



Written by [Alex Newman](#) on June 22, 2026

## How to Resist War on Health, Real Food

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Powerful Deep State systems using government have engineered an atrocious “food” system that is contributing to the catastrophic health outcomes experienced by Americans, but there are simple things everyone can do to protect themselves and their families, explains mRNA scientist and former government vaccine expert Dr. Robert Malone in this interview on Behind The Deep State with The New American magazine’s Alex Newman.

Malone, who wrote a new book about Homesteading for Health, explains that government policy going back decades created an agricultural and food system that is not working. These same forces have also usurped control over healthcare, medicine, media, and more, at the expense of Americans’ liberty and health. The manipulation of fear has been critical in doing this, just as humanity saw during Covid, he said.

Thankfully, everyone can take immediate steps to start growing their own healthy foods. Dr. Malone, who has lived on and operated multiple farms, has personal experience with this. He urges Americans to pay attention and get involved.

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