

The Link Between Fear Appeal and COVID-19 Perception: A Special Interview With Dr. Peter Breggin

By Dr. Joseph Mercola

Dr. Joseph Mercola:

Welcome, everyone. This is Dr. Mercola, helping you take control of your health and today we are joined by the eminent Dr. Peter Breggin, who is notable in the area of psychiatry. He was trained at Harvard and taught there and at Johns Hopkins, author of over a dozen best-selling books and appeared on all the major media, Oprah, 60 Minutes, 20/20, Larry King, you name it. He's been called the "conscience of psychiatry" and has really been a pivotal pioneering force in the mental health fields. You may recognize him as being instrumental as a physician who first came out against lobotomy in psychosurgery and took a public stand about it when everyone else was really embracing it. Because lobotomies took the brains of about 50,000 people and he had amazing efforts in that largely because such a catalyst he was that we don't do that surgery anymore.

Dr. Joseph Mercola:

So he's taken a new venture now. And I'm really interested in going deep and exploring with him, but he's really focused on the COVID-19 and the fear around that and some of the details on why it's happening. So we're going to dive deep on that and I'm sure I am going to really enjoy this discussion. So, welcome and thank you for joining us today.

Dr. Peter Breggin:

I'm so glad to be with you. And thank you very much for covering our work so amazingly on your website. It's a courageous thing to do and I think it's a great benefit. Thank you.

Dr. Joseph Mercola:

Well, you're welcome. So, the first question I have is the obvious one. You've got this incredible history in the mental health field, a pioneer in establishing massive changes in the field and with really no expertise in immunology or infectious disease or any of those, but yet you've come out pretty hard and strong against what's going on now. And so before we go into the details of what those specifics are, I'm wondering why and how you made the transition. I have some suspicions, but I'm curious to hear from your perspective.

Dr. Peter Breggin:

Well, it certainly wasn't an intent of mine. I began like my wife, Ginger and everybody else, just being very worried about COVID-19, wondering what in the world is going on here? And I began to sense that this man Fauci about whom I knew nothing, I hadn't followed him during his disastrous manipulation of all the issues around the so-called gay virus that he made it be way back in the '80s.

Dr. Joseph Mercola:

Yeah, that's right. That was the early '80s. I remember those days well, when we many of us thought that HIV was going to be the decimation of the world. There was a lot of fear to that extent.

Dr. Peter Breggin:

And I actually didn't know about that. He just looked like this kindly gentleman, until I started to listen to what he was saying and to look into what he was doing. And it began to look like everything I knew about the pharmacology industry through psychiatry, but only worse, even worse behavior than I saw Eli Lilly doing when they developed Prozac decades ago, but we were afraid to get involved because I feel like my mandate has been that conscience of psychiatry role and we were just not too eager to get involved. Then in early April, Ginger brought this scientific article to me and she said, "Honey, this looks like it's impossible, it's fake or something." And it was a 2015 article by a big team from North Carolina named-

Dr. Joseph Mercola:

Baric. Baric. Ralph Baric.

Dr. Peter Breggin:

That's right. He's the final author on it and the power behind it. The initial author, the way it's set up, is [Vineet D] Menachery and others. And this article is talking about making a coronavirus that's going to be a new epidemic. They're talking about it. They've actually accomplished it and it's a coronavirus and in fact it's a SARS coronavirus. It's a virus that will infect the lungs that comes from the bats and is this particular shape of a coronavirus. And they're checking it out and they find that it will infect human lung epithelium and they give it to mice and the older mice are getting very sick and ones that are compromised or dying. It sounds exactly, it doesn't turn out to be exactly, but it's the precursor of SARS COV2. And I'm looking at that, I'm thinking... Oh, they even tried by the way, to make a vaccine for it and they couldn't. And I'm thinking, "My God, what's going on here?" And then I look down the line of all these authors and there're some Chinese names there.

Dr. Peter Breggin:

So I check out those two and they list themselves as from the Wuhan Institute of Microbiology. And then I look who's funding it. Well, China's funding it, and Fauci is funding it, from the National Institute of Allergy and Infectious Diseases. I'm thinking to myself, "My God, we're giving the Chinese a biomedical weapon." We're working with them, these two and I looked at what they did, they're working in their own labs, they're highly involved in all this. In fact, they would turn out to be two of the very, very top Chinese people in this what is essentially a military lab. The Wuhan Institute, nothing like that is anything but military in China.

Dr. Peter Breggin:

And so we had some connections that got pretty close to the Trump circle and we know some media and we put out a video on this and a blog on it that quickly hit about 45,000. And here I am, it's practically the first thing I've ever done in the field and it hit 45,000 and three days later, Trump canceled the Chinese-U.S. collaboration, making pathogenic coronaviruses. He did not cancel the American efforts in that direction, which Fauci quickly took hold of. Now, more

recently, we found out that Fauci in October, has done a lot more new funding. And some of that funding is going to get to China. I'm sure Trump is not particularly aware of this because it's all very obscure. So, Fauci has funded a whole bunch of new places to do what this very specific area of how do you take a virus, particularly coronaviruses, particularly the ones the Wuhan Institute works on, because they have these bat caves in China, and how do you make them more dangerous? It's called gain of function.

