

MASTERS OF HEALTH



**Mindset
Shift in
Pediatric
Medicine**

**Healing
The Whole
Child...
Naturally**

**Lawrence B.
Palevsky, MD**

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WELCOME TO THE JUNE 2023 ISSUE OF MASTERS OF HEALTH MAGAZINE & HAPPY FATHER'S DAY!

A Note from the Editor

June is the halfway mark of the year. How fast time flies.

International Children's Day is on June 1st, and Children's Awareness Month is throughout June.

The word, June, is derived from the Latin word 'Ju-ven-is,' which translates to 'youth.' Perhaps, this is why a particular focus on Children is in June. Their education, health, and well-being are vital. They are our future.

Adults have a responsibility to nurture, nourish, and protect children. Thus, it is only befitting that this month's feature is Dr. Lawrence B. Palevsky, MD, and pediatrician. He is renowned and revered for his dedication and tireless work to improve children's lives and keep them healthy. "Healing the Whole Child...Naturally."

Additional articles in this issue describe the specialized work of several other health practitioners, treating and addressing childhood issues and health.

Father's Day is celebrated on the third Sunday in June in the United States and many parts of the world. President Calvin Coolidge supported it in 1924, but it was not until 1972 that President Richard Nixon signed a proclamation making Father's Day a federal holiday. In most EU Catholic countries, it is on March 19th, St. Joseph's Day.

Credit for the origin of Father's Day is generally to Sonora Smart Dodd of Spokane, Washington, whose father, a Civil War veteran, raised her and her five siblings after their mother died in childbirth.

Throughout history, men have been used and abused as soldiers to fight wars. However, they are far more significant than glorified war heroes. Fathers, grandfathers, and uncles are vital in family structure, raising children, and the survival of future generations. Their male energy and attributes need to be valued. We must not let the war on humanity destroy a male's vital characteristics or role in society. Not at any age, from babies to grandfathers! Also in this issue, and with a sad heart, we pay tribute to two of our heroes, who are already sorely missed: Ronnie Cummins and Dr. Rashid Buttar, MD. May the outstanding work they championed carry on by all those they inspired.

May your heart be warmed and knowledge enlightened with this unique issue!

Lady Carla Davis, MPH
Exec. Editor,
Masters of Health Magazine

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Lawrence B.
Palevsky, MD

Dr. Palevsky is a New York State licensed pediatrician who utilizes a holistic approach to children's wellness and illness. Dr. Palevsky received his medical degree from the New York University School of Medicine in 1987, completed a three-year pediatric residency at The Mount Sinai Hospital in New York City in 1990, and served as a pediatric fellow in the ambulatory care out-patient department at Bellevue Hospital, New York City, from 1990-1991. Since 1991, his clinical experience includes pediatric emergency and intensive care medicine, in-patient, and out-patient pediatric medicine, neonatal intensive care medicine, newborn and delivery room medicine, and conventional, holistic, and integrative pediatric private practice. Dr. Palevsky is a diplomate of the American Board of Integrative Holistic Medicine and Past-President of the American Holistic Medical Association. He received his pediatric board certification in 1990, and passed his pediatric board recertification exams in 1997, 2004, and 2011. In his current pediatric practice, Dr. Palevsky offers well-child examinations, consultations, and educational programs to families and practitioners in the areas of preventive and holistic health; childhood development; lifestyle changes; nutrition for adults, infants and children; safe, alternative treatments for common and difficult to treat acute and chronic pediatric and adult conditions; vaccination controversies; mindful parenting; and rethinking the medical paradigm. Additionally, he teaches holistic integrative pediatric and adolescent medicine to parents and medical and allied health professionals, nationally and internationally, and is available for speaking engagements worldwide.

You can hear Dr. Palevsky on his weekly podcast, *Critically Thinking with Dr. T & Dr. P*, on Thursday evenings at 7 pm Eastern time, and can listen to more of his podcasts and interviews by visiting www.drpalevsky.com.

Mindset Shift in Pediatric Medicine

by Dr. Lawrence B. Palevsky, MD

When I completed eight years of medical school education, pediatric residency, and one year of a pediatric fellowship in 1991, I reflected on a beautiful and successful medical education and training in Western medicine. Children with fevers, headaches, and aches and pains would be prescribed over-the-counter medicines (e.g., acetaminophen, non-steroidal anti-inflammatory drugs (NSAIDs), and pharmaceutical drugs) to make their symptoms go away. Children who presented with ear pain, sore throats, constant runny noses, congestion, and coughs, would get over-the-counter medicines, decongestants, antibiotics, inhalers, steroids, or even surgery, to relieve their symptoms. Children with enlarged tonsils and adenoids blocking their airways, day and night, could be immediately cured with surgery: a surgery that helped improve their persistent symptoms of congestion, mouth breathing, snoring, and sleep apnea, as well. Rashes, eczema, wheezing, and allergies were conditions that required treatment with pharmaceutical medicines, steroids, antibiotics, and allergy shots, to make the symptoms disappear. Families with children with more serious conditions like autoimmune diseases, collagen vascular diseases, endocrine disorders, psychological and psychiatric issues, and neurological disabilities could rely on a myriad of pharmaceutical interventions to help make symptoms go away. And lastly, the growing desire to protect children from serious bacterial and viral infections paved the way for more pharmaceuticals, many more generations of antibiotics, and, of course, injections.

After these eight years, I was well equipped with the tools to become a great medical doctor as I went forth into practice with a summary of the dominant themes from my medical school education and training.

- 1) Children don't need to have symptoms. They don't need to get sick or stay sick for long.
- 2) Symptoms are bad; having no symptoms is good.
- 3) Symptoms of illnesses can and should be treated and suppressed.
- 4) A quick fix to treat symptoms is possible and more desirable.
- 5) Children do not need to stay home from school for long, and parents don't have to miss much work. There is no time for children to be sick.
- 6) The suppression of illness symptoms with pharmaceuticals and injections is the standard of care in Western Medicine, and no other approach to addressing symptoms could be effective.



I was armed and ready to help treat and stop all symptoms in children. But, what I realized, very early on in my medical career was that, despite using multiple medicines and pharmaceuticals to treat children's symptoms, many times, their symptoms would not go away. And most of the time, the children's symptoms would continue to return in cycles over weeks and months, even if they experienced short periods of being symptom-free.

Symptoms of fevers, colds, coughs, runny noses, congestion, ear pain, ear fluid, and sore throats persisted, despite several courses of antibiotics and pharmaceuticals. How was that possible? I was taught that either a new infection, a resistant infection to the previous antibiotic, or a failure of the child to take their recommended medications was causing their persistent symptoms. The children, however, didn't appear sick enough to warrant another antibiotic despite their ongoing symptoms. And, even though children were receiving multiple medications for persistent symptoms of non-infectious illnesses, like enlarged tonsils and adenoids, eczema, and wheezing, their symptoms kept returning. So what was going on? My education and training were failing me. Or so I thought!

I stepped back and asked, 'How is it that these children were not getting better with the medications I kept prescribing for them and didn't appear sick enough to have an ongoing infection that required more medications?' It suddenly dawned on me that something else was going on.

And, so came the questions, why did these children continue getting sick, and what tools did I have to help prevent them from getting sick? What factor(s) contributed to the development of symptoms in children? Could I help to prevent children from repeatedly getting sick if I could identify these factors and teach them to the parents? Did their symptoms have to persist or continuously return if children and parents were aware of what might be causing their illness symptoms in the first place?

My entire medical education and training flashed before my eyes, only to realize we never asked or answered these questions during the eight years I studied and trained in Western Medicine. **I was not equipped!**

After several courses of failed antibiotics, if children did not appear to be suffering from another infection, what caused them to continue to present with acute illness symptoms?

Over the last thirty years, I've discovered that the majority of fevers and acute illnesses in children are not infections and don't require treatment with antibiotics or pharmaceuticals. The onset of acute symptoms in children is an appropriate and healthy attempt by their bodies to eliminate and excrete an accumulation of inappropriate and stressful dietary and environmental materials that cause a build-up of wastes, toxins, inflammation, and impurities in their bodies.

We are taught in Western Medicine that our cells, tissues, and organs cannot optimally function if there is any accumulation of wastes, toxins, inflammation, and impurities. The only thing left for our bodies to do is to develop an acute illness with fever, cold symptoms, coughs, runny noses, congestion, ear pain, ear fluid, sore throats, rashes, and intestinal and neurological symptoms to save our bodies from being harmed by the accumulation of these materials.

How do these inappropriate and stressful materials enter children's bodies? Through the womb, air, food and beverage choices, skincare choices, nervous system exposures, emotional triggers, electromagnetic field (EMF) exposures, and injections. Normal elimination and excretion of wastes, toxins, inflammation, and impurities occur in children every second of every day without



SO, WHAT DOES A SHIFT IN THE MINDSET OF PEDIATRIC MEDICINE LOOK LIKE:

- 1) Children develop symptoms of illness because their bodies are strong, not weak.
- 2) Acute illnesses develop as a way for children to become well: as a way for them to clear out an accumulation of wastes, toxins, inflammation, and impurities that don't make their way out of the body through the standard means of elimination and excretion via mucous production, and the normal activity of the lungs, kidneys, intestines, skin and nervous systems.
- 3) Acute symptoms are merely exaggerations of normal body functions, working to help children remove wastes, toxins, inflammation, and impurities without any symptoms.
- 4) Acute illnesses in children occur when there is too much load and/or sensitization to materials that have entered their bodies and threaten the health of their cells, tissues, and organs.
- 5) Acute illnesses happen in children to save their lives. Most often, these illnesses do not involve infections, even though multiple children, and even adults, may present with similar symptoms in a timely manner. If anything, microorganisms already inside their bodies and lining the surfaces of their bodies are playing an integral role in helping children better eliminate and excrete their excess toxins, wastes, inflammation, and impurities.
- 6) Symptoms of illness in children require support, encouragement, and facilitation, not suppression.
- 7) Chronic illnesses in children are more likely to occur because wastes, toxins, inflammation, and impurities are appropriately eliminated or excreted from their bodies. Why? For one, acute symptoms are repeatedly suppressed with over-the-counter medicines, antibiotics, and pharmaceuticals, so elimination and excretion are delayed or stopped, and children become weaker. Secondly, we continue to expose our children to ongoing loads and sensitization to materials through the womb, air, food and beverage choices, skincare choices, nervous system exposures, emotional triggers, EMF exposures, and injections that overwhelm their bodies and compromise the health of their cells, tissues, and organs. As such, they are weaker and have diminishing reserves to ensure these offensive materials are appropriately eliminated and excreted from their bodies.
- 8) Chronic illness in children is another way of saying chronic accumulation of wastes, toxins, inflammation, and impurities.
- 9) Fear and lack of understanding of how the body truly works can get in the way of recognizing how we can more optimally help children prevent acute symptoms of illness and easily support them as they resolve the accumulation of dis-eased materials in their bodies.
- 10) Re-education of our parents begins so the fears can subside. Information and knowledge help reduce fears and empower parents.
- 11) Being more mindful of the contributing factors to which we expose children that create enough stress in their bodies that wastes, toxins, inflammation, and impurities accumulate past the threshold of what their normal elimination and excretion capacities can withstand is the key to keeping children healthy.

