The Plague Is Back? Facts, Fear, and What You Need to Know Transcript

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Introduction to the plague discussion

But if you are, say, on an airplane, that's where I'm kind of like, oh, like if your travel, you could be exposed to this if someone comes over on a plane, right?

And they're coughing all over. So as few as one day after inhalation, the patient can start showing severe symptoms of pneumonia. They say that the pneumonic plug has 100% mortality, okay?

If untreated, if untrated. Here's the good news. Hi everyone, welcome back. It's Dr. Jen. We're gonna talk all about the plague today and why we should have facts over fear, but also be responsible and not just act like this is something from 5G or whatever.

So, hi, I'm Dr Jen, a double board certified physician. I am not dramatic in either way. If you want middle of the road, common sense, why don't you hang out here today, and take a listen.

So we are having this threat. Here's the first article about what's really happening with the plague in Russia. So the concern was the pneumonic plague, which is Yersinia pestis, the bubonic plague which really wiped out a lot of people.

We see this, if you have ever seen the costume, the plague doctors, they look like a big crow with the big mass coming down. And that was, so these were the specific plague doctor's that would go and take care of the people that had this Yersinia pestis, and that will protect them from inhaling the bacteria.

So Yerinias pestes, it's a bacteria, okay? What's the difference between bacteria and virus? Viruses are something that our immune system takes care of in different ways.

T cells go in there, take care them.

Bacteria vs. virus and immune system basics

Virusses can just work their course in you. There are some antiviral therapies, but that usually doesn't work. It's just our system has to do better with this.

So we think of different viruses. We think COVID, we thing of like mono, We thing HIV, these are viruses And if your immune system isn't strong, then you are going to get sick.

But usually we deal with viruses. Our body creates antibodies against that virus and keeps them in check. Bacteria is different. We do have different things like macrophages, RT cells, certain things in our immune systems to engulf bacteria, specifically neutrophils.

And what happens is, If the bacteria is not in really heavy form, right? If our body is on the ball, then it takes care of it. Kind of like a watchman being alert and ready and watching over, you know, You could think a shepherd watching his flock.

If they're alert, if they are paying attention, If their not on their cell phone, they going to take care right away. You can think of a security guard.

If they are paying attention, they're going to take care of that intruder right away. What happens is if they get sleepy, if the get sick, If their not paying, attention if their poisoned by our modern world and their just on their phone for that dopamine hit, their are not pay attention and the intruders can get in and do damage.

Okay? If we think of this as a security guard, people get hurt if there not being attention. But if were always looking on garlic, our immune system should be, then they would take of it.

what does this mean to have our system on guard? You guys should know what that means. And if you don't, then let's talk about it. Your immune system should be healthy, meaning gut health.

You're gut should healthy. you should not be eating crap all the time. As a Christian, I talk this. Our body is a temple of the Holy Spirit. It is disrespectful to the Lord, to our Savior, Jesus.

If we do not take care of our body, and that is gut-health, what makes your gut healthy off? Well, many things. I talked to patients about this, this is an ongoing thing.

keep coming back to how is our gut health. Stress can wreck your gut help. That's me, that's happened to me. Candida overgrowth, mold, That happened me so a lot of these things like I've been there.

I'm not coming down on you guys hard because I think you're like for lack of trying, I am just giving you knowledge because we need to be good stewards of our body and we can't rely on the broken medical system anymore.

It's just unrealistic, okay? rely on the medical system for chronic disease and even some of these acute diseases. We need to keep ourselves out of the hospital is the goal.

The hospital's there when something is out-of-control, right? Where we've tried, we tried our best and we still need help and it's beautiful for that and I love it for it, okay?

So I'm not knocking either ways. Now, back to that immune system. So the gut is really important. And we also need give our gut Either if we're not eating perfectly or if were stressed we need to help our gut and eat it.

And this is why Gut Protect is a product in my store that is really helpful. It decreases inflammation in the gut. The lipopolysaccharides that are running amok and causing inflammation it helps calm that down.