Dr. Peter Breggin:

What a euphemism. What function are they gaining? Probably to cause epidemics. So I started tracking there and some of the money that he's now giving out, went to EcoHealth Alliance, which is exactly the people who were funding the Chinese Wuhan Institute directly through Fauci, not even just this other series of studies that are being done out of North Carolina, in collaboration with China. Fauci was actually funding Wuhan Institute itself. And he was doing that through EcoHealth Alliance, this international global institution, at some point perhaps, maybe another show on globalism, I'd love to hear your view on that. I call it predatory globalism. So, in addition to giving more money back to these people, he gave money to the University of Texas. In Galveston, there is a level 4 bio lab that can work with the most dangerous viruses. So I decided to look into this. It's not great magic to it, you have to use some search engines like DuckDuckGo.

Dr. Peter Breggin:

But I started looking at it and I put in "China" and the "Galveston Institute," and I get from I think two years ago or so, maybe three, I get a press release titled "The Galveston Institute and the Wuhan Institute." They're bragging about their relationships with the Wuhan Institute working on viruses. So, no wonder he's sending them money. So I start digging deeper and I come across a letter from the education department to the University of Texas, saying, "You've not been forthcoming with us about all your connections to China and the Communist Party (he specifically said it, the Chinese Communist Party) from your university and in particular from your institute in Galveston." So I'm looking at this network of connections with China. They list them all. We have a blog out about that too now. And I realized this Fauci, there's nothing stopping him.

Dr. Peter Breggin:

Absolutely nothing is stopping him. He is going to carry on his assault on the world. And Fauci knew that the Wuhan Institute was unsafe. And here's a little more backstory. In 2014, President Obama called a moratorium on any more gain of function research. He said, "Unless you tell me why institutes, I want you to stop this now even with the current funding and when it comes time for renewal, I don't want to renew gain of function." Now, he did not say anything about China, Communist China. Far as I can tell, Ginger and I in recent years are the ones to blow the whistle on the collaboration with China, which was there. Anybody else could have found it. And so, Fauci in 2014 was facing a moratorium from Obama because many scientists were concerned about this. There were leaks all over the place. Your audience will now hear for the first time that there were actually two leaks from China of coronaviruses that caused deaths in 2004. So we had a 2003-2004 initial coronavirus epidemic that came out of China. Again, the origins are unknown. Let's guess.

Dr. Peter Breggin:

And then in 1994, toward the end of that, the Chinese have apparently been working with the coronaviruses, maybe this was just the one that caused the short-lived epidemic around the world. But they had two leaps out of Beijing, out of their Institute in Beijing. So the Chinese are well known to not have very good safety measures. Why would they? They don't have the same concern about their people or the world.

Dr. Joseph Mercola:

Well, I don't want to disparage the Chinese and even make the assumption that they're committed to doing a good job. It's really easy to have problems in a BSL facility, bio safety level 4. And there's not many in China, but we have a lot in U.S. though. And it's interesting, many people are thinking that this gain of function bio warfare strategies just happened this century. Nothing, nothing could be further from the truth. In fact, we're writing a book on this. This bio warfare agents research has been going on at least since 1950. 1950. So, this is nothing new.

Dr. Peter Breggin:

I'm with you on that. It's absolutely true. And the U.S. has been very heavily involved in it. But we seem so happy to share which is quite amazing. We literally made these viruses available to other places. Switzerland and I think probably Australia, so that the possibility of a leak was just enormous. Fauci knew that. He absolutely knew that. Just picking up briefly on the story, and I think what you're saying is really, really important, that in order to get around Obama, Fauci outsourced the gain of functions — I can barely say those awful words, they are so twisted — the gain of function research directly to the Wuhan Institute, that may be how he first began to fund them directly. So we have a man here who represents what I would call the global predators, globalist predation on the world.

Dr. Joseph Mercola:

And he's certainly part of the process and there are others like Bill Gates and others who are really part of the process that's seeking to implement this globalist agenda, which I think in other terms can be classified as technocracy, the rule of the world by not politicians, but technocrats, by scientists, by technicians who believe they know better and can make changes for the greater good to protect us from the future. I want to discuss this, you wrote a brilliant essay on what's coming up. And as we're recording this is before Thanksgiving, which is of any holiday, any holiday, including Christmas, all of them put together, that probably the single most important one where people get together as families.

Dr. Peter Breggin:

Yes. Absolutely.

Dr. Joseph Mercola:

Why don't you talk about what you wrote in that fear, it's just so tragic what they're seeking to implement.

