

Mitochondrial Health Is a Key Countermeasure Against the Global Indoctrination Program

Analysis by [Dr. Joseph Mercola](#)

June 01, 2024

STORY AT-A-GLANCE

- › In his book, “The Indoctrinated Brain: How to Successfully Fend Off the Global Attack on Your Mental Freedom,” Dr. Michael Nehls explains how chronic stress and fearmongering have led to inhibited hippocampal neurogenesis and decreased mental resilience, which facilitates indoctrination
- › Your neurology is being assailed in a variety of ways that can impair your cognition. The good news is, once you understand how this is done, you can take proactive steps to protect your neurological health and in so doing “inoculate” yourself against indoctrination at the same time
- › Two thinking systems exist: nonthinking (System 1) and critical thinking (System 2). Stress and poor mitochondrial health impair activation of System 2
- › Lifestyle factors like having a purpose, making sure you’re getting all essential micronutrients, especially vitamin D and iodine, social connections, exercise and sleep support hippocampal neurogenesis, which is essential for lifelong neurological health
- › Essential dietary factors for mitochondrial health and energy production include limiting linoleic acid intake, eating the right carbs in optimal amounts and limiting fats, and keeping your serotonin and estrogen levels low. Certain dietary supplements are also helpful

The video above features an interview with Dr. Michael Nehls,^{1,2} author of “The Indoctrinated Brain: How to Successfully Fend Off the Global Attack on Your Mental

Freedom,” which describes, from a neuroscientific point of view, how certain brain changes make us more susceptible to indoctrination, and how many of the factors that cause those changes in the first place have been implemented worldwide over the past four years.

Media and global leaders have created a perfect vicious cycle, beginning with fearmongering, goal post switching and bad health advice that create chronic stress and key nutritional deficiencies, which drives chronically elevated levels of stress hormones, which causes chronically inhibited hippocampal neurogenesis, which results in chronically reduced mental resilience, which feeds chronic stress.

The result of this loop is a steady deterioration of autobiographical memory, which facilitates indoctrination.

As the title of his book makes clear, the whole world has been placed under a sort of indoctrination protocol – and a very successful one at that – which has led to many being seemingly unable to think for themselves anymore or to logically assess information.

Rates of depression and Alzheimer’s are also spiking around the world, and the age of onset for both are rapidly falling. Yet the causes behind the rises in mental and neurological problems are not being eliminated. On the contrary, the causes are being promoted further. “Can this just be coincidence?” Nehls asks in his book.

The Two Thinking Systems

As explained by Nehls, we have two types of thinking systems. System 1 is nonthinking and System 2 is thinking. To consciously change your behavior, you must first recognize that a change is necessary or at least would be beneficial, and this requires the willingness to invest mental energy into thinking.

Our brains by default operate in System 1 most of the time. System 2 is only activated through conscious choice when you recognize that “Hey, I better stop and think this through.” However, if you don’t have the mental energy, activation of System 2 is unlikely,

even if your very life might depend on it. As Nehls points out in his book, when you're mentally exhausted, "it is almost impossible to find the best solution to a problem."

If you don't have the energy to think, then you remain stuck in System 1, which is a habitual state of not thinking and simply acting on autopilot. System 1 also makes us follow mass thought or mass movements, because there's a perceived safety in the majority. Standing alone is risky and is basically inconceivable if you don't have a logical basis or rationale for doing so in the first place.

So, the bad news is that your neurology is being assailed in a variety of ways that can impair your cognition. The good news is, once you understand how this is done, you can take proactive steps to protect your neurological health and in so doing "inoculate" yourself against indoctrination at the same time.

How Your Autobiographical Memory Works

Your autobiographical memory is what allows you to form a unique individuality. The four keys to autobiographical memory are: where something happened, when it happened, what happened, and how it felt. In the video clip above, Nehls reviews how the autobiographical memory works.

Of these four memory factors, the emotional association (how you felt) is paramount. If something is exciting or frightening, the memory of where, when and what are cemented into memory, and can easily be dredged back up simply by being reminded of the same feeling.

Short-term memory is stored in the frontal lobe of your brain. Nothing is recorded here, so no long-term memories are created. Autobiographical memories are stored in your hippocampi, located in the temporal lobes of your brain. While there are two, one on each side, most simply refer to these as a singular hippocampus.

Without your hippocampus, you'd be incapable of remembering anything for more than a few seconds. But even with fully functional hippocampus, you cannot store the memory of every moment of your life. Your hippocampus is constantly making choices about

what to remember and what to forget, and the primary selection is based on the amount of emotional charge involved.