So that's a good way. Our gut health. Avoiding food with glyphosate in it and pesticides so eating organic when you can Staying away from tons of carbs and sugar because that could make yeast or candida Grow and flourish in the gut which is then causing inflammation in a gut and breaking down that cut barrier in their immune system Okay, so if you guys need more help with this I have lots of free resources on my website healthy by Dr.

Jen on how you Can get your gut healthy again? but One thing I want you to do is 10 minutes with him.

Gut health, faith, and immune support

I have this all over my social media, so 10 Minutes with Him. Spend 10 minuets in the morning, out in direct sunlight would be the best, with Jesus, spend time, meditate on the word, and that is really gonna help you.

That's the thing you could do for this play. So, immune system, super helpful in that guy. And I actually have a protocol of supplements just for these next couple months.

if we're concerned about this, okay? And that is all, I'm gonna link it below, and that's all on my website. It's an inflammatory support. So what happens for Yersinia pestis?

So this was really a prominent plague and killed many of people because it was transmitted by fleas for the most part. Fleas would get on there, people would go boobas or inflamed lymph nodes, that was called the bononic.

And the pneumonic plague is a little bit more scary, I would say. It's through respiratory markers. So what happens with this, and I'll list an article below.

What happens is it talks about the incubation period of the Pneumonic Plague. This is aerosolized, okay? It is not

like COVID where it's going to It's a small virus that gets in between masks or something.

This actually, wearing a mask would actually help because it's that bacteria. But if you are, say, on an airplane, that's where I'm kind of like, oh, like if travel, you could be exposed to this if someone comes over on a plane, right?

And they're coughing all over. So do you wear a masque? Maybe. Or do, use nasal spray and spray your nose with, you know, X clear or color little silver.

That's what I do when I fly. I Do it before and after I get off the plane because I'm breathing through my nose. If you're a mouth breather, You have a lot of other issues going on.

You need to watch my videos on airway. So you should not like be breathing in your through your mouth. But a of us when we take naps on the plan, we're breathing her mouth and on our nose because your nose has that nice mucus membrane that is going to attach to bacteria and viruses.

Otherwise, if we didn't have all this stuff, we would just be sick all the time. God made us amazing with all of these beautiful, God created, god given immune defenses.

So when people just get freaked out about this, that's not okay. And yes, I did check and they were working on a vaccine for this. This is something that is in there.

I think from 2023 is what, what I saw. So yes, there can be all these conspiracy theories and all this stuff, but what happens? You go down a rabbit hole and are we told to go to down negative rabbit holes?

Is that what the Bible says? No, the bible says to renew your mind, set your your on the things above. Is reading about the bubonic and pneumonic plague, is that setting your mine on things about?

no, it is not. Let me do that. I researched this for two hours, two hour on Saturday just so I can make this video because I don't want my fellow Christians to be scared to worried about this.

Here's the thing, like I was telling my son, I'm like, yeah, it's not really good. Like, so say, you know, dad's on a work trip and flying and someone has this and yeah like kind of toast, not good, for a natural way, right?

But let's talk about, we'll talk the actual treatments. But I was hoping in the literature to find something that was like, this botanical will work. And I couldn't really find that.

So I found a lot about like thieves, the four thieves oil, which is very interesting because there's an MLM, you guys know how I feel about MLMs, that has essential oil blend called thieves' oil.

No, you should not be taking essential oils internally. That's a no. But this was used these oils, these botanicals, because how was it spread mostly during the actual plugs, the bubonic plugs with your cingulate pestis, a bacteria, remember it's bacteria.

Those, that blend of oils killed the surface area. So I wouldn't recommend We're not really seeing the studies on, you know, diffusing thieves oil and the study is it was more of like a topical.

So use that as a cleaning blend. Absolutely. Use the knockoff brands, or whatever. That is something that I found in the research was helpful. When we look about the pneumonic plug, it's highly virulent, which means it can be spread very easily forming the plague with an incubation period of a few hours to two to three days.