Dr. Peter Breggin:

Yeah. Well, a little bit of backstory, but it's also relevant. The way we became involved on a really escalated scale. I was asked to be a medical legal expert in a lawsuit to stop the never ending emergency edict of the governor of Ohio. So I had to give a lot of evidence and reason why the shutdowns weren't working and all the harm they were doing. Excuse me. And in that process — And that's been completed. That's an ongoing project right now. And it's also stirring up other projects around the country. All of this by the way, is all up on my resource center on Breggin.com. Ginger and I have a resource center on B-R-E-G-G-I-N.com, for the coronavirus among other resource centers we have there. So, Ginger, came in and said, "Honey, this is unbelievable." She just does great research to just find stuff. And she said, "Do you know that there's a whole school of research within public health on how to scare people?" "No, I didn't know that, [inaudible 00:15:41]." And there it was. And it's got this odd name again, fear appeal.

Dr. Peter Breggin:

What an odd name? Fear appeal. A euphemism for scaring people to death, that's how you "appeal to them." And it's a very long standing. And the particular article she was looking at that we studied together made several points. It said, first, you have to not only create something or have something that people are afraid of in order to get your public health measures imposed, but you have to make it personal to them, you have to make them afraid personally. And then you have to give them something immediate to do to begin cooperating with the plans that you have. And we have many examples of that, things to immediately do is don't leave the house or wear a mask or stay 6 feet apart, then start closing down businesses and so on, don't let your kids go to school and on and on. And if we just laid out the processes we were seeing, and this was long before this particular epidemic, that got me into looking more deeply at the whole question of public health. And public health, sad to say, is essentially a totalitarian model.

Dr. Peter Breggin:

It does not raise issues of collateral damage, it doesn't raise issues of the Bill of Rights, the constitution of liberty, the right to people to die with their boots on, the American tradition of individuals and their own communities making decisions. There is no such concept. It starts with the assumption that what public health officials think is true, it must be applied regardless of the context. It doesn't matter whether you're... And we see this with this globalism. It doesn't matter whether you're working in Africa or in Communist China, North Vietnam or America. These are the principles, they're about politics above everything. And it's quite astounding. So, that became to us something that was perfectly usable by the most extreme totalitarianism. Now, these people that you point out are technocrat, but I think Dr. Mercola, I think these people, they're really the handmaidens to the wealth and the power of the world.

Dr. Joseph Mercola:

Yeah, it's one and the same. Same agenda.

Dr. Peter Breggin:

It's the same agenda. And it's Bill Gates, that's why he brought it, Bill Gates, that's really good. It's Bill Gates, it's not Fauci. Fauci is-

Dr. Joseph Mercola:

Well, he's on several of his boards, he's funded-

Dr. Peter Breggin:

That's right.

Dr. Joseph Mercola:

And as a result of his control, he's able to direct the funding to the Federal U.S. government, as you mentioned earlier.

Dr. Peter Breggin:

Yeah. Yeah. Bill Gates someplace recently... And he is going into a book that we're just finishing up. Bill Gates has said he doesn't talk to Trump much anymore, he talks to Fauci, the head of NIH, who's run by Fauci in terms of all the infectious disease stuff. So, that's what I'm seeing at the top is extraordinarily wealthy and powerful people and organization. So it's people in its entities. I see it as a kind of a cooperative but competing group that welcomed Communist China, which shows how little these people like Fauci and the World Bank and our governments in the Western world, how little they even worry about anything except wealth and power. Once they invited Communist China into this circle, China became a big, big player along these essentially world predators and let each other be and until Trump came along, no major figure stood up and said, "No, no, we're going to go back to the-"

Dr. Joseph Mercola:

I'd like to take advantage of your wealth of expertise in psychiatry and focus back on this fear, which you mentioned earlier, which seems to be one of the most powerful motivating emotions for individuals. I'm a big fan of RFK Jr. (Robert F. Kennedy Jr.) and he's fond of frequently quoting FDR (Franklin D. Roosevelt), who was obviously famous for saying, "We have nothing to fear but fear itself." And also mentions how there were people or politicians within Hitler's bureau, but community that understood that the single most powerful intervention they can use to control the population was fear. So, I just would like to get your take on how they're using the fear now.

Dr. Joseph Mercola:

And maybe you can integrate your story of your mother who is still alive at 94 years old, I guess she's staying with you now, which is good. Because if your mother is 94, that means you're going to be around for a while. I'm so happy to hear that. But how they're using to control us this time. And it is such a powerful strategy, they couldn't have picked one better. And I believe they've got access to the most sophisticated technology in the world and all these AI deep learning models and they know very well how powerful fear is and can be and how to use it.

Dr. Peter Breggin:

Yeah. Let me delve into psychology to begin with. There's an area that I've been studying for decades about helplessness. There's an area called learned helplessness. But I think of it as much broader, just general psychological helplessness. When we're born, we're fundamentally helpless. All we can do to be taken care of is to express pain, we can cry, we can wiggle, we can look just totally suffering. But we have no ability to take control of the environment other than by

hopefully attracting our caregivers that cuddle us or look for a thorn in the side or whatever. And that remains an aspect of humanity of being an individual that never leaves us. All of us can at some point be made to feel helpless again. And when we feel helpless, we become like the infant and we just feel we have to be saved basically.

