

I am dr [REDACTED] chiropractor with a special interest in wellness and disease prevention. I am a practitioner with [REDACTED] experience and currently practice in [REDACTED] for the past [REDACTED]. In my time here I have cared for many thousands of patients. In my [REDACTED] experience I have cared for 10's of thousands of patients aiding them to greater health, vitality and quality of life.

In practice I was able to witness and chronicle first hand the impacts that the response to Covid had upon my patients. It is clear that many, many mistakes had been made with regard to 1. "Key health response measures" as well as 2. "governance." Therefore I will be focusing my attention on these topics in this submission with frequent overlap. I will make no distinction between the 2 topics.

First, with regards to public health messaging surrounding covid-19, an inordinate volume of fear was used by both media and bureaucrats. Starting in early January 2020 continuing to some degree to the present moment, fear was to be the primary tool utilised in public health messaging. For months, entire news cycles were dedicated to nothing other than Covid-19. Covid fear was promoted everywhere at every opportunity 24 hours per day, 7 days per week. One could not even open a web browser on their computer without seeing some kind of Covid-19 fear messaging.

Within my practice the fear was palpable. Although we were able to stay open, many people suspended care out of fear of contracting the infection. Those that did continue care expressed their anxiety and trepidation. Many reported increased symptomatology directly related to stress. As a [REDACTED] I could literally feel the increased anxiety in [REDACTED] I check [REDACTED] and [REDACTED] all day, everyday. Emotional stress is a significant driver of tension in the body. Stress is a major factor in the development of dysfunction, pain and disease.

Government and health bureaucrats did little to allay the societal angst. In fact, the government did their best to help promote fear and anxiety. Every single day state Premiers would hold press conferences with their chief health officers announcing the days latest grim statistics. Covid-19 cases and death statistics would be proclaimed to the press who would break from their usual broadcast to live stream the daily theatre.

Fear is a highly destructive emotion. The damaging physiological effects anxiety has upon the body are well documented. Conditions including but certainly not limited too; cardiovascular events, cerebrovascular events, diabetes, immune suppression, mental and emotional disorders are all associated to anxiety and fear. Yet the fear continued despite the fact that it was quickly understood that covid was of little threat to the overwhelming majority people under the age of 70 except those with serious underlying co-morbidities.

One of the biggest losers in the Covid-19 key health responses was actual science itself. Existing pandemic preparedness plans, based upon scientific research, never called for lockdowns, quarantining of healthy populations or rushing a poorly tested, emergency use vaccine. There is little to no support in the scientific literature for all of the measures thrust upon Australians during Covid-19. For example, masking was an early go to pandemic measure that was not well supported with science and data. Wearing a mask may have provided a little comfort to those wearing them but in the real world offered an insignificant level of benefit at best. A meta-analysis performed by the Cochrane Review prior to Covid clearly stated that the science that existed showed no appreciable benefit to masking against influenza like illness. A further follow up post covid by the Cochrane Review,

utilising new data, came to the same conclusion. Yet still today, people are encouraged to wear masks.

Other unscientific mitigating strategies were employed including social distancing, contact tracing and lockdowns. Healthy asymptomatic people were prevented from working and going about their business. Healthy people, that tested negative for covid, were forced into mandatory quarantine upon arrival in the country. Meanwhile, sane and sensible approaches to help protect the vulnerable (primarily the elderly) were ignored. The Great Barrington Declaration offered sound guidance to protect the vulnerable. However, rather than open debate, the authors and the plan were ridiculed and misrepresented by media and health bureaucrats alike.

Almost non existent in the covid-19 discourse was a real and scientific discussion around health and immune supporting activities. What little information was shared was drowned out by the perpetual fear recommendations. Simple and powerful recommendations could and should have been promoted at every opportunity but they were not. For example, immune supporting vitamin D, Vitamin C and zinc could have been recommended to ensure the population was sufficient in these vital nutrients. The value of sunshine, exercise, and eating whole foods is so well understood in the literature for creating healthy vital human beings. Stress reducing activities like exercise, meditation, massage and chiropractic care all stand to reduce the damaging effects of stress on our minds, body and immune system. Instead we listened to pundits argue that there was no scientific research that could prove that vitamin D had any effect upon Covid-19. This argument represented the pure stupidity in the Covid response. Of course there was no research to demonstrate Vitamin D had any effect on a new and novel virus. But no research is necessary because Vitamin D is not a treatment for any viral or bacterial infection. Vitamin D is a well documented hormone required for appropriate immune function and response to assist in the bodies innate capacity to fight infection and heal from all disease. Subsequently, an abundance of data has emerged demonstrating that those sufficient in Vitamin D had fared far better through covid than those who were deficient.

Perhaps the most unscientific measures deployed was the decision that vaccination was the only pathway out of the crisis. This is absurd on many levels. Early into Covid, messaging began to circulate that there was no effective treatment other than hiding in place. A vaccine that did not yet exist would have to be developed to save us all from the horrors of Covid. So let me get this straight; a product that doesn't exist, that normally takes 10 years to develop, is going to be created, tested and approved under emergency use in less 12 months time. This yet to be discovered product will be distributed and injected against a virus that normally has a life cycle of 12 months and is highly susceptible to mutation. When the vaccines were granted emergency use authorisation, many touted this as a medical miracle. This however is more a miracle of industry than medicine. Medically speaking, this is a complete violation of the scientific method and all scientific ethics.

An experimental medical product was pushed upon Australians and the world using technology (mRNA) never before used in this way. Testing for short term side-effects was grossly inadequate and we are still discovering the short term side effects to this day. No long term testing had been done because the study was unblinded with control group participants given the experimental jab. We will never have any useable long term data from the research due to this ethically devoid practice. This makes any claim of informed consent null and void. Informed consent is the corner stone of medical ethics. No human

being should ever be mandated, manipulated or coerced into taking any medical product that runs the risk of injury or death.

This is in no way good scientific practice. To make matters worse, manipulation was used on top of the fear to get people to comply with the vaccination mandates. Semantics has been used by politicians and bureaucrats alike to deny that the vaccine was forced upon the population. But heavy handed threats and violations of basic human rights were employed to drive people into taking the product. This kind of behaviour is a gross and disturbing indictment of the vial tactics utilised by elected government officials and health bureaucrats alike.

In the past 3 years, since the covid-19 vaccines (gene therapy) have been available, I have had dozens of patients report what they believed to be side effects to the vaccines. Some of these reports have seemed quite mild or benign in nature including injection site reactions. Others have reported more serious reactions like falling ill with flu like symptoms for several days, contracting covid itself, chronic headache and malaise post vaccine. Several had reported severe reactions that required hospitalisation, with symptoms including; long term persistent migraine, stroke, loss of appetite, tachycardia, heart failure, myocarditis, chronic fatigue and weakened immune response to name a few.

In my estimation, the response to Covid-19 has caused immeasurable damage to Australia. The psychological harms alone caused by the disgraceful use of fear through this event may not be seen for years to come. This was done for an infectious disease that I and most people I speak with do not know a single person personally that has died. I have thousands of patients and hundreds of friends in both Australia and the United States and I am not aware of single death of my personal friends or acquaintances. I do not deny people have died from this disease but the average age of death from Covid has been on par with the average age of death from all cause mortality.

I offer no references for my claims and concerns. Firstly, many others far more qualified than I will be providing data that substantiate my stance and opinions. Secondly I hold out little hope that this inquiry will take any real head of concerns from myself or others that implicate the government in a reckless and harmful covid response. But the truth is coming out. Regardless of the findings of this clandestine inquiry, eventually the truth finds its way.