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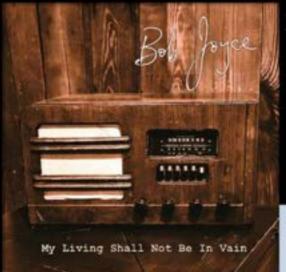
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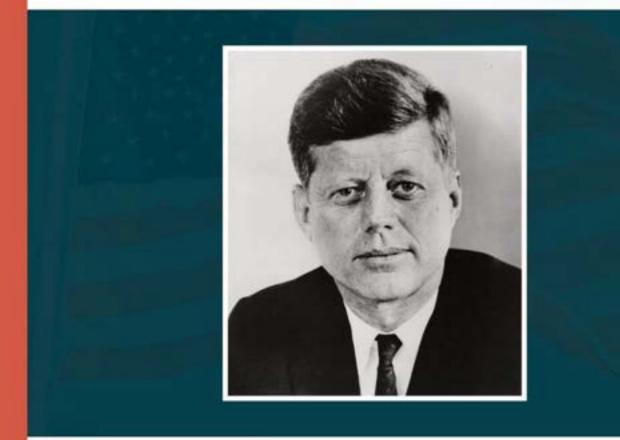
Pastor Bob Joyce



器 BobJoyce.org

OUR GREAT MEN

By Margie



There are times when our flag feels heavy When one of our great men is taken away It was Nov. 22, 1963, when it quickly happened And all of his admirers still can remember that sad day

But his love for America was left behind A part of him that will always stay So, we were able to store it way deep in our hearts Knowing he truly felt that way

And just for one moment, if Heaven will allow you to hear our voice
Because Heaven knows our love is true
We just want to tell you, President Kennedy, that we will always be very proud
Yes, forever proud of you

We don't know what we might have lost
When he no longer could be near
But what we do know is that we accomplished so much
When he was able to proudly serve us here



Straight Talk

Another great man that was taken from us was Martin Luther King Jr., on April 4, 1968. The Reverend King was an American civil rights activist but also a Baptist minister.

He gave a public speech, "I Have a Dream," during the "March on Washington for Jobs and Freedom" on August 28, 1963. This gave mass support for the Civil Rights Initiative of President John F. Kennedy. The leaders agreed to keep the speeches calm, so in the end, there was no violence or destruction, and there wasnothing left, and nothing gained. So many people remember Reverend King's courage and dignity when he spoke that day. When Reverend King was taken from us in 1968, he left that "dream" behind.

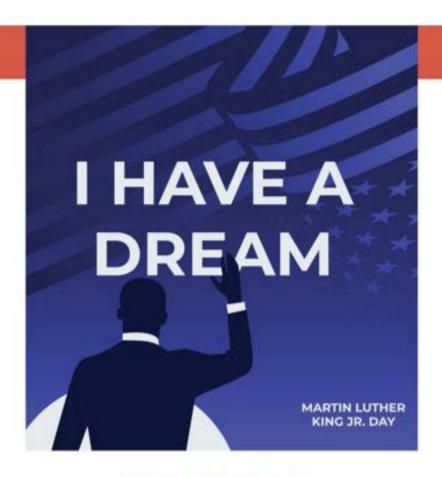
However, that "Dream" did not vanish away. One day it awakened and grew wings so that it was able to fly across the Nation, giving many equal rights and the feeling of true Liberty.

We will always believe that Reverend King had a heart that beat for America, even when he was very young. That is why he wanted all Americans to unite so we could be stronger. He knew that a "bad stranger" could always try to creep inlooking for any weakness America may have in order to do us wrong.

Brother King, you left so much good behind for us to remember, and as a result,we were able to make great gains. And til' we meet again on that Heavenly Shore...

We'll keep on loving ya, Brother!

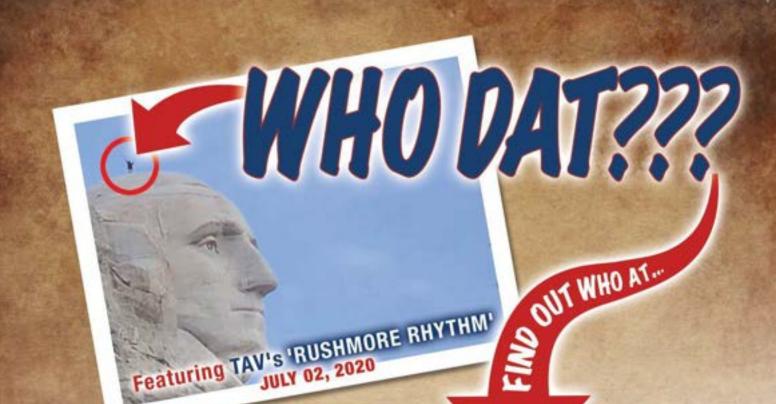
We will also keep on waving our flag for all our great men. Starting with our forefathers for the great things they have done And though there were many tears and sorrows, still, they ran the race And the victory was won!



Men We Lost

- President Abraham Lincoln April 15, 1865
- President James Garfield July 2, 1881
- A President William McKinley September 6, 1901
- President John F. Kennedy November 22, 1963
- Reverend Martin Luther King Jr. April 4, 1968
- Senator Robert F. Kennedy June 6, 1968

There is a time when we all have a reason to cry
But, there will come a time when many will gather in the sky
Waiting for Jesus to wipe away all their tears
At that perfect time, by and by.



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EDITOR'S LETTER

Things you don't hear very often: I love ugly. I love ugly people. My children are ugly. And my spouse? Oh... so UGLY!

Ugly – is usually NOT a desirable quality. However, what I have learned is that sometimes, ugly is good. Let me explain. We have been trained to love beauty; it doesn't matter if it's a beautiful flower or a beautiful woman. Even when it comes to our food, beauty reigns supreme.

I have a confession: I love all those cooking shows. I dream of the day when I can challenge Bobby Flay on his show with my "signature dish." I can only imagine the judges now saying, "Umm, Gene – this dish looks absolutely ugly – but damn if it isn't tasty!" Okay, so we can all dream.

Here is my point: I have learned to embrace UGLY when it comes to my food. We in America no longer know "what is what" when it comes to our food. I first learned this when my wife started our garden. The conversation went something like this: "Well honey... these tomatoes don't look like the ones we just bought from the store,"

Here is the thing. Most of the food we have is designed to look good. In fact, in other cultures, it's a good sign to find a bite taken out of the fruit by a bug. It means there are not so many chemicals in the apple that "even a bug wouldn't eat it."

What I have found is that much of the food we have grown in our own backyard looks tremendously different from what we buy at the stores. And at the same time, we discovered the food we've grown is much more delicious.

And, while we're thinking about it, how much of the food we eat is hybrid? Which means it's NOT grown by heirloom seeds. MEANING you cannot take the seeds and regrow them. Weird – that is all I can say.

I am reminded of the Scripture in Isaiah 55:2 – "Why do you spend money on what is not bread?" I get it. It's probably talking about Spiritual Food vs. Physical Food. I totally get that.

But, at the same time, it does give us something to think about. Is what we buy as food really food? Who knows.

And something to think about, just maybe, sometimes what we THINK is ugly in man's eyes – is beautiful in God's eyes. And just maybe, my LESS THAN PERFECTlooking tomato – is MORE than perfect to the taste.

Gene Ho



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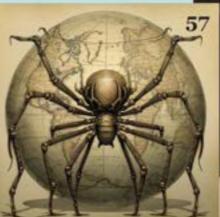
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You Already Have All You Need

By Pastor Bob Joyce

The Bible says in the beginning, when God created the heavens and the earth, the earth was without form and void. Most of the time, the word void is interpreted to mean empty, and it can mean that. But the Amplified Bible also translates it as wasteness and expands on this definition with Hebrew context. The commentary explains, "The earth had no clearly discernible features at this point in creation but essentially was a mass of raw materials." So, God had a creation of some kind, but it had no purpose, form, or function. It was ineffectual. And if you notice, He didn't immediately say it was good, like His other creations (Genesis 1:1-2).

The word good is also interesting. The Amplified Bible expands that definition to include the words pleasing and useful (Genesis 1:4). So why did God describe His original creation as void and not good? What made the difference? I believe it's because, at that point, nothing had purpose in God's creation, and anything without its purpose doesn't give Him praise and glory. And anything that doesn't give God praise or glory isn't pleasing. It can only be described as empty and vain. Then God took the raw materials from this void creation and separated light from darkness. He brought forth sky, water, and land. Vegetation began to sprout and flourish. And then He created all that is in the heavens and all the living things on the earth. Now it all had purpose, and He declared all of it good.





When God does something according to His will, it has the exact ingredients it needs to fulfill the purpose He intended. And what is that purpose? Everything that was created in the universe, and all the works He created for us to do, has one ultimate purpose—to give God glory. When you look out across the universe and the earth today and see all of God's creation, it declares the praise of God. Just as Romans 1:20 says, "Since the creation of the world [God's] invisible attributes are clearly seen, being understood by the things that are made, even His eternal power and Godhead." Everything God creates, He creates with a purpose. God knew light was effectual, so He created light, and it did exactly as He commanded. God willed it to happen, and it happened. It performed the duty it was created to do. And it's the same for us, God's people, the church. We weren't saved for our own benefit, even though we do benefit. We were made children of God for His glory. He saved each of us so that we bring Him the greatest praise and honor. You see, when God changes a man, it benefits his soul. It gladdens his heart, lifts his spirit, and brings him out of the darkness and into the light. And when we experience that kind of joy and completeness in Christ, we can't help but praise God and thank Him for what He's done. Therefore, God receives glory for what He's done. It's a win-win!

There are people all around the world that claim to be Christians. But they're not really giving God glory. They're only carrying out form or ritual. It's all an outward show with no real substance. God planted praise, glory, and honor to Him in the heart of every Christian. So, if you're not doing that, you need to get down on your knees and say, Lord, forgive me. I want my life to bring praise and honor to you.

God gives all of us good things in life, and all He wants in return is for us to enjoy and appreciate what He's done for us. He wants everything He creates filled with the fruit of glory, goodness, pleasure, and praise. All of God's creation is like this. Have you ever seen a disgruntled tree or a complaining bird? No! Oak trees do exactly what they're supposed to do-they grow in spring, produce acorns in summer, and turn colors in the fall. The birds build their nests and sing their songs. You never hear them complain or try to do the work of one of the other animals. They live and have their being in a state of contentment. They rest and work from the land and take in everything the way God designed it. The trees and birds seem a lot happier than most people. Many people go through life discontent and disgruntled, only seeing their life full of trouble. But God wants them to be like the tree that's growing in contentment. May we be like the righteous man Jeremiah prophesied about:



Blessed is the man who trusts in the LORD, and whose hope is the LORD. For he shall be like a tree planted by the waters, which spreads out its roots by the river, and will not fear when heat comes; but its leaf will be green, and will not be anxious in the year of drought, nor will cease from yielding fruit (Jeremiah 17:7-8).



When we live with that kind of joy and peace, God looks at us and says, 'That's what I like to see!' He wants to see His blessings in our lives. He wants to see the fruit that He commanded by His word. He wants us to be full and overflowing with glory to His name. It doesn't give God any glory to walk around with our heads hung down and our hands empty. God wants us to show the world what He has done through our lives. He wants to use your life and my life to show our friends and even our enemies that God has something greater than the world.

Isaiah 32:15-17 says when the spirit is poured out on us, then "justice will dwell in the wilderness, and righteousness remain in the fruitful field. The work of righteousness will be peace, and the effect of righteousness, quietness, and assurance forever." The righteousness we have in Christ is effectual, just like all of God's creation. When we live daily in the salvation that Christ has given us, it creates a place of restful satisfaction and contentment. That's something that can't be found in the world. And the only way the unsaved in the world are going to get the message is through us. We can't let the devil run us over and hold us back. We've got to stand up and testify to what the Lord has done.

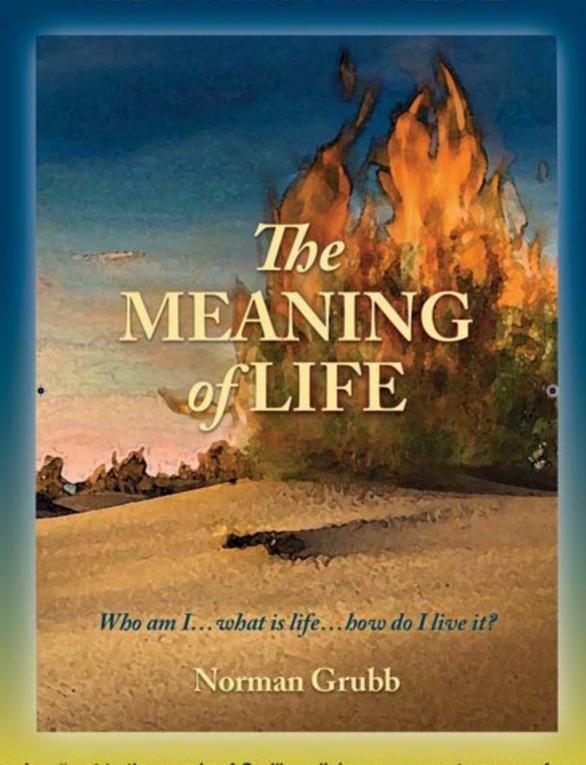
Who among us is going to stand up and testify? Who is going to live with the praise of God on His lips and not be ashamed to proclaim the Good News? God doesn't want anybody sitting around saying, 'No one look at me!' He didn't save us to live in shame and fear. No, God wants you to stand up tall and praise Him! But maybe you don't feel like you have anything to offer. Maybe you feel void and empty, like the beginning of creation. Just remember, the heavens and the earth started out the same way. Yet even then, God already had all the raw materials necessary to create everything good in the world. And your life is the same way. God already created and prepared all the raw materials necessary to bring forth something praiseworthy in your life. And He's calling it out in you now. Just as He said in Isaiah 43:1-3:

Fear not, for I have redeemed you; I have called you by your name; You are Mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you. For I am the LORD your God, the Holy One of Israel, your Savior.

The formless and void heavens and earth already had all they needed for God to bring about purpose and order to the universe and everything in it. The oak tree already has everything it needs to glorify God just by being what God created it to be. The same with the birds as they sing and build their nests.

And the same is true for you and me and all of us. God has already given us all we need to be who He called us to be. All you have to do is praise Him because of it. And God will say, "It is good."

ARE YOU FAILING AT LIVING THE CHRISTIAN LIFE?



There is a "rest to the people of God" – a living, permanent oneness for every Christian – in the Father, Son and Spirit – a Perfect God in His perfect humans. In fully acknowledging our oneness, which Jesus asked of His Father before He went to the Cross, we have our remedy. Moses' burning bush on The Meaning of Life cover is but a 'shadow' of our life as believers born of Christ – each one aflame with the Living Christ, yet fully recognizable as ourselves!



The Dangers of Using Blockchain for Healthcare

By Jon David



Blockchain is a technology that promises to revolutionize many industries, including healthcare. It is a distributed ledger that records transactions in a secure, transparent, and immutable way. Blockchain can potentially improve the accessibility, privacy, and interoperability of health data, as well as reduce costs, streamline processes, and enhance patient outcomes.

However, blockchain is not a panacea for all the challenges and problems that plague the healthcare system. In fact, it may introduce new risks and dangers that need to be carefully considered and addressed before adopting it widely. Here are some of the potential pitfalls of using blockchain for healthcare:



"Blockchain is not a panacea for all the challenges and problems that plague the healthcare system."

Data Quality and Accuracy

One of the main benefits of blockchain is that it creates a single source of truth that can be shared and verified by all the participants in the network. However, this also means that the quality and accuracy of the data that is entered into the blockchain are crucial. If the data is inaccurate, incomplete, or fraudulent (it will be propagated and replicated across the network), creating a false or misleading record, that may have serious consequences for patients and providers.

For example, if a patient's medical history or diagnosis is incorrect or outdated, it may lead to inappropriate or harmful treatments or prescriptions. If a provider's credentials or performance are falsified or exaggerated, it may affect their reputation or eligibility for reimbursement. If a clinical trial's results or protocols are manipulated or fabricated, it may compromise the validity and reliability of the research.

Therefore, blockchain applications in healthcare need to ensure that the data that is entered into the ledger is accurate, complete, and trustworthy. This may require implementing mechanisms for data validation, verification, and correction, as well as establishing standards and regulations for data quality and governance.

Data Security and Privacy

Another benefit of blockchain is that it enhances the security and privacy of health data by encrypting it and storing it in a decentralized manner. This reduces the risk of data breaches, hacks, or unauthorized access that may compromise sensitive information. However, this also poses some challenges and trade-offs for data security and privacy.

For instance, while blockchain can protect data from external threats, it may not prevent internal threats from malicious or negligent actors within the network. If a participant has access to the private keys or passwords that are used to decrypt or modify the data, they may be able to tamper with it or leak it to third parties.

Moreover, while blockchain can conceal the identity of the data owners with complex codes, it may not guarantee their anonymity or confidentiality. If the data contains identifiable or personal information, such as names, addresses, or biometric markers, it may be possible to link it back to the individuals through analysis or inference.

Additionally, while blockchain can enable data sharing and interoperability among different stakeholders, it may also raise ethical and legal issues regarding data ownership and consent. If the data is stored on a public or permissionless blockchain, it may be accessible to anyone who joins the network, regardless of their intentions or qualifications. If the data is stored on a private or permissioned blockchain, it may be subject to the rules and policies of the network administrators, who may have conflicting interests or agendas.

Therefore, blockchain applications in healthcare need to balance the tradeoffs between security and privacy and between openness and control. This may require implementing mechanisms for data encryption, authentication, and authorization, as well as establishing frameworks and agreements for data ownership and consent.



Data Scalability and Sustainability

A final benefit of blockchain is that it enables data scalability and sustainability by creating a distributed and resilient network that can handle large volumes of transactions without relying on intermediaries or central authorities. However, this also entails some costs and limitations for data scalability and sustainability.

For example, one of the main challenges of blockchain is its high energy consumption and environmental impact. The process of validating and adding new blocks to the ledger requires a lot of computational power and electricity, which generates carbon emissions and contributes to global warming. Some estimates suggest that the Bitcoin network alone consumes more energy than some countries.

Another challenge of blockchain is its low throughput and latency. The process of reaching a consensus among the network participants takes time and resources, which limits the speed and frequency of transactions that can be processed on the ledger. Some estimates suggest that the Bitcoin network can only handle about seven transactions per second, compared to thousands or millions for traditional payment systems.

Furthermore, a challenge of blockchain is its high storage and maintenance requirements. The ledger grows continuously as new blocks are added, which increases the amount of data that needs to be stored and synchronized across the network. This may pose a problem for devices or nodes that have limited storage capacity or bandwidth, such as mobile phones or sensors.



Therefore, blockchain applications in healthcare need to address the costs and limitations of data scalability and sustainability. This may require adopting alternative or hybrid models of blockchain, such as sidechains, sharding, or offchain solutions, which can improve the efficiency and performance of the network without compromising its security and integrity.

Conclusion

Blockchain is a promising technology that can transform healthcare by improving the accessibility, privacy, and interoperability of health data. However, it is not a silver bullet that can solve all the issues and challenges that face the healthcare system. It may also introduce new risks and dangers that need to be carefully considered and addressed before adopting it widely.

Blockchain applications in healthcare need to ensure that the data that is entered into the ledger is accurate, complete, and trustworthy; that the data that is stored on the ledger is secure, private, and consented to; and that the data that is processed on the ledger is scalable, sustainable, and efficient. This may require implementing mechanisms, standards, regulations, frameworks, and agreements that can balance the trade-offs and optimize the outcomes of using blockchain for healthcare.



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Tales From an Ex-Pharmaceutical Rep



By John Delissino

"It's a revolving door," the psychiatrist said matter-of-factly.

Standing in the cold, bare, open area with my leather briefcase in tow, an unassuming, middle-aged, ungroomed man hesitantly approached me, clearly unaware of personal space. He came within inches of my face. I shifted uncomfortably. For as often as I visited the doctors in the inpatient units, I still felt uneasy standing alone in the common areas. My groomed hair, designer suit, and expensive loafers were a far contrast to the dingy hospital gowns and poor hygiene of the patients that flocked to me like the spectacle I was. Soon other patients followed suit—curiously approaching me, asking what was in my bag, laughing,

"Hey, John, come on back," the nurse said as she ushered me to the doctor's office. It was always more like hours than minutes that I was left there to wait on the doctor. And it left me with an overwhelming sense of sadness and disillusionment every single time.

I was no stranger to inpatient units. As a pharmaceutical representative for a major pharmaceutical company, part of my job was visiting the institutions to call on physicians, nurses, and social workers and educate them about a new psychotropic drug that we just launched. This "novel" drug promised to change the industry and help hundreds of patients suffering from mental illness. And it did. There was no question about it. At least, it did for the patients who could afford it.

I've heard it a million times over from the doctors I spoke to, whether in the VA Hospital, inpatient units of private hospitals, or behavioral health facilities, "... this place is s a revolving door." The cops would bring patients in, or they were "Baker Acted." The Florida Mental Health Act of 1971, also known as the "Baker Act," allows an individual's involuntary institutionalization and examination.



Almost all states have involuntary commitment standards that allow a person to be committed to an in or out-patient unit if they are a threat to themselves or another individual. When a patient is Baker Acted, they are taken into custody and detained for a maximum of 72 hours, during which time medical professionals evaluate their mental health. The psychiatrist will stabilize the patient, prescribe medication, and release them. All within the 72-hour period. Most of them would leave and return to the streets.