Dr. Peter Breggin:

We look to other people, we look to drugs, we look to psychiatric drugs, alcohol, we look to authoritarian religions, we look to leaders of all kinds. We essentially go back into being helpless again. And if you can create something that's even greater than fear... And I haven't discussed this in the papers, but truly anxiety. If you can make it confusing, fear knows an object. The object is the coronavirus. Anxiety is a state of confusion in which we can't even think anymore. One of the characteristics of a panic attack or an anxiety attack is we lose the ability to think. We become helpless, confused. Most of the people in my field of psychiatry who end up being so abused by my colleagues have simply gone to them in a state of helplessness and the colleague takes over drugs, electric shocks and in the past to lobotomize, were locked up. But just something like you had diagnosis, tells you you're helpless, tells you you have a biochemical imbalance, lies and makes you feel helpless, when in fact you're struggling with a human condition.

Dr. Peter Breggin:

And what they have done with the use of fear is actually to stimulate huge amounts of anxiety, of confusion, of desperation, which makes people angry, frustrated and willing to cave in if they can be saved from that condition. I think that's one of the reasons why Fauci changed his mind. He doesn't worry about it because that sows confusion. I think it's one of the reasons why the CDC will occasionally come up with something that doesn't make any sense. Some of it is just that these people don't know what they're doing other than sowing fear. They don't really have any good science. Fauci's not a scientist, he's an out of control authoritarian politician, CDC is not a science-based bureaucracy, it's a deep-state bureaucracy. So, by their very nature but also by tactics they sow a great deal with confusion.

Dr. Joseph Mercola:

That's a good point. I just want to take a slight tangent there. Because it's so important. I agree with you, it is not primarily scientific organization, but it's viewed as such. And they're going to use organizations like the CDC. Biden's already said it, he's going to set up these committees, these scientific committees, that's going to give them the justification to implement these strategies. So, they're using science as an excuse when in reality, it's just a political game.

Dr. Peter Breggin:

Yeah. Very, very much so. And one of the things we've seen that is the worst I've ever seen it... Excuse me again.

Dr. Joseph Mercola:

Just for the viewers, you're struggling with fall allergies not-

Dr. Peter Breggin:

Not COVID. I'm healthy as a horse.

Dr. Joseph Mercola:

Yeah, that's great.

Dr. Peter Breggin:

I am. I'm very, very healthy. I'm 84, but I'm just really, really, really healthy. And it's Ginger's mother not mine. So that gives her-

Dr. Joseph Mercola:

Oh, okay. Sorry, is your mother-in-law. There we go.

Dr. Peter Breggin:

Yes, but I talk about her as being my mother, we're very close. And by the way, our ages are 69 Ginger, 84 me, 94 mom, none of us want the country shut down to save us. We believe and we believe that most together older people in this country want the children back in school, we want people going to work, we want people celebrating Thanksgivings. Let us stay away from the Thanksgiving. That's what we're doing. We're going to have our own little Thanksgiving here. But don't shut down the celebration in America in order to save the only truly vulnerable people which are people as old as my wife and me and mom. The rates of death from this disorder approaches zero in 19-year-olds and younger and then minuscule until you get into your 50s. It is less dangerous to people under 55. Quite a bit less dangerous than the flu. But once you get up into our age group, it gets increasingly dangerous. One statistic showed that the average age of a death from this virus is 80.

Dr. Joseph Mercola:

Which is about the length of life expectancy.

Dr. Peter Breggin:

Right. That's a good point. And also the CDC has now admitted that the people who are labeled death cases from the virus have, on average, that is 94% of them have ... Vast majority on average have two and a half other, that is two to three other causes. Well, they would if they're that old. So is the virus just pushing people over a month or is it doing nothing to this old people?

Dr. Joseph Mercola:

Well, that's an important point because nearly a quarter million people that contracted the illness and died in the United States, at least by the conventionals-

Dr. Peter Breggin:

Yeah, I don't agree with that number.

Dr. Joseph Mercola:

No, no. So if it's 94%, that's like 15,000 people, because all these others, you could die from a motorcycle accident, test positive on a PCR test and be listed as a COVID death. And there are many cases of that.

Dr. Peter Breggin:

That's right. And they're also listing probable deaths, along with confirmed deaths. The confirmed death is if you have your test and the tests are junk too. Such a web of lies and deceit. But if you're a probable case, which means you're not confirmed by test, you still get listed in that 250,000. So this folks, it is a web of fear. All this goes back to the important issue that you've raised, which is it's all about scaring us, confusing us, making us helpless. And I recently wrote a chapter that may or may not put it in the book about my 85 years of looking at fear, because I was alive during World War II. I went down to the beach when I was four or five years old and would find remnants of our sailors' life rafts where they was sunk right off the water's edge. I was right out offshore in the Atlantic. We were afraid of blockbusters, we hid under the tables and chairs and whatever we could find in school desks for fear of blockbusters.

