2024, 7 pm ET



**Dr. Sherri
Tenpenny**

Just Say No To Vaccines!

Dr. Sherri J. Tenpenny DO, is an osteopathic medical doctor with expertise in both emergency and integrative medicine. She was one of the first medical doctors to speak publicly about the dangers of vaccines and has dedicated the last twenty years to researching, documenting, and educating the public. Dr. Tenpenny's writing, courses and her on-line and in-person speaking engagements informed choices about our healthcare and just say "No!" to vaccines. **Website:**

<https://drtenpenny.com/>

REGISTER

VCC Live Thu

January 25, 7:00 pm ET



Luciana Stan

Redox Signalling Molecules

Join us this evening for an informative presentation with our special guest, Luciana Stan. Luciana Stan is an Osteopathic Doctor, a Craniosacral Therapist, and a healer with over 20 years experience. She is always looking for new studies and new ways that can increase her patients' health and make a

difference in their lives.

molecules and their critical importance for our health and vitality, as well as how age and different health conditions or procedures affect our redox. We will also discover the secret of how we can replenish the redox inside of our cells.

[REGISTER](#)

VCC Live Tue

January 30, 2024, 7:00 pm
PT

Open Discussion

Join us in the new year to catch up with each other and share stories of action and encouragement. Our Tuesday Open Discussion continues to take place weekly.

REGISTER

VCC Live Tue

February 6, 13, 20, 27,
2024, 7:00 pm PT

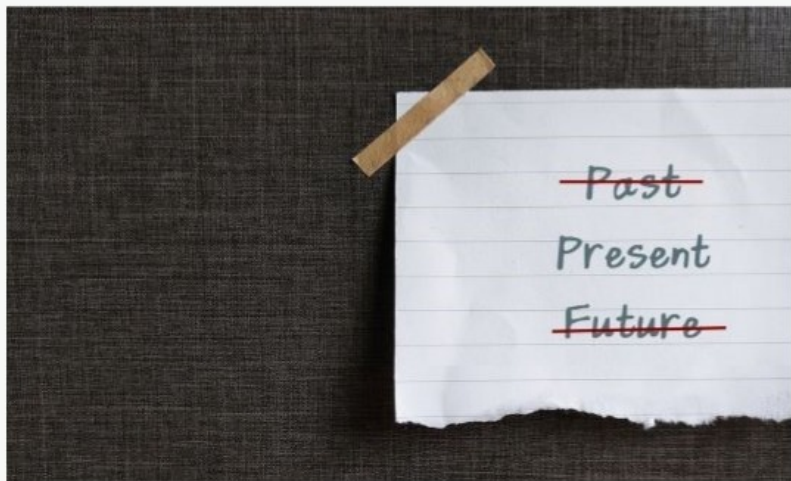
Open Discussion

Join us in the new year to catch up with each other and share stories of action and encouragement. Our Tuesday Open Discussion continues to take place weekly.

REGISTER

Peace Begins With Me

Author - Ted Kuntz



Tool #4 - Live in the Present

Most people live somewhere other than the present. Elderly people commonly live in the past focusing their attention on what they remember. Young people tend to live in the future, thinking: "*I can hardly wait until . . .*" The result is most people are rarely fully present. Being disconnected from the present robs us of the joy and peace available in this moment.

Author Eckhart Tolle is the individual who brought the idea of presence to my awareness. Until my exposure to his message in '**The Power of Now**' I was often somewhere else. Usually I was months, even years ahead of

myself. In addition I regularly told myself negative stories about my future. Now that I am aware of the effect of negative imagining, I understand why I was in pain most of the time.

I came to realize the present moment is always manageable. I am always able to manage whatever shows up in this moment. What are not manageable are my negative thoughts and imaginings about the future, about what might happen, and my remembering of the past. The now is all I have.

When I live in the present I experience an inner peace. Both my mind and my body become quiet. There is stillness within. I am safe in this moment. When I'm present fear does not exist. Nor does anger, resentment, grief, guilt, or worry. Life is simple. I simply notice and then choose.

(You can purchase Ted's book below. The proceeds of all Ted's books are donated to VCC.)