Ultimately, our children's bodies have the innate capacity to heal. Our job is to remove the

Critically Thinking with Dr.T and Dr.P



Dr. Sherri Tenpenny



Dr. Larry Palevsky

Each week Dr P and Dr T will have an open debate and discussion on topics such as Covid-19, vaccines, medicine, science, health and true wellness which have disappeared in today's polarized environment. In these podcasts, "Critically Thinking" Dr. Sherri Tenpenny and Dr. Larry Palevsky challenge the status quo with raw and intelligent discussions designed to restore your curiosity and satisfy your thirst for truth.

You will discover answers and possibilities you didn't know existed. [Listen in](#) each week for up-to-date reviews on many different topics that affect your life and the lives of those you love.



Critically Thinking with the 5 Docs



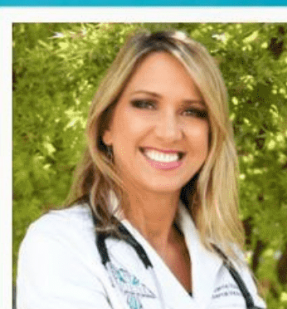
Dr. Sherri Tenpenny



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Ana Maria Mihalcea, M.D., Ph.D.

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Creating Your Own Multi-dimensional Path to Wellness

Lake Clear Lodge

If you let yourself breathe it in, there is a magic here, a natural gathering place where the ancient peoples found solace. And during the 18 & 1900's, this area became famous for being the "HEALING WOODS" in the era of tuberculosis where even the pine and balsam was deemed to be therapeutic along with a wonderful community dedicated to inclusive health. Even Einstein himself found a haven in these woods - and on this property.

Hello from The Hohmeyer Family, who have held 25 acres of rejuvenation space since 1965 in Lake Clear, NY – coupled with the fact that Cathy Fisher Hohmeyer's Family built the place in 1886..confused??

Yes – IT IS QUITE THE STORY. LETS GET TO IT...

A Story of Family & Fate

The Lodge was built in 1886 (see the image above showing the lodge before it was purchased by Hohmeyers) – by Cathy's Great Aunt Anna and Uncle Millard Otis. It was originally the post office and stagecoach stop. The town itself was then called Otisville.

It was changed to Lake Clear Junction during the railroad era, when it was the junction for folks traveling to and from NYC and Montreal Canada. After the train stopped running it became Lake Clear. The Lodge itself was started by the Otis's and then purchased by the Jarvis – a relative. It operated til the mid fifties then closed down for a number of years.

The Hohmeyers bought it in 1965 and reestablished a restaurant with a few lodgings. Cathy worked for them when in high school – never dreaming she would own and operate it with their son Ernest.

After leaving that small home town of Lake Clear, Cathy began working as an occupational therapist in Washington DC only to head "home" a couple years later to start her own O.T. company which brought services to the schools, hospitals and developmental centers.

But something about The Lodge called her and when the elder Hohmeyers needed to retire Cathy stepped in ..very long story short.. the lease never specified that they had to all move out. Cathy ended up marrying Ernest and the family helped transition an aging inn to what is now a 25 acre small resort with 100 person conference center, beautiful hand crafted chalets and lakeside suites and unique programs like no other.

Cathy and Ernest even bought a stagecoach and offer rides down the old mail road (robbery included). In winter they established a sleigh ride and speakeasy stay whereof course you get your lodging key from your mailbox in the lobby. From understanding the importance of the colors of food to re-connecting your human bio field, we offer introductory programs and advanced as well. Plus a comfortable place for practitioners to rejuvenate as well.

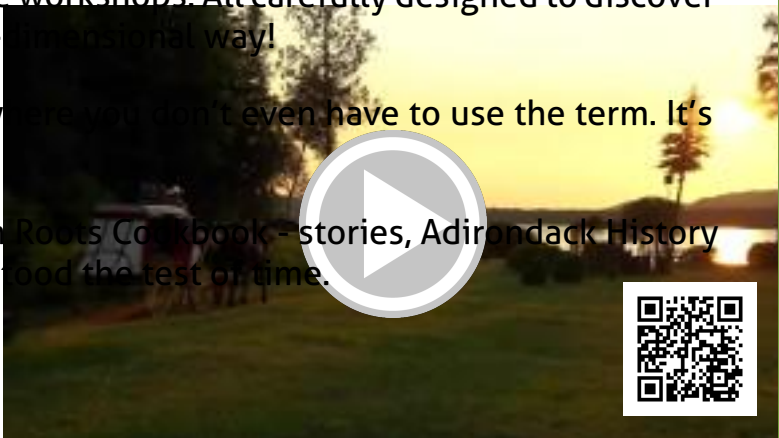
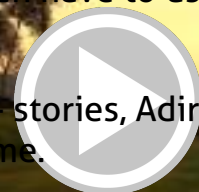
These are just a few examples of the multi-dimensional and sensory filled opportunities you can do with friends, families, or week-long personal immersions.

For the latest, please see our calendar. If it may be a bit before you visit, please see our on-line programs and even work 1:1 with Cathy long distance.

We hope you feel the energy found in our holistic wellness "guides" of Adirondack nature, chefs with fun cooking programs, connoisseurs with unique History of Fermentable Drinks Tastings, to a host of partners who specialize in integrative workshops. All carefully designed to discover our nature and re-connect with yours in a multi-dimensional way!

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For more of the story - you can get our Common Roots Cookbook - stories, Adirondack History and signature recipes from The Lodge that has stood the test of time.



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Welcome Message from Sally Fallon Morell, MA





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Dr. Judy A. Mikovits, Ph.D.

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Dr Judy Mikovits
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I wish you and yours a very Merry Christmas and a wonderful holiday season! Unconditional love is my guiding principal throughout the year, and it is even more important in these challenging times. 'Tis the season for coming together, enjoying each others company, be joyful and laugh together. It's the greatest medicine of all. It brings me joy to read in your comments and emails how you took care of your health, improved your condition and are thriving again!

My focus has always been on educating, and I leave the rest of the work in your hands.



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Thomas E. Levy, MD, JD

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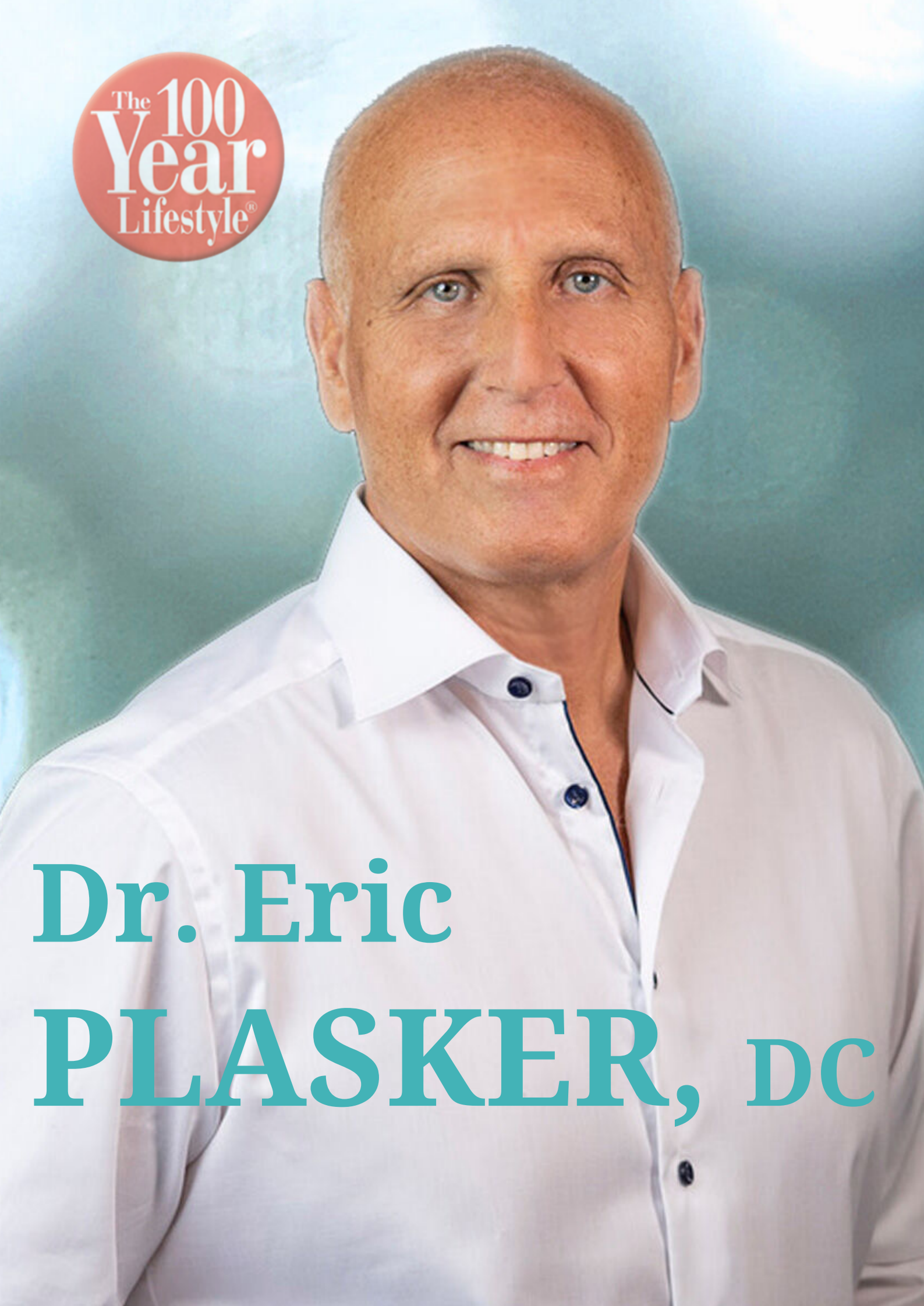
*Immuno-Oncology
Using Rice Bran Arabinoxylan Compound*



AVAILABLE ON AMAZON

Professor Serge Jurasunas

Foreword by Leigh Erin Connealy, M.D.



