

## TABLE OF CONTENT

HOW TO GET A PHD IN REALITY IN UNDER AN HOUR.....	2
WHO IS KILLING AMERICA SLOWLY? - (THE PLAYERS).....	13
WHY ARE THEY KILLING US SLOWLY? - (THE PLANS).....	19
WHEN ARE THEY KILLING US SLOWLY? - (THE POISONS) .....	26
HOW ARE THEY SCARING US INTO OBEYING? - (THE PROCESS) .....	32
WHAT CAN WE DO TO STOP THEM? - (THE PROTESTS).....	35

### MORE ON THE WEBSITE:

- [About - How to get a PhD in reality in under an hour](#)
- [Chapter 1 - Who is Killing America Slowly? - \(The Players\)](#)
- [Chapter 2 - Why are they Killing us Slowly? - \(The Plans\)](#)
- [Chapter 3 - When are they Killing us Slowly? - \(The Poisons\)](#)
- [Chapter 4 - How are they Scaring us into Obeying? - \(The Process\)](#)
- [Chapter 5 - What Can We Do To Stop Them? - \(The Protests\)](#)
- [Video Library](#)
- [Resources](#)
- [Newsroom](#)
- [Contact us](#)
- [Donate](#)
- [Download](#)

## How to get a PhD in reality in under an hour.

This information was originally posted in a desperate attempt to quickly teach my friends and family how to prepare to survive the coming financial collapse and the scary times that will follow. These hard working, tax paying Americans are too busy putting their children through college, paying for weddings and becoming grandparents to notice the dark clouds of the "perfect storm" forming on the horizon. They are living the American Dream and may not want or appreciate being woken up **even** if it's turning into a nightmare.

They are busy educated professionals and would never have the time or inclination to stop everything and spend several years relearning their long held "truths". They are best described by these famous quotes.

*"I know that most men, including those at ease with problems of the greatest complexity, can seldom accept even the simplest and most obvious truth if it be such as would oblige them to admit the falsity of conclusions which they have delighted in explaining to colleagues, which they have proudly taught to others, and which they have woven, thread by thread, into the fabric of their lives."*

**- Tolstoy.**

Or simply put.

*"It is difficult to get a man to understand something when his salary depends upon his not understanding it."*

**- Upton Sinclair.**

These "Captains of Industry" could never tolerate the painful proof and life changing news delivered by someone who sounds like a crazed wrestling announcer. So I took the time to look it all up, checked it all twice, wrote it all down and hoped it would help. As it turns out tens of thousands of people from all politics and religions also need to read this information and discover the gut wrenching truth about what has happened to America and the entire world - in a hurry - without the drama. They just need a map and some movies to figure it out for themselves.

To my dear friends Eddie, Dave and Drew to whom I am forever grateful for the helping hand you offered me and my family during the course of this long crazy ride called life. Here is my heartfelt attempt to help you and yours get though the very near future in safety. I apologize profusely in advance for any distress learning this information will cause you. Denial, disbelief, shock, anger, fear and grief take time to go through - that we do **not** have. No matter how absurd or unbelievable what you are about to read seems, it is all sadly true and a very real threat to you and your loved ones. Read it and govern yourselves accordingly.

Good luck, God bless and Godspeed. AP57

---

*"Terrorism is the best political weapon for nothing drives people harder than a fear of sudden death."*

**- Adolph Hitler.**

The following quotes are all you will ever have to read to finally understand that an ancient international cabal of insanely rich and perversely powerful mafias of psychopathic elite global gangsters who were once mortal enemies in the age old quest for world domination have now come together and have been collaborating for over a century to create artificial threats against society that justify crimes against humanity in order to rule the earth by controlling our food, fuel and fear under a socialist totalitarian scientific dictatorship composed of sociopathic transhumanist international bankers and intellectual elite.

Over the centuries this group of inbred, collectively insane, sadistic, satanic, homosexual blackmailing pedophiles have specialized in genetic, environmental and intellectual pollution, serial murder, genocide, war crimes, torture, treason, assassination, money laundering, drug smuggling, arms trafficking, mind control, sex slavery, child abuse, kidnapping, stolen goods, embezzlement, staged suicides, sexual blackmail, extortion, election fraud, judicial corruption, government subversion, ponzi schemes, suppressing technology, manipulation of financial markets and most recently attempting to play God by controlling the weather using **HAARP** technologies.

This **Global Banking Mafia** is headed by the Khazarian (6th century Turkic/Judaic political converts a.k.a. "fake Jews") Rothschild (**Zionist**) international bankers who control the multi-generational Anglo/Aryan royal families (**Protestant**) who are senior members of the ancient Sun/Lucifer worshipping (**Pagan**) occult secret societies a.k.a. Order of the Quest: Jason Society, Chapter 322 of the Order/Skull and Bones, 33rd degree Luciferian Freemasons, Rosicrucians, Scroll and Key, Knights of Malta, Templars, etc.) who since 1983 have infiltrated and now control the Vatican (**Catholic**) (Pope, Jesuit General, Jesuits and Black Nobility). They are collectively called the **Illuminati** a.k.a. Brotherhood of the Snake/Dragon, Globalists, Elite, etc.

This **Global Banking Mafia** and their descendants, in-laws and agents (Rockefeller, JP Morgan, DuPont, Carnegie, Astor, Schiff, Mellon, Ford, Committee of 300, etc.) own and control **ALL** the biggest banks, oil, gas, mining and fortune 100 corporations plus think tanks, institutes, charities, churches, synagogues, round tables, councils, commissions, committees, focus groups, funds, foundations and **ALL** political parties from **behind the scenes**.

They in turn finance and manipulate the Malthusian (pro depopulation) minded minions of heavily bribed, blackmailed and brainwashed (Tavistock, Rand, Stanford, NTL, IPS, etc. **source**) educators, clergy, scientists, military/intelligence, corporate, media and

political **useful idiots** into **intentionally creating** and promoting synthetic terror, **fake** dictators, fictitious terrorist groups, false flag attacks, pointless wars, racial conflicts, artificial famine, intentional drought, toxic foods, man made disease, sterilization pandemics, environmental and economic **disasters**.

These tyrants of terror use fake fear to make trillions in profit by providing fake solutions for **threats they invent** (Problem – Reaction – Solution) while controlling Hollywood and the main stream media that distracts and fools us into thinking the world is ending, there is no hope and that humans are to blame and are responsible for all of our global problems (not banker owned **greedy poisonous corporations**).

*"The need for enemies seems to be a common historical factor... Bring the divided nation together to face an outside enemy, either a real one or else one invented for the purpose... In searching for a new enemy to unite us, we came up with the idea that pollution, the threat of global warming, water shortages, famine and the like would fit the bill... The real enemy, then, is humanity itself."*

**- "The First Global Revolution" (1991) published by the Club of Rome. Members of the Club of Rome include: Al Gore, Jimmy Carter, Bill Gates, George Soros, Bill Clinton, David Rockefeller, Ted Turner, Henry Kissinger and author of the Kyoto Protocols Maurice Strong.**

*"[Very] soon, every American will be required to register their biological property in a National system designed to keep track of the people and that will operate under the ancient system of pledging. By such methodology, we can compel people to submit to our agenda, which will affect our security as a chargeback for our fiat paper currency. Every American will be forced to register or suffer not being able to work and earn a living.*

*They will be our chattel, and we will hold the security interest over them forever, by operation of the law merchant under the scheme of secured transactions. Americans, by unknowingly or unwittingly delivering the bills of lading to us will be rendered bankrupt and insolvent, forever to remain economic slaves through taxation, secured by their pledges.*

*They will be stripped of their rights and given a commercial value designed to make us a profit and they will be non the wiser, for not one man in a million could ever figure our plans and, if by accident one or two would figure it out, we have in our arsenal plausible deniability.*

*After all, this is the only logical way to fund government, by floating liens and debt to the registrants in the form of benefits and privileges. This will inevitably reap to us huge profits beyond our wildest expectations and leave every American a contributor to this fraud which we will call "Social Insurance". Without realizing it, every American will insure us for any loss we may incur and in this manner; every American will*

*unknowingly be our servant, however begrudgingly.*

*The people will become helpless and without any hope for their redemption and, we will employ the high office of the President of our dummy corporation to foment this plot against America."*

**- Letter from Rothschild Agent Colonel Edward Mandell House to Woodrow Wilson (President) [1913-1921] found in Wilson's personal diary/logs.**

*"War and famine would not do. Instead, disease offered the most efficient and fastest way to kill the billions that must soon die if the population crisis is to be solved. AIDS is not an efficient killer because it is too slow. My favorite candidate for eliminating 90 percent of the world's population is airborne Ebola (Ebola Reston), because it is both highly lethal and it kills in days, instead of years. We've got airborne diseases with 90 percent mortality in humans. Killing humans. Think about that. You know, the bird flu's good, too. For everyone who survives, he will have to bury nine."*

**- Dr. Eric Pianka University of Texas evolutionary ecologist, recommending solutions for reducing the world's population to an audience on population control.**

*"Others are engaging even in an eco-type of terrorism whereby they can alter the climate, set off earthquakes, volcanoes remotely through the use of electromagnetic waves. So there are plenty of ingenious minds out there that are at work finding ways in which they can wreak terror upon other nations. It's real, and that's the reason why we have to intensify our efforts."*

**- William Cohen, former U.S. Secretary of Defense, April 1997.**

*"One-fourth of humanity must be eliminated from the social body. We are in charge of God's selection process for planet earth. He selects, we destroy. We are the riders of the pale horse, Death."*

**- Psychologist Barbara Marx Hubbard - member of Task Force Delta; a United States Army think tank.**

*"No one will enter the New World Order unless he or she will make a pledge to worship Lucifer. No one will enter the New Age unless he will take a Luciferian Initiation."*

**- David Spangler, Director of Planetary Initiative, United Nations.**

These "necessary enemies" have been historically blamed on Global Banking Mafia secretly funded, carefully crafted enemy leaders (i.e. Lenin, Hitler, Stalin, bin Laden, etc.) to keep humans united in fear, oppression and in continuous **profitable wars**. But, since the end of the cold war, the Global Banking Mafia via their Rockefeller miseducational system began to teach the global masses that the "new enemy" was

human "overpopulation" so that by the nineties the Global Banking Mafia could justify gaining control of the world's remaining land, oil, gas, water, minerals and food resources by destroying the public demand for their crucial oil and mineral reserves via **depopulation** and **default**.

Their goal is to save their **oil based domination** of the planet by destroying the current unsustainable demand for petroleum via global genocide to preserve their irreplaceable, rapidly declining, grossly (40%) overestimated **finite** global petroleum deposits.

This is being done by slowly poisoning (i.e. fluoridation, mercury amalgams, vaccinations, GMO sterilization, chemtrails, radiation, etc.) the gas guzzling "useless eaters", controlling the remaining world economy by corporate deregulation, bogus carbon emission taxation, passing unconstitutional U.N. land grabbing legislation (Agenda 21), suppressing all **serious** non fossil fuel based technology and completing their fascist/socialist/communist totalitarian Utopian dream of a ethnically cleansed, deliberately depopulated, Lucifer worshiping one world government ruled by transhumanist international bankers and intellectual elite. Otherwise known as the **New World Order**.

This is the true story of a sane, educated, happily married, business owner with children in college who after reading these jaw dropping quotes in 2006 fell down the rabbit hole of truth and using my old skills as a former TV news reporter, producer and nutritional consultant/researcher spent 6,000 hours analyzing 438 award winning documentaries, 351 You Tube videos, 2,126 articles and 174 declassified government documents trying to connect the dots of the biggest crimes against humanity ever committed on planet earth.

What I discovered changed my life forever and after **triple** checking hundreds of mind-boggling facts and life changing claims Internet sensations Alex Jones, Mike Adams, Dr. Joseph Mercola, Jeffrey Smith and many others have reported on over the last four years, I finally pieced the really **BIG** picture together.

What I learned was the painful truth about the diabolical Rothschild Zionist global central banking ponzi scheme systematically raping the planet's oil, gas, gold, land and other critical resources with their intentionally created terrorism, wars and financial collapses and their post war/collapse predatory capitalism.

I also uncovered a bold and blatant Nazi inspired global eugenics program to destroy the public demand for the irreplaceable military industrial complex oil and other critical war mongering resources by depopulating most of the planets "inferior" human by slowly and intentionally poisoning their air, soil, food, medicines and water. Their latest devious scam is (using HAARP) the manipulation of global weather to stage worldwide "natural" disasters to bring about their version of biblical Revelations to scare Christians into their plans (see NASA project Blue Book).

*"We have discovered that the military in the east and west has developed new technologies which could attack the planet and transform it into a weapon itself! This technological process is by no means controlled by the public. Moreover these technologies can be used everywhere on the planet as plasma weapons, weather wars and geo-engineering."*

**- Claudia von Werlhof, Professor of Political Sciences and Women's Studies at Innsbruck Austria.**

Despite being blind to global peak oil and soft on the Zionist connection, Alex Jones was and is right about one thing - The War on Terror **is** a War on Liberty. It's an elaborate Global Banking Mafia sponsored mainstream media enforced lie intended to **scare the freedom out of us** and slowly bring about a long planned **One World Government**.