According to the National Health Administration (NAMI), in 2021, 11.9% of adults with a "serious mental illness" had no insurance coverage, 10.6% of adults who suffered from mental illness had no insurance coverage, and 21.1% of people experiencing homelessness in the U.S. have a serious mental health condition. This makes it nearly impossible for these patients to comply with their treatment. Why? Because they can't afford their medications.

While the situation was devastating in and of itself, back when I was working as a pharmaceutical representative in 2000, we were spending tens of thousands of dollars a month wining and dining prescribers. During my drug's initial launch, I was





required, yes, required, to spend \$50,000 a month to entertain prescribers. There was an educational component tied to entertainment. However, the educational component waned in comparison to the extravagant entertainment surrounding it. During this time, it wasn't uncommon for pharmaceutical and medical device reps to take physicians to extravagant dinners, golf outings, theme parks, fishing trips, and on trips. Typically, the physicians would bring their spouse, sometimes even their children. The doctors who prescribed your drug the most were rewarded with gifts and special treatment—the formidable "you scratch my back, I'll scratch yours" mentality.

After being a part of the cycle for almost a year, I left my career in pharmaceutical sales. Here I was, promoting a wonderful drug that could change lives, but it didn't. Because people couldn't afford it, it wasn't even the new drug I was selling that was unaffordable. These patients couldn't even buy older drugs like Haldol that were off-patent and available in the generic form. They couldn't afford them because, as the numbers proved, most of the people with mental illness, especially serious mental illness, were homeless, and if they weren't homeless, they had no healthcare insurance, no job, or very low-income jobs. I would lay in bed at night thinking if only these patients could afford their medications, they may have a chance to make a better life for themselves. Instead, it was a hamster wheel. They can't afford their meds. So, they are not stable enough to work-to afford their meds. I was spending \$50,000 a month to entertain prescribers-and that was just me. The company had hundreds of reps around the country doing the



same thing. How flawed was this system? What could that amount of money do to support people suffering from mental illness? Could these dollars be used for programs to help patients afford medication or programs to rehabilitate them?

The relationship between the pharmaceutical industry and healthcare providers has long been scrutinized because of this. While collaboration and information sharing between these entities are essential for medical advancements, concerns arise when financial incentives compromise the integrity of medical decision-making. The pharmaceutical industry's use of financial resources to influence doctors has been a topic of intense debate.

Fortunately, things did eventually begin to change thanks to a new federal law that came into effect in 2010 called the Physician Payment Sunshine Act (PPSA), often called the Sunshine Act.

The Sunshine Act was designed as part of the Patient Protection and Affordable Care Act to increase transparency around the financial relations between physicians, teaching hospitals, and manufacturers of drugs, medical devices, and biologics. This Act required pharmaceutical and





medical device companies that offered any product covered by Medicare or Medicaid to report all payments made to physicians for consulting, research, speaking engagements, travel, and entertainment. This information is posted on a government website – the Centers for Medicare and Medicaid Services (CMS), which subsequently makes the data available to the public via the Open Payments database.

These days, most education is done in an office with a catered lunch. A far cry from how the industry operated in its heyday. But does Big Pharma do enough to help those who need it most?

The 2021 Annual Report of the Access to Medicine
Foundation showed companies are adopting
various approaches, such as voluntary licensing and
expanding production capabilities, to enhance the
availability of medicines in low and middle-income
countries. However, it is important to note that
these efforts, while promising, still face certain
limitations in terms of their scope and impact.
A study released by the Biden Administration,
Comprehensive Plan for Addressing High Drug
Prices: A Report in Response to the Executive



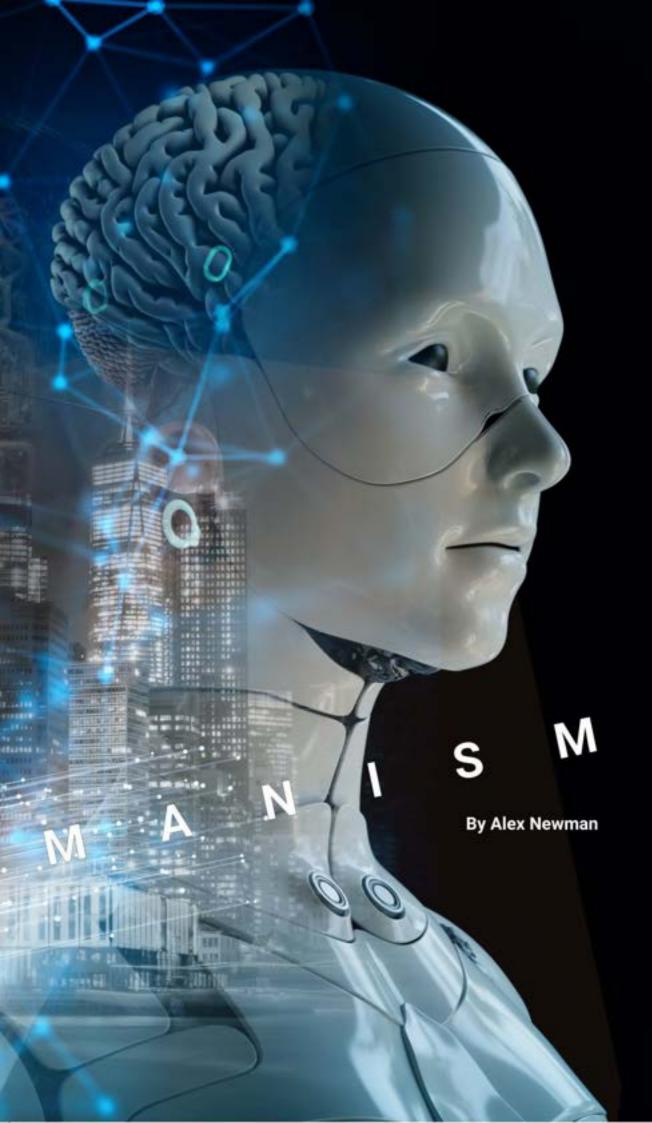


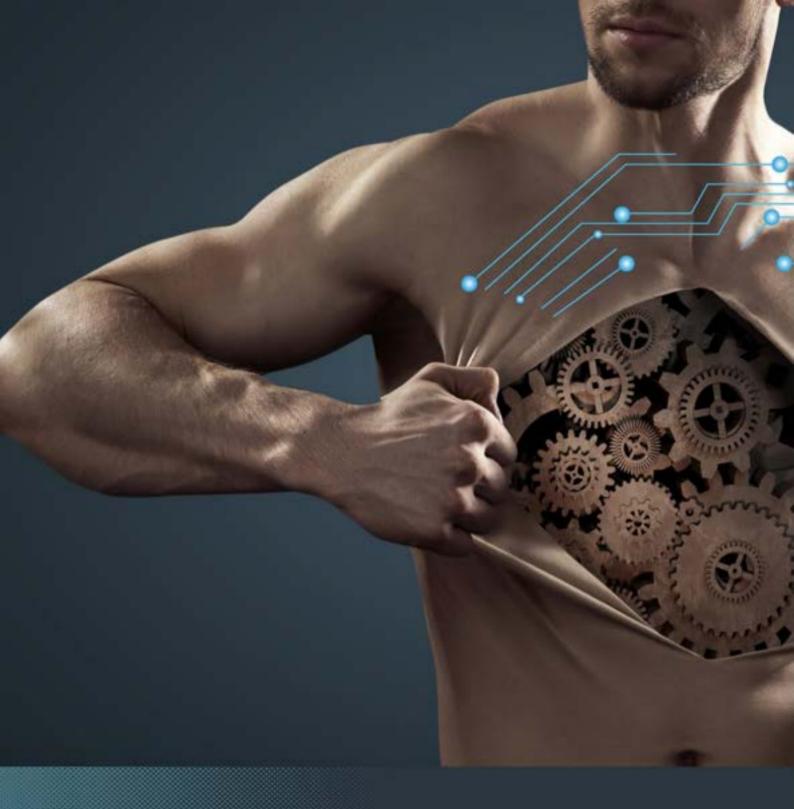
Order on Competition in the American Economy in 2021, found that around 15.5 million U.S. adults under the age of 65 and 2.3 million seniors were unable to afford at least one doctor-prescribed medication this year. "Prescription drugs don't work if you cannot afford them," Dan Witters, a senior researcher at Gallup, said in a statement.

A revolving door.









"Fourth Industrial Revolution technologies will not stop at becoming part of the physical world around us — they will become part of us."

-Klaus Schwab



It sounds like bad science fiction, but it is rapidly becoming reality. Some of the most powerful people on the planet think they are going to "upgrade" human beings — or at least some human beings — through genetic engineering and technological schemes such as "brain implants." Yes, really. In fact, they are publicly touting alleged benefits, supposedly including eternal life, and even evolving into "gods."

If that all sounds crazy or even diabolical — good, it should, because it is. And yet, the technologies to make some of these nightmarish visions possible are progressing so fast it would make your brain spin. In some cases, the tech already exists. Meanwhile, children around the world are being prepared to embrace it through public schools and "entertainment."

First Second Third Fourth Revolution Revolution Revolution Revolution Mechanization, Mass production, Cyber Physical Computer and assembly line, electricity water power, steam Systems automation power



Torld Economic Forum chief Klaus Schwab, the global frontman for the so-called "Great Reset," has been celebrating it all for years as part of what he calls the "Fourth Industrial Revolution." In his book on the subject and in speeches, Schwab outlined a plan to merge people with computer technologies, brain implants, and even to genetically "improve" them.

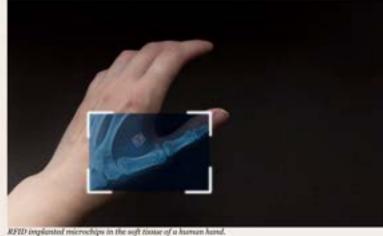
"Fourth Industrial Revolution technologies will not stop at becoming part of the physical world around us - they will become part of us," Schwab writes in his book Shaping the Future of the Fourth Industrial Revolution, a narrative that he has been peddling for almost a decade in speeches, articles, essays, and books. "Indeed, some of us already feel that our smartphones have become an extension of ourselves."

"Today's external devices - from wearable computers to virtual reality headsets - will almost certainly become implantable in our bodies and brains," he continues in the book. "These implantable devices will likely also help to communicate thoughts normally expressed verbally through a 'built-in' smartphone, and potentially unexpressed thoughts or moods by reading brain waves and other signals."

Schwab, who oversees a sprawling organization

bringing together political and business leaders from around the world, goes on to suggest that governments can and perhaps should mandate submission to such intrusive technology. "As capabilities in this area improve, the temptation for law enforcement agencies and courts to use techniques to determine the likelihood of criminal activity, assess guilt or even possibly retrieve memories directly from people's brains will increase," adds the professor, saying governments could even require "a detailed brain scan to assess an individual's security risk."

Eventually, humans will merge with technology and become one with it, according to Schwab. "At the end, what the Fourth Industrial Revolution will lead to is a fusion of our physical, our digital, and our biological identities," he declared at a speech at the



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Chicago Council on Global Affairs and many since then. And he means it, too.

Technological upgrades and implants:

Under the guise of "convenience," thousands of Swedes have already implanted microchips in their hands. These RFID chips can and do function as vaccine passports, money, and keys all rolled into one. Then-Israeli Prime Minister Benjamin Netanyahu proposed microchipping every child in Israel at the height of Covid hysteria, supposedly to keep them safe from Covid. schools are using technological tools that can peer into the minds of children. Around ten years ago, the U.S. Department of "Education" issued a report titled "Enhancing, Teaching and Learning Through Educational Data Mining and Learning Analytics," offering a sneak preview into the future.

Among other schemes, the document touted some of the highly intrusive technologies already in use in federally funded "education" programs. These included "facial expression cameras" and "wireless skin conductance sensors." The tools are able to detect children's responses to various



Meanwhile, the "mainstream" media has been marketing the chips to Americans for years. There should be no doubt that this will accelerate as governments and central banks around the world move against cash in favor of "digital payments" while the World Health Organization advances global digital "health" certificates. At some point, refusing to have one may make it difficult to operate in society or even to buy and sell.

But the microchips under the skin are just one small step compared to what transhumanist advocates are planning. Already, government stimuli and peer into their minds while computer systems and algorithms vacuum it all up and feed it through increasingly advanced Artificial Intelligence systems to make sense of it all.

According to the federal document, one of the goals of these technologies and the data-gathering schemes linked to them is to "make predictions about [students'] future behaviors or performance." Beyond simply predicting, these systems are also being used to manipulate and transform children's values, attitudes, and beliefs. If they have the "wrong" attitude on, say,

abortion or open borders, the system will detect it and call for an "intervention."

The United Nations is also involved. In fact, right before Covid was discovered in China, the UN convened all of the nations' governments together for an "AI in education" summit in Beijing. The final product of the conference, known as the "Beijing Consensus on Artificial Intelligence and Education," called on governments worldwide to use AI in "education" to shape the values of children on everything from gender and governance to the environment.

In addition, the UN deal demands that governments around the world "adjust curricula to promote the in-depth integration of AI and transformation of learning methodologies." And just this year, at a summit put on by Arizona State University and its president, intelligence community investment arm boss Michael Crow of In-Q-Tel, billionaire Bill Gates boasted that within the next few years, AI could replace human teachers. This will turbo-charge the indoctrination of children.

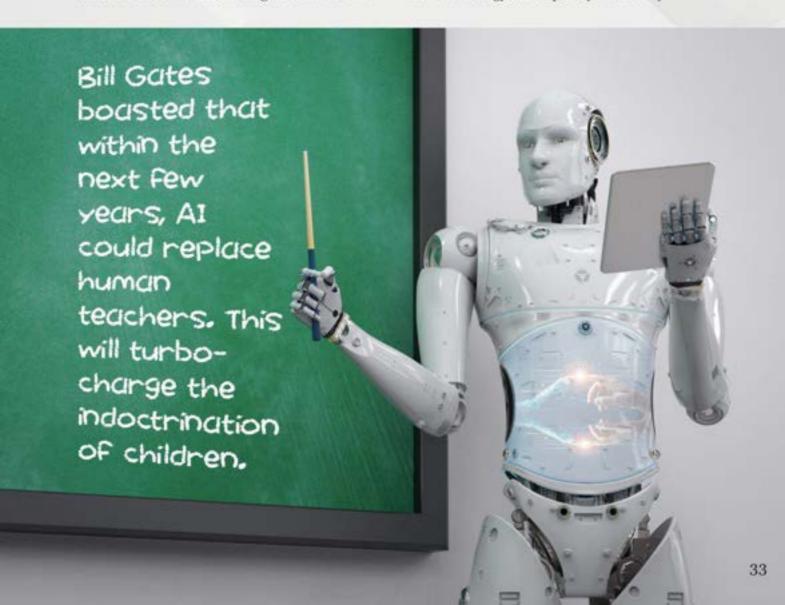
One of the essential technologies to make this

possible is being developed by Elon Musk through his company Neuralink, which just received government approval for human trials in late May. The device, a computer system that replaces part of the skull and is wired into the brain, allows the user's brain to interface directly with computer systems. Eventually, Musk bragged that it would be able to "write" on the brain by stimulating it with electricity. It will be perfect for living in the Metaverse!

Hijacking your mind?

While global elitists peddle transhumanism and becoming a cyborg as "cool" and helpful, their end goals appear to be much more sinister. Consider that scientists and technocrats have sought to control the human mind externally for generations. As far back as the 1960s, researchers such as Yale neurophysiologist Dr. José Manuel Rodríguez Delgado were able to control and manipulate the minds of animals such as bulls and even human beings through implants and electrical stimulation.

Far more sophisticated methods exist today. In April 2017, Rockefeller University announced a new technology developed by Dr. Jeffrey



Friedman to exert wireless control over brain cells at the push of a button. "READY YOUR TINFOIL HATS—mind control is not as farfetched an idea as it may seem," the press release stated, noting that in Friedman's laboratory, "it happens all the time, though the subjects are mice, not people."

The technology, the announcement said, involves installing a "door" in cells that are "delivered and installed by a genetically engineered virus." "Friedman's team realized that they could use a genetically engineered virus to create doorways into a neuron's outer membrane," the university reported, adding that once the system was operational, the mouse could practically be remote-controlled.

Critics such as Prof. David Salinas Flores on the faculty of medicine at the Universidad Nacional Mayor de San Marcos have warned that the goal is to enslave humanity. "Technological implants like brain nanobots might cause losing control of one's own mind and enabling carriers to be controlled by others and lose their autonomy," he said in a peer-reviewed paper. "They can also be used to permanently spy on the user via a cerebral internet connection. A person's memories could also be deleted, robbing them of their identity."

"Thus, the humans who carry technological implants can be permanently spied on, mentally controlled, and they lose their identity, becoming a human slave at the service of the transnational companies and the economic powers," the professor added. "An objective analysis reveals that transhumanism is only an intellectual swindle that leads to digital fascism, a society where a millionaire elite will govern citizens with technological implants, who will be digital slaves at the service of an oligarchy."

Some of the luminaries behind the transhumanist agenda have been even bolder. Israeli Professor Yuval Noah Harari, a key World Economic Forum figure whose work has been endorsed by everyone from Barack Obama to Facebook boss Mark Zuckerberg, argues that those who merge with machines will become "gods."

But Harari goes one step further than the serpent in the Book of Genesis, which promised Eve she and Adam would be "as gods." The professor suggested that upgraded cyborgs will ultimately be more powerful than the God of the Bible because they will be able to create inorganic life. Within a century or two, it is very likely that "homo sapiens" (human beings) will no longer exist at all, he declared at the Carnegie Council for Ethics in Global Affairs.

Another transhumanist bigwig who believes humans will achieve godhood and immortality through merging with technology is Google's chief of engineering, Ray Kurzweil. For many years, Kurzweil has been advocating the merger of the human mind with AI and advanced computer systems to "help" people think faster and better. And ultimately, there are cosmic implications to all this, in his view. "Does God exist?" he asks rhetorically in a documentary about himself. "Well, I would say not yet."

Genetically engineering everyone and everything

In addition to the technological implants and upgrades supposedly leading to eternal life in the "cloud" and even godhood, your genetic code is in the transhumanists' crosshairs too. A growing number of "climate" alarmists, for instance, have proposed genetically engineering people to be smaller so that they will consume fewer resources. And already, news reports claim governments from France to China are developing genetically engineered "super soldiers." Crops and even mosquitos with altered

The future of humanity literally depends on stopping these technocratic totalitarians and tyrants who, by their own admission, are plotting the end of mankind as it has existed for thousands of years.

DNA have been released worldwide. But this is just the start.

In 2018, Bill Gates touted genetic engineering of everything, including babies, in a bizarre piece headlined "Gene Editing for Good." Writing in Foreign Affairs, the mouthpiece of the Council on Foreign Relations, a globalist "thinktank" that essentially serves the U.S. headquarters of the Deep State, Gates argued that genetically modifying crops, livestock, and people was necessary. Apparently, the genetic codes for people and other living things written by God were not good enough, but Gates and his totalitarian buddies promise to improve on those original genes.

And now, the technology to "hack" the so-called "software of life" is ubiquitous and well understood, as Moderna's top scientist put it in a 2021 speech about hacking the operating system of all life forms. In particular, he explains how mRNA genetic information injected into an organism can seize control of the being's cells and protein-manufacturing processes, just like





the mRNA "vaccines" for Covid used man-made genetic code to mass produce toxic spike proteins in the cells of recipients. Now imagine that on a universal scale.

Schwab from the World Economic Forum is enthusiastic about it, too. "The difference with this Fourth Industrial Revolution is it doesn't change what you are doing, it changes you, if you take a genetic editing, just as an example, it's you who are changed," Schwab said in a 2015 TV interview.

Biden is more than onboard. In a September 12 executive order signed by Joe Biden on "Advancing Biotechnology and Biomanufacturing Innovation for a Sustainable, Safe and Secure American Bioeconomy, the president shed some additional light on where this was all going. Calling for a "whole-ofgovernment" approach to advancing these biotechnologies, Biden dropped a bombshell.

"We need to develop genetic engineering technologies and techniques to be able to write circuitry for cells and predictably program biology in the same way in which we write software and program computers, unlock the power of biological data, including through computing tools and artificial intelligence; and advance the science of scale-up production," states the order by Biden, who gave a talk in 2016 at the World Economic Forum celebrating Schwab's vision for the Fourth Industrial Revolution.

These proposals are utterly insane, to put it mildly, if not outright criminal. The future of humanity literally depends on stopping these technocratic totalitarians and tyrants who, by their own admission, are plotting the end of mankind as it has existed for thousands of years. They think they are going to take charge of evolution and make it better. In reality, they might destroy the planet and all life on it — at least if they are not stopped first.

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Why I Left Teaching

by Tonya Dodd



As a young girl, I loved to learn. Some of the best times of my life were conversations with beloved teachers during lessons. I had many teachers who were positive role models for me. I looked up to them and appreciated their influence on my life. I had a childhood that I am thankful for, which included a mom and dad who loved me and pushed me to do my absolute best in school, and they encouraged me to go after my dreams.