**PURCHASE 'PEACE BEGINS
WITH ME'**

Keep Your membership Alive

**We Can't Do This
Without You.**

We are 100% dependent upon your memberships and donations. We invite you to use this **LINK** to become a member of VCC today. To renew your membership, please use the same **LINK**. To donate you can access our website from the **TO DONATE** button below.

TO DONATE

Essay of the Week



Canary In a COVID World

In the last issue of the Choice Insider I shared quotes from a book I read over the holidays entitled, '**Canary In a COVID World: How Propaganda and Censorship Changed Our (My) World**' – A collection of essays from 34 contemporary thought leaders. In this ongoing book review, as Part 2, I finish with Chapters 20 – 34. Read further with the link below where I share my favourite author, his quotes and many other quotes that were

featured in this book.

These last four years have been a tremendous learning opportunity – about others, and about ourselves. If these nuggets resonate with you, I encourage you to read the entire book.

Ted

[READ MORE ON OUR WEBSITE](#)

Great Reads



Reflections on Dr. Shiv Chopra

Dr. Chopra is the author of '**Corrupt to the Core – Memoirs of a Health Canada Whistleblower**'. In the book Chopra chronicles the manipulation and deception at Health Canada. What is happening today has been happening for years.

[READ](#)



A Quiet Evil: The Destruction of Informed Consent

Undermining Informed Consent – in the service of following an agenda - is but another one of those examples of how evil wins its way in our world.

[READ](#)

Covid mRNA Vaccines Required No Safety Oversight: Part Two

Brownstone Institute - This is a stunningly significant article that exposes the 'smoke & mirrors' deceptions used to get emergency use authorization for covid shots.

[READ or LISTEN](#)

Reflections on the Bret Weinstein Interview

Brownstone Institute - There is a reason we haven't heard any high-profile apologies or admissions of wrongdoing. The reason is that there was never a purpose to do the right thing.

[READ or LISTEN](#)

Moving On

Do I want to catch up and have a drink with someone who still thinks we should put masks on our kids all day and upend their lives just to lower their risk of getting a mild cold? Nope.

[READ](#)

Great Videos



‘Fluoride on Trial’

A new documentary airing on CHD.TV exposes the long history of government and industry suppression of scientific research that reveals the toxic effects of fluoride, particularly on children. (1:02:38)

[WATCH](#)

1986: THE UNTOLD STORY

Barbara Loe Fisher tells the untold story of the 1986 Act and how it came to be. Learn the betrayal that paved the way for vaccine manufacturers to secure immunity from liability for their products.

(2:18:19)

WATCH

A person wearing a blue button-down shirt is holding a large, light-colored rectangular sign in front of their chest. The sign has the text "Died suddenly and unexpectedly!" written on it in a black, handwritten-style font. The background is a solid dark grey color.

**Excess Mortality
and
COVID-19 Vaccines**

Andrew Bridgen (UK MP) in UK parliament discussion on excess mortality and COVID-19 Vaccines. (33:12)

WATCH

The Indoctrinated Brain

The Highwire - Del Bigtree sits down with Dr. Michael Nehls to discuss his latest book, The Indoctrinated Brain. This goes beyond safeguarding against diseases like Alzheimer's; it extends to fortifying the mind against indoctrination. (57:40)

WATCH

Why I Issued Guidance to Halt the Vaccines

The Epoch Times - Dr. Ladapo, in conversation with Jan Jekielek of Epoch Times, discusses his recent correspondence with the FDA over the matter. *“They have to be doing it intentionally because they’re smart people.”* (2:40)

[WATCH](#)

Wins of the Week



Wins of the Week Jan 19

Ted Kuntz brings you the latest **'Wins of the Week'** to stay informed and be inspired by positive news in legal, politics and health. **To formats available:** (1) [VCC Article Link Version](#) (2) [Ted in Discussion with Dr. Trozzi.](#)

[VCC ARTICLE LINK JAN 19](#)

[TED KUNTZ with DR. TROZZI \(EP 4\)](#)

Podcast of

the Week

Catch Up On Our Past Guests

Check out our **Up To Everyone Podcast** if you have missed any of our previous guests.