The current "War on Terror" is just the latest version of manufactured fear in a long line of contrived wars (remember the "War on Communism"?) against **false flag** (staged) terrorism routinely engineered by corrupt banker owned governments and their military/intelligence agencies around the world to maintain very profitable **perpetual wars** to stay in business and enrich the Global Banking Mafia (central bank network) that supply the money (at interest) to both countries to fight them. The corrupt Bankers, Corporations, Governments and their Militaries have been scaring, robbing, poisoning and killing millions of innocent people for power, oil and war profit for a very long time and have used the corporate controlled main stream media and Hollywood to distract the public and cover up their tracks.

*"We are grateful to the Washington Post, The New York Times, Time Magazine and other great publications whose directors have attended our meetings and respected their promises of discretion for almost forty years... It would have been impossible for us to develop our plan for the world if we had been subjected to the lights of publicity during those years. But, the world is now more sophisticated and prepared to march towards a world government. The supranational sovereignty of an intellectual elite and world bankers is surely preferable to the national auto-determination practiced in past centuries."*

**- David Rockefeller (1915- ) International billionaire, CFR kingpin, founder of the Trilateral Commission, New World Order Godfather. June 1991 Bilderberger Meeting, Baden Germany.**

If you don't read and understand the information revealed in this 21st century survival guide and you accidentally fall for one of their many carefully cultivated illusions, you may be **broke, sick** or **dead** in the very near future!

As bitter a **red pill** it was to swallow (his delivery still drives me nuts!), Alex Jones is right on the money! This all American, southern Christian, family man has become the unlikely lighthouse of truth for millions of victims of banker sponsored, government



sanctioned medical tyranny and financial terrorism in the last century.

He can also be a loud and bombastic modern day Paul Revere that sometimes delivers the brutal truth so over the top you just want slap your laptop and turn him off - But you can't - Because if you stay calm and **make the effort** to look up for yourself (use this guide and save four years!) what sounds like crazy talk, you will understand he's just a hyper active, red blooded American obsessed and at times **possessed** with exposing and sharing the **hidden truth**.

And the hidden truth is that **all** of our country's problems **started** in **1913** with the installation of the **American branch** of the Global Banking Mafia's privately owned **World Central Bank Network** called the **Federal Reserve** and **IRS** and its total control and manipulation of our monetary system and illegal income tax collection ever since.

Since 1913 the Global Banking Mafia's tentacles of greed have spread out to create corrupt foundations, politicians, and corporations that wrapped their toxic coils of profit and deceit around every aspect of our lives. And as they **squeezed our liberties to death with intentionally created fear** they slowly and deliberately poisoned our bodies and minds until we were so fat, sick, sterile and dumbed down we couldn't fight back.

The documented facts are crystal clear, 93% of Americans are totally polluted with over 200 persistent, **bio-accumulative cancerous toxins by design!** From cradle to grave for more than a century, banker controlled Corporate America and the Military have been illegally using Americans as human guinea pigs, bio-hazard waste containers and filters for their expensive to dispose of toxic waste and deadly industrial byproducts.

Luckily, hundreds of honest, independent scientist, researchers and journalist (Alex is the loudest!) around the world have uncovered documented proof confirming that for decades dozens of Global Banking Mafia controlled corporations and the Military have been secretly "recycling" their toxic waste back into our: **soil, food, water, air, medicines and military ammunition (i.e. aluminum, barium, strontium, titanium, sulfur, carbon black, lead, cadmium, arsenic, uranium, plutonium, mercury, fluoride, PCB's, antibiotics, dioxins, coal tar derivatives, fluoride, bromine, chloramines, etc.)** while making a profit!

Greedy corporate polluters have been getting away with these sickening, treasonous crimes by installing influential corporate moles in many high level government agencies (FDA, USDA, EPA, etc.) and bribing (campaign contributions) elected politicians to pass ridiculous **EPA laws** with loopholes that allow corporations to **SELL THEIR TOXIC SEWAGE AND RADIOACTIVE INDUSTRIAL WASTE** to use as **FERTILIZER** for our **FOOD SUPPLY** and to put in our **TAP WATER!**

**THIS IS THE DOCUMENTED REASON EVERYBODY IN AMERICA IS SLOWLY GETTING FAT, SICK, STERILE and STUPID!**

These are **CRIMES AGAINST HUMANITY and a MORAL OUTRAGE!** Anyone involved should be prosecuted under RICO statutes, the Geneva Conventions, and the International Criminal Court as criminal members in a racketeering organization. What's worse is that this is just the **TIP** of the iceberg. Don't believe any of this? I don't blame you - I didn't either!

**But if you use this guide to look up the truth for yourself you will wake up in time to get out of harm's way. If you don't - you will soon pay the price of ignorance.**

Unsuspecting millions of slowly poisoned Americans then buy outrageously expensive **FDA** (Fatal Drugs Allowed) approved toxic medicines and treatments (from Big Pharma's man made disease industry) which very **slowly** kills them (progressive organ failure a.k.a. side effects) while they go broke trying to pay for it. For over a hundred years the Global Banking Mafia owned corporations have been waging a sneaky, deadly war against humanity just to make a buck and are in the process of **intentionally depopulating** the planet to stretch out it's rapidly dwindling finite natural resources for their own selfish use. To survive this 21st century holocaust and rise up from the ashes of the coming financial crisis you're going to need your health. Rich or poor, smart or stupid,

**without your health you have nothing!**

These are just some of the shocking documented facts contained in this survival guide about the longest running global crime wave that **everyone** must read and understand in order to survive the next few years. Even if you don't care or your preacher, politics or paycheck prevents you believing any of this, skip the evil bankster history in chapters 1 and 2, and please read chapters 3, 4 and 5 and at least **save the children!**

Like the tens of millions of Internet using Earthlings who since 9/11 have discovered the Global Banking Mafia's one world government takeover plot and century old crime spree, I am dedicating every free moment to help spread the documented TRUTH to as many people before they cripple and kill millions more and completely bankrupt our country!

*"There are thousands hacking at the branches of evil to one who is striking at the root."  
- Henry David Thoreau.*

The hidden truth is spread out all over the Internet in plain view, but invisible to most citizens in the fog of disinformation cloaking the web. Unfortunately, most of the thousands of great websites exposing the truth focus on individual pieces of the NWO puzzle.(Illuminati, Zionist, CIA, Masons, Jesuits, 911, JFK, FED, IRS, Gun Rights, DU Veterans, Mercury/Vaccines/Autism, GMO's, CAFO's, Fluoride, Chemtrails, HAARP, BPA, Wall Street, etc.) They're all "hacking at the **branches** of evil". That's great, we **must**

expose them all, but everyone knows cutting branches won't kill the tree!

WE MUST ALL UNITE AND FOCUS ON HACKING AT THE **ROOT** OF ALL WORLD EVIL - **THE CENTRAL BANKS!** - and the only thing they care about is **MONEY!**

So let's hit the bankers where it really **hurts!** Let's show them the awesome **power of the purse!** Join the national boycotts in chapter five and start "striking at the root" of evil with your nice sharp **wallet!** If we all **stop buying** any "one" thing it will scare the financial crap out of them and force them to stop their madness. In the mean time we must stay healthy in order to survive the fierce battle for our freedoms and country.

So here is my humble contribution to the exploding truth movement. A must read survival map and video guide to unify **all** our efforts to expose humanity's real enemy, their poisonous plans and get smart and healthy once and for all. The results of five years of rigorous investigation and meticulous research, organized and condensed in a step by step easy to follow 45 minute summary (not including videos) of the incredibly real and dangerous mess we are in and the best ways to survive it.

---

You CAN handle the Truth! Despite an intense effort by Hollywood and the Main Stream Media to convince us that we can't handle the truth or that life on earth is coming to an end. We ARE waking up! The virus of truth and its message of hope are galvanizing the citizens of Planet Earth.

**Hurry, the clock is ticking! No time to waste! Just click any title to watch on You Tube or other streaming source. Keep watching them daily until you finally learn enough to connect the dots - I guarantee these videos will blow your mind and change your life forever!**

It should take you a few weeks to catch up but in the end, you'll be in the company of **real American heroes!** Men and women with integrity, character, principles and PhDs in REALITY! ***Congressman Dr. Ron Paul, Senator Rand Paul, Judge Napolitano, G. Edward Griffin, Bill Stiles, Aaron Russo (RIP), Jesse Ventura, Alex Jones, Mike Adams, Mike Ruppert, Dr. Joseph Mercola, Dr. Russell Blaylock, Dr. Paul Craig Roberts, Gary Franchi, Jeffrey Smith, Charlotte Iserbyt, Leuren Moret, Lew Rockwell, Jeff Rense, Stefan Molyneux, Gary Null, Gerald Celente, Bob Chapman, Wayne Madsen, Max Kaiser and many others.*** They all know these videos, heck, they made most of them.

Be a good detective, stick it out through the longer ones, they are the keys to solving the "**crimes of the century**". If you survive the first 4 chapters (warning: these videos are going to beat your denial like a rented mule) begin protecting yourself and your loved ones by following the survival guide suggestions in chapter 5 to quickly RESTORE and PROTECT your health and learn how to avoid getting caught in a greedy corporate trap until we can vote with our wallets and force them to stop the madness.

---

*"We can have democracy in this country, or we can have great wealth concentrated in the hands of a few, but we can't have both."*  
**- Louis Dembitz Brandeis, A.J. United States Supreme Court (1916-1939).**

## Who is Killing America Slowly? - (The Players)

**Global Banking Mafia (a.k.a. Illuminati)** = The Khazarian Zionist House of Rothschild International Central Bank Network (Rothschild, Kuhn Loeb, Lehman, Goldman Sachs, Warburg, Lazard, etc.), Anglo-Aryan European royal families, ancient pagan Sun/Lucifer worshipping secret society (Masons, Rosicrucians, Skull and Bones, Knights Templar, Malta, etc.), The Vatican (Jesuits, Black Pope and Nobility) and their descendants, in-laws and agents.

### Notable Quotes:

*"Permit me to issue and control the money of a nation, and I care not who makes its laws."*

**- Mayer Amschel Bauer Rothschild.**

*"We will have a world government whether you like it or not. The only question is whether that government will be achieved by conquest or consent."*

**- Paul Warburg , February 17, 1950, testimony before the US Senate.**

*"The illegal we do immediately. The unconstitutional takes a little longer."*

**- Henry A. Kissinger, New York Times, Oct. 28, 1973.**

### Must Watch Videos: **The American Dream - The Money Masters**

\*\*\*\*\* MUST BE WATCHED FIRST or you'll be clueless. \*\*\*\*\*

---

**Bilderberg Group, CFR, Trilateral Commission, Club of Rome, IMF, WTO, WHO, World Bank, United Nations, Bank of International Settlements** = Global Banking Mafia owned One World Government (NWO) Front Organizations and Corporate Global Agenda meetings.

### Notable Quotes:

*"Those who can make you believe absurdities can make you commit atrocities."*

**- Voltaire.**

*"We are likely to do better by building our house of world order from from the bottom up rather than from the top down .... An end run around national sovereignty, eroding it*

*piece by piece, is likely to get us to world order faster than the old fashioned assault."*  
**- Richard N. Gardner, CFR Member and former deputy assistant Secretary of State for International Organizations in "Foreign Affairs," quarterly CFR magazine April 1974.**

*"To achieve world government, it is necessary to remove from the minds of men their individualism, loyalty to family traditions, national patriotism, and religious dogmas."*  
**- Brock Adams, Director UN Health Organization.**

*"We are on the verge of a global transformation. All we need is the right major crisis and the nations will accept the New World Order."*  
**- David Rockefeller.**

## **Must Watch Video: Endgame: Blueprint for Global Enslavement**

---

**Federal Reserve and I.R.S. = A Private bank** 52% owned by N.M. Rothschild, London - Bank of England, the balance owned by Lazard Ltd, Israel Moses Seif Banks of Italy\*, M. M. Warburg and Co., Lehman Brothers of New York (now Barclay's), Kuhn, Loeb Bank of New York (now Shearson American Express), Goldman Sachs of New York, National Bank of Commerce New York/Morgan Guaranty Trust (J.P. Morgan Bank - Equitable Life - Levi P. Morton are principal shareholders), Hanover Trust of New York (William and David Rockefeller & Chase National Bank New York are principal shareholders). The Rothschild owned FED is the American branch of the Global Banking Mafia International Central Bank ponzi scheme and counterfeit world reserve currency printers and illegal income tax enforcers.

### **Notable Quotes:**

*"If the American people ever allow private banks to control the issue of their money, first by inflation and then by deflation, the banks and corporations that will grow up around them, will deprive the people of their property until their children will wake up homeless on the continent their fathers conquered."*  
**- Thomas Jefferson (1743-1826), US Founding Father.**

*"The Federal Reserve banks are one of the most corrupt institutions the world has ever seen. There is not a man within the sound of my voice who does not know that this nation is run by the International bankers."*  
**- Congressman Louis T. McFadden (Rep. Pa).**

*"The Power of financial capitalism had a far reaching plan, nothing less than to create a world system of financial control in private hands able to dominate the political system of each country and the economy of the world as a whole. This system was to be controlled in a feudalistic fashion by the central banks of the world acting in concert, by secret agreements arrived at in frequent meetings and conferences. The apex of the system was to be the Bank for International Settlements in Basel, Switzerland, a private bank owned and controlled by the world's central banks, which were themselves private corporations. Each central bank sought to dominate its government by its ability to control treasury loans, to manipulate foreign exchanges, to influence the level of economic activity in the country, and to influence co-operative politicians by subsequent rewards in the business world."*

**- Carrol Quigley, *Tragedy and Hope*, 1966 - Bill Clinton's mentor and Georgetown University professor.**

### **Must Watch Videos:**

FED - **The Secret of Oz, Zeitgeist Addendum, Money as Debt II.**  
IRS - **America Freedom to Fascism, Theft by Deception.**

---

**Global Corporations** = Global Banking Mafia owned Big Oil and its deadly spin offs Big Chem, Big Pharma, Big Agra, Big Biotech, etc. Very profitable Slow Kill Front Corporations.