Fear is a proven means of making sure someone will remember something. The hippocampus stores the emotional responses to the time and place (when and where) that the emotionally charged event took place in the dentate gyrus, an area inside the hippocampi, while the details of the event and how you felt (what and how) are stored in the cornu ammonis, another area inside the hippocampi.

Your Mitochondrial Function Will Have Direct Impact on Your Ability to Activate System 2 Thinking

The reason you feel mentally exhausted at the end of a busy day is because your hippocampus has reached max capacity and doesn't have the energy to handle any more information.

“Well-functioning mitochondria produce energy more efficiently, which directly translates into an increased ability to use your System 2 critical thinking skills.”

This is just one reason why it's so crucial to optimize your mitochondrial health. Well-functioning mitochondria produce energy more efficiently, which directly translates into an increased ability to use your System 2 critical thinking skills. In a later section, I'll review the most important factor for optimizing your mitochondrial energy production.

To be receptive for more information, your hippocampus must transfer the day's impressions into permanent storage in the neocortex, and that occurs during deep sleep. Interestingly, the only pieces of your memory that get transferred into the neocortical "hard drive" for long-term storage is the emotionally charged "what" and "how" portions of the memory.

The “where” and “when” remains in the gyrus dentatus for life. If something happens to these index neurons (so called because they act like a register of memory fragments), then the matching “what” and “how” in the neocortex cannot be found. Now, here’s the important part.

Your gyrus dentatus can produce thousands of new neurons every day, for as long as you live. This ensures that you can build your autobiographical memory stores until the day you die.

If your ability to create new index neurons is impaired or inhibited, old index neurons must be used, and in doing so, old time and place fragments are overwritten. So, over time, you effectively end up with memory loss. As noted by Nehls, chronic long-term inhibition of hippocampal neurogenesis results in Alzheimer’s.

Curiosity as a Gauge of Neurological and Mitochondrial Health

Additionally, since new index neurons are “hungry” for information, when you have fewer of them being generated, your sense of curiosity is also diminished. In essence, your curiosity can act as a gauge for your neurological health. I would argue that since mental energy is required to act on curiosity, it can also act as a gauge of your mitochondrial energy production.

In short, if you’re a critical thinker with a great sense of childlike curiosity, your mitochondrial energy production is likely high. If you’re too exhausted to think critically or creatively, your metabolism is likely low.

It’s important to understand that curiosity is essential for your ability to make choices in life. The more choices you make, the higher the likelihood that you will increase your experience of Joy. When you don’t have enough cellular energy, your curiosity decreases along with your ability to make choices. The strong recommendation to you is to do everything you can to increase your curiosity so you can experience the maximum amount of Joy in your life.

Real-World Example

Ashley Armstrong, cofounder of Angel Acres Egg Co. and the Nourish Cooperative, is a perfect example of this. In the video above, she discusses her journey in regaining the ability to create cellular energy and how it changed her life, as she did not have enough energy to properly think.

Your brain makes up approximately 2% of your bodyweight yet consumes 20% of the energy your body produces. This is why a surplus of cellular energy creation is necessary to have the ability to allow your brain to work optimally.

Ashley simply would not have had enough cellular energy to make the decisions she did unless she improved her health. Factors like excess linoleic acid, estrogen and endotoxins were depleting her cellular energy, which is crucial for making energy-intensive decisions.

Her transformation underscores the power of nurturing your health to gain the energy necessary for making significant life changes. Avoiding dietary pitfalls like seed oils played a key role in this journey, enabling her to tap into a newfound capacity for brave decisions – a testament to the profound impact of regaining cellular energy on her ability to navigate life's choices.

It is my sincere desire and hope that you consider her journey to inspire and empower you to make similar choices in your own life and reclaim the Joy that you deserve. Imagine experiencing the nearly limitless Joy that Ashley has with her 1,000 chickens and four livestock guard dogs below.

What Supports and Destroys Autobiographical Index Neurons?

To ensure lifelong production of healthy new index neurons, the following factors need to be addressed. Conversely, a lack of any of these factors will undermine your production of hippocampal neurons.

Having a purpose in life – According to Nehls, the risk of developing hippocampal dementia, i.e., Alzheimer's, exponentially increases if you do not have a sense of purpose.

Nutrition – For optimal hippocampal growth, none of the essential micronutrients can be deficient. That said, among the most important are iodine and vitamin D. According to Nehls, a vitamin D level of 40 to 60 ng/mL (100 to 150 nmol/L) is required for immunological and neurological health.

Social life – Loving, intimate relationships encourage the release of oxytocin, which is one of the most potent hippocampal growth factors currently known. Conversely, isolation and loneliness have a marked detrimental effect on hippocampal performance.

Another reason why companionship is so important is because it provides emotional experiences and conversations required for the survival of hippocampal neurons. Whatever neurons are produced will die off if there are no new experiences to record, and production will decline when lack of experiences is chronic.

Exercise – Exercise has been shown to be highly effective in stimulating hippocampal growth (neurogenesis). In his book, Nehls cites research showing that seniors who take a one-hour brisk walk every day can grow their hippocampus by 2% in a single year. For comparison, Alzheimer's patients lose about 5% of their hippocampal volume per year once the disease process is underway.³

Sleep – Your hippocampus can only make new neurons during sleep, when it's not busy collecting new experiences. Melatonin is also known to stimulate hippocampal neurogenesis, and this is likely why. According to Nehls, it takes about two weeks to restart neurogenesis after chronic sleep deprivation.

Time – Wanting or needing to do more than is feasible creates stress, and stress hormones not only inhibit neurogenesis but also drive neurodegeneration. That said, boredom (having too much time on your hands) is not good either, as the growth

impulses for new neurons are missing. The ideal state, Nehls says in his book, is eustress – “positive stress caused by challenging yet doable tasks.”

The Global Assault on the Human Soul

In his book, Nehls wonders whether the indoctrination efforts of the past four years might be part of an even greater agenda. Quoting from his book, “The Indoctrinated Brain”:⁴

“In order for society to adopt the operating system of the technocrats, contradictions to its own history must no longer be perceptible. There must be no dissonance between one’s own experiences from earlier times and the new expectations, promises and demands of the technocrats or the everyday reality of a future AI-controlled existence ...

To function properly, the [social operating system] SOS must be not only a part of the autobiographical memory but also the unrivaled foundation upon which all other autobiographical memory content is based ...

Only by overwriting the old index neurons will discrepancies be prevented and will the reprogrammed people not be unsettled by more attractive alternative life plans ...

The former self, consisting of all autobiographical memories and the associated feelings, hopes, and values, would then be erased and deliberately replaced by a technocratically constructed foundation of identity ...”

How to Successfully Destroy Hippocampal Neurogenesis

Undermining hippocampal neurogenesis is the perfect strategy if you want to reprogram a population to accept the unacceptable and usher in an otherwise unwelcome world, Nehls notes. To do so with any degree of success requires a two-pronged attack:

1. New production of index neurons must be radically suppressed, while existing neurons must simultaneously be decimated through neurodegenerative measures.
2. Remaining index neurons used to access autobiographical memories must be successively overwritten with the technocratic narrative.

How the World Was Successfully Indoctrinated

As noted by Nehls, both attack strategies were implemented worldwide at the start of the COVID pandemic.

New index neurons are decimated by oxygen deprivation (think masks), vitamin D deficiency (recall the relentless “debunking” of vitamin D claims?), alcohol toxicity (just why were liquor stores kept open while everything else had to close?), and other toxins, including the COVID-19 spike protein, whether from the virus or the mRNA shots.

Meanwhile, existing neurons are decimated by the chronic release of stress hormones, such as what happens when you fear you might catch a virus and die every time you go to the grocery store or pass an unmasked person on the street.

The second part – overwriting autobiographical memories with a technocratic narrative – becomes easy when people are in a state of mental and emotional exhaustion. Why? Because when you force yourself to think when you’re mentally exhausted, you’re overwriting old neurons – the old memories that make up your identity.

Add anxiety and fear into the mix, and you have a perfect recipe for indoctrination as the old memories are not only being overwritten, but the anxiety-filled new narrative is also being efficiently stored in your long-term memory. As noted in Nehls’ book:⁵

“Fomenting anxiety, especially on the nightly news ... is a highly effective means of forcing the hippocampus to activate System 2, even in a state of ego-depletion. Propagated content of the technocratic narrative is implanted in memory and, in the absence of new unused index neurons, access to earlier memories is simultaneously erased.”

Lockdowns, social distancing, masking, the closing of gyms, playgrounds, beaches and outdoor parks, the COVID shots, the ever-changing goal posts, the successive contradictory narratives, the fearmongering, and health-harming advice such as avoiding vitamin D all work toward the same outcomes.

First, they facilitate indoctrination by destroying and causing neurons involved in autobiographical memory to be overwritten. The result is people who, quite literally, cannot fully remember their own autobiographical past. It's been overwritten with technocratic consensus statements, and when asked to engage in logical reasoning, they can't.

They simply parrot the propaganda narratives because the very center of their individuality (their autobiographical memory) has been replaced by these narratives. What's more, when you question the narrative, they perceive it as a direct attack on them personally, as the narrative is who they now are. It's become part of their personality.

The COVID measures also speed neurodegeneration and cognitive loss, resulting in dementia. And indeed, recent research shows memory and executive function in older adults dropped by 50% during the first year of the pandemic.⁶

How to Successfully Fend Off the Attack on Your Mental Freedom

The good news is, you can reverse the effects of these attacks on your neurology and regain your mental freedom. To reiterate, to protect your mental immune system and inoculate yourself against indoctrination, you need to:

Find a purpose and go after it

Make sure you're getting all the essential micronutrients, especially iodine and vitamin D

Pursue an active social life

Get plenty of exercise

Optimize your sleep

Ditch unrealistic expectations and embrace challenging but doable tasks

Optimize Your Energy Production to Facilitate System 2 Thinking

To Nehls' list, I would add the following advice:

- **Limit your linoleic acid (LA) intake** – LA decimates your mitochondrial function resulting in decreased ability to create cellular energy, and without energy, your brain simply won't have the energy to switch into System 2 thinking. Optimizing your mitochondrial energy production is the crux not only to a healthy body and mind but also your intuition.

The energy produced by your mitochondria is virtually identical to the energy that created the universe and undergirds physical reality. So, once you optimize your mitochondrial energy production, you also swing the door wide open to your higher spiritual faculties where intuition, inner guidance and pure knowing resides.

I dare say, once you're connected to your inner knowing, no indoctrination attempt can succeed because you can "see" clearly, even when truth is being hidden.

- **Eat healthy carbs, in optimal amounts, and limit fats** – This will optimize your mitochondrial glucose metabolism resulting in higher energy production. Fat metabolism (which you enter when your fat content is too high, likely above 35% of daily calories) reduces mitochondrial efficiency by 25% to 50%. Healthy carbs include ripe fruits, raw honey, and starches like white rice.

Glucose metabolism also increases structured water (mitochondria-produced water), also known as deuterium-depleted water, and reduces reactive oxygen species (ROS) production in the mitochondria.

- **Keep your serotonin level low** – Serotonin, often misconstrued as the "happy hormone," acts as an antimetabolite, hindering energy production in your

mitochondria, resulting in fatigue and slowed metabolism. Recent research has also linked [high serotonin levels to dementia](#).

One way to lower your serotonin is to increase GABA, which is available as a supplement, as GABA increases the degradation rate of serotonin. People who have high GABA levels usually have low serotonin, and vice-versa.

People with high GABA/low serotonin are typically calm and gregarious, whereas GABA deficiency and elevated serotonin is associated with anxiety, fear, depression, short temper, phobias, impulsiveness and disorganization.

Another important strategy is to address your gut health. When complex carbs that aren't digested in your stomach travel down to your intestine, they end up feeding gram-negative bacteria that produce endotoxin, also known as LPS (lipopolysaccharide).

Endotoxin catalyzes a series of metabolic reactions that converts tryptophan in your gut to serotonin. So, to inhibit serotonin production in your gut (which is where most of the serotonin in your body is produced), you want to prevent endotoxin production, which means you need to balance your gut microbiome.

- **Keep your estrogen level low** – Like [serotonin](#), [estrogen](#) is also antimetabolic and will inhibit energy production. Tips on how to lower your estrogen load can be found [here](#).

Sources and References

- ¹ [Michael-nehls.com](#)
- ² [Michael Nehls Substack](#)
- ³ [The Indoctrinated Brain: How to Successfully Fend Off the Global Attack on Your Mental Freedom by Michael Nehls, page 66](#)
- ⁴ [The Indoctrinated Brain: How to Successfully Fend Off the Global Attack on Your Mental Freedom by Michael Nehls, pages 71-72](#)
- ⁵ [The Indoctrinated Brain: How to Successfully Fend Off the Global Attack on Your Mental Freedom by Michael Nehls, page 75](#)
- ⁶ [MD Edge November 27, 2023](#)