Dr. Peter Breggin:

I've been through the horrors of the polio. My closest friend died of polio two days after I was wrestling with him. I know fear, I know epidemics from all these years. We went to the Vietnam War, we went through as many people have now of course, 9/11. And never until Fauci and the non-Trumpers, never have I seen leaders say, "Be afraid." I couldn't believe it when they found a comment made in private by Trump that he wanted to reassure and not scare the people. That was his villainousness. That's what Roosevelt did, that's what every single person has done in great moments of crisis, they have said, "Let us not be afraid." Because we all know that a country that is unafraid and is doing as much of its normal activity as possible, is the strongest possible country. And that's an actual public health principle, looking at the good public health people, that we function best when we are living a normal life unafraid and we have ideals and goals like American liberty and freedom to strive for. So what is [inaudible 00:31:13].

Dr. Joseph Mercola:

I agree. Can you just expand on that as a psychiatrist with all your decades of training? Describe what happens when we're caught up and engage in this emotion of fear. What happens to us biologically?

Dr. Peter Breggin:

Well, when we are experiencing fear and in particular anxiety, quite literally, it scrambles our brains. It is most astonishing. In my work for example, somebody will come in for the first time and they will be really frightened, the coronavirus may be playing a role in it. I continue to see people but I see them on FaceTime or whatever other method we have. And they no longer believe they can control their minds. And I'll say you can control your mind in the next 10 minutes, you and I are going to have you calm. Mind speaking rationally. "No, no. How can I do that?" Well, take a look at me. I look safe, don't? I look like a grandfather and I laugh and say, "Yeah, you don't have to be afraid of me, grandfather are wonderful and they're harmless." Whatever tool you have, you use.

Dr. Peter Breggin:

And people can calm down in minutes. Minutes. It's so powerful. You can be under a piece of concrete with your leg broken and the emergency worker runs up to you and says, "Everything's okay, help is on the way. We're going to start rescuing you." And you start feeling better. So

anxiety overwhelms us, it makes us stupid, it makes us desperately want somebody to take over. But what we need is somebody who says you don't have anything to fear, but the anxiety it won't kill you, the anxiety will calm you down and everything's going to be fine. We'll start working on what's going on here and how to handle it, including the coronavirus, the shut down, you haven't seen the kids and you haven't seen your grandchildren and you haven't been at work, but you can handle this. You can get through this, you can even find somebody to contribute to and help them get through it.

Dr. Peter Breggin:

You don't have to be helpless. And we are getting the exact opposite message from Biden, from Fauci. Biden said the first thing he's going to do when he's told that he's won the presidency is he's going to call Fauci on the phone. I thought that was so telling. So telling. And they're going to whip up more fear if they think they need it. On the other hand, they may think when they won, they don't need it anymore. This may all go away, the fear mongering. But I don't think so because the pharmaceutical industry and the very wealthy need this fear because they're making a fortune on this fear with the ginning up getting all their drugs ready and getting their vaccine ready. By the way folks, don't trust this 90% claim that was made today about vaccines. I've been in this business too long. The studies are too short to have any idea what these vaccines are going to do.

Dr. Joseph Mercola:

Yeah. And you're referring as we're recording this it's November 9th, Monday, November 9th and Pfizer just made a massive announcement about the success of their vaccine, which had unbelievable influence on the stock market.

Dr. Peter Breggin:

[inaudible 00:34:38]. Yeah. Well, we'll see. I really hope to God, the vaccine works. But I would be cautious, folks.

Dr. Joseph Mercola:

Yeah.

Dr. Peter Breggin:

I'd personally let somebody else take it first. I'd say that is a doctor. This is too short term. They don't get it right usually. And the FDA used to say these things. I went to a conference with the FDA back in the '90s, where they said that is not true that a drug is safe and effective and we know all the major dangers when it's released, because the studies are too short. But the vaccine studies are too corrupt. Oh my God, they're so corrupt. Do you know folks, you don't even have to have placebo control for vaccine study?

Dr. Joseph Mercola:

No, they use placebos. They use other vaccines.

Dr. Peter Breggin:

In fact, they don't use placebos, they use controls of other vaccines. So in other words, you compare your poison to somebody else's poison. So if they're both causing encephalitis, it's approved.

Dr. Joseph Mercola:

Yeah, it's safe, because they both do it.

Dr. Peter Breggin:

They both do. That's how crazy this world-

Dr. Joseph Mercola:

But you know, more than half the population agrees with you, which is surprising. I feel really hopeful, I guess is the most serious-

Dr. Peter Breggin:

You've had an effect on that, haven't you?

Dr. Joseph Mercola:

Well, I hope I've contributed. But there are many others that they are smart enough to understand that they do not want to take this vaccine when it comes out. They just realize it's just a potential disaster. So, I know some people are more than willing to grab on to it because they believe the fear and are looking for a solution. But it's not going to work for most people and probably it's going to cause more harm than good. That would be my best guess.

Dr. Peter Breggin:

Well, yeah, the only way we would know about even the immediate harms is a short term, clinical trials with real controls. And then I can be-

Dr. Joseph Mercola:

You know what's interesting about these vaccine trials? Even though they intend to follow up for two years, do you know how long they're going to follow up for side effects from the vaccine? Four weeks? That's it. If anything happens after four weeks, it doesn't matter. Every single person could die from it and they theoretically would not know.