So incubations, what does that mean? So if I contracted it, okay, so say someone coughed right on me or say I was a doctor taking care of someone and they were coughing, then a view hours I would start developing symptoms or within two to three days I would start to develop symptoms like a cough, like fever, okay?

And this is more of a respiratory symptoms that we would get for the pneumonic, the bubonic plague was more,

you would lymph nodes that were enlarged in the groin.

That's what incubation period means. Go back to the pandemic, yes, we all have PTSD from that, but go back the the to pandemic. What was the incubate period?

It was really long, sometimes up to two weeks. Do you guys remember that? and then it started getting more narrow and narrow. So I just don't think that this would be the plague that they would want to like release.

It's just like there's, it's too short of an incubation period. Um, I, just, don t think, that I mean, maybe the Holy Spirit is just calming me on this, but I'm like, yeah, It s bad.

How plague spreads and incubation timing

But at the same time, t's such a short incubatio period, i t s not a really good um, you know, bio warfare bacteria. I mean, I just don't see that. Maybe they would mess around with it and make it more virulent.

Why do they keep these in labs to study? To study. Yeah. It's, but I don' make those decisions. You know? I'm just going to live non-fear with my family here.

So as few as one day after inhalation, the patient can start showing severe symptoms of pneumonia. And this, this is a science direct. This is, uh, um.

pharmacology today that it said, you know, someone could be unalive the next day. And we'll talk about why. So this is secondary plagnumonia, and this the result of spreading of Yersinia pestis to the lungs.

It's usually due to untreated or advanced infection of an initial bubonic or septicemia form. Sometimes they're ill for a few days and then they get the lung invasion, but then if it's aerosolized, that can cause high transmission rates.

And this is, you're gonna have sudden chills, fever, headache, body pains, weakness, dizzy, and chest discomfort, okay? And then the sputum, it's gonna be like mucus.

So you are gonna producing mucous spudum. Then it is gonna develop blood specks. It's going to be pink, bright red, or foamy. That's usually when the secondary inflammatory process comes in.

So it's really interesting because I do remember in residency, we would, this kind of stuff was on our board tests. It was zebras, right? It wasn't most common, but it was there.

And I remember, so when everyone's like coughing up blood, you think of tuberculosis. We thought of the plague once when we had someone, I think coming from Africa and we just like locked them in the room and did like biohazard stuff and called them infectious disease.

And yeah, so those were like the sputum or you think a pulmonary embolus or PE, anything blood, coffee nut blood or cancer. It's usually something bad.

If you're coughing up blood it's something you should put on a mask, self isolate and go to the ER and tell them that you need a room by yourself that has negative pressure airway so it is not spreading through the hospital.

So if anything like just remember that coughing up blood is bad for you and it's bad For humanity and your friends around you. But but yeah, I remember this one time it wasn't I think it was Ebola We were worried about it.

It was something it with someone they were like straight off the plane in Toledo from Africa and I Remember I was pregnant at the time with Probably Cyrus And I looked at the resident, I'm like, can you just see this patient primarily?

And they're like yeah, just because I was just like I don't have time to deal with this. So that was one nice thing

about being in a teaching hospital.

Anyway, so that sucks, right? They say that the pneumonic plug has 100% mortality, okay, if untreated, Here's the good news. Here is the positive. Let's always cling on to facts over fear.

Facts and faith over fears is what I say. So you're gonna be spreading it person to person. For the highest chance of survival from this is treatment within 24 hours.

Treatment of 24-hours of symptom onset. not 24 hours of contact, okay, but of symptoms. Now, do we have studies on if you not inject it but sprayed this on everyone and aerosolized it and you had 10 people, you know, how fast would they get symptoms, right?

No, we don't have that. We don' have even, does everyone get infected? Does everyone Does everyone is this fatal and everyone we don't really have that information and I think that's what's hard.

When we have these infectious diseases re recur or come about is that there's so much fear look at measles so many fear around measle is when we know.

We know that they've studied this and it's vitamin A deficiency and people that are not getting vitamin a and not eating healthy food and our nutrients void.