**Dr. Eric
PLASKER, DC**

Dr. Eric Plasker is a **Bestselling Author**, **Creator of The 100 Year Lifestyle®**, **International Speaker**, **Chiropractor**, **Human Potential and Longevity Leader for Decades**.

Dr. Eric Plasker is the international bestselling author and creator of **The 100 Year Lifestyle**. He has been a practicing chiropractor since 1986, after graduating from Life Chiropractic College, now **Life University**.

With a primary focus on human performance, family care, and longevity potential, he has been a leader in the wellness and chiropractic industries for decades.

Dr. Plasker has trained over 10,000 doctors and traveled the world delivering practitioner Continuing Education training. He has empowered these doctors who now base their practice on the timeless truth that everyone deserves to be healthy and express their full potential from the time they are born through their last breath of life. He calls this living 100:100, at 100% for 100 years.

Additionally, Dr. Plasker enjoys bringing holistic consciousness to the masses, and speaks to **companies, communities, and organizations** on human potential, leadership, personal and cultural change, as well as the principles of The 100 Year Lifestyle. His fresh, innovative message is always cutting edge and relevant.

He has mastered the art of caring for high performance athletes by taking care of World Champions Division 1 Collegiate teams – and everyone in between. He loves educating athletes and everyday people about the body's innate intelligence, natural healing, and optimizing function through every phase of life.

Dr. Plasker has received many professional acknowledgements including the Distinguished Alumnus Award from Life University, the Presidential Award from the **California Chiropractic Association**, and the Literary Achievement Award from the **International Chiropractors Association** to name a few. He is currently serving on the **Chiropractic Future Strategic Plan Committee**.

He and his wife Lisa have been married 34 years and raised their family the 100 Year Lifestyle way. All three of their children are now practicing chiropractors. Dr. Plasker still **practices in Marietta, GA**.

A featured guest on traditional media, social media, and podcast interviews worldwide, Dr. Plasker is available to the media and for speaking engagements by contacting **info@100yearlifestyle.com**.

VITAMIN SEA

by Dr. Eric Plasker, DC



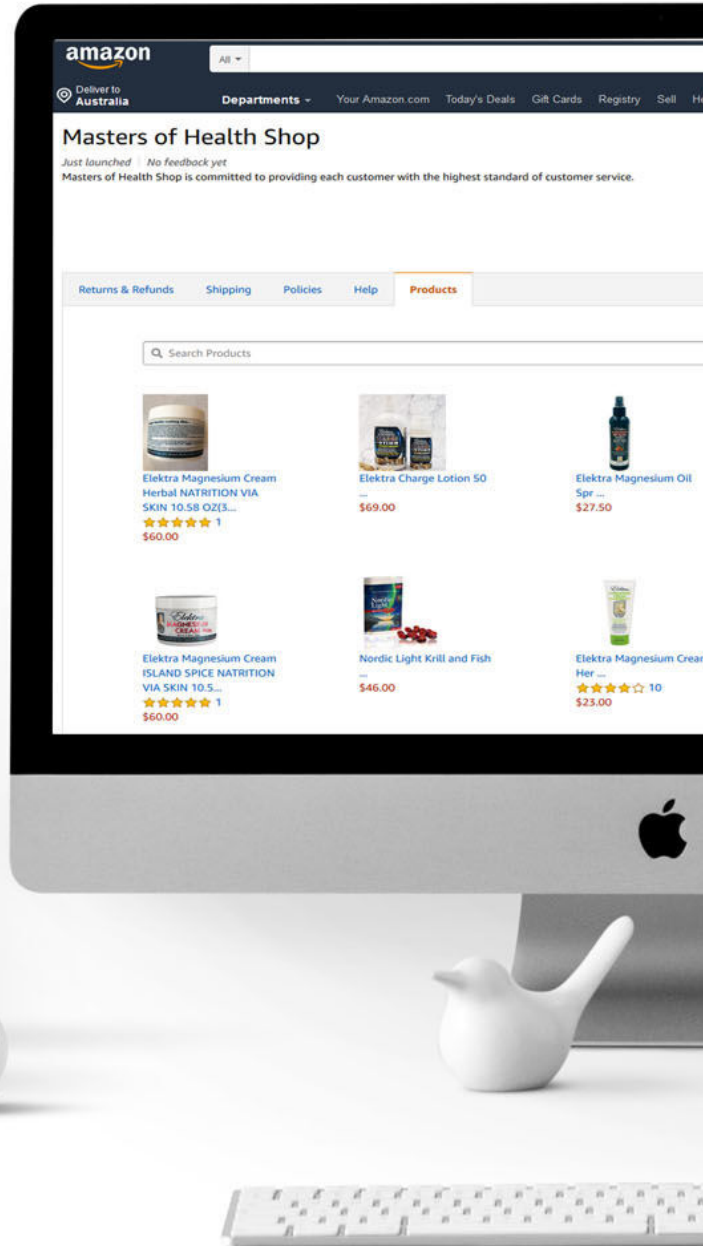
For many of us, the minute the weather warms up, we start thinking about a vacation by the ocean. We can't seem to get enough 'Vitamin Sea!'

The sun, the sand, the salt water - all spell relaxation and rejuvenation. But there's more. There are some significant health benefits to a trip to the seashore. Those good feelings you get aren't just happy summer vibes, powerful healing is taking place.

Ancient Cure-All

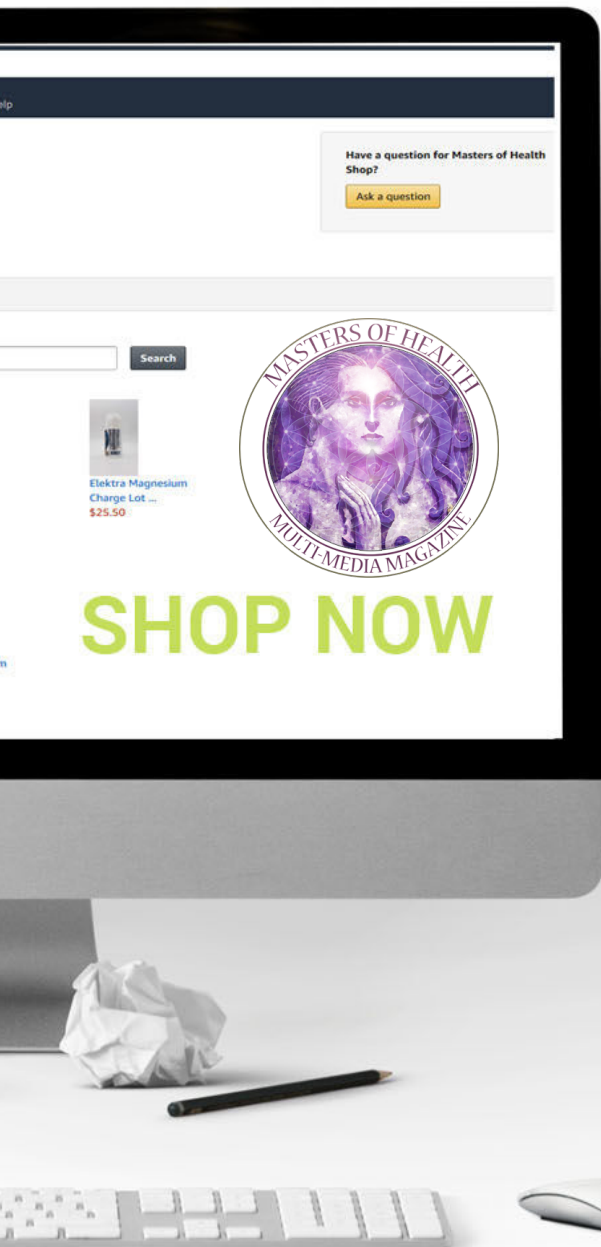
The ancient Greeks, Romans, and Egyptians recognized the emotional and physical benefits of the ocean. Hippocrates, Plato, and Aristotle have all been credited with recommending the healing qualities of the ocean for the human body and soul. According to Plato, "The sea cures all ailments."

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Brendan Riordan, D.C.

Brendan Riordan, D.C., is a pediatric and family chiropractor practicing on the South Shore of Massachusetts. He loves chiropractic as a way to bridge the gap between the physical, emotional, and spiritual events of our lives. He practices with his wife and loves spending quality time with his three young children.

Adjusting Into Ease

By Brendan Riordan, D.C.

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Jack first presented to our office at 9 days old and was having difficulty latching. His parents were seeing a lactation consultant, who observed that his jaw was very tight and he had difficulty opening his mouth to latch. As a result, his mom, Marie, had been pumping and they were feeding him with a syringe, putting a finger in his mouth to make sure he didn't get oversensitive. They were even switching from holding him on one side to the other to make sure he was getting proper neck mobility, but still he was unable to truly initiate a latch. Both parents were concerned and frustrated, and Marie was also in pain. They were referred to our office by the lactation consultant, as well as a chiropractor that knew the family.

