



# SURVIVING DEPOP

*First Edition*

2016

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# CGC

**CENTER OF GLOBAL CONSCIOUSNESS**

*Let it be Us!*

# PPF

**PEOPLE'S PROTECTION FORCE**

*Protecting people from governments*

This is a Center of Global Consciousness (CGC) and a People's Protection Force (PPF) publication.

Published in November 2016

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## ESSENTIAL READING LIST

The information contained in this guide is the culmination of five years of work and the apex of several books and hundreds of articles. As such, it will be of limited use to those who have not studied and have yet to acquire the foundational knowledge contained in the books that have made this guide possible.

I therefore recommend that you first read this guide without delay and start applying its lessons immediately so as to be able to protect yourself and your family against covert depopulation methods, after which you begin studying the books that give this guide context and scope.

Without the knowledge contained in the books that predate this guide you will not be able to place the vital information you are about to receive in the right context, give it proper weight, and make it the priority that it needs to become if it is to save your life, your children's health and your genetic lineage.

1. Killing Us Softly: Causes and Consequences of the Global Depopulation Policy (110 pages)  
<http://real-agenda.com/wp-content/uploads/2013/10/KILLING-US-SOFTLY2.pdf>
2. Chemical and Biological Depopulation (178 pages)  
[http://real-agenda.com/wp-content/uploads/2013/11/CHEMICAL\\_AND\\_BIOLOGICAL\\_DEPOPULATION.pdf](http://real-agenda.com/wp-content/uploads/2013/11/CHEMICAL_AND_BIOLOGICAL_DEPOPULATION.pdf)
3. Peace Without Poison (1040 pages)  
<http://objects.liquidweb.services/depopulation/Peace%20Without%20Poison.pdf>
4. Survival or Extinction (216 pages)  
<http://objects.liquidweb.services/depopulation/SURVIVAL%20OR%20EXTINCTION.pdf>
5. The Future of Global Governance (roadmap book, 90 pages)  
<https://www.scribd.com/doc/277116203/The-Future-of-Global-Governance>
6. Revelation (264 pages)  
[https://www.amazon.com/Revelation-Mr-Kevin-Mugur-Galalae/dp/1508672032/ref=asap\\_bc?ie=UTF8](https://www.amazon.com/Revelation-Mr-Kevin-Mugur-Galalae/dp/1508672032/ref=asap_bc?ie=UTF8)
7. Depop Secrets (406 pages)  
[https://www.amazon.com/Depop-Secrets-Kevin-Galalae-ebook/dp/B01LWHWWO2/ref=asap\\_bc?ie=UTF8](https://www.amazon.com/Depop-Secrets-Kevin-Galalae-ebook/dp/B01LWHWWO2/ref=asap_bc?ie=UTF8)
8. Close the Gates of Hell (286 pages)  
[https://www.amazon.com/Close-Gates-Hell-Kevin-Galalae-ebook/dp/B01LCD0CE2/ref=asap\\_bc?ie=UTF8](https://www.amazon.com/Close-Gates-Hell-Kevin-Galalae-ebook/dp/B01LCD0CE2/ref=asap_bc?ie=UTF8)

By studying this material in its entirety you will gain the ability to predict and preempt the depopulationists because you will know how they think, what they want to accomplish, what their limitations are, and that their goals have to be accomplished if we are to survive as a species and as a civilization, but that the vast majority of us need not be sacrificed so a privileged minority inherits the earth.

You need the knowledge contained in all these books if you are to survive into the future and if there is to be a future for any of us.

For visual and audio material see here: <https://www.youtube.com/channel/UCZF9rWLgwzGW34EITo0x7fA>

**PART ONE:**

**THE IDIOT'S GUIDE  
TO SURVIVING  
DEPOP**

## **Preface**

Living in the depopulation age is like walking through a minefield blindfolded and with your hands tied behind your back. To make it out alive you require three tools: knowledge, money and discipline.

This guide will take off your blindfold and untie your hands. It will in other words provide you with the knowledge necessary to survive depop. It is up to you to rethink your priorities in order to come up with the money you will need to cover the two to four times higher costs – depending on where and how you live – for depop free food, water, beverages and consumer products. And it is also up to you to muster the discipline you will need to walk against the current and to do the exact opposite of what the vast majority is being led to do by our genocidal governments and the UN system.

Not following the herd is an act of discipline. Not wasting your money on inconsequential things is a matter of priorities. Not taking evasive action when your life and genetic lineage is at stake is a matter of intelligence or rather lack thereof.

The Global Depopulation Policy works because it subjects people to long-term threats that are lethal but imperceptible and most people are not equipped with the intelligence to recognize this, which demands that one is capable of thinking abstractly and of acting independently.

In a world sinking under the weight of overpopulation and overconsumption weeding out the stupid and the indifferent from the astute and the awake is indeed the only way to select who lives on and who dies off. We are all in a sense being subjected to a live or die test that is self-administered.

This guide will help you pass this test so that you and your children can live on.

The information contained herein will protect your reproductive system and allow you to have children. It will also ensure that your children

are healthy



not damaged



It will also protect your immune system and allow you and your loved ones to remain strong and healthy throughout your lives, preserve your genetic and intellectual endowment, and be

like this



and not like this



And it will allow you to live a long life, remain active and independent, and end with dignity

like this



not like this



## **General Safety Guidelines against Depopulation Poisons**

These guidelines offer protection from the most immediate to the most distant depopulation threats and it is structured accordingly. They are not intended to alter diets and lifestyles but to enable people to eat and drink what they are used to and to live as they choose. These guidelines are intended to protect you from depopulation poisons not from bad habits.

This guide will help you navigate your way out of the biocidal minefield laid out by our elected governments, the UN system and the military-industrial complex to stop population growth and reduce the global population to 4.5 billion by subverting fertility and increasing morbidity.

Due to the Global Depopulation Policy enacted since the end of the Second World War there are currently more than 600 depopulation poisons in our basic elements of life. They have been deliberately inserted in our water, food, beverages, cosmetic and consumer products as a matter of policy not accident. The most vile and dangerous of these depopulation poisons have been identified by several regulatory agencies due to my hunger strike in Rome in 2014 and the publication of my book “Peace without Poison”, which is an ultimatum to every head of state and government involved in genocide.

A short list of 77 depopulation poisons – thus of substances that are carcinogenic, mutagenic, toxic for reproduction, persistent and bioaccumulative – was recently published by the United Nations Development Programme (UNDP). They cover several families of biocidal chemicals and are the poisons we have to avoid by any and all means if we are to survive another generation:

1. Bis(2-ethylhexyl) phthalate; DEHP
2. 4-(1,1,3,3-tetramethylbutyl)phenol
3. 4-(1,1,3,3-tetramethylbutyl)phenol, ethoxylated
4. 4-Nonylphenol, branched and linear
5. 4-Nonylphenol, branched and linear, ethoxylated

### **BENZOPHENONES**

6. Benzophenone-2 (Bp-2); 2,2',4,4'-tetrahydroxybenzophenone
7. Benzophenone
8. Benzophenone-3; Oxybenzone
9. 3-Benzylidene camphor (3-BC); 1,7,7-trimethyl-3-(phenylmethylene)bicyclo[2.2.1]heptan-2-one
10. 2,4-Dihydroxybenzophenone; Resbenzophenone
11. 4,4'-dihydroxybenzophenone

## **BISPHENOLS**

12. Bisphenol F
13. Tetrabromobisphenol A (TBBPA)
14. Bisphenol A
15. Bisphenol S

## **PARABENS**

16. Methylparaben
17. Ethylparaben
18. Butylparaben; butyl 4-hydroxybenzoate
19. Propylparaben; propyl 4-hydroxybenzoate

## **PFOS AND ITS SALTS**

20. PFOS (perfluorooctane sulfonic acid)
21. Diethanolamine salt of PFOS
22. Potassium salt of PFOS
23. Lithium salt of PFOS
24. Ammonium salt of PFOS

## **PHTHALATES**

25. Diundecyl phthalate (DuDP), branched and linear
26. Dihexyl phthalate (DHP)
27. Diethyl phthalate (DEP)
28. 1,2-benzenedicarboxylic acid, di-C8-10-\nbranched alkyl esters, C9-rich
29. Dicyclohexyl phthalate (DCHP)
30. Dioctyl phthalate
31. Diisononyl phthalate
32. Diisodecyl phthalate (DiDP)

## **PESTICIDES / FUNGICIDES**

33. Sulfluramid (EtFOSA)
34. Tebuconazole
35. Zineb
36. Ziram

37. Thiram

## **ORGANOTINS**

- 38. Dibutyltin (DBT)
- 39. Dibutyltin dichloride
- 40. Triphenyltin (TPhT)
- 41. Triphenyltin chloride
- 42. Tributyltin hydride
- 43. Tributyltin
- 44. Triphenyltin hydroxide
- 45. Triphenyltin acetate
- 46. Dibutyltin (dilaurate)
- 47. Tripropyltin hydride
- 48. Tripropyltin chloride
- 49. Tributyltin chloride
- 50. Bis(tripropyltin) oxide

## **MISCELLANEOUS**

- 51. Tonalide
- 52. Tert-butyl methyl ether; MTBE; 2-methoxy-2-methylpropane
- 53. 4-Tert-Butylphenol
- 54. Tert.-Butylhydroxyanisole (BHA); tert-butyl-4-methoxyphenol
- 55. Pentachlorophenol (PCP)
- 56. 4-nitrophenol
- 57. 2,4,6-tribromophenol
- 58. Poly(oxy-1,2-ethanediyl), alpha-(octylphenyl)-omega-hydroxy-branched
- 59. Quadrosilan; 2,6-cis-Diphenylhexamethylcyclotetrasiloxane
- 60. Octamethylcyclotetra-siloxane
- 61. Resorcinol
- 62. Perchloroethylene; tetrachloroethylene
- 63. Perfluorooctanoic acid (PFOA)
- 64. Butylated Hydroxytoluene
- 65. Carbon disulphide
- 66. Chlorinated paraffins (CPs)
- 67. Deca-BDE
- 68. 2-ethylhexyl 4-methoxycinnamate
- 69. Galaxolide

70. Glycols, polyethylene, mono((1,1,3,3-tet = Poly(oxy-1,2-ethanediyl), .alpha.-[(1,1,3,3-tetramethylbutyl) phenyl]-.omega.-hydroxy-
71. Hexane
72. Metam-sodium
73. 3-(4-Methylbenzylidene) camphor; 1,7,7-trimethyl-3-[(4-methylphenyl) methylene]bicyclo[2.2.1] heptan-2-one
74. Naphthalene
75. Styrene
76. Triclosan
77. Triphenyl phosphate

A more comprehensive list of 169 depopulation poisons has been published by the European Chemicals Agency (ECHA) as a list of Substances of Very High Concern (SVHC), and can be accessed online here: <https://echa.europa.eu/web/guest/candidate-list-table>.

In addition to chemical threats, this guide will also help you identify and protect yourself and your children against biological threats, which come in the form of vaccines, drugs, and preventive therapies.

Those of you who ignore the advice given in this guide will suffer from chronic non-communicable diseases, will have difficulty conceiving, will give birth to genetically damaged and intellectually inferior children incapable of reproduction, will be weak and debilitated, and will die prematurely. The indifferent and the incredulous will extinguish themselves from the face of this earth. And this is the best case scenario. Already Japan's experience shows that the future is now and it is far worse than predicted, at least in terms of reproduction.

**According to a 2011 report from Japan's population center cited by Max Fisher at The Washington Post:**

- 27% of men and 23% of women aren't interested in a romantic relationship
- From ages 18 to 34, 61% of men and 49% of women aren't involved in a relationship
- From ages 18 to 34, 36% of men and 39% of women have never had sex

Source: <http://www.independent.co.uk/news/world/asia/japans-huge-sex-problem-is-setting-up-a-demographic-time-bomb-for-the-country-a7179121.html?cmpid=facebook-post>

The wars of today are not of nations against nations but of governments against people. The weapons of today are not bombs but endocrine disruptors, not bullets but needles, not poisoned gas but poisoned water and food.

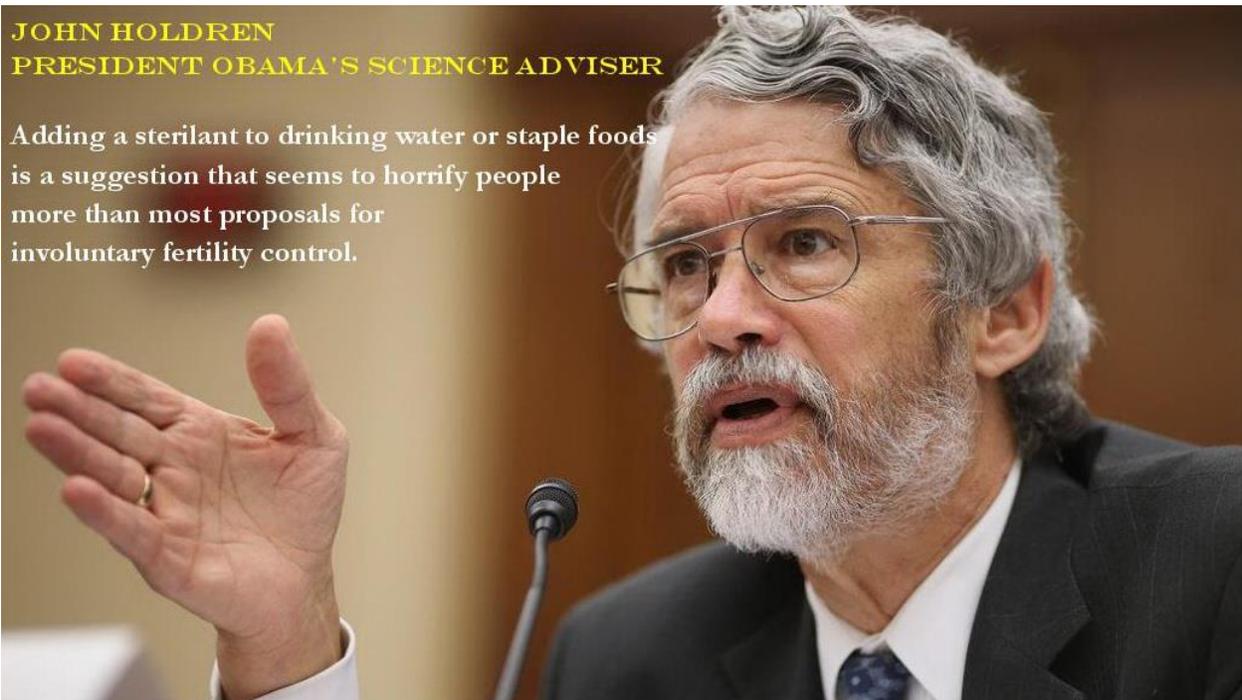
This is not a healthy living guide. It is a guide for surviving the depopulation war and outliving the depopulation age.

## What you drink

(50% of depopulation poisons reach us through water and beverages)

**JOHN HOLDREN**  
**PRESIDENT OBAMA'S SCIENCE ADVISER**

Adding a sterilant to drinking water or staple foods is a suggestion that seems to horrify people more than most proposals for involuntary fertility control.



If the water you drink is not depop free everything else you may or may not do to protect yourself and your loved ones is a complete waste of time.

The following rules with respect to water and beverages are to be strictly adhered to:

1. No fluoridated water
2. No tap water that is not distilled or filtered through reverse osmosis
3. No water treated with larvicides
4. No desalinated water unless it is either distilled or filtered through reverse osmosis
5. No water or beverages in plastic containers, metal cans, aluminum cans and Tetra Packs
6. No soft drinks especially if sweetened with artificial sweeteners
7. No beverages sweetened with stevia
8. No beer unless brewed with natural ingredients
9. No alcoholic beverages containing absinthe/thujone
10. No water filtration systems donated by the UN system or NGOs

If the well is poisoned everything else is contaminated. After all we cannot live without water and we cannot cook without water. That is why the oldest method of population control, the most widespread still, and the most effective is the adulteration of water either directly through fluoride or silicofluorides (as in the case of tap water) or with artificial sweeteners (as in the case

of bottled beverages) or indirectly through the bottling of water and beverages in plastic containers and aluminum cans, which are made of or lined with sterilizing plasticizers, or in Tetra Packs, which are treated with formaldehyde, or through bisphenol lined water lines since a good proportion of the more recent water lines are lined with bisphenol. People in the developing world, and especially in Africa and South America, must also guard against larvicides, which are added to water purportedly to stop the spread of mosquitoes but in fact to sterilize the people. And people in water-poor nations, such as in the Middle East or the island nations of the Pacific and Indian oceans, who drink desalinated water must assume that their water has a high fluoride content since ocean water contains naturally occurring fluoride and the desalination process only concentrates the fluoride content.

In addition to what is added to water on purpose to sterilize the population one must guard also against what is in water due to pollution of the water source, water treatment processes, and old water lines, which can contaminate the water you drink with chlorine, lead, mercury, cadmium, pesticides, phthalates and all kinds of other nasty stuff.

Before you drink any tap water you have to establish if it contains fluoride or silicofluorides, if it flows through bisphenol-lined water mains, if it comes from a desalination plant, and if it has been treated with larvicides.

Before you drink any bottled water or beverage you have to know all of the above plus if it is bottled in plastic or metal cans, both of which contain BPA or other bisphenols; if it has added artificial sweeteners, all of which are endocrine disruptors and therefore depopulation poisons; and if it has been sweetened with stevia, which is a known natural sterilizer.

The only safe water and beverages are those that come in glass bottles, have no fluoride either added or naturally occurring, no artificial sweeteners, no stevia, no flavors and no colorants, and did not flow through bisphenol coated water lines. Very few cities and towns have tap water that meets these criteria. And very few beverages are made with pure water and are not contaminated with artificial sweeteners, flavors and colorants.

That is why you must either install a three-way reverse osmosis water filtration system or drink only mineral water in glass bottles that is without fluoride. Better still you do both. So that you cook and wash yourself with properly purified water due to the reverse osmosis filter and you drink pure and tasty water bottled in glass bottles at source from pristine and protected aquifers.

Another solution that is relatively cheap is to use a water distiller so you can drink and cook with safe water. But since distilled water lacks the minerals the body needs one should not do this for extended periods of time unless you also drink mineral water bottled in glass.

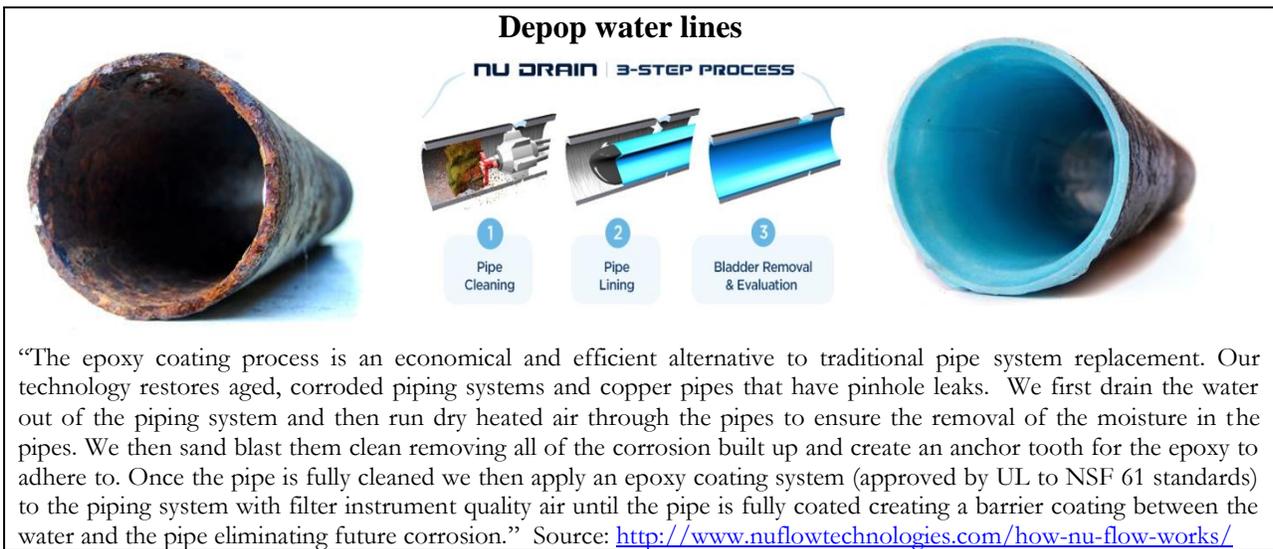
**If the water you drink, cook and wash yourself with is pure then half the battle against depopulation poisons is won. And there are only three ways to ensure the water you drink**

**is pure and depop free: three-way reverse osmosis water filtration systems, water distillers, and glass bottled mineral water or spring water that is fluoride free.**



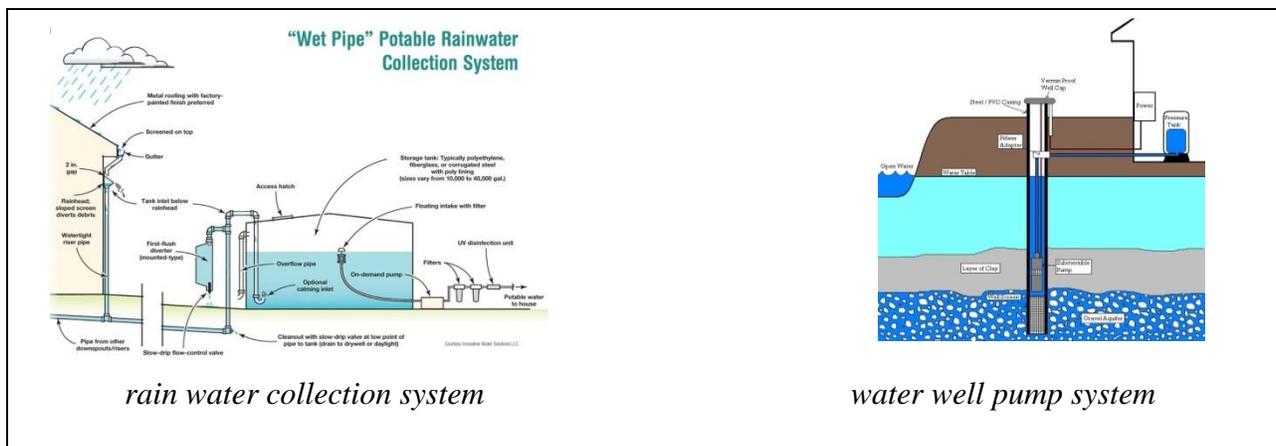
Carbon filters and block filters are useless, as they cannot remove fluoride and only partially remove lead and other contaminants. And BPA and other bisphenols cannot be filtered out with any systems.

I suspect the depopulationists are suppressing the technology capable of filtering bisphenols from the water, but there are now efforts underway to see if and how it can be done. The USA, Canada, the Netherlands, Spain, France and Germany are particularly endangered by BPA leached from epoxy resins used to refit old pipes. Until a way is found to filter BPA from water it is best to drink glass bottled mineral water and distilled water if you live in the city and must assume that your tap water flows through BPA-lined water lines. If you live in the country and are on your own water well then a three-way reverse osmosis filter or a water distiller is what you need if the water is contaminated.



The ideal arrangement if you live in a city is to pass your home's water through a triple reverse osmosis filter so that you are not subjected to any fluoride when you shower and bathe. That way you can also use tap water to wash produce and cook with. But since BPA cannot be filtered out it is best to drink glass bottled mineral or spring water and to change the brands every couple of months so you get a different mix of minerals. If you can afford to use glass bottled mineral water to also cook with, then all the better, as that will protect you from bisphenols. But few can afford this and the level of bisphenol contamination of your tap water is probably very small, which makes this precaution overkill when you consider that you ingest such water only in your cooked meals, which amounts to less than 5% of the water you drink on any given day.

For those whose water is fluoridated another alternative is to collect rainwater and use it for showering and bathing after passing it through a filter. You can also drill your own water well on your property if you have a courtyard and do not live in an apartment or condominium. It costs about \$12 for every foot of water well and depending where you are and how deep down the water table is you will have to go anywhere from 50 to 500 feet down.



Water bottled in plastic, filtered in jugs, and flowing out of the tap is not safe and certainly not depop free.



Be careful how you choose your bottled water because not all waters are created equal. Buy only mineral water or spring water as these come from natural springs that are protected and do not flow through municipal water lines (which can be lined with epoxy coatings that leach BPA and other phthalates) before being bottled. They are bottled at source. Much of the bottled water sold nowadays is depopulation water as it is sold in plastic bottles and therefore poisoned with bisphenols even if the water itself is pure before being put in the bottle. And if it is not sold in plastic bottles it has fluoride added to the recommended level by the WHO, which is 0.5 ppm and is therefore sterilization water and not water fit for human consumption.

The mineral or spring water you choose must be bottled in glass, must be fluoride free (i.e. contain zero fluoride or less than 0.1 ppm), must come from a protected spring, and must be bottled at source and not flow through municipal water lines before being bottled. Regardless where you live only a fraction of the bottled water sold in stores will meet these requirements.

As the CGC grows in numbers we will provide lists of depop free bottled water brands. In the meantime use the above criteria when you purchase your bottled water. For bottled water brands in various countries see here: <http://www.finewaters.com/bottled-waters-of-the-world>

Here are some safe mineral water brands I have been drinking over the years.



Only beverages bottled in glass are safe. Plastic is for schmucks. The following bottling containers are to be avoided at all costs since their content is adulterated through leaching with bisphenols, phthalates or formaldehyde:

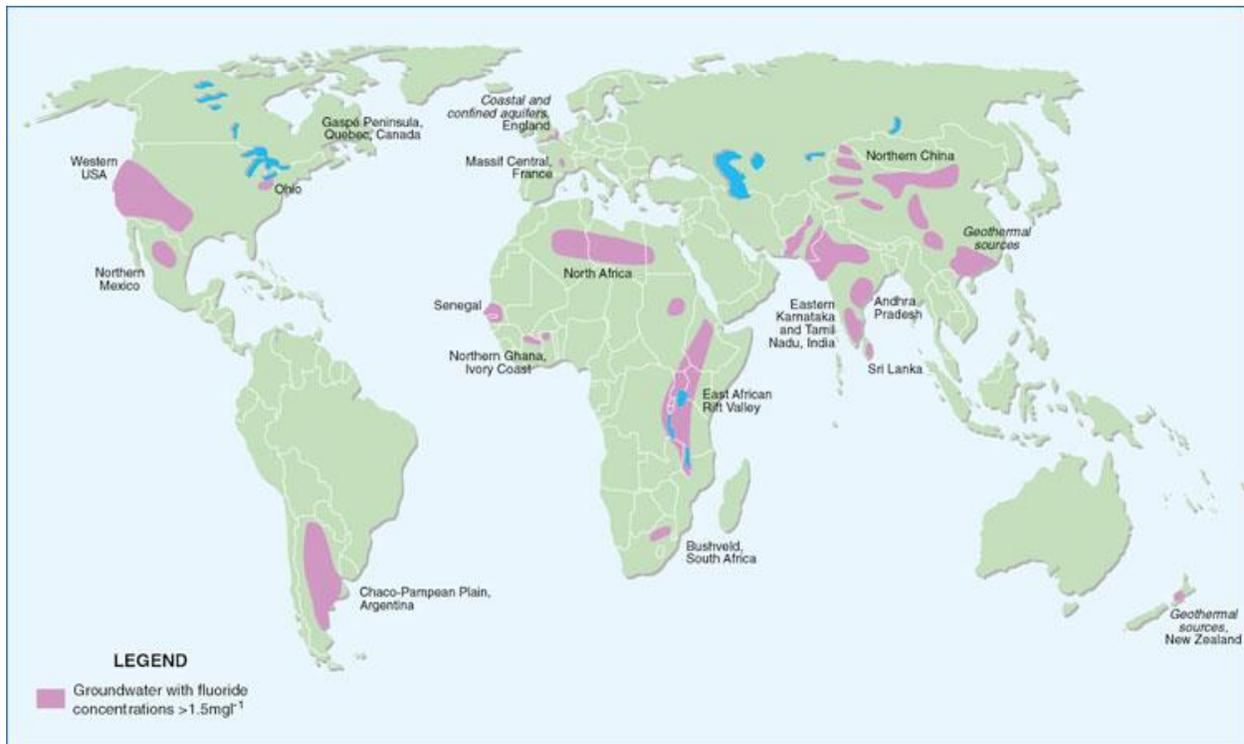


*Plastic is for schmucks*

It is no coincidence that most water and beverages are poisoned with depopulation poisons. It is intentional because water is the first and foremost basic element of life and all life depends on it.

The depopulationists are particularly keen on poisoning the well because they know that if the water we drink is depop free the body retains its ability to cleanse itself of contaminants that come into it through food, dental, cosmetic and consumer products. Robbed of clean water the body is also robbed of the ability to cleanse itself of contaminants.

You must also be aware that many regions of the world have naturally occurring fluoride in water and in such places the government will not remove the fluoride and will not tell people that the water they drink from the tap or from the well is fluoride rich and therefore sterilization water. Here is a general map of regions with naturally high fluoride levels in ground water:



If you can ensure that the water you drink is depop free you have won half the battle against the global depopulation program.

### **No carbonated drinks:**

In addition to fluoride, bisphenols, artificial sweeteners, bromated vegetable oils, and corn syrup, all of which are depop poisons, carbonated drinks have outrageous amounts of sugar, which if derived from GM beets makes it a depopulation poison too. There is nothing more damaging to

human health than soft drinks. They are one of the most effective weapons of mass destruction in the arsenal of the depopulation lobby, which is why they are pushed on people everywhere on earth and why the price of bottled water is kept artificially high and that of soft drinks is correspondingly low.



It is therefore imperative that you stay away from any and all soft drinks and that you especially protect your children by getting them used to drinking freshly squeezed orange and other fruit juice or lemonade made with pure water.

**No beer unless brewed with natural ingredients only**

It is equally important that you only drink beer bottled in glass and brewed with non-fluoridated water and natural ingredients; preferably brewed according to the [German beer purity law](#) (Reinheitsgebot) which only allows water, hops and barley. Yeast was also approved later.



Commercially brewed beer can contain dozens of chemicals the most common being: betaglucanase, ammonia caramel, rhoiso-alpha acids, sulphur dioxide, protease, amyloglucosidase, propylene glycol alginate, and silicone.

#### Chemical Additives used in Commercial Beer

- Gum Arabic, propylene glycol alginate (PGA) and peptones to stabilize foamy heads
- Ethylenediaminetetraacetic acid (EDTA) to prevent gushing when container is opened
- Various proteases (papain, bromelain, etc) for chill-proofing (to dissolve particles which may cloud beer under refrigeration)
- Ascorbic acid (vitamin C), iso ascorbates, sodium bisulfite, sodium hydrosulfite, sodium metabisulfite, potassium metabisulfite – antioxidants to prevent oxidation and subsequent loss of flavour and color
- Various enzymes to speed up conversion of starch to sugar during malting
- Heptyl paraben, hydroxybenzoate – preservative
- Caramel, F.D.&C., Blue No. 1, Red No. 40 and Yellow No. 5 – artificial colours
- Acetic acid, adipic acid, anethole, benzaldehyde, citric acid, decanal, ethanal, ethyl acetate, ethyl, isobutyrate, ethyl maltol, gentian extract, grapefruit oil, isoamyl acetate, isoamyl butyrate, isobutyl acetate, juniper berries, lemon oil, licorice root, lime oil, malic acid, methyl anthranilate, nootkatone, octanol, orange oil, quassia extract, sodium citrate, sucrose, octaacetate, tartaric acid and terpineol for flavoring and colouring.

Source:

<https://view.officeapps.live.com/op/view.aspx?src=http%3A%2F%2Fwww.thehomevintner.com%2Fresources%2Fchemical%2520additives%2520used%2520in%2520commercial%2520beer.doc>

Outside Europe, stick to certified organic beers, craft beers or beers brewed in microbreweries that will supply a list of ingredients upon request and whose facilities you can visit. You will find that very few beers are chemical free even though the breweries will list only four ingredients on the label.

Women should limit themselves to three beers a week, even when drinking only beer brewed with natural ingredients or according to the German purity law, because the brewer's yeast (also called ale yeast, top fermenting yeast, or budding yeast) contains high amounts of [tyramine](#) which causes endometriosis. And half the women who develop [endometriosis](#) become sterile.

Until the late 19<sup>th</sup> century, only naturally occurring airborne yeasts were used for brewing beer, but since then commercial brewer's yeast is used and I am certain the depopulationists are doing their utmost to manufacture brewer's yeasts that are as high as possible in tyramine so as to sterilize as many women as possible.

Article on toxins in beer:

<http://foodbabe.com/2013/07/17/the-shocking-ingredients-in-beer/>

What exactly is in your beer?

<http://news.bbc.co.uk/2/hi/business/4942262.stm>

## **No alcoholic beverages containing absinthe**

I had already concluded the section on drinks a month ago when this morning (31 October 2106) I made a big discovery.

I have just unraveled how the depopulationists succeeded in subverting fertility through chemical means starting in the 1840s. I have been struggling to answer this question for two years now, as I could not explain the cause of the first demographic transition, which took place in western and southern Europe.

They did it through absinthe, a flavored, hallucinogenic and highly alcoholic drink made from the flowers and leaves of *Artemisia absinthium* (grand wormwood plant), green anise, sweet fennel and other medicinal herbs.

The sterilizing ingredient is of course the wormwood plant, which is why the WHO uses the drug Artemisinin (made from the wormwood plant) to render infertile the people of the developing world under the pretext of combatting malaria.

Wikipedia's article explains that absinthe originated in the canton of Neuchâtel in Switzerland in the late 18th century. This, of course, is no coincidence. Switzerland has always been a hotbed of depopulationists, which is why the World Health Organization (WHO) is located there.

Absinthe became popular as a drink in the late 19<sup>th</sup> and early 20<sup>th</sup> century in France, particularly among Parisian artists and writers, which is why the earliest and most obvious declines in the total fertility rate of the French took place in Paris around that time.

The drink was banned by 1915. Interestingly, absinthe was revived in the 1990s, *“following the adoption of modern European Union food and beverage laws that removed longstanding barriers to its production and sale.”*

Wikipedia informs us that: *“By the early 21st century, nearly 200 brands of absinthe were being produced in a dozen countries, most notably in France, Switzerland, Australia, Spain, and the Czech Republic.”*

I have looked for a list of absinthe containing liquors but could not find one. What I could find is that the following drinks contain absinthe: Pernod Absinthe, St. George Absinthe Verte, Vieux Carré Absinthe, Pastis, Ouzo (the national drink of Greece), Raki (the national drink of Turkey), and Sambuca (an Italian national drink), and Herbsaint (a popular drink in New Orleans, which is why I bet New Orleans' blacks are the most sterile black Americans).



*all absinthe containing drinks are depopulation drinks*

Absinthe was apparently invented in 1798 by Dr. Pierre Ordinaire who prescribed it to his patients as a cough medicine and restorative tonic. His recipe was commercialized by Henri-Louis Pernod, of the now famed Pernod distillery, who opened the first large absinthe distillery in 1805 in Pontarlier, France in 1805.

By the 1850's absinthe had become the favorite drink of the French upper class, which is why the French upper class was the first to record a decrease in their number of children. By the 1870's the drink was cheap enough to be afforded by everyone and the bohemian lifestyle embraced it, which is why the writers and artists of France and of Europe were the second social class to register a drastic decrease in the number of children.

Absinthe under the trade mark Pernod is still produced in France to this day and ever since that time it was used and advertised as a remedy for all sicknesses. The depopulationists have continued to use medicine as a cover for covert and involuntary sterilization and the production and sale of absinthe is the origin of this abuse of the public's trust in the medical profession.

Absinthe was made 7 to 10 times cheaper than wine and the cheapest and most potent version of this drink was sold to workfolk and the poor in the poorest parts of towns across France and later across Europe. That is how the poor were targeted for sterilization to decrease their family size. To this day the depopulationists use the same strategy to "solve" the West's economic and demographic problems.

Consumption of absinthe grew astronomically fast from 700,000 litres per year in 1874 to 36,000,000 litres a year by 1910.

I could not find figures on how much absinthe is consumed today.

More information on absinthe here: <http://www.absinthe.se/absinthe-facts-and-history/history-of-absinthe>

I have no evidence yet, but I suspect that Russia is using its national drink, Vodka, in a similar way. Vodka is probably key to also explaining the huge decrease in life expectancy for Russian males. It is only a hunch, but my instinct tells me that Vodka is used to cause infertility and to subvert longevity.

**No water filtration systems donated by the UN system or NGOs**

All humanitarian aid the developing world receives has the hidden role of inducing sterility and in the process doing untold damage to human health. So much for western generosity!

The water filtration systems donated by [Vestergaard](#), for instance, who is a strategic partner of the UN system (and who also manufactures sterilizing insecticide-treated bed nets), uses hollow fiber membranes in its water filtration systems that contain [polyvinylidene fluoride](#), and we all know by now that fluoride is the oldest and cheapest sterilizant used by the depopulation lobby.

All Vestergaard products are purportedly designed as “health interventions for developing countries”, which means that they are especially designed to sterilize the citizens of the developing world.

These are the water filtration products that Vestergaard distributes across Africa and the developing world and that one should never use if your fertility and health are dear to you.

LifeStraw® water filters are used by 780 million people across the developing world.

*Sterilizing water filtration systems*

|   |   |  |   |
|---|---|--|---|
|  |  |                          |                              |
| LifeStraw®: Instant, portable, microbiological water filter for individual use.     | LifeStraw® Family 1.0: instant microbiological filter for use in homes.             | LifeStraw® Family 2.0: instant microbiological filter with built-in safe storage container for household use | LifeStraw® Community: instant microbiological water filter with built-in safe storage container for community use |

More than one billion people “benefit” from Vestergaard products. Their generosity, you see, extends also to care packs, livestock and crop protection, and bed nets; all of which have the dual and hidden purpose of sterilization.

Information on distilled water: <http://www.durastill.com/myths.html>

Information on water purification technologies: <http://www.aviva.ca/article.asp?articleid=131>

Information on BPA lined water pipes:

[http://www.epoxy-europe.eu/en\\_GB/applications/drinking-water-applications](http://www.epoxy-europe.eu/en_GB/applications/drinking-water-applications)

<http://www.nuflowtechnologies.com/how-nu-flow-works/>

<http://www.coengineers.com/pipe-liner-methods-and-technologies/>

<http://www.tenaris.com/shared/documents/files/CB804.pdf>

Information on phthalates:

<http://articles.mercola.com/sites/articles/archive/2010/08/10/phthalates-cause-inflammation-in-atrisk-babies.aspx>

## What you eat

(25% of depopulation poisons reach us through food)



To limit the damage done to our bodies through the adulteration of food with depopulation poisons the basic rule is to buy local and to cook at home from fresh produce and to never use GMOs.

The following rules with respect to food are to be strictly adhered to:

1. No fluoridated salt and milk
2. No processed foods
3. No fast foods
4. No GMOs
5. No artificial sweeteners
6. No confectionaries or foods that contain corn syrup
7. No bubble or chewing gum
8. No foods packaged in plastic containers, metal cans, aluminum cans and Tetra Packs
9. No hydrogenated soybean, corn and canola oil, and no margarine and processed cheese
10. No soups mixes or concentrates of any kind
11. No milk unless whole milk and organic and no ice cream unless certified organic
12. No processed meat unless made according to traditional recipes
13. No wheat or wheat products treated with glyphosate or other desiccants
14. No microwaveable popcorn

Our food is rendered into a weapon of mass sterility and morbidity in the field through pesticides, insecticides and herbicides and outside the field through processing, additives and packaging. The ultimate insult to our grains, fruits, vegetables and meat is genetic engineering, which is why GMOs are to be avoided at all costs.

Hundreds of depopulation poisons, referred to euphemistically by the system as endocrine disruptors, are being used to deliberately poison our food so as to damage our reproductive and immune systems in order to limit births and accelerate deaths.

1. No fluoridated salt and milk:

The oldest and most widespread depopulation poison used in our food is fluoride, which is added to either salt or milk products depending on the country.

Throughout Latin America and in some European countries as well, governments and industry cooperate to ensure consumers can only purchase fluoridated salt so they pay for their own depopulation poison. In many Latin American countries it is illegal to sell anything other than fluoridated salt. Read the labels before you purchase salt to ensure that the salt you buy is fluoride free. Elsewhere in the world the vast majority of processed foods contain fluoridated salt, but this is not reflected on the labels. They also contain a number of other endocrine disruptors/depopulation poisons, which is why they are to be avoided at all times.

Several countries around the world (Thailand, Chile, Columbia, Macedonia, Russia, the UK, China) are using fluoridated milk to undermine their people reproductive systems. And several more are covertly fluoridating the milk, primarily in the Middle East and throughout the EU.

2. Processed and fast foods:

Some 300 depopulation poisons have been already identified by various chemical regulatory agencies and a further 600 are suspected and are in the process of being identified. These poisons, referred to as endocrine disruptors, riddle our food system and are disguised as:

15. Acids (used to make flavors sharper and also act as preservatives and antioxidants)
16. Acidity regulators (used to control the acidity and alkalinity of foods)
17. Anticaking agents (used to keep salt and powders such as milk powder from caking or sticking)
18. Antifoaming agents (used to prevent foaming in foods)
19. Antioxidants (used to better preserve foods by preventing oxidation)
20. Bulking agents (used to increase the bulk of foods)
21. Food coloring (used to make food more attractive and prevent discoloration)
22. Color retention agents (used to preserve a food's existing color)
23. Emulsifiers (used to allow water and oil to remain mixed together in an emulsion, as in mayonnaise, ice cream and homogenized milk)
24. Flavors (derived from natural ingredients or created artificially they are used to give food a particular taste or smell)

25. Flavor enhancers (used to enhance a food's existing flavors)
26. Flour treatment agents (used to improve the color of flour, to increase the speed of dough rising and to improve the strength and workability of the dough)
27. Glazing agents (used to provide a shining appearance or protective coating to foods)
28. Humectants (used to prevent foods from drying out and thus prolong shelf life)
29. Preservatives (used to prevent or inhibit spoilage of food due to fungi, bacteria and other microorganisms)
30. Stabilizers (used to thicken foods and give them a firmer texture)
31. Sweeteners (used to enhance flavor)
32. Thickeners (used to increase the viscosity of foods)

Because of the ubiquitousness of these additives it is best to avoid any and all processed and fast foods. They are depopulation foods par excellence. Giant fast food restaurant chains have been created for the purpose of combatting population growth by adulterating food, which could only be done by industrializing the preparation of food and concentrating ownership of these restaurant chains in the hands of a few corporations controlled by the depopulation lobby.

### 3. Fast Foods:

Some fast food restaurant chains have divorced themselves from the depopulation program and have cleaned up their food. The only one I know of is Canada's A&W, but only the Canadian branch of the chain not the American one which shares the same name. Until such time as fast food restaurant chains declare that they use only non-GMO produce, natural ingredients and organic meat it is best to stay away from their food. If you need to have your fast food fix then no more than once a month.

### 4. Genetically Modified Organisms (GMOs):

GMOs are designed to contain depopulation poisons in the very structure of the plant or animal, so as to burst the stomachs of insects and survive pesticide and weed-killer baths, which means that they cannot be washed away. Therefore, they should never be consumed. GM crops are grown on 13% of the world's total arable land. The problem is that many countries refuse to label GMOs and that is of course an intentional political decision to force people to ingest depopulate produce and foods. In these countries consumers have no choice but to restrict themselves to organic produce only.

Since 70% of all processed foods contain GMOs one should avoid processed foods anywhere on earth. But in the countries where GM crops represent a large proportion of the total arable land one should consume only organic produce and meats. These countries are: Argentina (where 61% of the total arable land is GM), Brazil (58%), U.S (47%), and Canada (25%). Over 160 countries in the world do not grow any GM crops and 87% of global arable land is free of GM crops.

Four GM crops account for 99% of worldwide GM crop hectareage: soy (50%), corn (30%), cotton (14%) and canola (5%). Therefore, anything made of soy, corn, cottonseeds and canola should be avoided unless labelled GMO free.



Soy



Corn



Cottonseeds



Canola

They proliferate in our food system as ingredients in processed food and in animal feed but are rarely consumed as whole foods, the exception being sweet corn grown in the US and Canada, a few squash varieties grown in the US, papaya grown in the US and China, and eggplants grown in Bangladesh.

But as processed foods they appear almost everywhere and contaminate the entire food system.

**Here are some of the products where GM corn pops up:** cornstarch (in pudding); high fructose corn syrup (in just about everything); chips; cereal; ICEIN processing aid made from zein, the principle protein in corn (coats all fruits and vegetables in your local supermarket to retard dehydration and oxidation and make produce appear fresher than they really are); *Splenda* and *Equal* artificial sweeteners are made from a corn product called maltodextrin; popcorn; grits; polenta; taco shells; and vegetable oils.

For a full list see here: <https://www.glutenfreesociety.org/hidden-corn-based-ingredients/>

GM corn also appears in non-food items such as: cosmetics (in skin care, hair care, bath products, eye and facial makeup, lipsticks, and hair dyes) in the form of starch, oil, meal, powder, germ, extract, gluten protein, kernel, acid, glycerides, and potassium cornate; in waxed paper and waxed cardboard; in bio-engineered bone and gum tissue used to treat periodontal disease; hand soap (which contains corn-derived additives such as PEG-120 methyl glucose dioleate, citric acid, various colorants and fragrances); in tooth paste (contains sorbitol, a corn glucose derivative); in drugs (as sweet coating made from a corn derivative called cellulose acetate phthalate (CAP) responsible for the time release of the medicine and for easy swallowing); and in tampons and diapers, which are made from the polymerization of acrylic acid blended with sodium hydroxide, the acrylic acid being derived from ethylene, itself derived from corn. That is why glyphosate, known under the trade name Roundup, Monsanto's

proprietary weed-killer for GM crops, is found in baby diapers and women's tampons everywhere.

**Here are some of the products where GM soy protein pops up:**

Baked goods: Soy protein is used in the manufacturing of breads, cookies, crackers and other baked goods. Soy protein improves texture; holds moisture; creates cake richness; whitens bread; extends shelf-life; reduces breakage and crumbling; enhances nutrition; improves manufacturing, handling and machine ability; and improves mouth feel and overall quality as perceived by the consumer.

Breakfast cereals: Soy protein is used extensively as an ingredient in hot cereal mixes and breakfast bars to boost protein value and quantity.

Pasta: Pasta products can be fortified with soy protein to increase nutritional value. For instance, the U.S. National School Lunch Program uses soy-fortified pastas with 15 to 17 percent protein content.

Beverages and toppings: Soy isolates are used in coffee whiteners, liquid whipped toppings and pre-whipped toppings. They also are used in sour cream dressings to emulsify fat, control viscosity and provide textural characteristics. Instant beverages used as meal replacements often contain soy concentrates and soy isolates as a source of protein.

Meat, poultry and fish products: Processed and whole meat products can be improved by adding soy protein, which provides the product flexibility and cost stability consumers demand. Adding soy protein to meat and poultry products can enhance moisture holding, texture, binding and cohesion, product yield, juiciness, protein quality, appetizing color and appearance, longer shelf-life, palatability and total nutrition.

Dairy-type products: A number of dairy analog products have been developed with soy protein, including imitation milk, imitation cheese, non-dairy frozen desserts, coffee whiteners, yogurt and others. Soy protein lowers cost, improves nutrition and reduces allergenic response.

Milk blends: Many companies produce soy and milk protein blends for food manufacturing, combining the two to offer protein content similar to milk in a non-fat dry milk form. The different blends are used as a complete or partial replacement for non-fat dry milk in baked goods, sauces, meat products and other foods.

## **Here are some of the products where GM cottonseed pops up:**

The cottonseeds from the plant are crushed into cottonseed oil, which can be used in everyday items such as cooking oil and salad dressing, and into hulls and meal, which are used for livestock feed. Cottonseed oil is a popular frying oil for the restaurant and snack-food manufacturing industries because it is significantly less expensive than olive oil or canola oil and has a high smoke point. It is a favorite for stir-fry and deep-fried foods.

Mayonnaise: Several brands of mayonnaise use a cottonseed oil blend as the main ingredient. Both mayonnaise and salad dressing spread blend oil with other ingredients like egg yolks, corn syrup and vinegar. Mayonnaise producers like cottonseed oil because the light taste lets the flavor of the spices come through.

Salad Dressing: Many varieties of salad dressing contain cottonseed oil. With its mild taste and clear light golden color, cottonseed oil is the base of many types of salad dressing such as ranch, thousand island and blue cheese. Even the olive oil-based Italian dressings will sometimes contain a cottonseed oil blend.

Pasta Sauce: Tomato-based pasta and pizza sauces contain small amounts of oil. Cottonseed oil has proven to be more cost-effective than olive oil. Blends of cottonseed and soybean oils are widely used in canned sauces for spaghetti and pizza.

Vegetable Oil: Blended vegetable oils and shortenings made for cooking will likely contain cottonseed oil. Many brands of non-stick cooking spray contain cottonseed oil. If you eat fried food at a restaurant or fast food chain, it was probably cooked in a cottonseed oil blend. When you buy frozen foods like French fries, chances are they contain cottonseed oil.

Chips: Potato chips and other deep-fried snack foods are often prepared with cottonseed oil blends. Soybean and cottonseed oil blends give fried snacks crispness without the heavy greasy taste.

Margarine: Many brands of margarine contain cottonseed oil. If you see a tub of margarine marked low in saturated fat, it probably contains cottonseed oil. The fat content of cottonseed oil is 70% unsaturated fat. This makes it a great choice for diet products.

Baked Goods: Baked goods like cake and breads often contain cottonseed oil. About 35% of all the cottonseed oil produced in the U.S. goes into baking and frying oils.

Cottonseed oil is the most dangerous oil to human health because of its toxicity, which is why for centuries it has been used as an insecticide to control insect and mite pests. The most toxic

component of cottonseeds is gossypol, which the plant developed to facilitate natural insect resistance. Gossypol, however, is also the most powerful contraceptive found in nature. To make cottonseed oil fit for human consumption a three step process of refining, bleaching and deodorization is necessary to eliminate most of the gossypol. Nevertheless there is always some left. And knowing how the depopulationists operate it is certain that they leave just enough gossypol in the cottonseed oil to act as a contraceptive without being detected.

#### **Contraception**

A 1929 investigation in Jiangxi showed correlation between low fertility in males and use of crude cottonseed oil for cooking. The compound causing the contraceptive effect was determined to be gossypol.

In the 1970s, the Chinese government began researching the use of gossypol as a contraceptive. Their studies involved over 10,000 subjects, and continued for over a decade. They concluded gossypol provided reliable contraception, could be taken orally as a tablet, and did not upset men's balance of hormones.

However, gossypol also had serious flaws. The studies also discovered an abnormally high rate of hypokalemia among subjects. Hypokalemia — low blood potassium levels — causes symptoms of fatigue, muscle weakness, and at its most extreme, paralysis. In addition, about 7% of subjects reported effects on their digestive systems, and about 12% had increased fatigue. Most subjects recovered after stopping treatment and taking potassium supplements. The same study showed taking potassium supplements during gossypol treatment did not prevent hypokalemia in primates. The potassium deficiency may also be a result of the Chinese diet or genetic predisposition.

In the mid-1990s, the Brazilian pharmaceutical company Hebron announced plans to market a low-dose gossypol pill called Nofertil, but the pill never came to market. Its release was indefinitely postponed due to unacceptably high rates of permanent infertility 5-25% of the men remained azoospermic up to a year after stopping treatment. The longer the men had taken the drug and the higher their overall dosages, the more likely they were to have lowered fertility or to become completely infertile.

Researchers have suggested gossypol might make a good noninvasive alternative to surgical vasectomy. In 1986, the Chinese stopped research because of these side effects.

In 1998, the World Health Organization's Research Group on Methods for the Regulation of Male Fertility recommended the research should be abandoned. In addition to the other side effects, the WHO researchers were concerned about gossypol's toxicity: the toxic dose in primates is less than 10 times the contraceptive dose. This report effectively ended further studies of gossypol as a temporary contraceptive, but research into using it as an alternative to vasectomy continues in Austria, Brazil, Chile, China, the Dominican Republic, and Nigeria.

(Source: Wikipedia <https://en.wikipedia.org/wiki/Gossypol>)

The clearest indication that the depopulationists are using cottonseeds for sterilization purposes comes from the EU's recent approval of a high-content gossypol GM seed for food and feed uses.

#### **GMO Cotton Seed for Human Consumption Approved by the European Food Safety Authority (EFSA)**

21 May 2014

The European Union's EFSA approved the GMO cotton seeds made by Bayer for food and animal feed. Scientific Opinion on application (EFSA-GMO-NL-2010-77) for the placing on the market of herbicide-tolerant genetically modified cotton GHB614 × LLCotton25 for food and feed uses, import and processing under Regulation (EC) No 1829/2003 from Bayer CropScience.

EFSA European Food Safety Association has approved the use of GMO cotton seeds by Bayer Crop Science for food and animal feed. These seeds have shown to contain very high levels of gossypol. The EFSA does not consider this to be a health issue.

Source: <http://www.efsa.europa.eu/en/efsajournal/pub/3680.htm>

The biggest producers of cotton are the countries where cottonseed oil is the hardest to avoid: India (produces 1,2 million metric tons of cottonseed oil), China (1.1 million metric tons), Pakistan (476.000 metric tons), Brazil (320.000 metric tons), U.S. (272.000 metric tons), Uzbekistan (230.000 metric tons), Turkey (182.000 metric tons), Australia (109,000 metric tons), Turkmenistan (84,000 metric tons), Mexico (56.000 metric tons), Myanmar (50.000 metric tons), and Mali (47.000 metric tons).

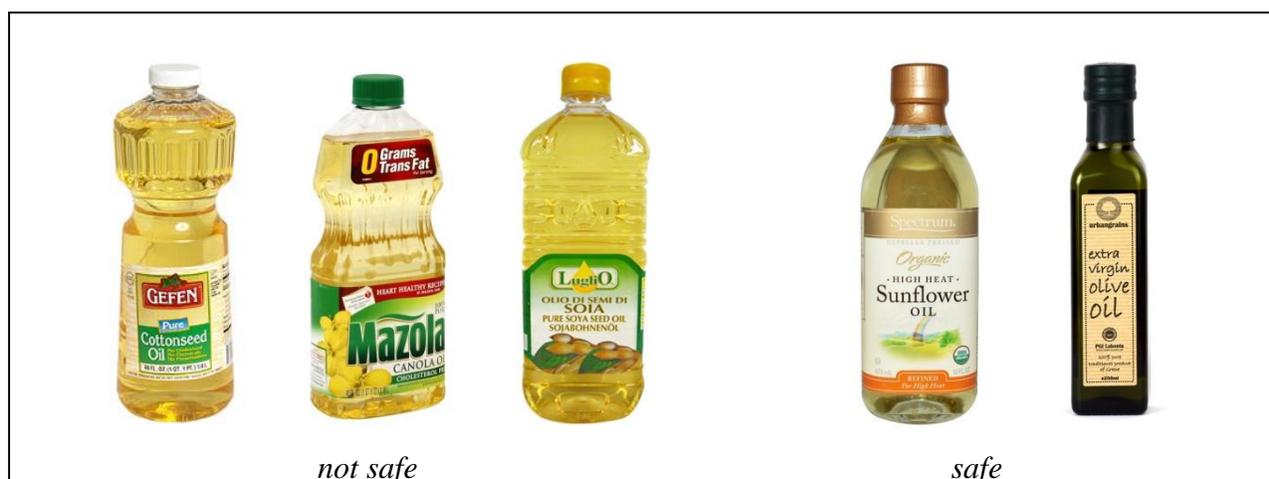
**Here are some of the products where GM canola pops up:**

Canola oil (also known as ‘rape oil’ or ‘rapeseed oil’) is used in baked goods and in the manufacture of margarines, salad dressings, certain emulsifiers and even vitamin E. The meal obtained after the oil is pressed from the seeds is used as animal feed especially for swine. If it comes from Canada you can be certain that it is GM canola because 96% of the canola grown there is genetically modified and you should avoid it like the pest.

The industry argues that the genetic modification is contained in the protein of the seed, which ends up in the meal and is fed to animals, but not in the oil and that therefore all canola oil is non-GM. But that is of course complete and utter rubbish.

Oil made from non-GM canola plants, as in Europe, is beneficial as it is low in saturated fat, high in cholesterol-lowering mono-unsaturated fat, and a good source of omega-3 fats. But if it is GM canola oil, as in Canada, these benefits are outweighed by the damage it is designed to cause the endocrine system. Virtually all canola oil sold in the Americas is made from GM plants.

Only two mass- produced oils are depop free: sunflower oil and olive oil.



## Map of where GM foods are labelled



### GE-free

- 3** Official ban on genetically engineered (GE) food imports and cultivation.

### Mandatory GE Food Labeling Laws

- 37** Mandatory labeling of nearly all GE foods and a labeling threshold of 0.9-1% GE content. Threshold refers to content per ingredient in each food item.
- 10** Mandatory labeling of many GE foods and a labeling threshold higher than 1% or undefined. This includes laws with a threshold of 1% for the entire food item.
- 15** Mandatory labeling of some GE foods, but with numerous exceptions and no labeling threshold defined; or a vague mandatory GE food labeling law that lacks implementation and enforcement provisions.

### No GE Food Labeling Law



Data obtained from the Center of Food Safety

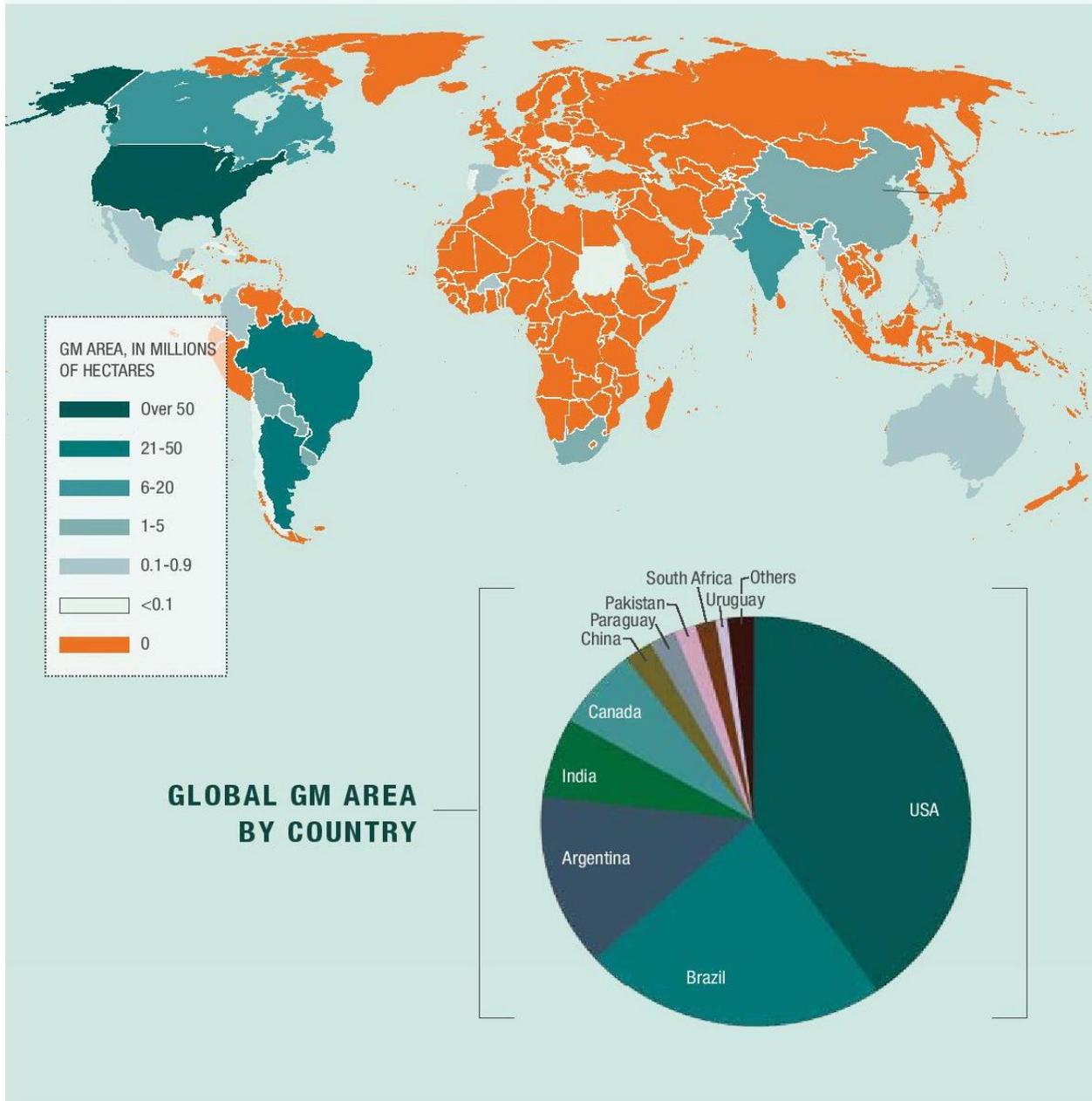
[centerforfoodsafety.org/ge-map/](http://centerforfoodsafety.org/ge-map/)

These are the 64 countries around the world that label GE foods.

|                           |                    |
|---------------------------|--------------------|
| 1. Australia              | 33. Latvia         |
| 2. Austria                | 34. Lithuania      |
| 3. Belarus                | 35. Luxembourg     |
| 4. Belgium                | 36. Malaysia       |
| 5. Bolivia                | 37. Mali           |
| 6. Bosnia and Herzegovina | 38. Malta          |
| 7. Brazil                 | 39. Mauritius      |
| 8. Bulgaria               | 40. Netherlands    |
| 9. Cameroon               | 41. New Zealand    |
| 10. China                 | 42. Norway         |
| 11. Croatia               | 43. Peru           |
| 12. Cyprus                | 44. Poland         |
| 13. Czech Republic        | 45. Portugal       |
| 14. Denmark               | 46. Romania        |
| 15. Ecuador               | 47. Russia         |
| 16. El Salvador           | 48. Saudi Arabia   |
| 17. Estonia               | 49. Senegal        |
| 18. Ethiopia              | 50. Slovakia       |
| 19. Finland               | 51. Slovenia       |
| 20. France                | 52. South Africa   |
| 21. Germany               | 53. South Korea    |
| 22. Greece                | 54. Spain          |
| 23. Hungary               | 55. Sri Lanka      |
| 24. Iceland               | 56. Sweden         |
| 25. India                 | 57. Switzerland    |
| 26. Indonesia             | 58. Taiwan         |
| 27. Ireland               | 59. Thailand       |
| 28. Italy                 | 60. Tunisia        |
| 29. Japan                 | 61. Turkey         |
| 30. Jordan                | 62. Ukraine        |
| 31. Kazakhstan            | 63. United Kingdom |
| 32. Kenya                 | 64. Vietnam        |

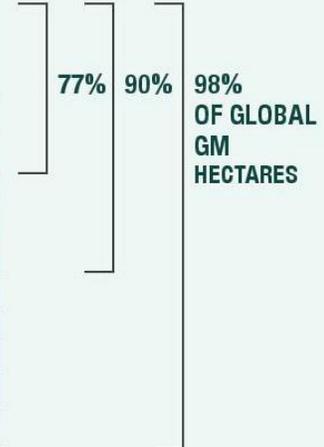
There are no commercialized GM varieties of a number of key global staple crops, including wheat, rice, barley, millet, sorghum, cassava, potato and yam.

**Figure 3: GM crops around the world**



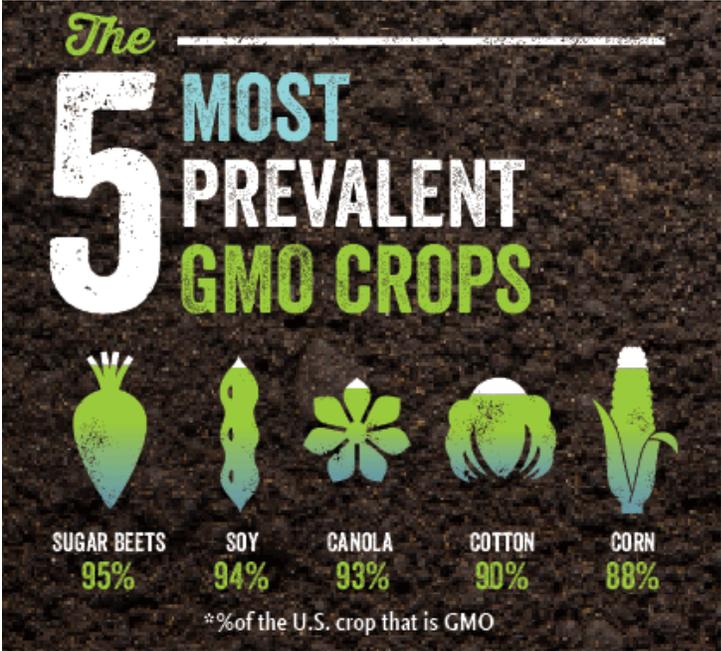
## Table 1: Global GM area by country

|    | Country             | Area (millions of hectares) | % of global GM hectares | Crops  |
|----|---------------------|-----------------------------|-------------------------|--|
| 1  | USA                 | 73.10                       | 40.3%                   | Corn, soybean, cotton, canola, sugar beet, alfalfa, papaya, squash |
| 2  | Brazil              | 42.20                       | 23.3%                   | Soybean, corn, cotton  |
| 3  | Argentina           | 24.30                       | 13.4%                   | Soybean, corn, cotton  |
| 4  | India               | 11.60                       | 6.4%                    | Cotton   |
| 5  | Canada              | 11.60                       | 6.4%                    | Canola, corn, soybean, sugarbeet                                   |
| 6  | China               | 3.90                        | 2.1%                    | Cotton, papaya   |
| 7  | Paraguay            | 3.90                        | 2.1%                    | Soybean, corn, cotton  |
| 8  | South Africa        | 2.70                        | 1.5%                    | Corn, soybean, cotton  |
| 9  | Pakistan            | 2.85                        | 1.6%                    | Cotton   |
| 10 | Uruguay             | 1.64                        | 0.9%                    | Soybean, corn  |
| 11 | Bolivia             | 1.00                        | 0.6%                    | Soybean  |
| 12 | Philippines         | 0.83                        | 0.5%                    | Corn   |
| 13 | Australia           | 0.54                        | 0.3%                    | Cotton, canola   |
| 14 | Burkina Faso        | 0.45                        | 0.3%                    | Cotton   |
| 15 | Myanmar             | 0.32                        | 0.2%                    | Cotton   |
| 16 | Mexico              | 0.17                        | 0.1%                    | Cotton, soybean  |
| 17 | Spain               | 0.13                        | 0.1%                    | Corn   |
| 18 | Columbia            | 0.10                        | 0.1%                    | Cotton, corn   |
| 19 | Sudan               | 0.09                        | 0.05%                   | Cotton   |
| 20 | Honduras            | 0.03                        | 0.02%                   | Corn, soybean, canola  |
| 21 | Chile               | 0.01                        | 0.01%                   | Corn   |
| 22 | Portugal            | 0.009                       | 0.005%                  | Corn   |
| 23 | Cuba                | 0.003                       | 0.002%                  | Corn   |
| 24 | Czech Republic      | 0.002                       | 0.001%                  | Corn   |
| 25 | Romania             | <0.001                      | <0.001%                 | Cotton, soybean  |
| 26 | Slovakia            | <0.001                      | <0.001%                 | Corn   |
| 27 | Costa Rica          | <0.001                      | <0.001%                 | Corn   |
| 28 | Bangladesh          | <0.001                      | <0.001%                 | Eggplant   |
|    | <b>28 COUNTRIES</b> | <b>181.48m hectares</b>     | <b>100%</b>             | <b>9 crops</b>   |



Data from James, 2015.  
ISAAA Brief Number 49.

The American people are most affected by GM foods since five staple crops are overwhelmingly GM in the US.



## 5. No artificial sweeteners:

All artificial sweeteners are depopulation poisons and they must be avoided at all costs. Unfortunately, common sugar is no longer safe either in some countries because it is derived from GM sugar beets. In North America more than 90% of the sugar beet crop is genetically modified and since GM products are not labelled it is impossible to know which sugar is GM free and which isn't. That makes sugar – whether refined (white) or unrefined (brown) – a depopulation poison too and sugar is found in nearly all processed and fast foods, as well as in every kitchen.



Not safe

People outside North America do not have to worry about the sugar they consume because it is not from GM sugar beets. Americans and Canadians, however, are relegated to using only natural honey (i.e. without added corn syrup), sugarcane sugar, and maple syrup.



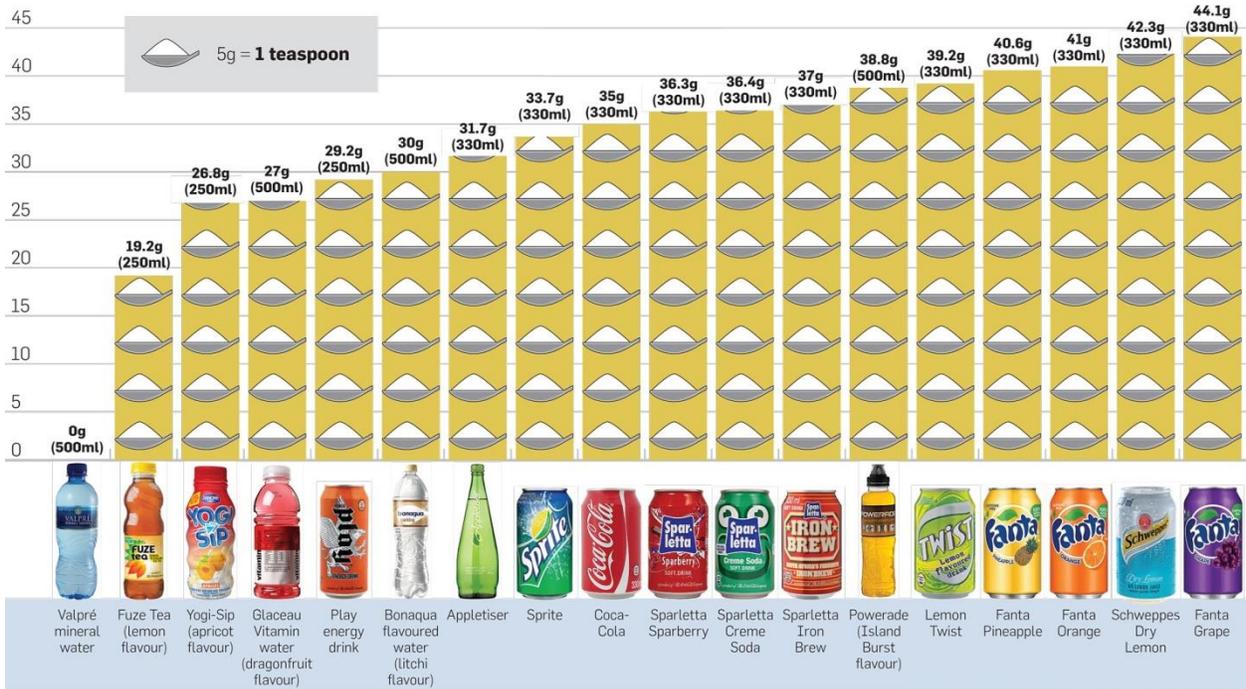
*Honey, sugarcane sugar and maple syrup are safe.*

Because North Americans cannot know if they are consuming depop sugar made from GM sugar beets or safe sugar made from sugarcane, they are also forced to stay away from all soft drinks since all soft drinks are loaded with sugar, but also from flavored mineral water and things like sweetened yogurt. Here is but a sample:

We gathered a few popular drinks from our canteen's refrigerator to check how much sugar each one contains. The results were surprising. Even 'healthier' drinks, such as flavoured mineral water and drinking yogurt, contain a large amount of sugar

GRAMS

50



THEUNS KRUGER, Graphics24

6. No confectionaries or foods that contain corn syrup

High-fructose corn syrup is derived from GM corn and is then used as a sweetener in just about any and all confectionaries as well as in most processed and fast foods. That almost makes all chocolate bars and candies depop foods:



It makes almost all soft drinks depop beverages:



Soft drinks should also be avoided because they most likely contain additional depop ingredients, namely sodium benzoate, potassium benzoate, and sulfuric acid, which function as preservatives to prevent mold. In addition, sodium and potassium benzoate interact with ascorbic acid (Vitamin D), which is also often added to carbonated drinks, and forms dangerous levels of benzene, a potent carcinogen and linked with serious thyroid damage.

It makes most cereals depop foods, which the health conscious eat:



It makes many “healthy” yogurts depop foods:



It makes many types of bread depop foods:



It makes many frozen pizzas depop foods:



It makes some processed pastas depop foods, which mothers like to give to their children because they are convenient:



It makes cocktail peanuts depop foods:



It makes tonic water a depop drink:



It makes some salad dressings depop foods:



It makes canned fruit a depop food:



It makes apple sauce a depop food:



It makes ketchup a depop food:



It makes jams depop foods:



You get the picture. Corn syrup is hard to avoid but here are the foods with the highest content:

## The Corny Truth About HIGH FRUCTOSE CORN SYRUP

### Top 10 Foods with the Highest Quantity of HFCS:

- |                     |                        |
|---------------------|------------------------|
| 1) Yogurt           | 6) Boxed Mac n Cheese  |
| 2) Breads           | 7) Salad Dressing      |
| 3) Frozen Pizza     | 8) Tomato-Based Sauces |
| 4) Cereal Bars      | 9) Apple Sauce         |
| 5) Cocktail Peanuts | 10) Canned Fruit       |



**\*High Fructose Corn Syrup has been linked directly to obesity, diabetes and metabolic dysfunction**

Not only is high fructose corn syrup (HFCS) a depop food, it is also very unhealthy as it increases triglycerides, boosts fat-storing hormones, and drives people to overeat and gain weight.

North Americans are particularly exposed to this depop ingredient as it is put in nearly everything processed, which is why North Americans consume more calories from corn syrup than from any other source.

## 7. No bubble or chewing gum

All chewing and bubble gum – be it Wrigley’s, Juicy Fruit, Bubblicious, Trident or Dentyne – contain artificial sweeteners or high-fructose corn syrup derived from GM corn and they contain these depopulation poisons in large quantities because a typical stick of gum is made up of 75% artificial sweeteners or sugar. Sugar-free means depop poison full; full of aspartame (NutraSweet, Equal), saccharin (Sweet’N Low, SugarTwin), sucralose (Splenda), acesulfame potassium, Sorbitol, etc.

In addition, they contain petroleum-based synthetic materials to make the gum rubbery; things like phenylalanine, polyethylene, polyvinyl acetate or stearic acid. Many gums also contain lanolin, a waxy substance derived from sheep wool, and used in gum to make it stay soft.

Health food stores sell gum sweetened with xylitol, which is derived from sugar alcohol and said to combat cavities and gum-tissue disease as well as being safe for diabetics and good for remineralization, brands such as Xylichew, Spry or Peelu (which is made from peelu extract from the Arak tree and is good for whitening teeth, reducing food cravings, relieving stress, as well as increasing alertness, focus and concentration), but xylitol is fatal to dogs and birds and even though it is claimed to have no effect on humans I very much doubt it.

Glee Gum is the only gum I would put in my mouth as it is made from cane sugar and chicle (chicle being the sap of the Sapodilla trees found the rainforests of Central America and therefore completely natural) and has no food additives, be it artificial colorings, flavorings, sweeteners or preservatives.



*depop gum*



*safe gum*

Dr. Mercola has written a short but informative article why you should not chew gum:  
<http://articles.mercola.com/sites/articles/archive/2014/02/03/6-chewing-gum-side-effects.aspx>

8. No foods packaged in plastic containers, metal cans, aluminum cans and Tetra Packs

As with liquids so with solids they should come in contact with the depopulation poisons that leach from plastic containers, metal and aluminum cans, namely bisphenols, or from Tetra Packs, namely formaldehyde.

Even the food grade paper that is used to wrap cheese, cold meats and meat is unsafe, which is why you should always transfer the food you buy into glass containers before refrigerating it. The same applies to plastic wrap.

Buy nothing wrapped in plastic and store nothing wrapped in plastic. Use wax-lined parchment paper or glass containers.

You should never buy your cheese and meats from this food aisle where they are already sliced and packed in plastic, as they are contaminated with bisphenols:



But from the cheese and meats counter where they are sliced in front of you and wrapped in paper:



The same applies to breads, yogurts and anything else.



*Depop yogurt*



*Depop free yogurt*

And once you get home you should never store your food in plastic wrap or plastic containers:



*Unsafe storage methods*

To keep your food depop free you must store it in glass containers or waxed paper.



*Safe storage containers*

You will have to turn your home into a plastic free zone and replace all plastic with glass containers and all plastic wrap with waxed paper.

9. No hydrogenated soybean oil, corn oil and canola oil and no margarine, shortening and processed cheese

As discussed above, soybean oil, corn oil and canola oil are derived from GM plants and are therefore depop oils. Olive oil and sunflower oil are derived from natural plants and are the only mass produced oils safe for human consumption.



The best olive oil is from the first press, extra virgin, cold pressed and unfiltered.

Animal fats are saturated fats and are healthy fats. They help the body absorb important vitamins, including vitamin A, D and E. Hydrogenated fats, on the other hand, are unhealthy fats. Hydrogenated oils such as corn, soy and canola oil, as well as margarine, contain incredibly harmful Trans fats. That means margarine and shortening is bad while lard and grass-fed butter are good.





Not only is margarine made from vegetable oils derived from GM plants, but to make margarine these oils are exposed to heat, chemicals, hydrogenation, bleaches, emulsifiers and additives.

If you want to know why margarine is bad for you read here: <http://therealfoodguide.com/what-is-margarine-and-why-is-it-bad-for-you/>

Cheese is an important part of a healthy diet because it is rich in calcium and a great source of protein, but processed cheese is a depopulation food because it is made of saturated vegetable oils (all of which are derived from GM plants), contains sodium phosphate (an emulsifier linked to kidney damage), it is loaded with salt, it is made with milk protein concentrate (a dairy substitute), and colored with yellow 6 and yellow tartrazine (food colorings that promote cancer of the adrenal glands and kidneys).



Even better, and as a rule of thumb, eat cultured cheese rather than cheese made from pasteurized milk.

Guide to healthy cheese here: <http://www.foodrenegade.com/healthy-cheese-what-to-buy/>

**10. No soup mixes or concentrates of any kind (gravies, sauces, bouillons, recipe mixes)**

Commercially made soup or broth mixes as well as gravies, sauces and recipe mixes are loaded with depop chemicals and have ungodly amounts of sodium (salt) in them.



A look at the ingredient list of any commercially produced bouillon or sauce will reveal that they contain a number of depopulation poisons: monosodium glutamate (MSG), hydrogenated palm oil, hydrolyzed corn protein, hydrogenated beef fat, and hydrogenated soybean oil.

The only safe soup mix is the one you make at home from a stock of meat and vegetables.

11. No milk unless whole milk and organic, and no ice cream unless homemade or organic

Neither the pasteurization nor the homogenization of milk have anything to do with the depop program, but both destroy the beneficial aspects of milk, which is why it is best to drink whole milk and preferably organic. Pasteurization heats the milk to kill bacteria but also destroys its valuable enzymes. And homogenization agitates and filtrates the milk to reduce in size and disperse the fat molecules contained in milk so that the fat does not separate and rise to the top, as it does in whole milk. This extends the shelf life of the milk, but inhibits the body's ability to absorb the vitamins and minerals contained in the milk. Homogenization also allows the milk of many different cows to be combined.

Milk becomes a depop food when stored in plastic containers or tetra packs, since the former leach bisphenols into the milk and the latter leach formaldehyde. Milk also becomes a depop food when the cows are fed high protein soy-based feeds derived from GM grains rather than being grass-fed. Milk also becomes a depop food when enriched with synthetic vitamins to replace the natural vitamin D complex lost through the removal of fat in the homogenization process.

If you want your milk to be depop free and healthy it must be bottled in glass and it must be unprocessed and organic. Or at the very least it must be organic and bottled in glass.



If you want to know more about milk read here: <http://www.mercola.com/article/milk/no-milk.htm>

Read about milk homogenization: <http://www.wisegeek.com/what-is-homogenized-milk.htm>

Ice cream is supposed to be made of raw cream, egg yolks, sugar or maple syrup, and a natural flavor such as vanilla, strawberry or chocolate. None of the commercially produced ice cream is made this way, however. Instead, ice cream has become a concoction of depopulation chemicals that are too many to mention. All one needs to do is pick up a box of commercially made ice

cream and read the ingredients. Hardly a thing in them is natural. Instead they are loaded with artificial sweeteners, flavorings, emulsifiers and stabilizers.

Not even the most expensive commercially made ice cream brands are safe for human consumption; brands such as Ben & Jerry's, Häagen-Dazs, Baskin & Robbins even though they do contain far fewer chemicals than the cheaper brands and cost five times more.

The only commercial ice-cream maker I know of that does not use depop poisons is Mapleton's Organic, a Canadian manufacturer (<http://mapletonsorganic.ca/ice-cream.php>).

Here in Romania, whenever I crave ice cream I go to one of the fancy pastry shops in the neighborhood that make home-made ice cream and have my fill. Luckily, there are several.



On the dangers lurking in ice cream:

[http://www.naturalnews.com/023849\\_ice\\_cream\\_chemicals\\_health.html](http://www.naturalnews.com/023849_ice_cream_chemicals_health.html)

<http://preventdisease.com/home/tips101.shtml>

## 12. No processed meat unless made according to traditional recipes

Processed meats in general should be avoided or at least limited to high quality processed meats as they contain additives to prolong shelf life, stabilize colors, prevent bacterial growth, and enhance flavors. All meat that has been smoked, salted, cured, dried or canned is considered processed. Food products categorized as processed meat include:

- Sausages, hot dogs, salami
- Bacon, ham
- Salted and cured meat, corned beef
- Smoked meat
- Dried meat, beef jerky
- Canned meat

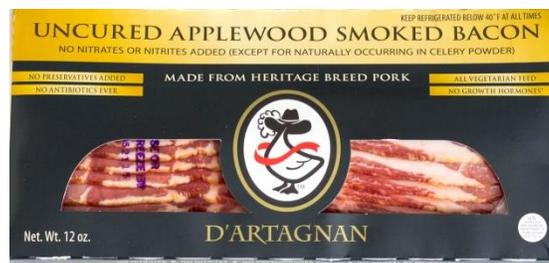
Stick to fresh meat instead and choose organic if you can afford it. If you cannot afford organic shortly boil your fresh meat and throw away the first water before continuing to cook it. That way you get rid of most if not all toxins that may be in the meat. This simple safety measure, however, does not work for processed meats, many of which you cannot boil as that would ruin them.

Canned meat and hot dogs should never be eaten as they are junk and loaded with depop poisons.



*Depop meats that should only be consumed in the case of a nuclear fallout when there is nothing else left to eat.*

Limit your intake of bacon and choose the uncured type which is free of nitrates and nitrites. Also choose bacon made from pigs raised without growth hormones and fed non-GMO vegetarian feed.



Not all hams are created equal either. Ham is pork that has been preserved through salting, smoking or wet curing. Buy ham without antibiotics and hormones. And choose uncooked country ham as opposed to cooked city ham. Hams that have been injected with a curing solution made of water, salt, sugar, phosphates and nitrates are to be avoided.

The best cooked ham in my opinion is *porchetta*, which is an Italian ham. If you live in a big city you will find a place that sells Italian porchetta or you can make it yourself according to this recipe: <http://honestlyyum.com/7841/porchetta/>

The best dry-cured ham in the world by far is *jamón serrano*, a Spanish product, or better still is the even higher quality version called *jamón ibérico*.

Source Wikipedia: Fresh hams are trimmed and cleaned, then stacked and covered with salt for about two weeks in order to draw off excess moisture and preserve the meat from spoiling. The salt is then washed off and the hams are hung to dry for about six months. Finally, the hams are hung in a cool, dry place for six to eighteen months, depending on the climate, as well as the size and type of ham being cured. The drying sheds (*secaderos*) are usually built at higher elevations, which is why the ham is called "mountain ham". [https://en.wikipedia.org/wiki/Jam%C3%B3n\\_serrano](https://en.wikipedia.org/wiki/Jam%C3%B3n_serrano)

Italian dry-cured ham, known as *prosciutto*, is good too and you are more likely to find it most anywhere in the world.



*Prosciutto ham*



*Porchetta ham*



*Jamón serrano*

Pork is a much maligned meat but in my opinion it is an indispensable part of a healthy diet because it is delicious and contains vitamins and minerals in greater quantities than just about any other meat.

Pork meat is chock full of a very important nutrient called "choline," which helps increase our intelligence and memory ...[and] fight off the debilitating effects of Alzheimer's Disease and other chronic mental impairments. It also provides us with substantial amounts of the important, necessary vitamins and minerals our bodies need to function healthfully. From bacon, we receive: 65% of our Recommended Daily Intake of Thiamin (Vitamin B1) as well as 47% of our Niacin (Vitamin B3), 38% of our Vitamin B12, 36% of our Zinc, 24% of our Vitamin B6, 22% of our Riboflavin (Vitamin B2), 22% of our Phosphorus, 10% of our Pantothenate, 10% of our Magnesium, 9% of our Iron and the Protein to fat balance in bacon is actually 4 to 1, which is one of the highest protein to fat balances found in any meat, fish or fowl found on Earth.  
Source: <https://bacontoday.com/top-10-reasons-bacon-is-actually-healthy-for-you/>

Any meat or meat product prepared according to age-old traditions is fine. The problem is that the industrialization of food has taken old recipes and destroyed them by cutting corners, dousing the meat with additives and water retention agents, and subjecting it to liquid smoke, heat and chemical baths.

Phosphates (tetrasodium pyrophosphate, tripolyphosphate, hexametaphosphate, and diphosphates) are added because they are effective water holding agents. Old recipes are now ruined by adding water to the meat and injecting phosphates to hold the water in the meat. Modern food regulation, which is designed to turn food into a weapon of mass sterility and morbidity, allows 5 g of phosphates to be added for every kilogram of meat. In the case of sausages, for instance, a commercial plant will add up 10% fat trimmings and 30% of water to the starting sausage mass to boost profits.

Ascorbate or erythorbate are added to air dried meat products to the tune of 0.5 to 0.7 g per kilogram of total mass because they serve as curing accelerators. Air dried products take a long time to cure and time is money.

Ascorbic acid is added as an antioxidant to prolong shelf life by preventing fat rancidity and color changes due to oxidation.

Sodium metabisulphite and sodium sulphate are added to keep the food safe by preventing the growth of pathogenic bacteria.

Sodium lactate, potassium lactate or acetate are added to the tune of 3% (or 30g/kg) to increase shelf life.

Monosodium glutamate or ribonucleotide are added to enhance flavor.

Sausages made in factories are junk but sausages made at home or by a traditional butcher are fine because they contain none of the above.



*factory sausages no*



*homemade sausages yes*

I am a big fan of salami and cannot envision a life without this European specialty. But if you live in the US it is nearly impossible to purchase traditional salamis made in the country of origin and unspoiled by modern manufacturing techniques. Both the US and Canada have knockoff products that are complete junk and not fit for human consumption. In fact, the vast majority of the crap sold in American and Canadian deli counters is not even fit for animal consumption.

I therefore suggest you find a delicatessen store that sells authentic European meats and purchase your cold cuts there. In the case of salami, I would only buy products made by the original manufacturers who have [protected designation of origin](#) (PDO) status.

As far as I'm concerned the only people who know how to make salami are the French, the Italians, the Spanish, the Romanians and the Hungarians. Here are some trusted salami brands:

From France:

- Saucisson de Lyon
- Saucisson sec



From Italy:

- Salame Sant'Olcese
- Soppresata (Soppresata di Basilicata, Soppresata di Puglia , Soppresata di Calabria Soppresata Toscana, Sopressa Veneta)
- Capicola (Coppa Piacentina, Capocollo di Calabria, Capocollo della Basilicata, Capocollo del Lazio, FinocchiataToscana, Capocollo dell'Umbria)
- Mortadella



From Spain:

- Chorizo
- Wild boar salchichón



From Romania:

- Salam de Sibiu
- Ghiudem



From Hungary:

- Hungarian Salami



Smoked meat, which is the oldest meat preservation method, gets a bad rap because in the process of smoking meat and of cooking smoked meat polycyclic aromatic hydrocarbons (PHAs) can be formed, which are potentially harmful. But eating smoked meat in moderation poses no health problems and smoked meat is certainly no depop food. Meat products containing [liquid smoke](#) flavoring, however, are a different matter.

Meat in general also gets a bad rap because heterocyclic amines (HCAs) are formed when cooking meat at high temperatures, such as during frying or grilling. But for HCAs to cause cancer they would have to be ingested in much higher quantities than those found in a common diet. To decrease the risk of getting colon, breast or prostate cancer from well-done meat, however, one can fry under low heat or steam, therefore avoiding charred or blackened meat which is high in HCAs. But that would deprive us of the great taste of well-done grilled meat.

Luckily, there is a remedy for that too. Researchers from Portugal have found that a marinade of red wine or beer (make sure the beer you use was made according to the German purity law, which allows only three ingredients for the production of beer: water, barley and hops) can destroy the cancer-causing chemicals generated by frying meat. HCAs can also be destroyed by olive oil, lemon juice and garlic.

In choosing the right meat you should follow the following criteria:

In the case of beef you should ensure that the cows were not:

- Fed glyphosate-treated bioengineered grains and grain byproducts
- Administered antibiotics
- Given synthetic hormones and steroid implants to promote growth
- Fed animal wastes such as chicken litter

The beef you buy must be grass-fed, free of growth hormones and antibiotics. Cows that graze on pastured have up to 400% more conjugated linoleic acid (CLA), which is a type of fat that enhances weight management, immune function, normal cell growth and normal blood sugar levels.

My suggestion is that you find a farmer and buy your beef directly from him once a month or once every three months. It is cheaper and you can check out the operation and inquire what the animals are fed and how they are raised.

If you want to know more about beef read here: [http://products.mercola.com/grass-fed-beef/?utm\\_source=dnl&utm\\_medium=email&utm\\_content=yrrp1&utm\\_campaign=20161024Z1&et\\_cid=DM123597&et\\_rid=1724812877](http://products.mercola.com/grass-fed-beef/?utm_source=dnl&utm_medium=email&utm_content=yrrp1&utm_campaign=20161024Z1&et_cid=DM123597&et_rid=1724812877)

In the case of chicken you should ensure that the chickens you eat are organic. Chickens raised in industrial lots and slaughtered in large processing plants are tainted with arsenic (which is used in chicken feed to kill intestinal parasites, promote growth and make meat look pink) as well as with chlorine and peracetic acid (which are used to treat the chickens at the processing plant to kill bacteria).

If you have a large yard I suggest you raise your own chickens. They are easy to keep and fun. And since chicken meat is consumed more than any other meat it is not only economically advantageous but also great for your health and good education for your children. Raising your own chickens also ensures that you have access to organic eggs and that will save you grief and money.

More on safe chicken meat here: <http://www.pcrm.org/health/reports/the-five-worst-contaminants-in-chicken-products>

How to raise organic chickens here: <http://www.homesteadorganics.ca/poultry-production.aspx>

13. No wheat or wheat products treated with glyphosate or other desiccants:

Bread is the most important food item for any European and a major food item for all wheat eating cultures. I for one cannot eat anything without bread. Because bread is a basic food it is a target of the depopulation lobby, which is why so many people are developing allergies to wheat products that have come to be known as gluten intolerance.

But there is no such thing as gluten intolerance or allergy. What people are allergic to is Monsanto's glyphosate (sold as Roundup, Laredo, Wrangler or Victor) and other herbicides and germicides, like BASF's Eragon, that are used as harvest aids and desiccants on wheat.

People have been eating wheat for thousands of years but gluten allergies are a new phenomenon that coincides with the practice of applying herbicides a week to two weeks prior to harvest to prevent yield loss through spoilage.

The quality of wheat will deteriorate if it is harvested and stored at a high moisture content. Because of its major influence on safe storage time, grain moisture content is a grading and pricing factor in most wheat markets. In western Canada, wheat with less than 14.6% moisture (wet basis) is considered dry enough for safe storage and can be moved directly into the marketplace without a price discount. Wheat with 14.6 to 17.0% moisture is graded tough and must be dried to less than 14.6% moisture for long- term storage. Damp wheat, which contains over 17.0% moisture, deteriorates very quickly and can only be stored with extreme care and attention.  
Source: [http://www.usask.ca/agriculture/plantsci/winter\\_cereals/winter-wheat-production-manual/chapter-23.php](http://www.usask.ca/agriculture/plantsci/winter_cereals/winter-wheat-production-manual/chapter-23.php)

Traces of glyphosate are now found on most wheat grown in North America and Europe at levels of 0.32 ppm (which is supposed to be a safe level according to the EPA) and I suspect the same is the case in other parts of the world. Oats and rye crops are affected as well since they too are treated with desiccants prior to harvesting.

Over the past five years, I have noticed that my body reacts to most breads and wheat products with a film forming in my esophagus that forces me to clear my throat every few minutes for about an hour after eating. I don't have this problem with good quality breads and organic breads. That is why I never buy factory bread and eat only bakery bread and preferably artisanal bread. Finding artisanal bread outside Europe, however, is almost impossible.



Buy your bread organic and buy it from your local bakery. And if you have no local bakery that sells decent bread then bake your own from organic flour.

You should also be aware that in many countries where bread is a staple food the depopulation lobby will add other endocrine disruptors/depopulation poisons to the wheat that is then sold to bakeries and bread factories and then offer such breads at a subsidized price or at a far lower price than the bread that is not adulterated.

Other products affected by adulterate wheat are pastas, cereals, biscuits and cookies.

For more information on wheat and glyphosate read here:

<http://www.thehealthyhomeeconomist.com/real-reason-for-toxic-wheat-its-not-gluten/>

14. No microwaveable popcorn:

The paper and lining of microwave bags contain perfluorooctanoic acid (PFOA), which at high heats vaporizes and spreads into the popcorn. This is a known depopulation poison so make your own popcorn and make sure you use non-GMO corn kernels. Most microwave popcorn brands use common genetically modified ingredients: corn oil, soy oil or soy lecithin. Microwaveable popcorn also contains artificial butter flavoring (diacetyl), which is another suspected depop poison, as well as preservatives such as propyl gallate, a known carcinogen.

You can make your own popcorn by either using an air popper or by placing the corn kernels in a brown paper bag and microwaving it (if you are still using a microwave oven).



Our genocidal governments and the corporations that assist them in committing genocide have turned the entire food system into a weapon of mass destruction, which is why 90% of the items we find in grocery stores contain depopulation poisons.

The depopulation lobby targets snacks to turn into weapons of mass destruction knowing that it is harder for people to abstain from them and since they cannot be made at home, which is why nearly all chocolate bars, potato chips, cereals, and soft drinks have been adulterated with depop poisons.

They target the staple crops of cultures and regions that have not reached replacement level fertility, which is why corn (the staple crop of Latin America), soy (a staple crop in Asia), and cotton (a staple crop in India) have been genetically modified.

And they target animal feeds so as to depopulate by proxy, as it is easier to poison the animals that people eat since safety standards for animals are far lower than for people, which is why canola and corn meal derived from GM plants have become ubiquitous in animal feed.

As this information becomes widely available small food producers will change their practices and gain market share from large corporations that will find it increasingly difficult to sell their poisoned food. As this happens it will become easier to find and cheaper to purchase depop free food.

In the meantime, follow the instructions of this guide and make it a habit to eat superfoods on a daily basis, as they pack large doses of antioxidants, polyphenols, vitamins and minerals that will help your body flush out depop toxins and strengthen your immune system.

You will find a list of 50 superfoods here, but keep in mind that item 31, low-fat yogurt, is not a superfood, but regular yogurt is: <http://skinnynms.com/50-super-foods-the-ultimate-shopping-list/2/>

This list, however, misses the best superfood in the world, watermelons, which is particularly important in the era of depopulation because it flushes the kidneys better than anything else and our kidneys are under constant attack by depopulation poisons. As far as I'm concerned the top three superfoods are:

1. Watermelons (to clean the kidneys)
2. Cherries (for antioxidants)
3. Oranges (for Vitamin C)

I will conclude this section with advice on how to remove pesticide and insecticide residue from fresh produce. Toxic organophosphate and carbamate pesticides are definitely depopulation poisons that should never be ingested.

Some fruits and vegetables have more pesticides on them than others and should be treated extra carefully.

| <b>The fruits and vegetables with the most pesticides:</b>  | <b>The fruits and vegetables with the least pesticides:</b>  |
|---|--|
| <ol style="list-style-type: none"> <li>1. Apples</li> <li>2. Peaches</li> <li>3. Nectarines</li> <li>4. Strawberries</li> <li>5. Grapes</li> <li>6. Celery</li> <li>7. Spinach</li> <li>8. Sweet bell peppers</li> <li>9. Cucumbers</li> <li>10. Cherry tomatoes</li> <li>11. Snap peas – imported</li> <li>12. Potatoes</li> <li>13. Hot Peppers</li> <li>14. Kale / Collard greens</li> </ol> | <ol style="list-style-type: none"> <li>1. Avocados</li> <li>2. Sweet corn</li> <li>3. Pineapples</li> <li>4. Cabbage</li> <li>5. Frozen sweet peas</li> <li>6. Onions</li> <li>7. Asparagus</li> <li>8. Mangoes</li> <li>9. Papayas</li> <li>10. Kiwifruit</li> <li>11. Eggplant</li> <li>12. Grapefruit</li> <li>13. Cantaloupe</li> <li>14. Cauliflower</li> <li>15. Sweet potatoes</li> </ol> |

If you cannot buy organic produce, which will protect you from toxic pesticides, you should take the following precautions to minimize the risk of exposure:

1. Always peel those fruits and vegetables known to have a lot of pesticide residue
2. If you do not want to peel then soak your fruits and vegetables for 15 to 20 minutes in a homemade solution of equal parts of water and white vinegar, or of one teaspoon of sea salt per cup of water, and then rinse with fresh water.

General information on food safety:

<http://www.inspection.gc.ca/food/non-federally-registered/product-inspection/inspection-manual/eng/1393949957029/1393950086417?chap=5>

Toxins in processed meats:

[http://www.naturalnews.com/039241\\_processed\\_meat\\_toxins\\_food-borne\\_illness.html#ixzz4NzfuUKSn](http://www.naturalnews.com/039241_processed_meat_toxins_food-borne_illness.html#ixzz4NzfuUKSn)

Information on GMO crops and foods:

<http://gmoinquiry.ca/wp-content/uploads/2015/03/where-in-the-world-gm-crops-foods.pdf>

Gossypol poisoning

[http://www.merckvetmanual.com/mvm/toxicology/gossypol\\_poisoning/overview\\_of\\_gossypol\\_poisoning.html](http://www.merckvetmanual.com/mvm/toxicology/gossypol_poisoning/overview_of_gossypol_poisoning.html)

Information on epoxy resins in food packaging: [http://www.epoxy-europe.eu/en\\_GB/applications/epoxies-and-food-packaging](http://www.epoxy-europe.eu/en_GB/applications/epoxies-and-food-packaging)

10 foods that should be banned:

[http://articles.mercola.com/sites/articles/archive/2013/07/10/banned-foods.aspx?utm\\_source=dnlwlc&utm\\_medium=email&utm\\_campaign=dnlwelcome&et\\_cid=DM117972&et rid=1701609249](http://articles.mercola.com/sites/articles/archive/2013/07/10/banned-foods.aspx?utm_source=dnlwlc&utm_medium=email&utm_campaign=dnlwelcome&et_cid=DM117972&et rid=1701609249)

Probiotics: [http://articles.mercola.com/sites/articles/archive/2013/09/02/probiotics-allergies.aspx?utm\\_source=dnlwlc&utm\\_medium=email&utm\\_campaign=dnlwelcome&et\\_cid=DM117972&et rid=1701609249](http://articles.mercola.com/sites/articles/archive/2013/09/02/probiotics-allergies.aspx?utm_source=dnlwlc&utm_medium=email&utm_campaign=dnlwelcome&et_cid=DM117972&et rid=1701609249)

15 Foods you don't have to buy organic

<http://tinyurl.com/hj85ky5>

48 Fruits and Vegetables with Pesticide Residues

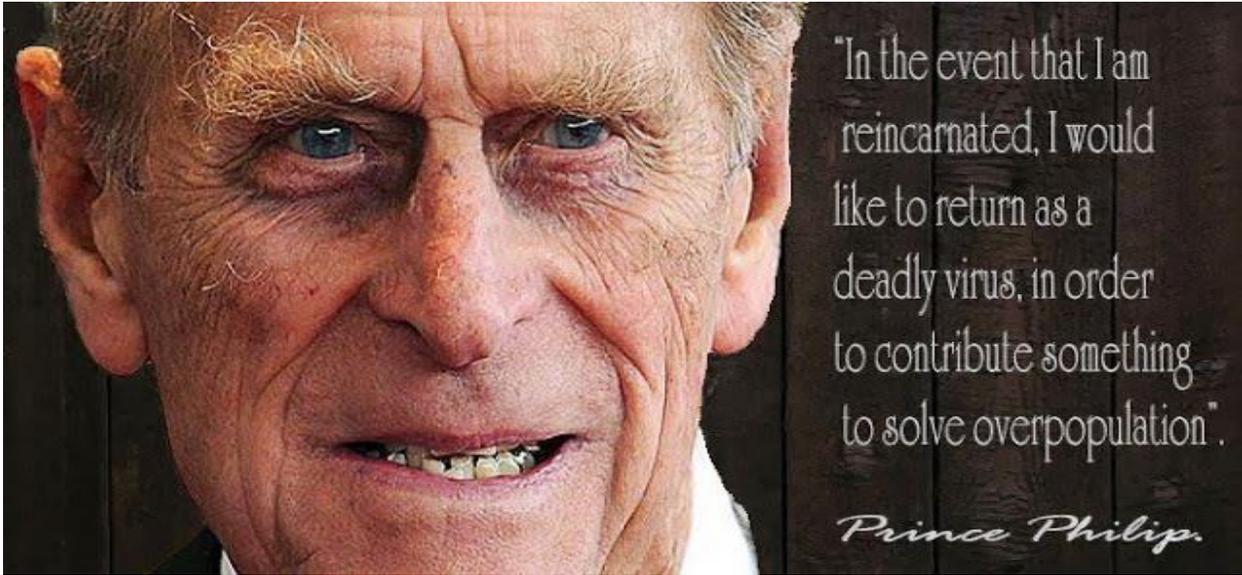
<https://www.ewg.org/foodnews/list.php>

EWG's 2014 Shopper's Guide to Avoiding GMO Food

<http://www.ewg.org/research/shoppers-guide-to-avoiding-gmos>

## What medicines and treatments you take

(20% of depopulation poisons reach us in the developed world through medical treatments and 80% if you live in the developing world)



The rule of thumb is to avoid anything the government, the UN system, your employer or NGOs offer for free as that will have a depopulation purpose and will be designed to either attack your reproductive or your immune system.

1. No vaccines
2. No fluoride veneers or fillings
3. No medicines to treat symptoms
4. No Artemisinin or Ivermectin
5. No sleeping under Long-Lasting Insecticide-treated Nets (LLIN) and no Indoor Residual Spraying (IRS)
6. No hormonal contraceptives (only barrier)

This section deserves an entire book and eventually I will have to go through the WHO List of Essential Medicines to weed out the drugs and vaccines that have a depopulation purpose. However, that would require a year of work and I do not yet have the funding and therefore the conditions for it.

1. No vaccines:

Any vaccine administered after age 10 is a depopulation vaccine, the tetanus toxoid for adults and the HPV (Gardasil) being prime examples of sterilizing vaccines, while the influenza

vaccine and the pneumococcal conjugate vaccine Prevnar 13 (PCV13) being prime examples of longevity destroying vaccines.

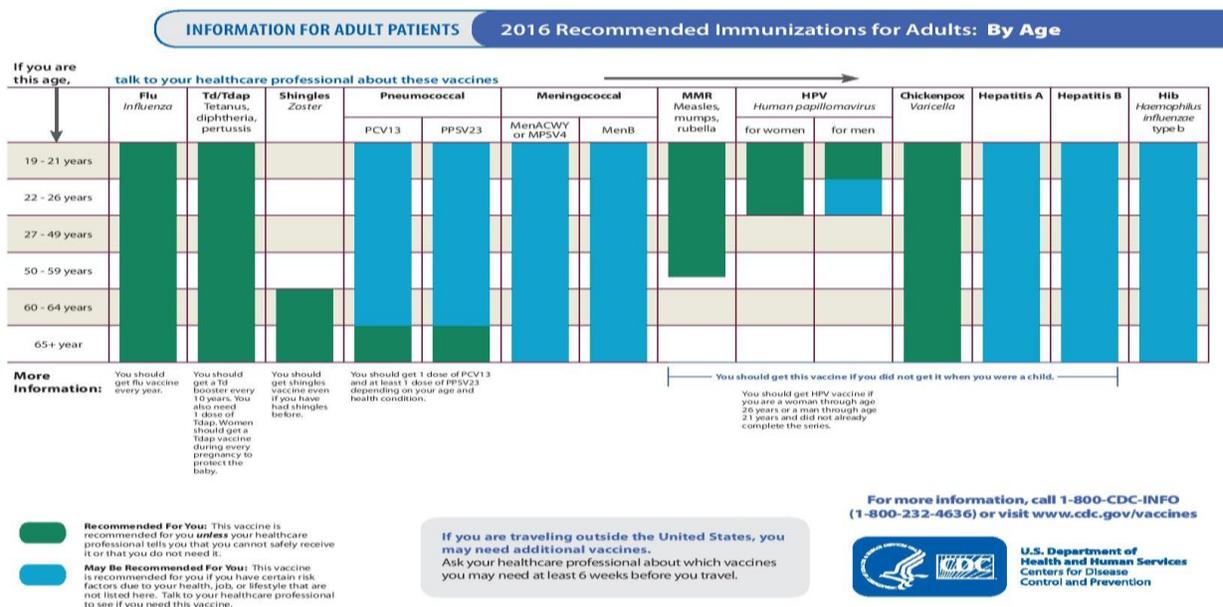
The tetanus toxoid vaccine for adults targets women in their prime reproductive years and is administered to pregnant women to ensure they never again become pregnant, while the HPV vaccine targets adolescent and pre-adolescent boys and girls to prevent teen pregnancies. The influenza and the pneumococcal vaccines target the old and public servants to ensure they do not live too long in retirement and cost the government or corporations money.

The meningococcal A conjugate vaccine, which is supposed to decrease the risk of meningitis and sepsis, is yet another depopulation vaccine designed to temporarily sterilize, which is why all Africans between the ages of 1 and 30 are being vaccinated, why in the US and Canada all teenagers are vaccinated, and why the vaccine is required for people travelling to Mecca for Hajj. The depopulationists shoot three birds with one stone with the meningococcal A conjugate vaccine: Africans, teenagers, and Muslims; who represent three groups that pose a problem to the depopulation program as they hinder the accomplishment of sub-replacement level fertility.

Similarly the Tdap (tetanus, diphtheria, pertussis) booster vaccine, which the CDC recommends every 10 years to everyone, as well as to college kids and to pregnant women during every pregnancy, is also a sterilizing vaccine.

Generally speaking, any vaccine administered after age 10 will be intended to either induce sterility or morbidity, thus it will either be designed to destroy the reproductive or the immune system or both.

The vaccines on the CDC list of recommended vaccines for adults are the ones that you should avoid at all costs as they are most certainly depopulation vaccines.



Due to new scientific discoveries and technological developments that make possible gene reprogramming and splicing, all vaccines are a threat, even childhood vaccines, as they can and most likely are being abused to serve the depopulation program.

The latest generation of vaccines tamper with the genetic modulation of apoptosis (“the ability of cells to kill themselves by activating an intrinsic cell suicide programme when they are no longer needed or become seriously damaged”) thus disrupting or deleting genes crucial to spermatogenesis by depriving them of gonadotrophin and testosterone, hormones that are crucial to normal sexual development and reproductive function. Scarcity of these hormones results in infertility through accelerated germ cell apoptosis.

For instance, by targeting the Hsp70-2 gene, which plays a crucial role in meiosis, a dramatic increase in spermatocyte apoptosis is achieved, which results in male infertility but does not disrupt female fertility. Germ cell apoptosis can also be triggered through non-hormonal regulatory stimuli, such as testicular toxins (of which Bisphenol A is the primary example along with hundreds of other endocrine disruptors used by the depopulation lobby in the adulteration of the food system), heat stress and chemotherapeutic agents. These extrinsic pathways for initiating apoptosis are being increasingly recognized in the pathogenesis of many non-communicable diseases including cancer, acquired immune deficiency syndrome, neurodegenerative disorders, atherosclerosis and cardiomyopathy.

The mechanism of apoptosis was not understood or described until 1972 and this knowledge was immediately put to use by the military-industrial complex, which is why the Swine Flu outbreak was triggered in 1976 to mass sterilize the American people and the HIV/AIDS epidemic was unleashed on the African people starting in 1978.

By inhibiting apoptosis through vaccines (intrinsic pathways) and endocrine disruptors (extrinsic pathways), the depopulation lobby has succeeded not only in causing sterility through gene disruption but also in increasing morbidity through cancers, autoimmune diseases, inflammatory diseases and viral infections, thus creating a self-reinforcing cycle for more vaccines and other medical interventions so the medical system could be used in perpetuity for population control purposes.

As a parent I would keep my child entirely vaccine free while our governments are pursuing demographic objectives covertly and medicine and public health serve as handmaidens of genocide.

You can make use of religious exemptions to protect yourself and your children from vaccines. Incidentally, these exemptions exist because the Global Depopulation Policy was conceived and is driven and delegated by fundamentalist Christians primarily, who have reserved special privileges for their own kind to gain a demographic advantage and slowly extinguish secularists

and indigenous people from the face of the earth. These exemptions therefore represent a perverse and hidden war against secularism and secularists, which and who religious fundamentalists of all colors see as an abomination and against whom they have joined hands and are waging war.

In the developing world, people need to watch out for the many vaccines developed and funded by the UN system through Bill Gates' GAVI Alliance and pharmaceutical corporations such as Merck, namely: dengue vaccine (Dengvaxia), inactivated polio vaccine, Japanese encephalitis vaccine, measles vaccine, measles-rubella vaccine, Meningitis A vaccine, oral cholera vaccine, pentavalent vaccine, pneumococcal vaccine, rotavirus vaccine, yellow fever vaccine, and of course the human papillomavirus vaccine (HPV).

This is the full list of vaccines the people of the developing world must watch out for, as they are the product of the GAVI Alliance and its partners in crime, 44 pharmaceutical companies around the world: <http://www.dcvmn.org/-Vaccines->

- **Acellular Pertussis** (Pertussis vaccine is against bacteria called Bordetella pertussis, which could cause whooping cough, a highly contagious disease in the respiratory tract. The pertussis vaccine is definitely a depop vaccine, which is why in 2006 the CDC recommended that adults receive it along with the tetanus and diphtheria toxoid booster – known as the Tdap vaccine – and why since 2011 it is also being recommended as a booster during each pregnancy. It is also why in the UK pregnant women receive it between 28 and 38 weeks of pregnancy.) Made by: BioNet (Thailand), CNBG (China).

In the West, the acellular pertussis vaccine is made by three different pharmaceutical corporations in four different formulations. The formulation DAPTACEL made Sanofi Pasteur and the formulation Infanrix made by GlaxoSmithKline are for children 6 weeks to 7 years and are probably safe. The formulation Boostrix made by GlaxoSmithKline for people older than 10 years and the formulation ADACEL made by Sanofi Pasteur for people 11 to 64 years are most likely depopulation vaccines.

More information on the acellular pertussis vaccine here:  
<http://www.who.int/biologicals/areas/vaccines/apertussis/en/>

- **Anthrax** (Anthrax is a bacterial disease caused by Bacillus anthracis. Humans generally acquire the disease from infected animals or as a result of occupational exposure to contaminated animal products.) Made by: Emergent BioSolutions (USA).

This is not a depop vaccine but it can be used as such in a man-made pandemic scenario.

More information on the anthrax vaccine here: [https://en.wikipedia.org/wiki/Anthrax\\_vaccines](https://en.wikipedia.org/wiki/Anthrax_vaccines)

- **BCG** (This vaccine protects children against meningitis and disseminated tuberculosis (TB).) Made by: ANLIS (Argentina), Biofarma (Indonesia), Biovac (South Africa), CNBG (China), FAP (Brazil), Green Signal (India), IVAC (Vietnam), NIIDV (Taiwan), Pasteur Institute of Iran (Iran), Queen Saovabha Memorial (Thailand), Institute (Thai Red Cross: Thailand), Serum Institute of India (India).

This is a depop vaccine.

More information on the tuberculosis vaccine here: [https://en.wikipedia.org/wiki/BCG\\_vaccine](https://en.wikipedia.org/wiki/BCG_vaccine)

- Brucella (Brucellosis is a bacterial, zoonotic disease that causes reproductive losses in animals and a serious, debilitating, and sometimes chronic disease that may affect a variety of organs in humans.)

Information on manufacturers is suppressed because of the potential use of Brucella in bioterrorism or biowarfare. This is not a depop vaccine but it can be used as such in a man-made pandemic scenario.

More information on the brucella vaccine here: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2780424/>

- Cholera (Cholera is spread by faecal contamination of water and food, with endemicity and epidemicity closely linked to poor sanitation often accompanying natural disasters and situations that crowd people together under poor sanitary conditions that interrupt access to clean water.) Made by: Vabiotech (Vietnam), Vacsera (Egypt), Eubiologics (South Korea).

This is not a depop vaccine.

More information on the cholera vaccine here:

<http://www.who.int/biologicals/publications/trs/areas/vaccines/cholera/129-149.pdf?ua=1>

- **DT or Td** (A diphtheria toxoid (D) and tetanus toxoid (T) combined vaccine is a vaccine that is designed to protect against two or more diseases or against one disease caused by different strains or serotypes of the same organism.) Made by: Biofarma (Indonesia), Biological E (India), Birmex (Mexico), Butantan (Brazil), Arabio (Saudi Arabia), Finlay (Cuba), Indian Immunological (India), SK (South Korea), Serum Institute of India (India), Vacsera (Egypt), CNBG (China).

This is a depop vaccine.

More information on the diphtheria/tetanus vaccine here:

<https://www.healthlinkbc.ca/healthlinkbc-files/tetanus-diphtheria-vaccine>

- DTaP-Hib (DT-based combined vaccines”, which contain diphtheria toxoid (D) and tetanus toxoid (T) in combination with acellular Pertussis (aP) and Haemophilus influenzae type b conjugates (Hib).) Made by: Minhai (China).

**Tdap:** The adult version of the DTaP-Hib vaccine is called Tdap and is made for people 11 to 64 years of age. While the DTaP-Hib vaccine is not a depopulation vaccine the Tdap is.

More information on the DTaP-Hib vaccine here:

<http://health.gov.on.ca/en/public/publications/immune/dtapipvhib.aspx>

- **DTP-acellular** (Diphtheria toxoid combined with tetanus and pertussis vaccines (DTP) acellular vaccine.) Made by: CNBG (China), TiantanBio (China), Arabio (Saudi Arabia).

The formulations given to babies and preschoolers are probably safe but the booster shot given to teenagers is most likely a depopulation vaccine.

More information on the tripeptide vaccine here:

<http://www.fda.gov/downloads/BiologicsBloodVaccines/Vaccines/ApprovedProducts/ucm101580.pdf>

- **DTP-whole cell** (Diphtheria toxoid combined with tetanus and pertussis vaccines (DTP) whole-cell vaccine.) Made by: Bharat (India), Biofarma (Indonesia), Biological E (India), Butantan (Brazil), Finlay (Cuba), Indian Immunological (India), IVAC (Vietnam), Panacea (India), Razi (Iran), Serum Institute of India (India), Vacsera (Egypt).

The versions of this vaccine made for children 12 and under may be safe but the versions made for children 12 and older and the booster versions made for adults are definitely depopulation vaccines.

More information on the DTP-whole cell vaccine here: <https://www.drugs.com/mmx/whole-cell-dtp.html>

- **DTPwHepB** (Diphtheria toxoid combined with tetanus and pertussis vaccines (DTP) whole-cell vaccine combined with Hepatitis B vaccine.) Made by: Bharat (India),

Biological E (India), CIGB (Cuba), LGLS (South Korea), Panacea (India), Serum Institute of India (India), Biofarma (Indonesia).

This is a depop vaccine.

More information on the DTPwHepB vaccine here:

[http://www.path.org/vaccineresources/files/Mozambique\\_DTP-HepB.pdf](http://www.path.org/vaccineresources/files/Mozambique_DTP-HepB.pdf)

- DTP Hib (DT-based combined vaccines”, which contain diphtheria toxoid (D) and tetanus toxoid (T) in combination with Pertussis (P) and Haemophilus influenzae type b conjugates (Hib).) Made by: Biomanguinhos (Brazil).

This is not a depop vaccine.

More information on the DTP Hib vaccine here: <https://www.drugs.com/cons/dpt-hib.html>

- Pentavalent DTP-HepB-Hib (DT-based combined vaccines”, which contain diphtheria toxoid (D) and tetanus toxoid (T) in combination with Pertussis (P), Hepatitis B (HepB) and Haemophilus influenzae type b conjugates (Hib).) Made by: Bharat (India), Biological E (India), CIGB (Cuba), LGSL (South Korea), Panacea (India), Serum Institute of India (India), Biofarma (Indonesia), Arabio (Saudi Arabia).

This is not a depop vaccine.

More information on the DTP-HepB-Hib vaccine here:

[http://www.unicef.org/supply/files/Pentavalent\\_Vaccine\\_Market\\_and\\_Supply\\_Update\\_July\\_2015.pdf](http://www.unicef.org/supply/files/Pentavalent_Vaccine_Market_and_Supply_Update_July_2015.pdf)

- Enterovirus 71 (Enterovirus 71 (EV71), one of the major causative agents for hand, foot and mouth disease (HFMD), is sometimes associated with severe central nervous system diseases.) Made by: IMBCAMS (China), Sinovac (China).

There is not enough information on this vaccine to determine whether it is currently being used for depopulation purposes or not.

More information on the Enterovirus 71 vaccine here:

<http://www.nejm.org/doi/full/10.1056/NEJMoal304923#t=articleBackground>

- **Flu H1N1** (Avian influenza (AI), commonly called bird flu, is an infectious viral disease of birds. Infections have been associated with direct or indirect contact with infected live or dead poultry.) Made by: Bharat (India), Butantan (Brazil), Cadila

(India), Green Cross (South Korea), Panacea (India), Serum Institute of India (India), Sinovac (China), CNBG (China).

This is a depop vaccine.

More information on the Flu H1N1 vaccine here: [https://en.wikipedia.org/wiki/Influenza\\_vaccine](https://en.wikipedia.org/wiki/Influenza_vaccine)

- **Flu H5N1** (Avian influenza (AI), commonly called bird flu, is an infectious viral disease of birds. Infections have been associated with direct or indirect contact with infected live or dead poultry.) Made by: Sinovac (China).

This is a depop vaccine.

More information on the Flu H5N1 vaccine here: [https://en.wikipedia.org/wiki/H5N1\\_vaccine](https://en.wikipedia.org/wiki/H5N1_vaccine)

- Haemophilus influenza type b (The Hib vaccines currently available for immunizing infants are based on purified or synthetic PRP conjugated either to the non-toxic mutant diphtheria toxin CRM 197, tetanus toxoid, or the meningococcal outer membrane protein.) Made by: Bharat (India), Biological E (India), Biomanguinhos (Brazil), CIBG (Cuba), CNBG (China), LGSL (South Korea), Serum Institute of India (India), BioNet, Minhai (China), Walvax (China), SK (South Korea), Panacea (India).

Since this vaccine is meant for infants it is most likely not a depopulation vaccine. The authorities, however, will use the opportunity to vaccinate mothers with a depop vaccine when they bring their babies in for this immunization.

More information on the Haemophilus influenza type b vaccine here: <http://www.phac-aspc.gc.ca/im/vpd-mev/hib-eng.php>

- **Hemorrhagic fever/Dengue** (Dengue is transmitted by the bite of a mosquito infected with one of the four dengue virus serotypes. It is a febrile illness that affects infants, young children and adults with symptoms appearing 3-14 days after the infective bite.) Made by: Butantan (Brazil).

More information on the Hemorrhagic fever/Dengue vaccine here:

<http://www.sanofipasteur.com/en/articles/first-ever-dengue-vaccine-candidate-to-show-efficacy-against-dengue-fever-and-dengue-haemorrhagic-fever-in-asia.aspx>

- Hemorrhagic Fever with Renal Syndrome Bivalent Vaccine (Hamster Kidney Cell), Inactivated. (HFRS has been known by many names, including hemorrhagic

nephrosonephritis and Churilov disease in the Russian Far East, Korean hemorrhagic fever on the Korean peninsula, epidemic hemorrhagic fever in China, and nephropathia epidemica in Europe. The name “hemorrhagic fever with renal syndrome” was recommended in 1983 to consolidate these and other febrile illnesses that are caused by hantaviruses and characterized by hemostatic and renal disturbances.) Made by: CNBG (China).

This vaccine is too limited in scope to be a depop vaccine, but can be used as such in case of a man-made pandemic.

More information on the hemorrhagic fever with renal syndrome bivalent vaccine here: [http://topics.sciencedirect.com/topics/page/Hantavirus\\_hemorrhagic\\_fever\\_with\\_renal\\_syndrome](http://topics.sciencedirect.com/topics/page/Hantavirus_hemorrhagic_fever_with_renal_syndrome)

- **Hepatitis A** (Hepatitis A virus can be grown in cell culture and sufficient amounts of the virus can be obtained for vaccine production.) Made by: CNBG (China), Sinovac (China), Vabiotech (Vietnam), Arabio (Saudi Arabia), and IMBCAMS (China).

More information on the hepatitis A vaccine here: [https://en.wikipedia.org/wiki/Hepatitis\\_A\\_vaccine](https://en.wikipedia.org/wiki/Hepatitis_A_vaccine)

- **Hepatitis B** (The Hepatitis B virus (HBV) is a small (3200 base pair) DNA virus with a viral envelope. HBV replicates in the liver cells of humans and other higher primates, and produces an excess of the viral envelope protein (Hepatitis B surface antigen, HBsAg) that circulates in the blood.) Made by: Bharat (India), Biofarma (Indonesia), Biological E (India), Butantan (Brazil), CIBG (Cuba), CNBG (China), NIID (China), and Indian Immunological (India).

More information on the hepatitis B vaccine here: [https://en.wikipedia.org/wiki/Hepatitis\\_B\\_vaccine](https://en.wikipedia.org/wiki/Hepatitis_B_vaccine)

- **Hepatitis E** (Hepatitis E is a liver disease caused by the hepatitis E virus. The world’s first vaccine against Hepatitis E has been developed by Inovax.) Made by: Inovax (China).

More information on the hepatitis E vaccine here: [https://en.wikipedia.org/wiki/Hepatitis\\_E#Vaccines](https://en.wikipedia.org/wiki/Hepatitis_E#Vaccines)

- **Human Papilloma Virus** (Two prophylactic HPV vaccines have been available since 2006. Both vaccines are prepared from virus-like particles (VLPs) produced by recombinant technology.) Made by: Sinergium (Argentina).

This is a well-known and widely documented sterilization vaccine.

More information on the HPV vaccine here: <http://www.offtheradar.co.nz/vaccines/61-infertility-concern-with-gardasil-hpv-vaccine.html>

- **IPV Inactivated Polio** (poliomyelitis) (Vaccine is produced from wild-type poliovirus strains of each serotype that have been inactivated (killed) with formalin.) Made by: Biomanguinhos (Brazil), LGLS (South Korea), Serum Institute of India (India), Panacea (India), IMBCAMS (China).

The booster version of this vaccine designed for adults and requiring three doses (the first 2 doses are given 4 to 8 weeks apart and the third dose is given 6 to 12 months after the second dose) is definitely a depopulation vaccine. The version designed for infants, however, it is not.

More information on the IPV Inactivated Polio vaccine here: <https://www.healthlinkbc.ca/healthlinkbc-files/polio-vaccine>

- **Japanese Encephalitis** (There are three types of inactivated vaccines and one type of live attenuated vaccine currently used in the world.) Made by: Bharat (India), CNBG (China), GPO (Thailand), Green Cross (South Korea), CDBio (China), Vabiotech (Vietnam), TiantanBio (China), Biological E (India).

More information on the Japanese encephalitis vaccine here: <http://www.cdc.gov/japaneseencephalitis/vaccine/index.html>

- **Leptospirosis** (A trivalent vaccine containing a trivalent whole-cell suspension of *Leptospira interrogans* including serogroups Canicola serovar canicola, Icterohaemorrhagiae serovar copenhageni and Pomona serovar mozdok, inactivated with Formaldehyde.) Made by: Finlay (Cuba), CNBG (China).

More information on the leptospirosis vaccine here: <http://www.medicinenet.com/leptospirosis/article.htm>

- **Meninge A** (Meningococcal vaccine refers to any one of a number of vaccines used against *Neisseria meningitidis*, a bacterium that causes meningitis, meningococemia, septicemia, and rarely carditis, septic arthritis, or pneumonia. Six serogroups, A, B, C, Y, W-135, and X, are responsible for virtually all cases of the disease in humans. Several types of vaccine are available: polysaccharide vaccines — available in either bivalent (groups A and C), trivalent (groups A, C and W135), or tetravalent (groups A, C, W135 and Y) forms; and conjugate vaccines against group A and group C and tetravalent vaccines against groups A, C, W135 and Y. Since December 2010, a new meningococcal A conjugate vaccine is available.) Made by: CNBG (China), Serum Institute of India (India), TiantanBio (China).

This is definitely a depop vaccine if administered to children 11 and 12 year old or as boosters to youth 16 to 18 year old. This vaccine is probably the version called MenAfriVac, which was developed in 2002 with money from the Bill & Melinda Gates Foundation under the auspices of the Meningitis Vaccine Project and in partnership with the World Health Organization (WHO) for use in sub-Saharan Africa for people 1 to 29 year old. It makes for a great sterilization vaccine as it needs to be administered every two years, which provides governments and the UN system with the possibility of temporarily sterilizing people for up to 24 months.

More information on the Meninge A vaccine here: <https://www.verywell.com/meningitis-vaccines-for-children-2633694>

and here: <https://en.wikipedia.org/wiki/MenAfriVac>

- **Meninge A/C** (Meningococcal vaccine refers to any one of a number of vaccines used against *Neisseria meningitidis*, a bacterium that causes meningitis, meningococemia, septicemia, and rarely carditis, septic arthritis, or pneumonia. Meningococcal vaccines containing unconjugated purified capsular polysaccharides (A, C, Y and W) have been available since the 1970s and are still used to immunize travelers and at risk individuals.) Made by: Biomanguinhos (Brazil), CNBG (China), Finlay (Cuba), Vacsera (Egypt), Walvax (China).

This vaccine is routinely administered to adolescents since 2005, which means it is definitely a depop vaccine. It was licensed in 2005 by Sanofi Pasteur under the trade name Menactra (MenACWY-D). Another version was licensed by Novartis in 2010 under the trade name Menveo (MenACWY-CRM).

More information on the Meninge A/C vaccine here:

<http://www.cdc.gov/vaccines/pubs/pinkbook/mening.html>

- **Meninge B/C** (Meningococcal vaccine refers to any one of a number of vaccines used against *Neisseria meningitidis*, a bacterium that causes meningitis, meningococemia, septicemia, and rarely carditis, septic arthritis, or pneumonia. Meningococcal vaccines containing unconjugated purified capsular polysaccharides (A, C, Y and W) have been available since the 1970s and are still used to immunize travelers and at risk individuals.) Made by: Finlay (Cuba).

This is a depop vaccine made by the Cuban government as VA-MENGOC-BC for use on its population.

More information on the Meninge B/C vaccine here:

[http://www.finlay.sld.cu/cartera/Vamengocbc\\_Ingles09.htm](http://www.finlay.sld.cu/cartera/Vamengocbc_Ingles09.htm)

- **Meninge ACWY** (Meningococcal vaccine refers to any one of a number of vaccines used against *Neisseria meningitidis*, a bacterium that causes meningitis, meningococemia, septicemia, and rarely carditis, septic arthritis, or pneumonia. Meningococcal vaccines containing unconjugated purified capsular polysaccharides (A, C, Y and W) have been available since the 1970s and are still used to immunize travelers and at risk individuals.) Made by: Finlay (Cuba), Walvax (China).

This is a depop vaccine manufactured in Cuba and China and used on their people.

More information on the Meninge ACWY vaccine here: <http://www.walvax.com/Info/25/8/index.aspx>

- Measles (M) (The envelope of measles virus contains haemagglutinin that is responsible for the binding of the virus to the host cell surface and a fusion protein that facilitates viral uptake into the cell.) Made by: Biofarma (Indonesia), CNBG (China), Arabio (Saudi Arabia), Razi (Iran), Serum Institute of India (India), TiantanBio (China), GPO (Thailand), Polyvac (Vietnam).

This is not a depopulation vaccine.

More information on the Measles (M) vaccine here: [https://en.wikipedia.org/wiki/Measles\\_vaccine](https://en.wikipedia.org/wiki/Measles_vaccine)

- MR (Measles and Rubella combined vaccine.) Made by: CNBG (China), Razi (Iran), Serum Institute of India (India), TiantanBio (China).

This is not a depopulation vaccine.

More information on the MR vaccine here: <http://measlesrubellainitiative.org/learn/the-solution/the-vaccine/>

- MMR (Measles, Mumps and Rubella combined vaccine.) Made by: Biomanguinhos (Brazil), CNBG (China), TiantanBio (China), Razi (Iran), Serum Institute of India (India).

This is not a depop vaccine but it has been linked to autism by Dr. Andrew Wakefield and others.

More information on the MMR vaccine here: [https://en.wikipedia.org/wiki/MMR\\_vaccine\\_controversy](https://en.wikipedia.org/wiki/MMR_vaccine_controversy)

- OPV 1 (Oral Polio (poliomyelitis) Vaccine 1 protects against type 1 Poliovirus.) Made by: Arabio (Saudi Arabia), Bharat (India), Biofarma (Indonesia), Haffkine (India), Panacea (India), IMBCAMS (China).

This is not a depop vaccine.

More information on the OPV 1 vaccine here: <http://www.webmd.com/children/vaccines/polio-vaccine-ipv#1>

- OPV 3 (Oral Polio (poliomyelitis) Vaccine 3 protects against type 3 Poliovirus.) Made by: Arabio (Saudi Arabia), Bharat (India), Biofarma (Indonesia), Biomanguinhos (Brazil), Birmex (Mexico), CNBG (China), Panacea (India), Razi (Iran), IMBCAMS (China).

This is not a depopulation vaccine.

More information on the OPV 3 vaccine here: <http://www.cdc.gov/mmwr/volumes/65/wr/mm6535a3.htm>

- OPV Tri Oral Polio (poliomyelitis) (Vaccine Tri is a trivalent vaccine containing a mixture of 3 live attenuated serotypes (Sabin types 1, 2 and 3).) Made by: Bharat (India), Biofarma (Indonesia), Haffkine (India), Panacea (India), Serum Institute of India (India), Arabio (Saudi Arabia), Polyvac (Vietnam), IMBCAMS (China), CNBG (China).

This is not a depop vaccine unless given to teenagers and adults.

More information on the OPV Tri Oral Polio vaccine here: <https://www.drugs.com/ppa/poliovirus-vaccine-live-oral-trivalent-opv.html>

- **Pneumococcal vaccine** (Antibodies to capsular polysaccharide antigens of *Streptococcus pneumoniae* provide serotype-specific protection against pneumococcal infections.) Made by: Sinergium (Argentina).

This is a depop vaccine made in Argentina and used throughout Latin America.

More information on the pneumococcal vaccine here:

<https://www.vaccines.gov/diseases/pneumonia/index.html>

- Pneumo 10 (Antibodies to capsular polysaccharide antigens of *Streptococcus pneumoniae* provide serotype-specific protection against pneumococcal infections.)  
Made by: Biomanhuinhos (Brazil), Arabio (Saudi Arabia).

This is not a depop vaccine.

More information on the Pneumo 10 vaccine here: [http://wwwnc.cdc.gov/eid/article/19/4/12-1198\\_article](http://wwwnc.cdc.gov/eid/article/19/4/12-1198_article)

- **Pneumo 23** (Antibodies to capsular polysaccharide antigens of *Streptococcus pneumoniae* provide serotype-specific protection against pneumococcal infections.)  
Made by: CNBG (China).

This is a depop vaccine made and used in China under license from Sanofi Pasteur (France).

More information on the Pneumo 23 vaccine here:

[http://www.wrha.mb.ca/professionals/influenza/files/Vaccine\\_Pneumo23.pdf](http://www.wrha.mb.ca/professionals/influenza/files/Vaccine_Pneumo23.pdf)

- Rabies (Rabies vaccine protects humans from the zootonic viral disease that is fatal to both animals and human.) Made by: ANLIS (Argentina), BCHO (China), Bharat (India), BioNet (Thailand), Butantan (Brazil), Cadila (India), CNBG (China), CDBIO (China), Incepta (Bangladesh), Indian Immunologicals (India), Queen Saovabha Memorial (Thailand), Institute (Thai Red Cross: Thailand), Serum Institute of India (India), TiantanBio (China).

Not a depop vaccine.

More information on the rabies vaccine here:

<http://www.cdc.gov/vaccines/hcp/vis/vis-statements/rabies.html>

- Rotavirus (Vaccine development has focused on live attenuated rotavirus strains of human or animal origin which mimic those found in human disease.) Made by:

Biomanguinhos (Brazil), CNBG (China), Arabio (Saudi Arabia), Bharat (India), Polyvac (Vietnam).

Not a depop vaccine.

More information on the Rotavirus vaccine here: [https://en.wikipedia.org/wiki/Rotavirus\\_vaccine](https://en.wikipedia.org/wiki/Rotavirus_vaccine)

- **Rubella (R)** (A number of vaccines are available either as single component or combined with either measles vaccine (MR) or measles and mumps vaccines (MMR).) Made by: CNBG (China), Serum Institute of India (India), TintanBio (China), Razi (Iran).

This is a depop vaccine.

More information on the Rubella (R) vaccine here: [https://en.wikipedia.org/wiki/Rubella\\_vaccine](https://en.wikipedia.org/wiki/Rubella_vaccine)

- **Tetanus Toxoid** (Tetanus Toxoide protects human from the bacterium, *Clostridium tetani*.) Made by: Biofarma (Indonesia), Biological E (India), CNBG (China), Finlay (Cuba), Indian Immunological (India), IVAC (Vietnam), TiantanBio (China), Serum Institute of India (India), Vacsera (Egypt), SK (South Korea), ANLIS (Argentina), GPO (Thailand), Incepta (Bangladesh).

This is probably the most used sterilization vaccine in the world.

More information on the tetanus toxoid vaccine here:

<http://www.mayoclinic.org/drugs-supplements/tetanus-toxoid-intramuscular-route-injection-route/description/DRG-20066243>

Kenya Conference of Catholic Bishops:

<http://www.kccb.or.ke/home/news-2/press-statement-5/>

- **Tick-borne encephalitis** (The envelope glycoprotein of the TBE virus induces neutralizing and haemagglutination-inhibition antibodies and is the most important antigen for providing protection from disease.) Made by: CNBG (China).

This is a depop vaccine.

More information on the tick-borne encephalitis vaccine here:

[https://en.wikipedia.org/wiki/Tick-borne\\_encephalitis\\_vaccine](https://en.wikipedia.org/wiki/Tick-borne_encephalitis_vaccine)

- **Typhoid Polysaccharide** (Typhoid vaccine protects human from infection caused by *Samonella typhi* through contaminated food or water.) Made by: Bharat (India), CNBG (China), Finlay (Cuba), Incepta (Bangladesh), Vacsera (Egypt), TiantanBio (China).

This is a depop vaccine.

More information on the typhoid polysaccharide vaccine here:

[https://en.wikipedia.org/wiki/Vi\\_capsular\\_polysaccharide\\_vaccine](https://en.wikipedia.org/wiki/Vi_capsular_polysaccharide_vaccine)

Typhoid vaccine trial:

[https://www.researchgate.net/publication/26714812\\_Vaccine\\_desirability\\_during\\_an\\_effectiveness\\_trial\\_of\\_the\\_typhoid\\_fever\\_polysaccharide\\_Vi\\_vaccine\\_Kolkata\\_India](https://www.researchgate.net/publication/26714812_Vaccine_desirability_during_an_effectiveness_trial_of_the_typhoid_fever_polysaccharide_Vi_vaccine_Kolkata_India)

- Typhoid Polysaccharide – Tetanus Toxoid (Conjugated Typhoid vaccine protects human from infection caused by *Samonella typhi* through contaminated food or water.) Made by: Bharat (India).

This is a relatively new vaccine and there is not enough information available to determine whether it is used as a depop vaccine or not.

More information on the typhoid polysaccharide/tetanus toxoid vaccine here:

[http://www.coalitionagainststtyphoid.org/wp-content/uploads/2015/05/TCV\\_Bali\\_Varanasi.pdf](http://www.coalitionagainststtyphoid.org/wp-content/uploads/2015/05/TCV_Bali_Varanasi.pdf)

- Varicella (Current varicella vaccines are attenuated vaccines based on the Oka VZV strain that has been modified through sequential propagation in different cell cultures.) Made by: CNBG (China), Green Cross (South Korea), BCHAT (China).

This is not a depop vaccine.

More information on the varicella vaccine here: [https://en.wikipedia.org/wiki/Varicella\\_vaccine](https://en.wikipedia.org/wiki/Varicella_vaccine)

- **Yellow Fever** (Yellow fever (YF) is an infection caused by a virus of the family Flaviviridae and it is transmitted by mosquitoes. The YF vaccine is given as a single subcutaneous or intramuscular injection.) Made by: Biomanguinhos (Brazil), CNBG (China), ANLIS (Argentina).

This is a depop vaccine when used outside the West.

More information on the yellow fever vaccine here: <http://www.cdc.gov/yellowfever/vaccine/index.html>

Just about any vaccines paid for by the GAVI Alliance are depopulation vaccines and the people of the developing world should run in the opposite direction every time they see an immunization unit coming into their village or town.

The biotechnology firms involved in the depopulation by vaccination program funded by Bill Gates and his fellow billionaires and given legal protection by the UN system are the following:

1. ANLIS (Argentina): <http://www.anlis.gov.ar/>
2. Arabio (Saudi Arabia): [http://www.arabio.com/about\\_us.html](http://www.arabio.com/about_us.html)
3. BCHT (China): [http://bcht.en.alibaba.com/company\\_profile.html](http://bcht.en.alibaba.com/company_profile.html)
4. Bharat (India): <http://www.bharatbiotech.com/contact/>
5. Biofarma (Indonesia): <http://www.biofarma.co.id/>
6. Biological E (India): <http://www.biologicale.com/>
7. BioNet (Thailand): <http://www.bionet-asia.com/home>
8. Biovac (South Africa): <http://www.biovac.co.za/>
9. Birmex (Mexico): <http://www.birmex.gob.mx/contactocontact.html>
10. Butantan (Brazil): [http://www.butantan.gov.br/Paginas/default\\_en.aspx](http://www.butantan.gov.br/Paginas/default_en.aspx)
11. Cadila (India): <http://www.bionet-asia.com/home>
12. CDBio (China): <http://www.cdbio.org/en/>
13. CIBG (Cuba): <http://www.cigb.edu.cu/index.php/en/>
14. CCBio (China): <http://www.cdbio.org/en/index.asp>
15. CNBG (China): <http://www.cnbj.com.cn/>
16. Emergent BioSolutions (USA): <https://emergentbiosolutions.com/>
17. Eubiotics (South Korea): <http://eubiotics.com/en/main/>
18. FAP (Brazil): <http://www.bcgfap.com.br/>
19. Finlay (Cuba): <http://www.finlay.sld.cu/english/eindex.htm>
20. GPO (Thailand): <http://www.gpo.or.th/Default.aspx?tabid=194&language=en-US>
21. Green Cross (South Korea): <http://www.greencross.com/eng/main.do>
22. Green Signal (India): <http://www.gsbpl.com/>
23. Haffkine (India): <http://vaccinehaffkine.com/>
24. IMBCAMS (China): [http://www.imbcams.ac.cn/Category\\_2142/Index.aspx](http://www.imbcams.ac.cn/Category_2142/Index.aspx)
25. Incepta (Bangladesh): <http://www.inceptapharma.com/>
26. Indian Immunologicals (India): <http://www.indimmune.com/>
27. Institute (Thai Red Cross) (Thailand): <http://www.saovabha.com/en/>
28. IVAC (Vietnam): <http://en.ivac.com.vn/>
29. LGSL (South Korea): <http://lgls.com/>
30. Minhai (China): <http://www.biominhai.com/>
31. NIID (China): [http://english.nhri.org.tw/NHRI\\_WEB/nhriw001Action.do](http://english.nhri.org.tw/NHRI_WEB/nhriw001Action.do)
32. NIIDV (Taiwan): [http://english.nhri.org.tw/NHRI\\_WEB/nhriw001Action.do](http://english.nhri.org.tw/NHRI_WEB/nhriw001Action.do)
33. Queen Saovabha Memorial Institute (Thailand): <http://www.saovabha.com/en/>
34. Panacea (India): <http://www.panacea-biotec.com/contact.html>

35. Polyvac (Vietnam): <http://polyvac.com.vn/trang-chu/>
36. Razi (Iran): <http://www.rvsri.ac.ir/Portal/Home/>
37. Serum Institute of India (India): <http://www.seruminstitute.com/>
38. Sinovac (China): <http://www.sinovac.com/>
39. SK (South Korea): <http://www.skchemicals.com/en/>
40. TiantanBio (China): <http://tiantanbio.com/>
41. Vabiotech (Vietnam): <http://www.en.vabiotech.com.vn/>
42. Vacsera (Egypt): <http://www.vacsera.com/>
43. Walvax (China): <http://www.walvax.com/wosen/27.aspx>

To avoid legal consequences and large payouts to vaccine victims in American and European courts, the large western-controlled pharma corporations involved in the depopulation program from the onset (Bayer, Sanofi Pasteur, Merck, Roche, Pfizer, Novartis, etc) have transferred their know-how to these satellite firms throughout the developing world. That way they can continue to drive the depopulation program from arm's length through these proxies that enjoy the legal protection of the governments that need them to poison their people into sterility and/or early death.

This has the added benefit that new recruits into the depopulation lobby from developing countries can be financially rewarded for committing mass murder and for completing the global encirclement and the culture of death.

For details on how the depopulation lobby uses vaccines and man-made pandemics to sterilize and sicken the global population you need look no further than my article *“Turning Nature against Man: The Role of Pandemics, Vaccines and Genetics in the UN’s Plan to Halt Population Growth”*.

<http://www.omicsonline.org/open-access/turning-nature-against-man-the-role-of-pandemics-vaccines-and-genetics-in-the-uns-plan-to-halt-population-growth-2161-1165-1000232.pdf>

The newest strategy the UN system is working on to make vaccines ubiquitous is antibiotic resistance. The idea is to create pathogens immune to antibiotics and then force-vaccinate entire populations to lend immunity. To accomplish this goal the system is preparing the ground as follows:

- Feed animals industrial quantities of antibiotics with every meal and in every water trough so that pathogens evolve immunity to antibiotics
- Use Triclosan (which was developed as a broad-spectrum antibiotic and has been used in clinical settings since the late ‘60s to help prevent hospital-borne infections) in thousands of consumer products to increase the level of antibacterial resistance in all kinds of bacterial species present in humans
- Stop funding and researching new antibiotics so the options for treating infections narrow to alarming levels

- Weaken the immune system of the populace with food and beverages adulterated with endocrine disruptors and with vaccines loaded with mercury, aluminum and other toxins
- Use the media to whip fear into the people and misuse the medical system and public health data to create the impression that a devastating pandemic is imminent
- Strengthen pathogen virology in the lab and jumpstart epidemics in select populations
- Develop vaccine for created disease and mandate forced immunization programmes under the pretext of herd immunity under a pandemic scenario, which is the only way to bypass the [Universal Declaration on Bioethics and Human Rights](#) and to blindside the [Convention on the Prevention and Punishment of the Crime of Genocide](#)

Now governments and the UN system will then have a new and tailor-made pretext to force-vaccinate entire populations and to misuse those vaccines for mass sterilization or mass death when and as needed.

While our governments wage war against us for depopulation purposes no one is safe and no survival strategy is full-proof because the depopulationists can design a deadly virus for a mass pandemic and then provide a lifesaving vaccine that is also a sterilization vaccine and that forces people to get vaccinated to save their lives. The right to live, in other words, will be paid with the right to procreate, which we will be forced to sacrifice in order to survive a man-made pandemic to which only the depopulationists will have an antidote.

For the time being, the depopulationists make every treatment for any existing disease conditional on accepting their dual purpose vaccines and medications which confer immunity against specific illnesses while devastating either our fertility or our longevity.

And while an increasing battery of immunizations are being forced upon us to keep our bodies and minds in a constant state of weakness, the depopulationists protect themselves and their children through one of the following two methods:

- They get the first batches of clean vaccines from the biotechnology corporations they control while the rest of us get the adulterated versions of the vaccines.
- If no clean batches exist and the vaccine is mandated they enter themselves in the record as vaccinated while the rest of us are forced to be vaccinated

Given this situation it is best to refuse any and all vaccines. This is the only way to render their strategies of depopulation by vaccination ineffective and force them to come clean and legislate replacement level fertility so the same benefits and duties apply to everyone without discrimination or special privilege.

2. No fluoride veneers or fillings:

Throughout the western world dentists aid the depopulation program by applying fluoride veneers and fluoride-leaching dental fillings directly in the mouth.

The following types of filling materials exist nowadays:

1. gold
2. Silver amalgam (made of 40% to 50% mercury mixed with silver, tin, zinc and copper)
3. composite resin
4. glass ionomer cement (or resin-modified glass ionomer cement)
5. porcelain (ceramic)

Gold is tacky, silver amalgam is a source of mercury poisoning, composite resin will leach bisphenol A into your mouth for two years, and glass ionomer cement will leach fluoride in your mouth indefinitely as is recharged with fluoride by fluoride-containing toothpaste every time you brush the teeth. That leaves only porcelain so I suggest you stick to porcelain fillings.

For root canal fillings there is MTA (mineral trioxide aggregate), which is fluoride free. And for pulp capping there is Theracal, a non-fluoride resin modified calcium silicate.

Never allow your dentist to apply fluoride veneers on your or your children's teeth, which they do routinely and without asking. Fluoride veneers will render you infertile for three to six months and will destroy your child's endocrine system.



*No dental amalgams, composite resins, glass ionomer cements and fluoride veneers*



*Only porcelain fillings are truly safe*

More information on dental fillings:

<http://www.wakingtimes.com/2013/01/03/is-your-cosmetic-white-dental-filling-a-toxic-fluoride-bombshell/>

<http://www.fluoride-history.de/fillings.htm>

<http://www.scientific.net/SSP.144.27>

### 3. No medicines to treat symptoms:

Not only are drugs coated with nasty GM derived substances (to make them easier to ingest and to release into the body slowly), they are also designed to destroy mitochondria or to cause mutations in the mitochondrial DNA.

Mitochondria (singular: mitochondrion) are subunits of cells responsible for supplying cellular energy, signaling cellular differentiation and cell death, and maintaining control of the cell cycle and cell growth. Destroying mitochondria is tantamount to destroying the human body at the cellular level, which is partly why since the Global Depopulation Policy came into effect in 1945 the developed world and more recently the developing world are experiencing an epidemic of [mitochondrial disorders](#), cardiac dysfunction, heart failure and autism.

“Signs and symptoms of mitochondrial disease: poor growth, loss of muscle coordination, muscle weakness, visual problems, hearing problems, learning disabilities, heart disease, liver disease, kidney disease, gastrointestinal disorders, respiratory disorders, neurological problems, autonomic dysfunction and dementia.” Source: Wikipedia

Don't run to the doctor or pharmacist every time you have a cold, a runny nose or a headache. Use home or natural remedies for seasonal illnesses and use preventive medicine for your general health: massage, spa, regular exercise, yoga, healthy depop-free diet.

I have not taken as much as an aspirin in 8 years and am much the better for it. Ever since I began protecting myself against depop methods (since 2012), I have not been sick for even one hour and have not even had a runny nose; and that despite living in abysmal poverty, being in and out of jail, and living in a constant state of extreme stress.

Online encyclopedia of natural remedies:

[http://www.pathlights.com/nr\\_encyclopedia/](http://www.pathlights.com/nr_encyclopedia/)

Encyclopedia of Natural Remedies:

<https://www.amazon.com/Encyclopedia-Natural-Remedies-Comprehensive-Scientific/dp/0913923982>

On mitochondrial health:

[http://articles.mercola.com/sites/articles/archive/2016/10/31/coq10-ubiquinol-mitochondrial-health.aspx?utm\\_source=dnl&utm\\_medium=email&utm\\_content=art1&utm\\_campaign=20161031Z1&et\\_cid=DM124353&et\\_rid=1733153501](http://articles.mercola.com/sites/articles/archive/2016/10/31/coq10-ubiquinol-mitochondrial-health.aspx?utm_source=dnl&utm_medium=email&utm_content=art1&utm_campaign=20161031Z1&et_cid=DM124353&et_rid=1733153501)

#### 4. No Artemisinin based malaria therapy and no Ivermectin therapy for parasites:

People in the developing world need to watch out for depopulation threats that come in the form of the global malaria eradication program (known as *WHO's Global Technical Strategy for Malaria 2016-2030*) and the various tropical diseases eradication programs, which serve as fronts for mass sterilization and affect circa 80 nations and 3 billion people.

##### **Artemisinin**

Artemisinin-based combination therapy (ACT) is the recommended treatment for uncomplicated *Plasmodium falciparum* malaria, the most virulent form of malaria causing the highest mortality rate and having the greatest prevalence in sub-Saharan Africa where more than 75% of cases are caused by this particular protozoan parasite.

The WHO recommends five different ACTs, all of which contain an artemisinin derivative – such as artemether, artesunate or dihydroartemisinin – in addition to one of the following anti-malarial drugs: lumefantrine, amodiaquine, mefloquine, piperaquine, and sulfadoxine-pyremethamine.

Artemisinin is isolated from the *Artemisia annua* plant, whose common name is sweet wormwood; a plant known since antiquity to possess sterilizing qualities. Modern research confirms this and further shows that *Artemisia annua* is a potent abortifacient (prevents implantation), contraceptive (prevents ovulation and fertilization) and emmenagogue (stimulates uterine flow) whose phytoconstituents with abortifacient and contraceptive activity have been identified and isolated.

While no literature exists to demonstrate Artemisinin's efficacy as an antimalarial drug there are innumerable scientific papers which show that Artemisinin and its derivatives cause male infertility and androgenic deficiency, severe anemia and embryo death, embryotoxicity, inflammation of the testicles, and decreases of testosterone levels of up to 37%, in addition to being genotoxic and cytotoxic.

Chinese pharmaceutical chemist Youyou Tu was awarded the 2015 Nobel Prize for Medicine for “discovering” Artemisinin not because it is an effective therapy against malaria but because it is an effective fertility suppressant, which is what she was looking for in the first place on behalf of the Chinese government who was in need of a covert method of sterilization for the burgeoning Chinese populace and that later proved very useful in combating population growth among troublesome Muslim minorities and among the Tibetan people who could not be subjected to the one-child policy without stirring social unrest.

That Artemisinin was meant from the very beginning to be a sterilizing drug is amply demonstrated by its origin, as it is the product of a secret military project of the People's Republic of China, called Project 523, which started during the Cultural Revolution (a period

when scientists and intellectuals were banished not funded) and that was not looking for a cure for malaria, as it is being asserted, since that would not have been classified, but for a way to subvert the human reproductive system.

In 2009, Novartis developed an artemisinin combination therapy for children called [Coartem Dispersible](#) with funding from Britain’s Department for International Development (DfID). In a recent [LinkedIn article](#), Bill Gates states that this drug was used on 68 million children in 50 countries. You can be certain that no international agency or ministry of health will report on the damage done to the overall health of these children and especially to their reproductive systems; damage that will come to the fore once these defenseless children become adults.

### Ivermectin

Ivermectin is a broad-spectrum antiparasitic agent used against parasitic worms to treat diseases such as onchocerciasis (river blindness), strongyloidiasis, ascariasis, trichuriasis, filariasis and enterobiasis, and scabies.

“It is sold under brand names Heartgard, Sklice and Stromectol in the United States, Ivomec worldwide by Merial Animal Health, Mectizan in Canada by Merck, Iver-DT in Nepal by Alive Pharmaceutical and Ivexterm in Mexico by Valeant Pharmaceuticals International. In Southeast Asian countries, it is marketed by Delta Pharma Ltd. under the trade name Scabo 6. While in development, it was assigned the code MK-933 by Merck.” Source: Wikipedia

William C. Campbell and Satoshi Ōmura were rewarded with a Nobel Prize for Medicine for their discovery of Ivermectin, which is also a sterilizant in disguise that happens to kill parasitic worms, but has been shown to cause “*significant reduction in sperm counts and sperm motility*” as well as “*significant increase in the number of abnormal sperm cells*”. In addition to being used against parasitic worms, Ivermectin is currently also being used as an adjunct therapy in patients with uncomplicated falciparum malaria who receive a 2-dose Ivermectin regimen during a standard 3-day Artemisinin combination therapy so their blood serves as vector control. That way, not only are people sterilized but their blood is turned into a deadly poison for mosquitoes.



No artemisinin based malaria drugs



No ivermectin based drugs for humans

Because Ivermectin is depopulation tool in the arsenal of the depopulation lobby, Merck, the company that developed Ivermectin, has been donating it free of charge, under the brand name Mectizan, to any country since 1987.

Governments and corporation only give away things that serve the depopulation agenda.

5. No sleeping under Long-Lasting Insecticide-treated Nets (LLIN) and no Indoor Residual Spraying (IRS)

At \$10 a piece insecticidal bed nets are a great investment, which is why 89 countries distribute them free of charge and why they constitute more than 40% of overall spending on malaria eradication.

They are freely and continuously distributed in antenatal and immunization services throughout Africa and the developing world. The World Health Organization (WHO) and the depopulation-bent international community is keen on achieving universal coverage, defined as one net for every 1.8 persons at risk. They will pay for these bed nets for billions of poor people across the world because they represent the contraceptive of the developing world. It is the cheapest form of involuntary sterilization yet conceived. Whether the resulting infertility is temporary or permanent only time will tell, but so long as a couple sleeps under an insecticide treated bed net they will have no children. These bed nets rob every sexual act of the possibility of conception.



The chemicals used to coat them with ensure the effectiveness of LLINs as contraceptives. The WHO recommends four classes of insecticides for this purpose: pyrethroids, organochlorines, organophosphates and carbamates, but pyrethroids “*accounted for the majority of IRS coverage worldwide in 2009 and were used in all LLIN’s*”.

The most common pyrethroid used for LLINs is deltamethrin and its adverse effect on reproductive organs and fertility is well documented in both rats and humans. Tens of millions of insecticidal nets manufactured by Vestergaard, a strategic partner of WHO, are coated with it and hang over beds in all corners of the world.

The second most common pyrethroid for bed nets is cypermethrin and it too is known to cause testicular damage in rats and to decrease fertility in both sexes. Many people in Africa are poisoned with cypermethrin coated bed nets.

The third most common pyrethroid for bed nets is pyriproxyfen, which was recently linked to the increase in microcephaly cases in Brazil and that is also known to cause testicular damage by reducing gonadotropin and testosterone levels. All huts in the UN-sponsored Millennium Villages Project feature a pyriproxyfen-coated bed net due to the generosity of Sumimoto Chemicals, a strategic partner of Monsanto.

To make matters worse, the newest generation of LLINs is now coated with an insecticide synergist called piperonyl butoxide in addition to any of the above pyrethroids so as to enhance the potency of the pesticides by inhibiting the natural defense mechanisms of insects, making them even more toxic to humans than just pyrethroid coated nets. The depopulationists have also come up with a wash resistant (and mostly insoluble in water) depopulation poison, a pyrethroid called lambda cyhalothrin, which remains toxic for about a year even if the bed nets are washed several times during this period.

### **Indoor Residual Spraying (IRS)**

Indoor residual spraying (IRS) is one of two core vector control interventions, the other being long-lasting insecticidal nets (LLIN). Circa 150 million people or 5% of the global population at risk of malaria is currently subjected to IRS.

The purpose of IRS is to reduce the vector's lifespan, density and vector-human contact in areas with an annual parasite incidence (API) of more than 2/1000 so that seasonal annual peaks of malaria transmission are attenuated, epidemics are prevented, and malaria transmission is brought down to a level that can be sustained with near universal use of long-lasting insecticidal nets (LLINs).

The most common form of IRS is thermal Malathion fogging. Malathion is an organophosphate insecticide that is highly contaminating by direct contact or evaporation of solvent vapor, is a suspected reproductive toxicant and a known teratogenic agent (i.e. an agent that causes birth defects).

All other insecticides recommended by the WHO for use in IRS are toxic to reproduction and dangerous to human health: DDT, Fenitrothion, Pirimiphos-methyl, Bendiocarb, Propoxur, Alpha-cypermethrin, Bifenthrin, Cyfluthrin, Deltamethrin, Etofenprox, and Lambda-cyhalothrin.

**TABLE 4**  
**WHO-recommended insecticides for IRS against malaria vectors**

| INSECTICIDE COMPOUNDS & FORMULATIONS <sup>1</sup> | CLASS GROUP <sup>2</sup> | DOSAGE (g a.i./m <sup>2</sup> ) | MODE OF ACTION     | DURATION OF EFFECTIVE ACTION (MONTHS) |
|---|--------------------------|---------------------------------|--------------------|---------------------------------------|
| DDT WP  | OC                       | 1–2                             | Contact            | >6                                    |
| Malathion WP                                      | OP                       | 2                               | Contact            | 2–3                                   |
| Fenitrothion WP                                   | OP                       | 2                               | Contact & airborne | 3–6                                   |
| Pirimiphos-methyl WP, EC                          | OP                       | 1–2                             | Contact & airborne | 2–3                                   |
| Pirimiphos-methyl CS                              | OP                       | 1                               | Contact & airborne | 4–6                                   |
| Bendiocarb WP, WP-SB                              | C                        | 0.1–0.4                         | Contact & airborne | 2–6                                   |
| Propoxur WP                                       | C                        | 1–2                             | Contact & airborne | 3–6                                   |
| Alpha-cypermethrin WP, SC                         | PY                       | 0.02–0.03                       | Contact            | 4–6                                   |
| Alpha-cypermethrin WG-SB                          | PY                       | 0.02–0.03                       | Contact            | < 4                                   |
| Bifenthrin WP                                     | PY                       | 0.025–0.050                     | Contact            | 3–6                                   |
| Cyfluthrin WP                                     | PY                       | 0.02–0.05                       | Contact            | 3–6                                   |
| Deltamethrin WP, WG, WG-SB                        | PY                       | 0.020–0.025                     | Contact            | 3–6                                   |
| Deltamethrin SC-PE                                | PY                       | 0.020–0.025                     | Contact            | 6                                     |
| Etofenprox WP                                     | PY                       | 0.1–0.3                         | Contact            | 3–6                                   |
| Lambda-cyhalothrin WP, CS                         | PY                       | 0.02–0.03                       | Contact            | 3–6                                   |

<sup>1</sup> CS, capsule suspension; EC, emulsifiable concentrate; SC, suspension concentrate; SC-PE, polymer-enhanced suspension concentrate; WG, water-dispersible granule; WG-SB, water-dispersible granules packaged in water-soluble bags; WP, wettable powder; WP-SB = wettable powder in sealed water soluble bags

<sup>2</sup> OC, organochlorines; OP, organophosphates; C, Carbamates; PY, pyrethroids.

Note: WHO recommendations on the use of pesticides in public health are valid ONLY if linked to WHO specifications for their quality control. WHO specifications for public pesticides are available on the WHO website at <http://www.who.int/whopes/quality/en/>.

Once sprayed, these insecticides will render a home into a giant contraceptive and an incubator of neurodegenerative disorders for 3 to 6 months.



For details read my article “Behind the Mask: Malaria Eradication and Involuntary Sterilization”:

<http://www.omicsonline.com/open-access/behind-the-mask-malaria-eradication-and-involuntary-sterilization-2470-6965-1000145.pdf>

6. No hormonal contraceptives (only barrier):

There are contraceptives and then there are contraceptives. The rule of thumb is that the contraceptives you use must not alter human physiology, which means that only physical barrier contraceptives qualify: male condoms, female condoms, diaphragms and cervical caps; and they should be free of spermicides. Condoms have the added advantage that they promote male involvement in fertility regulation and prevent sexually transmitted diseases and reproductive tract infections.



Use natural birth prevention methods – fertility awareness methods, withdrawal or coitus interruptus, abstinence, and lactation amenorrhea – and support those with physical barrier contraceptives since the former have a high failure rate.

Chemical barrier methods – foams, jellies, creams and suppositories – are advisable only for temporary or emergency use and so are combined barrier methods (i.e. sponges) as they too disrupt our hormonal balance and therefore our physiology.



The spermicides currently used in chemical barrier contraceptives are nonoxynol-9, octoxynol-9, benzalkonium chloride and menfegol. They are all dangerous to human health and have a long list of side-effects, a clear indication that they alter our physiology. They contain surfactants that destroy the sperm cell membrane and prevent motility. In the long run they lead to sterility and cause havoc with human health.

Contraceptives that stay in the body or that tamper with our hormones are depopulation tools and unsafe and that leaves IUDs, oral pills (oral combined pills, progestin only pills, post coital pills, once a month long acting pills, male pills, injectables) and slow release formulations (subcutaneous implants, vaginal rings, and skin patches) out of the equation.

**Unsafe depopulation contraceptives that must never be used**

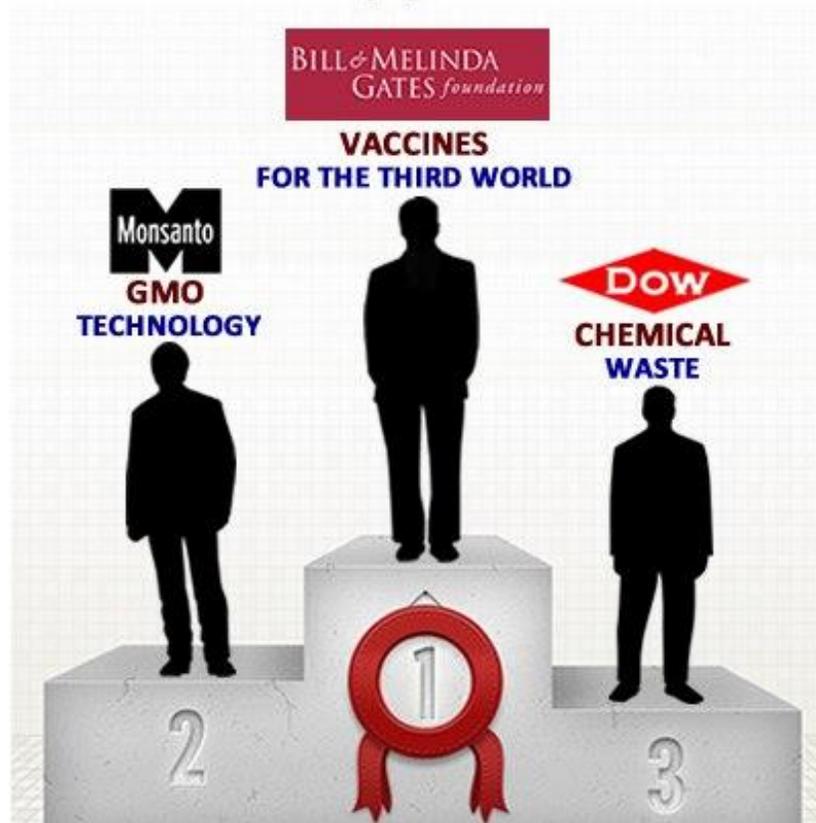
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|---|---|---|--|---|
|  |  |  |  |  |
| <i>pills</i>  | <i>IUD</i>  | <i>subcutaneous implant</i>   | <i>vaginal ring</i>  | <i>skin patch</i>   |

Emergency contraception (i.e. the morning-after pill) and post conception methods (i.e. copper IUDs) are not contraceptive methods but early abortion methods and as such should only be used with the same circumspection as an abortion.

## What you put on your body

(3% of depopulation poisons reach us through body care products)

### This Year's Winner For The Most Significant Advances In Depopulation Goes To...



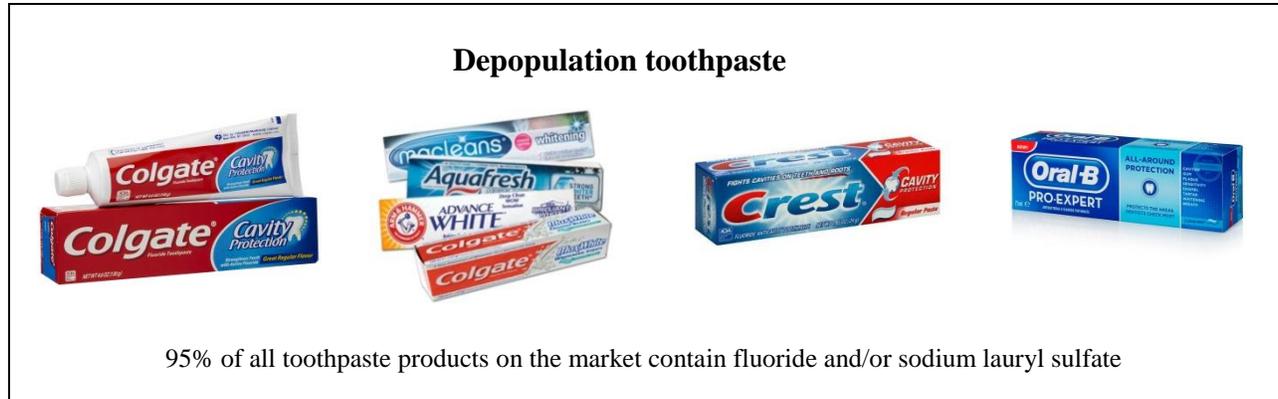
Anything that comes into our bodies or is in contact with our skin has to be carefully considered.

1. No fluoridated toothpaste
2. No mouthwash
3. No perfume, cologne or air fresheners
4. No deodorants or antiperspirants
5. No tampons that are not eco/bio (to avoid glyphosate)
6. No suntan lotions
7. No creams
8. No antimicrobial soap

The fewer cosmetics one uses during the depopulation era the better. Soap, shampoo and toothpaste are the only body care products that are truly essential, which is why you must choose them carefully. It is all I have been using for more than five years now and my skin, teeth and body are thanking me for it.

## 1. No fluoridated toothpaste

The first hygiene product to be adulterated by the depopulation lobby was toothpaste, as that enables them to suppress fertility in anyone who uses toothpaste and the vast majority of people do. The toothpaste we use has to be fluoride free. Toxins commonly found in toothpaste beside fluoride are: **sodium lauryl sulfate (SLS)**, artificial flavors and colors, artificial sweeteners, **diethanolamine (DEA)**, **propylene glycol**, and **triclosan**.



If you have to use fluoridated toothpaste because you have nothing else at hand and you are stuck and absolutely must brush your teeth then use only a tiny drop and rinse your mouth thoroughly at least ten times to eliminate all fluoride residue. With each rinse swish the water vigorously in your mouth ten to twelve times before spitting it out. At the end you should feel, taste or smell no toothpaste in your mouth, as though you have not even brushed your teeth.

As a general rule, you should use only use a drop of toothpaste, brush properly just once a day, in the morning, unless you are a child and eat a lot of sweets (bacteria takes 48 hours to form large enough colonies to damage teeth), and rinse thoroughly at least five times even if using all natural toothpaste. Brush one more time in the evening but without toothpaste, just with water and the toothbrush to remove food rests from between the teeth.

When choosing the right toothpaste you should also ensure that it does not contain Sodium Lauryl Sulfate (SLS) or Sodium Laureth Sulfate (SLES), which are detergents and surfactants found in many personal care items and linked to cancer and infertility.

The depop-free toothpastes that I use, depending on the country I am in, are: Tom's in the U.S., Lavera in Germany, and VivaNatura in Romania. All three are excellent but VivaNatura's toothpaste is a cut above all others.

## Depop-free toothpastes



Tom's of Maine

<http://www.tomsomaine.com/home>



Lavera (Germany)

<http://www.lavera.com/>



VivaNatura (Romania)

<http://vivanatura.ro/produse-ingrijire-dentara/>



More on SLS here: <http://slsfree.net/>

Top ten natural toothpastes

<http://eluxemagazine.com/beauty/top-10-natural-toothpastes/>

## 2. No mouthwash

Throw away all mouthwash bottles you may have in your bathroom. Alone the fluoride content in mouthwash is astronomical. In addition, most mouthwash brands contain a harsh detergent called cocamidopropyl betaine, as well as synthetic sweeteners like sorbitol and saccharin, synthetic colors, aromas and flavors composed of volatile solvents. Not only does mouthwash alter the natural pH of your mouth, it also destroys the basic flora of the mouth and predisposes you to mouth and throat cancers.



If you absolutely need to use a mouthwash because your mouth smells foul then use a solution of water and baking soda like the product made by Tom's of Maine.



I have been using the above protocols to care for my teeth for most of my life and as a result I have no caries whatsoever, have sparkling white teeth that are as healthy as they can possibly be and am 50 years old. Of course, I was lucky to be born and to grow up in Romania during the presidency of Nicolae Ceausescu who was one of very few European heads of state to protect his people from the depop program and as such have used non-fluoridated toothpaste from birth to age fourteen, when my family emigrated to the West and I too became a guinea pig.

### 3. No perfume, cologne or air fresheners

The chemical composition of fragrances from which perfumes and colognes are created is a trade secret and manufacturers do not need to disclose their formulas. As a result, body care products can contain any number of the more than 3,000 stock chemical ingredients used by the industry. No wonder the Environmental Working Group (EWG) found an average of fourteen secret chemicals in every fragrance product, the vast majority of which have never been assessed for safety.

It is therefore impossible to ascertain that the products you use are body safe and contain no **phthalates**, **octoxynols** and **nonoxynols**, which are the most troubling groups of toxic chemicals found in body care products. This is true for the cheapest as well as for the most expensive perfumes and colognes.

If you absolutely need to mask your natural smell then use organic essential oils diluted with water before application. And if you want your house to smell clean then keep it clean and buy a bouquet of flowers every now and then, but don't ever poison your air with air fresheners.

On poisons in air fresheners read here:

<http://www.care2.com/greenliving/exposed-cancer-causing-toxins-found-in-air-fresheners.html>

Otherwise you are asking for serious trouble since many of the chemicals used in perfumes and colognes (as well as in facial cleansers, aftershave, astringents, hair colors, cleaning products, and acne treatment) have been found to be highly hazardous and constitute depopulation poisons. For specific guidance on cosmetic products see the website of the Environmental Working Group (EWG) and support their work: <http://www.ewg.org/about-us>

Their consumer guides will help you make better choices if you do not want to stick to just soap, shampoo and toothpaste, as I advise, and that I realize is difficult especially for women: <http://www.ewg.org/consumer-guides>

On the horrors of fragrances:

<http://articles.mercola.com/sites/articles/archive/2013/11/27/toxic-perfume-chemicals.aspx>

3,163 ingredients hide behind the word "fragrance"

<http://www.ewg.org/enviroblog/2010/02/3163-ingredients-hide-behind-word-fragrance>

Not so sexy hidden chemicals in perfumes and colognes

[http://www.ewg.org/sites/default/files/report/SafeCosmetics\\_FragranceRpt.pdf](http://www.ewg.org/sites/default/files/report/SafeCosmetics_FragranceRpt.pdf)

#### 4. No deodorants or antiperspirants

Deodorant inhibits an essential natural function, which is why no deodorant whatsoever should be used, not even organic kinds. The body expels toxins through sweating and regulates temperature. If you prevent the body from sweating those toxins stay in the body. The armpits are also the location of the body's most important apocrine glands, which secrete pheromones and therefore affect behavior and physiology.

Deodorants contain **aluminum chloride**, **aluminum chlorohydrate** or **aluminum zirconium tetrachlorohydrate gly** to stop you from sweating. They also contain **parabens** (methyl, ethyl, propyl, benzyl and butyl), **propylene glycol**, **phthalates** and **triclosan**. These are all depopulation poisons.

You will find that a few weeks after refraining from using deodorant your body stops smelling badly and in fact the sweat you produce will have a pleasant and unobtrusive smell. If nothing else this will enhance your sex life since human beings are equipped with the ability to choose sexual partners according to smell in addition to looks. Agreeing with the natural smell of your lover is a signal that you are chemically and therefore genetically compatible.

If you want to be without odor then shower or bathe every day and before important social functions.

For those of you who absolutely must have deodorant here is where you can find organic deodorants that are safe to use:

<http://organics.org/best-safe-and-natural-deodorants/>

<http://mightynest.com/shop/bath-body/personal-care/deodorant>

<http://www.goodhousekeeping.com/beauty/anti-aging/g790/best-natural-deodorants/?>

5. No tampons that are not eco/bio (to avoid glyphosate)

Women are far more vulnerable to depopulation poisons through cosmetics than men because they use far more cosmetics than men. And one body care product that is particularly important for women are tampons, which is why the depopulation lobby has made sure that 85% of all tampons are poisoned with **glyphosate**, a known carcinogen and a major cause of breast cancer.

They are also made of genetically modified cotton or from rayon/viscose, a material manufactured by chlorine bleaching wood pulp, and tampons also a series of undisclosed chemicals. Last but not least they contain traces of **dioxin**.

On the dangers of glyphosate to human health read here:

[http://www.theecologist.org/News/news\\_analysis/2379278/glyphosate\\_is\\_a\\_disaster\\_for\\_human\\_health.html](http://www.theecologist.org/News/news_analysis/2379278/glyphosate_is_a_disaster_for_human_health.html)

[https://www.researchgate.net/publication/283721638\\_Tampons\\_with\\_Glyphosate\\_Underpinnings\\_of\\_Modern\\_Period\\_Problems](https://www.researchgate.net/publication/283721638_Tampons_with_Glyphosate_Underpinnings_of_Modern_Period_Problems)

On glyphosate and other toxins in tampons read here:

[http://www.naturalnews.com/051669\\_tampons\\_glyphosate\\_GMO\\_cotton.html](http://www.naturalnews.com/051669_tampons_glyphosate_GMO_cotton.html)

[https://www.organicconsumers.org/old\\_articles/bodycare/tampons090704.php](https://www.organicconsumers.org/old_articles/bodycare/tampons090704.php)



You can purchase organic tampons from any of the following:

GladRags (800-799-4523, [www.gladrags.com](http://www.gladrags.com) )

Organic Essentials (806-428-3486, [www.organicessentials.com](http://www.organicessentials.com) )

Natracare (303-617-3476, [www.natracare.com](http://www.natracare.com) )

SeaPearls, 800-219-9765, [www.jadeandpearl.com](http://www.jadeandpearl.com) )

The Keeper (800-799-4523, [www.keeper-menstrual-cup.com](http://www.keeper-menstrual-cup.com) )

## 6. No suntan lotions

In addition to being crucial to the human body's ability to generate Vitamin D, sunlight has innumerable other benefits to human health. Vitamin D, of course, is important to bone growth, the maintenance of several organ systems and the immune system and being deprived of sun leads to Vitamin D deficiency, which in turn leads to depression, stunted growth, a weak immune system and many other health problems (heart disease, arthritis, diabetes, high blood pressure and even cancer).

If that's not bad enough, sunblock creams and lotions are loaded with depopulation poisons: oxybenzone (linked to hormone disruption and cell damage), retinyl palmiate (a known carcinogen), octyl-methoxycinnamate (known to age skin), butyl-methdiobenzoilmethane (releases free radicals into the body), benzophenone 2 (decreases the function of the thyroid gland leading to hypothyroidism), oxybenzone (a known endocrine disruptor linked to allergic reactions in humans as well as coral bleaching and die-offs), octyl methoxycinnamate (known to cause estrogenic and neurological effects), benzophenone (a known carcinogen and endocrine disruptor), avobenzone (associated with immunotoxicity).

There is no need for sunscreen lotion when there are plenty of safe alternatives such as wearing a hat and a shirt or protecting your skin with sesame oil, coconut oil, aloe vera gel, or sandalwood paste. I for one have never used and never will use sunblock of any kind. My strategy has always been to start my exposure to the sun in the summer gradually, first day for just half an hour, next day one hour, third day one hour and a half and so on. Within ten days I have a great tan and by the end of June I can stay in the sun without any protection all day long. I grew up on the beaches of the Black Sea, thus in a temperate climate, but I apply the same strategy in tropical climates and it works just as well.



More on sunscreen: <http://articles.mercola.com/sites/articles/archive/2014/06/04/ewg-sunscreen-guide.aspx>

[http://products.mercola.com/vitamin-d-](http://products.mercola.com/vitamin-d-supplement/?utm_source=dn1&utm_medium=email&utm_content=dpe&utm_campaign=20161031Z1&et_cid=DM124353&et_rid=173315301)

[supplement/?utm\\_source=dn1&utm\\_medium=email&utm\\_content=dpe&utm\\_campaign=20161031Z1&et\\_cid=DM124353&et\\_rid=173315301](http://products.mercola.com/vitamin-d-supplement/?utm_source=dn1&utm_medium=email&utm_content=dpe&utm_campaign=20161031Z1&et_cid=DM124353&et_rid=173315301)

7. No creams

The skin is the largest organ performing important and multiple functions. It needs to breathe. It does not need the chemicals contained in skin care products.

**COSMETICS & SKIN CARE PRODUCTS**

# WHAT TOXIC CHEMICALS IS YOUR BODY ABSORBING?

WE ABSORB UP TO 60% OF WHAT WE PUT ON OUR SKIN

*Children's bodies absorb 40-50% more than adults. They are at higher risk for diseases later in life when exposed to toxins.*

## Health issues linked to toxic chemicals in the body

- SKIN ALLERGIES
- CANCER
- INFERTILITY
- BIRTH DEFECTS
- REPRODUCTIVE PROBLEMS
- LEARNING DISABILITIES

## LIST OF INGREDIENTS TO AVOID

12 toxic & carcinogenic compounds found in beauty & skin care products

|  |   |  |  |
|--|---|--|--|
| <p><b>Benzoyl Peroxide:</b> Used in acne products, the MSDS states: Possible tumor promoter. May act as mutagen; produces DNA damage in human and other mammalian cells. Also, toxic by inhalation. Eye, skin and respiratory irritant.</p>                                  | <p><b>DEA (Diethanolamine), MEA (Monoethanolamine), &amp; TEA (Triethanolamine):</b> This foam booster is a skin/eye irritant and causes contact dermatitis. Easily absorbed through skin to accumulate in body organs &amp; the brain.</p>   | <p><b>Dioxin:</b> Won't appear in ingredients. Often in antibacterial ingredients like triclosan, emulsifiers, PEGs and ethoxylated cleansers like Sodium Laureth Sulfate. Dioxin causes cancer, reduced immunity, nervous system disorders, miscarriages and birth deformity.</p> | <p><b>DMDM Hydantoin &amp; Urea (Imidazolidinyl):</b> 2 preservatives that release formaldehyde which may cause joint pain, cancer, skin reactions, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness, &amp; insomnia.</p> |
| <p><b>FD&amp;C Color &amp; Pigments:</b> Synthetic colors from coal tar contain heavy metal salts that deposit toxins in skin, causing skin sensitivity/irritation. Absorption can cause depletion of oxygen and death. Animal studies show almost all are carcinogenic.</p> | <p><b>Parabens (Methyl, Butyl, Ethyl, Propyl):</b> Used as preservatives. Not always labeled. Used in deodorants &amp; other skin care products, have been found in breast cancer tumors. May contribute to sterility in males, hormone imbalance in females &amp; early puberty.</p> | <p><b>PEG (Polyethylene glycol):</b> Made by ethoxylating Propylene Glycol. Dangerous levels of dioxin have been found as a by-product of the ethoxylation process. PEGs are in everything including personal care, baby care and sunscreens.</p>                                  | <p><b>Phthalates:</b> Found in many products, usually not listed on labels. Health effects include damage to liver/kidneys, birth defects, decreased sperm counts and early breast development in girls &amp; boys.</p>  |
| <p><b>Propylene Glycol (PG) &amp; Butylene Glycol:</b> Petroleum plastics. EPA considers PG so toxic it requires gloves, clothing, goggles &amp; disposal by burying. EPA warns against skin contact to prevent brain, liver, and kidney abnormalities.</p>                  | <p><b>Sodium Lauryl Sulfate (SLS) &amp; Sodium Laureth Sulfate (SLES):</b> Used in car washes, garage floor cleaners, engine degreasers and 90% of personal-care products that foam. Eye damage, depression, labored breathing, diarrhea, skin irritation, &amp; death.</p>           | <p><b>Sunscreen chemicals:</b> Avobenzene, benzophenone, ethoxycinnamate, PABA are commonly used ingredients that are known free radical generators and are believed to damage DNA or lead to cancers.</p>   | <p><b>Triclosan:</b> Synthetic antibacterial ingredient. EPA registers it as a pesticide, posing risks to human health and environment. Classified as a chlorophenol, chemicals suspected of causing cancer in humans.</p>   |

The latest generation of skin care products is particularly dangerous since they are made with nanomaterials whose effect on human health is unknown and pose a great threat to gestational development among other things.

Must read article:

“Nano-materials: prevalence in personal care products”

<http://www.ewg.org/skindeep/2007/08/25/hundreds-of-personal-care-products-contain-poorly-studied-nano-materials/#table1>

I have yet to meet a woman who was made beautiful or young or a man who was made strong or smart by creams and lotions. They are a complete waste of money in addition to being a health and environmental hazard. More than anything they are a symptom of a decadent society inhabited by self-absorbed and superficial people incapable of setting responsible and rational priorities.

My advice is to use no creams and lotions whatsoever.

## 8. No antimicrobial soap

In September of 2016 the Food and Drug Administration (FDA) has banned 19 chemicals used in antibacterial hand and body wash products affecting 2,100 products or circa 40% of the over-the-counter antibacterial soap market. It does not however affect alcohol-based hand sanitizers or antibacterial products used in hospitals and clinics.

The banned chemicals are:

1. Cloflucarban
2. Fluorosalan
3. Hexachlorophene
4. Hexylresorcinol
5. Iodophors (Iodine-containing ingredients)
  - Iodine complex (ammonium ether sulfate and polyoxyethylene sorbitan monolaurate)
  - Iodine complex (phosphate ester of alkylaryloxy polyethylene glycol)
  - Nonylphenoxypoly (ethyleneoxy) ethanoliiodine
  - Poloxamer--iodine complex
  - Povidone-iodine 5 to 10 percent
6. Undecoylium chloride iodine complex
7. Methylbenzethonium chloride
8. Phenol (greater than 1.5 percent)
9. Phenol (less than 1.5 percent)
10. Secondary amyltricrosols
11. Sodium oxychlorosene
12. Tribromsalan
13. Triclocarban
14. Triclosan
15. Triple dye

Companies were given a year to take these ingredients out of their products or remove the products from the market.

The FDA has also deferred making a decision on whether or not to ban three additional chemicals used in the manufacture of antimicrobial/antiseptic soap:

1. benzalkonium chloride
2. benzethonium chloride
3. chloroxymenol

See ruling here: <https://s3.amazonaws.com/public-inspection.federalregister.gov/2016-21337.pdf>

In addition, the FDA and other regulatory agencies have noted that companies are replacing these banned chemicals with other chemicals that are unproven, which means that we have to protect ourselves and avoid any and all antibacterial soaps.

Fact is that for every single depopulation toxin used in antibacterial soap and cosmetic products that the FDA and other regulatory agencies are finally banning ten other remain.



5 Reasons to stop using antibacterial soap

[http://www.salon.com/2014/01/08/5\\_reasons\\_to\\_stop\\_using\\_antibacterial\\_soap\\_partner/](http://www.salon.com/2014/01/08/5_reasons_to_stop_using_antibacterial_soap_partner/)

Given the threat we face from depopulation chemicals disguised as fragrances, emulsifiers, preservatives, exfoliants and moisturizers, while the program of depopulation rages on, it is best to limit ourselves to three basic body care products – soap, shampoo, and toothpaste – and to choose them with extreme care.

This precaution will affect women far more than men since the vast majority of cosmetics are produced for and consumed by women. Those women who find it impossible to give up make-up (primer, lipstick, lip gloss, lip liner, lip balm, concealer, foundation, face powder, rouge, bronzer, mascara, eye shadow, eye liner, eyebrow pencils, creams, waxes, gels, nail polish, setting spray, hair spray, etc.) will sacrifice their health and children for their vanity and illusions.

|  |  |  |
|--|--|--|
|  <p style="text-align: center;"><i>Soap</i></p> <p>Choose natural handmade soap, tallow based or vegetable oil based, milled or not milled, but free of synthetic chemicals such as parabens and sodium lauryl sulfate.</p> <p>Men can also use soap instead of shaving cream and women can also use it instead of moisturizing cream.</p> |  <p style="text-align: center;"><i>Shampoo</i></p> <p>Natural shampoos clean hair and act as conditioners. They will most likely contain a natural sulfur known as MSM or methylsulfonylmethane, herbs and <a href="#">castile soap</a>.</p> <p>It will be free of artificial foaming agents, oleo- and petrochemicals, and anti-bacterial agents.</p> |  <p style="text-align: center;"><i>Toothpaste</i></p> <p>Choose toothpaste that is all natural.</p> <p>Toxic chemicals in toothpaste: sodium fluoride, titanium dioxide, sodium hydroxide, sodium lauryl sulfate, blue 1 aluminum lake, sodium saccharin, polyethylene, hydrated silica, sorbitol, xanthan gum, cellulose gum, carbomer.</p> |
|--|--|--|

Microbiota and products such as AOBiome may one day do away with cosmetic products altogether.

“AOBiome is a Boston and San Francisco based biotech company focused on transforming human health through products that restore ammonia oxidizing bacteria (AOBs) which current hygiene practices have stripped from the modern microbiome. Founded in 2013, the company is developing a novel class of therapeutics to improve skin health as well as other systemic conditions. AOBs convert ammonia and urea in sweat to nitrite, an anti-microbial compound, and nitric oxide, a well-documented signaling molecule in the inflammatory process. AOBiome also owns the Mother Dirt branded line of consumer biome-friendly products targeted at restoring and maintaining the delicate balance of the skin biome.” Source: <https://www.aobiome.com/>

## What you cook with

(1% of depopulation poisons reach us through cookware)

There are four dangers to be aware of in terms of cookware and cooking: non-stick pans; aluminum pots; plastic plates, utensils and containers; and microwave ovens.

1. No Teflon frying pans and non-stick pots
2. No aluminum pots
3. No plastic containers, plates and utensils
4. No microwaved ovens

Their combined effect on our health and reproductive systems, however, is rather low at circa 1%.

1. No Teflon frying pans and non-stick pots

Non-stick pans are easy to use and to clean but they leach hydrofluorocarbons. DuPont's Teflon pans, which are by far the most common and present in nearly every kitchen, contained perfluorooctanoic acid (PFOA, also known as C8) for decades despite the fact that the company knew that it causes testicular, pancreatic and liver cancer. The new generation of non-stick pans contain perfluorononanoic acid (PFNA, also known as C9), which is even more bioaccumulative and toxic than C8, so much so that its presence in the environment is global and on the rise. Or they contain short-chain PFASs that are also environmentally persistent.

The best alternative to Teflon pans is enameled pans since they are coated with ceramic, which is just as slippery as Teflon and even easier to clean but perfectly safe. The best ceramic coated pans are those made of cast iron, but are more expensive than those made of aluminum.



However, aluminum frying pans coated with ceramic are safe because the food never comes in contact with the aluminum under the ceramic coating and there is no leaching.

## 2. No aluminum pots

Most cheap pots nowadays are made of aluminum and one should not cook in aluminum especially during the depopulation age when our governments and the UN system try their hardest to increase the presence of aluminum in our blood to kill us faster. Don't help them by cooking in aluminum pots. Cast iron is not only safe but also infinitely better for cooking because it disperses the heat slower and more uniformly and that makes for far better food. Stainless steel, glass and titanium cookware are also fine.



The best maker of cast iron pots that I know of is Le Creuset, a French manufacturer:

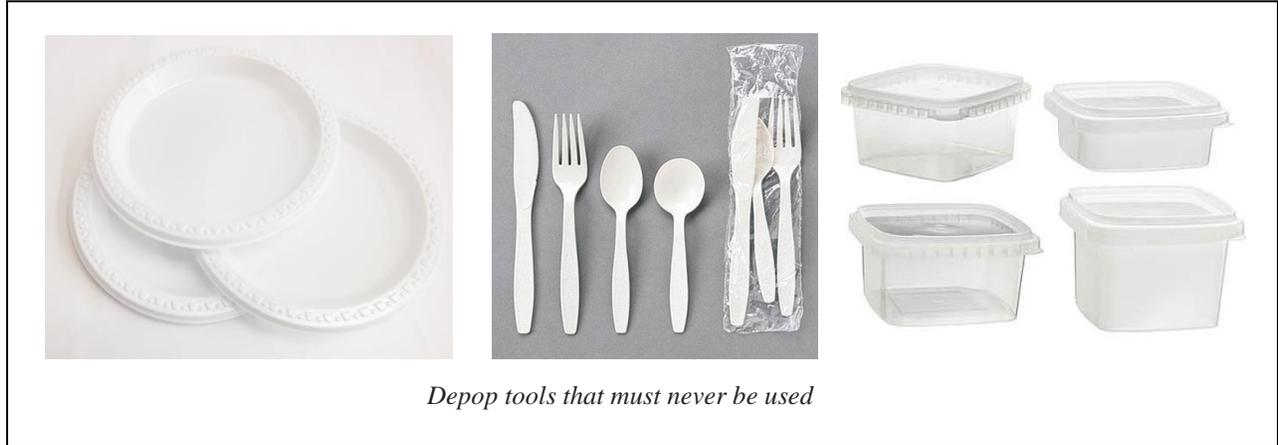
<http://lecreuset.ca/cookware/enamelled-cast-iron/>

Cast iron cookware and enameled cast iron cookware are the best options for any kitchen, as far as I'm concerned, because they don't leach metals or chemicals into your food, are easy to clean, and because it cooks food more slowly and gives it the best possible taste.

Food cooked at lower temperatures is more nutrient rich and healthier than food cooked at high temperatures, which promote the formation of carcinogenic compounds aromatic hydrocarbon and heterocyclic amines.

### 3. No plastic containers, plates and utensils

It makes no sense whatsoever to take precautions and cook in depop-free cookware from fresh organic produce only to put your wholesome food on plastic plates and contaminate it with BPA and then eat it with plastic utensils and drink out of plastic glasses. Anything made of plastic is a depop tool so stay away from any and all plastic as though it were the pest.



You must build a habit of not even touching anything made of plastic let alone use anything made of plastic.

Useful article on why you should not use plastic  
<http://wellnessmama.com/23757/dangers-of-plastic/>

#### 4. No microwave ovens

Microwaved food is nutrient poor, lousy tasting and carcinogenic. The very high temperatures generated inside a microwave oven destroy the nutrients in food and release toxic chemicals from the packaging of common microwaveable foods (pizza, popcorn, chips): polyethylene terphthalate (PET), BPA, benzene, toluene, xylene and dioxins.

And because microwaves distort the food molecules in the process of heating them they also alter the taste and not for the better. In addition, microwaves heat the food unevenly and an unevenly cooked meal cannot possibly taste good. And if that's not bad enough, microwaves leak radiation.



Here is an excellent article on why you should not use a microwave oven:

<http://articles.mercola.com/sites/articles/archive/2010/05/18/microwave-hazards.aspx>

## What you wear

(0.5% of depopulation poisons reach us through clothing and footwear)



The threat posed by fabrics used in the service of the depop program is low but that does not mean we should not be vigilant. If nothing else, by refusing to purchase and use depop fabrics we strike another blow to the depopulation lobby and their profit margins.

1. No synthetic fabrics
2. No plastic shoes

It goes without saying that the best fabrics for your skin are those made of natural materials and untreated with chemicals.

1. No synthetic fabrics or chemically treated natural fabrics

The synthetic fabrics to avoid are: **polyester, acrylic, rayon** and **nylon**.

Polyester is made from synthetic polymers that are made from esters of dihydric alcohol and terphthalic acid. Acrylic fabrics are made from polycrylonitriles developed by the infamous IG Farben and also by DuPont, two depopulation corporations, and are fire resistant as well as carcinogenic. Rayon is made from recycled wood pulp treated with caustic soda, ammonia, acetone, sulphuric acid and other nasty chemicals. And nylon is made from petroleum. Acrylic and polyester are to be avoided also because they release the most microfibers when washed and that is deadly to fish.

What you should also avoid is any fabric made from acetate or triacetate, as well as anything static resistant, stain resistant, permanent press, wrinkle-free, stain proof or moth repellent. Anything that is stain resistant will have been treated with perfluorinated chemicals (the same stuff Teflon pans are mad of and a potent depopulation poison).

When purchasing clothes made from natural fibers such as **cotton, linen, wool (Alpaca, Angora, Cashmere, Mohaire), silk, hemp, flax, ramie, and jute**, it is best to know if they have been treated with industrial detergents, petrochemical dyes, formaldehyde to prevent shrinkage, volatile organic compounds, dioxin-producing bleaches, and chemical fabric softeners, but since it is impossible to find that out, since manufacturers do not disclose such information, it is best to buy clothes made from organic fabrics.

In my opinion, it is sufficient to ensure that your underwear, undershirt and socks are made from organic materials since they are in intimate contact with your skin and that the rest of the clothes are made from natural fibers of good quality but need not be organic. So long as you never or rarely wear clothes made of polyester, acrylic, rayon and nylon you will be fine.



More than 300 depop poisons are used by the garment industry, but since we don't eat our clothes the threat to our reproductive and immune systems is low and it is best to dedicate your resources to ensuring that the other sources of depop are removed. Lead, arsenic, mercury and nonylphenol are some of the chemicals used in the production of clothing and while we will not ingest them from our clothes they are being dumped in the rivers and are polluting the entire planet.

As a precaution it is best to wash your clothes three times before you wear them, as it takes several washes to get rid of nonlyphenol, for instance.

The problem is that it is becoming increasingly difficult and expensive to find clothes made from organic materials. Organic cotton, for instance, accounts for only 1% of the cotton grown across the world. Clothes made from organic fabrics also cost significantly more.



More on natural fibers here:

<http://www.naturalfibres2009.org/en/fibres/>

Fabrics for underwear:

<http://www.underwearexpert.com/underwear-101/fabrics/>

## 2. No plastic shoes

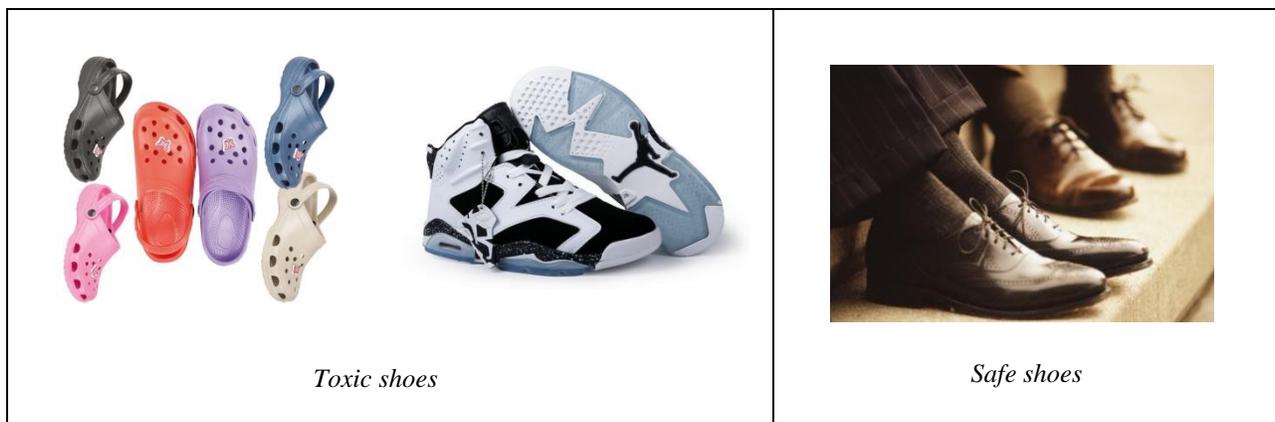
When it comes to shoes leather is best. The only exception is athletic shoes, especially running shoes, which need to be light and airy. Leather stretches, wears, lasts, looks and breathes better than any man-made material. It is biodegradable and the most environmentally friendly in addition to being the best for your health.

Forget about shoes made from recycled materials, rubber (unless you are talking about rain boots), plastic and faux-leather. They are toxic for the environment and do your health no good either.

**Synthetic suede**, which has been around since the 1970s, **poromeric synthetic leather**, which was patented in 2001, and **leatherette** are currently the most common types of synthetic materials used for the manufacture of footwear and referred to as faux-leather (i.e. fake leather).

There are two ways of manufacturing faux-leather or man-made leather: from **polyvinyl chloride** (PVC, also known as vinyl), by adding plasticizers and dye to PVC (which is incidentally the first synthetic product ever patented back in 1913); or from **polyurethane** (PU), made by coating a fabric like cotton or polyester with a flexible polymer and then treating it to look like an animal hide. You want neither on your feet.

If you buy such shoes you encourage an industry that is responsible for the pollution of our planet. In the process of manufacturing PVC, for instance, **organochlorines** are left over as industrial byproducts and they wreak havoc in the environment. The most common forms of organochlorines include polychlorinated biphenyls (PCBs), which were banned in the 1970s; halon and chlorofluorocarbons (CFCs), that are responsible for the destruction of the ozone layer; and dichlorodiphenyltrichloroethane (DDT), the deadly insecticide that was banned in 1972.



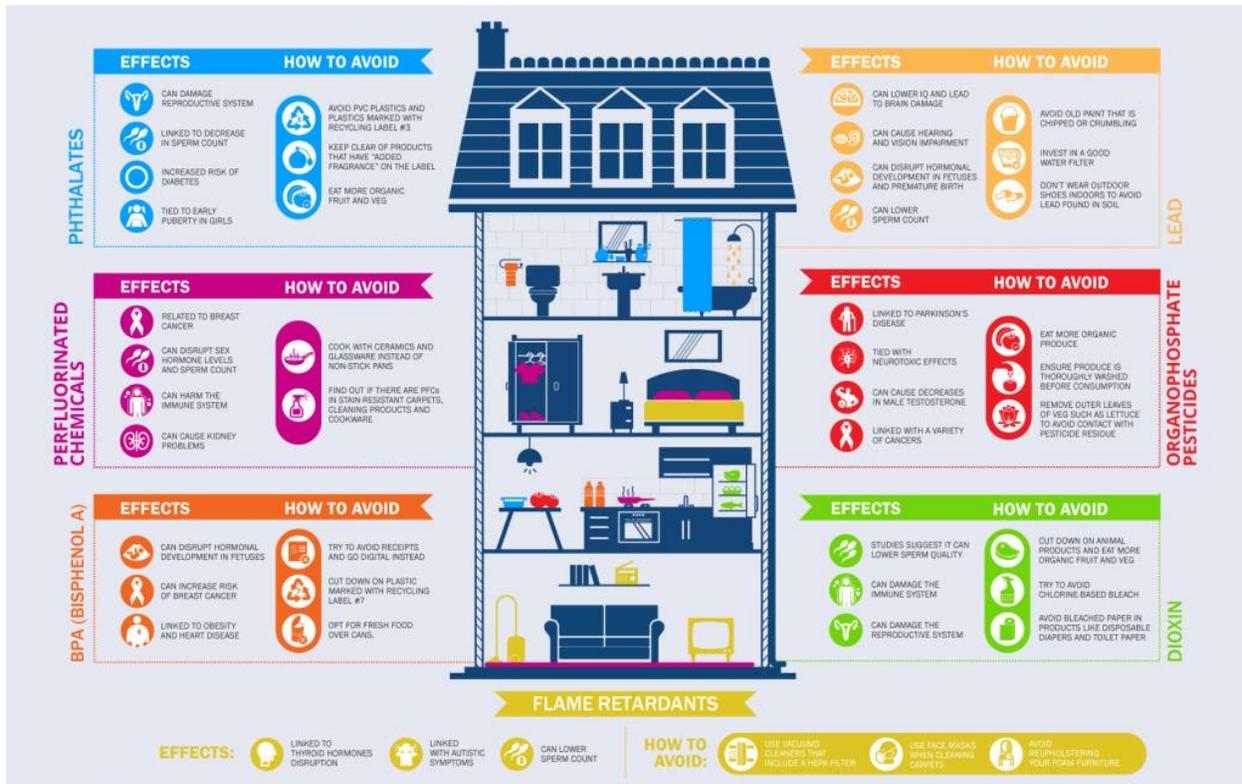
While it is difficult to buy running shoes made without synthetic materials it is rather easy to buy any other type of shoes that is made only from natural materials.

“Running shoes are made from a combination of materials. The sole has three layers: insole, midsole, and outsole. The insole is a thin layer of man-made [ethylene](#) vinyl acetate (EVA). The components of the midsole, which provides the bulk of the cushioning, will vary among manufacturers. Generally it consists of [polyurethane](#) surrounding another material such as gel or liquid silicone, or [polyurethane foam](#) given a special brand name by the manufacturer. In some cases the polyurethane may surround capsules of compressed air. Outsoles are usually made of carbon rubber, which is hard, or blown rubber, a softer type, although manufacturers use an assortment of materials to produce different textures on the outsole.

The rest of the covering is usually a synthetic material such as artificial suede or a nylon weave with plastic slabs or boards supporting the shape. There may be a leather overlay or nylon overlay with leather attachments. Cloth is usually limited to the laces fitted through plastic eyelets, and nails have given way to an adhesive known as cement lasting that bonds the various components together.

Source: <http://www.madehow.com/Volume-1/Running-Shoe.html>

## What you surround yourself with (0.5% of depopulation poisons reach us through household goods)



Children and especially infants suffer more than adults due to depopulation poisons found in consumer goods. That is because children are closer to the ground and are often crawling on synthetic carpets, sucking on plastic toys, licking things that are potentially toxic, or playing on lawns sprayed with insecticides.

1. No carpets unless made from natural materials
2. No mattresses or furniture treated with flame retardants
3. No plastic toys and no lead paint
4. No vinyl or any other synthetic materials
5. No insecticide treated bed nets
6. No harsh cleaning products and detergents

These five measures will have a bearing on your children's health that is far greater than 0.5%, which is the estimated impact on adults of the depopulation poisons found in consumer products. For children the impact is at least 10%.

## 1. No carpets unless made from natural materials

Modern wall-to-wall carpets are the invention of the chemical industry, which is the first industry to be monopolized by the depopulation lobby and used to wage war on humanity through covert means.

Carpets contain toxic chemicals that we absorb either by inhaling the fumes released by the carpets or by touching them. No other home product affects indoor air quality as much as carpets because a number of chemical families are brought in along with wall-to-wall carpets: polypropylene, nylon, acrylic, vinyl, latex, PVC, urethane, antistatic sprays, artificial dyes, and antimicrobial treatments.

Some of the worst offenders are: p-Dichlorobenzene, a known carcinogen that also causes hallucinations, nerve damage and respiratory illness; toluene, known to cause tiredness, confusion, weakness, drunken-type actions, memory loss, nausea, loss of appetite, hearing loss, and color vision loss; polybrominated diphenyl ethers (PBDE), which damages the thyroid, the immune system and brain development; formaldehyde, known to cause childhood asthma, leukemia, oxidative stress and a slew of other lethal illnesses too many to mention; naphthalene, a carcinogen known to also damage red blood cells; 4-Phenylcyclohexene, which gives carpets that distinctive new carpet smell but also causes respiratory problems; benzene, known to cause DNA mutations and cancer; ethyl benzene, a known carcinogen; styrene, a hazardous chemical that is both mutagenic and carcinogenic; and acetone;

Choose natural carpeting made from any of the following natural fibers: wool, jute, hemp, silk, cotton, abaca, raffia, bamboo, seagrass or rattan. You can educate yourself on this subject and get some ideas here: <http://naturalcarpetcompany.com/>.

Alternatively you can deck your floors in hardwood or tiles and then place hand-made oriental rugs on top if you want to have a soft floor.

In the US the Green Label Plus Certification by the Carpet and Rug Institute may offer some direction when purchasing carpets that are free of the most toxic chemicals: <http://www.carpet-rug.org/green-label-plus.html>. I for one, however, would not trust anyone's advice and would opt for carpets made from natural fibers and without chemical treatments of any kind.



*depop carpet*



*safe carpet*

Hand-made oriental rugs are not only made of natural materials such as cotton and silk they are also works of art whose value increases with time and whose beauty cannot possibly be matched by machines. If nothing else you will support a form of art that sustains hundreds of thousands of artists around the world and an age-old craft.

Learn about oriental rugs here: <http://www.rugs-oriental.net/>

## 2. No mattresses or furniture treated with flame retardants

Cheap furniture is treated with a flame retardant called **polybrominated diphenyl ethers** (PBDE), which a recent study found to be responsible for the vast majority of indoor air pollution in American and to a lesser extent in European homes, as well as for the greater bulk of health problems related to indoor air pollution. And cheap mattresses are treated with **chlorinated Tris**, a chemical that is toxic to reproduction and was banned from use in children's pajamas back in 1977, but is still perfectly legal for use in mattresses, crib mattresses and nursing pillows.

*This chemical blend called polybrominated diphenyl ethers [PBDE], which has been restricted in Europe since 2008, caused about 43,000 cases of intellectual disability in the U.S per year. In Europe, the cases were only 3,290. PBDEs are also linked to a loss of 11 million IQ points in the U.S. per year and 873,000 lost IQ points in Europe.*  
Source: [http://www.thelancet.com/pdfs/journals/landia/PIIS2213-8587\(16\)30275-3.pdf](http://www.thelancet.com/pdfs/journals/landia/PIIS2213-8587(16)30275-3.pdf)

Before you purchase a new couch or desk, make sure it is made of real wood and it is not treated with flame retardants. This safety precaution is all the more important when purchasing a new mattress since we spend a third of our lives in bed sleeping and potentially breathing a depopulation poison that devastates our health and fertility. When choosing a mattress you must also ensure it is made entirely of natural materials and these safety precautions are all the more important when considering a crib mattress because a baby is far more vulnerable to damage by depopulation poisons.

|   |  |
|---|--|
|   <p><i>Depop furniture</i></p> |   <p><i>Safe furniture</i></p> |
|---|--|

The depopulationists in the US and elsewhere mandate that all mattresses have to be sprayed with flame retarding chemicals and they are all toxic and produce fumes. This is of course intentional so that a mattress in the developed world serves the same fertility suppressing purpose as a long-lasting insecticide-treated bed net (LLIN) in the developing world.

In addition, most mattresses are made with polyurethane foam which is an extremely flammable material made from petrochemicals that release volatile organic compounds (VOCs). This applies to memory foam too, which is very much in vogue nowadays but is a high-tech polyurethane foam that may also contain formaldehyde (a preservative), chlorofluorocarbons/CFCs (blowing agents), and Polybrominated diphenyl ethers/PBDEs (fire retardants), all of which are deadly to reproduction, carcinogenic and mutagenic. Memory foam may also contain methylene chloride, a volatile solvent linked to cancer.

Unless you choose your mattress wisely it may very well end up being your secret and most potent contraceptive and your fastest way to cancer.

Look for manufacturers of safe furniture and mattresses like this one:

[https://www.zenhaven.com/?utm\\_source=bing&utm\\_medium=cpc&utm\\_campaign=Eco-Friendly%20Mattresses%20-%20\(Exact\)%20%5BInherited%5D%20%5BNon-Brand%5D&utm\\_term=natural%20and%20organic%20mattresses&utm\\_content=Natural%20And%20Organic%20Mattresses](https://www.zenhaven.com/?utm_source=bing&utm_medium=cpc&utm_campaign=Eco-Friendly%20Mattresses%20-%20(Exact)%20%5BInherited%5D%20%5BNon-Brand%5D&utm_term=natural%20and%20organic%20mattresses&utm_content=Natural%20And%20Organic%20Mattresses)

Mattresses without synthetic flame retardants: [http://www.tmasc.ca/flame-retardant-mattress.html?utm\\_source=Bing&utm\\_medium=cpc&utm\\_campaign=Canada&utm\\_term=do%2520mattresses%2520in%2520europe%2520have%2520to%2520be%2520sprayed%2520with%2520flame%2520retardants%253F](http://www.tmasc.ca/flame-retardant-mattress.html?utm_source=Bing&utm_medium=cpc&utm_campaign=Canada&utm_term=do%2520mattresses%2520in%2520europe%2520have%2520to%2520be%2520sprayed%2520with%2520flame%2520retardants%253F)

Information on flame retardants here: <http://www.saferstates.com/toxic-chemicals/toxic-flame-retardants/>

Alliance for Toxic-free Fire Safety website: <http://www.toxicfreefiresafety.org/index.php>

### 3. No plastic toys and no lead paint

Plastic and lead are a deadly combination and this deadly combination is put in children's hands across the globe by the depopulation lobby. The dangers of lead paint are fairly well known and much has been done over the past five years to remove this threat from our children's rooms. But plastic toys still make up 98% of all toys manufactured around the world and there is no such thing as safe plastic, as it is the most potent and most common endocrine disruptor in the world and almost single-handedly responsible for destroying the health and fertility of people throughout the developed world and increasingly the developing world.

On the cost of endocrine disruptors to human health read here:

[http://articles.mercola.com/sites/articles/archive/2016/11/02/endocrine-disrupting-chemicals-plastics-exposure.aspx?utm\\_source=dnl&utm\\_medium=email&utm\\_content=art1&utm\\_campaign=20161102Z1&et\\_cid=D M124333&et\\_rid=1737194581#\\_edn16](http://articles.mercola.com/sites/articles/archive/2016/11/02/endocrine-disrupting-chemicals-plastics-exposure.aspx?utm_source=dnl&utm_medium=email&utm_content=art1&utm_campaign=20161102Z1&et_cid=D M124333&et_rid=1737194581#_edn16)

Why expose your children to the world's most dangerous chemical when you can protect them by buying only wood, bamboo, hemp, natural rubber and metal toys for them?

Wood toys: <http://www.apartmenttherapy.com/5-plastic-toys-in-woodroundup-170997>



Depop toys



Safe toys

#### 4. No vinyl or any other synthetic materials

The [Center for Health, Environment and Justice](#) (CHEJ) calls polyvinyl chloride (PVC) “the most toxic plastic for children’s health and the environment”. PVC is made with chlorine and chlorine production releases dioxins, a family of highly hazardous, persistent and bioaccumulative toxins responsible for cancer, reproductive, developmental and immune system problems. Chlorine production also results in mercury emissions and asbestos waste.

It is bad enough that PVC pipes leach organotins in our drinking water (which is another reason why one should only drink triple osmosis filtered tap water or better yet glass bottled mineral water), we certainly should not add to our health and environmental problems by using vinyl for home use in applications such as: tiles, floors, rugs, planks, doors, siding, fencing and countertops.

Natural materials alternatives exist for all these uses and they are not only more beautiful and durable but also good for our health. Stick with wood, stone, bricks and tiles. They have served us well for thousands of years.



## 5. No insecticide treated bed nets

Long-lasting insecticide-treated bed net (LLIN) were discussed in the “medicines and treatments section” (see pages 90-92), where I have identified them as the contraceptive of the developing world.

If you live in mosquito endemic parts of the world and must sleep under a bed net then use an untreated one. It will offer the same level of protection and it will not sterilize you and damage the neurodevelopment of your children.



*Insecticide-treated bed nets are the contraceptives of the developing world*



*choose untreated bed nets if you don't want to be sterilized while sleeping*

All insecticide-treated bed nets are coated with [pyrethroid](#) insecticides and they all damage nerve cells causing severe neurological and reproductive problems. In addition, they damage the lysosomes, which contain a variety of enzymes the body needs to get rid of unwanted materials both from outside the cell (by a process called endocytosis) and of obsolete components from within the cell (by a process called autophagy). In other words they damage the body's ability to defend and renew itself at the cellular level.

## 6. No harsh cleaning products and detergents

Laundry detergents contain **surfactants** (act as wetting agents, emulsifiers, foaming agents and dispersants) and **phosphates** (to suspend dirt), and both classes of chemicals are among the most destructive pollutants and particularly dangerous to aquatic life as they destroy their breeding ability at very low concentrations. Use natural cleaning products and detergents instead because they are biodegradable and pose little or no threat to our health or the health of the environment.

Never use fabric softeners and drier sheets. Fabric softeners contain **quaternary ammonium compounds** and **imidazolidinyl**, both of which release formaldehyde, which is known to cause DNA damage, cancer, depression and chronic pain. Fabric softeners also contain fragrances and fragrances are brews of many different chemicals and are a leading cause of allergies. Drier sheets emit a slew of nasty chemicals, but the most common are **acetaldehyde**, **acetone**, **ethanol** and **benzene**. None of these chemicals will do you any good.



European laundry detergents are more eco-friendly than those in North America because the European Union introduced regulations in 2004 that require biodegradability in all detergents and has banned phosphates since 2010. Australia has also banned phosphates from laundry detergents, but biodegradability applies only to 60% of the total formula.

Even so I suggest that you always extra rinse your wash to get rid of as much residue as possible. Modern wash machines use very little water to be environmentally friendly and energy efficient but as a result are not considerate of your health, because the clothes are not properly rinsed and that leaves them full of detergent residues which then envelop your body day in and day out.

### *Eco-friendly laundry detergents*



Organic Authority's Favorites: 5 Best Natural Laundry Detergents

<http://www.organicauthority.com/sanctuary/best-natural-laundry-detergents.html>

Of the 271 general purpose laundry detergents evaluated by EWG for general ecotoxicity, biodegradation and systemic/organ effects, only seven scored a rating of A. They are:

1. Seventh Generation Natural Powder Laundry Detergent, Real Citrus & Wild Lavender
2. Dr. Bronner's 18-in-1 Hemp Pure-Castile Soap, Peppermint
3. Dr. Bronner's 18-in-1 Hemp Pure-Castile Soap Baby Mild
4. 7<sup>th</sup> Generation Natural Powder Laundry Detergent, White Flower & Bergamot Citrus
5. Martha Stewart Clean Laundry Detergent
6. Green Shield Organic Laundry Detergent, Free & Clear
7. Seventh Generation Natural Laundry Detergent Powder, Free & Clear

Source: <http://www.mnn.com/lifestyle/responsible-living/stories/7-least-toxic-laundry-detergents>

You should apply the same care in choosing all other cleaning products: bathroom cleaners, window cleaners, floor cleaners, all-purpose cleaners, oven cleaners, shower cleaners, tile cleaners, carpet cleaners, upholstery cleaners, etc. Use more vinegar, lemon, grapefruit and tea tree oil and fewer detergents for your daily or weekly cleaning routines.

Tips on natural cleaners:

<http://wellnessmama.com/6244/natural-cleaning-tips/>

[http://www.huffingtonpost.ca/2013/04/12/natural-cleaners-products-home\\_n\\_3071379.html](http://www.huffingtonpost.ca/2013/04/12/natural-cleaners-products-home_n_3071379.html)

On the dangers of laundry detergents

<http://articles.mercola.com/sites/articles/archive/2011/12/21/are-you-slowly-killing-your-family-with-hidden-dioxane-in-your-laundry-detergent.aspx>

On reducing chemical exposure in the home

[http://articles.mercola.com/sites/articles/archive/2016/11/02/endocrine-disrupting-chemicals-plastics-exposure.aspx?utm\\_source=dn&utm\\_medium=email&utm\\_content=art1&utm\\_campaign=20161102Z1&et\\_cid=D M124333&et\\_rid=1737194581#\\_edn16](http://articles.mercola.com/sites/articles/archive/2016/11/02/endocrine-disrupting-chemicals-plastics-exposure.aspx?utm_source=dn&utm_medium=email&utm_content=art1&utm_campaign=20161102Z1&et_cid=D M124333&et_rid=1737194581#_edn16)

## Other Threats



There are a couple of threats that are specific to our era (chemtrails and electromagnetic fields), others that are pesky human vices carried over from the past and taken advantage of by governments and the UN system in the present (drinking, smoking and drugs), and last there are public strategies blatantly misused in the present (information and freebies).

1. Chemtrails
2. Electromagnetic fields
3. Tobacco
4. Alcohol
5. Narcotics
6. Propaganda and misinformation
7. Freebies from the government and UN system

Take nothing for granted, doubt everything official sources tell you, and protect yourself and your children from these threats because no one else will. We are on our own.

## 1. Chemtrails

Chemtrails are primarily a global warming/climate change mitigation measure and only secondarily a population control measure, which is why the more industrialized a country is the more it will chemtrail its skies to make up for the environmental damage it causes through excessive greenhouse gas emissions.

Fly ash from coal fire burning plants, aerosolized metals such as aluminum, and Welsbach materials with high emissivity, such as thorium dioxide ( $\text{ThO}_2$ ), are sprayed at high altitudes throughout NATO countries and the alliance's global partners, as this is a program conducted by the military that started around 1995.

Coal ash is the largest type of industrial waste generated in countries that obtain much of their energy from burning coal. In the US alone 470 coal-fired electric utilities generate circa 110 million tons of coal ash annually. The 27 nations of the European Union generate an estimated 100 million tons a year. By spraying the fly ash into the atmosphere, the depopulation lobby not only tackles climate change and overpopulation, it also solves the problem of disposing this industrial waste in landfills and surface impoundments.

More information on fly ash here: <http://www.flyash.info/2011/066-Bech-2011.pdf>

Chemtrails, long denied but finally admitted by the [Fifth Assessment Report of the Intergovernmental Panel on Climate Change](#) (IPCC), are used to reduce greenhouse gasses already in the atmosphere by serving as a carbon capture and sequestration method and as a solar radiation management method. They accomplish the former with sulphate aerosols that chemically bind the carbon dioxide in the atmosphere into a mineral carbonate that falls to the ground, and the latter by increasing the planet's albedo (reflectivity) with albedo-enhancing particles such as aerosolized aluminum that form temporary clouds and divert solar radiation back into space.

The second and never stated purpose of chemtrails is to increase the presence of aluminum and other toxic metals such as barium and strontium in human environments so they are breathed in and ingested in unnaturally high quantities to cause neurodegenerative illnesses and shorten the lifespan of the baby boom generation at a time when the developed world has reached the fourth and last stage of the demographic transition as a result of six decades of covert interference with human reproduction via covert chemical methods (fluoride, bisphenol A and other endocrine disruptors), which has resulted in inverted population pyramids and thus economically unsustainable population profiles characterized by more old than young people and too few working adults to be able to support the dependent population.



Chemtrailing the skies above our heads with coal ash, aerosolized metals and Welsbach materials obviously increases air pollution and brings particulate matter to levels that are unnaturally high and that damage our health and shorten our lives.

Until we stop this dangerous and murderous program you can take the following measures to mitigate the damage:

1. Do not exercise outdoors on rainy days to limit exposure
2. Shower every day and preferably twice a day, in the morning and before bed (so long as the water is not fluoridated)
3. Use a sauna or a steam room once a week to sweat out the toxins from air pollution
4. Do a hot yoga class a week to prevent the bioaccumulation of chemtrail and other depopulation toxins in your fat tissue
5. Do at least 30 minutes of cardio exercise a day to clear your lungs and aid your body's ability to fight the assault of environmental toxins

Beyond that there isn't much you can do. Nor are any additional measures such as wearing a surgical mask necessary or advisable. That would be overkill.

Stratospheric Welsbach seeding for reduction of global warming  
<http://www.google.com/patents/US5003186>

## 2. Electromagnetic fields

There is no convincing evidence to suggest that electromagnetic radiation (EMR) is deliberately used by the depopulation lobby to either subvert fertility or increase morbidity, but there is plenty of conclusive evidence that EMR does both and is therefore a danger to our health and a threat to our lives.

Wireless communication technology has clearly gotten out of hand and those who overuse it will pay a heavy price. To date, 5 billion mobile phones are in use across the globe; and that does not include other wireless devices, such as: computers, laptops, tablets, routers, household appliances, cordless phones, digital electric meters, digital water meters, garage door openers, baby monitors, video game consoles, walkie-talkies, etc.

In May 2011, the WHO/International Agency for research on Cancer (IARC) *“has classified radiofrequency electromagnetic fields as possibly carcinogenic to human (Group 2B), based on an increased risk for glioma (and acoustic neuroma), a malignant type of brain cancer, associated with wireless phone use.”*

(Source: [http://www.iarc.fr/en/media-centre/pr/2011/pdfs/pr208\\_E.pdf](http://www.iarc.fr/en/media-centre/pr/2011/pdfs/pr208_E.pdf) )

IARC has looked at the following exposure categories involving radiofrequency electromagnetic fields:

- occupational exposures to radar and to microwaves;
- environmental exposures associated with transmission of signals for radio, television and wireless telecommunication; and
- personal exposures associated with the use of wireless telephones.

Its decision, however, was based on risks associated with personal exposure to wireless phone use only rather than Wi-Fi networks or other sources of electromagnetic radiation, but I advise precaution with both due to lack of long-term studies, especially in the case of children, as there are no long-term studies on this subject and therefore no safe reference points.

Judging by the number of people who report disabling effects from electromagnetic radiation, it is clear that a small percentage of the population suffers from electromagnetic hypersensitivity. Considering that electromagnetic fields (EMF) used by Wi-Fi devices are ubiquitous, people who are hypersensitive have a serious and debilitating health problem on their hands because electromagnetic fields are difficult to escape.

Electromagnetic fields come in three frequencies and from countless sources:

1. *extremely low frequency* (ELF), defined as frequencies below 300 hertz (Hz)

Sources of ELF are: in-house installations, household appliances, powerlines, power plants and substations, welding machines, railway, tramway and subway systems.

2. *intermediate frequency* (IF), defined as frequencies ranging from 300 hertz (Hz) to 100 kilohertz (kHz)

Sources of IF are: induction hotplates or hobs, computer and television screens that use cathode ray tubes, compact fluorescent lamps, radio transmitters, anti-theft devices operated at the exits of shops, and welding.

3. *radio frequency* (RF), defined as frequencies ranging from 100 kilohertz (kHz) to 300 gigahertz (GHz)

Sources of RF are: mobile phones, cordless phones, local wireless networks, broadcasting transmission antennas, medical diagnosis and therapy machines, radar systems and microwave ovens.

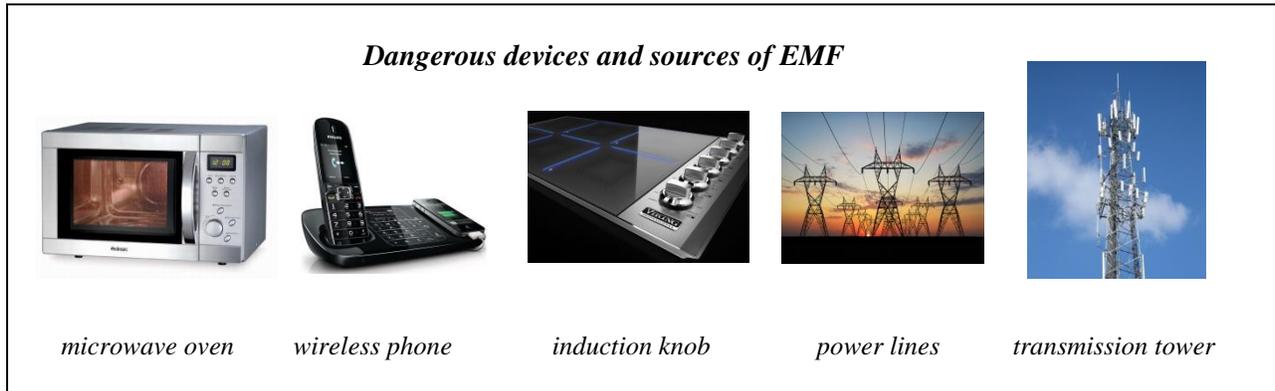
Since the damage done by electromagnetic fields depends on three factors or determinants – namely distance to source, emitted power and duty factor – the sensible thing to do is consider all three and adjust our use of gadgets and our presence around sources that emit electromagnetic radiation accordingly by limiting our time and our exposure to such gadgets and sources.

The following precautions are necessary:

1. no induction hobs or hotplates in your house
2. no microwave ovens or very limited use
3. stay away from power lines
4. do not build your home or rent a dwelling near a power plant, power line or transmission tower
5. no mobile phones until age 16
6. connect to the internet at home by wire and not by Wi-Fi
7. limit mobile phone calls to a minute or two only and switch the phone from one ear to the other every 30 seconds
8. do not carry your mobile phone in your pant pockets but in your purse if you are a woman and in a chest pocket if you are a man
9. if you do not need it on keep your mobile phone off when you carry it with you and turn it on only when you need to use it
10. never put a tablet or a laptop computer in your lap but always on a desk or an a surface away from your body
11. never put a wireless router in a child's bedroom
12. never sleep near a computer that is on or with a mobile phone near your head
13. limit the number of Wi-Fi devices in your home

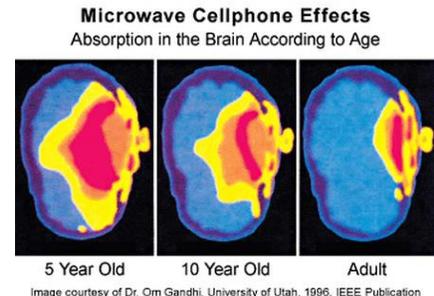
- 14. choose a wired house phone over a wireless phone
- 15. never put a mobile phone to a baby's ear and never let a baby hold a mobile phone or play with one

If you follow these rules electronic devices will pose no risk to your reproductive system or to your general health.



The main culprit is the ubiquitous mobile phone, which has become too important to our lives to give up and requires wise and disciplined use.

The younger you are the more affected you will be by electromagnetic radiation emitted by mobile phones, which is why no one under 16 years of age should own or use a mobile phone.



- Some of the Impacts....**
- Development in utero
  - Social skills
  - Cognitive function
  - Reaction Time
  - Attention
  - Motor Function
  - Memory
  - Distraction
  - Perception
  - Hyperactivity
  - Learning Capacity
  - Inability to focus on long-term tasks
  - Energy
  - Fatigue
  - Emotions
  - Impaired fertility
  - Poor sleep
  - Autism?
  - DNA mutations

If you fail to adjust your use of EMF emitting devices you will suffer many and dire consequences over the long run and imperil the continuation of your genetic lineage as well as the quality of your own life.

EU Scientific Committee on Emerging and Newly Identified Health Risks  
[http://ec.europa.eu/health/scientific\\_committees/emerging/docs/scenihr\\_o\\_041.pdf](http://ec.europa.eu/health/scientific_committees/emerging/docs/scenihr_o_041.pdf)

### 3. Tobacco

The body is a temple, the most perfect and precious temple you will ever have. Treat it as such! Smoking is a vile assault on your health and on your quality of life.

#### **HEALTH RISKS FOR PEOPLE WHO SMOKE**

All people who smoke are at increased risk for:

problems with their heart and blood vessels  
certain types of cancers  
lung and respiratory problems  
other health issues  
premature death

#### **FEMALE SMOKERS ARE ALSO AT INCREASED RISK FOR:**

cancer of the cervix  
problems with periods (menstrual problems)  
problems getting pregnant (fertility problems)  
premature delivery  
having a low birth weight baby

#### **MALE SMOKERS ARE ALSO AT INCREASED RISK FOR:**

problems with erections (impotence/erectile dysfunction)

<http://healthycanadians.gc.ca/healthy-living-vie-saine/tobacco-tabac/effects-effets/body-corps/risks-risques-eng.php>

Cigarettes are loaded with toxic chemicals and that is intentional. The depopulation lobby uses people's weaknesses and vices to do as much damage as possible to those who due to their bad habits impose greater costs on society and to selectively eliminate them by shortening their lives.

While alcohol in moderation can be beneficial to your health even a single cigarette a day will damage your health and secondhand smoke is just as bad.

#### **CHEMICALS IN CIGARETTES**

There are approximately 600 ingredients in cigarettes. When burned, they create more than 7,000 chemicals. At least 69 of these chemicals are known to cause cancer, and many are poisonous.

Many of these chemicals also are found in consumer products, but these products have warning labels.

While the public is warned about the danger of the poisons in these products, there is no such warning for the toxins in tobacco smoke. Here are a few of the chemicals in tobacco smoke and other places they are found:

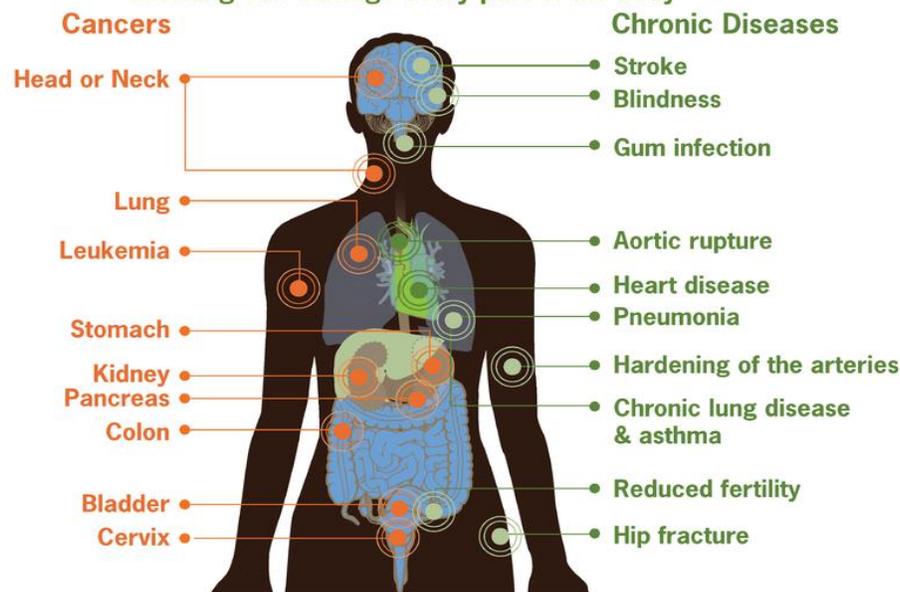
- Acetone – found in nail polish remover
- Acetic Acid – an ingredient in hair dye
- Ammonia – a common household cleaner
- Arsenic – used in rat poison
- Benzene – found in rubber cement
- Butane – used in lighter fluid
- Cadmium – active component in battery acid
- Carbon Monoxide – released in car exhaust fumes
- Formaldehyde – embalming fluid
- Hexamine – found in barbecue lighter fluid
- Lead – used in batteries
- Naphthalene – an ingredient in mothballs
- Methanol – a main component in rocket fuel
- Nicotine – used as insecticide
- Tar – material for paving roads
- Toluene - used to manufacture paint

Source: <http://www.lung.org/stop-smoking/smoking-facts/whats-in-a-cigarette.html>

By smoking you are doing the depopulation lobby a great favor because you are shortening your life by at least 10 years, which means that the government will not have to pay you a pension.

## Risks from Smoking

Smoking can damage every part of the body



After endocrine disruptors / depopulation poisons inserted in water, food and beverages by our genocidal governments, smoking is the most common cause of preventable early death and is responsible for 5 million deaths a year. It is also responsible for an 85% higher incidence of impotence in males and a primary cause of erectile dysfunction. Female smokers are 60% more likely to be infertile than non-smokers and far more likely to miscarry.

Eastern Europe, Russia and China are most affected by smoking because these countries have the greatest proportion of smokers and because tobacco is used by governments as an easy way to shorten lives and spare governments from having to pay pensions.

For a list of countries by cigarette consumption per capita see here:

[https://en.wikipedia.org/wiki/List\\_of\\_countries\\_by\\_cigarette\\_consumption\\_per\\_capita](https://en.wikipedia.org/wiki/List_of_countries_by_cigarette_consumption_per_capita)

I fail to see how it is possible to save yourself and to protect your children from the global depopulation program and its poisons if you smoke and are therefore the main contributor to the destruction of your body by inhaling hundreds of toxic chemicals and of your children's bodies through secondhand smoke.

If not for yourself do it for your children. Quit smoking! If you already have children and you want to keep them safe and sound you will not succeed if you smoke. And if you want to one day have children and want your children to be born of sound mind and body then this is the time to stop smoking, because if you smoke your children will be but shadows of what nature intended them to be. And you will have no one else to blame but yourself.

And don't delude yourself that smoking homegrown tobacco is a healthy alternative. It is still a toxic habit: <http://www.livescience.com/7914-warning-homegrown-tobacco-deadly.html>

Or that e-cigarettes are a healthy alternatives because they are not:

<http://health.howstuffworks.com/wellness/smoking-cessation/10-facts-about-e-cigarettes2.htm>

#### 4. Alcohol

Alcohol *per se* poses no harm to human health if consumed in moderation (i.e. up to 3 drinks a week for women and up to 6 drinks a week for men). Unfortunately, the depopulation lobby made alcohol its first target for use as a weapon of population control.

Absinthe was created to turn alcohol into a weapon of mass sterility back in the 19<sup>th</sup> century, first in France and then throughout Europe. This makes alcohol dangerous as a population control weapon and not only as an addiction.

Until I find and publish a complete list of alcoholic beverages that contain absinthe, we must all read the ingredients on the labels and stay away from any brands that contain absinthe, wormwood, or any unspecified herbs.

It is clear that the sterilizing ingredient in the wormwood [plant and therefore in absinthe is thujone](#). Interestingly, and not surprisingly, thujone was given GRAS status by the Food and Drug Administration (FDA) despite its known toxicity. As a result, 24 direct food additives in the FDA Priority-Based Assessment of Food Additives (PAFA) database contain thujone.

Generally Recognized as Safe (GRAS) status is a regulatory designation first introduced by the FDA as part of the 1985 Food Additives Amendment to the Federal Food, Drug and Cosmetic Act (FD&C Act).

The same regulatory laxity with respect to thujone is present also in Europe, which is why

*“many of the thujone-containing plant oils are used as flavoring substances in the alcoholic drink industry. Absinthe, made from wormwood, is available in Spain, Denmark and Portugal. Vermouth, chartreuse, and benedictine all contain small amounts of thujone and wormwood is popular as a flavoring for vodka in Sweden (Galli et al., 1984; Baggott, 1993; Micali & Lanuzza, 1995). Sage oil is an important food flavor, especially in sausages, meats, condiments, and sauces (Rogers, 1981).”*

Source: [https://erowid.org/chemicals/absinthe/absinthe\\_info3.shtml](https://erowid.org/chemicals/absinthe/absinthe_info3.shtml)

The Summary of Evaluations Performed by the Joint FAO/WHO Expert Committee on Food Additives (JECFA), which last evaluated thujone in 1980, concluded:

*“The Committee considered that the amounts of thujone isomers in foods and beverages resulting from the addition of thujone-containing flavouring agents (e.g., sage) should be reduced to the lowest practicable level.”*

Source: [http://www.inchem.org/documents/jecfa/jeceval/jec\\_1244.htm](http://www.inchem.org/documents/jecfa/jeceval/jec_1244.htm)

All other information, however, is suppressed. The PDF file of this evaluation has also disappeared from the website of the European Commission. The web link to this file [http://ec.europa.eu/food/fs/sc/scf/out162\\_en.pdf](http://ec.europa.eu/food/fs/sc/scf/out162_en.pdf) leads to a “page not found” message.

Regulators, however, did not reduce thujone-containing flavoring agents to the lowest practicable level. Instead they gave industry a free hand to use this sterilizing agent at will.

Absinthe and the use of wormwood extracts for food purposes were prohibited around the years 1910-1920 in many countries. It was not until the 1960s that the first systematic toxicological studies in animals were conducted; these demonstrated that the effects were threshold-based and allowed for the estimation of acceptable daily intakes of thujone. In 1979, the Codex Alimentarius Commission proposed the following maximum thujone limits in food and beverages 0.5 mg/kg for ready-to-eat foods and beverages in general; 5 mg/kg in alcoholic beverages containing less than 25% vol.; 10 mg/kg in alcoholic beverages above 25% vol.; 25 mg/kg in food containing sage; 35 mg/kg in bitters and 250 mg/kg in sage stuffings. With the exception of the 250 mg/kg limit for sage stuffings, the Codex Alimentarius proposal was introduced into the European Union law in 1988, which re-legalised the production of absinthe from wormwood as well as the food use of other thujone containing plants. This European regulation has recently been amended to now regulating only beverages and the 35 mg/kg limitation applying to all *Artemisia*-derived alcoholic beverages (and not only bitters) (European Parliament and Council, 2008). However, the specific limits for sage preparations and the general limit for foods were removed from the regulation, so that *artemisia absinthium*, *salvia officinalis* and other thujone-containing flavouring plants can now be used in foods without restrictions. Nevertheless, thujone as such (i.e., in chemically pure form) is not allowed to be added to foods (European Parliament and Council, 2008); it may only be indirectly introduced into foods by use of thujone-containing plants.

While the restrictions for foods have been lowered, the opposite has occurred for medicines. In addition to food and beverages, *A. absinthium* and *S. officinalis* are common medicines and are sold as such, or as preparations or extracts (e.g. sage tea). The European Medicines Agency (EMA) has recently evaluated herbal medicinal products containing both plant species. Although the assessors judged the toxicological data on thujone and the quality of available studies to be insufficient to set a maximum daily intake, the EMA nevertheless proposed a daily intake of 3.0 mg/person as acceptable for a maximum duration of use of 2 weeks in the *A. absinthium* monograph (EMA, 2009a). An increased acceptable daily intake (ADI) of 5.0 mg/person was later implemented in the *S. officinalis* monograph (EMA, 2009b). As these new EMA-ADI values also question the current practices for food (e.g. the intake of 3 mg could be reached by drinking less than 100 ml of a spirit containing 35mg/kg of thujone).

Source: [https://www.academia.edu/5528620/Risk\\_assessment\\_of\\_thujone\\_in\\_foods\\_and\\_medicines\\_containing\\_sage\\_and\\_wormwood\\_-\\_Evidence\\_for\\_a\\_need\\_of\\_regulatory\\_changes](https://www.academia.edu/5528620/Risk_assessment_of_thujone_in_foods_and_medicines_containing_sage_and_wormwood_-_Evidence_for_a_need_of_regulatory_changes)

Thujone is the primary constituent of essential oils derived from the following plants:

- Tansy (*Tanacetum vulgare*) contains 77% thujone
- Yellow cedar/cedar leaf (*Thuja occidentalis*) contains 64% thujone
- Sage (*Salvia officinalis*) contains 55% thujone
- Wormwood (*Artemisia absinthium*) contains 44% thujone

Other essential oils rich in thujone are:

- Mugwort (*Artemisia vulgaris*)
- Clary (*Salvia sclarae*)
- Rosemary (*Rosmarinus officinalis*)

Source: [https://erowid.org/chemicals/absinthe/absinthe\\_info3.shtml](https://erowid.org/chemicals/absinthe/absinthe_info3.shtml)

Any alcoholic beverages (as well as any foods) containing these essential oils have therefore a sterilizing potential, which is why we have to identify them and put them on a restricted list as depopulation drinks.

Traditional medicine has used sage, cedar, tansy and mugwort for their abortifacient (i.e. causing abortion) and emmenagogue (i.e. stimulates menstrual flow) effects since antiquity to bring on menstruation or end unwanted pregnancies. The depopulationists have merely taken this old knowledge, patented it and applied it in the modern context by developing food additives and drugs to turn food, beverages and medicines into weapons of mass sterility.

Vick's Vaporub, for instance, is made from cedar leaf oil. The malaria drug Artemisinin is made from wormwood.

The drinks that are known to contain absinthe/thujone are as follows:



Ouzo (the national drink of Greece)



Raki (the national drink of Turkey)



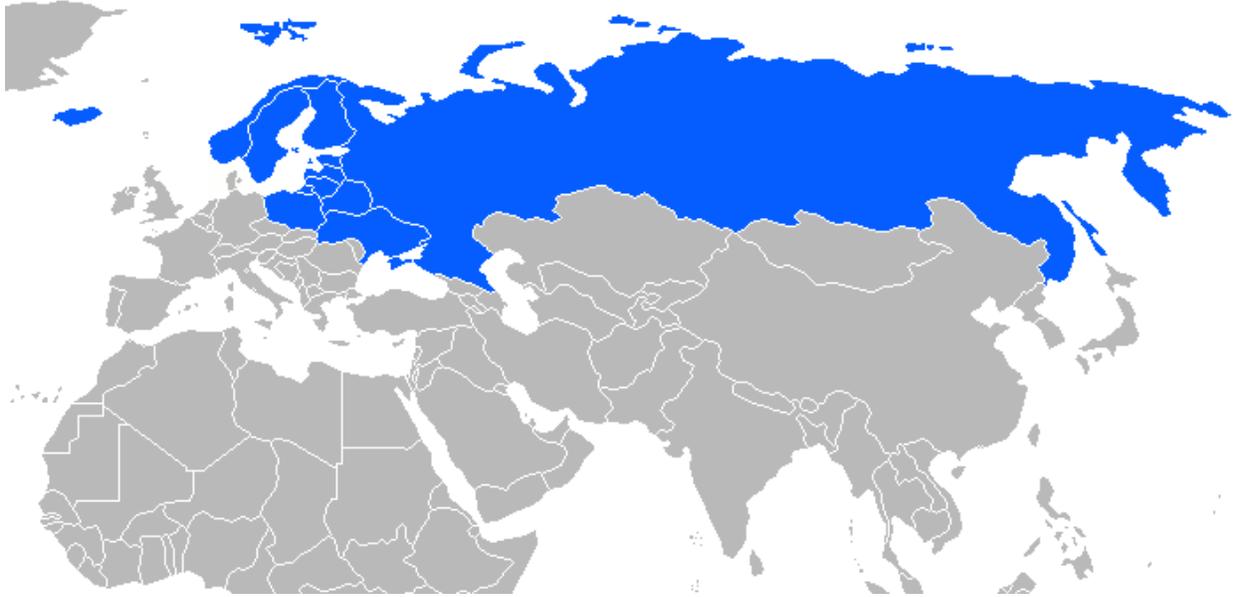
Sambuca (an Italian national drink)



We also know that the Swedes put thujone in some of their vodkas and if the Swedes do it then so do the other vodka drinking nations: Belarus, Estonia, Finland, Iceland, Latvia, Lithuania, Norway, Poland, Russia, and Ukraine.



This may explain why the nations of the Vodka belt have had the lowest fertility rates in Europe and have achieved these low rates earlier than the rest of Europe.



Vodka belt nations

The following alcoholic beverages also contain thujone, but in smaller quantities:

### Vermouth



## Chartreuse



## Benedictine



## 5. Narcotics

The CIA has been in the drug business for decades for a reason and that reason is depopulation.

Drugs kill more people and destroy more families in the US and throughout the West than any other vice. Drugs also help incarcerate more people than at any other time in history and the so-called war on drugs is the most effective way the depopulationists have devised to selectively destroy the families of the lower social classes and thus wage an asymmetrical depopulation war that targets the poor to benefit the rich.

The trade in illegal drugs is aided by the over-prescription of legal drugs, which has led to an opioid epidemic in the US and elsewhere. The entire western world has become addicted to drugs and is being destroyed by this addiction physically and psychologically as well as being rendered utterly dependent on government largesse so the funding for subsidizing prescription drugs can continue.

People dependent on drugs are in no position to resist anything. They have already lost everything.

I could go on and on here but what would be the point. Drugs are killers. Stay away from them.

If you truly suffer from chronic pain and find respite in marihuana (cannabis) then smoke it or take marihuana oil. Otherwise avoid all drugs, legal and illegal, like the pest. The vast majority of people who take marihuana for medicinal purposes, however, use this as a loophole to feed a bad habit that has nothing to do with chronic pain.

While tobacco is Asia's primary poison for shortening lives and alcohol is the poison of choice for Europe and especially northern Europe and Russia, drugs are the main poison of North America, Australia and New Zealand.

The worst and most abused drugs currently on the market are:

1. **Krokodil** (Generic name: Desomorphine. Street names: Russian Magic, Cheornaya, Himiya)
2. **Heroin** (Generic name: Diamorphine. Street names: Smack, Snow, Junk, Powder, Birdie Powder, Black Tar, Tar, Black Eagle, Brown, Brown Sugar, Brown Crystal, Brown Tape, Horse, White Horse, Mexican Horse, Mexican Mud, Mexican Brown, Mexican Tar, China White, Dragon, Dope, H., Big H, Hero, Mud, Skag, Snowball, Scat, Skunk, Sack, Boy, He, White, White Stuff, White Girl, White Boy, White Nurse, White Lady.)
3. **Crystal Meth** (Generic name: Methamphetamine. Street names: Amp, Blue belly, Crystal, La glass, Speed, White cross, White crunch, Tweak, Crank, Christina, Tina, Cris, Cristy, Ice, Speed, Garbage, Geep, Geeter, Getgo, Go Fast, Holiday Meth or Christmas

Tree Meth, Lemon Drop, Poor Man's Coke, Redneck Cocaine, Soap dope, Trash, Wash, Working Man's Cocaine)

*Crystal meth users before and after photos*



4. **Crack Cocaine** (Generic name: produced by neutralization of cocaine hydrochloride with a solution of baking soda and water. Street names: Apple jacks, Badrock, Ball, Base, Beat, Candy, Chemical, Cloud, Cookies, Crack, Crumbs, Crunch & munch, Devil drug, Dice, Electric kool-aid, Fat bags, French fries, Glo, Gravel, Grit, Hail, Hard ball, Hard rock, Hotcakes, Ice cube, Jelly beans, Kryptonite, Nuggets, Paste, Piece, Prime time, Product, Raw, Rock(s), Rock star, Rox/Roxanne, Scrabble, Sleet, Snow coke, Sugar block, Topo (Spanish), Tornado, Troop)
5. **PCP** (Generic name: Phencyclidine. Street names: Angel Dust, Embalming Fluid, Killer Weed, Rocket Fuel, Supergrass)
6. **Cocaine** (Generic name: Cocaine hydrochloride. Street names: Coke, Flake, Snow, Blow, White, Toot, Base, Basa, Powder, Dust, Big Rush, Pearl, Candy, Cola, C., Big flakes, Nose candy, Baseball, Bump, Line, Rail, Snow, Stash, Yeyo)
7. **Inhalants** (Industrial or household products: paint thinners or removers, degreasers, dry-cleaning fluids, gasoline, and lighter fluid. Art or office supply solvents: correction fluids, felt-tip marker fluid, electronic contact cleaners, and glue. Aerosols: spray paints, hair or deodorant sprays, fabric protector sprays, aerosol computer cleaning products, and vegetable oil sprays. Household or commercial products: butane lighters and propane tanks, whipped cream aerosols or dispensers (whippets), and refrigerant gases. Medical anesthetics: ether, chloroform, halothane, and nitrous oxide ("laughing gas"). Organic nitrites: cyclohexyl, butyl, and amyl nitrites, commonly known as "poppers.")

8. **Speed** (Generic name: alpha-methylphenethylamine. Prescription amphetamines drugs: Adderall, Dexedrine, DextroStat, Desoxyn. Street names: Meth, Crank, Glass, Chalk, Redneck cocaine, Yellow powder, Yellow barn, Tina, Tick-Tock, Go, Spoosh, Scootie.)
9. **Oxycodone** (Generic name: dihydrocodeinone. Prescription oxycodone drugs: Tylox, Percocet. Street names: Kicker, OC, Oxy, OX, Blue, Oxycotton, Hillbilly Heroin, and poor man's heroin.)
10. **Morphine** (Generic name: opiate found in the seedpods of the *Papaver somniferum* poppy. 70% of morphine is used to make other opioids such as hydromorphone, oxycodone, heroin and codeine. Australia, Canada, France, Germany, the United Kingdom, and the United States consume 79% of the world's morphine. Street names: Cube Juice, Dope, Dreamer, Emsel, First Line, God's Drug, Hard Stuff, Hocus, Hows, Lydia, Lydic, M, Miss Emma, Mister Blue, Monkey, Morf, Morph, Morphide, Morphie, Morpho, Mother, MS, Ms. Emma, Mud, New Jack Swing (if mixed with heroin), Sister, Tab, Unkie, Unkie White, and Stuff.)
11. **Barbiturates** (Generic name: allobarbitol, amobarbitol (Street names: downers, blue heavens, blue velvet, blue devil), aprobarbitol, alphenal, barbitol, brallobarbitol, pentobarbitol (Street names: nembies, yellow jackets, abbots, Mexican yellows), phenobarbitol (Street names: purple hearts, goof balls) and secobarbitol (Street names: reds, red birds, red devils, lilly, F-40s, pinks, pink ladies, seggy.) Barbiturates are used for physician-assisted suicide and for capital punishment by lethal injection.
12. **Rohypnol** (Generic name: Flunitrazepam. Street names: forget me drug, roches, roofies, ruffles, date rape drug, la roche, R2, rope, getting roached, lunch money drug, Mexican Valium, pingus, Reynolds, Robutal, wolfies)
13. **Opium** (Generic name: *Papaver somniferum*. Street names: Dover's Deck, Dover's Powder, Dream Stickiness, Dreams, Easing Powder, Gee, God's Medicine, Gondola, Goric, Gum, Great Tobacco, Hop or Hops, Joy Plant, Midnight Oil, O, O.P., Ope, Pox, Skee, Toxy, Toys, Zero.)
14. **K2** (Generic name: synthetic cannabinoid such as cannabicyclohexanol or HU-210. Street names: Black Mamba, Bliss, Bombay Blue, Fake Weed, Genie, Spice, Zohai.)
15. **Quaaludes** (Generic name: Methaqualone. Street names: Ludes, Sopor, Lemmon, Quaalude, Disco Biscuits, Mandrakes, Mandies.)

16. **Tranquilizers** (Prescription drugs: Valium, Xanax, Librium, Serax, Equanil, Miltown, Tranxene, Ambien, Sonata.)
17. **Codeine** (Codeine is the most commonly taken opiate. Street names: Sizzurp, syrup, Cody, schoolboy.)
18. **Hydrocodone** (Generic name: dihydrocodeinone. Street names: Vics, Hydros, Lorris, Tabs, Watsons, 357s, Vicos.)
19. **MDMA** (Generic name: 3,4-Methylenedioxymethamphetamine. Street names: Ecstasy, E, Adam, XTC, Clarity, Essence, Hug Drug, Love Drug.)
20. **Ritaline** (Generic name: Methylphenidate. Street names: Rids, Pineapple, Uppers, Vitamin R, Jif, R-ball, Kiddy-Cocaine, Skippy, Smart Drug, Smarties, Kibbles & Bits, West Coast, Kibbles and bits, Diet Coke, Kiddy Coke, Skittles, R Pop, Coke Junior, Study buddies, Poor Man's Cocaine.)
21. **Ketamine** (Street names: Special K, K, Cat Valium, Super C, Green.)
22. **Vicodin** (Generic name: Hydrocodone / paracetamol, also known as hydrocodone / acetaminophen or hydrocodone / APAP. Street names: Vics, Hydros, Tabs, Vicos.)
23. **Clonazepam** (Generic name: Benzodiazepine. Brand name: Klonopin. Street names: KPin, K, Pin, Super Valium.)
24. **Xanax** (Generic name: Alprazolam. Street names: Handlebars.)

Many of the drugs on the list above are prescribed to children with illnesses such as ADHD, autism and bipolar disorder that are caused by the covert use of depopulation poisons on an unsuspecting and defenseless populace.

List of narcotic drugs under international control

English:

[http://www.incb.org/documents/Narcotic-Drugs/Yellow\\_List/54\\_edition/YL-54th\\_edition\\_09\\_02\\_2016\\_EN.pdf](http://www.incb.org/documents/Narcotic-Drugs/Yellow_List/54_edition/YL-54th_edition_09_02_2016_EN.pdf)

French:

[http://www.incb.org/documents/Narcotic-Drugs/Yellow\\_List/54\\_edition/YL-54thedition\\_V1508676\\_FR.pdf](http://www.incb.org/documents/Narcotic-Drugs/Yellow_List/54_edition/YL-54thedition_V1508676_FR.pdf)

Spanish:

[http://www.incb.org/documents/Narcotic-Drugs/Yellow\\_List/54\\_edition/YL-54th\\_edition\\_V1508678-SP.pdf](http://www.incb.org/documents/Narcotic-Drugs/Yellow_List/54_edition/YL-54th_edition_V1508678-SP.pdf)

Russian:

[http://www.incb.org/documents/Narcotic-Drugs/Yellow\\_List/54\\_edition/YL-54thedition\\_V1508677\\_RU.pdf](http://www.incb.org/documents/Narcotic-Drugs/Yellow_List/54_edition/YL-54thedition_V1508677_RU.pdf)

Chinese:

[http://www.incb.org/documents/Narcotic-Drugs/Yellow\\_List/54\\_edition/YL-54th\\_edition\\_V1508674-CH.pdf](http://www.incb.org/documents/Narcotic-Drugs/Yellow_List/54_edition/YL-54th_edition_V1508674-CH.pdf)

Arabic:

[http://www.incb.org/documents/Narcotic-Drugs/Yellow\\_List/54\\_edition/YL-54th\\_edition\\_V1508673\\_AR.pdf](http://www.incb.org/documents/Narcotic-Drugs/Yellow_List/54_edition/YL-54th_edition_V1508673_AR.pdf)

## 6. Propaganda and misinformation

Propaganda is poison for the mind and the depopulation lobby could not get away with genocide without propaganda, which is why they are so desperate to control the media. Without controlling the media they cannot manufacture consent and keep their dirty secrets secret.

I have exposed the Global Depopulation Policy in 2012 and have since published 10 books and hundreds of articles on this subject that determines every aspect of our lives and affects every human being on the planet, but we have yet to see or hear a single mention of it in the mainstream media, which proves the global control of the media and the collusion between governments and corporations in genocide. Media freedom is a fiction as are the concepts of democracy and the rule of law.

Believe nothing you hear on TV or read in the mainstream media, which is controlled by six corporations (GE, News Corp, Disney, Viacom, Time Warner, and CBS) and regulated by governments, all of which take part in the Global Depopulation Policy. Take nothing at face value. Believe nothing you hear or read in the alternative media either since the misinformation machine is just as active there as it is in the mainstream media.

While the news are carefully calibrated lies or half-truths to misinform and mislead us, commercials are designed to overwhelm our reason to get us to desire and to pay for depopulation foods, beverages, clothing, cosmetics, gadgets and consumer items.

Prior to the 1950s TV commercials were rare to nonexistent. It was in the 1990s they were unleashed and in the present they take up as much as 32% of the time we spend watching TV. In Russia commercials occupy 19 minutes per hour (32%), in the US and Australia 18 minutes (30%), in New Zealand 15 minutes (25%), and in the EU and Argentina 12 minutes (20%). And that does not include product placements and overlays.

Before you register any news, commentaries or analysis as facts understand how that new bit of information fits into the overall picture, which is the depopulation/globalization matrix of global control. Everything is related to it. Everything is a consequence or a loose end of the depopulation/globalization matrix.

If you want to understand the matrix and acquire the ability to discern fact from fiction you must read the materials I have provided at the beginning of this book in the essential reading list. You have to learn to think like a world leader and see the problems we face as a species and as a civilization from the soaring heights of the global governance level, since that is the only political and economic level that matters and that dictates how we live and what our future will be like.

And you must become involved in the struggle to determine the present and shape the future.

Our generation is geopolitical by necessity. We are the first generation that must become versed in global problems and think in terms of what is good for the world, for the future of mankind, and for all life on earth.

Don't let anyone control your mind. Be master of your own thoughts. And never ever accept censorship of any kind. When freedom of speech, conscience and thought fall everything else follows.

If you are not ready to die for these fundamental rights then you have never lived and have no right to live because you are not capable of fighting for what makes life worthy of living. That is when you become a "worthless eater", as the elites like to call us.

## 7. Freebies from the government and UN system

Anything any government gives away for free has a hidden depopulation purpose. Accept nothing from your government if it is free or subsidized.

It is the dependence on government that has robbed us of the freedom to dictate our own lives and to live and die as we wish.

A perfect case in point is the flu vaccine. Your government wants you to believe that it gives a hoot about your immunity to flu viruses when in reality it uses flu vaccines to send us into an early grave so as to lighten its growing old age dependency burden, which has reached a critical and unsustainable stage because governments have interfered with fertility for the past 60 years and have created inverted population pyramids; pyramids characterized by too many old and too few young to be able to pay the pensions of the old.

If your government subsidizes bread you can be certain that the bread you buy at a discount is laced with a depopulation poison.

If your government talks about improving child and maternal health you can wager your life that what it actually intends to do is get close enough to your body to either inject you with a sterilizing vaccine such as tetanus toxoid or HPV or put you on a sterilizing drug like Artemisinin under the pretext of lending you immunity against or healing you of real or invented illnesses.

If your government starts distributing free insecticide-treated bed nets and water filtration systems then what you receive is a giant contraceptive and a water sterilizing machine.

If your government mandates that all mattresses are to be treated with a fire retardant then you will know that it wants you to breathe in sterilizing and carcinogenic fumes.

If your government controls the sale of alcohol and regulates its production, you can bet your life that the booze you drink contains thujone or a heterocyclic compound designed to sterilize or kill you faster.

And what is true for your government is truer still for the UN system and thousands of NGOs that feed at the trough of national and international budgets or are funded by billionaires, all of whom are members of the depopulation lobby.

Your government, the UN system and billionaire-funded NGOs will only give you something if they can take away your fertility or longevity in return, or better yet, both.

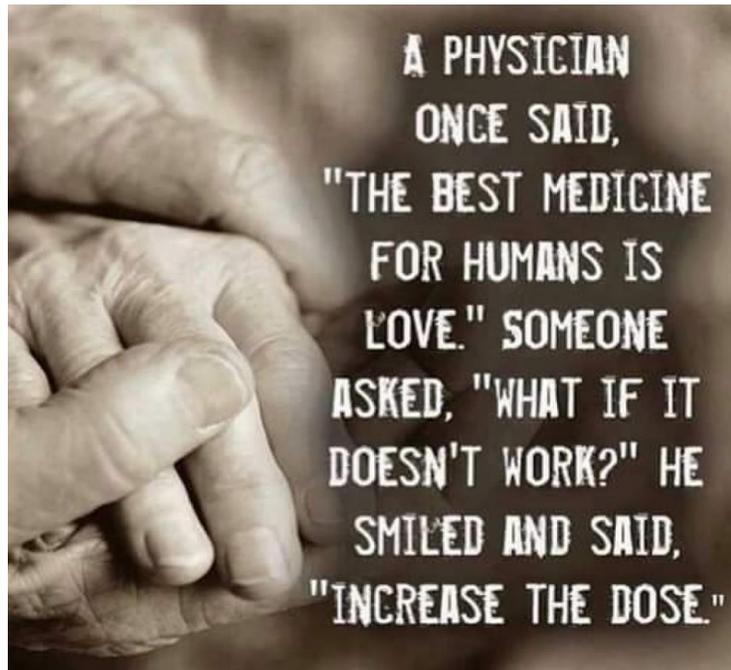
When your government, the UN system or billionaire-funded NGOs want to give you something for free or at a discounted price you better run in the opposite direction and don't even think of touching let alone using their "gift".

These entities have never given anything for free and never will. They have only given to be able to take far more than they give.

Get this through your head and never be tempted to accept any of their “gifts”.

You can continue to give control over your life to the government and be sacrificed or you can take control over your life and make sacrifices. If you choose the former and the easy way your genetic lineage will come to a full stop. If choose the latter and the harder way your children will live on.

## MITIGATION PROTOCOLS



We now know most if not all depopulation poisons and strategies used by our governments, the UN system and the military-industrial complex, and sanctioned by religious authorities, to combat population growth and we can avoid them henceforth if we are disciplined and alert. But what can we do to repair the damage done so far and to mitigate for the damage that we will suffer henceforth despite our best efforts to protect ourselves and our offspring?

The answer is to strengthen the immune system and stay fit so the body can repair itself while we shield it from further assaults. The following measure will help you do just that:

1. Decontamination fasts
2. Vigorous exercise
3. Hot yoga
4. Superfoods
5. Calcium gluconate
6. Regular sex
7. Cook and bake at home
8. Positive attitude

We possess the most sophisticated organic machinery nature has yet created, but the depopulationists continuously sabotage the proper functioning of our bodies, which are marvels of chemistry and biology. Reclaiming our minds and bodies and control over them is how we will win this war.

## 1. Decontamination fasts

To kickstart the healing process nothing works better or faster than a fast. A fast will help you decontaminate in record time so you can start with a clean slate. Many of the toxins used by the depopulation lobby are bioaccumulative being [persistent organic pollutants](#) (POPs) and have deposited in our organs and fat tissue. To get rid of them we have to get rid of the fat we have accumulated and purge them from our organs through metabolism and excretion, which is the body's natural way of performing [chelation therapy](#).

To get them out of our bodies we need only outputs no inputs. Taking more stuff – like supplements, micronutrients, vitamins, and amino acids – will not do the job. Decontamination can only happen by expelling toxins from the body and that only the body can do. Decontamination cannot occur by putting more stuff into the body in the hope that it will bind with the toxins and bring them out. That will only further solicit the vital organs to the point of over-soliciting them.

Having done this myself several times, I can attest to the fact that a 14 day hunger strike or fast during which you only drink pure depop-free water and walk at least ten kilometers (6 miles) a day will help you lose about 10 kilograms (22 pounds) of fat and a corresponding quantity of depopulation poisons that have accumulated in the fat tissue because they are persistent organic pollutants the body did not [catabolize](#) or excrete.

Your mind, your senses and your body will feel and be liberated and the benefits to your health will be immediate and palpable. From day to day you will feel and see extraordinary progress.



This is my transformation during the last hunger strike in Rome which lasted 60 days, time during which I lost 22.3 Kg (49.2 lbs.), thus 23% of my initial body weight, and walked 688 kilometers (427.5 miles).

Follow the hunger strike with a healthy diet and daily physical exercise to ensure that the fat stays off. And repeat the fast six months later if by then you have not reached your ideal [body mass index](#) (BMI) and a body fat percentage ([lean-to-fat ratio](#)) of around 10% to 20% for men and 15% to 25% for women.



Getting rid of the old fat, which is contaminated with depopulation poisons that have bio-accumulated over the years, is crucial to surviving depop.

If medical issues prevent you from fast-tracking your way to a fat-free life through a fourteen day starve and walk fast, then do it the conventional way by dieting and exercising over a period of months or, if morbidly obese, years.

But start today.

## 2. Vigorous exercise

Next to stress fat is the worst enemy to good health. Our increasingly sedentary lifestyles coupled with the incessant attack we are subjected to by the depopulation lobby and their endocrine disruptors make it impossible to keep the fat off without vigorous exercise at least four times a week for an hour or two.

Until we reach ideal weight and optimal lean-to-fat ratios it is necessary to exercise six days a week for at least an hour a day and the workouts we choose must get the heart pumping and the muscles working. The best fat-burning workouts are cardio and resistance training combined, also called concurrent training. For fat loss you have to combine weightlifting with cardio in one workout.



Join a club and get started.

After twelve years of neglect and abuse, I started working out three months ago to restore my body to its original shape and empower it to stay strong and healthy to defy and bury the global depopulation program. Luckily, I have a wonderful club just a five minute walk away from home here in Bucharest that offers concurrent training (body workout, strength cardio, abs and butt classes), yoga (Hatha and Ashtanga), as well as Pilates and fusion Pilates classes. I attend them all even though I am often the only guy in the class. The results, however, are extraordinary. I lost ten kilograms of fat and have turned an additional four kilograms into muscle in just three months, the result of which I look and feel twenty years younger and I would not be ashamed to show my body on any beach or pool. More than this, I have regained stamina and strength, flexibility and agility, muscle definition and a general feeling of wellbeing, a strong

spine and a solid inner core. All internal functions work better too, from cardiovascular to digestion. And as a bonus, I get to spend two to three hours a day in a room full of beautiful women.

Those of you who live in Bucharest, Romania, can join us at [Blue Aerobic](#) (Str. Soldat Gheorghe Matic no. 15-17, sectorul 2, Telephone: 0372.185.685, Mobile: 0735.444.801, [blueaerobic@blueaerobic.ro](mailto:blueaerobic@blueaerobic.ro)).



Aside from feeling good about ourselves, a daily exercise routine is the best way to sweat out the depopulation toxins that make it into our bodies despite our best efforts. And that's what this is all about. In the depopulation era exercising is a survival strategy not just a health and vanity issue. The unfit will perish and their offspring will be genetically inferior, physically and mentally weak and most likely sterile.

There is no easy way of doing this. You have to put in the time and the effort. No one else can do it for you and there is no fitness pill you can take and get it over with. But every hour you spend in the gym improves your quality of life, extends your life and restores your natural physical and mental abilities to how God intended them to be.

Children are far more vulnerable to depopulation damage than adults, which is why it is imperative that you get the kids away from the computer, TV, tablet and mobile phone screens into the great outdoors to play with other children and to do sports. If you inculcate a love of sports and of the outdoors early on their minds and bodies will develop well and will be strong and healthy.



The human body was not meant to sit still in front of a screen for hours on end. It was made for movement. If children are deprived of movement during their early years their bodies will not develop properly and they will have to contend with chronic illness and a lousy quality of life. Spending more than two hours a day in front of a screen is toxic for a child.



More importantly, they will not have the physical attributes needed to stay healthy in the depopulation era.

Enroll yourself and your children in sports and make the practice of sport, not watching professional athletes, a part of your daily life.





If nothing else you will have common denominators that strengthen the family unit and the bond between children and parents, which you will need more than ever during the depopulation era. Moreover, the body will thank you for it and reward you in predictable and unpredictable ways.

And let's not forget about the best form of exercise there is, walking. Park the car and walk everywhere. Nature built us for walking and walking is an easy way to burn calories and stay young and healthy. You will burn 300 calories an hour by walking. That's more calories than dancing (260 calories per hour) or yoga (230 calories per hour) and the same number of calories as you will burn during sex. But who the heck can have sex for an hour! Anyone can walk for hours on end.

And the opportunities for walking are endless.

On the benefits of walking

<http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261>

On the benefits of exercise

<http://www.nhs.uk/Livewell/fitness/Pages/Whybeactive.aspx>

### 3. Hot yoga and yoga

Hot yoga will help you purge your deep tissue, inner organs and glands of toxins in the easiest and most effective way, as it will reach where conventional exercise may not reach or reach with great difficulty. A hot yoga class lasts 90 minutes and takes place in a room heated to 40 °C (104 °F) and 40% humidity. You will sweat profusely as you go through a series of Hatha Yoga postures.

If you do a hot yoga class a week you are laughing at the depopulationists.



#### Eight Benefits of Hot Yoga

1. **Flexibility:** No, you won't be forced into contortionist positions. The heat will allow you to safely reach new levels of personal flexibility in beginner's postures, which is therapeutic for your body (see number seven). Plus, let's be honest, being flexible is cool. You'll be busting out Standing Bow Pose at your next party.
2. **Strength:** Your own body is your gym. This yoga is low impact and uses muscles you didn't know you had—trying standing in a wide lunge for Triangle pose on carpet and *not sliding!* Also, a prime focus is on spine strength, which is key to a long healthy life!
3. **Breath:** The definition of Hatha Yoga asana is: *stillness in a posture while breathing normally*. With the added element of the heat, you won't make it far if you don't breathe deeply! If there is no breathing, there is no yoga. It

won't take long before you learn to breathe in a full and controlled manner.

4. **Cardio:** Your heart can work the same way doing yoga postures in a heated room as it does when running a mile, and you never even leave your mat. Particularly in postures when you are balancing and contracting your muscles at the same time. A 90-minute class can burn up to 1,000 calories. The way you stretch and compress your internal organs and glands also stimulates metabolism so you are burning calories quicker outside the room as well.

5. **Detox:** The heated room helps you to stretch more and get your cardio, but it also helps you *sweat*. The postures themselves are detoxifying for your muscles, organs, and glands and sweating furthers that.

6. **Focus:** Most Hot Yoga classes consist of the same 26 postures and two breathing exercises—and if not, there is almost always a dialed routine. The routine helps you to advance your practice through repetition. As you advance, you gain tremendous focus and determination. The ability to focus carries over to your daily life. When you can focus on the task at hand, you'll excel and you can enjoy it more.

7. **Healing:** The primary purpose of this yoga is therapy. With a regular practice, these postures can help to heal old injuries and also prevent them in the future. This is especially true for, but not limited to, back pain. Don't skip the postures that are slightly uncomfortable. Hot Yoga is also known to reduce symptoms of conditions and illnesses including diabetes, asthma, high blood pressure, depression, arthritis and obesity.

8. **Life:** "You're only as old as your spine is flexible." ~Joseph Pilates Check out Hot Yoga and try a class. You've got nothing to lose!

Source: <http://yoganonymous.com/eight-benefits-of-hot-yoga/>

If you don't have access to hot yoga, then spend a few minutes a couple of times a week in a sauna or a steam room to help you sweat out more toxins. It is nowhere near as beneficial as hot yoga but it is better than nothing.

From experience I can tell you that no better form of exercise has been invented than yoga. Yoga is the best gift you can give yourself. Unlike hot yoga, which should not be practiced more than once or twice a week, yoga (Hatha, Ashtanga, Iyengar, Kundalini, Power Yoga, etc.) should be practiced every day. It will align your mind, body and spirit – which nothing else can – and will transform your life. More than anything, it will be your antidote to depopulation poisons.

On the benefits of yoga

<http://www.shantihotyoga.ca/the-benefits-of-yoga-hot-yoga/>

Types of yoga

<https://www.verywell.com/types-of-yoga-cheat-sheet-3566894>

#### 4. Superfoods

Eat as many superfoods as possible. Eat them daily. And eat them fresh.

There is no clear definition as to what constitutes a superfood or consensus that such a thing exists, but there is no doubt that some fruits, vegetables, herbs and spices have unique and beneficial properties. In the final analysis, however, a diet rich in fruits, vegetables, herbs and spices is a super food diet.

As far as I'm concerned, the most super of all super fruit are watermelons, cherries, citrus fruit (oranges, grapefruit, lemons and mandarins), peaches and apricots. The most super of all super vegetables are cabbage, eggplants, carrots, onions, garlic, beans, tomatoes and cucumbers. The most super of all super herbs are dill, lovage, peppermint, saffron, oregano and thyme. The most super of all super spices are pepper, cinnamon, ginger, paprika, and turmeric. The most super of all seeds are pumpkin, sunflower, sesame and poppy. And the most super of all nuts are almonds, pistachios and hazelnuts.



Variety is the spice of life and variety is also the secret to a balanced and rich diet. As a rule of thumb, try to eat ten different kinds of fruit and vegetables every week, five different kinds of herbs and spices, and two different kinds of nuts.

That will ensure that you get plenty of minerals, vitamins, and anti-oxidants. And that will keep your immune system strong so you can repair the damage done by depopulation poisons.

50 super foods

<http://skinnymys.com/50-super-foods-the-ultimate-shopping-list/>

## 5. Calcium gluconate

If your water is fluoridated and you have not yet installed a triple reverse osmosis filter or are not using a water distiller, then it is important you take a third of a teaspoon of [calcium gluconate](#) a day to protect you from fluoride.

This, however, is a temporary measure that should not be used for more than three months. Consider it your protection while you save the money necessary to install a proper water filtration system. Consider it also your fluoride detoxification method for the transition from depop water to depop-free water, in which case you should not use calcium gluconate for more than a month.

In some countries you can buy calcium gluconate off the shelves while in others you will need a doctor's prescription.

It is the only supplement I recommend and only for a limited period of time and due to the circumstances posed by water fluoridation, which is indeed the most dangerous and damaging form of population control.

## 6. Regular sex

You will undoubtedly be surprised to find sex on this list of depop mitigation measures. But sex is a powerful weapon.

By having sex once or twice a week you keep your immune system humming. You also lower your blood pressure, heart attack risk and ward off cancer (especially prostate and breast cancer). Sex also balances your estrogen and testosterone levels, makes you happier, stronger, healthier, and promotes empathic connections. It also improves sleep, eases stress, boosts your self-esteem, and lowers pain. Last but not least, it burns calories and strengthens muscles.

Masturbation is a distant second best as it only confers a fraction of the benefits described above or has no effect at all. You need a partner to have sexual intercourse and you need intimacy to get the full benefits of sex.

Have sex twice a week and you will eliminate much of the damage done to your immune and reproductive systems by the depopulation program!



I sure wish I followed this advice, but life is not always cooperative.

Sex more than anything else properly regulates and balances the complex hormones that are targeted by the depopulation program in order to destroy our ability to have children and our longevity.

More on sex and how to improve it here:

<http://articles.mercola.com/sites/articles/archive/2013/11/18/11-sex-health-benefits.aspx>

Hormonal regulation of the reproductive system

<http://www.pathophys.org/sexhormones/>

## 7. Cook and bake at home

You cannot control what goes into your food if you eat out or if you eat processed and frozen foods made in factories. But you can if you cook at home from primary ingredients, fresh fruit and vegetables, hormone free meat (preferably organic), and if you cook in depop-free pots.

Love goes through the stomach, they say, and in the depopulation era the stomach, and your entire health with it, goes without the love. Prepare your food lovingly and carefully because you are what you eat. If you eat toxic food you will have a toxic body and a toxic mind and the system will be in control of both. If you eat wholesome food you will have a healthy body and a healthy mind and you will be in control of both.



A few hours spent in the kitchen preparing wholesome meals is a wise investment of your time and the right priority in the depopulation era.

The best gift you can give yourself, your family and your children on a daily basis is home cooked food. In the depopulation era not only your health but also your life and the continuation of your genetic lineage depend on this.

Make your own mayonnaise, sauces and soup base. Don't buy anything you cannot make at home and don't use any food item that has more than three or four ingredients and you can read these ingredients out loud without tripping over chemical terms you have never heard.

## 8. Positive attitude

All battles are won or lost in the mind. And the battle against the global depopulation program is not a battle you can afford to lose.

If you declare yourself defeated by the magnitude of the problem and hide behind the excuse that you are too small and insignificant to change anything or resist an entire global system you will self-defeat. In that case you will do the world a favor if you put a bullet in your own head or jump out of a window to leave room for those who treasure life and who will do what it takes to perpetuate their genetic lineages and protect their offspring as fiercely as their fundamental rights in deed and not just word.

If you are to lose this epic battle then do so without regrets, without remorse, without bitterness, and without fear.

You are now in possession of the world's most guarded knowledge; knowledge that has shaped and reshaped society and human civilization for centuries, knowledge that is the seat of all power on earth and of all privilege. This is the Holy Grail and you just drank from its cup. You now know as much as any world leader or UN technocrat, but unlike them you have an extraordinary advantage, for you need not hide this knowledge to protect your interests and your freedom. Your conscience is clean and you have truth and justice on your side. If these are not reasons to make you hold your head high and your smile bright nothing will. Rejoice!

With this knowledge comes also great responsibility and great power. Wield both to the benefit of your children and of society. Change the world.

Love the world...as you love thyself.

Change it with love.

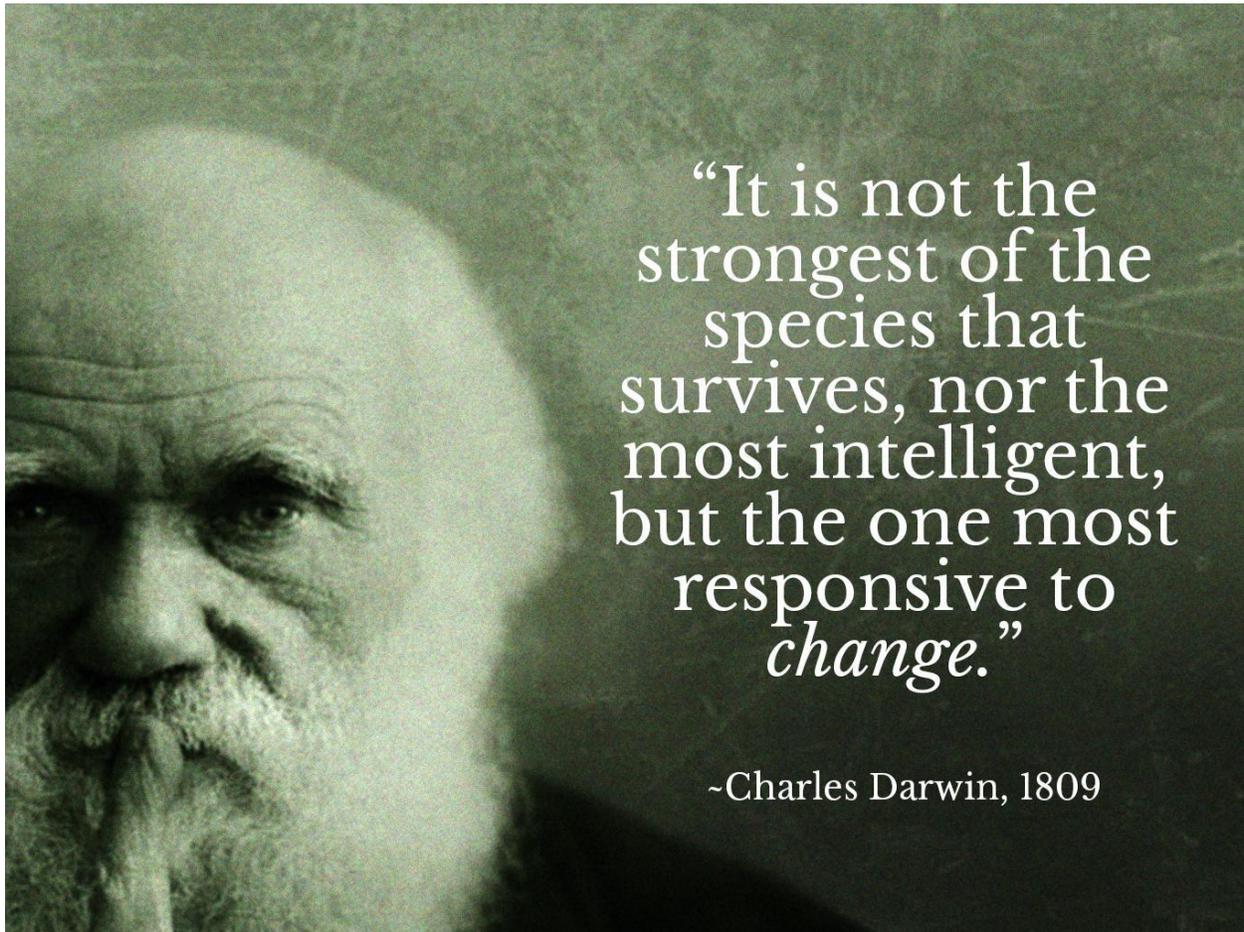
**PART TWO:**

**THE  
GENIUS'  
GUIDE TO  
SURVIVING DEPOP**

### **What to do**

Having read the above and acquired the vital knowledge conveyed in this guide you will know, if you are smart enough to qualify as a genius, that the only appropriate response is to drop everything you are doing, even if you are the president of the United States or a scientist on the verge of discovering a cure for all forms of cancer, and dedicate yourself to shutting down covert depopulation methods because everything else you may or may not be doing with your life is of little or no consequence by comparison and only aids the demise of your own genetic lineage, which invalidates any and all benefits you or others may accrue from your current efforts.

## CONCLUSION



“It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to *change.*”

~Charles Darwin, 1809

Depending on where you live 70 to 95% of the goods you find in grocery stores is depop food and this will not change anytime soon because the international system needs all depop methods to bring down the global population to a sustainable 4.5 billion people by the end of the 21<sup>st</sup> century.

The only way to be safe for any of us is to destroy the depopulation lobby and its culture of death and assume control over limiting our fertility so that sustainability can be accomplished not by sacrificing us but by our conscious and measured sacrifices.

The idiot will protect himself/herself and his/her family but will not do anything to change the system. The genius will also take precautionary measures for himself/herself and his/her family, but will dedicate his or her life to shut down the depop program, which can only be done by changing the international system.

While this system of depopulation by covert chemical and biological means stays in place trust no one. All government ministries and watchdogs are part of the system and therefore the enemy. All spiritual leaders who maintain the code of silence are at least accessories to genocide if not the anchors of genocide. Any organization, NGO or individual who does not publicly state the existence of the depopulation program and their opposition to it is either part of the system and cannot be trusted or is corruptible and refuses to disrupt the coalition of mass murder to benefit from this forbidden knowledge by sacrificing you.

Those who fail to adapt to the current reality and change their lives and actions accordingly will not survive into the future. They will fall victim to their own ignorance, indifference and love of comfort and will go down with the system they have placed their trust in, have hitched their stars to, and find acceptable.

I have tried to save everyone but have come to realize that no one can save those who refuse to save themselves. For better or worse this system of depopulation will free the world of idiots.

For only the idiots will fail to act.