[Vera Sharav - Never Again is Now](#)

[VERA SHARAV](#)

Who is Shaun Newman?

Shaun explains why his podcast shifted towards discussions about the COVID-19 narrative, government overreach, and the identity of Canada. (56:08)

[LISTEN or WATCH](#)

ICS4 - Day 2 - 2. Stephen Malthouse



Dr. Stephen Malthouse

Dr. Stephen Malthouse Speaking at the International Covid Summit (25:25)

[LISTEN or WATCH](#)

Join a Local

Chapter

Interested in Starting a Chapter?

Would you like to become involved with VCC in your local community?

Check out our [List of Chapters](#) to see if there is a chapter already in your area.

If not, please contact our Chapter

Coordinators, Peter and Sharon, at

Chapters@VaccineChoiceCanada.com

for more information.

FIND VCC CHAPTERS NEAR YOU

We Are Looking for

Vaccine Choice Ambassadors

Ambassadors agree to be a local contact for parents or anyone wishing to gather more information about the vaccination decision. Let us know if you would like to serve as a Vaccine Choice Ambassador.

Please use the email below to contact us.

EMAIL VCC CHAPTERS

Rocco Galati Update

Defending 2020 Legal Filing

Rocco Galati will be defending our July 2020 legal filing against the Governments of Canada and Ontario for their violation of Charter Rights and Freedom in early February. The government and all named defendants have filed a motion to strike. Clearly they do not want to go to court to defend their mandates and violations of our rights. This will be a historic moment and we will soon learn if there is any integrity left in our legal system and Charter of Rights and Freedoms. Details to join the hearing will be shared once available.

Actions of the Week



House of Commons Petition to Exit the UN

We call upon the House of Commons in Parliament to urgently implement Canada's expeditious withdrawal from the UN and all of its subsidiary organizations, including the WHO. House of Commons Petition e-4623. This petition closes Feb 7, 2024.

[SIGN THE PETITION](#)

Protect Natural Products

To repeal Bill C-47, Sections 500-504 a Private Member's Bill was drafted by Shawn Buckley of www.nhppa.org. Sign the e-petition to support Bill C-368.

SIGN E-PETITION or SEND A LETTER

Sign the Fundamental Principles Pledge

Sign and share with your MP, MLA or MPP.

SIGN HERE

Own Shares in Citizen Portal Canada

If you would like to Own Shares and be a small part of the Revolution in accountability, this may be for you.

[READ MORE](#)

The NCI Commissioner's Final Report

Read and share.

[READ and SHARE](#)

Wake Up Your Neighbourhood

Have Druthers delivered to their door.

[TAKE ACTION](#)

Freedom Rising Newsletter

Read the next Freedom Rising
Newsletter #62.

Freedom Rising - [Top Actions](#)

Freedom Rising - [Submit Your
Action/Event](#)

[READ NEWSLETTER](#)

Diversify Your Assets

See this special offer for Vaccine Choice Canada members to place a portion of your portfolio in precious metals. Steve Merrill of Sun City Silver was our guest on Thursday, October 12th. You can listen to his presentation on our [Librti Channel](#).

SPECIAL OFFER

Upcoming Events

- The next **Canadians for Homeopathy** free webinar will be on Monday Feb 12 at 4:30 pm PT/ 7:30 pm ET. Erin Ellis will introduce us to '*Using Bach Flower Essences at Home*'. **Flower Essence Therapy** is a beautiful and gentle adjunct to homeopathy and is a great addition to every natural

home health toolkit. Let's take a walk through the garden of *Flower Essences* and get our *Flower Power* on!