Before we continue with Jack, it's important to say what an honor it is to be able to check a baby at such a young age. **We make sure parents know what a special and important time this is to get adjusted.**

In fact, one of the joys about working with babies is that the results tend to be quick and dramatic. There is no placebo: Chiropractic simply works. No coaxing, cajoling, or convincing is needed—there is just pure intentionality. On a deep level, infants seem to understand when something is going to help them, and they relax right into the adjustment.

Marie told me that her pregnancy had been uneventful, but that Jack was born "sunny-side up," meaning he was born looking forward, or occiput posterior. This position can be extremely painful for the mother, and also can cause some bruising on the baby's head, and can lead to a more difficult birth. This was the case with Jack.



Marie relayed that Jack had bruising on the right side of his head, just off center, above his right eye. You could see it on the surface of his skin; his right eye was also squinty.

What was barely visible, but could only be felt, was that Jack had a combination of a misalignment of the atlas vertebra, the top bone of the spine, in addition to his TMJ (jaw) being tight and his palate being dropped—all on the right side. The combination of these issues meant he had significant difficulty opening his mouth and turning his head. Imagine trying to eat a meal without being able to open your mouth fully or being able to turn your neck. Now you can imagine the difficulty Jack was experiencing, and the concern and frustration of his parents, especially his mother.

Even under the most ideal circumstances, the birth process exerts tremendous pressure upon the newborn—let alone if the baby's position is less than ideal or if any sort of intervention is used such as an epidural, Pitocin, forceps, vacuum extraction, or C-section.

This is why it's so important to get newborns checked by a chiropractor trained to work with babies—they're able to adjust and help unwind those stuck and compromised areas. In turn, the baby will have the best chance to fully develop without undue stress on his growing body. This allows for optimal function.

Once it was clear what we needed to adjust with Jack, we made sure Marie understood what we were going to do: apply a very gentle and specific pressure, no more than the amount you would use to check to see if a tomato is ripe, in order to release the compromised areas. His little body, which at first appeared to be uncomfortable and stuck in a posture toward the right, slowly began to unwind. The ease he began to experience was palpable and visible. His jaw relaxed. His right eye, drawn tight because of the tension, had relaxed. His head slowly moved into a comfortable, neutral position. Marie saw it: It was very clear. You could almost hear the sigh of relief, as if he wanted to say, "Ahhh...I've been waiting for that."

We waited a moment, appreciating what had just happened. Then Jack was ready to nurse. This is very common when little ones get an adjustment, especially if they haven't been able to get a good latch. It's as if they are making up for lost time, and make up he did! Marie was able to get him to latch in a way she hadn't before, and felt such tremendous relief for being able to do so.

We worked with Jack for several months to continue to unwind the tension in his body. Marie



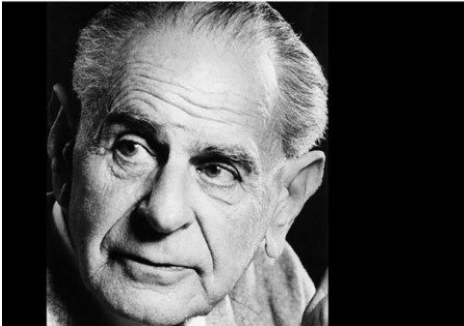
ADJUSTING INTO EASE: UNDERSTANDING PEDIATRIC CHIROPRACTIC

In this episode we will discuss Dr. Brendan Riordan's article in Pathways titled, "[Adjusting into Ease](#)." This article highlights one particular success story with a newborn receiving chiropractic care to help with difficulty nursing. We will also take an overview of pediatric chiropractic in general and many of the benefits kids and parents can expect.

Principia Scientific **INTERNATIONAL**

ABOUT PRINCIPIA SCIENTIFIC INTERNATIONAL (PSI)

Principia Scientific International (PSI) was founded in 2010 and is legally registered in the UK as a non-profit company publishing and promoting non-political, cutting-edge science. It puts special focus on promoting transparency and truth, as per the traditional scientific method extolled by **Karl Popper**. (See *Pict. Below*)



This expanding organization was originally conceived by 22 international climate experts and authors who joined forces over a decade ago to write the climate science bestseller, **'Slaying the Sky Dragon: Death of the Greenhouse Gas Theory.'**

Today PSI has over 6.500 international members and runs an increasingly **popular website** with around 50,000 visitors each day. During 2020, this free-to-join body has been gaining a whole new legion of followers due to uncovering false science behind the COVID-19 pandemic. Our members feel a moral duty

to preserve the traditional methods of open scientific inquiry free from persecution, ridicule, and censure.

Most members are science graduates and/or in **STEM professions** and assist with original content and peer reviewing articles and submissions to ensure high quality content.

NEW RENAISSANCE OF THE TRADITIONAL SCIENTIFIC METHOD

The Association is indebted for its name to **SIR ISAAC NEWTON'S Principia Mathematica** that signaled the modern legacy of the English Scientific Method, often shortened to just the **Traditional Scientific Method**.

community; to defend the interests of the members, to educate specialists and non-specialists about new theories and refinements in best practice; to disseminate amongst our members, domestically and internationally, news and views for the betterment of their knowledge and performance.

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Now

JEFFREY SMITH

Named "**Person of the Year**" by **Masters of Health Magazine**, Jeffrey Smith wrote the world's bestselling book on GMOs, directed 5 documentaries, delivered 1000 lectures and 1000 interviews in 45 countries, trained 1500 speakers, and organized over 10,000 grassroots advocates in 25 years of service.

He has consulted elected officials and world leaders on every continent, been quoted in *The New York Times*, *Washington Post*, and *Time Magazine*, and regularly appears on major broadcast media, including *The Doctors*, the *Dr. Oz Show*, *BBC*, and *Fox News*. His 2021 award-winning short film, *Don't Let the Gene Out of the Bottle*, (www.ProtectNatureNow.com) shows how gene-edited microbes pose an existential threat that must be urgently addressed by governments around the world. As founding Executive Director of the Institute for Responsible Technology, Smith is spearheading a new global movement—Protect Nature Now—which has alerted more than 2,000 elected officials about this unprecedented danger from new genetic engineering technologies.

Protect Nature Now also supports allied organizations in the USA, Canada, UK, EU, and Australia, with a grant program to enhance outreach to lawmakers and the media.



REASONS WHY GENETICALLY ENGINEERING IS

DANGEROUS

& UNPREDICTABLE

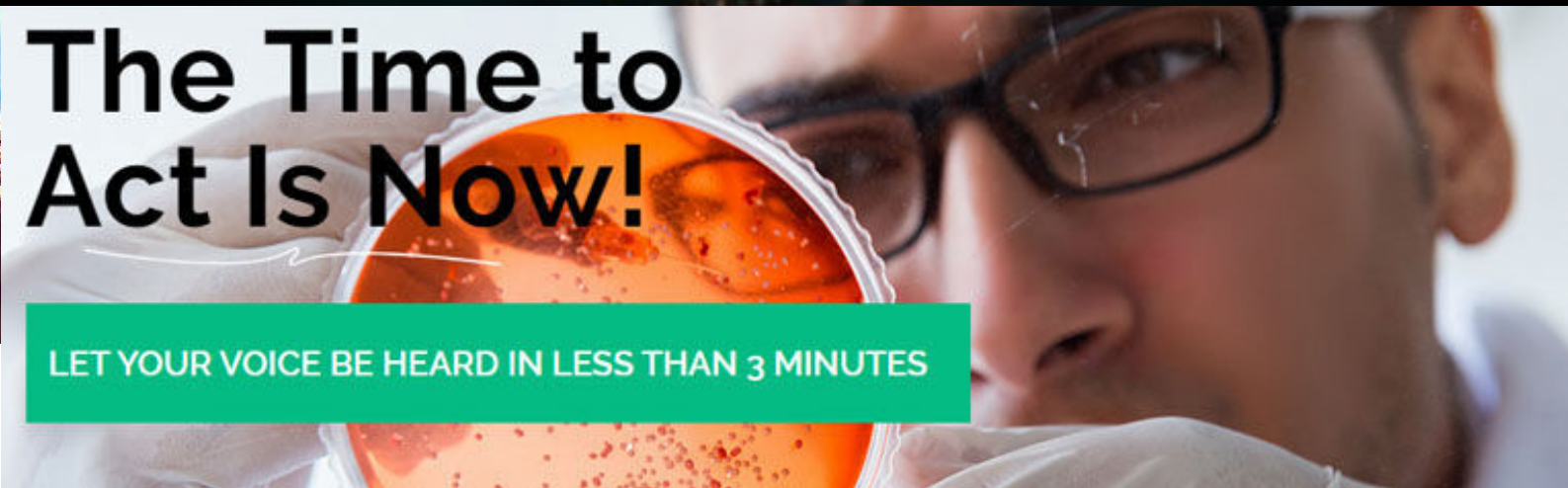


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Digestive Problems & GMOs



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They're just like, okay,



Cloudy Hands



TOTAL WORKOUT



This book is not a Tai Chi Manual. It is a resource outlining both the physical and spiritual aspects of this art, intended to motivate the reader to practice and experience it for themselves.

Teodor Ardeleanu

The **Ki**Train Method

Masters of Energy



The Mind communicates with the Body through life force energy known as Ki. Use the Ki Train Method to give your body the power and energy to take you wherever you want to go.

Teodor Ardeleanu

Tai Chi

The Path Towards Self-Healing



FEEL STRESSED?

**THIS GUIDED
MEDITATION
IS FOR YOU!**







**Activist, Author
Founding Executive Director of
MOMS ACROSS AMERICA**

ZEN HONEYCUTT

Zen L. Honeycutt is—first and foremost—a mom. She is also an activist, speaker, author, founding executive director of Moms Across America, and co-creator of Mothers Across the World with Dr. Vandana Shiva.

While heading Moms Across America, Zen initiated the first testing for glyphosate in tap water, breast milk, and urine and spearheaded the non-profit's successful petition to Costco to remove Roundup from their shelves.