There are times during our teenage years when it can seem like we are navigating an open sea with no lifeboat. When I was struggling to find my way through these difficult years, my teachers were some of the most consistent people in my life. The boundaries they gave me were important. While at school, I was able to keep my mind on schoolwork, which would keep my mind

off the difficult things I was dealing with. Part of the reason I wanted to be a teacher was to be there for teenagers struggling through their own difficulties: when planning for college while still in high school, I always knew in my heart that I was called to be a teacher. I was passionate about being able to share my love of learning.

I found out I was pregnant while I was working towards my bachelor's degree. At the time, I was enrolled in college on a full-time basis, working full-time, and now I would be taking care of the best gift God ever gave me! I chose to withdraw from university to focus on raising my son. I am so thankful for him and would not have chosen it any other way. As he got older, I knew I had to go back to school and finish what I started. I needed to do this for myself, my son, and for all the children God would place in my path.

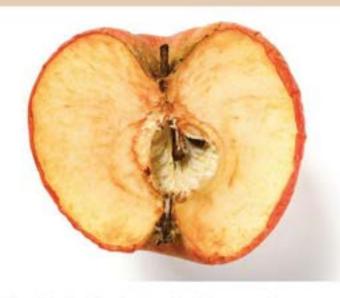
Teachers returned to classrooms after the summer break, and the American flags had been removed from classrooms, and when we asked about them, no one knew where they were.



When my son started third grade, I returned to school and worked toward my dream of becoming a teacher. Before I was able to re-enroll, I had to meet with the dean at the college from which I had withdrawn when my son was born. I explained to him that I wanted back in the education program and that I would do everything necessary to meet the college's expectations of me. The dean granted the readmission, and in 2014, I graduated with a BS in Multidisciplinary Studies for grades K-8. That year, when my son entered middle school, I began my teaching career as a fourth-grade teacher. The rest of my teaching years were focused on Middle School Math.

Throughout my time with the public school system. I looked forward to each new school year: meeting new students, setting up my classroom at the beginning of the year, and getting to know my colleagues and administration. My main objective, however, was to be a positive influence on the students. I approached each day with humility, focusing on excellence and helping my students reach a high standard of learning. I encouraged each child to find their passion and what they liked to do. I encouraged their learning by connecting their passion to the content they were learning in class. Some of my best memories of teaching were attending my students' extracurricular activities and watching their faces light up to see me cheering them on.

Although I have some wonderful memories from teaching that I will not soon forget, the pressure that came with being a teacher from my local Department of Education was not what I had expected when dreaming of becoming a teacher. It was not long after I began teaching when I noticed a shift in the curriculum that our district was purchasing, and the methods in which teachers were forced to run their classrooms were changing.





Additionally, the district I worked for started using restorative justice practices. Students were no longer being held accountable for their behavior, and teachers were no longer allowed to require students to meet merit-based expectations in academics. The administration implemented a new grading system that banned grades lower than 59. Teachers returned to classrooms after the summer break, and the American flags had been removed from classrooms, and when we asked about them, no one knew where they were. Things were shifting year after year, and the changes were clearly not being done to benefit student achievement scores or to improve the learning environment. Instead, the changes caused an environment of chaos, making it almost impossible to teach students in a way that would set them up for success.

Two years before I resigned, I had a student who identified as a 'furry.' He meowed and slept during class time. When I approached the administration for guidance, I was told to allow his behavior, do nothing about the disruption,

and that he would be passed to the next grade level no matter what he did or did not do. I received no beneficial support from the school administration. Moreover, I was explicitly told to keep the situation to myself because identifying as a furry was considered a mental illness and a health-related condition. I was told not to discuss the situation with the parents of the other students because I would violate HIPPA. In my opinion, parents need to know what is going on during the school day, so things can be addressed at home if needed.

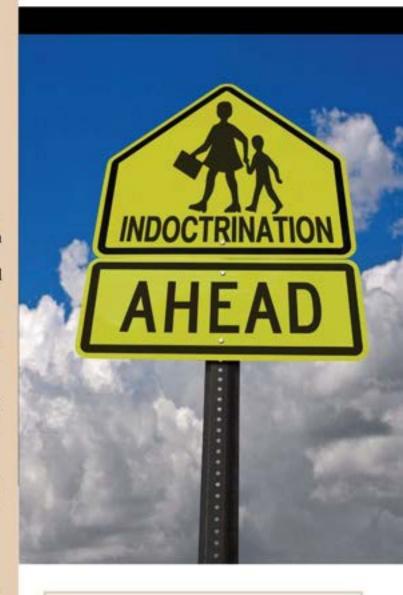
I wanted to tell that child that God created him for a purpose, and he did not have to believe that he needed to be something other than himself. By that time, I was afraid to speak up in any way for fear of the punishment I would have received because it was not long before this incident that I was asked to remove a small cross from my bookshelf behind my desk. Now I wish I had said those things to that student and told the parents of the other students what was going on.

The last year I taught, I taught online, and my eyes were opened to the indoctrination creeping into the school system. Students who were attending school in person were assaulting each other, and the new administrator said he was not calling the police because he hated the police. This new administrator bullied me that entire year after telling him I was not going to wear a mask or get vaccinated for Covid. He is trained in Critical Theory and has his own website that encourages this ideology for young children. My heart was broken, and I ultimately chose to walk away from teaching. Ironically, a few months after I resigned in 2022, that administrator was fired for multiple reasons. Unfortunately, he had already done his job of creating a chaotic school environment and breaking my spirit.

A positive result of my resignation is that I can talk openly, telling the truth about the problems in our public education system. It absolutely breaks my heart to know children are being politicized and sexualized by the school system. After resigning, I was blessed to find like-minded people across America who were involved in The People's Convoy. I also co-founded a grassroots organization, United States Liberty Alliance. We focus on the Constitution and civic engagement.

In the fall of 2022, our USLA team attended the Reawaken Tour in Pennsylvania, where I met Rachel Writeside Blonde, Executive Managing Editor for George magazine. I stopped by her table to talk and told her my story about why I was no longer teaching in the public school system. We exchanged business cards, and I am so thankful we reconnected a few months later when I crossed her mind. It is a privilege to have the opportunity to share my story here with the readers of George.

In March of this year, I was nominated for and accepted the role of Chapter Chair of the Hamilton County TN Moms for Liberty organization. Allowing God to speak through me on behalf of parents, children, and teachers was the answer to my prayer. I am blessed to be able to use my voice to share my experience as a public-school teacher, drawing from my knowledge of the system to educate parents and our community. Parents have been caught off guard by what their children are being exposed to in the public school system, and I have heard time and time again that having someone from the inside validate their feelings has truly been a Godsend.



I soon found out there are many nonprofit groups in our community pushing a radicalized neo-Marxist agenda onto our children. The work done by Moms for Liberty helped me understand some of what we are facing.

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For everything comes from Him and exists by His power and is intended for His glory. All glory to Him forever! Amen.

Romans 11:36



Before I got involved with Moms for Liberty, while I was still teaching, I was watching their work. I saw books that they were talking about. These explicit books were being installed in our public-school libraries by far left-leaning teachers and groups in our community. Until Moms for Liberty started speaking on this topic, I had no idea these types of books were in the libraries and classrooms, and I definitely had no idea where they had come from. I soon found out there are many nonprofit groups in our community pushing a radicalized neo-Marxist agenda onto our children. The work done by Moms for Liberty helped me understand some of what we are facing. When I resigned, I knew the time had come to join them, to speak up, and to shed light on the truth of the situation in the public schools.

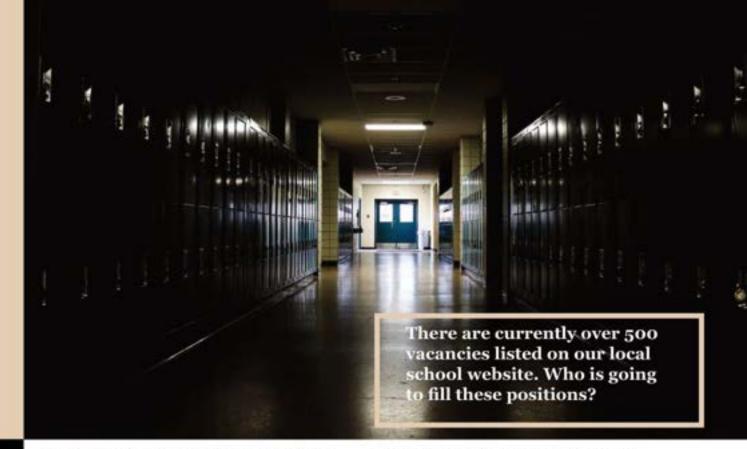
I have spent hours upon hours doing research on the history of differences between Marxist and neoMarxist ideology. We are in a culture war with this new ideology being taught to teachers training in university. I believe this new way of teaching will result in the cultural genocide of our nation. The neoMarxist teaching method has changed the once safe, moral, and merit-based environment of our nation's public school system into political training camps. The type of environment I imagined I would be teaching in is no longer a reality within the walls of the public school system. God bless the teachers who are still hanging on by a thread. I pray for them daily.

Karl Marx emphasized Socialism in the economy and class. A shift has occurred, and neo-Marxists focus on identity and culture. With this shift of Marxism from class and economics to culture and identity, public school learning is now being weaponized by the United States Department of Education and most State Departments of Education. Social Emotional Learning and Diversity, Equity, and Inclusion are two of the main mechanisms that the school systems are using to implement these ideologies and indoctrinate American children.



Years ago, in education, we had a teacher/
learner instructional environment. Teachers
used direct and structured lesson time to
teach students and allowed students ample
practice time to master whatever they
were learning. That teaching style has been
done away with. Teachers are now required
to use a dialogical teaching model that is
part of Critical Theory where the teacher will
pose ideas to students, and then the students
must "come to know" their truth on their
own. Imagine how frustrating this is for the
student. Have you ever had a child come
home from school and say, "My teachers
won't help me?" Well, now you know why.

Our district has professional development designed to train teachers on how to let a student struggle. Teachers are forced to read scripts that are included in the curriculum the district adopts, whether a teacher agrees with that script or not. No more lesson plans based on the makeup of your individual student population. This is no longer allowed. Teachers across the district are reading from the same script. This teaching style was extremely frustrating and heartbreaking for me as a teacher as much as it was for the students. I was seeing students in my seventh-grade class who could not read on a third-grade level. Unacceptable.



In the Handbook of Social and Emotional Learning by Durlak, one of the books which is primarily used to train educators and used in professional development for teachers across America, not one thing is mentioned about academics. The primary focus of this book is culture and identity, and it contains Marxist dogma throughout its pages. Marx believed the child should not be raised in the lap of his mother, but instead, he asserts that it is the state's responsibility to raise the child. The character development of a child is absolutely not the state's job.

In my district, over four hundred public school teachers walked away from the classroom last year. This number alone should raise eyebrows, but it gets worse. During a recent school board meeting, our school's Chief Talent Officer advised that they expected eighty more resignations by the end of the school year. There are currently over five hundred vacancies listed on our local school website. Who is going to fill these positions?

Rather than focus on keeping teachers in the classroom, our school district has created 76 SEAD coach positions which the Superintendent recently brought before our local school board for approval. SEAD stands for Social Emotional Academic
Development. I recently spoke to the school
board, asking that they not approve the
budget for these positions. According to the
job description, part of a SEAD coach's
responsibilities would be to collaborate with
"service providers." They will be responsible
for observing students, developing behavior
intervention plans to support students,
conducting functional behavior
assessments for students, and on it goes.



They will be part of a team who will be practicing unlicensed psychology. They will be working directly with students, as well as enforcing the advancement of social-emotional learning techniques by teachers in their classrooms. Parents do not want unlicensed social workers and psychologists to character develop their children. Teachers do not want another administrator micro-managing their day.

I am trusting God to lead and guide me as He always has. I am thankful for my experience and committed to continuing my work in the public-school education arena. Together with other like-minded individuals, I will fight for our nation's most vulnerable citizens.

The vast majority of the American people are moral people and are waking up to the harm being perpetrated against our children. Americans are standing together against a lawless, out-of-control government, ready to do whatever it takes to preserve the innocence of America's children.

Join me in this stand and let us never forget what Jesus says about the children.

Matthew 19:14 · But Jesus said, "Let the little **children come to me** and do not hinder them, for to such belongs the kingdom of heaven."





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mericans are growing. Since the early 2000s, the obesity rate in the U.S. has increased from 30.5% to 41.9% from 2017 to March 2020 (CDC.gov). The annual cost of obesity in the U.S. was around \$173 billion in 2019. It seems with each new gadget claiming newfound convenience and each new deep-fat fried concoction at fast food restaurants, a fresh percentage point slathers on to an already alarming number.

With body positivity initiatives and a healthcare system focused on treating disorders, instead of educating to prevent them, the danger and reality of what obesity is associated with gets lost. According to the CDC, "Obesity is serious because it is associated with poorer mental health outcomes and reduced quality of life. In the United States and worldwide, obesity is also associated with the leading causes of death, including deaths from diabetes, heart disease, stroke, and some types of cancer."

Poor mental health and reduced quality of life? The talking heads will tell you this is likely due to the shame they receive from society for being overweight, thereby affirming the need for body positivity. While it's equally important to mind the issue of eating disorders, we must not deny the fact that being overweight is not associated with the ideals of health, as evidenced by the CDC.

From someone who used to work with individuals looking to lose weight, it was rarely all about public shame. Wanting to get healthier was more so because they couldn't keep up with their family on walks after dinner or couldn't get on the floor to play with their grandkids. Sure, some of it was due to public scrutiny, but the main reason for wanting to see results was more personal, like being able to complete everyday tasks that were once challenging for them.

Historically, it has never been a debate as to whether obesity was detrimental or not. Only recently has this come into question and, in some cases, celebrated.





Historically, it has never been a debate as to whether obesity is detrimental to health or not. Only recently has this come into question and in some cases, celebrated. The powers that be KNOW obesity is not good for Americans, but the nearly \$173 billion made from it is likely too plentiful to encourage long-term health.

Every American should be alarmed by the obesity numbers. In another 20 years, given the current trajectory, we will be close to 50% of our adult population being considered "obese." But this health crisis doesn't just affect adults anymore. It has made its progression into the most precious asset of our society: our children.

From 1971 to 1974, the rate of childhood obesity was just 5.2% in the United States. In 2017-2020, it increased to 19.7%. We have almost quadrupled the prevalence of childhood obesity, affecting nearly 14.7 million children and teens (CDC.gov). Could this be a reason why depression, anxiety, and even suicide rates have skyrocketed since the 1970s in young people? After all, studies have



shown BMI and depression have a direct, positive correlation and, in some cases, can cause longterm depressive states, especially in women.

It's imperative we set our children up properly for a long, healthy life, but how do we teach our children to be healthy when we, ourselves, are becoming more overweight and sicker each year? On top of this, we have Body Positivity campaigns encouraging adults and children to settle for being obese, convincing us it's not a question of health anymore but of acceptance.

But the facts don't lie. "Obesity-related conditions include high blood pressure, high cholesterol, type 2 diabetes, breathing problems such as asthma and sleep apnea, and joint problems." (CDC.gov) Allowing children to grow up in this climate with these issues is setting them up for future challenges that, in some cases, will last their entire lifetimes.

Not only is obesity a personal issue with personal challenges, but it is also a national security concern. According to the CDC, a whopping "71% of young people in the United States would not be able to join the military if they wanted to." A recent Pentagon study showed that number to be 77%. The top three reasons for not qualifying are being overweight or obese, educational deficits or mental problems, and criminal or drug abuse records. It's important to note that 90% of those who elect to join the military are 17 to 24 years old.

Retired Lieutenant General Mark Hertling from the Army stated, "The military has experienced increasing difficulty in recruiting soldiers as a result of physical inactivity, obesity, and malnutrition among our nation's youth. Not addressing these issues now will impact our future national security."

The Department of Defense (DOD) spends \$1.5 billion each year on obesity-related issues for their current and former servicemen and women and their families. The roughly 658,000 lost workdays for active service members costs the DOD \$103 million each year (CDC.gov). On top of this, earlier this year, the U.S. Air Force loosened its body fat requirements necessary to enroll. According to a Fox News report, "Male recruits are now permitted to have up to 26% body fat, up from the previous requirement of 20%, while females can have 36%, up from the previous max of 28%, according to Air Force Recruiting Service spokeswoman Leslie Brown."

A quick glance at the American Council on Exercise "Ideal Body Fat Percentage" chart reveals both of those levels are considered "obese," especially in the age range most of these recruits are in.

Children and the Lack of Physical Activity

Children are spending nearly 7.5 hours in front of screens each day, according to the Kaiser Family



Foundation. Of the 7.5 hours, 4.5 is in front of a television. Children two years of age and under are recommended not to use any screens, while children two and up should limit their screen time to two hours or less each day (American Academy of Pediatrics). Not only does screen time mean less physical activity, but it can also mean more violent behavior, more "programming," sleep problems, and other behavioral problems.

Kids do not play outside like they used to. Parks around the country used to be full of Sandlot-esque baseball games or football games, governed solely by the children playing. Chivalry and fairness were taught the old-fashioned way, and honesty didn't need to be refereed by a watchful parent. Between safety concerns, the overwhelming push to get children involved in organized youth sports leagues (more on this to come in future articles), and the prevalence of iPads and phones, it's rare to see a game of 3 on 3 started by children.

Food

Why is food that is restricted and/or banned in other countries allowed in our homes in America? These foods can be found in homes all over the nation. Foods like Skittles, Frosted Flakes, Lucky Charms, and Ritz Crackers are family favorites, but the food dyes, trans fats, and/or other chemicals placed in these foods are heavily restricted and even banned in other countries. Why? Why would these foods be considered safe in America for our children but treated as toxic poison in other countries?

Not only are we facing the issue of chemically and genetically modified food, but our portion sizes have increased astronomically in the past 50 years. A bagel in 1990 used to be about 140 calories. Nowadays, you're lucky if you can find one under 350 calories. And that's just breakfast! Look up the calories of basically any restaurant dinner item, and you'll find a day's worth of calories in just one meal. Our system prides itself on value and convenience, and by doing so, inversely values health.

Genetics or Environment?

Often parents are quick to blame obesity on genetics as if being overweight was passed down through the genes. The answer? It depends, and we need more research. According to Rethink Obesity, a website for healthcare professionals, studies have shown that "40% to 70% of interindividual differences in BMI are explained by genetic factors."

This leaves 30% to 60% to the environment a child grows up in. If this is true, and genetics play the largest role in whether a person will be obese, why the enormous increase in the last 60 years? To explain this phenomenon, it makes more sense that the environment plays a more substantial role in the outcome of obesity than just 30% to 60%. In a study by Yadav & Jawahar, it was written that "Although isolated genetic factors are unlikely to explain the increasing prevalence of obesity over the last few years. Certain genetic elements and the influence of environmental conditions likely enhance the risk of obesity." (Yadav HM, Jawahar A. Environmental Factors and Obesity. [Updated 2023 May 1])

It is true genetics play a role in obesity, but it seems too much emphasis is placed on this factor, creating a sense of helplessness in individuals. If we focused more on the environment, education, and the effectiveness of a healthy diet and sensible exercise — instead of placing our focus on the one thing we cannot change — it could help start to shift the future generations of America.

Creating Lasting Change

It is imperative we get our health in check as a country so it can trickle down to our children.



Children have demonstrated they learn effectively through modeling and observation. The best way for parents to help children lose weight is to lose weight themselves, showing the children they value their health and wellness enough to act. When a child sees his or her parents engaging in physical activity, it indicates to the child how important being active is.

Not only that, but parents who eat healthily generally feed their children healthier food. Active time is a great time to bond with children as well, over a game of basketball or a walk after dinner to talk about the day. In this technological society, which makes it easy to be connected online, it's more important to take the time to put down the devices and have one on one conversations instead of propping up the Body Positivity campaigns which can overlook the health implications of being overweight and mental health issues associated with it -- why not prop up healthy foods, reasonable workouts (no need to go crazy!), and putting less of an emphasis on technology, which has many more detrimental effects on young people these days.

Exercise is the best anti-depressant, not only in my opinion but as evidenced by numerous studies showing that young people who exercise have better mental health, a more positive self-image, and lower levels of depression. Studies have shown this to be true even two years later. It would be so nice to see doctors prescribing exercise instead of being so quick to prescribe antidepressants or healthy foods instead of pills. The shift from treatment to prevention could change an entire generation. It is clear what needs to be done; now, we must act.

We must value the health of our country not by seeking the next quick fix or weight loss pill but through good old-fashioned healthy food and physical activity. Parents need to take immediate action to combat this health crisis. It's not easy at first, but we have the best motivation to start. Our children's lives, and the future of our country, depend on it.



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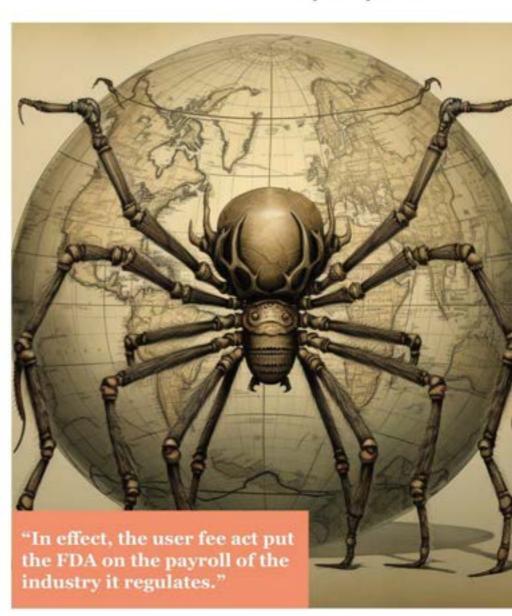
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Big Pharma's Web of Influence

by Mary Frost

Pharmaceutical companies have an immense influence on our lives, from the medications we take to the way we think about health and disease. These companies are among the most profitable in the world, and they spend their profits in ways that generate more profits. They have their hands in everything: research and development, lobbying, continuing education, medical journal papers, and marketing and advertising to individuals and health care personnel. These companies have a significant impact on how we view illness and medicine. They have defined what constitutes a disease, which treatments are effective, and who should be taking medication. The power pharmaceutical companies have over public perception is enormous and deliberate.



