

**SPECIAL COMMENTARY:**  
**Messages From Our Lord Jesus Christ –**  
**How To Build Up Our Immune Systems And Fight Disease**

*By a soul*  
*(January 27, 2020, Feast of Our Lady of Life)*

For many years now, Jesus has been advising through John Leary that we should take Hawthorn, vitamins, and herbs to build up our immune systems. Below are several heavenly messages during the past ten years.

However, for the longest time, I wondered to myself, why did the Lord keep stressing Hawthorn? Because Hawthorn is an herb (berries) that improves many heart conditions and I was not seeing the immediate health connection with trying to prepare for a viral respiratory pandemic.

However, in the latest Coronavirus Outbreak in China—which is a bio-engineered virus—although it starts out as a highly contagious respiratory illness, the virus quickly then targets the heart as a bio-weapon. And, in fact, 12% of the people who do survive this strain of the Coronavirus develop permanent heart damage for the rest of their lives.

So, now, I understand why the Lord has been stressing Hawthorn for so long. It is because these crazy mad scientists that are creating these dangerous viruses are trying to inflict as much massive damage on the human body as quickly as possible. So, these lab viruses may start as airborne illnesses, but their main target is the heart (along with other vital organs) so death is the likely end result. So, we all need to take Hawthorn to protect ourselves from these man-made viruses.

Finally, here is a link to several articles on Hawthorn if you would like to read up on its many health properties: <https://www.naturalnews.com/Hawthorn.html>

*God bless!*  
*—a soul*

**ALSO SEE:**

**(Highly Recommended): Heaven's Medicinal Plants**  
<https://maryrefugeofhollylove.com/practical-advice-and-guidance/heavens-medicinal-plants/>

**COMMENTARY – How To Fight The Coming Virus Pandemic Naturally – By a soul** <https://maryrefugeofhollylove.com/2020/01/27/commentary-how-to-fight-the->

## [coming-virus-pandemic-naturally-by-a-soul/](#)

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**Prophet John Leary**

<http://www.johnleary.com>

**Tuesday, September 25, 2018**

**Jesus said:** “My people, I have warned My people not to take the flu shots because they can do more harm than good. The Pharmaceutical companies make millions of dollars on the flu shots every year in the fall. It is the government who subsidizes the cost of these shots, so they can be given out for free. These companies make a calculated guess as to what virus strains that will be prevalent during the year. This is because it takes six months or so to make the flu shot batches. This is why with mutations of the flu, that these shots may only be 30% effective. The side effects of these shots make some people sick, and they can have a bad effect on your immune system that could be harmful to some people. It is better to take your Hawthorn pills, herbs, and vitamins to build up your immune system. Many flu causing symptoms are caused by the chemtrails in the sky. When virulent viruses are used to reduce the population, I will warn My faithful to come to My refuges. When you look upon the luminous cross, you will be healed of all of your sicknesses. Trust in Me to protect you from physical and spiritual harm at My refuges.”

**Thursday, August 30, 2018**

**Jesus said:** “My people in the end days you will see an increase in earthquakes, famine, and pestilence. Earthquakes and volcanoes are increasing in activity all along the Ring of Fire. You also will be seeing more viruses that will cause a pestilence. There is a goal of the one world people to reduce the population, so they will use viruses to kill many people. I call My people to have masks, and take Hawthorn pills to build up your immune system to protect you from these viruses. When you see people dying in large numbers, this will be a sign to come to My refuges, where you will be healed by looking on the luminous cross in the sky.”

**Jesus said:** “My people, the one world people are using flu shots to break down your immune systems and cause more harm than good. Avoid taking these flu shots as I have warned you in the past. This is another means for the pharmaceutical companies to make more money from your government without proving that their shots stop the flu. Pray for your people to have good health with hawthorn, herbs, and vitamins, which will stop some of the harmful effects of the laboratory made viruses.”