Happy to speak to anyone interested in better health for all, she has been featured on ABC, CNN, The Dr. Oz Show, the Wall Street Journal, CSPAN, Fox News, Reuter's, Huffington Post, and many other media outlets.

Her documentary, ***Communities Rising***, highlights efforts across our nation to transform the food supply, and she is the author of ***UNSTOPPABLE: TRANSFORMING SICKNESS AND STRUGGLE INTO TRIUMPH, EMPOWERMENT, AND A CELEBRATION OF COMMUNITY.***

FOR YEARS, ZEN HAS BEEN MOTIVATING GROUPS AROUND THE GLOBE TO TAKE ACTION TO IMPROVE THEIR QUALITY OF LIFE, HEALTH, AND FOOD.

SPEAKING TOURS HAVE TAKEN HER TO AUSTRALIA, NEW ZEALAND, JAPAN,



SWITZERLAND, CHINA, MAUI, FRANCE, THE HAGUE, AND ACROSS MAINLAND AMERICA.

KNOWN FOR BEING ***UNSTOPPABLE***, ZEN MAKES A PRACTICE OF GOING HEAD-TO-HEAD WITH GOVERNMENT AGENCIES, BIG CORPORATIONS, AND ANYONE WHO BELIEVES THAT THINGS SIMPLY ARE THE WAY THEY ARE AND THAT IT'S IMPOSSIBLE TO CREATE CHANGE.

SHE HAS IT ON GOOD AUTHORITY—HER MOTHER—THAT WE ARE ALL AMAZING. AND SHE KNOWS FROM EXPERIENCE THAT ANYTHING IS POSSIBLE. HER OWN STORY IS PROOF OF HER BELIEFS.

FORMERLY OF CONNECTICUT AND NEW YORK CITY, ZEN CURRENTLY RESIDES IN SOUTHERN CALIFORNIA WITH HER HUSBAND AND THREE SONS.

"Empowered Moms, Healthy Kids."



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A National
Coalition of
Unstoppable
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MOMS ACROSS AMERICA
is a National Coalition of Unstoppable Moms.
Our motto is "Empowered Moms, Healthy Kids."



NEIGHBORHOOD FOOD NETWORK

On April 18, 2022, Moms Across America launched a new Neighborhood Food Network pilot program. The invitation to participate in this new initiative was shared on the Monday night Moms Connect Call with the preview of the www.NeighborhoodFoodNetwork.com website.

"We are thrilled to share this new initiative. It is time for our health and prosperity not to be dictated by decisions made on Wall Street but by our street. This hyper-local focus on going door to door just on your street and meeting your neighbors to strategize, organize, and mobilize to secure food safety will have far-reaching effects in the future. The challenges we face will be greatly quelled by fostering an environment of preparedness, health, and community," said Zen Honeycutt, initiator of the program.

This initiative focuses solely on food and community building and is in the developmental

WELCOME TO OUR NEW PROGRAM



GLOBAL

JOIN THE CAMPAIGN

A young kangaroo is the central focus of the image, standing upright and looking directly at the camera. It has a brownish-grey coat and large, upright ears. The background is a soft-focus natural environment with green foliage and a tree trunk.

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FOR ANIMALS

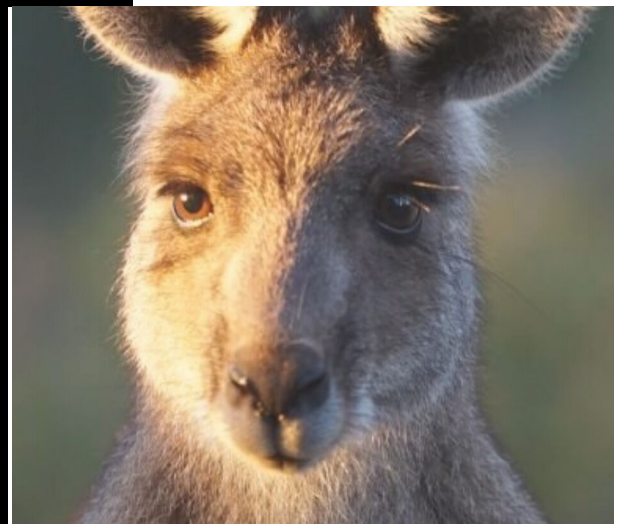
KANGAROO: FROM AUSTRALIAN
ICON TO MEAT AND LUXURY
LEATHER FOR THE EU

IMPACT

N FOR KANGAROOS



We, at KA, want kangaroos alive and well - bounding with their fellow mob members through native bush as they have been doing for the last 15 million years.





Dr. Dimitry Gitelmaker, MD double board certified weight loss expert trained at Harvard medical school with a board certification in obesity medicine. Dr Gitelmaker also completed a fellowship in Nutrition and Preventative Medicine at New York Presbyterian-Columbia University College of Physicians and Surgeons and did his Internal Medicine training at Boston University.

Using the latest research in nutrition and preventative medicine, Dr. Gitelmaker and his team provide you with a customized approach that takes into the account your individual needs and preferences. Whether you are struggling with obesity, have a medical condition that requires weight loss, or simply want to improve your overall health, Dr Gitelmaker is here to help.

Dr. Dimitry
GITELMAKER, MD

Addressing the Growing Challenge of Pediatric Obesity: A VITAL CALL TO ACTION

Dr. Dimitri M. Gitelmaker, MD



Introduction:

Pediatric obesity has emerged as a pressing public health concern, affecting millions of children worldwide. The alarming rise in childhood obesity rates is not only linked to immediate health risks but also poses long-term consequences. As a medical expert in obesity medicine, I feel a strong responsibility to shed light on this critical issue and emphasize the urgent need for proactive measures. In this dynamic blog post, we will delve into the complexities of pediatric obesity, explore its causes, highlight its detrimental effects, and provide actionable strategies to combat this growing epidemic.

Understanding the Causes:

Pediatric obesity is a multifactorial condition influenced by a combination of nutritional deficiencies and imbalances related to a junk food diet, stress, genetic, behavioral, environmental, and socioeconomic factors. Genetic predisposition plays a role, but it is the interplay between genetics, nutrition, and environmental triggers that leads to weight gain. The rising cost of good food, sedentary lifestyles, increased screen time, easy access to processed, addictive, nutrient deficient foods, poor dietary choices, and lack of physical activity are all contributors to the rising rates of obesity among children. Furthermore, socioeconomic factors, such as food insecurity, low cost, addictive junk food, and limited access to healthy foods, exacerbate the problem, creating a vicious cycle of obesity and health disparities.

The Consequences:

The consequences of pediatric obesity extend far beyond physical appearance. Obese children are at a significantly higher risk of developing chronic conditions, including type 2 diabetes, cardiovascular disease, asthma, joint problems, and even psychological disorders like depression and low self-esteem. Moreover, these health issues can persist into adulthood, leading to a diminished quality of life and increased healthcare costs.

Addressing the Issue:

1. **Empowering Education:** Educating parents, caregivers, and the community about the importance of healthy eating habits, real food high in nutrients vs packaged processed food high sugar and damaged oils and low nutrients, portion control, and regular physical activity is paramount. Providing evidence-based resources, workshops, and support networks can foster positive change and empower families to make informed choices.

2. **Promoting Healthy Environments:** Creating supportive environments that prioritize physical activity and offer access to nutritious foods is crucial. Schools should implement comprehensive wellness programs, including physical education, healthy, wholesome meal options, and policies that restrict the availability of sugary beverages and snacks.

3. **Family-Centered Approach:** Engaging the entire family in lifestyle changes can yield remarkable results. Encouraging shared physical activities, family meal planning, and involvement in meal preparation can foster a culture of health and togetherness.

4. **Collaboration and Policy Advocacy:** Collaboration between healthcare professionals, educators, policymakers, chefs, food manufacturers, and community organizations is essential. Advocating for policies that address food deserts, promote nutrition education, and limit the marketing of unhealthy foods to children can make a substantial impact.

5. **Individualized Care: Tailoring interventions to the unique needs of each child is crucial for success.** Utilizing a multidisciplinary approach that involves nutritionists, healthcare providers, dietitians, exercise specialists, and mental health professionals can provide comprehensive care and support for children with obesity.

Conclusion:

Pediatric obesity demands our immediate attention and concerted efforts as a society. By understanding the root causes, acknowledging the consequences, and implementing proactive strategies, we can effectively combat this growing epidemic. As medical experts, caregivers, and community members, we must join forces to create healthier environments, foster

What's Making Our Children SICK?

How Industrial Food Is Causing an
Epidemic of Chronic Illness,
and What Parents (and Doctors)
Can Do About It

EXPLORING THE LINKS BETWEEN
GM FOODS, GLYPHOSATE, AND GUT HEALTH

Michelle Perro, MD *and*
Vincanne Adams, PhD

Exploring the links between GM foods, glyphosate, and gut health

With chronic disorders among American children reaching epidemic levels, hundreds of thousands of parents are desperately seeking solutions to their children's declining health, often with little medical guidance from the experts. ***What's Making Our Children Sick?*** convincingly explains how agrochemical industrial production and genetic modification of foods is a culprit in this epidemic. Is it the only culprit?

No. Most chronic health disorders have multiple causes and require careful disentanglement and complex treatments. But what if toxicants in our foods are a major culprit, one that, if corrected, could lead to tangible results and increased health? Using patient accounts of their clinical experiences and new medical insights about pathogenesis of chronic pediatric disorders—taking us into gut dysfunction and the microbiome, as well as the politics of food science—this book connects the dots to explain our kids' ailing health.

LISTEN TO AN AUDIOBOOK SAMPLE!

The Perfect Storm of Toxic Food, Sick Kids, and the Limits of Medicine



What's Making Our Children Sick? explores the frightening links between our efforts to create higher-yield, cost-efficient foods and an explosion of childhood morbidity, but it also offers hope and a path to effecting change. The predicament we now face is simple. Agroindustrial "innovation" in a previous era hoped to prevent the ecosystem disaster of DDT predicted in Rachel Carson's seminal book in 1962, *Silent Spring*. However, this industrial agriculture movement has created a worse disaster: a toxic environment and, consequently, a toxic food supply. Pesticide use is at an all-time high, despite the fact that biotechnologies aimed to reduce the need for them in the first place. ***What's Making Our Children Sick?*** exposes our current predicament and offers insight on the medical responses that are available, both to heal our kids and to reverse the compromised health of our food supply.