Research and Development

Pharmaceutical companies play a significant role in shaping medical research. They have the resources to fund clinical trials and influence their outcomes. It isn't unusual for clinical trials to be designed, run, and analyzed by researchers who are being paid by drug companies. Roughly 70–75% of the pharmaceutical industry's expenditures on clinical trials go to contract research organizations (CROs). CROs together had revenue estimated to be approximately \$50 billion in 2020, most of it coming from pharmaceutical industry clinical trials. In most cases of industry sponsored research, the "sponsorship" involves direct control over the research.

Pharmaceutical companies often use their financial power to sway researchers towards studies that will yield favorable results. Studies can be designed by choosing variables like: "comparators, doses, experimental populations, surrogate endpoints, trial durations, and definitions."³

The FDA

The FDA approval process is designed to ensure that drugs are safe and effective before they hit the market. But is this process being corrupted by pharmaceutical companies who use their financial power to influence the decision-making of FDA officials? Pharmaceutical companies often spend millions of dollars on lobbying efforts and campaign contributions for politicians who have influence over the FDA. This relationship between the agency and the industry it regulates is a clear conflict of interest, with drug companies having significant influence over the approval process.

The Prescription Drug User Fee Act (PDUFA)

From the FDA.gov website: "The Prescription Drug User Fee Act (PDUFA) was created by Congress in 1992 and authorizes FDA to collect user fees from persons that submit certain human drug applications for review or that are named in approved applications as the sponsor of certain prescription drug products. Since the passage of PDUFA, user fees have played an important role in expediting the drug review and approval process." 4 In other words, PDUFA allows the FDA to supplement its budget by charging these fees to pharmaceutical companies. Marcia Angell, the former editor of The New England Journal of Medicine, stated: "In effect, the user fee act put the FDA on the payroll of the industry it regulates." 5



Dr. David Graham, associate director of the FDA's Office of Drug Safety, said in a 2005 interview that "FDA is inherently biased in favor of the pharmaceutical industry. It views the industry as its client, whose interests it must represent and advance. It views its primary mission as approving as many drugs it can, regardless of whether the drugs are safe or needed." 6

The panel that advised the FDA on approval for potential Covid vaccines, the Vaccines and Biological Products Advisory Committee, had several members with financial ties to Big Pharma. "Advisory committee member Dr. Archana Chatterjee, for instance, received \$23,904 from Pfizer (including Pfizer International LLC), \$11,738 from Merck, and \$11,480 from Sanofi, each of which is in the race for a coronavirus vaccine. Since 2013, she has received more than \$200,000 in consulting fees, travel and lodging, and other payments from those companies and others working on coronavirus vaccines, according to the database. The newly named acting chairman of the committee, Dr. Arnold Monto, received \$54,114 from 2013 through 2019 from vaccine contenders Sanofi, GlaxoSmithKline, Pfizer, and Shionogi, according to the database. He also received \$10,657 from Novartis, which has a deal to manufacture a coronavirus vaccine." 7



Lobbying and Political Donations

Pharmaceutical companies have been known to exert significant influence over government policies through their extensive lobbying efforts. They use their financial might to fund political campaigns and donate money to politicians who support legislation that is favorable to them, such as tax breaks, subsidies, and patent protections.

According to data from OpenSecrets, **pharmaceutical companies spent over \$306 million on federal lobbying in 2020 alone**. This figure represents a significant increase from previous years, with Pfizer and Johnson & Johnson leading the pack with \$11.5 million and \$10.7 million in lobbying spending, respectively. In addition, pharmaceutical companies also donated heavily to political campaigns during the 2020 election cycle. In total, they contributed over \$92 million to candidates running for office at all levels of government.

This influence has led to policies that prioritize the interests of pharmaceutical companies over those of patients and the general public. Notably, high drug prices have become a major issue in recent years as a result of the industry's lobbying efforts against price controls. For example: Eli Lilly charges \$200,000 for Cyramza (stomach cancer drug) when Germany sells it for \$54,000, and Gilead charges Americans \$424,000 for Yescarta (non-Hodgkin's lymphoma drug) which can be bought in France for \$30,000.



Advertising

To shape public perception, pharmaceutical companies use various marketing tactics. One of the most common tactics is direct-to-consumer advertising (DTC), which involves promoting drugs to consumers through print, television, and online advertisements. The United States and New Zealand are the only countries where drug makers are allowed to market prescription drugs directly to consumers. When the FDA relaxed its guidelines relating to DTC drug advertising in 1997, the advertising boom began.

Numerous studies have shown that people are more likely to believe claims that they see repeated over and over. As a result, it's not surprising that Big Pharma has found advertising campaigns so effective at influencing public opinion about their products and services. According to Statista.com, in 2016 pharmaceutical companies spent \$3.11 billion on national TV advertising in the United States. This

number had grown to \$4.58 billion in 2020.11 Pfizer, by itself, racked up \$2.8 billion in ad costs in 2022.12

In 2015, The American Medical Association called for a complete ban on DTC drug ads, saying: "Direct-to-consumer advertising also inflates demand for new and more expensive drugs, even when these drugs may not be appropriate." 13

In a recent study by Michael DiStefano (John Hopkins School of Public Health), 150 topselling drugs were reviewed from 2020. The study concluded that manufacturers spent more money on advertising for drugs that had lower benefits to consumers. From the study: "...study of 150 prescription drugs with the highest US sales in 2020, a higher proportion of promotional spending allocated to direct-to-consumer advertising was associated with drugs rated as having lower added clinical benefit than for those having higher added clinical benefit." ¹⁴



Ghostwriting and 'Disease Mongering'

Ghostwriting is when all or most of a paper is written but not credited to the author. An academic or other notable person's name is then recognized as the author. Pharmaceutical companies often hire ghostwriters to write articles and studies that appear in medical journals and other publications. These articles can be used to promote their products or push for the recognition of new diseases or conditions, whether they are real or imagined. By using ghostwriters, drug companies can present their information in a way that appears unbiased and objective, even if it is not.

From NIH National Library of Medicine: "Articles written by medical writers are published in medical journals. These articles can influence doctors and policymakers in their decisions that effect [sic] health. Therefore, the articles have marketing potential, and there is a feeling that articles associated with manufacturers of pharmaceuticals make exaggerated promises and omit information that might disadvantage their products - but whereas advertisements carry the name of the manufacturer, a ghostwritten article does not."15,

Pharmaceutical companies have been known to invent diseases in order to advertise drugs they already have or those still in the trial phase, a tactic commonly referred to as "disease mongering." This tactic involves creating a new medical condition or exaggerating the severity of an existing one in order to create a market for a new drug, Georgetown Professor Adriane Fugh-Berman said: "Marketing for a drug can start seven to 10 years before they go on the market. Because it is illegal to promote a drug before it goes on the market, what they are promoting is the disease. That's not illegal to do because there's no regulation on creating diseases."16

These campaigns are often misleading and can lead to unnecessary treatment and prescriptions for patients. One example is the condition known as "restless legs syndrome." The company, GlaxoSmithKline, created a campaign that suggested that millions of people were suffering from this condition and that their drug, Requip, could provide relief.¹⁷

Coupons and Vouchers

The way vouchers and coupons work is simple. Pharmaceutical companies give these coupons directly to physicians or through DTC advertising campaigns. Patients who receive these vouchers or coupons can then use them at their pharmacy to receive a discount on the medication. Patients may be more likely to buy the less expensive drugs even if they may not be the best option for them. And as revealed earlier, Big Pharma spends more money on advertising drugs that have lower benefits to consumers.



Influencing Health Care Personnel (HCP)

Drug Representatives, Drug Samples, and Script Tracking (HCP)

Pharmaceutical sales representatives visit healthcare facilities and provide information about their company's products directly to doctors and other medical professionals. They may offer gifts or other incentives as well, such as meals or tickets to events, to persuade physicians to prescribe their products. One of the most common tactics employed by drug reps is handing out free samples to HCPs. By providing free samples of their drugs to doctors or other healthcare professionals, these companies hope that the physicians will prescribe them to their patients.

In 2016, pharmaceutical companies invested \$13.5 billion in sample distribution in the United States. According to the NIH National Library of Medicine: "The availability of samples can lead physicians to prescribe drugs that differ from their preferred treatment. A cross-sectional U.S. survey asked 154 family medicine and general physicians to select treatments for patients with urinary tract infections, hypertension, or depression. Each hypothetical scenario was accompanied by a list of available samples. Among participants who dispensed samples, 49% to 95% (depending on the scenario) were willing to dispense a sample that differed from their preferred drug choice." 18

Another sales tactic pharmaceutical companies use is script tracking. They can monitor prescriptions written by physicians to identify potential customers for their products. By tracking prescription patterns, pharmaceutical companies can target healthcare providers who prescribe similar drugs or treat patients with specific medical conditions. Script tracking allows drug reps to customize their sales pitch based on a healthcare provider's prescribing habits. 19

Medical Conferences, Seminars, and Keynote Speaker Funds (HCP)

Pharmaceutical companies sponsor medical conferences and seminars, which HCP can use to meet their continuing education requirements. This gives Big Pharma an ideal opportunity to promote its products. By providing things such as free travel, lodging, and meals, pharmaceutical companies try to ensure that HCPs will view their products favorably. They also pay keynote speakers who endorse their products during these events. According to the Office of Inspector General of the Department of Health and Human Services, "over the past three years, drug and device companies have reported paying nearly \$2 billion to healthcare professionals for speakerrelated services."20 These payments may influence healthcare professionals' decision-making processes, leading them to prescribe drugs based on financial incentives rather than patient needs.21

CDC

The Centers for Disease Control and Prevention (CDC) is responsible for shaping nationwide policies regarding health, wellness, and vaccines. During the pandemic, the CDC's policies and mandates touched virtually every area of Americans' lives. Regarding vaccines, they state on their website that: "The Immunization Safety Office regularly reports on vaccine safety monitoring findings and any concerns to CDC's Advisory Committee on Immunization Practices (ACIP). This advisory group develops the recommended vaccine schedule for children and adults in the U.S. ACIP considers the safety and effectiveness of vaccines before making recommendations to the vaccine schedule or changing recommendations for vaccine use."22 In other words, the CDC is responsible for monitoring vaccines for safety and dictating vaccine requirements for the entire country.

However, the definition of a pharmaceutical company is any entity (other than an individual) that is engaged in the development, manufacture, commercialization, or marketing of any drug product. The CDC holds over 50 vaccine-related patents for Flu, Rotavirus, Hepatitis A, HIV, Anthrax, Rabies, Dengue fever, West Nile virus, Group A Strep, Pneumococcal disease, Meningococcal disease, RSV, Gastroenteritis, Japanese encephalitis, SARS, Rift Valley Fever, and Chlamydophila pneumoniae.²³



Eli Lilly charges \$200,000 for Cyramza (stomach cancer drug) when Germany sells it for \$54,000, and Gilead charges Americans \$424,000 for Yescarta (non-Hodgkin's lymphoma drug), which can be bought in France for \$30,000.



If the CDC is a pharmaceutical company, and the definition suggests that it absolutely is, then are they a company that regulates itself? And, in turn, determines what vaccinations Americans are required/recommended to get? This seems to be a clear case of public health taking a backseat to corporate profit margins.

Big Pharma is immersed in every area of the medical industry in our country. They exert an incredible amount of influence on public perception through aggressive marketing campaigns and lobbying efforts. When huge profit margins are at stake, public health and well-being are not a priority. The need for transparency and accountability in this industry is imperative. Disclosures of financial relationships with healthcare providers, regulators, and policymakers would be a great start. We can only hope that current and future lawmakers in this country hear the voice of 'We the People' and take a stand for America's health!

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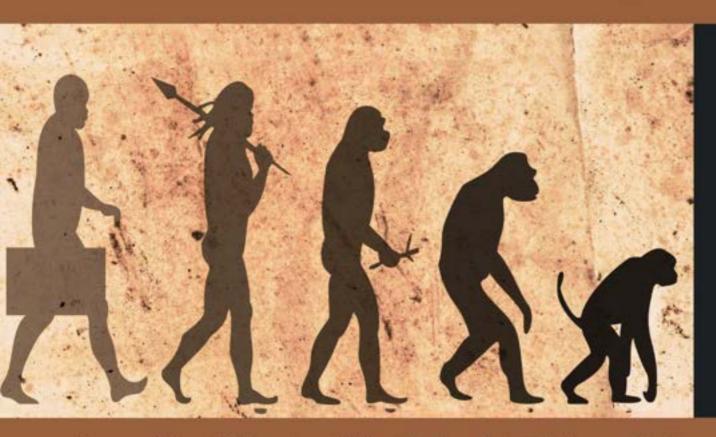
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The Very Root of all Mankind's Troubles

By Paul Kane



Let us carefully note God's warnings, "O Timothy, keep that which is committed to thy trust, avoiding profane and vain babblings, and oppositions of science falsely so called." 1 Timothy 6:20.

The theory of evolution, of course, denies the Bible's account of the fall of man and, of course, has much to say about "the ascent of man." However, evolution fails to account for, and actually evades, that which lies at **the very root of all man's troubles: SIN.**

The theory of evolution preaches that man is improving in all ways but then fails to explain adequately why man finds himself weak, poor, miserable, distressed, corrupt, and perishing, and it fails to explain why he is so utterly helpless to lift himself from this state. Not only that, but it fails to explain his inherent sense of blameworthiness; but instead insists he has no cause for a "guilt complex."

"For we know that the whole creation groaneth and travaileth in pain together until now" (Romans 8:22).

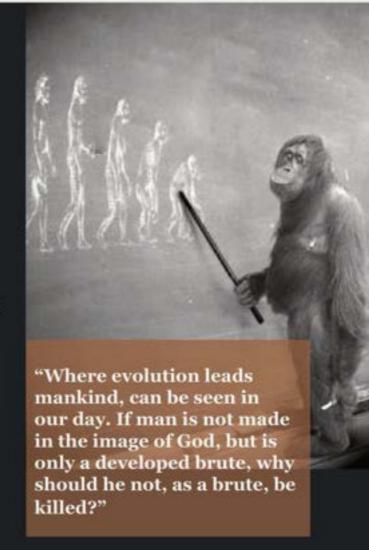
Where evolution leads mankind can be seen in our day. If man is not made in the image of God but is only a developed brute, why should he not, as a brute, be killed? Lust and thrill murders are the result of the likes of a Nietzsche, who wanted all the weak to be crushed and the superman, the blond beast, to be adored.

Nietzsche was a consistent Evolutionist. The struggle for life with him was simply a dutiful struggle for power. According to this theory, Christianity must be destroyed: numerically and financially, that is, the weaker party. According to this cruel theory, euthanasia is perfectly justifiable because there is no wrong in softly ending the miseries of a highly developed animal. Again, Nudism is just the right thing, for nakedness goes with the beasts of the jungle. Do you not see how Evolution has leavened the nations in our day?

In Genesis 1:12, Genesis 1:21, and Genesis 1:24-25, we learn that in the vegetable kingdom and in the animal kingdom God's law is "after its kind." Plants cannot be changed to fish, fowl, or beast. Fish, fowl, and beast each propagate and reproduce "after its kind."

Man was originally created in the image and likeness of the eternal, living, personal Creator. Man did not evolve from some lower order of life. Every theory of evolution has been disproved. At the present time, there is not one scientific proof of any evolutionary hypothesis that is being taught in our schools. Improvement of the species is not an evolutionary change of species. Methods of planting corn may change, but the seed corn is the only seed that will bring forth corn.

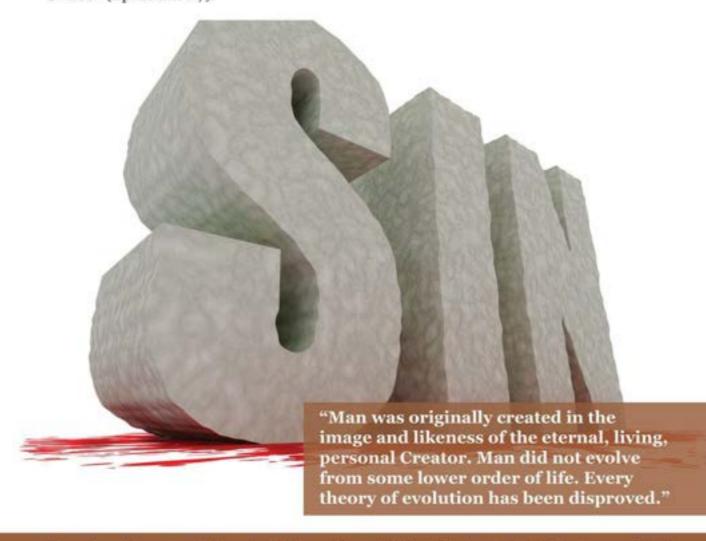
Every man feels within himself or herself a disorder, a positive dislocation of things, which science and certainly the theory of evolution, is utterly unable to explain. Only the Bible's account of the fall of man explains it and shows how all man's trouble and distress arise from his OWN nature, which is fallen and corrupt.



"BY ONE MAN SIN ENTERED INTO THE WORLD, AND DEATH BY SIN; AND SO DEATH PASSED UPON ALL MEN, FOR THAT ALL HAVE SINNED" (Romans 5:12).

It is most important for those who have not yet come to the saving knowledge of the LORD Jesus Christ to learn this lesson; to learn that it is not merely our sins, but our SIN that makes us unfit for the presence of God; not merely our deeds but our nature; not merely what we have done, but what we would do because we are essentially sinful as the children of Adam.

How profoundly grateful we should be, then, that God loves us despite our sins and our sinful natures and that "God commendeth His love toward us, in that, while we were yet sinners, Christ died for us" (Romans 5:8). "In whom we have redemption, through His blood, the forgiveness of sins, according to the riches of His Grace" (Ephesians 1:7).



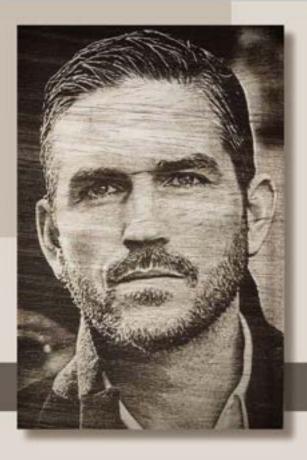
Therefore, let us carefully note God's warnings, "O Timothy, keep that which is committed to thy trust, avoiding profane and vain babblings, and oppositions of science falsely so called." 1 Timothy 6:20. AND, "Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ." Colossians 2:8

In Ephesians 1:13, the Holy Spirit, through the Apostle Paul, declares that men are saved and sealed by hearing and BELIEVING the Word of Truth, the Gospel of your Salvation. Therefore, here, now, is declared unto you the Word of Truth, the Gospel of your Salvation: "that Christ died for our sins according to the scriptures; and that he was buried, and that he rose again the third day according to the scriptures" 1 Corinthians 15:3-4. BELIEVE today. The time is short.

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E-cigarettes:

A Major Public Health Concern

by André Bauer

he FDA's guidance on flavored e-cigarette products was a welcome move in the fight against the epidemic of youth e-cigarette use. The loophole that excludes disposable ecigarettes from this ban has been closed, but the problem is far from over. Leading brands like Esco Bar and Elf Bar, just two of the most popular vape products manufactured in China that are unregulated and contain dangerous drugs and carcinogens, continue flooding our shores. They are loaded with the cheapest materials to maximize profits, making it all the more urgent for the FDA to provide clarity for retailers, consumers, and law enforcement.

isposable e-cigarettes like Elf Bar and Breeze are highly popular among our youth due to their fruity flavors, low cost, and concealability. This has led to a sharp rise in the use of disposable e-cigarette use, which is a major public health concern. The fact that these products are not subject to the same restrictions as other cartridge-based ecigarettes means that many young people are still able to access flavored e-cigarettes, even though they are banned.

This situation is simply unacceptable.

One important step for the current administration would be to direct the FDA to revise its policy and prioritize enforcement against disposable e-cigarettes. This would help to ensure that all e-cigarettes, regardless of their type, are subject to the same restrictions and that young people are not able to access flavored e-cigarettes.

In May, the FDA issued an Import Alert that granted divisions the authority to detain, without physical examination, tobacco products identified on the Red List. And in its latest attempt to crack down on illegal disposable vapes, the FDA issued warnings to 189 convenience stores, vape shops, and other retailers.

We need to direct the FDA to prioritize enforcement against disposable e-cigarettes, including non-tobacco-derived nicotine, to ensure that all e-cigarette products are subject to the same regulations and restrictions. This would make it more difficult for young people to access flavored e-cigarettes and would help to curb the rise in youth ecigarette use.

In 2019 the South Carolina Youth Tobacco Survey found that 27.5% of high school students reported using tobacco products in the past 30 days. In 2021, the same study found the percentage of high school students using tobacco products had dropped to 24.5%. While the rate of youth tobacco use has decreased over the years, it remains a significant public health concern, and efforts to prevent and reduce tobacco use among young people need to continue.