**Wednesday, March 2, 2016**

**Jesus said:** “My people, you are responsible for taking care of your body and your soul. People abuse their bodies by not eating properly. You need to eat the right kind of carbohydrates, protein, and fat in the right proportions. When you drink too much alcohol, smoke cigarettes, and eat too much red meat or too much sugar products, then you are compromising your immune system. This could lead to cancer or diabetes. You are also compromised by chemtrails, GMO crops, and polluted air and water. This is why you may need to supplement your body with hawthorn pills, herbs, and vitamins. Even eating raw almonds could help fight cancer. You can take care of your soul with frequent Confession, at least monthly. You also need daily prayer as your three or four rosaries, and your Divine Mercy chaplet. Going to daily Mass and Adoration of My Blessed Sacrament can also keep you close to Me. By taking good care of your body and your soul, you could be a healthy person in this life.”

**Thursday, November 5, 2015**

**Jesus said:** “My people, these increased cancer cases are coming as a result of your poor diets and your food that has been over processed. You also are seeing a lot of pollution in your air and water which can cause cancer. By eating organic foods and drinking filtered water, you can eat healthier. Even taking herbs and vitamins can help improve your immune system. I have advised taking Hawthorn pills to counter the bad effects of the chemtrails in the sky. By taking care of your immune system, you can help reduce any chance of having cancer.”

**Thursday, September 17, 2015**

**Jesus said:** “My people, you are seeing an increase in cancers due to your foods and your environment. Many people also are being stressed to make a living, which can weaken their immune systems. My people need to focus on trusting in Me for their needs and watching what they can do to build up their immune systems. Eating non-GMO foods and taking vitamins, herbs, and Hawthorn can help avoid some cancers. Pray for those people, who have cancer, so they could be healed.”

**Thursday, August 13, 2015**

**Jesus said:** “My people, you are seeing people getting sick more frequently, and for longer times to get better. There are several causes. More people have poor immune systems because your food is not as nutritious as in the past. You are seeing more drug resistant strains of bacteria like MRSA, that have learned to fight your modern antibiotics. Even the chemtrails are spreading diseases from the sky. I have advised people to build up their immune systems with Hawthorn herb pills, along with your

vitamins and herbs. At My refuges you can be healed of diseases by looking on My luminous cross or drinking from the healing spring water.”

### **Friday, March 20, 2015**

**Jesus said:** “My people, what you are seeing in this vision, is a massive application of aluminum oxide, polymeric fibers, barium salts, and viruses that are being spread all over your skies. Many people are becoming sick because of these applications, in the name of global warming to block the sun. This is a government secret operation that has been going on since 1998, without any mention in your media. This is part of the one world people’s plan to reduce the population with their man-made viruses. Your people have seen these chemtrails in the skies, as they are very obvious, but your people are not aware of the dangers to your health. I have recommended Hawthorn pills, vitamins, and herbs to build up your immune systems to combat the effects of these chemtrails. Your people should complain to your government representatives to stop this invasion of your airspace by these bad chemicals and viruses.”

### **Monday, October 6, 2014**

**Jesus said:** “My people, in the Bible it talks of earthquakes, famine, and pestilence during the tribulation. (Matt. 24:7) ‘For nation will rise against nation, and kingdom against kingdom; and there will be pestilence and famines and earthquakes in various places.’ The vision is showing you hordes of flying grasshoppers that are devouring everything in their path as a Biblical plague. This is one form of pestilence that will threaten your food in the fields, and it will lead to a famine where your food will be spoiled. Another form of pestilence will be from various deadly diseases as the ebola virus. Right now ebola is spread by bodily fluids, but mutations or another laboratory creation will make ebola type diseases spread in the air, and it will be much more contagious and deadly. When such a virus is spread in the chemtrails or by infected people crossing the border, you will see millions of deaths. I have mentioned before, when you see a lot of people dying from a virus, that this will be a sign to come to My refuges. At My refuges you will look upon My luminous cross or drink the healing spring water to be healed of any virus. Have your masks available and take Hawthorn, herbs, and vitamins to build up your immune system. Refuse to take any flu shots which will lower your immune system and give you less resistance to these coming deadly viruses.”