### **Notable Quotes:**

*"Control oil and you control the nations; control food and you control the people."*  
**- Henry Kissinger.**

*"Behind the ostensible government sits enthroned an invisible government owing no allegiance and acknowledging no responsibility to the people. To destroy this invisible government, to befoul the unholy alliance between corrupt business and corrupt politics is the first task of the statesmanship of today."*  
**- Theodore Roosevelt.**

### **Must Watch Videos:**

**The Corporation - Pathological Pursuit of Profit and Power, World According to Monsanto, Gas Land, Tapped, The End Of The Line, Generation RX, Food Matters, Food Inc, Monopoly Medicine, AIDS Inc, Walmart - High Cost Of Low Prices, CBC Big Sugar.**

---

**U.S.A. CORPORATION** = Global Banking Mafia owned **bankrupt American government** (since 1933), strategically infected with selected political prostitutes and corporate infiltrated revolving door regulatory agencies FDA, USDA, CDC, EPA, NIH, NSC, FEMA, NTSB, NIST, DHS, TSA, etc.,

### Notable Quotes:

*"The real truth of the matter is, as you and I know, that a financial element in the large centers has owned the government of the U.S. since the days of Andrew Jackson."*

**- U.S. President Franklin D. Roosevelt in a letter written Nov. 21, 1933 to Colonel E. Mandell House.**

*"...if the American people had ever known the truth about what we Bushes have done to this nation, we would be chased down in the streets and lynched."*

**- George Bush Senior (interview with Sarah McClendon, December 1992).**

*"We killed them out of a certain naive hubris. Believing with absolute certitude that now, with the White House, the Senate, and much of the American media in our hands, the lives of others do not count as much as our own..."*

**- Ari Shavat. Reproduced in the New York Times, May 27th, 1999.**

### Must Watch Videos:

**Fall of the Republic, Obama Deception, Obama - A Question of Eligibility, The Assassination of JFK Jr., Dark Legacy, The Mena Connection, Casino Jack and the United States of Money, Coverup: Behind the Iran-Contra Affair, AIPAC 101 - What Every American Should Know.**

---

### **Military/Security/Intelligence/Industrial Complex (aka Shadow Government)**

= The Global Banking Mafia controlled Nazi inspired government agencies NASA, NSA, DIA, CIA, FBI, FEMA, etc., and Military subcontractors Boeing, Lockheed Martin, Northrop Grumman, Raytheon, etc. **All U.S. War Products Manufacturers need continuous wars to make a PROFIT.** Many "Alphabet Agencies" have been caught red handed starting, promoting and participating in **False Flag Operations. They work like this:** The NSA, CIA, FBI, etc. stage a terror attack to scare the public and Congress (Gulf of Tonkin, 911) then blame somebody else (Vietnam, Iraq, Afghanistan) that has



something they (Global Banking Mafia) want (Rubber Plants, Oil, Opium, etc.), so they (Military/CIA) can go get it and make money for the subcontractors (Halliburton, G.E., DynCorp, etc.) and hopefully fool everybody (Mainstream Media) into thinking it's necessary (War on Terror/Communism) to keep us frightened and in perpetual wars!

### **Notable Quotes:**

*"Think of the press as a great keyboard on which the government can play."*

- **Joseph Goebbels**, Propaganda Minister of the Nazi Regime

*"Military men are just dumb stupid animals to be used as pawns in foreign policy." - **Henry Kissinger**, as quoted in "The Final Days" by Bob Woodward and Carl Bernstein in chapter 14. Page 194 in the paperback version (1995)*

*"Were the Soviet Union to sink tomorrow under the waters of the ocean, the American military-industrial complex would have to remain, substantially unchanged, until some other adversary could be invented."*

- **George Kennan**, Cold war strategist.

*"There exists a shadowy Government with its own Air Force, its own Navy, its own fundraising mechanism, and the ability to pursue its own ideas of national interest, free from all checks and balances, and free from the law itself."*

- **Senator Daniel K. Inouye**.

*"In the councils of government, we must guard against the acquisition of unwarranted influence, whether sought or unsought, by the military industrial complex. The potential for the disastrous rise of misplaced power exists and will persist. We must never let the weight of this combination endanger our liberties or democratic processes. We should take nothing for granted. Only an alert and knowledgeable citizenry can compel the proper meshing of the huge industrial and military machinery of defense with our peaceful methods and goals, so that security and liberty may prosper together."*

- **President Dwight D. Eisenhower**.

## Must Watch Videos:

**The New American Century, Why We Fight, Arsenal of Hypocrisy The Space Program and the Military Industrial Complex, Police State: Rise of FEMA, Iron Triangle: The Carlyle Group Exposed, Shadow Government, Michael Chertoff, War is a Racket by Smedley Butler, Even the Troops are Waking Up, Operation Paperclip, Operation Northwoods.**

---

**Wall Street =** Global Banking Mafia owned Financial Terrorist Headquarters, Rigged Casino and Drugs for Arms Money Laundering Banks - J.P Morgan Chase, Goldman Sachs, etc.

## Notable Quotes:

*"The true equation is 'democracy'. We see the politician and not his backer; still less the backer of the backer; or what is most important of all, the banker of the backer. Enthroned above all, in a manner without parallel in all past, is the veiled prophet of finance, swaying all men living by a sort of magic, and delivering oracles in a language not understood [sic] of the people."*

**- J.R.R. Tolkien, Candour Magazine, 13 July 1956 (p.12).**

*"The real menace of our Republic is the invisible government which like a giant octopus sprawls its slimy legs over our cities, states and nation."*

**- Mayor John F. Hylan of New York (1918-1925).**

*"When you see that trading is done, not by consent, but by compulsion - when you see that in order to produce, you need to obtain permission from men who produce nothing - when you see that money is flowing to those who deal, not in goods, but in favors - when you see that men get richer by graft and by pull than by work, and your laws don't protect you against them, but protect them against you - when you see corruption being rewarded and honesty becoming a self-sacrifice - you may know that your society is doomed."*

**- Ayn Rand, (1905-1982) Source: Atlas Shrugged.**

## Must Watch Videos:

**Inside Job, Life on the Edge of a Bubble, The Quiet Coup How Bankers Seized America.**

## Why are they Killing us Slowly? - (The Plans)

**Social Darwinism (Survival of the Fittest Richest)** = Charles Darwin's theory of natural selection was perverted by the Global Banking Mafia into Nazi inspired depopulation, ethnic cleansing and eugenics programs: racist pseudosciences that provided excuses to repress or eliminate entire groups of people (the richest and smartest getting rid of the dumb and defective while making a profit).

Early depopulation programs forged by the Rockefeller foundation in association with the Nazis were the basis of modern day incarnations of eugenics like fluoride poisoning and vaccination sterilizations. This 200 year old program of eugenics for profit was drastically accelerated when the Global Banking Mafia owned CIA discovered Global Peak Oil for themselves in the early 70's. New calculations on finite global oil reserves versus the exponential oil demand for several emerging countries expanded and accelerated their global depopulation programs dramatically. Their goal is sterilization and or depopulation of 350,000 humans per day by 2012.

### Notable Quotes:

*"Childbearing [should be] a punishable crime against society, unless the parents hold a government license... All potential parents [should be] required to use contraceptive chemicals, the government issuing antidotes to citizens chosen for childbearing."*

**- David Brower - first Executive Director of the Sierra Club; founder of Friends of the Earth; and founder of the Earth Island Institute - quoted by Dixie Lee Ray, Trashing the Planet (p.166).**

*"There will be, in the next generation or so, a pharmacological method of making people love their servitude, and producing dictatorship without tears, so to speak, producing a kind of painless concentration camp for entire societies, so that people will in fact have their liberties taken away from them, but will rather enjoy it, because they will be distracted from any desire to rebel by propaganda or brainwashing, or brainwashing enhanced by pharmacological methods. And this seems to be the final revolution."*

**- Aldous Huxley's lecture to The California Medical School in San Francisco in 1961.**

*"The first task is population control at home. How do we go about it? Many of my colleagues feel that some sort of compulsory birth regulation would be necessary to achieve such control. One plan often mentioned involves the addition of temporary sterilants to water supplies or staple food. Doses of the antidote would be carefully rationed by the government to produce the desired population size."*

**- Paul Ehrlich, The Population Bomb (p.130-131).**

*"The most merciful thing that a family does to one of its infant members is to kill it."*  
**- Margaret Sanger, the founder of Planned Parenthood.**

*"Society has no business to permit degenerates to reproduce their kind."*  
**- Theodore Roosevelt.**

*"A total world population of 250-300 million people, a 95% decline from present levels, would be ideal."*  
**- Ted Turner, in an interview with Audubon magazine.**

*"There is a single theme behind all our work: we must reduce population levels. Either governments do it our way, through nice clean methods, or they will get the kinds of mess that we have in El Salvador... To really reduce population, quickly, you have to pull all the males into the fighting and you have to kill significant numbers of fertile age females. The quickest way to reduce population is through famine, like in Africa, or through disease like the Black Death."*  
**- Thomas Ferguson, State Department Office of Population Affairs.**

*"A cancer is an uncontrolled multiplication of cells; the population explosion is an uncontrolled multiplication of people. We must shift our efforts from the treatment of the symptoms to the cutting out of the cancer. The operation will demand many apparently brutal and heartless decisions."*  
**- Stanford Professor Paul Ehrlich in The Population Bomb.**

*"In order to stabilize world population, we must eliminate 350,000 people per day. It is a horrible thing to say, but it is just as bad not to say it."*  
**- J. Cousteau, 1991 explorer and UNESCO courier.**

*"I believe that human overpopulation is the fundamental problem on Earth today and, we humans have become a disease, the Humanpox."*  
**- Dave Foreman, Sierra Club and co founder of Earth First.**

*"We must speak more clearly about sexuality, contraception, about abortion, about values that control population, because the ecological crisis, in short, is the population crisis. Cut the population by 90% and there aren't enough people left to do a great deal of ecological damage."*  
**- Mikhail Gorbachev.**

*"Today, America would be outraged if U.N. troops entered Los Angeles to restore order. Tomorrow they will be grateful! This is especially true if they were told that there were an outside threat from beyond, whether real or promulgated, that threatened our very existence. It is then that all peoples of the world will plead to deliver them from this evil. The one thing every man fears is the unknown. When presented with this scenario, individual rights will be willingly relinquished for the guarantee of their well-being granted to them by the World Government."*

**- Dr. Henry Kissinger, Bilderberger Conference, Evians, France, 1991.**

*"Depopulation should be the highest priority of foreign policy towards the third world, because the US economy will require large and increasing amounts of minerals from abroad, especially from less developed countries."*

**- Dr. Henry Kissinger.**

*"The elderly are useless eaters."*

**- Dr. Henry Kissinger.**

*"War and famine would not do. Instead, disease offered the most efficient and fastest way to kill the billions that must soon die if the population crisis is to be solved. AIDS is not an efficient killer because it is too slow. My favorite candidate for eliminating 90 percent of the world's population is airborne Ebola (Ebola Reston), because it is both highly lethal and it kills in days, instead of years. We've got airborne diseases with 90% mortality in humans. Killing humans. Think about that. You know, the bird flu's good, too. For everyone who survives, he will have to bury nine."*

**- Dr. Eric Pianka University of Texas evolutionary ecologist and lizard expert, showed solutions for reducing the world's population to an audience on population control.**

*"The present vast overpopulation, now far beyond the world carrying capacity, cannot be answered by future reductions in the birth rate due to contraception, sterilization and abortion, but must be met in the present by the reduction of numbers presently existing. This must be done by whatever means necessary."*

**- Initiative for the United Nations ECO-92 EARTH CHARTER.**

*"In South America, the government of Peru goes door to door pressuring women to be sterilized and they are funded by American tax dollars to do this."*

**- Mark Earley in The Wrong Kind of Party Christian Post 2008/10/27.**

*"Maintain humanity under 500,000,000 in perpetual balance with nature."*

**- Anonymously commissioned Georgia Guidestones.**

*"If I were reincarnated I would wish to be returned to earth as a killer virus to lower human population levels."*

**- Prince Phillip, Queen Elizabeth's husband, Duke of Edinburgh, leader of the World Wildlife Fund.**

*"The principle that sustains compulsory vaccination is broad enough to cover cutting the Fallopian tubes."*

**- Justice Oliver Wendell Holmes.**

*"Frankly I had thought that at the time Roe was decided, there was concern about population growth and particularly growth in populations that we don't want to have too many of."*

**- Supreme Court Justice Ruth Bader Ginsburg.**

*"The Planetary Regime might be given responsibility for determining the optimum population for the world and for each region and for arbitrating various countries' shares within their regional limits. Control of population size might remain the responsibility of each government, but the Regime would have some power to enforce the agreed limits."*