Having served in both the House and Senate at the state level, I thoroughly enjoyed working across party lines. This issue should be one where both sides can work together for the betterment of society.

Join me in asking Congress to hold the current administration and the FDA accountable for enforcing regulations on disposable vape products and remove those that enter the market illegally without regulation. It is imperative that congressional leaders work in a nonpartisan manner to protect the health and safety of our children.



Wake Up and Choose Your Financial "Reset"

by Kirk Elliott



For months and even years, I've been talking about how globalist bankers want to revolutionize their system of monetary surveillance. This would include CBDCs or Central Bank Digital Currencies.

Twenty-nine countries have already implemented Central bank digital currencies or pilot programs. Among them are China, India, Nigeria, Jamaica, the Bahamas, UAE, Australia, Singapore, and Thailand, with 114 more exploring them.

They recently rolled out a CBDC in Nigeria; of course, no one wanted to use it, so the Central Bank of Nigeria began restricting cash withdrawals to 100,000 naira (US \$225) per week for individuals and 500,000 naira (\$1,123) for businesses. That's right, and the government limited the amount of money people could withdraw so they couldn't buy food for their families unless they used the new "Fedcoin."

Even as I warned it was coming, it always seemed like the distant future for the USA. It was easy to ignore the possibility. Well, the time for waiting and anticipation has turned into the time of implementation of the Federal Reserve's FEDNOW system, which is launching as of press time.

According to the press release, this service will "facilitate nationwide reach of instant payment services by financial institutions — regardless of size or geographic location — around the clock, every day of the year."

They make it sound like rainbows and butterflies, and it certainly will be much more efficient and convenient. They just leave out the part indicating that the Federal Reserve will be the intermediary of all payments with the ability to surveil all of them.



In this era, data is power. Do you think the Federal Reserve will just sit on all that private data and not analyze it? At first, they will use AI to trigger suspicious activity reports to the government. But when does that end? We've already seen a weaponized IRS used against conservative Americans.

Although the FedNow system is not a fullfledged digital currency, it's certainly a step in that direction. While the FedNow system is being rolled out, the BIS or Bank of International Settlements has concluded its Project Icebreaker pilot program to test an alternative to the SWIFT SYSTEM.

The Bank of International Settlements is the Central Bank of Central Banks. As if the Federal Reserve wasn't powerful enough, there's another orbit of power connecting it with the other central banks of the world.

More than 10,000 financial institutions in 212 different countries use the SWIFT network to transfer funds overseas for their clients; it is an incredible centralization bottleneck that gives its shareholders considerable power. Remember how they tried to force Russia to capitulate by kicking them out of the SWIFT system?

This organization just wrapped up Project Icebreaker to test international settlements with CBDCs. And just like FedNow, they will be able to monitor every transaction and analyze them with artificial intelligence. This wouldn't be a problem at all if we trusted banks, governments, and the big tech partners who will be implementing this new infrastructure.

We know too well what the government of China has implemented with their Western technology partners: a social credit system. Unfortunately, the World Economic Forum and others have made it clear that they want a similar system for the West. This would be the kind of system that would reward political correctness and punish dissidents.

Right now, the most popular movie in America is "The Sound of Freedom." However, the mainstream media has discredited it. Apparently, now Mel Gibson, Jim Caviezel, and millions of movie watchers who support this movie are conspiracy theorists for exposing child sex trafficking.

BIG BROTHER



IS WATCHING YOU

Why am I bringing this up? We've already seen conservative activists who are vocal on this issue get debanked from PayPal, Venmo, and other payment systems. We can't allow the Federal Reserve, BIS, and the other power structures to surveil us and evaluate our spending behavior, or American citizens will be subjected to the same control already in place in China.

The World Economic Forum and its partners have an ideology. You must support Ukraine. You must believe in "climate change." If you don't toe the line by canceling Russia and limiting your meat consumption, you must be punished!

It starts with the surveillance collection, and eventually, they will institute an evaluation of your spending patterns. They might want to limit your ability to buy firearms or make campaign contributions to ultra-right-wing parties like ... the Republicans! That's right, what seems normal to us might be considered illegal in a collectivist controlled financial/governmental system.

In "their" world, you won't own firearms. You will only support their party; you will eat the bugs, you will own nothing, and be happy! What is my response? Well, I'm American, and you can pry my beef steak from my cold dead fingers! We must create a parallel economy, and luckily this is already happening. Many states have started to reintroduce constitutional money (Gold and Silver).



The BRICS nations have already hinted that their currency will be gold-backed. There are alternatives to the globalist system, and you and I can be a part of it. We can own something that is completely private and non-traceable by the government. We don't have to keep our retirement money in BlackRock's control. There is a way out of the system, and I love helping people do it.

I'm a bit like Morpheus in The Matrix, but I only offer the red pill. You can take the blue pill and eat a slimy steak made of Bill Gates' toxic bug goo, or you can take the red pill and wake up to the crisis that is forming around us. But at least you'll be able to dodge the coming bullets.

Kirk Elliott is the founder of Kirk Elliott Ph.D. Private Advisors





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DEFENDING THE HEALTH OF THE USA:

John Defendis discusses his solutions for America



Though John Defendis has given up competing in bodybuilding competitions, he hasn't given up 'the weights.' His focus has shifted from his personal success to the success of his clients. As a former Professional Bodybuilder and International Fitness and Sports Hall of Fame Inductee, it's obvious he can walk the walk. Defendis has trained several celebrities and public figures, including Newt Gingrich and Calvin Klein, over the years and continues to run a successful business called UltraFit.



From his time competing to when he began training clients, America has changed. Defendis won his first award as a teenager in 1978 and has weathered the barrage of fad diets, the latest get-fit-quick schemes, and other useless tactics meant to aid long-term health. His first client was his mother after she suffered a heart attack. He helped her lose 180 pounds and saw the effect the transformation had on her. He realized how much his knowledge could help others, and to him, it was a defining moment of his life. His mission became to help others

with the gift of his knowledge and passion in the areas of health and wellness.

Defendis talked with George to share some memories from his success over the years, his thoughts on where America is going wrong with diets, and where we should go from here.

Rachel: Can you talk about the additives in the food? What are your thoughts, and do you think they play a role in the health of Americans?

JD: From the very beginning, my nutrition was Whole Foods. Everything we do is Whole Foods. Additives, especially sodium, are what is destroying America. With my program Ultrafit, we call it the Ultrafit three demons, which are salt, sugar and fat, saturated fat. People always put a lot of emphasis on fat or even on sugar, but to me, the biggest culprit, the worst thing, is salt. We take in tremendous amounts of sodium because every food is laden with salt. Let's say you have food that goes to a warehouse, and then it's distributed to Walmart, They want to preserve that food as long as possible, and salt is the best preservative.

What happens is the body retains tremendous amounts of water. When the body retains tremendous amounts of water, it no longer filters properly. So, you don't go to the bathroom as much, you don't drink as much, and it's staying there. Then the tissues get drenched and bloated, and then your digestion suffers because the entire process minimizes your metabolic rate. Picture a pool filter, and the pool filter gets clogged up, so the water isn't running through the pool filter properly. Well, when that happens, the pool starts to get dirtier and dirtier until it's all clogged up. And that's how it is with sodium.

The more sodium you take in, the more water your body holds, the less you perspire, the less you go to the bathroom, and then you end up with this bloated body that no longer functions properly.

And then, the metabolic rate slows down, and the body stores fat. So, it's not just a matter of retaining tremendous amounts of water or getting bloated, but it's slowing down your metabolic rate so that your body no longer utilizes the food.

Rachel: What do you like to have your clients do for a workout?

JD: When I started my program, everyone said I was crazy because I always preached no cardio. Cardio is one of the things that really minimizes results. Cardio must be built into the workout. So, if I take you through a leg workout, and I bring you through a good leg workout, and I break down muscle, and I have to repair that muscle, I want to feed your body quality nutrients. Those quality foods come in the way of Whole Foods. Chicken, fish, sweet potatoes, baked potatoes, rice.

If I'm taking in good nutrition but then I do an extra 30 - 40 minutes of cardio, the cardio burns ingested calories, which are the calories that I need to be able to recover from that workout. And the second thing it burns is muscle, and then it will burn a little bit of fat, but in the process of burning fat, it's burning muscle, and it's not allowing you to recover.

So, you lose a few pounds, and everything just plateaus. This is what people do across the country. And then what happens is after it plateaus, they quit working out, and six months later, they realize they are still paying for a gym membership. Then they come back and go right back to what they did that caused them to fail. We have no conventional cardio in the program; the cardio is built into the workout. Once that hour is over, it's all clean food and rest, and then the body recovers; you're able to increase your lean muscle, which increases your metabolic rate and allows you to burn fat more efficiently.

Rachel: Who could benefit from a personal trainer?

JD: Everybody. And I mean everybody. I told the trainers if I walk into a mall that has 3,000 people in it, and I just got my plumber's license, who's my market? And the answer is you have no idea what your market is. Maybe a few people, maybe nobody. You have no idea who needs a plumber, who needs a garbage disposal changed, or who wants to get their toilets unplugged. If you're a personal trainer and you walk into a mall and ask the same question, every single person is your market because a personal trainer not only holds

them accountable to their nutrition goals, but they hold them accountable to their workouts and challenge them to the next level.

The art of being a great trainer is challenging you beyond what you could do yourself. And when you're done with that workout, if I were to ask you, could you have done that workout yourself? They would say "absolutely not" because the human mind will only take you to a certain level. My goal is that this workout is going to be the best workout, the hardest workout they've ever done in their entire life. But I'm going to get them through it. And when they finish, they're able to walk out the door saying, "Oh, my gosh, I can't believe I did that," and it builds them mentally as well as physically.

Rachel: The issue of childhood obesity is becoming increasingly concerning. Why do you think kids are overweight these days?

JD: I think there's a multitude of reasons. One of the biggest is the high incidence of divorce and families breaking up. Parents feel guilty, so they want to give their kids whatever they want -- giving them junk food to make up for the fact that they feel guilty about not having a full family unit.

Another reason is that it's easy to go to a drivethru McDonald's and buy a bunch of junk food at a very cheap price, or less than it would be if they were going to prepare a full meal. It's quick, easy, and with the time restraints that people have, they don't have the time to cook a full meal for the family. They'd rather spend that time with the family. So, let's just pick up some fast food and go home and enjoy it.

Other factors that come into play are economics or the family unit not being together and being able to sit down at the dinner table like we once did. I think one of the saddest things in life is that there's no more 5:30 dinner where the family sits down, you have a conversation, and you have a nice meal.

Now kids usually grab food and go up to their room, or they go in the movie room. Very few families sit down and actually have a good, home-cooked meal. And you've got the fact that parents aren't home to monitor their kids as much, got a bunch of junk food in the house, and the kid is going to sit down and play a video game.

Rachel: How does the healthcare system come into play? JD: Here's an interesting thing. Everybody goes to the doctor, gets their blood pressure checked, and they have high blood pressure. And what's the first thing the doctor does? He doesn't educate them on nutrition; he doesn't educate them on exercise. "Oh, we got to put you on a blood pressure medication."

Once they're on that medication, their body becomes dependent on that medication, and they start eating even worse -- because the medication is masking it. When I ran UltraFit Florida, I had 350 trainers in Florida. If somebody came to me and I asked them, "Do you have high blood pressure?" They would respond, yes, I have high blood pressure, so I'm on medication, or they would say no, my blood pressure is good.

When I came to South Carolina, I would sit down with somebody and ask how's your blood pressure? They'd say blood pressure is good. Great. Okay, what about cholesterol? Cholesterol is fine. Okay, so you're not on any medications? Well, yeah, I'm on two blood pressure medications. They've been convinced their blood pressure is fine because the medication is making it fine, right?



Rachel: Why do you think they are so quick to prescribe medications?

JD: I think there are several reasons. Number one is the money because there's got to be a kickback with the pharmaceutical companies. And then second is I don't have time to spend a half hour explaining what Mary should be doing. It takes me 30 seconds to write this prescription and hand it to you, and I have a whole boatload of clients waiting. Medical professionals are so inundated with a massive, massive number of people who are sick because people aren't taking care of themselves. Unfortunately, I've even talked to doctors that

really want to help people, but they don't have time to do it because they have to see so many patients a day.

Rachel: You trained Newt Gingrich and some other politicians you can't share due to confidentiality.

JD: Yes, I have worked with 17 senators and congressmen. Here's the sad thing. When I was with Newt Gingrich, I had been training Jim Robinson, who was the CEO of American Express, and he gave me Trump's personal phone number and said, "I've got a new client for you." This was in '97. I called Trump and spoke to Trump and my plan was, when I finished with Newt, I was going to go down and train Donald Trump at Mar a Lago because I lived in Palm Beach County.

But when I eventually returned [to Florida] four or five months later, the numbers changed, and I never went to Mar a Lago or anything. I didn't follow up because I had so much going on. I was training professional boxers and other stuff. Trump was Trump, but he wasn't the Trump he is now. If it had been at the magnitude it is now, I would have done whatever it took to get to him. I wrote to him in his final year in office that I put together a package, but I don't think he ever got it.

Your health is an investment, not an expense

My thing is, I wanted to take over the President's Council on Fitness because nobody's doing anything with it. Obama gave the President's Council on Fitness to Drew Brees, the quarterback of the Saints. This guy's got a huge following because he's a superstar quarterback, but they never did anything with it. The last person I think did anything with the President's Council was Arnold when they would go to schools and do some events, but nobody did anything with it.

My program is so solid that if I had gotten the President's Council, I had a game plan. I would utilize whatever funds we could use to run a national television show, on cable or wherever, to make sure that every household in the country had the nutritional manual laid out. The best way to eat nutritionally sound food is with recipes. And then we would have a half-hour show for maybe a couple of times a week where we teach people how to exercise and how to eat properly.

But no one's doing that. You just have people selling crap on infomercials. I felt like I had a really good game plan to try to take what I have locally with my trainers in the clubs and the way I had it in Florida and just kind of run it nationally and have personal trainers and clubs implement the program and have households with a nutritional booklet that give the guidelines of exactly what they should be eating - not counting calories, carbs, fats, protein -- I don't do that, it's all built-in. I've already done the counting. I know exactly what the person should be taking in and spacing those meals out. Here's your quantity. Here's your food choices. Here are your quantities of those food choices, male or female. I mean, we have it down, so I can guarantee results for every single person I work with. I've made it so simple that a person cannot fail. And then the trainer holds them accountable to following the nutrition as well as bringing them through those workouts, you know.

Rachel: Beyond the physical benefits of training, what are other shifts do you see in your clients?

JD: Thousands of testimonials. Coming off their blood pressure medication, coming off their cholesterol medication. I can show you a 55-year-old person who didn't take care of their body, and they're debilitated and have all kinds of problems, and I could show you a client of ours who was eighty years old on a stage in a bikini looking incredible and feeling great. We have people in their 80s competing in women's bikini/women's figures. Yet there are people in their 50s who can't function because they didn't take care of themselves.

Rachel: I saw the story of you helping your mother lose weight after her heart attacks. That had to play a big role in shaping your career.

JD: My mom had her first heart attack when she was 36. My grandfather had a heart attack when he was 35 years old. I never met my grandfather. My mother was nine years old when my grandfather died. My mom had her first heart attack when she was 36. I was ten years old. They took me to the hospital, and my father picked me up and held me up to the window. My mother was in a hallway waiting to get blood work done, and she was sitting in a wheelchair. I vividly remember as a little kid, 10/11 years old at the time.

This woman took care of me. I mean, this was 1968, where fathers worked, and moms took care of the kids. All of a sudden, mom's not there. Things were pretty crazy. I was the youngest of three. So, my dad didn't know what to do. But he was a weightlifter, so he put a barbell in my hand, and he taught me how to work out when I was just ten years old to give me something to do because he didn't know what to do. My dad was bringing me home magazines with Arnold on the cover and bodybuilding and Mr. America, and when I was 13, I wrote down 'I will be Mr. America.'





My mom had her second heart attack that year. She was 39, and then, three years later, when I was 16, she had her third heart attack. They took her by helicopter from the beach to the hospital, and then when she got out of the hospital, I had been working out for six years, and I had been studying. I'd been training twice a day. I put my mother on a program and, in a period of just under two years, took 180 pounds off her, roughly 320 (pounds) to 140. And it's funny because while we were on the phone, my mom called and said she's going to be 90.

RACHEL: What do you think about this body positivity movement?

JD: It's disgusting because we're talking about people's health, and they're trying to level the playing field by making obesity normal, and it's not normal, and it's not healthy. They're trying to minimize all the harsh things in life. We're going to minimize pedophilia. We're going to minimize crime. Let's minimize the sentencing for burglaries and murders, and let's make people who are 300 or 400 pounds, make them normal. Let's minimize the fact that they're overweight and unhealthy. It's not the world I grew up in, and it's horrible to watch it. You're watching a train wreck about to happen.

Rachel: What words of wisdom do you have for America?

JD: Just that we need to minimize obesity. I've never shamed anybody, and I'm not going to shame a person for being overweight. But we also don't want to glorify it. We're making it easier for people to say, "Oh, I don't have to worry about my health. Let me just eat and enjoy life." Next thing you know, their health takes a hit and when a person's health takes a hit; it's not just about that person. It's everyone who's involved with that person. Their children. It's their parents. It's the people who depend on them; it's the people they work for who depend on them to show up for work. So many people are affected by it, so it's important for us all to do what we need to do to be healthy.





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No Sugarcoating It: Toxic to Our Health





Chocolate

hen you hear about the dangers of sugar, do your eyes glaze over like a doughnut?

It's a sticky situation. We want to know the truth, the whole truth and nothing but the sweet tooth. But, then again, we sour at the thought of giving up the pleasure. And, let's face it, the addictive stuff is devilishly delicious.

How do you know if you're a slave to sweet eats? Let's taste-test a quick quiz:



If, as a kid, your favorite board game to play was Candy Land



If you've ever roared into Krispy Kreme on two wheels around midnight and eaten half a box of chocolate-covered-cream-filled sugarbombs before making it back home



If you've had a dream where you were negotiating a six-pack of cupcakes from a dealer on the street corner



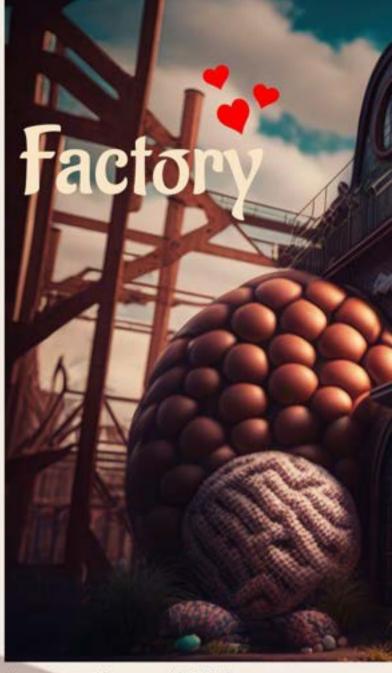
If perhaps your favorite comedic actor was John Candy



If you loved that old happy tune "The Candy Man" from The Willy Wonka Chocolate Factory movie and thought "Never have more truer words been written." (The candy man can and makes the world taste good...)

How sweet it is to find out that there may be ways to have your cake and eat it too? Well, sort of.

Like a multi-layered, chocolate mousse trifle, we dig in — and ultimately get to the bottom of things.



Sugar Is a...Rhymes with Witch

George interviewed one of the nation's leading experts on the topic of blood sugar control and brain rejuvenation. Dr. Ben Galyardt is author of Blood Sugar Doesn't Lie and founder of F8 Well Centers based in Colorado. (F8Wellcenters.com)

Dr. Galyardt, who is board certified in Integrative Medicine, is renowned for his mastery in Functional Medicine. It's a field which mixes these areas: the latest in genetic science, systems biology, and a study of how environmental and lifestyle factors fuel two things: the emergence and the progression of diseases.

For years Dr. Ben, as he's called by his patients, has been sounding the alarm. He doesn't sugarcoat. "Hidden blood-sugar imbalances drive chronic disease and brain disorders. By 2030, it's estimated that annual



medical and social costs related to diabetes will rise to over \$622 billion."

That's "b" as in billion...as in brownie, Butterfinger, baked potatoes and beer. If America keeps eating as-is, more than 54% of the population will have "diabesity" by then. That's sad, which stands for Standard American Diet.

Dr. Galyardt reports what is found downhill from a slide into sugar habits: a cupboard full of disease. Here's the not-so-sweet list: connections to thyroid and autoimmune problems (Hashimotos, described by many as a complex disease from hell), Leaky Gut (be aware that gut/microbiome health is 70 to 80 percent of overall health), heart disease, cancers, depression, ADD/ADHD, brain fog (more than just a 'sugar coma'), mental illness, insomnia, fatty liver, belly fat, hormone imbalances, arthritis, skin disorders,

hair loss, body aches and fatigue.

To revamp the old saying, a spoonful of sugar doesn't just help the medicine go down. Instead, it means eventually there'll be lots of medicine around. And doctors to be found. Because it is sugar itself that makes us sick.

A Brain Buster

There's another mortifying morsel of info which should cause a doughnut (mic) drop. "Now we're discovering that Alzheimer's is being termed as Type III diabetes," Dr. Galyardt reveals. "A malfunction in glucose metabolism is what links high blood sugar directly to Alzheimer's." That ought to be enough to make anyone want to forget about that second — or first — slice of cake.

