

Speaker 1 (00:28.44)

Hey gang, it's Chris today. I'm interviewing John Richardson. Now John is the son of the famous Dr. John Richardson, who in the 1970s was really one of on the forefront. I'd say of using apricot kernels and B 17 laetral amygdalin with patients, cancer patients. And this has become a legacy mission.

for their family. And, so I'm excited to have John on because he's going to talk all about apricot kernels and the history of this medicinal food and the treatments that came of it. And this is going to be really fun. You're going to learn a ton of amazing stuff. And so, yeah, we'll just jump right in. John's good to see you. How are you?

Speaker 1 (02:01.88)

Yeah, I'm excited to do it. And, you're right. mean, these are, it's exciting times for sure. think there's a lot of people who are very optimistic about the future of America, the make America healthy again movement and that there's, there is a massive shift in focus, which leading up to the FDA and the CDC and these government

Agencies that were believed to be responsible for promoting the health and wellness of the citizens of America have been in fact promoting the financial interests of giant corporations like drug companies, big food, big ag, and they have been in the pockets of these companies and have not been acting in the interest of the American people. That's why there's so many crazy chemical additives.

that are allowed to be put in food. That's why, you know, we have a ridiculous system of evaluating new drugs. There's a lot of fear and coercion surrounding drugs that is not based in science. It's based on propaganda. And there's been a lot of suppression of effective treatments, natural and non-toxic treatments, and even off label, off patent drugs.

for many, many decades. I mean, this really dates back almost a hundred years to the Flexner report and the Rockefellers. And we don't have to go back that far, but I'm excited for you to tell the story of, of apricot kernels and amygdalin and latrol, because this is a treatment and a nutritional therapy, nutritional food that was deliberately attacked and suppressed. So take it away, John.

Speaker 1 (14:36.396)

Yeah, I'm so glad you are too, because, Laetrile and Apricot Kernels and stuff was, something that was only sort of whispered about. And I wrote an article sort of detailing the history of Laetrile and talking about G. Edward Griffin and a world without cancer and Ralph Moss, who was at Memorial Sloan Kettering. Speaking of conspiracy theories, you know, Ralph Moss was, Ralph has written a number of incredible books about the cancer industry. The cancer, one's called Cancer Inc.

One's called the cancer industry. One's called questioning chemotherapy, but he was asked to

lie. He was in the PR department, basically at Memorial Sloan. And he was asked to lie about a study that was done on laetrile showing that it was effective, that it was beneficial. And he just, he said he wouldn't do it. And so he became a whistleblower essentially. so that was a, a legit conspiracy to cover up a, therapy that could not be patented.

And was competing with, there we go. Thanks for holding that up. Was competing with other drugs. And so there's a documentary about it called second opinion about that whole story that folks you can go and watch and really, you know, it's just a lot of these things are hard to believe until you really see the facts. Like you just really see how corrupt so many drug companies and hospitals and the American medical association, how much corruption has polluted those.

you know, corporations and federal agencies. And, and it's affected the health of Americans and worldwide. mean, the, the influence is not just in America. And it's also prevented a lot of useful treatments that are beneficial, that have low risk of harm from even being prescribed to patients or from doctors even being educated about these things. So it's like, it's, it's vast. It's vast how, how big the conspiracy is. And it's really just a conspiracy of grief.

Right. mean, maybe there's more to it, but we know for a fact that greed is the primary motivator, the primary driver of coverups and smear campaigns and persecution and prosecution of doctors like your father. It's, really just to protect the interests of, you know, billion dollar corporations from competition. So all that to say when COVID started.

Speaker 1 (17:02.67)

I warned my audience. I'm on record. Anybody who's been with me, you know, since that time, everyone on my email list got an email from me just a few weeks after the whole thing started, uh, you know, recommending vitamin D because there was sufficient evidence that vitamin D was extremely beneficial for any type of viral infection. And, uh, and now, you know, it's proven to be, uh, it was a therapeutic used by many doctors at hospitals and clinics and things and very beneficial, but anyway,

One of the things I'm not trying to toot my own horn, I'm but one of things that I said in the beginning.

Speaker 1 (18:10.156)

Well, I do try to tell the truth as best as I understand it. Right. It's that that is my, my goal. My mission is to, tell the truth as best as I understand it. And sometimes I don't understand it fully. Right. But at that time, there was something that I, that I understood, which was I understood the fear campaign.

Because in the cancer industry, fear is often used to motivate and manipulate patients into saying yes to treatments that are ineffective or extremely harmful and generate, you know, hundreds of thousands of dollars of profit over the course of that patient's treatment. And, um, and I saw that playbook, you know, I'm, I was familiar with the playbook and I saw it being used

during COVID. I'm like, Whoa, like I recognize this.

This fear mongering campaign. This is fear is being used as a weapon against the American public. And obviously we know how it all played out, but there was a silver lining and early on I started to see, know what, there's going to be a silver lining here because I was already seeing, and you saw it too. So many people, despite the, despite the mass fear and propaganda and coercion and how many people were coerced again, to use that word into.

hiding in their houses into wearing masks for no reason into taking experimental pharmaceutical injections, you know, under the guise that it would protect them and their loved ones, both of which were false. There was a silver lining and it started to emerge pretty quickly. And I, and the silver lining was I was seeing many doctors stand up and go, this is wrong. What are we doing? Stop. Like this is not what I was trained to do in med school.

This violates medical ethics. This, like every step, every, every single step that the government is taking and the media is taking is wrong. And then I saw the public start to wake up and have the same revelations of how just really evil the entire campaign was. And so that brings us back to you because it has emboldened so many people to stand up and speak out against what's wrong.

Speaker 1 (20:27.796)

And, and to tell the truth again, as best as they understand it. And, and so I'm excited, you know, as much as we can lament about it and just talk about how insane it all was. The great news is that so many people now are awake and aware of how corrupt the government agencies are and how corrupt the pharmaceutical industry is. And now we're just seeing just a massive upheaval of that good old boys club.

That's been, you know, basically self-perpetuating quid pro quo for many, many decades. mean, longer than I've been alive. And so, yeah, here we are. But even this video, John, I cannot post this video to YouTube. We're going to have to host this video on Rumble because YouTube forbids discussion on leotard.

Speaker 1 (21:42.51)

That's amazing.

Speaker 1 (25:06.542)

6,000 new diagnoses.

Speaker 1 (26:33.632)

Amen, brother. Well, I what you said. And there's so many little points you made that I'd love to touch on. Too many, I think I'll probably forget some of them. But the thing that jumped out at me is specifically with what's happening now and in your life is that we know that God works all things for the good of those who love him, right? All things and all things means the bad things,

right? He doesn't need to work the good things for our good. That's obvious, right? He works the bad things. So like that persecution,

And the slandering and the smear campaigns that you've endured got, and all this difficulty and struggle, he has worked for your good. And now you've been elevated to a position to reach more people and to be influential and to really have an impact on a large scale. And like, I love that. That's just so great. It reminds me of the story of Joseph too, where at the end of sort of the end of Joseph's story, I won't tell the whole story folks. Some of my audience know it for sure, but

You know, his brothers basically conspired to, they sold him into slavery. The end of the story, he ends up second in command over Egypt and they're basically pleading for their lives, you know, hoping he doesn't execute them. And he says, what you meant for evil, God intended for good. You know, and so it's like what people have intended for evil against you and me and others. God has intended for good and has worked for our good. And so it is exciting to see.

what's happening. And by the way, I, you know, whether you like Trump or not, or, know, or whether you like Kennedy or not, it doesn't matter, right? That doesn't matter. I think it's really good to just step back and be objective and look at things that are happening and say, is this good? Right? No matter what you think about who's in charge, like, this a good thing that they're removing, you know, processed, like food dyes?

Speaker 1 (28:27.254)

And I think if you really are true to yourself and you acknowledge your own biases, political biases, which can really be so toxic in the way that you perceive the world. If you just step back and ask yourself like, this a good thing? Regardless of who did it, is this good? Would I be happy about this if Biden did it? Yeah. Would I be happy about it if Trump did it? Yeah, it's good. Just let's give credit where credit is due and celebrate good things like good progress.

I'm really happy to see that. And by the way, I don't see Trump as a savior. I don't see Kennedy as a savior, but I do see two men that really have honed in on important issues for public health, right? Important public health issues. And that's cleaning up the food supply. mean, that's a very, very good thing. Huge. And then I'd say that the big ones for me, cleaning up the food supply, which Kennedy obviously is.

It has a massive undertaking there, reevaluating the drug industry, especially the childhood vaccine industry, and coming at it with a fresh set of scientists, unbiased scientists, and studies to really evaluate, these necessary? Are they harmful? How harmful are they? What are the side effects? These things have never been studied. And if you don't, if you don't, if this sounds new to you, I want to encourage you. Well, I'll tell you one fact, and then I want to encourage you to read up on it, but

There's not a single childhood vaccine that has been studied against placebo, not a single one.

Every other drug on the market is required to be studied against placebo, which is like a harmless, you know, like saline injection or a pill that is basically nothing. Right. And, in the case of childhood vaccines, they've never been studied against placebos. They've only been studied against other vaccines. And so that's a huge red flag.

A huge, a massive red flag. And that's how you cover up side effects. And so I'm really excited to see, Kennedy and his team reevaluate the childhood vaccine schedule. You know, it's blown up from 11 when I was a kid to now 70 plus, right. For children, by the time they, become teenagers for what we, we haven't had any epidemics of any of these diseases. Yeah. You might hear a little outbreak of something here and there, but there had been no epidemics that would

Speaker 1 (30:50.862)

require us to amplify the number of vaccines given from 11 to 70, right? I mean, we all know this is true. Like we haven't had epidemics of any of these diseases that it's not required. So anyway, I'm really optimistic about that. um, you know, separating the influence from the pharmaceutical company into government agencies, which they call corporate capture and taking the drug ads off TV. This is another huge one that I think will

Hopefully we will see happen in the next four years because what I say it's good. Yeah, let's see it this year. What I think the public doesn't understand is because ABC and CBS and NBC and all these major news outlets, major television networks take so much money from the drug companies, right? I mean, you turn on the TV. Every other ad is a drug ad, right? They won't report.

on drug side effects. They won't report on criminal behavior of the drug companies, right? They won't even look at it, right? It's just off limits because they're major advertisers. So once that advertising privilege is revoked, then I think you're going to see the media finally turn on the drug companies and scrutinize them heavily. And you're going to see, we're going to see all kinds of stories of corruption and harm. So that's good. It's coming.

Right now, this is the silver lining of all of that. The ridiculous stress and misery of the COVID-19 pandemic is producing an incredible, you know, sort of ripple effect of positivity and progress.

Speaker 1 (36:16.078)

You know, what's also great, and this is sort of at the risk of repeating myself. It's great that we now have people in positions of power and influence who are aware of these problems, right? Because before, mean, you know, decades, my whole life, politicians and government agency people and bureaucrats had either no awareness or, or no care, no regard for.

What's being sprayed on our food? What's being added to food when it's processed, right? What harms are happening as a result of injecting babies on the day they're born with a hepatitis B vaccine, right? And then 70 more vaccines. Like there are so many people in

positions of power that didn't care, right? They either had no knowledge, right? Did no research or didn't care.

And now we have more people than I can even count. Every time I turn around, there's some new person that's, you know, a person of influence or in government or an appointee or somebody that is preaching our message, right? That understands like organic food is really important. Yeah. And, and that we don't need to be propping up this industry that is the drug industry that their entire modus operandi is to get as many people.

on as many drugs for the rest of their life as possible. Right. It's like, so I'm so excited. Like I really am to see these changes happening and, and, and, Hey, I'll be honest. I'm not a prophet. I didn't think I would see this happen in my lifetime. I really didn't like prior to COVID. I just thought, you know, it's going to get worse and worse and I don't see a way out of this. Like, you know, there was no one.

in government at all that was speaking my language, right? Before 2020, even Trump's first term, you know, he wasn't really focused on health, you know what I

Speaker 1 (38:23.234)

Yeah. And he still may be eating those things. I don't know, but he wasn't talking about, you know, healthy things for the public. And so, yeah, I just thought, you know, this is just a grassroots thing. I'm just going to try to reach as many people as I can through the, through my little social media channels and, and, and speaking and whatnot in my books and just, you know, the people that want this information, I'm going to put it out there and try to help them encourage them. And, and that's, I'm just not going to.

not going to worry about what the government's doing or the media is doing. They're always just going to keep doing their thing and propping up the drug industry. And man, it's like the house of cards is coming down fast.

Speaker 1 (42:29.846)

The things that I learned and that, and that I now teach are very simple. You know, they're really very simple principles that we've just gotten away from eating whole foods from the earth, right? Eating lots of fruits and vegetables, nuts and seeds, herbs and spices, whole grains, legumes, like eating all these wonderful foods from the earth, limiting animal protein, staying away from processed food, fast food and junk food. It's very simple things. Exercising every day, getting fresh air and sunshine, forgiving people who've hurt you.

right? Giving your worries and fears to God, like just not holding onto the stress of life, just trusting God with your life and your health and your future. It's not complicated stuff, right? It really isn't. And, you know, there these wonderful foods like apricot kernels, right? That have unique anti-cancer compounds in them that you can add to your diet, add to your routine, supplement with. You know, to me,

I just, I think people get excited when they find me and find our community because not only is my message hopeful and I've interviewed, I don't know, somewhere around a hundred people now who've survived and healed cancer against the odds. I love to share those stories as you mentioned, right? Those stories are so powerful and so encouraging. And if you watch enough interviews with survivors, especially those who've healed, taking a radical, holistic life change approach, you see the common threads.

Right. They're all doing those same things I just mentioned. mean, it's, and so they all realize, there are these core principles of health and healing that I need to incorporate into my daily routine. And I can do this. I can change my routine. Right. Anyone can change their routine. Do anyone can change what you eat? Right. Anyone can change how you think anyone can forgive anyone can exercise, right? Even if you're in a wheelchair, there's still exercises you can do. And so

Yeah, I love that. And I love something you said earlier. I really, it's great to see the censorship being lifted off of some platforms, right? Even though YouTube is still, YouTube's owned by Google. Google censorship is a major problem. My website got, you know, I wouldn't say blacklisted, but I used to come up in Google search results all the time. Cause I have so many articles about different

Speaker 1 (44:53.706)

natural health topics, and now they don't come up at all. I, my Google traffic is, it's laughable compared to what it was back in 2018 when they Google made these really strict changes to their search results and, and, and deliberately to sort of silence or scrub anyone that was talking about natural health and healing. I'm not complaining. It's just, is what it is, but I'm really thankful to see that now Facebook.

is letting you talk about, you know, vaccines and laetrile and amygdala and natural therapies and alternative and integrative therapies. mean, you know, there was a, there was a, during COVID, there was a vaccine injury group on Facebook. People were getting the vaccine, getting injured by it, and then getting in this group and being like, this is what happened to me. This is what's happening. I'm suffering from this. What's going on? 200,000 people in there with, in, I mean, that group grew really fast and Facebook just deleted the whole thing. I mean,

All of these testimonials of harm just deleted, which was egregious. Well, and then we know that. Yeah, it just, it's evil, right? It's evil. and Mark Zuckerberg went on Joe Rogan last year and talked about it. And he just said, we got all this pressure from the Biden administration to delete everything. He said things that we knew were true or facts that we knew were true and we had to delete them.

Essentially I'm paraphrasing him, but, so now obviously he has learned that lesson. He's apologetic about it, which I appreciate. And now they're, you know, they're, they're allowing

more free speech as with Twitter now X you can almost post about anything.

Speaker 1 (47:11.074)

Yeah. And you know, I don't know the guy, so I don't know what his motivation is, whether

Speaker 1 (47:20.342)

Yeah. Google CEO or YouTube CEO, right? Susan, someone.

Speaker 1 (47:46.882)

I've seen the pictures too. mean, even back.

Speaker 1 (48:38.794)

seen those, yeah, those long, I remember the court, there was a few corners early in the early days that were bold and courageous enough to come forward and say, look, we're seeing these long stringy rubbery clots in arteries that we've never seen before. Like this is what it, we don't even know what this is. Right. And, yeah, it's that post-vaccine injury clotting. Yeah. Just craziness. And, and I don't know when it's going to end, you know, we know that not to be too

morbid, but yeah, we know that there's still people dropping dead. mean, everyone dies, right? But there's still people dying suddenly. Suddenly at young ages that were healthy, you know, trim, good shape, athletic, you know, regular, again, normal BMI, kind of a healthy type people just dropping dead. We're seeing turbo cancers, again, healthy type people being diagnosed with these really aggressive, fast growing cancers. And, you know, I don't know how long.

Uh, this post vaccine ripple effect is going to persist. One of the questions that I asked again, not an, told you so moment, but one of the questions that I posted on Facebook and you know, unless it's been deleted, it should still be there back in 2021, 2020, 20, somewhere around there is I said, how long someone answered this for me because I can't find the answer. How long does your body continue to make spike protein?

After you get the vaccination, right? Cause that's the goal of the vaccine was this vaccine is going to instruct your cells to make spike protein. And then your immune system recognizes the spike protein as a threat. And then you build up these antibodies. Well, how long is this? Is your, are your cells going to keep making spike protein and no one, you know, I, a lot of answers, but no one had the answer. Right. And it took years for studies to come out showing that.

and I may be misquoting one, but it was like, think the, the, the last one I saw was that people who had been vaccinated were still making spike protein something like two years later. Right. So, and that spike protein is the harmful antigen pathogen, right? It's the harmful pathogen that's wreaking havoc and causing inflammation and causing clotting and problems in your body and your body is not producing it. Right. And we were told, well, the vaccines, they're not, remember people said, well, we're concerned that this is a

Speaker 1 (51:03.682)

This is a gene therapy. It's going to alter your genetics. No, it's not. that's nonsense. There's no way that can happen. Well, I interviewed Dr. Stephanie Seneff and she said, no, absolutely. It can be integrated into your genes because the process is called reverse transcriptase where RNA is converted into DNA and the vaccines are engineered. So the RNA actually does not degrade at a rapid pace like it should, which if it degraded rapidly, there's less chance it would be integrated into cell DNA.

But they're engineers of the RNA last longer and which increases the chances of integration. so, so then you have cells that start making spike protein and then they, they reproduce and their offspring also makes spike protein and so on and so forth. Anyway, big rabbit hole started tardy go down at.

Speaker 1 (52:31.246)

And even more importantly, one of the big lessons and there's so many, right? mean, there've already been books written. I feel like I could write a book too. Not going to, but of all the lessons that we should learn from that experience. hopefully, you know, many people have learned, but not everyone people are still in denial, but this major lesson of don't deny.

What your eyes and ears and senses are telling you, right? Which, which is exactly what we were told to do. Like we were told to deny what you're seeing, deny what you're hearing. Like you can't trust your own thoughts and instincts and intuition, right? You just, you just, we are telling you this, this is what you should believe, right? Safe and effective, right? Two weeks to slow the spread.

Right. Or whatever. mean, there's so many, there's so many lies, right. That we were told over and over and, but you look around, you're like, this doesn't even make sense. What do you mean? Wear a mask. Why are people wearing masks walking down the street alone? On the sidewalk in suburbia with no other people around, right. Why are they wearing a mask? Like you said, in their car driving alone, like what is happening? So, yeah, we really.

You know, you have instincts and intuition. God has given you wisdom and a mind and reason and intellect. And you can use these things too. And it's more important now than ever that you use your God given mind to discern right from wrong, to discern truth from fiction, to discern what may be propaganda and marketing, right? To discern incentives.

Why are people saying these things? Like, what do they have to gain? Like, you know, these are very valuable survival skills that we've, we have abdicated our authority, right? We've, we've let go of our own power and given it to someone else to tell us what we can and can't do. Anyway, you you mentioned Judy too. Judy Mikevitz is so brilliant. I love her so much.

Speaker 1 (54:50.976)

I read one of her books before the pandemic and was so, yeah, just fascinated by her story and her as a person. And then she and I spoke together on a speaking tour in, I think it was 2021 or maybe 22 at several events. And she is the smartest person I've ever talked to. I mean, it's like, it's hard to talk to her. She's so smart, right?

Speaker 1 (55:23.522)

Yeah. I mean, really, I mean, she is the smartest person and Dr. Peter McCullough is way up there too. I mean, he has this incredible mind, but Judy is just a level above where she's just saying things. I'm like, I don't even know what you're saying. Like she is like talking at molecular levels and so scientific and I just love her. I'm crazy about her. She's amazing, but brilliant and courageous and was a came out, came out of the came out hot. Right. During the pandemic. mean, she, she was one of the first.

people to really stand up and, sort of speak out against what was happening and tell the truth about it. from a scientific perspective and biology and research and vaccine perspective and all that, you know, she just had this, this massive reservoir of knowledge, anyway, yeah, she's great. I'd love to catch up with her too. haven't thought about her.

Speaker 1 (56:25.048)

he conceived in Memphis.

Speaker 1 (56:42.99)

And just open up an Atlas and just put your finger down.

Speaker 1 (01:00:05.26)

Yeah, it's, that's awesome. It's, it's really exciting to see that holistic and integrative practitioners and medical doctors are now empowered and emboldened to come out of the shadows, right. And come out of the, the word of mouth, you know, referral scene, right. Which was the cancer. The alternative cancer world was, it was all word of mouth. Like no one, no, no, no, don't talk about me publicly. No, I don't want to be interviewed. You know,

And like for them to come forward because then their practices will grow. Larger clinics will grow. The information and knowledge will be shared and incorporated in by other doctors and, and practitioners. And, I think that's how, yeah, we'll just see so many patients benefit from that and, having medical freedom. And that really is the key, you know, it's the key thing that something that you and I have understood. And I've talked about for a very long time is that we don't have medical freedom in our country.

And most people don't understand what, what do mean? What you talking about? You know, medical freedom means that the patient doesn't really have the freedom to choose the treatment they want. And doctors don't have the freedom to say, okay, we can do that treatment if that's what you want. Right. That's what medical freedom looks like. Even if the doctor says, you know, I'm not sure this treatment is going to help you or it's whatever. There's not a whole lot of

evidence behind it. Just some testimonials, but, if you want to do it, we can do it. Right. That's what medical freedom looks like. And.

It looks like we're, you know, we're inching toward it. And I do want to, I want to say this too, cause I I've seen, I've seen some people online criticize RFK for a few things that he said, or for not making changes fast enough. And I just want to encourage all of you, just give him a little time, right? Give the man the benefit of the doubt. I really do think he has a good heart and high integrity and good intentions.

But it takes time to make massive changes and keep in mind, he is an attorney. He's a litigator, right? He's not going to go to court without a massive case, right? Without piles of evidence. And so he's not going to come out guns blazing without amassing a compelling or open and shut case, right?

Speaker 1 (01:02:25.984)

against various things that we don't have to get into all those details, but right. The things that he promised to target and to correct in the drug pharmaceutical world and in the health world and crops from, again, from pesticides to food additives. It just takes time, right, to gather the information, to build the case, and then present it and make and change regulations and even bring it to Congress and get laws changed and things. just give us some time.

Okay. RFK can't make executive orders like the president.

Speaker 1 (01:03:50.732)

Yeah. And, and he does have to tow the line with, the existing science and policy until it's changed. Right. And that's important, right? He has to tow the line with those things, but I know that he is working on, again, they've got a team reevaluating every policy, right? You know, I think good things are coming. I'm very optimistic. You know, I don't expect him to save the world, but I think he's the best HHS secretary we've ever had in human history.

in American history, should say, at least in my lifetime.

Speaker 1 (01:04:31.35)

Yeah. So I, I'm just optimistic that great things are obviously he's already accomplished some great things and, and it's going to be, there's going to be a lot more, positive change. Okay. So before we wrap up, I know people are probably wondering like, okay, let's just talk practically speaking apricot kernels. This is the seed of an apricot. is edible. How many, there you go. There's one right there. I have some downstairs. should have brought them up and just eating them on camera just to show people, but, how many should an average person eat per day? What's, just a daily, like, you know,

What's a daily amount that you think is good to consume?

Speaker 1 (01:05:22.478)

10 seeds a day, you're Five to 10 milligrams, but yeah.

Speaker 1 (01:07:52.268)

Yeah. And I've eaten, I have not, said you eat 80 a day or 40. Yep. I've never eaten 40 in a day, but I've certainly eaten probably 20 something in a day and it's fine. And,

Speaker 1 (01:08:29.633)

Yeah, for anybody who hasn't had one, they taste like an almond, but a bitter almond. And eating one is not a big deal. You're not going to gag eating one. But if you ate five or seven or 10 in a row, that bitterness, it of, you know, it sort of amplifies it.

Speaker 1 (01:09:37.356)

Yeah. And I've never had it. It's never bothered my stomach for what that's worth. Well, we'll put links below so people can connect with you. Where can they find you online? Yeah.

Speaker 1 (01:10:37.262)

That's great. And folks would probably ask for my community too about Apricot Power because I've talked about Apricot Power for a long time. This is your brother.

Speaker 1 (01:12:17.87)

That's great. Yeah. I'm glad that you've come out, you know, with your mission. Charlie's more behind the scenes, your brother, and you've decided to come out and really be outspoken. I just think it's terrific. I'm just so glad you're doing what you're doing. And this has been a really fun conversation. And I'm sure folks have learned a lot and are now wanting, they're not, if they haven't yet, they're wanting to go to buy and eat some apricot kernels. So we'll put some links below the video. And you can check out the RNC store or apricot power or whatever. Get yourself some apricot kernels.

and let us know what you think. Let me know if you like them.

Speaker 1 (01:13:03.01)

Thank you, John. Appreciate you so much. Okay, everybody. Thanks for watching. Please share this video with people you care about. This is important information, obviously, and people need to know. They need to need to know what their options are. And maybe some people in your life need to rethink everything that happened during the pandemic, some of the things we talked about. So anyway, I appreciate you watching and sharing, and we'll see you on the next one.