So we, we know. It's just very interesting because the uncertainty can cause so much fear. Now we could throw ourselves in panic every single time we talk about a cruise ship or a lab or someone, someone that, you know, not surviving.

But what as a Christian, what do we do? We cast our anxieties on the Lord. We talk to him through prayer and thankful supplication. So we were saying, Lord, thank you for my immune system.

Thank you, for creating us in your image. Do we really think that he would create brokenness and inability to fight the evil here, which is manmade whatever or just reoccurring because it was in a lab bacteria, which let's be honest, this bacteria should be done.

This like shouldn't be a thing. The vector was done, we took care of it, but we live in broken world. So we can have fear or we have faith and we just pray Lord, Lord but if I will still love you but even if we will be okay.

And it's just, I hate the internet because I'm just seeing so much clickbait from Christians even on this and from health experts. You know, they just want the click.

Symptoms, severity, and emergency response

They don't care how it affects you. It's fine. And y'all still follow them. That's crazy. So treatment. Here's the thing about treatment, so streptomycin, which it's not readily available in the United States.

Then also doxycycline is listed with pretty good treatment outcomes. and then all the fluoroquinolones. So fluroquinulones, the bad thing about fluoroquinalones is that they can cause tendon rupture, they trash your mitochondria.

There's a whole like Facebook world group, tons of people that have fluoquinalone injuries. That's ciprofloxin and other fluorequinalones levoquine is a common one.

that could be so ciprofloxane dose twice a day, um, levoquin or levofluoroxane, once a days. So those, I mean, every time I would have to prescribe in the ER, would like cringe and I'd have go talk to the patient and be like, you know, this has black box warnings on tendon rupture and all sorts of things.

Not ideal. Doxycycline though, I keep it in the house for tick bites, because if I get bit by tick and it was actually on

there and attached, I'll do 200 milligram treatment, just dose because the studies are there for that.

So having doxy at home to be prepared, wouldn't think that would be terrible. But you have to realize with Ciprofloxone and Levoquin, this is a way to treat this, but But it does have side effects.

So definitely, like before you just take any random antibiotics, and I know you can get them wherever, make sure you meet with your doctor and talk to them.

Say, I'm scared or fearful about this plague, so I just want to be prepared and then I want put my trust in the Lord. And I have this stuff at my house in case, you know, it doesn't come over here.

In case we think we are exposed and we have these symptoms or we're coughing up blood. And we want to just start treating it. So here's what's crazy about this bacteria.

I was digging, digging digging and I'm like, what botanicals can help us? Well, there are some like garlic oil and that kind of those volatile oils. Um, I would always have on hand my botany coal, the SIBO oil on my website, because that just has all these, these these oils that really can they're bactericidal in a way.

So I use them in my office for people with SIBO or small intestinal bacterial overgrowth, and it works really well. That would be something to have on hand.

The other thing that I was looking up, so the garlic reducing lipopolysaccharide, that would gut protect with the immunoglobulin, spoke about that. NAC, which is lung support.

We know that N-acetylcysteine is an antioxidant, supports liver detoxification, also very supportive for lungs. So that's why that is always there. Pro-immune supplement has vitamin D, zinc.

It's viral support, immune support so it has all these botanicals in it just to support your immune system and that's important because we're not eating perfect diets.

So the studies for omega, so omegas with lung inflammation seems to be helpful when I was looking in the study specifically for Yersinia pestis. And then just inflammation, because what happens is this creates a secondary wave of inflammation.

Almost reminded me of how the lungs are attacked with COVID-19 virus. It was very interesting. So liver aid is what I would do and just, I take that daily.

So that has curcumin and different things for anti-inflammatory process. It was interesting because I was looking at the data, like what first, this is a bacteria that needs taking care of and you actually need treatment.

And if you have it, you need antibiotics because we don't know about these botanicals. Yeah, garlic seems to be helpful. if this is still an issue in a couple of weeks, like, yes, I'll probably like have my husband, hey, take some garlic.

Take some of this when you fly. I take the sebo oil. Just take it after your flight. Let's just reduce the bacterial load. So that's something that I, when I was reading the study for two hours, this was the thing that was thinking that would be helpful.

That is all going to be in immune and inflammatory support. on my website, healthybydrjen.shop.

Treatment options and antibiotic considerations

So, if you have to take an antibiotic, then you need to build back up your gut health, okay? The gut protect would help with that. Inflamma shake would with help that, eating fermented food would helped with, oh my goodness, I just forgot.

I probably ruined my water keifers. They've been, it's been four days now. And you just start, put an alarm in my phone, that ferment that just made me think about that and I knew that I would just like, not do good with that.

Okay. I will keep you guys updated if it survived or not. If not, I'm going to have to buy some more Kiefer cranes. Oh man. Yeah, i don't know. Just like fermenting things with four kids and like cows because we just had another cow come.

It was just too much. Um, okay. So, so back to the Ursinia asbestos. When people talk about it, recap, it's a bacteria, Okay? It's not a virus. it is a short incubation phase.

You need treatment, antibiotic treatment. If you get sick with it, once symptoms starts for 24 hours, symptoms are mainly flu-like symptoms, okay? You're gonna feel like something, a wall hit you, and then once you have those symptoms you start coughing up mucus, So mucus, you're going to see mucous and you are getting all these symptoms and your like, oh wow, maybe I should get antibiotics.

What if this is the pneumonic plug? And this if we see that it's starting to come over here or something. You guys, everyone is talking about 5G towers and stuff and this activating things.

I just can't deal with it. Like the venom stuff, like I'm sorry. I, I can deal. Is there like some spiritual undertone to all of this? Of course, of course.

So we need to pray more, but okay. Electromagnetic fields. Yes. They affect your immune system. We know this. The effect, your mitochondria, we know, this, the effect your circadian rhythm.

If you don't have, if those, all those things that it affects, it all will hurt your system if your circuitian rhythm, is messed up. Your immune system is going to be messed.

Okay. So do I think that like they're going roll out whatever G and we're all going turn into zombies. Like that is really weird guys. That is weird that people are saying this.

What does it do? Why would they say that? Well, some of these people don't have medical license. They're not a DO or an MD. Those are the only medical doctors out there.

And so they don't have a license to lose. So they can say whatever they want. Why would they say, whatever? They want to elicit fear. why would They wanna elicit fear?

So people can go down rabbit holes. But then these rabbitholes, they just say they're conspiracy theorists, but it's actually just causing fear in their bodies, in themselves.

What does fear cause in ourselves? Disease. So these people that you're listening to are just causing disease in your bodies. I mean, I can't tell you the weird things people send me and they're like, Dr.

Jane, is this true? And I'm like do you think it's true, like don't you that I would be talking about it? Like if I was really concerned about this stuff, do think I will be taking about?

Yes. Here's the thing though. I do practice what I preach. We moved purposely away from 5G towers. we moved to be out in the country because we were able to.

It is harder on our family financially, time wise, driving, but like I knew we needed to do that. I know not everyone can do. But there's still so much low hanging fruit that you guys can.

So we want to play. Think that's all we got for now. If I forgot anything, I will do a part two, but that the main thing that I was talking about, you know, they quarantined people over in Russia.

I think they were like, the gig is up, this has a short incubation time, people aren't buying it, it's election year. This is

all just fear, fear fear.

Get antibiotics to have, get the immune and inflammatory support to Use Clodylsilver nasal spray when you fly. Be aware of your body. If you get symptoms and you think there might be a connection, start antibiotics.

Start botanicals too, but start Antibiotics. Because we know bacteria need antibiotics. I mean, this is like these people that say like, don't treat strep throat.

Especially like pans and pandas. It just doesn't make sense. They just want to get clicks. This wasn't a thing when there wasn' t social media. People wouldn't say stupid stuff.

Okay, okay, I think that's it guys. How do you guys feel about this? This will be launching. Oh, I forgot one thing. So one things that's crazy about Yersinia pestis that I was just like, oh, this sucks.

Like this really sucks, it actually like hurts your T cells and destroys them. It's through this plasminogen activator and it's a protease that promotes fibrin degradation thwarts T cell media defensive against full virulent Yerinias pestes.

so it like goes in there. And this is why Yersinia, like I remember learning about it in medical school. And I'm like, it's such a weird bacteria because it causes this and it messes with our T cell mediated defense.

I was just kind of like yeah, you just kinda need an antibiotic, right? So some of the antibiotics like doxycycline is more bacterial static, so it is going to stop viral replication, or sorry, bacterial replication.

And then the fluoroquinolones and gentamicin, which gentamicin is hard on the kidneys and you need monitoring for that. But gentamycin and the fluoroquinalones against your senopestis are bacterial.

Supplements, botanicals, and practical prevention

Cytal meaning they just get rid of all of them. So it's very interesting. You know, I think just having doxy on hand is decent. It will wipe your gut microflora a lot, but it's not going to have black box mornings like the fluoroquinolones.

And then gentamicin is pretty rough on the kidneys. So just like I wanted to throw that out there too, because it is very interesting. I went down rabbit holes and I tried to Look for you guys.

Like what is there a botanical anywhere that can help this? You know, like is their a cactus plant, you know where? I don't know. I have some of that.

Yeah, I think that was a scare two years ago. So anyway, just wanted to share all this really crazy, that this messes with our T cells or God-given T-cells.

Okay. I think that's it. That's what I learned in two hours of research. Um, I'm not an infectious disease specialist, but I want to bridge the gap between conventional medicine and integrative medicine in a calm approach.

And y'all like women and perimenopause being freaked out about this stuff. It doesn't help your hormones. Like I remember telling my teenager, Cause they were at, um, a card shop when I was doing this research and I'm like, yeah, I just researched the, the pneumonic plug for two hours.

And I went down all of these rabbit holes and it was like trying to get it to work. So there could be just like a unicorn botanical that would just kill it and get rid of it.

Yeah. It's just doesn't exist. That kind of sucks. In his like so we're all screwed. I am like no. No, but I just hoped it would be easier. You know, it's just not.

So anyway, I wanted to share that because I want to be vulnerable with you guys because we live in a broken

world. It's not perfect. But we can be free.

We can live without fear. And to vulnerable and honest, that fear creeps up, right? Um, you know, my husband travels is in the hospitals. Like, um, I just, like, You know you were out and about, we don't like isolate and it things, things can happen.

People can get sick, but this is where God gave us beautiful brains and knowledge. As long as we're not just doom scrolling, as long As we are going to people that we trust.

And you honestly, saw I saw a doc that like was blowing all this off. just like joking about it. And that's not being wise either. Like, ew, like we should know, we shouldn't research this.

We should have someone look at all the literature and do a lit review of any supplements that could help or anything that that can help. Just totally saying, oh, it's never gonna happen.

It's just to create fear. That's no wise, either, so I'm seeing this really like, even from Christians, this really like weird dynamic where it's like one way or the other.

And this is why I'm not growing on social media because I am very middle about it. We have to use common sense and we have use knowledge for good and know what's going on.

I believe all of you out there listening, you are so intelligent that you picked up so much stuff from this podcast. So if this helped, if it made you feel better, Instead of like worse or panicky or just like I don't know like, I Don't want you guys to laugh at this stuff I do want to have fun and people that know me like.

Closing thoughts on fear, faith, and common sense

I like to Have fun, but also You know God this is what God gave me to share to be able to put out information that is you know from studies reading studies and that can help you so Um, that's it y'all.

And look, this one, I mean, these studies, you guys, like people are talking about this stuff for the past like 10 years. This isn't something that just creeped up from an election.

Okay. So let's just stop all the lies. okay. this is the healthy by Dr. Jen podcast. I still need to rename it. Please share, please write a review if you guys want me to do more current event things.

I just need a two week time on it and an hour or two to research it fully for you, guys. And I will do that.