The icing on the cake is this: "Consistently high and low blood sugar (spikes) are



- Dr. Ben Galyardt, founder of F8 Wellness Centers and author of Blood Sugar Doesn't Lie.

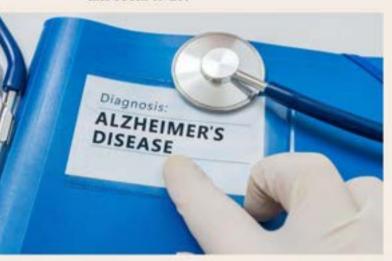


"Research is revealing that increased glucose levels can cause the brain to actually shrink."

– Dr. Ben Galyardt

problematic for the brain for critical reasons. They damage the blood brain barrier (BBB). The BBB is essential for keeping the brain safe," he explains. "It's a selectively permeable membrane, which means that it chooses what comes in and what goes out. In essence, it's the brain's protective firewall."

That firewall can take only so much injury. Internal damage is like a forest fire but is stealthy silent. Then the smoke becomes detectable. Where did I put my car keys? Why are they in the fridge? What did I come into this room to do?



Dr. Galyardt points to the hope-giving work of Dr. Dale Bredesen, an internationally recognized expert on cognitive health, aging and Alzheimer's, who has spent decades uncovering the disease pathways leading to brain disease (plaque build-up) and decline.

Dr. Bredesen has authored a book called *The End of Alzheimer's Program* which details a proven protocol with actual case studies of patients who were able to stop --- and to sometimes reverse --- memory loss.

He's classified types of Alzheimer's based upon a couple of pathways: The first one involves chronic inflammation that may be rooted in several dysfunctions. Those induce an imbalanced immune system and result in high levels of circulating inflammatory molecules. A second pathway involves non-inflammatory imbalances such as insulin resistance and vitamin deficiencies. Get this: full-blown diabetes is not required for pathways to dovetail into disaster.

Dr. Galyardt asks the \$64,000 question: Why does the body lay down plaque, whether it's in the brain or in arteries of the heart? "Plaque doesn't just magically go there --- it is a response to inflammation." He shares that his cousin, at age 52, died last year of a heart attack. "He smoked, he ate poorly...and that's how his life ended. Eating badly should be on the same level as the risk of smoking (tobacco usage). Blood-sugar imbalances should be on the same level of (danger)."

Of course, over time, more sugar spikes equal more risk. According to Dr. Galyardt, people with diabetes have "twice the likelihood of developing Alzheimer's. In fact, obesity and metabolic syndrome alone can lead to cognitive dysfunction."

Sugar intake can cause the brain to shrink, he warns. Small-vessel disease restricts blood flow to the brain and, if severe, can cause vascular dementia.

"It's the inflammatory response from imbalanced blood sugar that's linking various illnesses together," emphasizes Dr. Galyardt. "Imagine that this dysregulation occurs beneath the surface every day for months or years. At some point, the body will have had enough and won't be able to fight off a full-blown disease."

Sharing from a personal viewpoint, Dr.
Galyardt grew up in an active-lifestyle family
with an eye on nutrition. But a shock
happened when, during his junior year in high
school in the middle of a football game, his
mom collapsed and was rushed to the
emergency room. Many doctor visits and tests
followed. Finally, a diagnosis of Multiple
Sclerosis (MS), a devastating, disabling
disease of the central nervous system which
jacks up the flow of information between the
brain and the body.

Conforming to the traditional medical route, his mom was prescribed every pharmaceutical drug known to man — with little to no success. She resigned herself to the aid of a cane and an electric cart in order to grocery shop.

But it was a Functional Medicine approach championed by Dr. Galyardt, and a correction of blood-sugar balance (aiming between 85 and 110 mg/dL), that reaped real results. "The last MRI showed zero plaque on her spine or brain! The neurologist was dumbfounded and couldn't comprehend how her body had stopped the pervasive damage and mended scarred areas."

Blood-sugar roller coasters derail our health by fueling chronic inflammation. Sadly



enough, the word inflammation is something today's typical, traditionally trained doctor won't usually warn about.

Inflammation Nation

"My patients come in with symptoms ranging from multiple sclerosis to cancer, chronic fatigue to attention deficit. Often, they arrive with no diagnosis but a general feeling of failing health," Dr. Galyardt says. "Each time, we find a unique blood sugar pattern that gives us an indisputable look into how their bodies are reacting to the foods they eat."

French biochemist Jessie Inchauspe', author of *Glucose Revolution*, adds: "When we allow our levels to spike, our mitochondria become overwhelmed and start producing chemicals called free radicals, which harm our cells, mutate our DNA, lead to oxidative stress and inflammation." That recipe essentially causes our bodies and brains to "rust out" and age faster than a doughnut drying out in a desert.

What about the shakedown on the heart? Glucose damages the blood vessels, then immune cells and cholesterol collect. Lollipop Lane, so to speak, leads to Loser Lane as one hopscotches toward plaque and blockages. "That means a heart attack or stroke is likely to follow," Inchauspe' says.

Most doctors throw a statin at patients, but newer research is showing statins may do more harm than good. One protocol that may aid some heart issues involves anti-inflammatory nutrition as well as supplements known as the "awesome foursome."

Recommended by the late Dr. Stephen T. Sinatra (a cardiologist who specialized in integrative medicine), those consist of Coenzyme Q10 (CoQ10), L-Carnitine, D-ribose and magnesium. Together those may increase energy, or ATP production, by supporting mitochondria within cells.



The Dr. Linus Pauling protocol --- which calls for large doses of healing Vitamin C, proline and lysine --- also has a strong following. See https://jeffreydachmd.com/heart-diseasevitamin-c-and-linus-pauling2/

Sugar is indeed a bad boy but not the only culprit. Dr. Galyardt calls them out:
"Inflammation can be caused by many factors such as ongoing stress, trauma, poor diet, infection, obesity and exposure to toxins through pollution or heavy metals. Most of my patients have suffered a combination of those influences, and when mixed with certain genetic variations, the body loses optimal functioning and disease develops."

Inchauspe' also steers clear of sugar because it is aging, causes wrinkles and makes us look old before our time. "AGEs (advanced glycation end-products) are molecules that develop when proteins are exposed to sugar."

Then there's the fact that eating sugar (and carbs that easily convert into sugar) clobber the immune system. Those who avoided it fared much better in batting away Covid-19.

"COVID causes an inflammatory response and in many cases appears to be impacting the brain," Dr. Galyardt says. "We treat that with immune-system support. First, we want to take a step back and look at the inflammatory process and how we can get that under control. We stabilize blood sugar first and foremost. Address the leaky gut, support the adrenals, and remove food allergies. Those things will lower your inflammatory response."

Many would agree that, as more news is surfacing, the so-called 'vaccines' --- which were aggressively and deceptively marketed by big-government-big pharma (making big money) --- are proving to be (a largely liability-free) experiment on the population. An affront to the Nuremberg Code. A huge hoax and a harm.

Beating Back the Bad Boy

If a sea of sugar is so bad for us, then why are we swimming in it so much? According to Dr. Galvardt, "We've been trained to think as a society that food, especially sugary ones, are what we go to when we're down or depressed. And then it's also what we go to when we're celebrating. So we need to take the emotional component out and see food as smething to fuel our bodies."

Easier said than done.

Angela, 60, is a self-confessed super addict who lives in the South. "Who in the neck of the woods doesn't love sweet tea? Like a little tea with my sugar. It should be illegal to serve unsweet! And oh, how I can inhale occount cake! The list goes on and on," she says, rolling her eyes. "I'm losing the bank of the bulge and my autoimmune and sky-high cholesterol problems haunt me...

The thing is my grandmother died from dementia. I remember she kept a drawer full of sweets filled with those orange circus peanuts and chocolate-covered cherries." Angela laments: "I know it can't lead to a good place, but I can't imagine not having something sweet after lunch or dinner or both. It's my emotional crutch. I feel powerless to stop the madness....it makes me feel like a failure, like a crack-cocaine addict. I've stopped and started up again 1,000 times."

According to Dr. Galyardt, it's important to find out what's eating at us. What's driving us toward self-harm...using food? Investigation and information are empowering.

The only sure way to know how our bodies react to various kinds of food? By pricking the finger for blood testing, or by using a Continuous Glucose Monitor. "For some people, a sweet potato can be worse than a white potato. Some people can't have berries, but an apple is just fine," he says. The goal is finding out which foods you normally eat and what they are doing to your blood sugar. Then modify accordingly.

Instead of thinking: "What can I eat that tastes good?" We need to flip the script to: "What can I eat that will put out the fires of inflammation in my body and brain?" We can't typically go wrong with grass-fed meat, quality fats and low-carb veggies. If it means eating the same things over and over, just to prevent those spikes, so be it. And don't fall back on the old "it's so expensive to eat well" reasoning. A bag of potato chips costs more than a bag of potatoes, Dr. Galyardt points out.

A small number of sugar substitutes (such as those made with monk fruit) can be used to make a low-carb treat. But avoid aspartame, sucralose, acesulfame potassium and most artificial sweeteners because of their chemicals and how they mimic sugar's side effects. (For a healthful summer sweet treat, as well as **Health Hacks**, see the articles accompanying this story).

Yes, the truth is a tough pill to swallow and a lot to soak in. But if you're tired of drowning in a sea of sugar, grab the Lifesavers advice that Dr. Galyardt is dispensing. "Our bodies truly have the ability to heal. We were designed in God's image. The bad things we've done to our bodies and to the environment have had detrimental effects. But if we do enough of the good stuff, and take out enough of the bad stuff, our bodies can heal," he encourages.

"My mom healed by doing that. You can too! Our bodies are meant to self-regulate. F8 means it is our fate to be healthy. You can experience a turnaround. And even a miracle."

Looking back to yesteryear as kids --- when our preferred go-to game might have been Candy Land --- well, it's time we realize our aging bodies can't just play around anymore. Sugar is anything but nice and can cause us to lose in life in so many ways. So, the best way to win...is not to play.

Award-winning writer, news journalist and broadcaster Renee' for the Republic, M.S., is a momma bear freedom-fighter and a motivator for all-things-red-white-and-blue-tiful. She's been a featured guest on the worldwide Christian Television Network and has cohosted TV's "Let's Talk America."

Find and follow Renee's liberty-lovingmission on social media at Star Spangled Chick or at StarSpangledChick.com.



TAKIN' IT EASY ON THE SUGAR STRAWBERRY SHORTCAKE

Ingredients:

1 tbsp Unsalted butter

1/2 tsp Vanilla extract

3 tbsp Coconut Flour

2 tbsp Monkfruit sugar or erythritol sweetener

1/2 tsp Baking powder (gluten-free)

1 pinch Sea salt

1 large Egg (organic)

1 cup Sugar-free, full-fat organic whipped cream 1/2 cup Strawberries (sliced). If desired, add other low-sugar berries such as blueberries, blackberries and raspberries. Choose organic whenever possible.

Instructions:

Melt the butter in a mug or ramekin in the microwave for about 30 seconds. Stir in vanilla.

Add the almond flour, coconut flour, monk fruit or erythritol, gluten-free baking powder, sea salt and egg. Stir until well combined. Smooth the top with the back of a spoon. Microwave for 90 seconds until

Run a knife along the edges and flip over a plate or paper towel to release. Cut the cake into cubes.

Place half of the cake cubes at the bottom of a cute container such as a mini-Mason jar. Top with half of the berries, then half of the whipped cream. Repeat the layers of cake, berries and cream. Chill thoroughly.

Ahhhh, the sweet taste of summer. Minus much of the guilt.

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- ✓ What percentage of relationships within your database have either gone dormant or are heading well down that path?
- ✓ Do your contacts receive 'one-size-fits-all' marketing messages, or do you have a way to customize and deliver preference-specific messages on behalf of your reps (to build a strong personal brand)?
- ✓ Have you made time to provide your reps with consistent, personal, one-on-one coaching and mentoring?
- Do your reps know how to identify and adapt to all four of the buying styles?

If your answers created a nagging doubt in your mind, let's talk and discuss solutions.

My name is **Scott Zimmerman**, and I look forward to our conversation:

Use QR code to schedule at your convenience or send me an email: Scott@CyranoService.com

Contact Scott Zimmermam

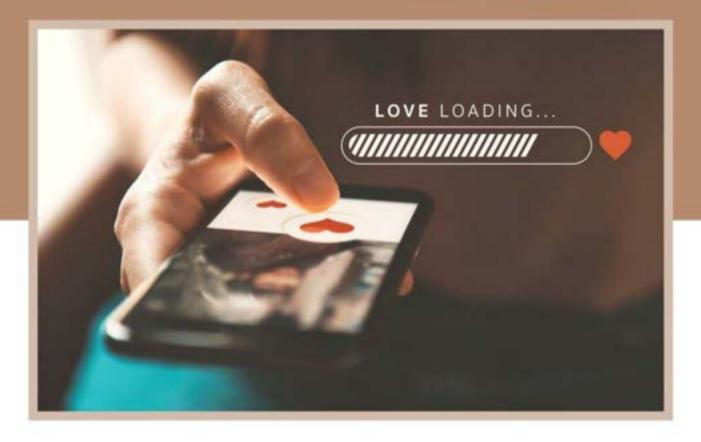






The Unvaccinated Marketplace

By Zach Moore



In 2023, people like dividing themselves up into groups.

Universities in the Northeast where I went to school, starting in 2008, have student groups that are spliced up into every kind of individual you can be. These groups divide themselves from other groups and form a mini unit for that moment in time, even if that moment in time is just a weekly, one-hour meeting.

These mini units are frequently based on immutable characteristics like race and even gender, despite those colleges being unsure how many genders there are now.

It seems there is every kind of group on these colleges except a group exclusively for straight, white, biological men.

The LGBT flag used to do the same, it set a group apart, but now the flag has new colors and symbols on it to help represent basically every group of people in the country other than straight, white men.

Hilarious.

It's like the first day of college with all the different groups set out with tables but represented in a single flag of solidarity. Each group is represented by various colors, the result of that flag being something leftists work to replace the American flag with. They call our American flag a symbol of oppression.

The new LGBTQ, trans, and intersex flag is intersectionality in a single symbol, a symbol designed to divide us. Society wants us to believe that future elections will be won by convincing everyone that the color of their skin, the people they have sex with, or the anti-medical medical procedures they take part in help bind them in solidarity against the invisible, oppressive hand of the straight, white man.

That is if elections are really won at all. But now, it seems we have our own group. No, I'm not talking about straight, white men. Lord knows society already thinks we shouldn't be allowed to congregate in groups of eight or more without FBI supervision.

I'm talking about the unvaccinated. The mainstream media has recently labeled them "Nazis" for not wanting to get the jab, but that same argument can be used on the vaccinated as well. It is all meant to push hate and further divide us.

This is a group that survived the greatest propaganda campaign in the history of the world. It was an all-out assault from all sides.

Television news outlets made fun of people for taking Ivermectin for Covid by saying they ate horse paste, as if Ivermectin wasn't a Nobel Prize-winning medication. This is because the majority of TV advertising revenue comes from pharmaceutical companies relying on there being no "solution." If there was another medical solution, then these companies wouldn't have been able to make \$200 billion dollars selling non-functioning medical products that actually make you statistically more susceptible to Covid six months after the jab.



Cures had to be disproven, and as a result, people died. "We gotta make that paper, son!"

Social media sites took down medical information they deemed misinformation. It was hard for most to see the narrative being set forth from every direction. The unvaccinated are a proud group, and for good reason.

They passed "The Propaganda Test."

That is the test where you get to figure out if you would have fallen prey to propaganda campaigns, like in 1930s Germany. Where you figure out if you would have given in to the pressure to yell at, belittle, or turn on your fellow citizens.

Some felt pressured into getting the shot through no fault of their own. Others went all the way to the dark side. A great example is Jimmy Kimmel's monologue about how the



unvaccinated didn't deserve health care. This monologue will be one of the snapshots in time that lives on as an illustration of someone who let fear and hatred consume them.

The unvaccinated fought off vaccination campaigns and stood up to peer pressure at the local level. They were socially ostracized. Some lost family, many lost their jobs, and more lost friends.

After going through that kind of experience, it's not unheard of for an unvaccinated individual to seek out an unvaccinated partner. Not because they want to create more division, but because medically they want a surrogate whose ovaries haven't been attacked by spike proteins. Unvaccinated blood banks have been created due to the serious concerns for long lasting medical issues associated with this experimental vaccine.



The unvaccinated do not want to discriminate against others. Yet the mainstream media continues to attack, in any way they can, those who chose not to get a vaccine. The non-medical medical experiment has been proven to be quite dangerous, even garnering the nickname: "The Clot Shot."

The unvaccinated services market has needed a major actor to get in on the scene, as the barriers to entry are strong.

As the unvaccinated dating app Unjected found out, which comes as no surprise to any of us, there was no place for them on the Apple Store. Their launch is now remembered through headlines from unfriendly "news" outlets telling us how the "Anti-Vax dating site" exposed users' data.

The Unjected website has a Press Release that tells us there was further sabotage from within the company: "The World's First Unvaccinated Platform has been the Victim of theft by an Unscrupulous Web Developer."

Allegedly a man named Oystein Kirknes was given a stake in the company for his services, then failed to deliver on his promises and was fired. He has since locked the rightful owners out of the website and has captured the payment processing service, effectively eliminating the means of revenue for the company.

The company ends the presser announcing that "We have recently entered into a partnership with Foster Coulson of The Wellness Company, and we hope that you stick with us during this final tribulation as we head off to a spike-protein-free future together!"

Coulson states he "started The Wellness Company to fight those who attacked our medical freedom and to build an entity to fight for your health sovereignty through a true parallel system."

He is "now standing behind Shelby and Heather and their company -Unjected - to help them build a home for those seeking unaltered love and connections in these difficult and confusing times."

We'll see where this goes for them.

There's another application called "Unjabbed: Unvaccinated Dating," which seems to be available on Google Play. It has 5,000+ downloads and a 1.9 rating with 51 reviews.

The bad reviews I've read seem genuine, so the bad reviews don't seem to be a function of the political nature of the application but rather real issues with functionality.

A bad launch for an app is tough to come back from, no matter how much they fix the app. On May 26th, the app responded to recent and months-old reviews with comments on a complete rebuild.

Who launched these applications though? With most entrepreneurial ventures, the most important thing, maybe even more so than financial backing, is the team behind it. Considering the issues that come with applications in the political climate in which we exist, the best course of action would be something more online than in an app store. Although, as Parler showed us, Amazon might just kick you off the Internet.

Another outlet is called 4ThePure.com. A Twitter video that serves as the site's press release states that 4ThePure is in the process of recruiting founding members who will pay \$2500 for a lifetime membership.

It costs a decent chunk of money to be involved in a company that aims to unite "pro-freedom communities from around the nation." Members will receive a 25% discount on all products and events sponsored by 4ThePure as well as access to retreats and seminars.



The site aims to connect the "like-minded individuals who courageously stood against the Covid-19 jab campaign." The company states the programs will be used for news updates, friendships, dating, and business networking.

Going on the site reveals access to blood banks, sperm donors, and surrogates for "pure bloods."

The price might seem high, but the aim seems to be towards a wealthier clientele that is looking to make the push to "engender the change we desire," according to a press release.

4ThePure's price tag reflects the difficulty of being in the space, in knowing you can't go the conventional route, but the site does offer those higher ticket items in the health field.





There is a market segment that could come to the site for assurance that they or their progeny won't have a life that carries risk. In the future, members may even find adoptions from unvaccinated couples through the site. The membership strategy could be a practical option and an idea to build the change we desire.

While we've all, out of necessity, let go of some of the anger we felt toward those who didn't pass the Propaganda Test, we still have to remind ourselves of the importance of aligning with the people who passed the test. There is a high level of importance in building a future where people with the kind of



character have more power and those who tried to shame, punish, and oppress us have less power. I feel we need strategies and actions like this to make that our future reality.

Think of how far the World Economic Forum, Epstein's best buddies, and global elite types got with the Covid scare. It's only a matter of time before they try to make another push for tyranny, and every multi-national corporation that wants to take part in the global economy takes part ... again.

We can never forget the way that every corporation put out press releases in support of the BLM/Antifa riots the Monday after the first full weekend of an all out assault on American cities in June 2020.

The reality in which the unvaccinated exist is that we probably shouldn't be looking to the online world for solutions to our problems. Sure, these could be honeypots, but even more so, there's just going to be a constant stream of resistance from all sides on the technological front. Free apps will just be pushed off their platforms, and even websites face the same risk as was illustrated with Parler.



Vaccination status matters most to those who are youngest, those who still have future children to think about, but also those who are truly most at risk for side effects as the bioweapon seems to have the largest negative impacts on our youngest, most virulent population.

So, if you're young, unvaccinated, and looking for love, then you should be looking to find communities where you're likely to find others like you.

You don't need a website or a special group to do that. There are plenty of ways to find other unvaccinated people in today's society without starting a group that has it in the headline.

You can find these people in physically and mentally healthy communities that already exist like CrossFit gyms, martial arts academies, or churches.

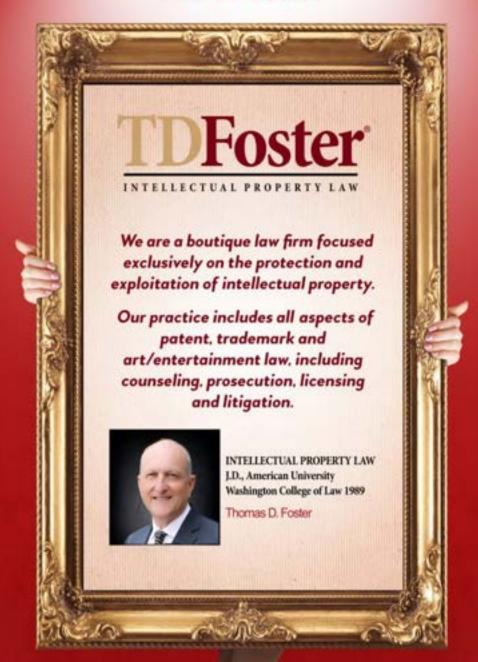
Here in Austin, there are new styles of Private Health and Social Clubs forming like the Sapien Center and The Kollective, as people recognize that a gym is more than just a gym; it's a community.

Our solutions to an increasingly online world are simple: Get Offline.





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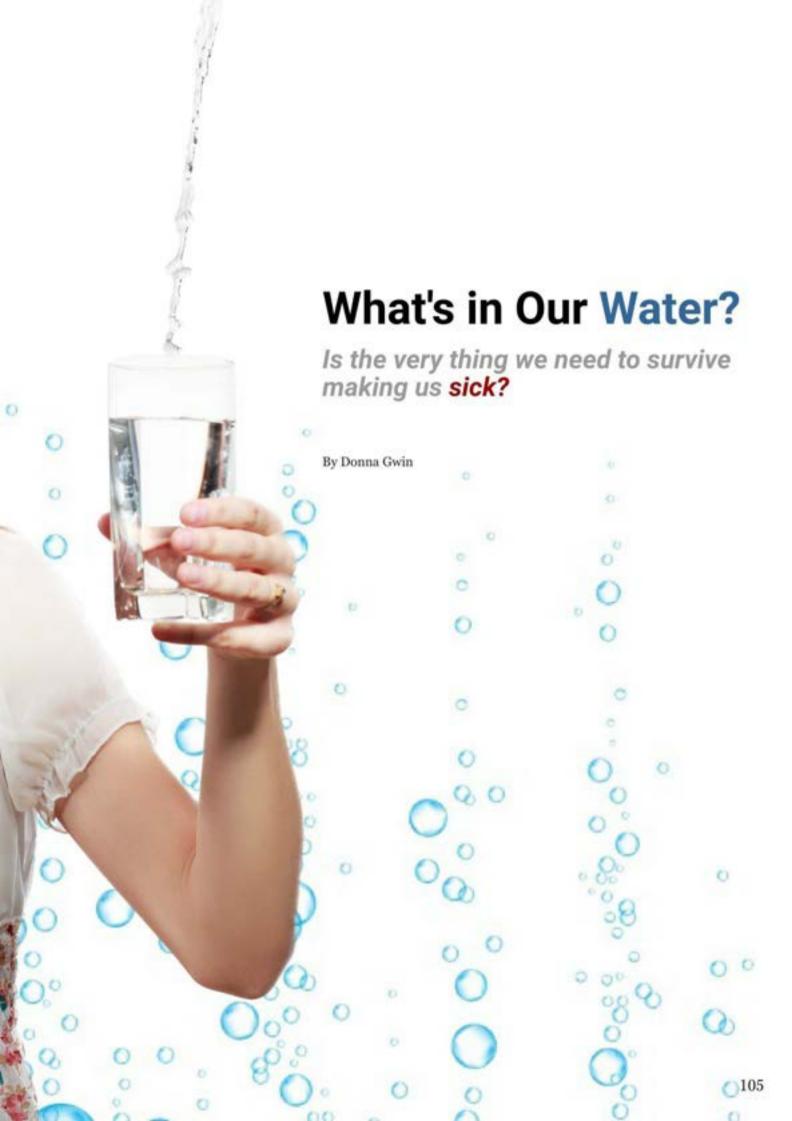
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iquid gold from God: water. Cool, clear water flowing down from a waterfall or rolling over the rocks in a stream looks and tastes so refreshing. We cannot survive without lifesustaining water. We need it for our bodies to function properly, and it sustains life as God intended.

But something is going on with the water that is not in our best interests and is detrimental to our health. There are forever chemicals, fluoride, and plastic particles turning our life-giving water into harmful liquid, doing irreparable harm to our bodies. We all must ask ourselves what we can do to remove these toxic chemicals, so we feel safe. Here are the dangers lurking in our water and a look into why they are there.

Fluoride

We have been told over the years that fluoride was added to the water to improve dental health. But more recently, we have been made aware of the dangers of Fluoride and now know how toxic it is. Dr. Bill Osmunson, an American dentist, states that a pea-sized amount (0.25g) of toothpaste contains about one-quarter milligram of fluoride, which is equivalent to what would be in an 8-ounce glass of water, and that is all that is needed to call the poison control center. How many 8-ounce glasses of water do we drink in a day? If each glass has enough fluoride that we should call the poison control center, how does this affect our health throughout our lifetime? Our toothpaste also comes with a warning on every tube of fluoridated toothpaste: their recommendation is, 'If swallowed, call the poison control center.' (Globalhealing.com)

How much toothpaste do our children swallow over the course of a day, a week, a month, a lifetime: how does fluoride harm the body? Fluoride is a neurotoxin that, among other risks to our health, damages the pineal gland by causing calcification. The pineal gland produces the hormone melatonin. Melatonin controls the body's cycle of sleep. When fluoride accumulates in the pineal gland and causes calcification, the pineal gland can no longer work properly. Calcification of the pineal gland causes it to lose the ability to produce melatonin, a sleepregulating hormone, and that is not the only issue caused by fluoride. When our bones and teeth are exposed to fluoridation, this chemical can cause pitting in the enamel of our teeth and weaken our bones. (Check out the documentary, Fluoride: Poison on Tap) 1-



What are PFAS? 'Forever Chemicals'

Another danger lurking in our water and one less talked about is a group of chemicals called 'per-and poly-fluoroalkyl substances,' or PFAS. They are a large group of synthetic chemicals used in manufacturing products like non-stick pans, stain-resistant clothing, and even rugs. We all have PFAS chemicals in our bodies. PFAS are found in all kinds of products and end up in our drinking water. These synthetic chemicals, known as 'forever chemicals,' are so named because they do not simply degrade and disappear. These chemicals take hundreds of years to break down, and once they are in our bodies, they accumulate over time and can lead to serious health issues.

These chemicals don't break down in the body; they stick to our blood, so levels increase over time. We are finding children with these chemicals in them and literally everyone in the entire world. Exposure to these chemicals can cause numerous health problems: from testicular cancer and kidney cancer and harm to the liver and thyroid, impacting childhood development.



They are everywhere, come from various sources. and are linked to cancer, weight gain, weakened immune systems, and a host of other health problems. These 'forever chemicals' are used in everything. They are so prevalent scientists say there is no safe place where we can avoid them. From the foam firefighters use to put out fires to the coating on food wrappers we get at a drive-through window. Our clothes, cookware, make-up, body lotions, bath products, carpets in our homes and cars, and the mattress we sleep on, all have these chemicals in or on them. Forever chemicals are what prevents fast food from sticking to the wrapper. It makes our clothes, cookware, carpets, and throw rugs stain resistant. And that is just the tip of the 'forever chemical iceberg' and gives us an idea of how they end up in our bodies.

The foam firefighters use, per- or poly-fluoroalkyl, is a class B Aqueous Film-Forming Foams (AFFF), and there are restrictions on how they are disposed of, where they can be used, and most states have individual laws and restrictions. Though there are restrictions on the use of and clean-up of AFFF once a fire is extinguished, there is no way to recover all the foam for 'safe' disposal. How safe is the safe disposal? The chemicals seep into the ground and eventually end up in our water supply. (In December 2019, Congress passed the National Defense Authorization Act (NDAA), which contains a law to phase out the use of AFFF on Military bases by October 2024.)

The wrappers from fast food, packaging, plastic bottles used for lotions, and jars used for beauty products containing these chemicals (used in most products today) eventually end up in landfills and dump sites. There are approximately 4,500 fluorine-based compounds. They are found in every home, workplace, playground, and restaurant. Make-up, soap, and beauty creams manufactured contain polyethylene as well as polypropylene, polyethylene, and terephthalate. Microbeads for exfoliation are also made from polyethylene. When we use these products and then wash our face, the microbeads are washed down the drain and into the sewer. Containers these products come in are thrown away and end up in landfills and dump sites. Water treatment plants are only able to remove upwards of ninety-five percent of these microbeads



The chemicals seep into the ground and eventually end up in our water supply.

and ninety percent of PFAS. This sounds like a good thing until you put it into perspective: with thirtyfour billion gallons of wastewater treated daily in the U.S. alone, water treatment facilities cannot remove all the synthetic chemicals; therefore, they end up in our water.

One study by the Environmental Working Group (EWG) found PSAs in the water systems in sixhundred-ten locations in forty-three states, serving nineteen million people. PSAs are part of the group of chemicals that make up the larger group of chemicals, PFAS. Four years ago, a guest on CBS, David Andrews, a senior scientist for EWG, stated, "We're talking about a problem which is basically across the entire country. These chemicals don't break down in the body; they actually stick to our blood, so levels increase over time. We are finding children with this stuff in them and literally everyone in the entire world. Exposure to these chemicals can cause numerous health problems: from testicular cancer and kidney cancer, and harm to the liver, and harm to the thyroid, and it impacts childhood development."

Although researchers are looking for the most efficient ways to remove PFAS, some are soluble in water and do end up in our drinking water. As scientists have learned and understood more about PFAS, there has been a growing concern. Except, the concern is more about the proliferation of these chemicals rather than their toxicity. For example: Although (PFAS) 'forever chemicals' are a public concern according to the Centers for Disease Control (CDC) and the Environmental Protection Agency (EPA), they say there need to be standards set to 'limit 'some' of the compounds' in drinking water. WHAT! There should be no PFAS in our drinking water, period. Forget setting a limit on a 'suitable amount.' Even though they make us sick, cause health problems, and cut our lives short, companies are still producing them, and their concern is what percentage should be allowed. We want the products we buy to last, of course, but at what cost? Manufacturers did phase out certain harmful chemicals in cookware twenty years ago, yet the lasting effects are still found in our water and soil samples. Rainwater goes through the soil and into our lakes, streams, and eventually into our water supply. Considering how long it takes for these chemicals, known as forever chemicals, to break down, this is not going to change or stop being a threat to our water for an exceptionally long time. 2.

What are Microplastics?

'Plastic in our water'

Microplastics are tiny fragments less than 0.20 in length. They come from a wide variety of products we use every day. A severe problem in our oceans is I called and set up appointments to visit and interview employees at three water treatment facilities in my area to talk to them about their regular system of ensuring clean drinking water. I can't tell you what those procedures are because no one was allowed to talk.

plastic. Plastic finds its way into our oceans, lakes, and rivers and eventually into our drinking water. The plastic is pulverized into minuscule microplastic particles, which are ingested by marine life. Aquatic studies have shown a high content in marine life which comes from various sources. Improperly disposed of trash is not the only way these particles get into our lakes, streams, and oceans. Erosion, mostly from the washing process of polyester, acrylic, and nylon clothing, makes up thirty-five percent of microplastics in the ocean.

According to sources, every garment in a load of laundry can shed up to 1,900 fibers of microplastics. Fleece sheds more and can shed up to 700,000 synthetic fibers per wash. Add to that the tiny pieces of plastic added to beauty products, cleansers, and even toothpaste: we are bombarded from every direction by these tiny microplastics most manufacturers use in their products. The use of plastic vs. natural ingredients for most beauty products as well as the fibers used in clothing started about fifty years ago.

The use of all-natural ingredients was slowly replaced with synthetics. For instance: the standard used to be ground pecan or walnut shells used for beauty products for exfoliation; now it's plastics. This was mostly implemented without much fanfare, and consumers were not warned of the dangers. This could explain why there might be plastic in the bottles, but there were microplastics found in glass bottled water as well. We might think, if these particles are so minuscule, what is the big deal? The fact is, these 'invisible to the naked eye' particles settle in our liver, kidneys, and in our bloodstream, build up over time and cause innumerable health issues.

Perspective: with thirtyfour billion gallons of wastewater treated daily in the U.S. alone, water treatment facilities cannot remove all the synthetic chemicals; therefore, they end up in our water.



One bottled water manufacturer tested four different bottled water brands, bottle after bottle, case after case, and every bottle evaluated was found to have plastic particles, not just in plastic bottles but also in glass bottles. There is much to learn about the tiny particles: how they get into our body through the water we drink and how they affect our health. According to National Ocean Service, it wasn't until December 2015 that Obama signed the Microbead-Free Waters Act banning the use of microbeads in face cream and other personal care products.

https://oceanservice.noaa.gov/facts/microplastics.html

Pharmaceuticals in our water? 'Medicines we don't take are in our water.'

Another disturbing fact is the percentage of pharmaceuticals found in our water, A U.S. Geological Survey (USGS) study found pharmaceuticals in the water due to manufacturing waste dumped into rivers or streams. Water released from Wastewater Treatment Plants (WWTPs) that receive waste from Pharmaceutical Manufacturing Facilities (PMFs) had ten to one thousand times higher amounts of drugs than other sources. These manufacturing plants aren't the only source. Let's not forget all the antibiotics and medications given to livestock animals: these chemicals are in waste. The waste is on the ground, rain comes, and where does this waste go? That waste goes into the soil, washes into the underground water, and is washed into rivers, streams, and lakes, and eventually ends up as our drinking water. And let's not give humans a pass here, either. Medicines we take are not always metabolized and come out in our waste. Which ends up in the sewer, and eventually where? You guessed

it, in Wastewater Treatment Facilities (WWTFs). Also, how many of us decide we aren't going to take all our medicine and flush it down the toilet? The number of pharmaceuticals found in drinking water is disturbing. 3-

Everything from hormones to mind-altering antidepressants and everything in between can be found in the water as a result. These drugs are going into our children's bodies, causing health issues and even infertility. Based on information found on the official U.S. government's website and a Water Science School interview with Dr. Paul Bradley, the emerging contaminants found in our water can include pharmaceuticals, personal care products, antimicrobials, antibiotics, and a whole host of other chemicals. (More in-depth information can be found in a report by NACWA called Pharmaceuticals in the Water Environment.) Below they speak of how much a child would have to ingest for this to be harmful. But my question is, "When did it become acceptable for ANY pharmaceuticals to be in the water, how long have they known about it, and what are they doing to eliminate the danger?" 4.

If the maximum concentration of all detected pharmaceuticals in one sample were summed, the value is approximately 104 ng/L. The most potent of the pharmaceuticals described in Table 1 is atenolo, with a no observable adverse effect level (NOAEL) of 0.80 milligrams per kilogram per day (mg/kg-day) based on human development. Using the U.S. EPA risk assessment paradigm, an acceptable daily intake (ADI) of 0.0027 mg/kg-day has been calculated (Snyder et al. 2008a). If we assume that all of the pharmaceuticals in Table 1 are as potent as atenolo, a child weighing 10 kilograms (kg) would need to consume approximately 26 liters (L) of this water to reach the ADI, which includes a 300 fold safety factor. However, it must be noted that this study only investigated 15 of the more than 3000 pharmaceuticals currently registered in the U.S. (Snyder et al. 2008a).



What Are the Procedures to Ensure Clean Water?

No one would talk to me.

I called and set up appointments to visit and interview employees at three water treatment facilities in my area to talk to them about their regular system of ensuring clean drinking water. I



can't tell you what those procedures are because no one was allowed to talk. I found three employees who were more than happy to sit down with me for an interview. In every case, after the first nonthreatening, basic questions with answers that can be found on any website, a supervisor came into the room, whispered something in the employees' ear, and the interview was shut down abruptly. Within two minutes, the supervisors SHUT IT DOWN. At two of the facilities, I was told by the employees (after other employees came in and whispered in their ear) that they would feel more comfortable if I talked to their supervisors who had more seniority in the companies, you know, the 'higher ups' who I am guessing were better versed on what to say and what not to say. This only made me more curious, and I wanted to know --- what are they hiding? WHAT IS IN OUR WATER?!

BUT GOD!

Whether these things were added to our water intentionally or unintentionally doesn't change the fact that they are there and are not beneficial to our health. We must keep our eyes on the big picture and trust in the LORD. He has our best interest at heart, and we are in His hands. Let's remember to keep our eyes on Jesus. No matter what is going on in this world of uncertainty, we have absolute certainty in Jesus Christ. We must keep on the Full Armor of God and stand on His word. He is our Rock, our Refuge, and the Living Water in our lives. When I hear or see things going on in the world that are scary and I feel uncertain, I am reminded of this scripture: Isaiah 54:17 "No weapon that is formed against thee shall prosper "

- 1-https://fluoridealert.org/articles/50-reasons/
- 2- https://www.energy.gov/pfas/articles/pfas-class-bfirefighting-foam-survey
- 3-https://www.americanrivers.org/threatssolutions/clean-water/pharmaceuticals-personal-care/
- 4-https://www.usgs.gov/special-topics/water-scienceschool/science/pharmaceuticals-water





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The Cult of the 7 Rays of light:

What is it, and why it is dangerous.

by William Morgan



"The cult of the "7 Rays of Light" is actually a dangerous and blasphemous deception that can lead you astray from the true path of Godly spirituality."

"The concept of the seven rays is not original or universal, but rather a distorted and modified version of ancient teachings that were adapted by various occultists and charlatans in the late 19th and early 20th centuries."

The cult of the "7 Rays of Light" also claims that by aligning oneself with the seven rays, one can manifest anything one desires and overcome any obstacle or difficulty, like that other lie of "The Secret."

There is a cult that has been gaining popularity in recent years, especially among young people, as well as the conservative right, who are looking for a sense of meaning and purpose in their lives. The cult is called the "7 Rays of Light," and it claims to teach its followers how to connect with the divine energies of the seven rays, which are supposedly emanating from the central sun of the universe.

The seven rays are a concept that has appeared in several religions and esoteric philosophies since at least the sixth century BCE, such as Hinduism, Gnosticism, Mithraism, and Theosophy. They are believed to be qualities of energy that define all beings, objects, and events in creation. The seven rays are:

1st Ray - Red:

The ray of power, will, and leadership.

2nd Ray - Orange:

The ray of wisdom, love, and creativity.

3rd Ray - :

The ray of intelligence, knowledge, and adaptability.

4th Ray - Green:

The ray of harmony, beauty, and art.

5th Ray - Blue:

The ray of truth, healing, and science.

6th Ray - Indigo:

The ray of devotion, idealism, and service.

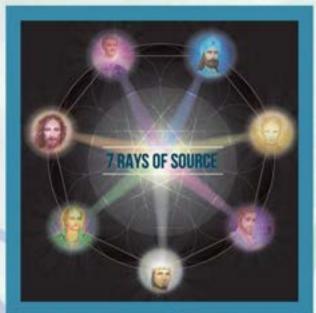
7th Ray - Violet:

The ray of transformation, freedom, and magic.

The cult of the "7 Rays of Light" teaches that each person has a dominant ray that determines their personality, talents, and destiny. By learning how to activate and balance their rays, they can achieve spiritual enlightenment and manifest their highest potential.

The cult also claims that there are ascended masters who have mastered each ray and can guide and assist their followers in their spiritual journey. Some of these masters are Jesus Christ, Saint Germain, El Morya, Kuthumi, and others.

However, as appealing as this cult may sound to some people who are searching for a deeper connection with themselves and God, the cult of the "7 Rays of Light" is a dangerous and blasphemous deception that can lead you astray from the true path of Godly spirituality. Here are some of the reasons why you should avoid this cult at all costs:

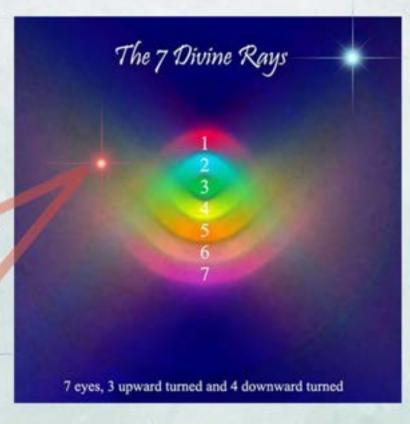




It is based on false teachings that contradict the authentic wisdom traditions of humanity. The concept of the seven rays is not original or universal but rather a distorted and modified version of ancient teachings that were adapted by various occultists and charlatans in the late 19th and early 20th centuries. These teachings were influenced by personal agendas, political ideologies, racial prejudices, and pseudoscientific theories that have no basis in reality. For example, some of these teachers claimed that certain races or nations were superior or inferior based on their ray affiliation. They also mixed up different traditions and symbols without respect or understanding of their original context and meaning. For example, they used the name of Saint Germain as an ascended master without acknowledging his historical identity as a French alchemist and adventurer who was accused of fraud and espionage.

It is a form of idolatry that worships false gods instead of the one true God. The cult of the "7 Rays of Light" elevates human beings who have allegedly ascended to godhood to a level of reverence and authority that belongs only to God. They also attribute divine qualities and powers to the seven rays that are actually aspects of God's nature and attributes. By doing so, they deny the sovereignty and uniqueness of God as the creator and sustainer of all things. They also violate the first commandment that says, "You shall have no other gods before me" (Exodus 20:3). Furthermore, they deceive themselves into thinking that they can become gods themselves by following the teachings and practices of this cult. This is a lie from the devil who tempted Eve with the same promise in the Garden of Eden: "You will be like God" (Genesis 3:5). The truth is that we are created in God's image and likeness (Genesis 1:27), but we are not God, nor can we ever be God. We are finite creatures who depend on God's Grace and Mercy for our existence and salvation.