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We can't make good decisions for our health without good information. ANH works to expand the information consumers can access about the many incredible benefits of natural products like dietary supplements. We also expose the forces that try to suppress health information that does not fit the conventional narrative, whether it's the federal government, Big Pharma, Big Tech, or the mainstream media.

[Alliance For Natural Health](https://www.alliancefornaturalhealth.com)

LAUNCH: ANH Reframes Ethics for the Therapeutic Relationship

By Michael Sikora,
Managing Editor and Robert Verkerk,
PhD, Founder, Alliance for Natural
Health Executive & scientific director,
ANH-Intl and ANH-USA

In 2021, tragedy struck a 37-year-old mother of two in the Seattle area. She was a committed wife and mother, devoting herself to being the best caregiver possible to her children. Then the pandemic hit. She was opposed to getting the COVID vaccine: because she was young and in good health, she knew the risks of serious COVID complications were small—smaller, in her determination, than the unknown risks of the experimental vaccines being deployed on the public. But because she did not get vaccinated, she was blocked from being the active participant in her daughters' lives that she wanted to be. Ultimately, she decided to get the vaccine on August 26, 2021. On September 7, she died from COVID-19 Vaccine-Induced Thrombotic Thrombocytopenia.

Sadly, this kind of story is far from an isolated incident. Few of us will not have experienced, witnessed, or heard of one or more deeply disturbing and heart-rending travesties of medical ethics over the last three years.

Perhaps you're aware of breaches of respect for the autonomy or privacy of individuals? Or the failure of health authorities to offer the public properly informed consent? Government and medical authorities were able to coerce consent to COVID vaccination through a variety of tactics, including withholding information that would have likely greatly changed the public perception of the risk/benefit profile of those products. Those who refused to consent often faced discrimination, including loss of livelihood.

These jaw-dropping breaches of ethics make it incumbent on us to re-imagine the moral compass we use to guide our journeys as we seek health, resilience, and wellbeing.

Why medical ethics must be reframed

A key reason for reframing medical ethics relates to the unprecedented attack on free speech launched by the government, media, conventional medical institutions, and non-profits during the pandemic. Anything that strayed too far from the "accepted" narrative on COVID—which, in most cases, meant anything remotely calling into question the idea that everyone should get COVID vaccines and boosters—was deemed "misinformation" and subject to censorship; the purveyor of that information was then de-platformed and put their career at risk.

Central to this has been the widescale deployment of experimental synthetic biology based, prophylactic medications that turn our bodies into drug factories. The mRNA and adenoviral vector vaccine platforms have been introduced in a climate in which governments and health authorities peddled fear and propaganda deliberately in order to ensure a compliant, submissive public.

In a world in which scientific dissent has been quashed and social media companies have become the enforcers of permitted public speech, the majority remain largely unaware of the magnitude of change that came with the mass introduction of mRNA and adenoviral technologies. These technologies have effectively been 'normalized' under at least partially orchestrated, highly abnormal conditions. Yet they are so fundamentally different to the medications and vaccines that came before them, it is not at all beyond the bounds of possibility that these gene-based

The ability of public health authorities, the mainstream media, and the medical establishment to all coalesce around a central idea—that the pandemic could only be ended by deploying a novel vaccination platform on the public—is another key issue driving the need to rethink medical ethics. Healthcare decisions are becoming more centralized, decided upon by a select few rather than by individuals with their doctors. We see it here in the US, and also on the world stage as the World Health Organization seeks more power to deal with health “emergencies.”

These are among the disturbing and unique circumstances that triggered our work in building a new framework for health and ethics, suitable for our current era. The framework has 8 pillars, and today, we are delighted to be able to release the first pillar, concerning the all-important relationship between a health practitioner and his or her patient or client.

The 12 Propositions

You can reference the full report for a complete explanation of the 12 Propositions for the development of ethical therapeutic relationships. The 12 Propositions are:

Autonomy. Respect the autonomy of each and every individual by fully acknowledging his or her right to self-determination as well as the individuals’ needs and preferences.

Informed consent. Seek the informed consent of patients before taking or recommending any action that might influence the health of an individual.

Non-maleficence (‘avoiding harm’). Ensure that any actions taken, decisions made, or recommendations given avoid, prevent or minimize harm to the individual.

Beneficence (‘doing good’). Be respectful, kind, thoughtful, caring, and compassionate in dealing with patients. Regard the relationship as one of partnership.

Fairness and justice. Respect the right of all individuals to health and healthcare, while treating others as equals and also treating them equally.

Unconflicted practice. Never take advantage of any client or patient in order to further personal, financial or other interests, or

any interest of any third party, be it an organization, company, institution, authority, or government.

Integrity and accountability. Be accountable and act with integrity, both professionally and personally, in each and every relationship with patients, regardless of circumstances or challenges.

Openness and transparency. Promote transparency by always telling the truth.

Privacy and confidentiality. Respect patients’ privacy and not divulge any personal information outside the scope of the consultation.

Non-discrimination. Don’t discriminate on the basis of age, gender, sexual orientation, heritage, nationality, genetics, background, religion, beliefs, disability or ability, political affiliation, social standing, or any other characteristic.

Respect for the dignity of all life and natural systems. Respect the dignity and inherent worth of nature and all living beings.

Reciprocity in human relationships. Recognize the ability to assist patients or clients will be compromised if health providers have not made the management of their own health and welfare a priority.

Widely publicized breaches of well-recognized principles of medical ethics have been particularly common since the COVID-19 pandemic was announced in early 2020. Such breaches include the common failure to exercise informed consent in the absence of coercion, and the withholding of early treatment protocols which had been demonstrated to be beneficial with minimal risk of collateral harm.

The latter breach was aggravated by widespread pressure from health authorities which threatened to strip physicians of their medical licenses if they deviated from the narrow confines of recommendations that were strongly influenced by vested interests.

Modern, western medical practice claims to hold autonomy at its heart, with the patient being at the center of decision making. Unfortunately, this key principle is often disregarded in contemporary mainstream medical practice. In its place, you will still



Stop RESTRICT Act Threat to Free Speech

A bill designed to ban TikTok gives the government far-reaching powers to continue its campaign against free speech and expression. **ACTION ALERT!**

It's a scenario that's played itself out countless times in history: under the guise of "protecting" us, the government wants to take away key liberties. The latest assault comes in the form of the [Restricting the Emergence of Security Threats that Risk Information and Communications Technology \(RESTRICT\) Act](#). The bill is supposed to address the threat of TikTok and other information and communication technology platforms owned by China or other "foreign adversaries." Whether you believe TikTok should be banned or not, this bill is a massive overreach designed to give the federal government more power over how we communicate. When understood in the context of all the other assaults on free speech and scientific inquiry at almost every level, this bill's threat becomes that much more significant and dangerous.

RESTRICT Act Basics

Broadly speaking, the bill gives the federal government the power to restrict or ban information and communications services—as well as transactions of those businesses—owned or based in countries considered "foreign adversaries." The bill allows the government to investigate foreign companies, and those they interact with, to determine if they pose a "national security threat." The Secretary of Commerce then gives an assessment to the President of what should be done to mitigate the threat, and the President carries out the remedy. The bill also limits judicial oversight and review over these executive and agency actions.

This applies to desktop and mobile apps, gaming apps, payment apps, services integral to artificial intelligence, robotics, biotechnology companies, and more. It does not apply to US companies but can apply to transactions between US companies and those owned by "foreign adversaries."

Proponents of the bill claim that individuals shouldn't be concerned because the focus of the legislation is on "companies like Kaspersky, Huawei and TikTok that create systemic risks to the United States' national security." Yet a close reading of the bill suggests otherwise.

A Climate of Censorship

One of the fundamental changes brought about by the pandemic was a renewed zeal for censoring free speech under the guise of halting the spread of "misinformation." Spreading scientific "misinformation" about COVID was a threat to public health, the narrative goes, so authoritarian tactics were justified to silence the dissenters. This censorship wasn't just aimed at the "tin-foil hat" crowd, but [extended to anyone who questioned the prevailing narratives](#)—even highly credentialed doctors, scientists, and researchers. The FTC and the FDA [launched a massive censorship campaign](#) during the pandemic, sending warning letters to doctors and clinics

The Calm Before Another COVID Storm?

A renowned virologist issues a warning to those who believe we've seen the end of COVID, and how mass vaccination campaigns perpetuate the pandemic.

March 2021 saw vaccinologist, Dr. Geert Vanden Bossche, take to social media to broadcast a warning about the dangers of a mass vaccination campaign during a pandemic. Yet his warnings to the World Health Organization and global health authorities fell on (deliberately) deaf ears.

Dr. Vanden Bossche, who has now published a book that explains how mass vaccination during a pandemic drives extreme selection pressure, recently joined Rob Verkerk PhD for an interview in which Dr. Vanden Bossche argues that while the WHO has announced the end of the COVID emergency, the virus is circulating and generating variants in ways that don't make it a normal endemic infection. He describes it as the calm before the storm—and provides a chilling reminder that it's just a matter of time before a more virulent variant re-emerges.

The key insight that Dr. Vanden Bossche brings to the fore, and describes in the interview in great detail, is the idea that mass vaccination has driven the evolution of more transmissible and dangerous viral variants. The COVID vaccines delivered only partial immunity to the virus in that they did not block infection or transmission—the main idea was that they prevented you from getting really sick. But this “non-sterilizing immunity” allows the virus to hang around and replicate in the body to adapt to its environment, creating viral variants that can evade vaccine-induced immunity.