Dr. Peter Breggin:

Right. Right. And there're so many things that can happen over a longer time than four weeks. So we're looking... Maybe we should muse for a minute. I've never thought of doing this. But we need to muse maybe with the public about what do we do about living in a such corrupt world?

Dr. Joseph Mercola:

Yeah, great question.

Dr. Peter Breggin:

That was part of why Ginger and I decided that we were going to take on whole new fields, we knew we had the expertise, the research expertise and the scientific expertise. And I've got so many published books and scientific articles that I don't think anybody can doubt I'm a researcher and a scientist. But it was probably because it was so mind blowing to see the degree of corruption. And we felt that... I'm embarrassed to say maybe, but I actually imagine standing in front of God and explaining why I didn't do anything.

Dr. Joseph Mercola:

Yeah.

Dr. Peter Breggin:

Imagine having an explanation other than "Well you know, it's a lot easier not to, Your Honor." That didn't fly very well. I think the best antidote to looking at all this corruption is first of all, to know this world's always been a corrupt place. Read the Bible. Read the oldest literature, it's all about corrupt people, corrupt kings, corrupt individuals. It starts out with a story of corruption with Adam and Eve and goes on to one brother killing another in the first family story. So there's a lot of reason to believe that the wisdom of the ages is that the world's a corrupt place. So we need to learn to keep our own freewill intact and to love. We need reason and love basically folks. I want to just say that. We can reason, we can love and I do think that's what good people have done forever and respect the liberty of other people. Those are my three key words in life. Reason, love and liberty.

Dr. Peter Breggin:

And we can do that with our family, we can do it with our animals, we can do it with our gardening, we can do it with people that we stay in touch with. Or you can do what I do, which is I've pitched into writing about these issues to a degree that is an enormous strain on myself. Dr. Mercola, I cannot believe how after only a few months, I'm so [inaudible 39:16] with all this stuff, because periodically, I have a little bit of a breakdown about, "What am I doing? It's a whole new field. It's all this new stuff, but I have to." And it makes me feel like I'm not helpless. So you want to overcome your helplessness and do it with reason-

Dr. Joseph Mercola:

Educate and support others. So, that's another strategy you can use. So you can investigate yourself and learn but then you can teach others because we're only going to survive and survive well, if we survive as a community. There's no question, you're just not going to be a lone ranger. You could, but that's not a good strategy.

Dr. Peter Breggin:

Yeah. And there were a lot of people when I started criticizing psych drugs and Eli Lilly and the FDA, I was alone. That was 1994 that I really, really got it. I started in 1983, but I really got involved when I just made the expert for all the combined suits against Eli Lilly, the scientists for all the suits and it was like me against the whole drug industry as the expert. And this isn't like that now. There's just a lot of people who've been working on these issues like yourself, way ahead of me. And there's just a lot of folks out there who are seeing through this corruption and I think more than half the country sees through this corruption, literally more than half the

country. And there's hope and we just need to keep working on it. But one of the ways out of helplessness is to contribute. And it doesn't have to be life threatening, it doesn't have to be what I'm doing, or Dr. Mercola is doing. But contribute.

Dr. Peter Breggin:

Find out what have you been given? What are your God-given talents? What do you bring to the table of humanity? And it may be that you take care of another human being, it may be that you volunteer somewhere, but do not get caved in, because that's what they want and it's not good for you and you being caved in is not good for me, it's not good for anybody who meets you on the street and sees you're caved in. So we need to buckle up at this point and really see each of ourselves as an example of succeeding in the face of all this. And to spread it however far and wide we can.

Dr. Joseph Mercola:

Yeah, great, great advice. I'm wondering if you have any other practical recommendations. And one that comes to mind is this whole mask issue. I know there's quite a bit of controversy on that. And I think there's a significant amount of scientific literature, some would deny it, but I believe that it's out there that masks don't work well. In some circumstances it's appropriate in the surgical theater, but generally it seems to me a highly counterproductive strategy because you need to live in community in your social structure that if you're going to go to the grocery store and they require you to wear a mask, well then wear the mask, if you're going to fly somewhere they demand you wear mask, well, then wear it. Don't complain, don't give them a hard time. Just cooperate. If it's your choice and you choose not to in an environment where it's not required, then great. But at some point, we live in a community and social culture. And I think that's in my view, just being respectful. And I'm wondering what your strategy and recommendation would be.

Dr. Peter Breggin:

Well, interestingly enough, the main science shows that no big surprise wearing a mask is bad for the wearer.

Dr. Joseph Mercola:

Yeah, but in short timeframe, it's not going to be that bad.

Dr. Peter Breggin:

For a short timeframe. When I see people walking outdoors with a mask on, they're ruining what they're gaining from walking outdoors. Interestingly enough, there are even studies showing that in the operating theater, masks do not contribute to the safety of the patient who's being operated on. Gloves do, washing up does. But in general, your masks are helpful to prevent you from coughing on somebody, just like put your arm over your elbow, over your face. Now, I'm not going to come out and say stop wearing masks. The science is too confused, but it certainly is not a great benefit that it's made out to be. I definitely agree with wearing it where required, no reason to get yourself in trouble. And also respect the complexity of the science. But if you're outdoors with people, the outdoors is a far greater protection than wearing a mask for example.