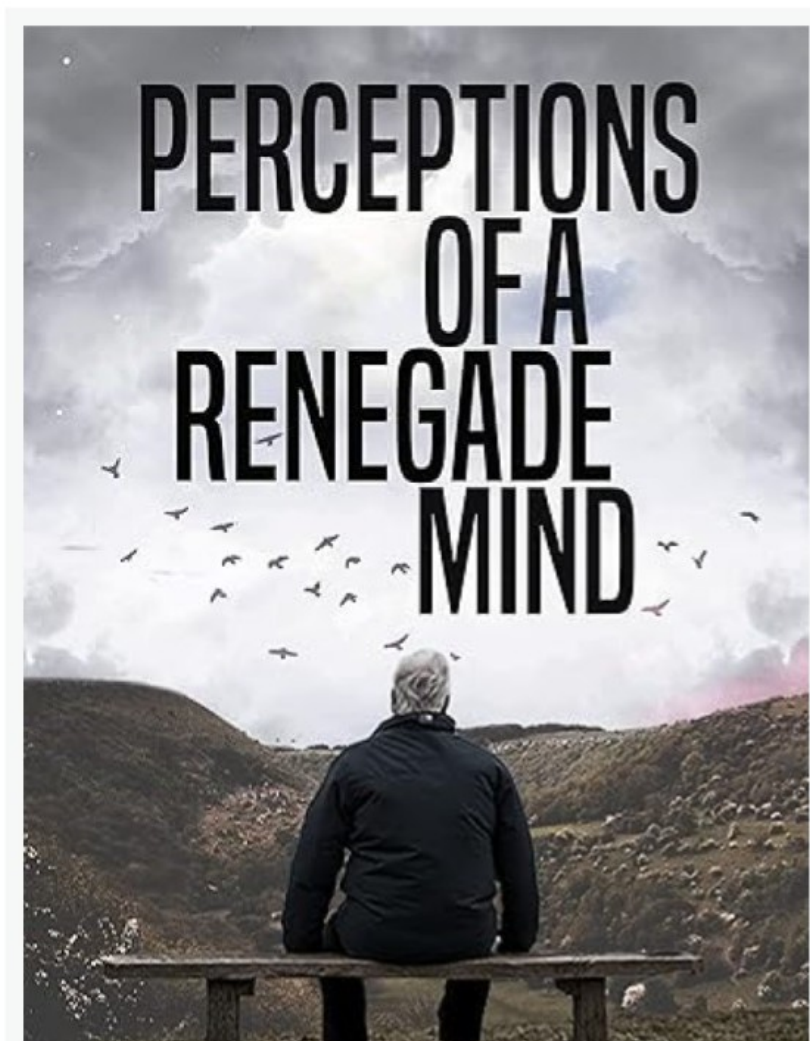
Register at:

<https://us06web.zoom.us/webinar/re>

- **Freedom Rising Events -**

<https://freedomrising.info/events/>

Books of the Week



DAVID ICKE

Perceptions of a Renegade Mind

I'm reading David Icke this week. I especially like his description of a 'Renegade Mind'. He states:

*"Renegade Minds never accept defeat when freedom is at stake and even if they are the last one standing the self-respect of not submitting to tyranny is more important than any outcome or any consequence. That's why **Renegade Minds** are the only minds that ever changed anything worth changing".*

[PURCHASE HERE](#)

Canary In a COVID World:

How Propaganda and Censorship Changed Our World -

The thirty four contributors to this collection of essays explain the power of censorship and propaganda to conceal the lies and dishonesty that now underpin our societal foundations. Read Part 2 of Ted's featured book review on the [VCC Website](#).

[PURCHASE HERE](#)

[Quotes of the Week](#)



“If you doubted it back then, you were ridiculed as anti-science, censored, silenced. Now it becomes clear: “trust the science” really means “obey authority.”

- Robert F Kennedy

“There is a river of tears in the data.”

– Barry Young, NZ Whistleblower

A note about privacy

By registering you agree to participate in a Zoom call open to member, subscribers and their contacts. Information shared during the Zoom call is available to all participants, including images, your name, chat or oral comments and questions. Please use your own discretion since VCC cannot guarantee your privacy. Suggested steps you can take if this is a concern: please consider using your first name only or an alias; keep your video off; and refrain from sharing personal identifying details in the chat.

Vaccine Choice Canada is a federally registered, volunteer run, not-for-profit educational society dedicated to helping families make voluntary, fully informed, and health-conscious choices. This information is for educational purposes and is not intended as legal, health or medical advice.

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