We've learned similar lessons from the scourge of antibiotic resistance. When you put a microorganism in a hostile environment—but not one hostile enough to kill it—it will evolve and mutate in ways capable of overcoming this hostile environment. Dr. Vanden Bossche is suggesting that a new variant could very well be on the way that evades vaccine-induced immunity and could cause another massive wave of infections.

“SPEAKING NATURALLY”

OPEN DISCOURSES IN A CENSORED WORLD



Geert Vanden Bossche

May 2023



“A BOLD AND HEROIC WORK [THAT] WILL
STAND SHOULDER TO SHOULDER WITH
RACHEL CARSON’S *SILENT SPRING*.”

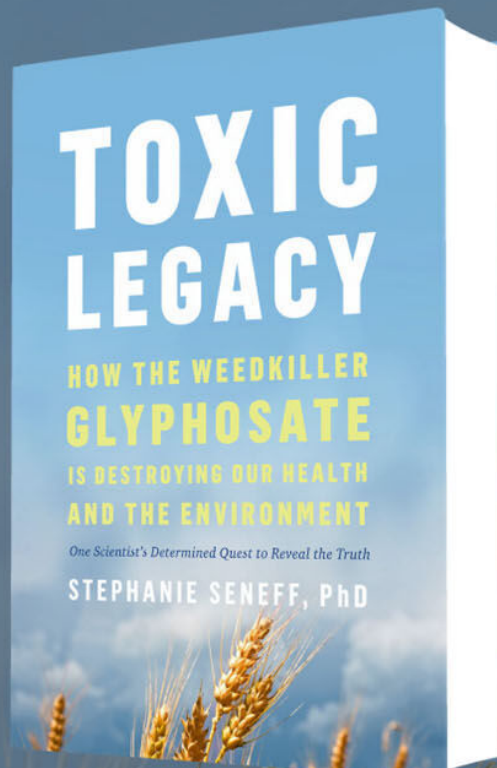
—David Perlmutter, MD, #1 *New York Times* bestselling author

“[This] is a book for every
citizen who seeks to
regenerate the health of
the planet and people.”

—Vandana Shiva

“Dr. Seneff’s work will
change the way we all
think about food.”

—Dr. Mark Hyman



“This is a must-read
book to help you
comprehend one of
the most significant
toxic threats unleashed
on the world.”

—Dr. Mercola

“A game-changer that
we would be foolish
to ignore.”

—Kirkus Reviews (starred)

TOXIC LEGACY

From an MIT scientist, an exposé of the world’s most common
weedkiller and its role in skyrocketing rates of chronic disease

HOW THE WEEDKILLER GLYPHOSATE IS DESTROYING OUR HEALTH AND THE ENVIRONMENT

The Silent Spring of our time



Stephanie Seneff, PhD

ABOUT THE BOOK

Glyphosate is the active ingredient in Roundup, the most commonly used weedkiller in the world. Nearly 300 million pounds of glyphosate-based herbicide are sprayed on farms—and food—every year.

In *Toxic Legacy*, MIT senior research scientist **Stephanie Seneff, PhD** presents stunning evidence based on countless published, peer-reviewed studies that glyphosate plays a major role in skyrocketing rates of chronic diseases, including cancer, gut dysbiosis, non-alcoholic fatty liver disease, autism, infertility, and more.

Praise for **TOXIC LEGACY**

“Dr. Seneff’s work will change the way we all think about food.”

—Mark Hyman, MD, New York Times bestselling author

“Unquestionably, one of the most important books of our time.”

—David Perlmutter, MD, New York Times bestselling author

*“Anyone who wants to understand a root cause of the massive epidemics of chronic diseases we are experiencing . . . can find the answers in *Toxic Legacy*.”*

—Don M. Huber, professor emeritus, Purdue University

“Not only is this a book for governments who want to ban glyphosate, it is a book for every citizen who seeks to regenerate the health of the planet and people.”

—Vandana Shiva, director, Navdanya

“Stephanie Seneff is one of the most important, original, and brilliant scientific researchers of our time.”

—Jennifer Margulis, PhD, award-winning journalist and author

*“Glyphosate is the DDT of the twenty-first century, and *Toxic Legacy* is essential reading for everyone who cares about food and health.”*

—Ronnie Cummins, director, Organic Consumers Association

“Monsanto made a special project of discrediting and destroying scientists, advocates, and reformers who exposed its corrupt cover-up. Among the most prominent of these was heroic MIT researcher Dr. Stephanie Seneff.”

—Robert F. Kennedy, Jr.

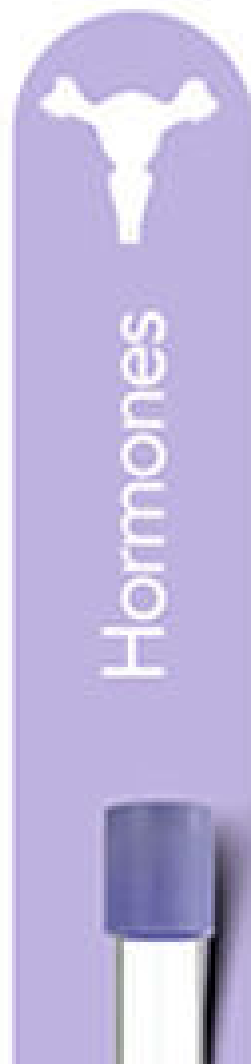
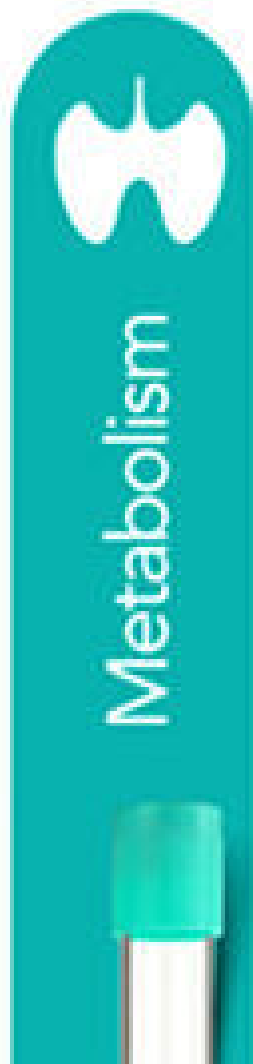
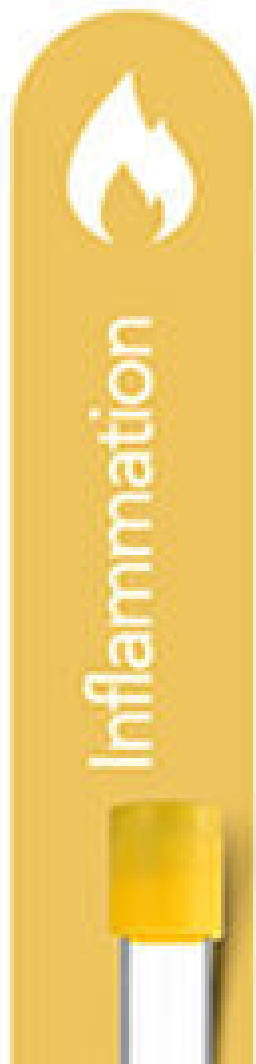
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pulverize verb

pul•ver•ize | p l - v - r ī z

Definition of pulverize
transitive verb

- 1: to reduce (as by crushing, beating or grinding) to very small particles
- 2: annihilate, demolish

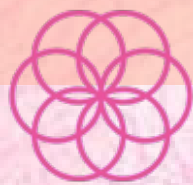
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Nourishing Basics

Lady Carla Davis, MPH

Specializing in Nutrition



Lady Carla Davis, MPH, is a Nutrition Consultant and Writer with over 45 years of experience. She earned a Master's of Public Health in Nutrition and a Master's Certification in Reiki and Feng Shui. Lady Davis also studied with various notable professionals, including her late husband, Sir Thomas Davis, MD, KBE, the late Dr. Bernard Jensen, and Dr. Reza Chowdhury.

Her early studies included ballet and music at The Juilliard School of Music and Dance in NYC and Polynesian dance in Hawaii. She also worked as a model and designer in the fashion industry. Her subsequent education, training, and work experience entailed international travel in the airline/travel industry, property development and resort/business management, and consulting in the art and film industries.

For over two decades, she (as Carla Cassata) maintained a private Nutrition/Iridology practice in Maui, Hawaii and Boca Raton, Florida, where she also designed tropical gardens. In addition, she served on the Nutrition Advisory Board for *Let's Live* magazine and as the Healthcare Board Member for the South Palm Beach Chapter of the National Organization for Women.

In the Pacific region, Lady Davis worked with her late husband, Sir Tom Davis, MD, KBE, in

Conflicts Between the Sexes

by Lady Carla Davis, MPH

Specializing in Nutrition

GEP Minister for Environment

To resolve the current conflicts between the sexes, we need to bring to light the CAUSES. Identifying the causes with a preventative approach would help to reduce birth defects, endocrine disorders, the consequences of bullying, and teen suicides.

It will also provide a better understanding of the significant differences between a female and a male that are far more than the visible sex organs.

Below are only two examples of the many consequences of these conflicts:

<https://stateofthenation.co/?p=168122>

A Female Athlete Shares Trauma of Competing With Bio Male

<https://www.thegatewaypundit.com/2023/05/watch-brave-female-high-school-student-delivers-explosive-speech-destroying-radical-trans-ideology-and-her-school-district-after-a-giant-transgender-student-assaulted-an-innocent-girl-crowd-erupts-i/>

High School Student Delivers Explosive Speech to School Board

Young people are often the most vulnerable, misled, misinformed, exploited, abused, and impacted.

CONFLICTS OF INTEREST & CORRUPTION

The causes of conflicts between the sexes are complex and often deliberately ignored to protect the use of endocrine-disrupting toxic chemicals and the industries involved. Chemical corporations constantly dump

millions of tons of toxic (e.g., endocrine-disrupting, cancer-causing, etc.) chemicals on our food supply and into our environment. Corporations are not humans, but they receive the same privileges in the Courts, making it difficult to challenge their powerful political influence and massive resources.

Unless agriculture is regenerated and industry influence (PAC money) in government ceases, the conflicts will only worsen.