And in China, they had I think a one maybe out of millions of people who may have contracted the virus outdoors. It is very difficult to contract the virus outdoors.

Dr. Peter Breggin:

And the closer the space you're in is, the more likely you are to get a heavier load, which will make you sick. So avoid really tight close spaces. If you can on Thanksgiving, eat outdoors, be outdoors, space yourself 3 feet anyway at the table and maybe have the old people... I still think that I don't have a good scientific evidence for, but I would say on the outer circle, keep 6 feet and be cautious with the older folks. Love us from a little bit of distance.

Dr. Joseph Mercola:

Well, one of the reasons why being outdoors is so useful and effective, I could speculate the sun exposure in certain view [crosstalk 00:44:54] kill it. But I think the primary one is ventilation, because the wind blows and you just can't get high enough concentration of the viral particles to make a difference. So if for some reason you're inside, you can simulate outdoors by opening up the windows and get a lot of good cross ventilation going, which is good for other reasons because of persistent organic pollutants and other volatile chemicals that build up in your home. So, that's not a bad idea anyway. So, a simple strategy you can use to radically lower the risk and-

Dr. Peter Breggin:

Even keeping your shades up, you'll get enough ultraviolet light through your clear glass windows to help disinfect your rooms. Very straightforward strategies.

Dr. Joseph Mercola:

Unfortunately, the UVB doesn't come through, so you can't get vitamin D, but the UVA does come through. So, which is-

Dr. Peter Breggin:

Thank you for that. I didn't know that.

Dr. Joseph Mercola:

Yeah. Because it's classic. Because I've done a lot of research on this and you have truck drivers who drive for a living and the side where usually their left arm is under the window, and they usually get skin cancers there because the UVB protecting them with vitamin D production doesn't come through, but the UVA that causes the cancer does.

Dr. Peter Breggin:

Thank you.

Dr. Joseph Mercola:

Yeah.

Dr. Peter Breggin:

We weren't promised an easy life. There's just no place that I know of that there is a mammoth promise of an easy life. Life is difficult. Right now, I think the single most important thing is not the virus is saving freedom in America.

Dr. Joseph Mercola:

Yeah, I couldn't agree more. Yeah.

Dr. Peter Breggin:

I would you like to say more about that. I think that's a really nice-

Dr. Joseph Mercola:

Definitely, yeah. Why don't you go into it? Because I think that really is the primary purpose of this what I believe to be an engineered epidemic, to use this as an excuse of justification to implement these strategies, which essentially is going to result in the progressive and gradual loss of our personal freedoms and liberty, which I perceive as the biggest threat.

Dr. Peter Breggin:

Yeah. One of the things I want to say to the progressive folks who are... Many progressives and I used to be a progressive, a good chunk of my life I was a very strong progressive. Most of you are idealists, most of you would like to see the improvement of mankind. That is not what's going on in the world right now. When these corporations give a little money to some radical organization that you may feel sympathetic with, they don't care. None of these people care. It is not about being a conservative, it is not about being a progressive or a Republican. We are dealing with international predators that are just as happy to work with Iran, or North Korea, or North Vietnam or China. They welcomed China. They are only interested in wealth and power. They have no real deep commitment to progressivism or capitalism. And my friends in the conservative movement you really need to get it straight, they haven't got the slightest interest in free enterprise, Bill Gates is not a figure of free enterprise.

Dr. Peter Breggin:

You got to get this straight. These people are not for liberty, this entire powerful international movement that I'm calling predatory globalists are motivated by wealth and power. They have reached the pinnacles of power which are always corrupting, always corrupting. Bill Gates has three people on his board of trustees. Himself, his wife and Warren Buffett. The number two and number four most wealthy people in the world. This is power beyond imagination. They are not wedded to anything except power and wealth. And it's not just wealth, not just money. Genghis Khan, wasn't after money probably, it was power. Alexander the Great, Hitler wasn't after wealth, it's wealth and power and wealth is a way to it and they're using technocrats to do this-

Dr. Joseph Mercola:

I have a question. Do you think that there is a possibility that they have a sincere belief that there're some altruistic motivations that ... And I've thinking of the movement towards eugenics and radically reducing the world population because their belief system is that we have limited resources on this planet and it was never designed to support seven, eight, 10 billion people and

that if we get it down to under one billion, it's going to be best for the future generations. And they're using this as a justification for the implementation of some of these strategies.

Dr. Peter Breggin:

I have a joke about Hitler. I never tell jokes, but this one is so deep. It's a story about, Hitler's dead, he's down in hell and the world has gone to pot. So a group of great people go down to hell to ask Hitler if he will come back and save the world. And he looks at me and he says "Yes, on one condition." And they say, "Well, what's the condition?" "No more Mr. Nice Guy." That's what I think about human motivation. Everybody thinks they're a nice guy. Everybody justifies, it is extraordinarily unusual to find a mass murderer, a tyrant, even on the lower level, a child abuser or wife beater. Very unusual to find somebody who says, "I really did wrong, what I did was evil, self-centered, awful. I deeply apologize."