**- Obama's science czar John P. Holdren. From a book he helped write: Ecoscience.**

*"The drive of the Rockefellers and their allies is to create a one-world government combining supercapitalism and Communism under the same tent, all under their control. Do I mean conspiracy? Yes I do. I am convinced there is such a plot, international in scope, generations old in planning, and incredibly evil in intent."*

**- Congressman Larry P. McDonald, 1976, killed in the Korean Airlines 747 that was shot down by the Soviet Union.**

### **Must Watch Videos:**

**Human Resources: Social Engineering in the 20th Century, Darwin's Dangerous Idea – Body and Soul, The Georgia Guidestones.**

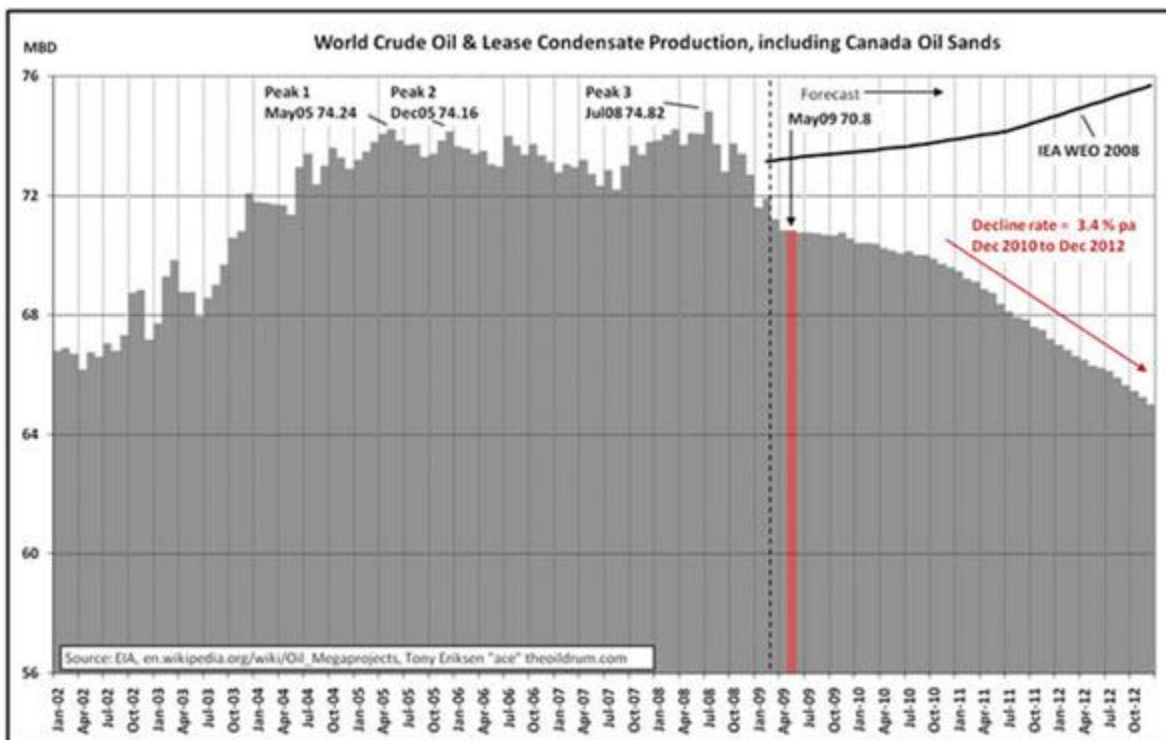
---

**ATTENTION: THIS IS THE MOST IMPORTANT PART TO READ AND WATCH - IF YOU GET THIS PART YOU'LL UNDERSTAND EVERYTHING!**

**Global Peak Oil** = Survival of the Richest **with** Oil - The 3000 pound elephant in the room that few, in my humble opinion, want to acknowledge is the arrival of the tipping point for modern civilization - Global Peak Oil. This is the point in time when HALF of all the cheap, easy to extract oil in the world has been used up. From now on there will be less of it ever year and progressively harder to find, extract and refine.

Despite Oil Industry denials and red herrings (abiotic, bakken, etc.), dozens of independent scientists have confirmed we have now reached the point of no return. Global Oil Production peaked in 2008 at around 87 million barrels per day. It plateaued for a couple of years and has now slowly begun the irreversible decline.

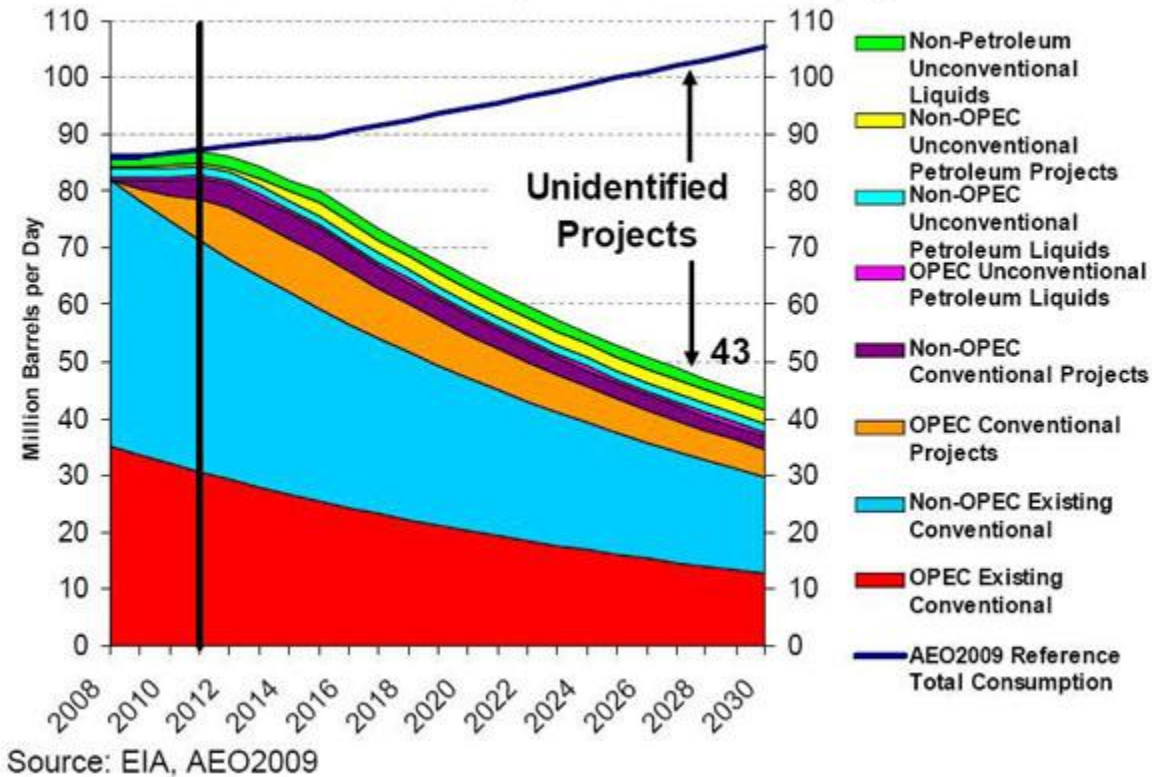
We are now on the down side of the global peak oil bell curve and **no amount of accounting fraud, new discovery or alternate fuel production will prevent the decline**. We are currently using 5 barrels for every 1 we produce and the demand is increasing exponentially. This is the **one** thing the Global Banking Mafia cannot control and the main stream media is **forbidden** to cover.



Due to the oil intensive industrial revolutions in China, India, Africa and other emerging countries there are now too many straws in the margarita! That means there is not going to be enough oil in the very near future for these other countries to grow into industrial giants like the United States. Thanks to the Internet these once hidden truths are now dawning on the rest of the world. There is going to be much more fighting for control of

the remaining deposits. Their documented global plan in progress is to deregulate certain industries (Banking, Biotech, etc.) to allow them to wipe out financially (deregulation, derivatives and fraud) and physically (starvation, contamination and sterilization) as many countries as possible to destroy demand and save their precious remaining oil supplies... **THIS INCLUDES US! I REPEAT, THIS MEANS AMERICA!** The first permanent OPEC oil shocks will hit by 2012 through 2015.

### World's Liquid Fuels Supply

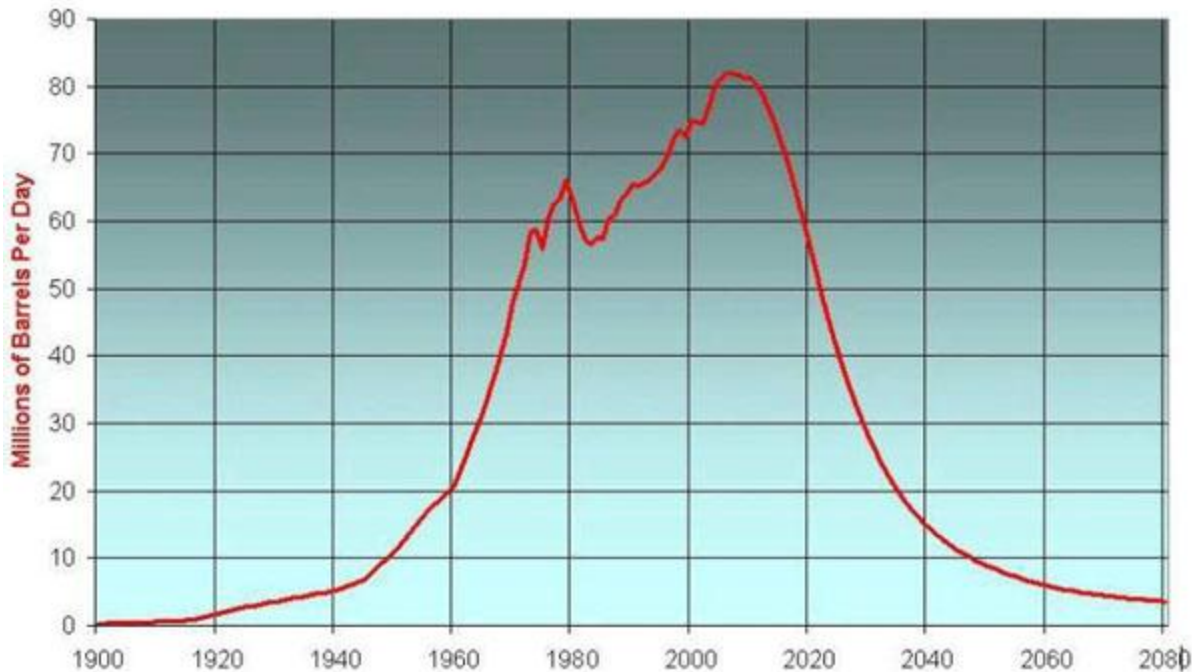


8

After that, skyrocketing oil and food prices will slowly grind the world economy to a crawl. Millions - **BILLIONS** on the edge of life will perish. America is slowly descending into a financial "Wild West" shoot out and the Global Banking Mafia are cashing in their chips, selling off the slot machines and poker tables and heading out of "dodge" to the next country that's stupid or desperate enough to take their counterfeit money. History does repeat itself. Think Germany, Russia, Argentina, Yugoslavia, etc. To make things worse, we ignored all the warnings and are NO WHERE NEAR any "plan B" on the scale we need NOT to get thrown back to life before plentiful oil. We have less than 2 years to prepare.



## World Oil Production 1900-2080



We must act **NOW** to detoxify our chemically ravaged bodies, protect our health, stock up on supplies and save our financial futures while we prepare to survive and adjust to this painful transition. It may seem overwhelming (just follow this guide!) but America has been through far worse! We can do this!

\* I had to deduct 5% from Alex Jones (nobody's perfect) for not understanding this well documented geological FACT as the **hidden** reason the ultra sleazy rich and their minions of useful idiots need to sterilize and kill most of us gas guzzling useless eaters very soon. In my humble opinion, it's the most critical piece of the puzzle. Perhaps I'm wrong. Maybe I misread the situation. Please, for God's sake, verify everything for yourself.

Or you can click your heels 3 times and PR. Lindsey Williams will magically appear and tell you another dead "oil buddy" story of endless fossil fuels until you fall asleep again.

### Must Watch Videos:

[Oil Smoke and Mirrors](#), [A Crude Awakening](#), [The End of Suburbia](#), [Arithmetic Population and Energy](#), [Crash Course - Global Peak Oil](#), [Agenda 21 for Dummies](#).

## When are they Killing us Slowly? - (The Poisons)

**Slow Kill Man Made Poisons** = Persistent, bio-accumulative and carcinogenic industrial waste Sodium **Fluoride** in tap water.

Sterilizing, **Genetically Modified Organisms** and Mercury contaminated High Fructose Corn Syrup/Sugar (**HFCS**) in most processed foods and drinks.

Mutagenic, organic pollutants, **Atrazine**, **PCB's** and **PBDE's** in the soil.

Carcinogenic **Sodium Benzoate** (Benzene) in most beverages.

**Parabens**, **Heavy Metals** and **Toxic Fragrances** in most cosmetics.

Gender (turns boys into girls) Bending **Phthalates** and **Bisphenol A (BPA)** in most plastics, can liners, dental resins and thermal paper used for receipts.

Toxic gas producing **Teflon®** - (**PFOA**) variations on most non-stick cookware.

**Pesticides**, **Herbicides**, **Fungicides**, **Algaecides** on most non organic produce.

Neurotoxic sweeteners **Equal®**, **NutraSweet®**, **Splenda®**, **Sweet n Low®**, **Aspartame/Neotame** (a.k.a. **Phenylalanine**) in most DIET foods, drinks, and candy.