### **Monday, August 4, 2014**

**Jesus said:** “My people, I have talked about a deadly pandemic virus that would be purposely spread among the people to reduce the population. This concept of reducing the population is a plan of Satan, who hates man, and he has the one world people

carrying this out because they worship Satan. This statement about reducing the population is also in the Georgia Guide stones, which is part of their ten commandments that contradict My Commandments. For those who want to learn more about AIDS and ebola as laboratory creations, there is a book called 'Emerging viruses, AIDS and ebola' by Dr. Leonard Horowitz. This book shows you all the background for how these viruses were made and distributed. When the swine flu became pandemic, these evil ones behind it, tried to force everyone to have a flu shot which actually impairs your immune system. This same scare with ebola, will precipitate the same mandatory flu shots that will again compromise your immune system. It is better to refuse these flu shots, and take Hawthorn, herbs, and vitamins to build up your immune system. If you see a contagious deadly virus that is transmitted in the air, then I will advise My faithful to come to My refuges, where you can look on My luminous cross in the sky or drink the healing spring water to heal any disease. This pandemic virus is one of the conditions to come to My refuges. Other signs are a world famine, a bank failure, a division in My Church, and mandatory chips in the body. You may even see people persecuted because they refused these flu shots. Have trust in My protection, as your lives will be in danger, when I will call all of My faithful to My refuges."

**Thursday, July 31, 2014**

**Jesus said:** "My people, you are seeing various viruses such as ebola causing threats to the health of your people. You have already seen an attempt to force flu shots and other shots on your people. These shots could be causing more harm than good in lowering your immune systems to future viruses. My people need to refuse these shots, and rely more on Hawthorn, herbs, and vitamins to build up your immune systems. When a new pandemic virus is spread, you will see many deaths because the people's immune systems will not be able to fight off the new virus. I will warn My faithful when to come to My refuges to be healed of any viruses by looking on My luminous cross in the sky."

**Friday, February 1, 2013**

**Jesus said:** "My people, I have told you many times that everything that I create is perfect, while everything that man makes is imperfect. Man in his ignorant pride thinks that he can make crops more perfect than Me which is already absurd, but it is even an insult to Me. All that I create is balanced with nature, but man's crops, like your medicines, have side affects that do not balance with nature. Currently, most of your corn and soybeans crops are genetically modified, and this is causing an increase in cancer, allergies, and digestive tract problems. Your scientists have changed the DNA of corn by adding Roundup, a herbicide and bug killer. The DNA of Roundup is combined with the DNA of corn so when the corn grows, it produces Roundup that kills weeds and bugs. It kills bugs by exploding their stomachs. So when humans eat this corn, it makes small holes in their stomachs where undigested food escapes into your blood stream.

This is what causes some of your allergies and digestive tract problems. Your body does not recognize this corn with a different DNA, so your body rejects it, and this can cause cancers. My faithful would be better off not eating these GMO (Genetically Modified Organism) crops, and instead they should eat more organic grown food. It is hard to avoid these artificial foods because they have been blended into many products that you use. Be aware of these adulterated foods, and try to eat fresh fruits and vegetables. This is also why you need to build up your immune systems with Hawthorn, herbs, and vitamins. Man should stop altering My perfect crops, or you will get worse diseases as a result.”

**Thursday, October 4, 2012**  
**(St. Francis of Assisi)**

**Jesus said:** “My people, you are familiar with St. Francis and his holy life, but also with his love of the animals. Now in the vision I am showing you how man is destroying the perfection of My plants and animals. In the plants and crops man is genetically altering the structures to build in insecticides that are killing the good bugs and the bees. By changing the corn and other crops, you are causing more cancers and sicknesses. You even have demon led people that are creating viruses and flu shots to reduce the population. You have more evil people manipulating your weather and the earthquakes with the HAARP machine. The chemtrails are spreading viruses and causing memory problems with aluminum oxide sprays. Men are also manipulating the genetic makeup of animals as well as feeding them hormones to grow animals bigger and fatter. Pollution of your water and air is another destruction of your environment. With all of this influence by man, I will have to renew the earth to undo all the evil that the devil has led man to do. My faithful will rejoice in My Era of Peace when all of these evils will be removed. Until then, My people will need to eat organic foods without any GMO crops. You also need to take Hawthorn berries, vitamins, and herbs to build up your immune systems and avoid taking any flu shots. This will protect you from the viruses and vaccines of people who are trying to reduce the population. Pray for My protection at My refuges where you will be healed of your ailments and protected from the coming persecution of the Antichrist.”

**Wednesday, August 8, 2012**

**Jesus said:** “My people, I have warned you before of a coming virus that would not only be deadly, but it would be contagious as well through the air. Without occupying a host, most viruses die off in the summer heat. These flu viruses are more virulent in cooler temperatures, and that is why you see less cases in the summer and more cases between October and February. Many of the flu shots being offered will not protect you against this new outbreak. These shots actually do more harm to your immune system than they help. I have advised My faithful to have masks, and to take Hawthorn pills,

herbs, and vitamins to build up your immune system. Any spreading of such viruses in the chemtrails would probably be done in the cooler temperatures, when viruses could survive until they find a host. If you start seeing an unusual amount of deaths from this pandemic virus attack, then you will have to call on Me to have your guardian angel lead you to My nearest refuge. At the final refuges you will see My luminous cross, and when you look on it, you will be healed of any viruses or any other ailments. At the final and interim refuges you will have miraculous springs of healing water. This water will also heal any deadly viruses and other ailments. Have no fear of the evil people's means of killing people because My angels will protect you from their weapons and their viruses."

**Thursday, June 7, 2012**

**Jesus said:** "My people, the one world people will try to force flu shots on you because of a more deadly and contagious bird flu. This makes money for the drug companies, but the flu shots over time will actually be detrimental to your immune system. Avoid taking these flu shots, and instead build up your immune system with Hawthorn pills, vitamins, and herbs. Also have some masks on hand when the evil ones try to spread this virus with chemtrails. Come to My refuges if you see people dying, so you can be healed by looking on My luminous cross at all of My refuges."

**Thursday, April 19, 2012**

**Jesus said:** "My people, many places offer free flu shots that your government is paying for. The vaccines are made by your drug companies who are making a good profit. It is sad that some shots are using aborted fetal cells to make the vaccines instead of animal cells. It is safer to reject these flu shots which are causing more harm to your immune system than they are helping. I have asked you to take Hawthorn pills, herbs, and vitamins to build up your immune system. You will need this protection when the evil ones will try to spread a new Bird Flu that will be contagious and deadly. This is the pandemic virus that will be spread by chemtrails to reduce the population."

**Friday, January 13, 2012**

**Jesus said:** "My people, your government, under a plan called 'Project Clover Leaf', has solicited commercial airlines to have their jet airplanes assist in spreading chemtrails. The one world people are using chemtrails supposedly to stop some of the sun's rays from warming the earth. This is their cover story, but their real reason to spread chemtrails is to reduce people's immune system so many can be killed by their coming pandemic virus. The one world people have as their goal the premise of reducing the population which was brainwashed into their minds by Satan. The upper levels of the one world people actually worship Satan, and they get their working orders from him. Satan is behind the killing of man in the death culture that promotes abortion,

euthanasia, wars, and killing of people by laboratory created viruses. Many people are suffering upper respiratory diseases as a result of the chemtrails. The aluminum oxide being spread in the chemtrails is also causing a higher level of Alzheimer's disease in bad memory problems. I have asked My faithful to use Hawthorn, herbs, and vitamins to build up their immune systems and counter the effects of the chemtrails on the body. Also, avoid taking any flu shots that could ruin your immune system. Pray that My people will be protected and healed from these viruses by looking at My luminous cross at My refuges."

