

Mark Moss: Building Your Health Is Wealth

Analysis by [Dr. Joseph Mercola](#) ✓ Fact Checked

STORY AT-A-GLANCE

- › Mark Moss, an entrepreneur and financial expert who's been a full-time investor for over 25 years, is passionate about freedom, liberty and personal wealth
- › Moss wants to empower people to build wealth, not so they can become greedy or stockpile money, but because money allows you to help other people and have options in your own life
- › To build your physical health, eliminate seed oils from your diet, use time-restricted eating and exercise regularly
- › To discern the truth in this era of censorship, identify people who you believe are experts in the field and follow what they're doing directly; avoid using Google and social media for this purpose, as it's heavily manipulated
- › I'll be speaking at Moss' live event in Miami, Florida, in November 2021, where he and other experts will be sharing how to control your financial future during The Great Reset

Mark Moss, an entrepreneur and financial expert who's been a full-time investor for over 25 years, is passionate about freedom, liberty and personal wealth. Finances aren't something I typically focus on, but we're both in agreement that health is your greatest form of wealth.

I'll be speaking at Moss' live event in Miami, Florida, in November 2021, where he and other experts will be sharing how to control your financial future during The Great Reset,¹ but in the video above you can hear our recent conversation, which covers

everything from key tenets of physical health to how to discern the truth in this era of censorship.

This is only one of three public events I will be speaking at this year. If you want to come and hear me at this event, I arranged with Mark to give you a special discount. Normally these links provide affiliate commissions to me but I asked Mark to give them to you instead to make it more affordable for you to attend.

Building Your Health Is Wealth

Moss wants to empower people to build wealth, not so they can become greedy or stockpile money, but because money allows you to help other people and have options in your own life. Now, with injection mandates increasing, people are being forced to make a decision to quit their job or put their health at risk from a job.

"Unfortunately," Moss said, "we've found lots of people who, when the pandemic broke out, didn't even have \$400 saved. When you don't have that money, when you don't have those savings, you're stuck at a dead-end job. If you had money saved, you could quit the job, go look for something else."

Also, with civil liberties being impacted daily, building wealth gives you the option to change your location to a country or state that may protect your freedom rather than restrict it. He continued:²

"So that's why we focus on money. It's not about being greedy, it's about having options ... you're going to need to have those. The financial system, like the medical system, isn't really designed for your benefit. It's designed for the benefit of the people that run the system.

Once you can just start to look at things a little bit differently and, really, it's a lot more simple than most people make it seem, you can start to build wealth, you can start to then increase your freedom, your options and so forth. Of course, I also look at health as an asset.

You can have all the money in the world, but if you lose your health, you have nothing. I also look at my freedom as an asset. If I have wealth, but I'm locked in my house, that does me no good."

In order to live your life fully, you really need to have all three: health, freedom and secure finances, which is what the November event is all about.

No. 1 Way to Protect Your Health

Your health is priceless, and many of the most powerful health strategies cost nothing at all or can be implemented very inexpensively. Yet, not only are these natural strategies not taught in conventional medical schools but, if you go against the standard, pharmaceutical-based treatment options you can be challenged, reprimanded or have your license taken away.

This process ostracizing natural therapies began back in 1910 with the release of the Flexner Report, which was written in commission for the Carnegie Foundation.³ The Flexner Report essentially eliminated almost every form of natural medicine, because it was a competitor to the emerging class of pharmaceuticals, primarily derived from oil and petroleum products that Rockefeller was behind.⁴

It's similar to the financial system, Moss said, in that your best bet is often to "forget" everything you've been taught and open your mind to starting fresh. "I see the same thing in the financial system. Like, you go through economics classes, and then you get a job working for a financial firm, and then you're just kind of a salesperson, just selling the products they have, and it's really hard for you to untrain yourself and start looking for those solutions."⁵

In relation to your health, it's important to ignore the mainstream advice to eat vegetable oils, which are more accurately defined as seed oils. Seed oils are hidden in virtually every processed food, including restaurant foods, and there's virtually nothing more destructive to your body in producing heart disease, cancer, age-related macular degeneration, diabetes, obesity and dementia.⁶

Chicken and Pork Are a Major Source of Seed Oils

Even if you cut out processed foods and other major seed-oil offenders like sauces and salad dressings at restaurants, you can still be hit by these pernicious toxins because they're hidden in ostensibly "healthy" foods like chicken and pork. These animals are fed grains loaded with the omega-6 fat linoleic acid, which is found in most seed oils and causes health damage when consumed at the excessive levels that are common today.

Many people eat loads of chicken because it's perceived as a health food and it's inexpensive, but it's a major source of linoleic acid. In your own cooking, examples of healthy fats to use instead of seed oils are beef tallow, butter or coconut oil.

Time-Restricted Eating, Exercise for Better Health

Moss and I also spoke about time-restricted eating, which means condensing your meals into an, ideally, six- to eight-hour window. This will improve your health in a variety of ways, primarily by improving your mitochondrial health and metabolic flexibility. It can also increase autophagy,⁷ which helps your body clear out damaged cells.