Toxic **ADHD** inducing petroleum based food **Dyes**, carcinogenic **Preservatives**, **flesh melting Meat Glues** and **Mono Sodium Glutamate (MSG = Food Nicotine)** in most non organic processed food = 90% of the American diet.

**Antibiotics**, **Ammonia**, **PCB's**, **Meat Glue**, **Bacteria eating Viruses**, **Radiation** and **Growth Hormones (rGBH, rbST)** in most non organic Dairy, Beef, Fish and Fowl\* non organic products. = Anxiety, Asthma, Allergies, Hyperactivity, Lower IQ, Obesity, Tumors, Cancers, Sterility, Infertility, Birth Defects, Organ Damage, Neurological, Immunological and Chronic Diseases.

### Notable Quote:

*"If the people let government decide what foods they eat and what medicines they take, their bodies will soon be in as sorry a state as are the souls of those who live under tyranny."*

**- Thomas Jefferson (1743-1826), US Founding Father.**

At the end of World War II, the US government sent Charles Eliot Perkins, a research worker in chemistry, biochemistry, physiology and pathology, to take charge of the vast

Farben chemical plants in Germany.

The German chemists told Perkins of a scheme which they had devised during the war and had been adapted by the German General Staff. The German chemists explained of their attempt to control the population in any given area through the mass medication of drinking water with sodium fluoride, a tactic used in German and Russian prisoner of war camps to make the prisoners "stupid and docile"

Farben had developed plans during the war to fluoridate the occupied countries because it was found that fluoridation caused slight damage to a specific part of the brain, making it more difficult for the person affected to defend his freedom and causing the individual to become more docile towards authority. Fluoride remains one of the strongest anti-psychotic substances known, and is contained in twenty-five percent of the major tranquilizers.

It may not seem surprising that Hitler's regime practiced the concept of mind control through chemical means, but the American military continued Nazi research, exploring techniques to incapacitate an enemy or medicate an entire nation. As stated in the Rockefeller Report, a Presidential briefing on CIA activities, "the drug program was part of a much larger CIA program to study possible means of controlling human behavior.

### Must Watch Videos:

**[Dr. Paul Connett - Toxic Tapwater](#), [The Fluoride Deception](#), [Fluoridation - At Any Cost - Part 1 of 3](#), [Fluoride, Aspartame and Population Control](#), [Nutrition and Behavior - Excitotoxins](#), [Dr. Russell Blaylock](#), [The Dangers of MSG - pt 1, 2a, 2b, 3](#), [Aspartame: Sweet Misery A Poisoned World](#), [Sweet Remedy - Why Is Society Being Dumbed Down?](#), [Tapped](#), [The Disappearing Male](#), [Your Milk on Drugs](#), [Food the Ultimate Secret](#), [Mercury Found in High Fructose Corn Syrup](#), [The Dangers of Artificial Sweeteners](#), [Iodine - The Most Misunderstood Nutrient](#).**

---

**Slow Kill Genetically Modified Organisms (Food) GMO's** = Almost 80% percent of the processed food at your local non organic grocery store and ALL fast food is irradiated and contaminated with toxic spermicidal GMO corn, soybeans, canola, sugar beets, alfalfa, papaya, zucchini, rice and salmon which slowly poison and sterilize you and your children. = Genetic Pollution, Obesity, Tumors, Cancers, Sterility, Infertility, Organ Damage, Miscarriages, Birth Defects, Neurological, Immunological and Chronic Diseases.

## Must Watch Videos:

Everything you have to know about Dangerous Genetically Modified Food, World According to Monsanto, Food Matters, GMO Trilogy - Unnatural Selection, Hidden Dangers in Kids Meals, Processed People, Future of Food, Food Inc, A Silent Forest, Patent for a Pig, Alex Jones Tv 1/2: The Threat of Food Irradiation and Live Viruses, Farmed Salmon Exposed.

---

**Slow Kill Vaccines** = Useless contaminated toxic vaccines - HIV, Polio, Bird, Swine, H1N1, Influenza, MMR, DPT, Hepatitis, Gardasil, Tetanus, etc., that **kill you slowly** (progressive organ damage a.k.a. "side effects") and give you much worse than what you were afraid of catching in the first place! = Brain Swelling, Autism, Narcolepsy, Seizures, Sudden Infant Death Syndrome, Shaken Baby Syndrome, Tumors, SV40 Cancers, Sterility, Infertility, Birth Defects, Neurological, Immunological and Chronic Diseases.

## Must Watch Videos:

The Origin of AIDS, Polio Vaccine -The Smoking Gun, House of Numbers, The Other Side of AIDS, Deconstructing The Myth Of AIDS, HIV=AIDS: Fact Or Fraud, Vaccine Nation, In Lies We Trust: The CIA, Hollywood and Bioterrorism, Preventing Gardasil Vaccine Injuries and Deaths Barbara Loe Fisher, Dangers of Vaccines - Part 1 Dr. Sherri Tenpenny, Flu and Flu Vaccines: What's Coming Through That Needle, Autism - Made in the USA, Robert F Kennedy Jr. - Shocking Vaccine Cover-Up, Mercury, Autism and the Global Vaccine Agenda - Dr. David Ayoub M.D., Selective-Hearing Autism caused by MMR SHOT, 60 minutes 1979 - 1976 SWINE FLU VACCINE WARNING.

---

**Slow Kill Dental Mercury-Silver Amalgam Fillings and Root Canals** = The **second most toxic metal know to man** - is considered "**safe**" by the ADA and your average dentist **in your mouth**. Root canals contain deadly poisonous mycotoxic anaerobic (need no oxygen) bacteria that have been traced to the **most degenerative chronic diseases afflicting modern man** in the last hundred years. - Lower IQ, Arthritis, Tumors, Cancers, Neurological, Immunological and Chronic Diseases.

## Must Watch Videos:

60 minutes - Is there Poison in Your Mouth, BBC Panorama - Poison in the mouth, Amalgam fillings in your mouth are poisoning you part 1, Quecksilber - The Strange Story of Dental Amalgams, Rooted, University of Calgary - How Mercury Causes Neurodegeneration, Mercury Autism, The Mercury Amalgam Conspiracy.

Search: [toxiceeth.org](http://toxiceeth.org), root canal toxins.

---

**Slow Kill Depleted Uranium Ammunition** = Radioactive ammunition made from spent nuclear reactor waste secretly used by the Military for over twenty years. - Radiation Cancers, Tumors, Sterility, Infertility, Birth Defects, Chronic Neurological, Immunological Diseases and Death.

**Notable Quote:**

*"I'll be philosophical. Until about two billion years ago, it was impossible to have any life on earth; that is, there was so much radiation on earth you couldn't have any life, fish or anything. Gradually, about two billion years ago, the amount of radiation on this planet and probably in the entire system reduced and made it possible for some form of life to begin... Now when we go back to using nuclear power, we are creating something which nature tried to destroy to make life possible..."*

*Every time you produce radiation, you produce something that has a certain half-life, in some cases for billions of years. I think the human race is going to wreck itself, and it is important that we get control of this horrible force and try to eliminate it... I do not believe that nuclear power is worth it if it creates radiation. Then you might ask me why do I have nuclear powered ships. That is a necessary evil. I would sink them all.*

*I am not proud of the part I played in it. I did it because it was necessary for the safety of this country. That's why I am such a great exponent of stopping this whole nonsense of war. Unfortunately limits - attempts to limit war have always failed. The lesson of history is when a war starts every nation will ultimately use whatever weapon it has available."*

**- Adm. Hyman G. Rickover, the Father of the Nuclear Navy on the hazards of nuclear power in testimony to Congress (28 January 1982).**

**Must Watch Videos:**

**Beyond Treason: Depleted Uranium & Anthrax Vaccines, Depleted Uranium – The Ultimate Dirty Bomb, Poison Dust - Health Consequences of Depleted Uranium, Gulf War Syndrome - Killing our Own, Military Secret Shots.**

---

**Slow Kill Pharmaceutical and OTC Drugs** = They ONLY treat symptoms... THEY CURE NOTHING then SLOWLY (progressive organ damage a.k.a. side effects) KILL you while DRAINING YOU FINANCIALLY DRY!

**Must Watch Videos:**

**Generation RX, The Marketing of Madness: The Truth About Psychotropic Drugs, Big Bucks, Big Pharma – Marketing Disease and Pushing Drugs, Selling Sickness**

[Pharmaceutical Drugs](#), [ADHD – Epidemic or Fraud](#), [We Become Silent - The Last Days of Health Freedom](#), [FoodInvestigations.com - Episode 1 - Pharmaburger](#).

---

**Slow Kill Electro Pollution and Radiation** = Cell Phones and Cell Towers, Wi-Fi wireless routers, Compact Fluorescent Lights, Microwave Ovens, Heating Blankets, Mammograms, MRI, X-Rays, C.A.T. Scans, Truck and Airport Body Scanners. Brain Tumors, Cancers, Sterility, Infertility, Birth Defects, Neurological, Immunological and Chronic Diseases.

### Must Watch Videos:

[Cell Phone War](#), [Panorama Wi-Fi Warning](#), [Dirty Electricity Dangers of Fluorescent Bulbs](#), [Public Exposure: DNA, Democracy and the Wireless Revolution](#), [Generation Cellphone](#), [Dr. Nick Begich – What You Don't Know: Cellphones 1 of 3](#), [Dr. Charlie Teo - part 1 and 2](#), [WiFi in schools proven dangerous](#), [The Dangers of Using Microwaves](#), [Microwave Ovens - The Hidden Hazards](#), [Diabetes and Electrosensitivity](#).

---

**Slow Kill Weather Modification** = ChemTrails, Atmospheric Geo-Engineering – What started in the 60's as an Air Force ionized metallic salts cloud seeding and hurricane manipulation program was hijacked in the 90's by the Global Banking Mafia into a genetic specific bio warfare depopulation program, the detection of exotic propulsion systems, ELF VLF electromagnetic weaponry, weather warfare and environmental manipulation for profit (HAARP) campaign, to dispose of toxic heavy metal industrial waste (Aluminum, Strontium, Barium, Niobate, Sulfur Dioxide, Carbon Black, etc.) to contaminate and infect the land and citizens under cover of the global warming hoax to benefit Monsanto's new genetically modified "aluminum resistant" crops and construct a global 3D projection screen in the atmosphere to simulate the **false** arrival of all major religious messiahs and/or extraterrestrial invaders with ground based and space satellite projectors (NASA project "Blue Beam").

### Notable Quote:

*"Others are engaging even in an eco-type of terrorism whereby they can alter the climate, set off earthquakes, volcanoes remotely through the use of electromagnetic waves. So there are plenty of ingenious minds out there that are at work finding ways in which they can wreak terror upon other nations. It's real, and that's the reason why we have to intensify our efforts."*

**- William Cohen, former U.S. Secretary of Defense, April 1997.**

## **Must Watch Videos:**

**What In the World Are They Spraying, Aerosol Crimes, Rosalind Peterson The Chemtrail Cover-Up pt 1, HAARP - NWO Weapon - The Ultimate Weapon, HAARP - Holes in Heaven, Owing the Weather the Secret Agenda of Atmospheric Manipulation, Project Blue Beam.**

Search for Morgellons Disease on [carnicom.com](http://carnicom.com)

## How are they Scaring us into Obeying? - (The Process)

**Fake Wars (False Flag)** = Global Banking Mafia owned NSA, CIA, FBI sponsored false (staged) flag Communist/Islamic terror for Oil and Military Industrial Complex PROFIT Scam.

### Must Watch Videos:

[Loose Change – Final Cut](#), [911 Blueprint for Truth](#), [NATIONAL SECURITY ALERT](#), [911 In Plane Site Directors Cut](#), [911-Mysteries-Demolitions](#), [Painful Deceptions](#), [9/11 Revisited: Were explosives used? \(v.2\)](#), [Core of Corruption 2009 - In the Shadows](#), [Wake Up Call – Remastered Edition](#), [Al Qaeda Doesn't Exist](#).

---

**Fake Man Made Global Warming Hoax** = Global Banking Mafia hijacked the real environmental movement in the 90's to create the new "It's the Sheeples fault" (CO2 Fear for Profit/Man Made Global Warming) Carbon Tax and Credit Scam.

### Must Watch Videos:

[The Great Global Warming Swindle](#), [Global Warming; Doomsday Called Off](#), [Global Warming or Global Governance](#), [Greenhouse Conspiracy](#), [The Science is In Lord Monckton Debunks Global Warming](#), [Little Ice Age, Big Chill](#), [Mark Moreno, climatedepot.com](#), [Climategate E-mails](#), ["Hide the Decline"](#).

---

**Fake Man Made Virus Pandemics** = Global Banking Mafia Man Made Bio Weapons Sheeple Depopulation for Profit Vaccine Scam.

