

## Young, Bernie C

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**From:** Dawn Bohler <bohler.dawn@yahoo.com>  
**Sent:** Monday, September 14, 2020 12:27 PM  
**To:** Eggers, Dave; Gerard, Pat; Justice, Charlie; Long, Janet C; Seel, Karen; Peters, Kathleen; Welch, Kenneth  
**Subject:** Immunity and the proper function of the central nervous system

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Good morning,

I hope none of you are dealing with any flooding issues this morning. Over the past couple of weeks the dialogue has started when it comes to working toward a strong immune system. For four years I have been receiving treatment for an Atlas Subluxation, first vertebrae misalignment.

When you have a misalignment in the upper neck it causes a disconnect to the central nervous system, brain to body/body to brain communication. When it comes to our health, if we have a misalignment the body may not recognize when something is invading the body (such as a virus) leading to the body unable to fight it off as well as causes havoc on the rest of your body.

I have honestly not been sick for years. My doctor, Chris Slininger, not only practices in the correction of a misalignment, which is called Advanced Orthogonal Treatment, he is also a teacher and a professional speaker. Dr. Chris focuses on the principles of health, not the methods of health. (Everything I am telling you I have learned from him, and it has been an amazing journey.) Part of what I have learned from him over these years is health management, not health care; there is a difference. He also has a course called Eating Perfectly Without a Plan. This not only teaches you proper eating, but has also taught me how to better my health through my eating, or in some cases, by not eating.

Did you know that your body uses a great deal of energy to digest food? Every time I may feel like I'm coming down with something I immediately go into a 24-48 hour food fast. This allows your body to reserve energy and reroute it to fight off whatever you may be coming down with. Now, I said "food fast" for a reason. I also learned that if you intake liquid form of nutrition your body does not have to digest it (break it down). When your body has to break down food you lose some of the nutrient levels during that process. So what I do is I make smoothies, particularly high in Vitamin C if I feel any kind of funk starting. I first make sure my neck is in proper alignment and then I drink the smoothies as my body will absorb the necessary nutrients needed to fight off whatever it is trying to get me.

I have also, by branching off his teaching, researched other ways food can help your health and particularly learned how to help managed my own depression through proper foods. A misalignment can also effect mental health in that when you suffer from a misalignment, and many don't realize they even have one, it causes cerebral fluid to back up in your brain causing adverse effects, such as in my case panic attacks. When it comes to depression, I learned that Niacin helps. Tuna and berries have a very high Niacin count so instead of taking supplements or medication, I go to these foods and generally I will start leveling out.

This is just a window into much more information and I spoke with Dr. Chris this morning. If you are interested in learning more, he would be more than happy to talk with you more. Like I stated, he focuses on principles of health. Would love to set up a coffee meet with any, or even all of you. It is really cool and I am a walking testimony of how it works, and it is life changing.

Sincerely,  
Dawn Bohler

## Young, Bernie C

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**From:** Sally Meyer <salimyer@gmail.com>  
**Sent:** Monday, September 14, 2020 12:12 AM  
**To:** Long, Janet C; Gerard, Pat; Justice, Charlie; Eggers, Dave; Seel, Karen; Peters, Kathleen; Welch, Kenneth  
**Subject:** Mask Mandate

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This is a study published in August of 2020 detailing the risk of transmission in *close* contacts of patients with Covid-19.

<https://www.acpjournals.org/doi/10.7326/M20-2671>

Out of 305 asymptomatic carriers only 1 new person was infected and the conclusion was household contact was the main setting for transmission.

This matches with statements made by Dr. Anthony Fauci: <https://youtu.be/vrAvjU2LBkg>

"One thing, historically, people need to realize, that even if there is some asymptomatic transmission, in all the history of respiratory borne viruses of any type, asymptomatic transmission has never been the driver of outbreaks. The driver of outbreaks is always a symptomatic person. Even if there's a rare asymptomatic person that might transmit, an epidemic is not driven by asymptomatic carriers."

The mask mandate seems predicated on asymptomatic transmission and the only study I could find that was claimed to support asymptomatic transmission didn't arrive at that conclusion. It's always just been a theory and one that's being increasingly disproven.

I'm frustrated that this narrative of "following the science" is continually pushed by people who've done no research into the subject and instead derive their information from mainstream media, which throughout this pandemic has had selective and in some cases factually incorrect reporting.

Speaking of which, the situation in Sturgis that was cited during the last meeting was debunked. Only 260 confirmed cases have been linked to Sturgis:

<https://reason.com/2020/09/09/no-the-sturgis-motorcycle-rally-didnt-spawn-250000-coronavirus-cases/>

## Young, Bernie C

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**From:** Lou Claudio <lou.sea@verizon.net>  
**Sent:** Monday, September 14, 2020 9:03 AM  
**To:** Gerard, Pat; Eggers, Dave; Peters, Kathleen; Justice, Charlie; Welch, Kenneth; Seel, Karen; Long, Janet C  
**Subject:** Mon 9/14 - Masks

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Greetings, esteemed Commissioners...below is a link to a video news package (almost 10 mins) that aired yesterday on *CBS Sunday Morning*...it may be interesting / useful to you. Stay safe...have a great week ahead, Lou

***Why did COVID-19 become partisan?*** (9:43)

<https://www.cbsnews.com/news/why-did-covid-19-become-partisan/>