Dr. Peter Breggin:

You only see that when somebody maybe has a Christian conversion or with some other life changing experience, maybe they find love for the first time and realize, "Oh, my God, what have I been doing?" So, I'm not even interested in what their motives are. Because I know their motives are wealth and power. And that's what drives people when they get to those places. And all the icing on it, that's between them and God. I can't even speak to it almost. But I do know that very, very few people think they're doing something bad when they do the-

Dr. Joseph Mercola:

Well, from that perspective, to me it's make it far easier to forgive them. And I believe forgiveness of everyone is what we're called to do even the most extraordinary evil doers of the planet. Because it's such a powerful and free and emotion. Personally-

Dr. Peter Breggin:

It's good. It may not do a lot for them, but it's very-

Dr. Joseph Mercola:

No, no, but it's going to do a heck of a lot for you.

Dr. Peter Breggin:

Absolutely.

Dr. Joseph Mercola:

Yeah.

Dr. Peter Breggin:

Absolutely.

Dr. Joseph Mercola:

Yeah. That's another powerful strategy. One of my highest rules to live by, is just to continually seek to forgive everyone, because I just ... And I think when you understand that the people who

are doing these actions truly sincerely believed that they're doing something for the right reason, although objectively it isn't. It makes it a lot easier to forgive them.

Dr. Peter Breggin:

I'm glad you added that to my own list of reason, love and liberty, because it should be right there, forgiveness and gratitude.

Dr. Joseph Mercola:

Yeah, of course.

Dr. Peter Breggin:

It's possible to be grateful and crazy at the same time.

Dr. Joseph Mercola:

As long as we're telling jokes, I got a good one and it's so appropriate here. Just think of the leading scientists not Fauci, but a respectable real scientist in infectious disease. And the media channel asked this scientist, she says, "Well, listen, doc, when do you think this epidemic is going to be over?" And he thinks for a bit and he says, "I can't tell you, I'm not a politician."

Dr. Peter Breggin:

That is good. That goes...

Dr. Joseph Mercola:

That's how it capsulizes what we're all talking about, is that it's not about the science, although the sciences being used as a technocratic justification to implement these strategies that are going to jeopardize our personal freedoms and liberty. But thankfully, we've got leaders like you going out there giving a solid, rock solid advice on what we can do to get out of this fear and live a healthy, empowering life.

Dr. Peter Breggin:

Thank you. I want to thank you for this interview. It's really good to be here with you and talking with you. It's inspiring to me. I know it's inspiring to your audience, to our audience at this moment.

Dr. Joseph Mercola:

Yeah.

Dr. Peter Breggin:

These are important things you're raising.

Dr. Joseph Mercola:

Yeah. And I'm so grateful that you've pivoted from your traditional things as you were doing and responded to it. I think like many of us, I've no desire or need to be involved in this thing other

than recognize it's an acute challenge to our society, our culture and we need to address this and help our fellow human beings as best as we can with information, knowledge, that the conventional mainstream media is not telling them. And in fact, they're part of the whole problem because they've been essentially captured and are a tool of the technocrats to implement their strategy. So, you've got to go to these other channels which are becoming progressively more censored. So hopefully, they haven't taken you out yet, they've certainly done their best to just decrease our reach, but it doesn't matter, we're telling the truth and giving people information that can change your lives as you are. So if people want to learn more about what you're doing and get the updates, they go to Breggin.com, B-R-E-G-G-I-N?

Dr. Peter Breggin:

Yeah. And please, get the free frequent alerts, because when we have something really important, we usually remember to put it into our frequent alert and send it out, probably come out on an average once a week, sometimes more, maybe we'll skip a week. And I do have a radio, TV show once a week. And the TV portion is just put up on YouTube and I have amazing guests on it and I think it's going to be really exciting to just keep interviewing people. Dr. Mercola, I don't want to embarrass you, but I'd love to have you on my TV show.

Dr. Joseph Mercola:

Yeah, sure. That'd be great. It sounds like fun.

Dr. Peter Breggin:

Give them a lot of nervous breakdowns out there in the establishment.

Dr. Joseph Mercola:

Yeah. We'll work it out. Yeah, that'd be good. Yeah. I'm just so happy that you're doing this and providing such a resource and you've been such a major player and contributor to improving humanity. So thank you for all your work, especially in psychiatry and then extending and pivoting out and helping us with this COVID stuff. So, thanks a lot.

Dr. Peter Breggin:

Yeah. Well, it's been a blessing for me, count your blessings, be grateful. I'm now definitely having a broader effect around COVID-19 than around psychiatry, because it's so much more critical.

Dr. Joseph Mercola:

Yeah, we just got [crosstalk 00:56:36].

Dr. Peter Breggin:

Never guessed that.

Dr. Joseph Mercola:

Who would have? Who would have guessed? 2020 is an interesting year. All right. Thanks again and we'll catch up soon.

Dr. Peter Breggin:

Thank you, sir.