### Must Watch Videos:

[The Origin of AIDS](#), [Polio Vaccine -The Smoking Gun](#), [House of Numbers](#), [The Other Side of AIDS](#), [Deconstructing The Myth Of AIDS](#), [HIV=AIDS: Fact Or Fraud](#), [Vaccine Nation](#), [In Lies We Trust: The CIA, Hollywood and Bioterrorism](#), [Preventing Gardasil Vaccine Injuries and Deaths Barbara Loe Fisher](#), [Dangers of Vaccines - Part 1 Dr. Sherri Tenpenny](#), [Flu and Flu Vaccines: What's Coming Through That Needle](#), [Autism - Made in the USA](#), [Robert F Kennedy Jr. - Shocking Vaccine Cover-Up](#), [Mercury, Autism and the Global Vaccine Agenda - Dr. David Ayoub M.D.](#), [Selective-Hearing Autism caused by MMR SHOT](#), [60 minutes 1979 - 1976 SWINE FLU VACCINE WARNING](#), [Mexican Swine Flu Outbreak 2009 SPECIAL REPORT by Dr Leonard Horowitz](#), [VVH-TV News Special Report on PLUM ISLAND](#), [Under Our Skin \(Lyme Disease\)](#).



---

**Fake Elections** = Global Banking Mafia owned voting machine corporations (Diebold) rigged elections and stage managed theater for profit scam that would make Shakespeare proud.

**Must Watch Videos:**

**Invisible Ballots - A Temptation for Electronic Vote Fraud, Hacking Democracy, Princeton University Exposes Diebold Flaws, Programmer under oath admits computers rig elections.**

---

**Fake Medical and Mental Conditions** = Global Banking Mafia sponsored Sheeple Chemical Lobotomy and Sterilization for Profit Scam.

**Must Watch Videos:**

**Generation RX, The Marketing of Madness: The Truth About Psychotropic Drugs, Big Bucks, Big Pharma – Marketing Disease and Pushing Drugs, Selling Sickness Pharmaceutical Drugs, ADHD – Epidemic or Fraud, We Become Silent - The Last Days of Health Freedom, Making a Killing: The Untold Story of Psychotropic Drugging, Prescription for Disaster, FoodInvestigations.com - Episode 1 - Pharmaburger.**

---

**Fake Main Stream TV, Radio, Newspaper, Internet Media, Hollywood** = Global Banking Mafia Owned Mass Media Sheeple DISTRACTION/SPIN/FEAR for profit Scam.

**Must Watch Videos:**

**Outfoxed - Rupert Murdoch's War on Journalism, Orwell Rolls in his Grave, War Made Easy: How Presidents & Pundits Keep Spinning Us to Death, Psywar, WMD: Weapons of Mass Deception, Hijacking Humanity Final Cut, Noam Chomsky - Manufacturing Consent, Behind The Big News: Propaganda and the CFR.**

---

**Fake Drug War** = Global Banking Mafia CIA Drug Money Laundering and Privatized Prison System Sheeple Packing for Profit Scam.

**Must Watch Videos:**

[How Weed Won the West](#), [Plan Colombia: Cashing in on the Drug War Failure](#), [American Drug War: The Last White Hope](#).

---

**Fake Environmentalism** = Global Banking Mafia Private Sheeple Land Theft Disguised as ECO (U.N. Agenda 21 Sustainable Development, Endangered Species Act, etc.) Foundations for profit Scam.

**Must Watch Videos:**

[The U.N. Deception](#), [Behind the Green Curtain](#), [Michael Shaw AGENDA 21](#), [Henry Lamb on agenda 21](#), [Environ-Mentalism: A New Religion for a New Age](#).

---

**Fake Educational System** = Global Banking Mafia / Rockefeller funded Intentional Dumbing Down of American Sheeple for Profit Scam.

**Must Watch Videos:**

[Indoctrination U](#), [College Conspiracy part 1](#), [College Conspiracy part 2](#), [The Deliberate Dumbing Down of America](#).

---

**Fake Overpopulation** = Global Banking Mafia Manufactured Sheeple Depopulation for Profit Scam. Globalists and their eugenic minions misrepresent population statistics in order to justify their agenda to wipe out large portions of the population. Science and statistics both tell us that overpopulation is a myth.

90% of the people in the world currently live on only 3% of the land.

There is enough food for everyone but politics and greed allow people to starve to death.

The facts are the entire population of the world could fit inside of the state of Texas. The world's population in 2010 is 6.9 billion people. The area of Texas is 268,820 square miles or 7.5 trillion square feet. That makes more than 1,000 square feet per person or over 4,000 square feet for a family of four.

**Must Watch Video: Overpopulation is a Myth**

---

**Fake Water Shortage** = Global Banking Mafia Manufactured Sheeple Water Privatization for Profit Scam. Globalists and their eugenic (T. Boone Pickens, G.W. Bush, etc.) minions are buying up huge areas of land with water rights in anticipation of a global aquifer crisis brought on by the corporate created toxic Bottled Water craze.

**Must Watch Videos:**

**[Blue Gold](#), [World Water Wars](#), [Flow for the Love of Water](#), [Tapped](#).**

## What Can We Do To Stop Them? - (The Protests)

**20 CRITICAL STEPS to Restore Your Health and Freedom while we toss out the criminal element and install America 2.0 with new "greed" virus updates.**

### 01 - Reboot Your Brain (TURN OFF THE TV NEWS!)

Wake up from the TV induced consensus trance and Fluoride Brain Fog and get the hidden truth about the 200 year old Global Banking Mafia that is Slowly Killing America to set up a One World Government! Learn that millions of Americans are now AWAKE to THEIR POISONOUS PLANS and are preparing to kick some corrupt Political and Corporate Ass! Get ringside seats by going online to [drudgereport.com](http://drudgereport.com), [infowars.com](http://infowars.com), [naturalnews.com](http://naturalnews.com), [mercola.com](http://mercola.com), [judicialwatch.org](http://judicialwatch.org), [publiccitizen.org](http://publiccitizen.org) and [dailypaul.com](http://dailypaul.com). Read and listen daily to keep up the fight and fight off our keepers.

**Boycott all corporate network news, newspapers and websites**

### Must Watch Videos:

**Outfoxed - Rupert Murdoch's War on Journalism, Orwell Rolls in his Grave, War Made Easy: How Presidents & Pundits Keep Spinning Us to Death, Psywar, WMD: Weapons of Mass Deception, Hijacking Humanity Final Cut, Noam Chomsky - Manufacturing Consent, Behind The Big News: Propaganda and the CFR.**

---

### 02 - Save America! Restore the Constitution and Republic! Become a Modern Patriot!

Get our Industry, Money and Jobs Back! Turn off the old Rothschild controlled Republican versus Democrat sock puppet show. WAKE UP! Open your eyes, stop watching the fascist parrots and their circle jerk (TV News) channels. Snap out of the fluoride daze and mass media induced consensus trance and break the grip of the Big Banks that own BOTH parties.

Join the revolution online at [dailypaul.com](http://dailypaul.com), [publiccitizen.org](http://publiccitizen.org) and [judicialwatch.org](http://judicialwatch.org). Get crazy about LIBERTY by tuning in **online** daily at [infowars.com](http://infowars.com) and other truth sites. Vote the current corrupt incumbent politicians out at the polls this November and every election from now on. Until then, vote with your wallets.

**Support Ron Paul and the original Tea (Libertarian) Party Candidates (NOT the one the Republicans took over).**

## Must Watch Videos:

**What is a Libertarian?, Are You A Libertarian?, The American Form of Government, For Liberty: How the Ron Paul Revolution Watered the Withered Tree of Liberty, Immigration Gumballs.**

**Take the Libertarian Quiz.**

---

## 03 - Take Defensive Detox Food and Supplements

Detoxify a lifetime of pollution and restore and defend your health by learning to use and stocking up on natural detox, protective and preventative nutrients:

### **Fluoride, Bromide and Chloride (tap and bottled water) protection:**

\* Lugol's® (online) 5% Iodine/10% Potassium Iodine – restore fluoride, bromide and chloride i.e. tap water damaged thyroid function, protects from iodine 131 radiation damage. Make your own from Potassium Iodide.

\* Sodium Bicarbonate (aluminum free Baking Soda) – excellent substitute for toxic toothpaste (wet brush with hydrogen peroxide first).

\* Organic Apple Cider Vinegar (w/mother) – To many benefits to list! A shot a day keeps everything away.

\* White and Green Cabbage Juice- heals reflux/GERD, H. Pylori ulcers – excellent substitute for toxic prescriptions.

### **All Radiation and Heavy Metal (Mercury) protection and removal:**

\* Chlorella – removes heavy metals (mercury, lead and aluminum) from body and brain.

\* Extra Virgin Coconut Oil – ½ cup of any cold pressed oil if you are exposed will help protect the cell membranes.

\* Vitamin D3 - The most important daily nutrition supplement you can put in your mouth. 1- 3 capsules per day. Check Mercola.com for proper dosage.

\* Cilantro Herb or Oil – natural heavy metal chelator (i.e. mercury, lead and aluminum, uranium, plutonium, iodine and cesium are heavy metals.) Therefore, it helps to eliminate them out of the body

\* Rutin-a bioflavonoid that can also be found in lower doses in vitamin C supplements containing bioflavonoids. Rutin is glucoside found in buckwheat that can help protect the

body from the effects of radiation. It strengthens the capillary walls and reduces hemorrhaging caused by x-rays. In animal studies it was shown to reduce the death rate caused by excessive x-rays by 800 per cent.

Preventive Dose – 100 to 200 mg a day. Dose Upon Radiation Exposure – 800 mg. or more a day.

Selenium – protects DNA from radiation damage and helps prevent damage to the skin surface, too. Get plenty of selenium by eating a daily dose of 2 cups/500 ml of nettle infusion, one-half ounce/15 g kelp, 2 ounces/60 g cooked burdock root, or 1 cup/250 ml organic yogurt daily. Shellfish, green and black teas, and garlic contain significant amounts of selenium, as do many mushrooms. The best sources however are nettles (2200 mcg per 100 grams), kelp (1700 mcg/100 g), Burdock (1400 mcg/100 g), Catnip (*Nepeta cataria*), American Ginseng, and Eleuthero which is also known as Siberian Ginseng and Astragalus.

Vitamin A- In 1974, researchers from India found that vitamin A, when taken internally by humans, hastened recovery from radiation. In 1984, Dr. Eli Seifter and a team of researchers for the Albert Einstein College of Medicine reported that vitamin A and beta-carotene counteracted both partial and total body gamma radiation. It also improved the healing of wounds; reduced weight loss, thymic and splenic atrophy, and adrenal enlargement; and prevented gastro-ulceration and an abnormal decrease in red and white blood cell formation. For therapeutic purposes, 25,000 to 35,000 IU is the recommended dose for adults. During emergencies or crisis situations, intensive exposure may warrant higher amounts.

Contraindications – too much over a long period of time can be toxic to pregnant woman and their babies.

Vitamin B-Complex- many B vitamins, especially pantothenic acid, help to decrease the effects of radiation. One of its many functions is that they normalize the red and white blood cell count because the destruction of white blood cells by radiation can last for extended periods of time. The various B vitamins have different effects and should be taken together. Take the dose recommended on the bottle. Use Methylcobalamin only!

Vitamin C with bioflavonoids - this is a VERY IMPORTANT supplement as it protects against intracellular damage from radiation.

Preventive Dose: 1-3 thousand milligrams per day Dose Upon Radiation Exposure – 3-5 thousand mgs per day

Contraindications – If you get loose stools (diarrhea) back off 500 mg until you reach bowel tolerance.

Vitamin E- can provide internal and external protection against Cesium-137 which is a common component of fallout and a reported component in the fallout from Japan.

Vitamin E also helps prevent the destruction of vitamin A and fatty acids by massive doses of x-rays. If large doses of C, B and E are taken before exposure, the terrible symptoms of radiation sickness can be reduced or eliminated to a large degree.

Preventive Dose – an adult weighting 155lbs should take 900 IU per day of Vitamin E as d-alpha-tocopherol.

Dose Upon Radiation Exposure – up to 1600 IU per day.

MSM – removes heavy metals (mercury, lead and aluminum) from body and brain.

Milk Thistle – or its active extract sylimarin, supports liver cell synthesis and promotes glutathione production.

Malic acid – in supplement form or just eat apples.

Magnesium – helps shut out aluminum from cells. Works hand in hand with malic acid, removes heavy metals (mercury, lead and aluminum) from body and brain.

Ginger Root – potent radiation protection

Lecithin – (from GM free sunflower seeds)

N-acetyl cysteine – (NAC) and alpha lipoic acid (or R-lipoic acid) will support glutathione production. A reduced, liposomal glutathione supplement can also be used to increase glutathione directly.

Calcium Bentonite Clay – Absorbs and Adsorbs radioactive particles you might accidentally eat or drink (take a pinch in water before bedtime only!). No Sodium Bentonite Clay.

Rice Bran – excellent source of magnesium that removes aluminum from the body and brain.

### **Pain Management:**

Astaxanthin: One of the most effective oil-soluble antioxidants known. It has very potent anti-inflammatory properties and in many cases works far more effectively than many NSAIDs. Higher doses are typically required and one may need 8 mg or more per day to achieve this benefit.

Ginger: This herb is anti-inflammatory and offers pain relief and stomach-settling properties. Fresh ginger works well steeped in boiling water as a tea or grated into vegetable juice.

Curcumin: In a study of osteoarthritis patients, those who added 200 mg of curcumin a day to their treatment plan had reduced pain and increased mobility.

Past studies found that a turmeric extract composed of curcuminoids (plant-based nutrients that contain powerful antioxidant properties) blocked inflammatory pathways, effectively preventing the launch of a protein that triggers swelling and pain.

**Boswellia:** Also known as boswellin or “Indian frankincense,” this herb contains specific active anti-inflammatory ingredients. This is one of my personal favorites as I have seen it work well with many rheumatoid arthritis patients.