Moss also mentioned nicotinamide adenine dinucleotide (NAD), a vital signaling molecule⁸ that's also believed to play an important role in longevity. This is partly due to its role as an essential substrate for sirtuins,⁹ which are enzymes related to longevity, as well as its role in DNA repair.

NAD modulates energy production and many enzymes and in so doing controls hundreds of processes in your body including the survival of cells and energy metabolism. NAD is influenced on a daily basis by what you eat, exercise levels and more, and also declines with age, leading to changes in metabolism and an increased risk of disease.¹⁰

Exercise, especially strength training with blood flow restriction, is one of the best ways to increase NAD levels and energy,¹¹ because it activates NAMPT, an enzyme that's responsible for NAD biosynthesis.

You can see an interview where I go into more depth below. You can use inexpensive [Super BFR bands on Amazon](#), but if you want to go out and use what many professional athletes use and the one I use virtually every day you can get [10% off on KAATSU with this link](#).

Another strategy to boost your health and longevity is regular sauna usage. As your body is subjected to reasonable amounts of heat stress, it gradually becomes acclimated to the heat, prompting a number of beneficial changes to occur in your body.

These adaptations include increased plasma volume and blood flow to your heart and muscles (which increase athletic endurance) along with increased muscle mass due to greater levels of heat-shock proteins and growth hormone.¹² It's also a powerful detoxification method, due to the sweating that it promotes.

Unprecedented Manipulation and Censorship

The ability to freely share information such as this is being threatened nearly every day. Due to self-appointed authorities controlling the pandemic narrative, acting as the arbiters of what is right and wrong, and declaring anything against it misinformation, open debate is being stifled and the free sharing of information is censored.

Due to a number of very serious threats against me, personally, and my business, we recently removed 25 years' worth of content from Mercola.com. This was necessary to persevere in the current censorship climate, as each day rules are being changed to deplatform health advocates. While this threat to freedom is reaching new heights each day, it's been going on for many years.

Over two years ago, Google took me out of their search engine, and rigged the tool so that, if you look me up, you'll only see bad information instead of the decades of valuable health information I've provided. When you consider that 93% of the world's online searches use Google,¹³ you can see that their control runs deep and they — along with other social media platforms — are a major reason why this pandemic brainwashing propaganda campaign has been so successful.

Google has been called a dictator with unprecedented power because it relies on techniques of manipulation that have never existed before in human history, according to Robert Epstein, a Harvard trained psychologist who is now a senior research psychologist for the American Institute of Behavioral Research and Technology, where for the last decade he has helped expose Google's manipulative and deceptive practices.¹⁴

They're not only a surveillance agency – think about products like Google Wallet, Google Docs, Google Drive and YouTube – but also a censoring agency with the ability to restrict or block access to websites across the internet, thus deciding what you can and cannot see.

Thriving in an Age of Scientific Censorship

"I think the problem used to be getting information," Moss said. "Today, the problem is maybe too much information. So how do you discern it? And then even now, more importantly, if one side is being erased? So it's a complex issue, but what can the average person do to, one, be able to discern the information better, and then find the right information?"

Learning how to navigate this unprecedented cancel culture and emerge with the truth is possible, but you'll typically need to look outside of typical social media platforms. Identify people who you believe are experts in the field and follow what they're doing.

Many of these experts have had their accounts banned on Facebook, Twitter and even YouTube. So you have to go straight to their site. Using RSS feeds, so you can collect information on a variety of topics at once, which makes it a bit easier.

It's also important to understand that you really cannot trust almost any search engine, even the non-Google search engines, because Google has developed the most effective and sophisticated search engine tool that ever existed, and almost every other alternative search engine uses Google as a search data structure. So there's no alternative – it would cost billions, hundreds of billions, to create an alternative.

Then, once you read information, it's also wise to ask who is benefiting from the information and whether the source is conflicted. It's so important, Moss said, to "look at the information that you get, get it from trusted sources that you've gathered — friends that are like-minded maybe — and just try not to trust everything that you see on Google or YouTube."¹⁵

Building a community of like-minded people is also important, and aligning yourself with those who have healthy habits and who are not brainwashed by propaganda will be a solid strategy going forward.

This is a primary reason for Moss' live event — to build new connections and provide a strong community support system. It's now more important than ever that we support each other and work together to sustain resources and develop the creativity to find a solution to the direction the world is headed.

Sources and References

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- ³ [Evid Based Complement Alternat Med. 2012; 2012: 647896](#)
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- ⁶ [YouTube, Omega-6 Apocalypse 2, Chris Knobbe August 25, 2021](#)
- ⁷ [Nutrients. 2019 Jun; 11\(6\): 1234](#)
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- ¹⁰ [Cell Metabolism, 28 Feb 2018, 27\(3\):529-547](#)
- ¹¹ [Mark Moss, Interview, 35:25](#)
- ¹² [FourHourWorkweek.com April 10, 2014](#)
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