**Thursday, December 22, 2011**

**Jesus said:** "My people, a while back I gave you some messages that those, who developed other viruses, will develop a new flu virus that will be both deadly and contagious. I even saw these evil ones making large amounts of this virus that they intended to spread by means of the chemtrails. Now these scientists have leaked out the information that they have produced such a virus. This could be another excuse to provide a new vaccine to protect the people. In actuality they want to force people into mandatory flu shots that will reduce your immune system, and make you more vulnerable to this new virus. Get some masks, refuse to take any mandatory flu shots, and take Hawthorn, herbs, and vitamins to build up your immune system. Before they spray this virus in the chemtrails, I will warn you to go to My refuges where you can look on My luminous cross and be healed of any virus."

**Monday, November 28, 2011**

**Jesus said:** "My people, your flu season starts about now until March. The flu virus remains dormant in the cold weather until it comes alive in a warm host. During the summer, most flu viruses die off from the heat before they can infect people. This is why chemtrails laden with flu viruses can cause flu outbreaks to occur. I have warned My faithful to take Hawthorn, vitamins, and herbs in order to build up their immune systems to fight off the germs from the chemtrails. Many people have tried to push people into taking flu shots every year. I also have warned My faithful to avoid taking flu shots because of the side effects, and the long term destruction of their immune systems. Some of the preservatives and other components can cause an increased chance of Alzheimer's disease. When the time comes to leave for My refuges, My faithful will be healed of all of their illnesses by looking on My luminous cross in the sky. My healing will be much better than any of your government Health Plans could ever achieve. Trust in Me to protect you from all the man-made diseases that are killing your people."

**Sunday, February 13, 2011**

**Jesus said:** "My people, this prescription sign in the vision covers several issues dealing



with medicines. The first issue is a concern about avoiding flu shots that are being used by the drug companies to eventually break down people's immune systems. This will make people vulnerable to the pandemic virus that will be spread by the chemtrails. At the same time, I have recommended masks to wear and Hawthorn pills, vitamins, and herbs to take to help build up your immune systems. Other warnings are a concern about imported medicines from China that could be of questionable quality. Eventually, you may have to stock up on six months supply of your herbs and vitamins when your government will have a new plan according to the World Health Organization that will require licenses to sell vitamins and herbs. Once you come to My refuges, you will have My luminous cross and the healing spring water to protect you from any diseases. But until you leave for My refuges, you may need to help your health needs and be concerned about what people are putting in your food or medicines."

**Monday, February 7, 2011**

**Jesus said:** "My people, you have seen many doctors, hospitals, and even drug stores encouraging people to get the latest flu shot for Swine Flu and the latest seasonal flu. I have warned you in the past not to take the flu shots because they will damage your immune system instead of protecting you from the flu. It is hard to find any evidence of just how much the shots protect you from the flu, but there is some evidence of side effects that affect a fair percentage of people who took the shots. Some may not have immediate symptoms, but continuous shots have caused memory losses. I told you how the evil ones are preparing to place a deadly virus in the chemtrails that will sicken those who took flu shots more than those who did not take them. It is better to have Hawthorn pills, vitamins, and herbs to build up your immune system. When many are dying, you will need to wear your masks, and call on Me to have your guardian angel lead you to My refuges. At the refuges look on My luminous cross and drink the healing spring water, and you will be protected from these flu viruses and any other ailment. Give thanks and praise to Me for healing any diseases, and protecting you from the evil ones who want to kill you."