**Krill Oil:** The omega-3 fats EPA and DHA contained in krill oil have been found by many animal and clinical studies to have anti-inflammatory properties.

**Bromelain:** This enzyme, found in pineapples, is a natural anti-inflammatory. It can be taken in supplement form but eating fresh pineapple may also be helpful.

**Cetyl Myristoleate (CMO):** This oil, found in fish and dairy butter, acts as a “joint lubricant” and an anti-inflammatory. Also useful for relieving ganglion cysts and mild carpal tunnel syndrome. Available in a topical preparation.

**Evening Primrose, Black Currant and Borage Oils:** These contain the essential fatty acid gamma linolenic acid (GLA), which is useful for treating arthritic pain

**Cayenne Cream:** Also called capsaicin cream, this spice comes from dried hot peppers. It alleviates pain by depleting the body’s supply of substance P, a chemical component of nerve cells that transmits pain signals to your brain.

Methods such as yoga, acupuncture, meditation, hot and cold packs, and even holding hands can also result in astonishing pain relief without any drugs.

### **Virus, Plague and Bacteria Infection protection:**

Food Grade 35% Hydrogen Peroxide (diluted 11 parts H<sub>2</sub>O : 1 part H<sub>2</sub>O<sub>2</sub> = 3%) – 3 to 5 drops in a glass of filtered water per day (1-2 hours before or after meals) clears excessive toxic fungus, virus and bacteria from the body. Excellent substitute for toxic mouthwash. A few drops in each ear at the beginning of an illness works wonders. Search [EarthClinic.com](http://EarthClinic.com) for more information

Raw Garlic - Excellent natural anti-biotic, Works only if consumed freshly crushed.

Cinnamon -

Oil of Oregano -

Manuka Honey -



Probiotics – Helps keeps the correct good bacteria to bad (GMO) bacteria ratio.

Nano/Colloidal Silver -

### **High Blood Pressure:**

Potassium – Lowers high blood pressure. Eat sweet potatoes (highest in potassium).

Selenium -

Magnesium Chloride -

Grape Seed Extract -

Stevia – (liquid drops are best) – safely replaces all toxic sugars and sugar substitutes. No Malodextrin fillers and Do not use Agave!

Borax® – excellent substitute for toxic laundry and dishwasher detergent.

Search [mercola.com](http://mercola.com) and [naturalnews.com](http://naturalnews.com) and learn how to really boost your immune system naturally, remove and detoxify embedded body pollution and repair radiation damage.

**Support the fight against CODEX ALIMENTARIUS = NO POTENT VITAMIN SUPPLEMENTS!** Subscribe to and support Dr. Rima Laibow at [healthfreedomusa.org](http://healthfreedomusa.org), [responsibletechnology.org](http://responsibletechnology.org), [naturalnews.com](http://naturalnews.com), [mercola.com](http://mercola.com), Read, learn, and mouse vote this evil eugenics plan back into the dark ages.

**Boycott all sugars and artificial sweeteners (use Stevia – Liquid drops are best)**

### **Must Watch Videos:**

**Dr. Paul Connett - Toxic Tapwater, The Fluoride Deception, Fluoridation - At Any Cost - Part 1 of 3, Fluoride, Aspartame and Population Control, Nutrition and Behavior - Excitotoxins, Dr. Russell Blaylock, The Dangers of MSG - pt 1, 2a, 2b, 3, Aspartame: Sweet Misery A Poisoned World, Sweet Remedy - Why Is Society Being Dumbed Down?, Tapped, The Disappearing Male, Your Milk on Drugs, Food the Ultimate Secret, Mercury Found in High Fructose Corn Syrup, The Dangers of Artificial Sweeteners, Iodine - The Most Misunderstood Nutrient.**

---

## **04 - Drink Reverse Osmosis (Fluoride Free) Water ONLY!**

NO PURCHASED BOTTLED WATER PERIOD! WE MUST REMOVE THE FLUORIDE! Install a 2 stage R/O fluoride removing counter top or 5 stage under sink R/O fluoride removing water filter with a line (if possible) to the refrigerator water and ice and add shower filters (they don't remove fluoride but everything else) for each bathroom. ALWAYS carry your own home filtered water in a BPA free container.

Search, read and learn at: [mercola.com](http://mercola.com), [naturalnews.com](http://naturalnews.com), [ewg.org](http://ewg.org) and [infowars.com](http://infowars.com) then buy "American" online.

**Boycott bottled water until it is all Fluoride & BPA free!**

**Find the best water filters [HERE](#)**

**Check how toxic your bottled water is [HERE](#)**

### **Must Watch Videos:**

**[Dr. Paul Connett - Toxic Tapwater](#), [The Fluoride Deception](#), [Fluoridation - At Any Cost - Part 1 of 3](#), [Fluoride, Aspartame and Population Control](#), [Tapped](#), [The Disappearing Male](#), [Your Milk on Drugs](#), [Iodine - The Most Misunderstood Nutrient](#).**

---

## **05 - Prevent and reverse Cancer! Eat Certified USDA 100% Organic and Raw Foods ONLY (NO Toxic Irradiated Food, GMO's or Corexit/Mercury Infested Seafood)**

Shop at Whole Foods or other ORGANIC supermarkets and buy from your local organic farmers/gardeners market on the weekends. Better yet, grow your own! Search, watch, read and learn at: [responsibletechnology.org](http://responsibletechnology.org), [mercola.com](http://mercola.com), [naturalnews.com](http://naturalnews.com) and [infowars.com](http://infowars.com)

**BOYCOTT ALL (even organic) COWS MILK TILL WE GET RAW MILK BACK! Buy ORGANIC (no sugar) Almond, Hemp or Rice Milk instead, it's delicious! NEVER EVER DRINK TOXIC SOY MILK!**

## Must Watch Videos:

[Everything you have to know about Dangerous Genetically Modified Food](#), [World According to Monsanto](#), [Food Matters](#), [GMO Trilogy - Unnatural Selection](#), [Hidden Dangers in Kids Meals](#), [Processed People](#), [Future of Food](#), [Food Inc](#), [A Silent Forest](#), [Patent for a Pig](#), [Alex Jones Tv 1/2:The Threat of Food Irradiation and Live Viruses](#), [Farmed Salmon Exposed](#), [Simply Raw: Reversing Diabetes in 30 Days](#), [World Without Cancer – The story of Vitamin B 17](#), [The Gerson Miracle](#), [Run from the Cure: Cannabis Cancer Cure](#), [A Cow At My Table](#), [Earthlings](#), [PETA Meet your Meat animal cruelty](#).

---

## 06 - Use Glass or Non Gender Bending (turns boys into girls) BPA Free Plastic Products ONLY

Shop on land and online for BPA (Bisphenol A) free products. Carry your own fluoride free filtered water in BPA free reusable water bottles. Store foods in glass with BPA free lids. If you must use plastic check the bottom for codes 1, 2, 4 and 5 only! Search, and learn at: [organicconsumers.org](http://organicconsumers.org), [mercola.com](http://mercola.com), [naturalnews.com](http://naturalnews.com) and [infowars.com](http://infowars.com)

**Boycott all toxic aluminum and plastic containers and plastic wrap**

## Must Watch Videos:

[The Disappearing Male](#), [Addicted To Plastic](#), [Tapped](#).

---

## 07 - Use Non Toxic Kitchen (NO Nutrient Destroying Microwave Ovens) and Cookware Products (NO Poisonous non stick coatings or aluminum)

Shop [mercola.com](http://mercola.com) for the best convection ovens and non-toxic ceramic coated cookware products. Search Dr. Mercola's and Mike Adam's [naturalnews.com](http://naturalnews.com) website and read the Microwave and PFOA warnings!

**Boycott all nutrient killing microwave ovens and toxic PFOA generating non stick cookware.**

## Must Watch Videos:

[Radiation from Microwave Oven \(Electromagnetic Radiation\)](#), [The Dangers of Using Microwaves](#), [Microwave Cooking is Killing You](#).

---

## 08 - Use Non Toxic Organic Laundry, Bath, Makeup and Personal Care Products.

Many of the so-called "organic" product companies are frauds. They put the word "organic" or "natural" in their company name or product names, but in reality, they're using cheap, low-grade, contaminated ingredients that actually promote cancer. 25% or more of the slow poisons entering your body comes from this UNREGULATED group of fake "green washed" products. The FDA does not require cosmetics products to be approved as safe before they are sold, companies can put unlimited amounts of toxic (lead in lipstick, mercury in mascara, etc.) chemicals in cosmetics.

Shop "American" and organic online (100% safe companies include: Dr. Bronner's, Aubrey Organics, Burt's Bees, Desert Essence, Dr. Hauschka, EO, TerrEssential, Zia Fresh, Avalon Organics). Check all products for toxicity at ewg.com (environmental working group). Look for the USDA certified organic seal, it is currently the best way to protect yourself from cancer-causing chemicals. Read ingredients labels, and avoid all consumer care products made with the following ingredients (or words in the ingredients): Myreth, Oleth, Laureth, Cateareth (or other "eth"), PEG, Polyethylene, Polethylene Glycol, Polyoxyethylene, Oxynol, Xynol.

**Boycott all non organic laundry, bath, makeup and personal care products including Jason brand of products, 365 brand, Kiss My Face, Earth Friendly Products, Alba, Method, Giovanni, Nutribiotics, Hello Kitty Bubble Bath, Huggies Baby Wash, Johnson's Baby Wash, Scooby-Doo Bubble Bath, Sesame Street Bubble Bath, Clairol Herbal Essences Shampoo, Olay Complete Body Wash and many other personal care products."**

### Must Watch Video:

**Coming Clean Natural Cosmetics Organic Body Care Campaign.**

---

## 09 - Avoid Cancerous Electro Magnetic Frequency (EMF) Radiation

Cell Phones, Cell Towers, Power Lines, Wi-Fi routers, Compact Fluorescent Lights, ALL X-rays, Microwaves (Ovens), Mammograms, CAT and Truck and Airport Naked Body Scanners (Please request an "OPT OUT!").

Search, watch, read and learn at: [ewg.org](http://ewg.org) (for the safest phones), [mercola.com](http://mercola.com), [naturalnews.com](http://naturalnews.com) and [infowars.com](http://infowars.com)

**Boycott and protest any attempt to install a microwave cell tower near (300m) your home. Keep your cell phone away from your head (use texting or speakerphone) to prevent BRAIN CANCER! and soft tissues (never put it under your pillow or in your pocket!). Use a hard wire instead of Wi-Fi when possible and install dirty electricity filters in your home and workplace.**

### **Must Watch Videos:**

**Cell Phone War, Panorama Wi-Fi Warning, Dirty Electricity Dangers of Fluorescent Bulbs, Public Exposure: DNA, Democracy and the Wireless Revolution, Generation Cellphone, Dr. Nick Begich – What You Don't Know: Cellphones 1 of 3, Dr. Charlie Teo - part 1 and 2, WiFi in schools proven dangerous, The Dangers of Using Microwaves, Microwave Ovens - The Hidden Hazards, Diabetes and Electrosensitivity, Invisible Dangers of Cell Phone Radiation.**

---

### **10 - Switch to LED (white or clear) lighting ONLY**

NO COMPACT FLUORESCENT (Emits Cancerous X-Rays, Brain Disrupting UV EMF's and contain Deadly Mercury, Phenol, Naphthalene and Styrene).

Search, watch, read and learn at: [youtube.com](https://www.youtube.com), [mercola.com](https://www.mercola.com), [naturalnews.com](https://www.naturalnews.com) and [infowars.com](https://www.infowars.com)

**Boycott all toxic CFL light bulbs - use clear or white LED's ONLY!**

### **Must Watch Videos:**

**Dirty Electricity's Rays of Rash, Dirty Electricity Dangers of Fluorescent Bulbs, Health Effects of Fluorescent Bulbs, Compact Fluorescent Bulbs: The Truth.**

---

### **11 - Never Eat ANY Fast Food**

All fast food contains addictive, neuron killing MSG, obesity causing, toxic mercury contaminated, high fructose corn syrup/sugar (HFCS), cancer causing acrylamides, silly putty® plastic type fillers MSG based **Meat Glue** (transglutimase) and many more poisons! You get VERY Fat, Sterilized, Stupid, Organ Damage and Toxic Diabetes while you DIE SLOWLY PIECE BY PIECE! Search, read and learn at: [mercola.com](https://www.mercola.com), [naturalnews.com](https://www.naturalnews.com) and [infowars.com](https://www.infowars.com)

**Boycott all Fast Food period!**

## Must Watch Videos:

[Supersize Me](#), [The Dangers of MSG - pt 1, 2a, 2b, 3](#), [Simply Raw: Reversing Diabetes in 30 Days](#).

---

## 12 - Never Take ANY Vaccine, Inoculation or Flu Shot.

The BIGGEST MEDICAL FRAUD IN HISTORY!! You get Brain Damage, Sterilized, Immune System Damage, Chemically Lobotomized and SLOW (SV40) CANCER.