It is a form of spiritual pride that prevents genuine humility and repentance. The cult of the "7 Rays of Light" fosters a sense of superiority and entitlement among its followers, who believe that they are special and chosen by the ascended masters and the seven rays. They also believe that they have access to secret and advanced knowledge that is hidden from the masses. They look down on other people who do not share their beliefs or who follow different paths of spirituality. They also resist any criticism or correction from others who may point out their errors or flaws. They think that they are already perfect and enlightened and



The Seven Rays

"Just as a ray of sunlight passing through a prism is refracted into the seven colors of the rainbow, so spiritual light manifest as seven rays, or flames. When we call forth these spiritual flames in our prayer and meditations, each flame creates a specific action in our body, mind and soul."

 Alchemy of the Heart by Elizabeth Clare Prophet



that they have nothing to learn or improve.

This is a dangerous attitude that blocks the possibility of growth and transformation. The Bible warns us against this kind of pride:

"Pride goes before destruction, a haughty spirit before a fall" (Proverbs 16:18). The true mark of a spiritual person is humility, which means recognizing our need for God and admitting our sins and weaknesses. The Bible also tells us: "God opposes the proud but gives grace to the humble" (James 4:6).

It is a form of escapism that avoids facing the reality and challenges of life. The cult of the "7 Rays of Light" offers false hope and a false solution to the problems and suffering of the world. It promises that by following its teachings and practices, one can achieve a state of bliss and harmony that transcends the physical and material realm. It also claims that by aligning oneself with the seven rays, one can manifest anything one desires and overcome any obstacle or difficulty, like that other lie of "The Secret." However, this is a delusion that denies the reality of sin, evil, and death that affects everyone in this fallen world. It also ignores the responsibility and accountability that we have as stewards of God's creation and as members of society. The Bible teaches us that we are not to love the world or the things in the world but rather to love God and our neighbor (1 John 2:15-17). It also teaches us that we are to seek first God's kingdom and His righteousness, and then all these things will be added to us (Matthew 6:33). It also teaches us that we are to take up our cross daily and follow and believe Jesus, who suffered and died for us, and who rose again to give us eternal life (Luke 9:23-24).

These are just some of the reasons to stay away from the cult of the "7 Rays of Light" and any other similar movements that claim to offer you a shortcut or an alternative to the true path of spirituality.

The only way to God is through Jesus Christ, who said: "I am the way, the truth, and the life. No one comes to the Father except through me" (John 14:6). The only source of wisdom is the Holy Spirit, who guides us into all truth (John 16:13). The only power that can change us is God's grace, which is sufficient for us (2 Corinthians 12:9).

Therefore, anyone espousing this cult of the "7 Rays of Light," reciting its dogma, or praying to the "7 Rays" should be looked upon with great wariness and suspicion and stayed clear of.

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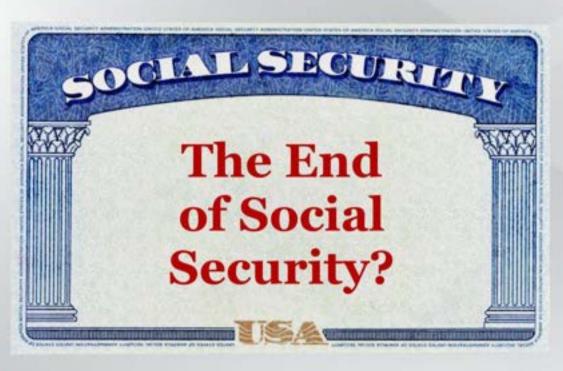


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Given the warnings within the magazine, whether deliberate or not, about the virus and the depopulation agenda, could this cover also be indicating we will see eventual changes to Social Security?

By Rachel Writeside Blonde

George Vault

The most popular (and expensive) issue of *George* is, hands down, the February 1997 cover. The image of a saluting Karen Mulder with an almost buried Mount Rushmore in the background is a scene many *George* fans know and recognize instantly. This is an issue covered before in this column, through both the Lung Attacking Virus piece as well as the Bill Gates funding population control article.

1935 President Franklin D. Roosevelt signs the Social Security Act to cover citizens who are too old to earn a paycheck.
1939 Benefits are extended to cover survivors and dependents.
1956 Benefits are extended to cover vorkers ages 50 to 64 who are permanently and totally disabled, as well as adult children of disabled or retired workers, if the worker was disabled before age 18.
1972 The Supplemental Security Income system, known as 55t, is created to provide means tested help for the elderly and disabled poot. Also, benefits are adjusted for future rises in the cost of living.
1994 Clinton creates a council to advise how to prevent insolvency.
2020 The Social Security trust fund is expected to hit its highest balance (\$2.8 trailion) under current funding mechanisms.
2029 The Social Security trust fund is projected to be \$206 billion in debt in order to cover the last of the baby boomers. Larger deficits or smaller benefits packages are the only remaining options after this point.

Page from the original George magazine



Cover of original George magazine

In this month's article, this cover will be visited again, honing in on the topic of Social Security and its future. Social Security was implemented with the signing of the Social Security Act on August 14, 1935, by FDR. In 1937, our tax money began being collected in January with lump sum payments. It wasn't until 1940 that the monthly benefits started. At its inception, the law was only intended for retirement benefits to workers. However, in 1939, survivor benefits and "benefits for the retiree's spouse and children," according to the Social Security Administration, were added. Then in 1956, benefits for disabilities were added to the mix. The 1935 law was the basis for unemployment programs as well as state health and welfare programs.

With the Senate recently approving the suspension of the debt limit, Social Security has come back into the limelight with talks of reform meandering around DC. Many Republicans would like to see significant changes to the law, while Democrats would like to keep benefits the same, if not expanded, and covered by the wealthy.

Though Democrats accuse Republicans of wanting to get rid of Social Security completely, Trump has been vocal about just the opposite. "Under no circumstances should Republicans vote to cut a single penny from Medicare or Social Security," Trump said in a video earlier this year. "Do not cut the benefits of our seniors who worked for and paid for their entire lives. Save Social Security. Don't destroy it!"

The two largest spending programs of the government are Social Security at 17% and Medicare at 13%. The ongoing debates are proof



George Vault



Security, and another article written by financier Peter Lynch on investing Social Security funds in equity markets. Interestingly, within the Lynch article, a timeline of events shows a prediction for the year 2020 that the Social Security trust fund would reach its highest balance of \$2.8 trillion. Then in 2029, the prediction shows that larger deficits or smaller benefit packages would be the only options left due to debt from paying for the remaining baby boomers.

With three articles highlighting the topic of Social Security and a headline about it on the cover, it seems this issue of *George* pushes for a deeper look into it. Could Social Security be in the news again soon? Will it change for the better in the near future? Only time will tell.

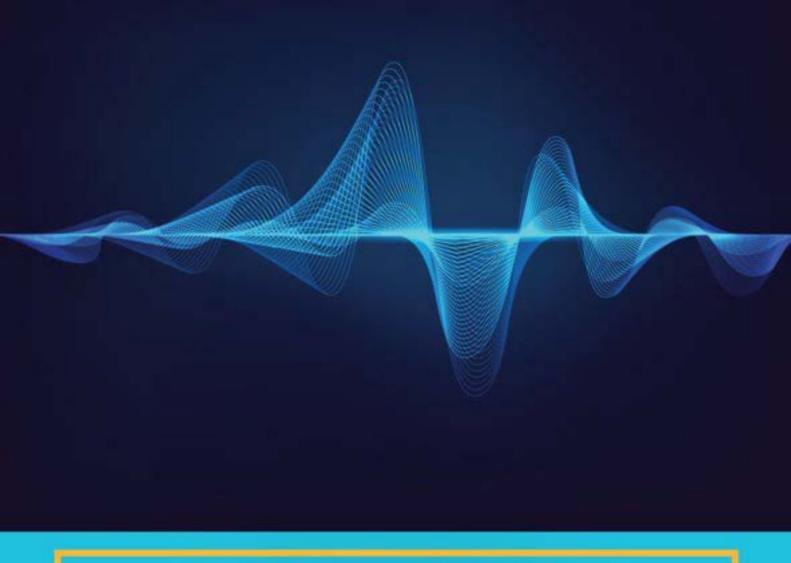
this discussion will continue well into the next election cycle, and all of America will be watching to see what happens.

In the Survival Guide to the Future, we are warned of a lung-attacking virus in the year 2020 and told of Bill Gates' plan to depopulate. Coincidence? Who knows? In the case of the Social Security of the future, one of the headlines on the cover reads, "THE END OF SOCIAL SECURITY: WHAT'S BROKEN AND HOW TO FIX IT."

Given the warnings within the magazine, whether deliberate or not, about the virus and the depopulation agenda, could this cover also be indicating we will see eventual changes to Social Security? The title implies the program will end but then offers up ways to fix it.

The magazine doesn't just feature one article on the topic of Social Security, but THREE: The Sci-Fi story called "Elder Skelter," an article written by Peter Peterson on the Future Crisis of Social





Cymatics: What Is It and Can Music Be Medicine?

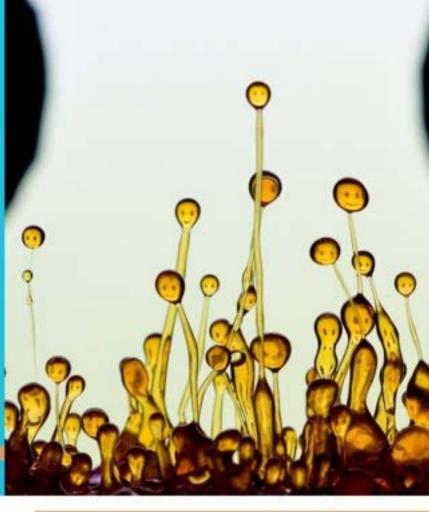
We know music today to be an audible format of organized tunes and vibrations. Some like hip hop, rap, or heavy metal, while others like classical, country, or opera. In breaking down the concept of music, it really is just sound organized into various tempos, tones, and temperaments. Yet, sound is sound.

If sound is used to make music, and sound can be found everywhere, can all sound be considered 'music?' And can this music be used as a form of medicine?



Cymatics is the study of sound waves and their visual representations. The word comes from the Greek word kyma, meaning "wave". Cymatics was coined by the Swiss physician Hans Jenny, who experimented with different materials and frequencies to create stunning patterns and shapes.

Cymatics is based on the principle that sound is a form of vibration that affects matter. When a sound wave travels through a medium, such as air, water, or metal, it causes the particles of the medium to move back and forth. Depending on the frequency, amplitude, and shape of the sound wave, different patterns of movement can emerge.



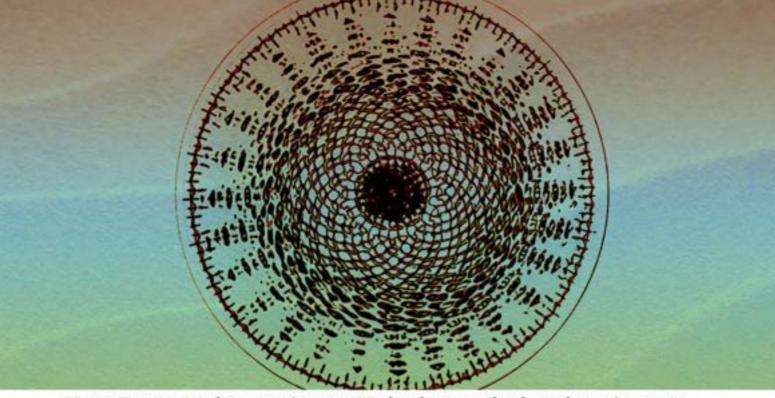
"AS I was scraping a brass plate with a sharp iron chisel in order to remove some spots from it and was running the chisel rather rapidly over it, I once or twice, during many strokes, heard the plate emit a rather strong and clear whistling sound: on looking at the plate more carefully, I noticed a long row of fine streaks parallel and equidistant from one another. Scraping with the chisel over and over again, I noticed that it was only when the plate emitted this hissing noise that any marks were left upon it; when the scraping was not accompanied by this sibilant note, there was not the least trace of such marks." - Galileo

The Bible tells us in John 1:1, "In the beginning was the Word, and the Word was with God, and the Word was God." BOOM! What is a word? A structured sound that has creation built in. The Bible also says, in Proverbs 18:21, "Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof." Sound is the core of our existence; that's why in the beginning was the Word, The Word of God!

What if churches/cathedrals were actually healing centers? At what frequency do the church bells ring? Why are windows shaped in very specific cymatic formats? It has been theorized that every time church bells ring, the healing vibration travels through the community.

One way to observe cymatics is to place a thin layer of sand, dust, or liquid on a flat surface, such as a metal plate or a membrane. Then, by applying a sound source to the surface, such as a speaker or a violin bow, the vibrations will cause the particles to arrange themselves into various geometric forms. These forms are called Chladni figures, named after the German physicist Ernst Chladni, who pioneered this method in the 18th century.

Another way to observe cymatics is to use a device called a cymascope, which uses a camera and a projector to capture and display the patterns created by sound waves on a water surface. The cymascope can reveal intricate details and colors that are otherwise invisible to the naked eye.



Maseru Emoto created structure in water. He placed water molecules under a microscope and was able to see the difference in water after it was spoken to in loving, kind tones: a perfect crystal shaped molecule. Conversely, a very distorted molecule was created by negative comments/tones. Since we are made of water, the body can be viewed as a replica of the water study, meaning the people, places, things, and yes, even music can affect our well-being. We must be careful what we say and how we speak to others, keeping this experiment in mind.

Cymatics is not only a fascinating phenomenon to watch but also a powerful tool for learning and healing. Cymatics can help us understand how sound affects matter, energy, and consciousness. Cymatics can also be used as a form of therapy by applying specific frequencies and sounds to the body or the environment to promote health and well-being.

Some of the benefits of cymatics are:

- It can stimulate creativity and imagination by allowing us to see sound in a new way.
- It can enhance learning and memory by engaging multiple senses and brain regions.
- It can improve mood and emotion by creating harmonious and beautiful patterns that resonate with our inner state.
- It can reduce stress and anxiety by calming the nervous system and inducing relaxation.
- It can heal physical and mental ailments by restoring harmony and coherence in the cells and tissues.

Cymatics is an amazing field of study revealing the hidden beauty and power of sound, not only to improve performance but also to relax the body and mind.

Wikipedia](https://en.wikipedia.org/wiki/Cymatics)
 The Free Dictionary] (https://www.thefreedictionary.com/cymatics)

Karageorghis, C. I., Curran, M. L., Martin, O. V., & Parsons-Smith, R. L. (2020). Effects of music in exercise and sport: A meta-analytic review. Psychological Bulletin, 146(2), 91–117.)

⁻ Collins English Dictionary (https://www.collinsdictionary.com/us/dictionary/english/cymatics

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5 SECRET SUMMER ESCAPES

By: Michele Marin



Trade the overcrowded tourist destinations for a more under-the-radar getaway this summer. Whether you're looking for a wellness-infused reset or an adrenaline-filled adventure, our curated guide of hand-picked destinations has something for everyone!

Rustic Retreat Urban Cowboy, Catskills

Take a break from the chaos of city life and slip away to this quaint mountain lodge in the Big Indian Wilderness. Nestled on sixty-eight acres in the heart of the Catskills, Urban Cowboy is just a two-and-a-half-hour drive from New York City, but indeed a world away—there's absolutely no cell service. Cabins flanked with rustic patterned wallpaper (no room is the same), Aztec-print blankets, and unexpected, elegant touches such as in-room Japanese soaking tubs and cozy fireplaces unexpectedly blend rustic and refined. Guests can choose their adventure, whether soaking amid the trees in



immersive experience meant to reset the soul, Urban Cowboy promises fresh air, vinyl DJ sets on the deck, local beers, and a stiff cocktail at the end of the day, from \$430 per night.

845.412.8159 | 37 Alpine Rd., Big Indian, New York | www.urbancowboy.com

Railway Wanderlust Peru

The return of first-class rail travel is here, beckoning adventurers to slow down and take in the scenery this summer. Get lost in the romantic nostalgia of South America's first luxury sleeper train, the Andean Explorer, as you journey through the Peruvian Andes. Choose from one or two-night trips along the world's highest rail route. Every day is brimming with natural diversity. Truly a room with a view, get lost in the majestic La Raya Mountain range rising on the horizon to bask in the rosy hue of the early sunrise above Lake Titicaca. Sip a pisco sour to the tune of sweet piano melodies and

connect with like-minded travelers in the lounge car. Retreat to the spa car for a reviving Andean ritual and soothing massage as the day ends. Then retire to your en-suite cabin for a restful night's sleep; from \$3448.

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James Beard semi-finalists, and the
acclaimed South Beach Wine and Food
Festival (SOBEWFF). Couple the city's



flourishing food scene with miles of sugar sand beaches, a cutting-edge art scene (we're looking at you, Art Basel), highend fashion, and world-renowned nightlife, and it's bound to be an unforgettable escape. Summer's sultry nights and thinned-out crowds make it the perfect time to visit. Stay in the charming Art Deco boutique Surfcomber Hotel, and enjoy exclusive amenities such as bike rentals, yoga classes, private poolside cabanas, kid's activities, and the Surfcomber/K'Alma Spa, where you can create your own 100% natural spa products to take home. Begin your culinary exploration of the city with an intimate evening and mixology lesson at one of the hotel's private dining areas; from \$201.

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one of three private pristine beaches. Sail off into the sunset on a catamaran. Then, round out your stay at The SPA at Casa de Campo®—the 18,000 square foot result oriented spa featuring treatments such as the JetPeel Facial and Triple Detox Therapy; from \$469.

855.512.0267 | Higuey Hwy., La Romana, Dominican Republic | www.casadecampo.com.do

Eco-Minded Oasis Nayara Bocas Del Toro, Panamá

Unlock the unforgettable at the all-inclusive, adults-only Nayara Bocas Del Toro with a stay in a romantic overwater villa on the private Caribbean Island. The appropriately dubbed Aerial Beach, the world's first overwater beach hovering on stilts, is laden with white sand, lush palms, and an island bar. A series of stairs descend from the platform directly into the Caribbean Sea, allowing for a seamless transition between sunbathing and deep-water snorkeling. Bocas Del Toro is known for its fully solar-powered, off-thegrid accommodation and commitment to protecting the coral reefs and mangroves. Unlike most island getaways, the resort cuisine appeals to even the most discerning palate. A pair of restaurants serve international dishes





with a local twist, using the freshest seafood from the Caribbean Sea. Expect to be impressed with menu highlights such as toasted local coconut bread (Johnny cakes), ceviche of the day from the morning's catch, and Caribbean Curry. If you're looking for an unforgettable island getaway, Nayara Bocas Bali is it; from \$900.

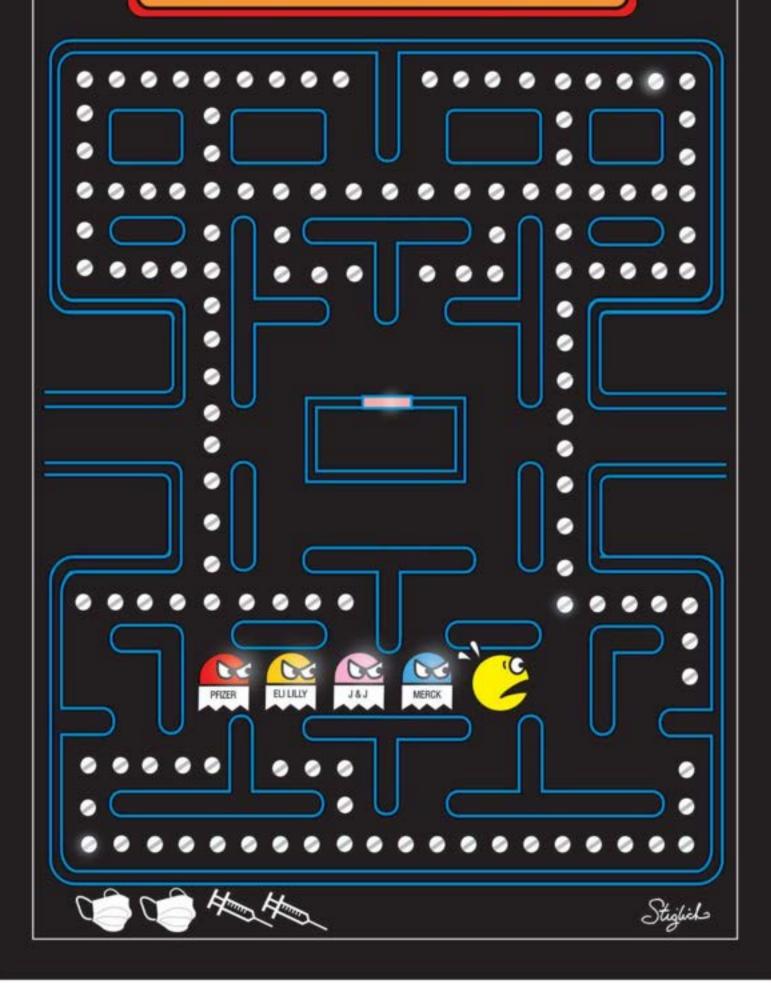
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