**Wednesday, January 12, 2011**

**Jesus said:** "My people, I am showing you various ways that some scientists are being used to create a man-made pandemic virus. Many experiments have been tried to refine a virus with the desired traits which are very contagious and deadly. The one world people are planning their escapes to their underground cities so they do not have to deal with dying people. My faithful remnant will be protected at My refuges by looking on My luminous cross or by drinking the healing spring water. The evil ones will try to spread their evil pandemic virus via their chemtrails. Some will be protected, while some will die of the virus. These diseases are purposely being used by the one world people for the reduction of the population. Be prepared to go to My refuges when I warn

you, and build up your immune system with Hawthorn pills, herbs, and vitamins.”

**Tuesday, January 11, 2011**

**Jesus said:** “My people, your scientists have developed their chosen virus for eliminating some population, and they are now scaling up production to meet their intended release date. They already have made their antidote vaccine which will be given to the people of importance to protect them. Dispersing such a deadly virus may be difficult to protect the crew from any disease when they spread the chemtrails. This could even be used to keep their mission quiet. Many could die from this virus before the media could publicize what is going on. If My faithful are in great danger, I will warn My people to move to My refuges before the chemtrails are loosed on the people. At My refuges you can look on My luminous cross or drink the healing spring water, and you will be healed from any pandemic virus. My angels will shield you from any deadly viruses, toxins, or poisonous chemicals at My refuges. Be grateful for My protection and for My providing your food, water, fuel, and shelter. The evil ones will be using deadly viruses and bacteria to kill off a fair amount of your population. Be prepared physically with Hawthorn pills, herbs, vitamins; and spiritually with frequent Confession.”

**Saturday, January 8, 2011**

**Jesus said:** “My people, it is a plan of Satan and the evil ones to try and reduce the population of the world through the use of a deadly pandemic virus. Last year you saw how quickly the Swine Flu spread throughout the world. The Swine Flu was very easy to contaminate people, but fortunately, it was not a very deadly strain. The evil one world people have their scientists working in the lab to create another pandemic virus. This time they are planning a very contagious virus, but one that is more virulent or deadly to man. They also are planning an antidote vaccine to protect the one world people who will be in their underground cities. I have warned My faithful when you see many people dying from a flu virus, that this will be the time to leave for My refuges so you can be healed by the luminous cross or the spring water there. The evil ones have destroyed many people’s immune system with the flu shots every year. Soon they will spread a deadly virus using chemtrails for their delivery method. This will kill many who are not prepared, but My faithful will be protected at My refuges. Prepare by building up your immune system with Hawthorn pills, herbs, and vitamins. Most of all refuse to take any flu shots that could make you susceptible to the new pandemic virus. Also, be ready to leave for My refuges at any time.”

**Friday, June 4, 2010**

**Jesus said:** “My people, many of you know about the chemtrails that have littered the

skies for over ten years or more. You also have seen the difference between a water vapor trail that disappears quickly called a 'contrail' and a 'chemtrail' that lasts much longer until the wind disperses it. Most people are not aware that military planes and some commercial planes are used to put these trails in the sky. Most of this work is secret and there has been a news blackout on this subject in your media. Some people have developed flu-like symptoms after such trails have been used. Some articles have claimed they are being used to cool the global warming problem and counteract the Russians' use of weather making machines to cause droughts. Since the one world people want to reduce the population with virus diseases, it would appear their best use of this technology is to first destroy your immune system so you would be weak to their deadly viruses. Then they could spread viruses that could kill more people. Many articles on chemtrails are on the internet, but it is hard to discern any facts for their validity because it is not being researched or discussed openly. Pray that some authoritative information could be gathered as to the purpose for why these chemtrails are being used. If they are truly detrimental to your health, then there should be an investigation to stop this work. There are some tests which have revealed that they are causing sicknesses in people, so this should be a national concern. Pray for your people to build up their immune systems with herbs and vitamins to counteract any viruses being spread by the chemtrails. Especially have Hawthorn tea or pills available."