Search, read and learn at: [nvic.org](#), [garynull.com](#), [drlenhorowitz.com](#), [mercola.com](#), [naturalnews.com](#) and [infowars.com](#)

## Boycott all Vaccines!

## Must Watch Videos:

[The Origin of AIDS, Polio Vaccine -The Smoking Gun](#), [House of Numbers](#), [The Other Side of AIDS](#), [Deconstructing The Myth Of AIDS](#), [HIV=AIDS: Fact Or Fraud](#), [Vaccine Nation](#), [In Lies We Trust: The CIA, Hollywood and Bioterrorism](#), [Preventing Gardasil Vaccine Injuries and Deaths Barbara Loe Fisher](#), [Dangers of Vaccines - Part 1 Dr. Sherri Tenpenny](#), [Flu and Flu Vaccines: What's Coming Through That Needle](#), [Autism - Made in the USA](#), [Robert F Kennedy Jr. - Shocking Vaccine Cover-Up](#), [Mercury, Autism and the Global Vaccine Agenda - Dr. David Ayoub M.D.](#), [Selective-Hearing Autism caused by MMR SHOT](#), [60 minutes 1979 - 1976 SWINE FLU VACCINE WARNING](#), [Mexican Swine Flu Outbreak 2009 SPECIAL REPORT by Dr Leonard Horowitz](#), [VVH-TV News Special Report on PLUM ISLAND](#), [Under Our Skin \(Lyme Disease\)](#).

---

## 13 - Avoid ANY Toxic Pharmaceuticals or Over the Counter Drugs

You won't ever need them if you do the first 12 steps!

Search, read and learn at: [mercola.com](#), [naturalnews.com](#) and [infowars.com](#). If you need help, see a Nutritionist or Naturopathic Doctor (ND).

## Boycott all non Naturopathic Doctors, Find one at [naturopathic.org](#)

## Must Watch Videos:

[Generation RX](#), [The Marketing of Madness: The Truth About Psychotropic Drugs](#), [Big Bucks, Big Pharma – Marketing Disease and Pushing Drugs](#), [Selling Sickness Pharmaceutical Drugs](#), [ADHD – Epidemic or Fraud](#), [We Become Silent - The Last Days of Health Freedom](#), [Making a Killing: The Untold Story of Psychotropic Drugging](#), [Prescription for Disaster](#), [FoodInvestigations.com - Episode 1 - Pharmaburger](#).

---

## 14 - Never Join the Military

The MOST DEADLY, TOXIC and DANGEROUS JOB! You become a Human Guinea Pig for military radiation, chemical and germ warfare that destines you to a life of pain, disease, mental problems, chronic illness and premature death.

Search, read and learn at: [youtube.com](https://www.youtube.com), [naturalnews.com](https://www.naturalnews.com) and [infowars.com](https://www.infowars.com)

### Boycott the Military

#### Must Watch Videos:

[Beyond Treason: Depleted Uranium & Anthrax Vaccines](#), [Depleted Uranium – The Ultimate Dirty Bomb](#), [Poison Dust - Health Consequences of Depleted Uranium](#), [Gulf War Syndrome - Killing our Own](#), [Military Secret Shots](#).

---

## 15 - Remove and Replace TOXIC Mercury Amalgam Fillings and Deadly Root Canals with Non Metallic Porcelain Fillings and Zirconium Implants (NO metals or plastic BPA resins)

Mercury lowers IQ, damages brain tissue and internal organs and "Dead Teeth" harbor toxic bacteria that generate lifelong disease. Use an IAOMT mercury-free, Holistic or Biological Dentist when necessary.

Search, watch, and read at: [mercola.com](https://www.mercola.com), [naturalnews.com](https://www.naturalnews.com), [infowars.com](https://www.infowars.com) and [toxicteeth.org](https://www.toxicteeth.org), root canal toxins.

### Boycott all Dentists that use mercury or fluoride!

#### Must Watch Videos:

[60 minutes – Is there Poison in Your Mouth](#), [BBC Panorama – Poison in the mouth](#), [Amalgam fillings in your mouth are poisoning you part 1](#), [Quecksilber – The Strange Story of Dental Amalgams](#), [Rooted, University of Calgary - How Mercury Causes Neurodegeneration](#), [Mercury Autism](#), [The Mercury Amalgam Conspiracy](#).

---

## 16 - Stock Up on Food, Water and Supplies

The rapidly approaching financial collapse of the U.S. dollar will most likely be preempted by A NEW CIA STAGED "REBEL" ATTACKS BLAMING SOMEBODY with VALUABLE RESOURCES or without a "CENTRAL BANK" (North Korea, Libya, Syria, Lebanon, Iran, Venezuela) COVER WAR in order to grab more land, oil, etc., and boost the profits and presence of our military/security/intelligence (Police State) sector of the economy. The Global Banking Mafia controlled government will use that distraction to launch a staged crisis to create an excuse to declare martial law in the U.S. and accelerate the acceptance of their NEW global digital currency (SDR/BANCOR) and the planned replacement of the American, Canadian and Mexican (North American Union) currency with the AMERO.

The resulting cocktail of fear, hyperinflation, food lines, fuel shortages and looting followed by Internet restrictions, gun confiscations, warrantless arrests, FEMA concentration camps with free toxic GMO food, fluoridated water and forced vaccinations is staring us in the face. The cost of a decent life in America will soon get permanently expensive and TEMPORARILY dangerous caused by the most affected (poor, jobless, hopeless, homeless and illegal immigrants) committing crime, violence, riots, and chaos.

### **DO NOT BE ONE OF THOSE AFFECTED... STOCK UP, STAY PUT AND SHARE.**

Whatever the reason (real or imagined) Martial Law is declared, you can bet it's going to be very big. The most logical scenario is a financial collapse (100% guaranteed, already in progress) which might be blamed on a preemptive staged psyops/terror/cyber attack to cover their tracks. Take your money out of the bank **BEFORE** it happens and convert some into gold or silver in your physical possession, stay put, use and guard your supplies until the panic passes.

If it's another staged, military made, race specific aerosolized genetic bioweapon threat like Ebola, smallpox, bird, swine, H1N1 flu epidemics, load up on nano/collodial silver solution, Lugol's® 5%, Vitamin C, D3, H2O2, etc., self quarantine, stay put, use and guard your supplies until the panic passes. Protest any attempt to make vaccines MANDATORY online here: [nvic.org](http://nvic.org) and [healthfreedomusa.org](http://healthfreedomusa.org). A gas mask could come in very handy.

If it's a staged nuclear event or war and you're within the radiation fallout zone... take your potassium iodide pills or Lugol's® drops (KI works best if used within 3 - 4 hours of exposure), do not go outside, drink or eat until you know the food and water is safe. Stay put indoors, seal doors and windows from the inside, use and guard your supplies until the panic passes and help arrives. A gas mask could come in very handy.

If it's a staged electromagnetic pulse EMP blast blamed on the Sun (harmless to humans but destroys ALL electronics that aren't hardened) stay put, use and guard your supplies until the panic passes. Welcome to the 1920's and life before radio until **everything** is replaced. (unless you wrapped it in heavy duty aluminum and unplugged it and/or took



out the batteries).

If it's a staged series of prophecy fulfilling, "Revelations" style, man made natural apocalypses and they set off a cataclysmic selection of HAARP induced volcanoes, earthquakes, tsunamis and severe global weather to kill hundreds of thousands under the guise of "natural disasters". stay put or bug out, use and guard your supplies until the panic passes and help arrives. If possible move to a safer location out of HAARP's reach (if that's possible).

If it's a staged UFO invasion to scare us out of our religions (Global Banking Mafia owned NASA - Project Blue Beam using HAARP and orbiting satellites and a global atmospheric 3D projection screen made from chemtrails containing Barium and Strontium).

**Watch: 3/29/2011 - Fukushima fallout decays into BARIUM and STRONTIUM = 3D IMAGING by military**

No Matter How Amazing and Real the Invasion/Global Messiahs Show seems - Do NOT believe it unless you get an autograph!

Any of the **staged** events that occur will unfold **before** the inevitable OPEC oil shocks and the telltale rolling blackouts. The Global Banking Mafia's plan is to **delay** or diminish the oil shocks as much as possible by **destroying American oil demand** with the declaration of **Martial Law** - **after** the staged events they have planned and executed.

Thousands of preselected, protesting and panicking people will get hauled off to the FEMA camps in the days and weeks that follow any event. You will not be able to help anyone or execute plan "B" from inside there, try not to be one of them. Internet access may not be available or restricted so you will be forced to watch the media of mass deception for your disinformation and sheeple instructions. Stay calm, ignore the "fascist parrots", get the news online or Short Wave radio if possible and avoid falling for the "free vaccines" campaigns. Food shortages may also take a while to resolve (up to 6 months).

STOCK UP AS MUCH FOOD, SUPPLIES\* and FILTERED WATER AS YOU CAN! Banks may be closed for a while and dollars maybe worthless, many experts believe a reasonable approach would be to have three months of your income in gold and silver coins in your physical possession. Merely holding gold or silver stocks would not be advised should the worst case scenario become a reality. Some gold or silver coins and a firearm will help secure your home and stash during this "Wild West" period. Search, watch, listen and learn at: [infowars.com](http://infowars.com) and [drudgereport.com](http://drudgereport.com) for the latest real time news.

**Buy the BEST organic storables [HERE](#)**  
**\* read step #3 and stock up now**

**Must Watch Videos: [End of Liberty](#), [Police State: Rise of FEMA](#).**

---

## 17 - Grow Your Own Organic Garden/Lawn

Search, watch and learn on [You Tube](#). Start small with ORGANIC Square Foot Gardening and go as big from there as you can. If possible, learn to recycle everything, plant fruit bearing trees, vegetable gardens, raise chickens and rabbits, collect rainwater, can and store your own food and learn "red wiggler" worm composting to make fertilizer.

**Boycott all non American garden supplies ([www.stillmadeinusa.com](http://www.stillmadeinusa.com)).**

### Must Watch Videos:

[Square Foot Gardening](#), [How Cuba Survived Peak Oil](#).

---

## 18 - Get Off or Partially Off the soon to be VERY expensive Power Grid

Use new High Efficiency Insulation, D/C Appliances, Solar Panels, Batteries and Supplemental Wind Generators. Update: E-Cat Cold Fusion Lives!

**Boycott all non American built appliances ([www.stillmadeinusa.com](http://www.stillmadeinusa.com))**

### Must Watch Video:

[E-Cat Cold fusion device independently validated producing 800% more energy than input](#) .

---

## 19 - Buy a new Hybrid or better yet an All Electric Vehicle

Gas will soon be PERMANENTLY expensive! Search, watch, read and learn on: [You Tube](#).

**Boycott all non American built vehicles. Buy a solar charged Golf Cart for short trips to stores.**

**Buy American! Chevy Volt Electric Car.**

### Must Watch Video:

[Who Killed the Electric Car?](#).

---

## 20 - WAKE UP CALL AMERICA!

We **must** face the reality that we have been lied to for a very long time! We must end the academic socialist Utopians and their never-ending Zionist neocon wars and further encroachments on the Constitution and the Bill of Rights in the name of fighting terrorism manufactured by the CIA and perpetuated by the global intelligence monolith that serves the interests of Wall Street and the Global Banking Mafia.

We must demand our news media, State Attorneys and elected politicians grow some balls. Many Americans rich and poor will not make it through the coming crisis. Get serious, start now, vote with your wallet, protect your health and share this survival list with everyone you think is worth saving. **THIS IS TRULY OUR VERY LAST CHANCE TO WAKE UP AND STAND UP OR WE WILL ALL SOON LIVE ON OUR KNEES!**

**Good Luck, God Bless and Godspeed to All.**

*American Phoenix57, Citizen Journalist, Health Researcher, Nutritional Consultant, Critical Thinker, Wide Awake Father.*

---

**UPDATE: The Global Banking Mafia Corporate Borg has detected our awakening and is moving politically to control the Internet and prevent you from reading this material or watching these films. Most videos have been removed from Google Videos recently but are still downloadable from You Tube and other popular (The Pirate Bay) torrent download websites. Save (use Utorrent) as many as you can (while you can) to share in the future.**

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before using this product.

## **Favorite Quotes:**

*"Truth is treason in the empire of lies."*

**- Ron Paul.**

*"He who passively accepts evil is as much involved in it as he who helps to perpetrate it. He who accepts evil without protesting against it is really cooperating with it."*

**- Martin Luther King, Jr.**

*"Those who have the privilege to know, have the duty to act."*

**- Albert Einstein.**

*"Insanity is repeating something over and over again and expecting a different result."*

**- Albert Einstein.**

*"It does not take a majority to prevail... But rather an irate, tireless minority, keen on setting brushfires of freedom in the minds of men."*

**- Samuel Adams.**

*"Educate and inform the whole mass of the people... They are the only sure reliance for the preservation of our liberty."*

**- Thomas Jefferson.**

*"For my part, whatever anguish of spirit it may cost, I am willing to know the whole truth; to know the worst and provide for it."*

**- Patrick Henry.**

*"That is why the Athenian law makers so decreed it a crime for any citizen to shrink from controversy. I am asking your help in the tremendous task of informing and alerting the American people. Confident that with your help, man will be what he was born to be, free and independent."*

**- John F. Kennedy.**

*"Just look at us. Everything is backwards; everything is upside down. Doctors destroy health, lawyers destroy justice, universities destroy knowledge, governments destroy freedom, the major media destroy information and religions destroy spirituality"*

**- Michael Ellner.**

*"The Constitution is not an instrument for the government to restrain the people, it's an instrument for the people to restrain the government."*

**- Patrick Henry.**

## CREDITS

Author: [AmericanPhoenix57](#)

Copyright:



Book cover by:



PDF Publishing by:

