

My name is [REDACTED] and I am a citizen of Australia who has a personal interest in how Australia responds to foreseeable pandemics in the future. The main reason behind my interest is because I suffered a [REDACTED] from the vaccine and my doctors seemed to turn on me at the mention of a V injury. It has damaged my entire wellbeing and physical and mental health and career to this day. As a teacher I was provided with a medical contraindication form and presented this to my employer to have it rejected during the times of the mandates. Since this, I was forced into a position to question everything about the health advice offered due to the way I was treated by my community, workplace and government. The reactive response to the pandemic was completely unnecessary and at the end of the day it was more damaging to the health and wellbeing of the public.

I would like to address the following points for discussion:

Promotion of wellbeing, natural healthcare, and preventive measures are essential components of public health strategies, especially in the context of preventing and responding to pandemics and other health emergencies. Here's how these aspects can be integrated into efforts to address global health challenges:

1. **Wellbeing Promotion:**

- Incorporate mental health and psychosocial support services into pandemic response plans. Addressing the mental and emotional well-being of individuals during and after a pandemic is crucial.
- Promote healthy lifestyles, including proper nutrition, physical activity, and stress management, as part of public health campaigns.

2. **Natural Healthcare and Preventive Measures:**

- Recognise the importance of natural remedies and traditional healthcare practices in some communities. Encourage collaboration between modern medicine and traditional healing methods where appropriate.
- Educate the public about natural immune-boosting strategies, such as maintaining a balanced diet, staying physically active, and managing chronic conditions to reduce susceptibility to infectious diseases.
- Emphasise the importance of hygiene practices, like regular handwashing and sanitation, as essential preventive measures.
- Include information on the use of vitamins, supplements, and natural remedies, where applicable and evidence-based, in public health messaging.

3. **Preventive Healthcare:**

- Prioritise preventive healthcare measures, promotion of healthy lifestyle choices, screenings, and health check-ups, to reduce the burden on healthcare systems during pandemics.
- Encourage early detection of infectious diseases through routine surveillance and testing.
- Support research into natural compounds and remedies that may have antiviral or immune-boosting properties, contributing to preventive healthcare.

4. **Collaboration with Alternative Healthcare Providers:**

- Foster collaboration and communication between conventional healthcare systems and alternative healthcare providers to offer a holistic approach to health and well-being.

5. **Public Education and Awareness:**

- Develop public health campaigns that include information about natural and preventive healthcare measures to empower individuals to take control of their health.
- 'Promote' vaccination as a preventive measure (do not mandate or force individuals) while also acknowledging the role of holistic well-being in overall health.

6. **Research and Data Collection:**

- Invest in research from an array of health experts (all disciplines including natural and alternative remedy practitioner's) to evaluate the effectiveness of natural remedies and preventive measures in reducing the risk of infectious diseases. Incorporate this evidence into healthcare guidelines. This was done in the previous pandemic and totally ignored by the government.

7. **Community Engagement:**

- Engage with communities to understand their unique healthcare practices, traditions, and beliefs. Tailor public health interventions to respect and incorporate cultural and natural approaches to healthcare. Do not force people to question their existing beliefs.

Incorporating natural healthcare, preventive measures, and overall well-being promotion into local health efforts can enhance resilience and preparedness for future pandemics and health emergencies. These strategies should be evidence-based and culturally sensitive, with a focus on collaborative efforts to improve global health outcomes.

Issues related to guiding future pandemic preparedness and responses:

1. **Tailored Approach to Health Challenges:**

- A "one size fits all" approach to health may not effectively address the unique health challenges that each nation faces. Prioritizing individualized responses allows countries to consider their specific demographics, healthcare infrastructure, cultural norms, and existing health challenges.

2. **Revisiting Pandemic Plans:**

- The COVID-19 pandemic has highlighted the need to revisit and update pandemic response plans. Future plans should incorporate lessons learned and ensure they are evidence-based. Measures that were found to be ineffective or counterproductive should be re-evaluated, and new strategies should be developed.

3. **Funding and WHO Independence:**

- Reconsider the funding mechanisms of international health organisations like the World Health Organisation (WHO). Ensuring independence from donor influence can help maintain the credibility and objectivity of these organisations.

4. **Balance of WHO Powers:**

- While the WHO plays a critical role in global health, there should be a careful balance between empowering the organisation to respond effectively to health threats and ensuring transparency and accountability. Measures to prevent undue influence and profit-seeking should be in place. Local responses need not align to the WHO one-size-fits-all model of response.

5. **Recognition of Safe Treatments:**

- Encouraging the use of safe and effective treatments alongside vaccines is essential. Recognising that individuals may have varying healthcare needs and preferences is crucial for comprehensive pandemic preparedness. But it is unnecessary to mandate treatments in order to keep a job or be allowed to go out to socialise. What we have learnt is that the vaccine did not stop the spread of the disease and its effectiveness was reversed after increasing regular intake. But it should never dictate your level of freedom as a citizen.

6. **Ethical Use of Experimental Treatments:**

- Develop ethical guidelines and protocols for the use of experimental drugs, vaccines, and treatments during health emergencies. Ensure that individuals provide informed consent and have access to alternatives when available.
- Lessons learnt from covid-19 pandemic. That access to alternative medicines such as ivermectin, vitamin d3, zinc, vitamin c, quercetin, etc, were totally ignored by health authorities and governments alike. The entire population was placed in a 1 size fits all basket and this did not work out well for those like myself who had a horrible adverse reaction to the poison. I have not received compensation and I am still experiencing [REDACTED] I have spent [REDACTED] of my own dollars on treatments and I cannot get any help from specialists as they are afraid that they will lose their right to practise under the current restrictions.

7. **Avoiding Enforcement of Experimental Treatments:**

- Mass-scale enforcement of experimental treatments, such as vaccines, to the exclusion of all other options should be avoided at all costs. This ensures that individuals have the freedom to make healthcare decisions based on their own circumstances and values. The universal one-size-fits-all model cannot be applied to a pandemic response. Vaccine injuries are real and people who have experienced this have not been supported at all by the Australian government or their General Practitioner due to being gagged.

Speaking from experience, my GP was not allowed to test to see if I had an allergic reaction to the "vaccines". I have the evidence on my pathology tests outlining that these tests are not permitted in Australia. This is compromising the doctors role to support their patients and provide "informed consent".

As a result, research supports that the vaccines are actively changing the human DNA - producing the spike protein forever because of reverse transcription of the vaccine. Please refer to the research paper submitted as evidence to this claim. (Article Intracellular Reverse Transcription of Pfizer BioNTech COVID-19 mRNA Vaccine BNT162b2 In Vitro in Human Liver Cell Line, Authors: Markus Aldén 1, Francisko Olofsson Falla 1, Daowei Yang 1, Mohammad Barghouth 1, Cheng Luan 1, Magnus Rasmussen 2 and Yang De Marinis 1)

8. **Informed Consent and Bodily Autonomy:**

- In a free society, the principles of informed consent and bodily autonomy should be upheld as fundamental human rights. Individuals should have the ability to make informed choices about their healthcare without coercion. From this covid pandemic I have learnt that there was no informed consent. I was injured and still injured by the vaccine and was not allowed to make informed consent. APHRA/TGA would not allow my doctors to run the correct blood works according to test if I had an

allergic reaction and if so, what was/am I allergic to now. Since this I have learnt that [REDACTED] and [REDACTED] made a few too many shortcuts during approval and administered “contaminated” vials into thousands and thousands if not millions and millions of people world wide.

Lessons learnt. Do not trust the WHO and the UN and we must exit both organisations/businesses immediately.

9. Historical Context - Nuremberg Code:

- The Nuremberg Code was established to prevent the abuse of power in medical experimentation. It serves as a reminder of the importance of ethics and individual rights in healthcare decision-making, particularly during health emergencies.

10. Global Collaboration and Data Sharing:

- Promote international collaboration and data sharing among nations to enhance preparedness and response efforts. Sharing knowledge and resources can lead to more effective global health outcomes. The government needs to ensure that all points of view, not just following a certain narrative is being shared.

The government censored our media and did not allow for freedom of speech and did not allow communities to share their experiences with one another. Instead, we were locked down and fed one narrative from all mass media. For these reasons we need to cut all ties with the UN and WHO. These organisations are run by unelected people, who have been given the power to control our lives.

11. Cultural Competency and Communication:

- Recognise that cultural competency and effective communication are vital in international health emergencies. Responses should be culturally sensitive and inclusive, taking into account diverse beliefs and practices.

12. Health Equity and Vulnerable Populations:

- Prioritize health equity and ensure that vulnerable populations have access to healthcare resources, information, and support. Address disparities in healthcare access and outcomes.

In sum, a nuanced and comprehensive approach to future pandemic preparedness and responses should involve evidence-based strategies, respect for individual rights, ethical considerations, and international collaboration. Recognising the unique needs of each nation and its population is fundamental to a successful global health response. This is why we need to cut ties with the UN and the WHO. We do not need one governing body to take control of us regarding the prospects of a pandemic. We do not need the one-size-fits-all approach or a vaccine passport to dictate how we live our lives. The country needs to promote health and wellness to reduce and eliminate disease.