

Welcome to Our 57th E-Journal!

In July's warm embrace, we find,

The joys of summer intertwined.

With laughter, sunshine, and skies so blue,

July's essence shines brightly through.

Each day a treasure, each night a delight,

Celebrating July with all our might.

-Poet: Catherine Pulsifer

Freedom Beyond Politics

As we enter July and the 250th anniversary of American independence, many will reflect on the meaning of freedom. While political freedom is worthy of celebration, true freedom extends beyond governments and institutions. It requires the uncensored liberty to think critically, seek knowledge, ask questions, and engage in open dialogue. Freedom of speech or expression is the right of an individual or a community to express any opinion without censorship or restraint, and without fear of retaliation or legal sanction.

When the Free Exchange of Ideas Is Restricted

During the COVID-19 pandemic, social media platforms and government entities engaged in an unprecedented and highly scrutinized campaign to moderate, suppress, and censor public debate and the free flow of information. This greatly compromised health freedom, and we continue to feel the repercussions today. The censored viewpoints included those which questioned or criticized: (a) the efficacy and/or safety of the Covid 'vaccines'; (b) the origin of Covid; (c) the efficacy of societal lockdowns and social distancing; (d) the efficacy of mask mandates; (e) the necessity of vaccinating children and infants; and (f) the necessity of school shutdowns and virtual learning from home. Freedom of speech and medical information were severely limited, filtered through centralized systems—media, educational institutions, regulatory bodies, and other shadow gatekeepers of knowledge. BRMI and many other health institutions and doctors suffered from this censorship. We acknowledge meaningful positive change has always begun with individuals sharing ideas, building communities, and having honest conversations with one another.

A Lesson from Medical History

Actually, the institutional threat to those who challenge vaccine orthodoxy was already a powerful force for years before COVID-19. A landmark case was that of the British gastroenterologist Dr. Andrew Wakefield, who in 1998 reported on cases of autism observed in children shortly after they received the measles, mumps, rubella (MMR) vaccine. He did not posit or even hypothesize a causal link but merely wrote that the possibility of such a link merited investigation. As he subsequently wrote in his memoir, “the practice of claiming coincidence without first excluding possible causes has no place in clinical medicine.” But he was accused of claiming more than he did, and on that basis his refereed account of the cases was repudiated by its publisher, and he was stripped of his license to practice medicine. The stigma he bore in England followed him when he moved to the US. Ironically, his specific findings were replicated in later studies.

How Knowledge Directs our Path

As I reflect on my own journey, before I knew about Bioregulatory Medicine and traditional Chinese medicine, I pondered: *What might I have done differently if I had known then what I know now?* Perhaps you have asked yourself the same question. How might your health, your choices, or even the lives of your loved ones, have been different if you had access to knowledge that was unavailable, overlooked, or dismissed?

Health Freedom Through Education

Health freedom is based on the principles of individual autonomy and informed consent, which are central to ethical medical practice. It recognizes that individuals are the best judges of their own health and well-being, and that they should be empowered to make decisions that align with their own values and priorities. At BRMI, we remain steadfastly nonpartisan. Our mission is not political; it is educational. We believe that informed individuals are empowered individuals. The knowledge we have cultivated and shared over the years exists to help people make thoughtful decisions about their health and well-being.

“True freedom is born not merely from independence, but from the knowledge to discern truth, the wisdom to choose well, and the courage to live accordingly.”

Carrying Freedom Forward

As we commemorate this historic milestone, we are reminded that freedom is not merely something inherited; it is something continually strengthened through curiosity, education, personal responsibility, and the free exchange of ideas. The future of health, and indeed freedom itself, depends on our willingness to learn, share, and connect with one another. Together, we can carry the torch forward, illuminating a path toward true health, resilience, and self-determination for generations to come.

Featured This Month

We have added Franz Anton Mesmer’s biography to our Pioneers of Bioregulatory Medicine. (Link) Mesmer was a German physician who introduced “animal magnetism,” or “mesmerism,” and was a pioneer in the study of magnetism and its effects on the human biofield. He expounded the ancient idea of a universal “magnetic fluid” or force that could be found in and have a physical effect on all living things. This is a concept akin to “Qi” in Traditional Chinese medicine (TCM) and “Prana” in Ayurveda. He explored ways to manipulate this “fluid” with magnets and hands-on techniques to promote well-being and eliminate disease. His biography is indeed mesmerizing and can be accessed [here](#).

Support the Mission

We sincerely thank all our viewers for their continued support, comments, and article submissions, and for liking us on our social media, bi-weekly podcasts, and YouTube channel. BRMI is a 501 (c) (3) non-profit private foundation and depends on donations to survive. We provide FREE non-commercial information to the public and are entirely funded through the kind and tax-deductible donations of our readers. We accept no advertisements. Over the last nine years, we have been steadfast in our non-commercial agenda, providing Free information through our bimonthly E-Journal, biweekly Podcast, YouTube channel, and social media platforms. If you feel so inclined, please donate \$20 yearly or more to support our educational platforms. Any amount is helpful and deeply appreciated. Donors can claim tax-deductible contributions they make to BRMI under IRC Section 170. [Here is a link for donations.](#)

If our mission resonates with you, we invite you to help spread it. Share an article, recommend a resource, or start a conversation about bioregulatory medicine with someone today. Meaningful change often begins with a single exchange of ideas.

Connect With BRMI

We maintain a YouTube channel, [Facebook](#) page, [LinkedIn](#), and [Instagram](#) and post evidence-based articles and news events daily. To make it easier, we have also added a [Linktree](#). Feel free to interact with us via social media - or contact me directly at jpmmodell@brmi.online.

Join Us at Sea

We are excited to announce our next conference cruise, The Bioregulatory Medicine Summit at Sea: From Cell to Biofield aboard Celebrity Summit, setting sail March 28, 2027. This upcoming journey will visit the Western Caribbean and the ports of Cozumel, Belize City, and Costa Maya, offering another unique opportunity to learn, connect, and explore! For more information, [follow this link](#).

Enjoy the summer and be well.