ENDOCRINE DISRUPTORS IN OUR ENVIRONMENT, FOOD, WATER, & AIR

A recent terrifying study found that one in three Americans have detectable levels of a toxic pesticide made from the same ingredient in

Agent Orange. 2,4-D is linked to cancers, birth defects, and hormonal imbalances – and could wipe out hundreds of endangered species. It is now sold as a chemical cocktail alongside glyphosate as *Enlist*. Despite its deadly risks, in 2022, the EPA (Environmental Protection Agency) reapproved *Enlist* for seven more years.

Our government needs to take back the control of our regulating agencies, currently controlled by the industries they are supposed to regulate. Or, shut them down. Also, we must demand members of Congress/Parliament STOP the use of millions of tons of endocrine disruptors and neurotoxins (toxic chemicals) sprayed on our agriculture/food, dumped into our water supplies (e.g., fluoride), inserted in processed food as GMOs, contaminating our air via weather geoengineering, and injected into babies/

weather geoengineering, and injected into babies/children via toxic shots/vaccines.

Parents must stop exposing their babies and toddlers to experimental injections, EMFs (e.g., wifi, screens, smart devices, TVs, etc.), and plastics (e.g., bottles, dishes/bowls/cups, toys, etc.) that give off synthetic estrogens. Medical boards and regulators are among the worst offenders with conflicts of interest and their mandates, including masks that contain plastics and other harmful ingredients. EMF solutions and safer options are readily available.

DESTRUCTION OF THE SEXES

The current culture constantly negates masculinity and femininity through social media, TV, video games, music, hairstyles, fashion, and the environment. Both sexes, including children, are being dehumanized. In trying to be 'trendy,' parents are complicit in this destructive agenda against males, females, and humanity. Thus, they are a big part of the problem.

Look at how many men shave their head hair for the 'trendy' militarized look, and women dress like men rather than look feminine. Neither are in harmony with their natural, God-given attributes. Hair contains silica that acts like an antenna, enhances intuition, and connects us to our environment and higher source. One of the first things the military does after a man signs up is shave their head hair. The real reasons go beyond hygiene because the military has done the testing on this science. Read my article *The Hair On Your Head*. Recall what happened to Sampson when Delilah cut his hair. Head hair does not have to be long or messy to be of benefit. However, nicely groomed head hair with some length to it has many advantages.

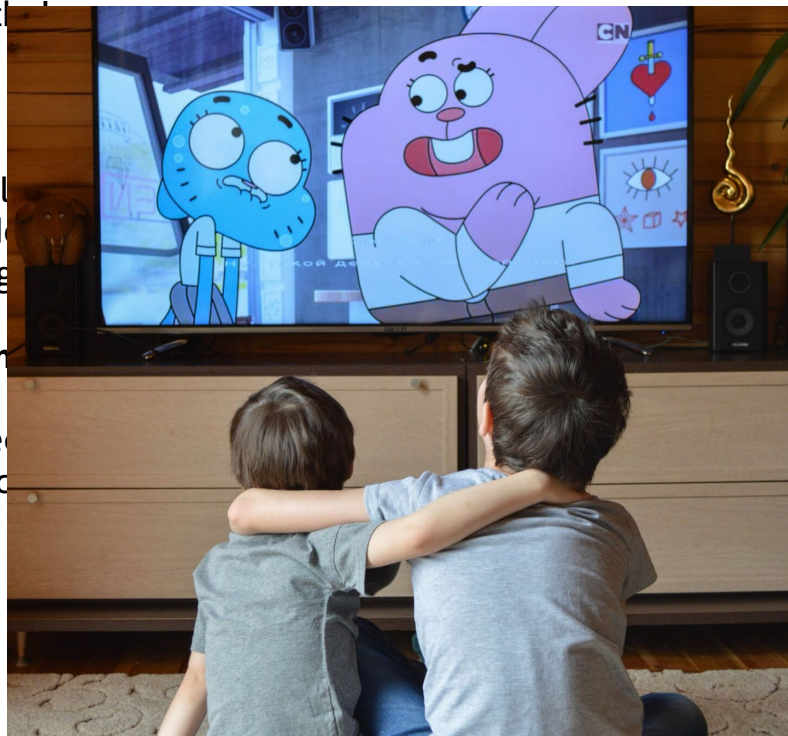
COST OF LIVING PRESSURES

Constant increases in the cost of living, necessities, and taxes add terrible pressure on everyone. Mothers forced to work long hours use TV as their babysitter, feed their kids fast/junk foods as a convenience, and buy cheap plastic toys for entertainment. TV is the perfect tool to brainwash, mind control, and socially engineer the next generation. Fathers, consumed by professional demands, disconnect from their families and fail to support or connect with their growing children. Politicians, with high salaries, are disconnected from this reality and continue with out-of-control spending. They are untrustworthy.

TV

Children's shows, cartoons, and movies are full of violence. Rarely do they educate, teach skills, inspire to do better. Most of violent robot kid shows and cartoons lacking educational value. They are robots and that violence is the norm! Children are being conditioned to be chipped cyborgs or fight in the next war. Parents are

How many parents are in a stupor, disconnected from reality, in a 'drop' mentality. It is no wonder so many are ac



Collaborative. Below are her findings and **EXCERPTS** from this fascinating article.

Medical Immunity

Males and females respond to infections and disease progression differently. There are also behavioral differences, including differences in the brain and physiological differences in the five senses. Dr. McGregor stated, "Women are not just men with boobs and tubes."

Males and females do not merely differ from each other in virtue of their genitals and hormones but also in anatomical and physiological differences that go beyond immediately observable sex-related properties. To deny this, according to medical ethicist Dr. Charlotte Bease (2023), is to harm patient populations.

Moreover, the demographics show that the vast majority of the population is born either male or female. As Bease states: Intersex individuals comprise around 0.018 percent of the population. The majority of trans people are not intersex since they possess a biological male or female anatomy.

Examples? Acute coronary syndrome has a different disease presentation in females and males: The blood cells surrounding the heart in women are smaller than in men.

Where drug reactions are involved, aspirin therapy lowers the risk of myocardial infarction in males but not females (Aspirin is harmful to female patients). Women experience an almost twofold risk of adverse physiological reactions compared with men. The way sex mediates drug reactions is also apparent with Zolpidem, a sedative sold under the brand name 'Ambien' and first approved by the US Food and Drug Administration (FDA) in 1992. In 2013, they found women experienced 25-30 percent higher levels of the drug in their system the morning after taking it.

As Dr. Alyson McGregor stated in a TED talk, the chromosomes in every cell of our body remain active for our entire life.

The Five senses

Nature has organised things rather brilliantly to ensure that men and women were adapted physiologically to the tasks they undertook for 99% of human history. Men and women shared the burden of life pretty evenly. Men were the hunters, while women were the managers, architects, and designers. They built the dwellings and all that went inside them at base camp. They also gathered berries and nurtured the young. Anthropology and physiology make their division of labour clear.

Where physiology is concerned, we can back-engineer the roles of men and women from the robust differences documented by their five senses. We will begin with hearing.

Hearing

The research found that women are more sensitive to loud noises than men. Men tolerate sound some eight decibels louder than women. Women also seem more sensitive to the sound of a crying infant at night, which suggests one possible beneficial effect for offspring. Further, the research found that women process auditory signals more rapidly than men, based on the recording of their brain-evoked potentials. This may have resulted from the women's role as managers of infants and adults in the base camp while the men were on hunting expeditions.

Taste

Women are known to have a better sense of taste than men with 35% of women and only 15% of men calling themselves 'supertasters' — those able to identify flavours such as bitter, sweet, and sour more strongly than others. The underlying factors were identified in 1994 when Bartoshuk et al reported on the greater volume of taste areas (fungiform papillae) and taste buds on female than male tongues. It is suspected this protected offspring both during and after pregnancy as women of childbearing age and pregnant women taste flavours more intensely than younger or older females.

As if these differences are not dramatic enough, there is also the brain to consider, with significant differences in male and female brains.

As early as 26 weeks, female brains start developing a thicker **corpus callosum**, the part of the brain that connects the left and right hemispheres. This could be the subject of another article!

Meanwhile, recognizing the significant differences between the sexes can overcome many



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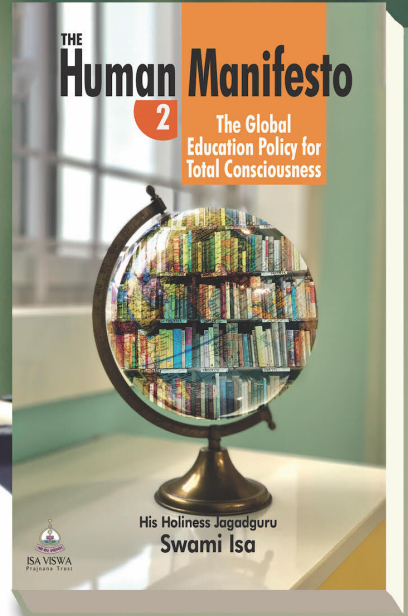
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The Human Manifesto

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Global Energy Parliament - How We Are Empowering 'Humane' Beings





Organic
Consumers
Association

Organic Bytes

Edited by Ronnie Cummins and Alexis Baden-Mayer



Ronnie Cummins, 1946-2023

Rest In Power

Our Beloved Ronnie Has Passed

Dear Organic Consumers Association Supporters,

It is with heavy hearts we share that our beloved International Director Ronnie Cummins has passed away in Mexico on April 26, 2023. Ronnie tragically lost his life to recently diagnosed bone and lymph cancer after dedicating so much of his life's work to exposing the connections of disease and the toxins in our environment.

All of us at OCA, Regeneration International and Vía Orgánica are heartbroken. We have been reeling with the loss. The outpouring of love and respect for Ronnie that we are receiving about the impact of his life's work on others is lifting our spirits and is helping us through our own grieving process.

From OCA's Field Organizer Director, Kaare Melby:

"I'm deep in grief with the loss of Ronnie. I've known him my whole life. He has been a mentor and teacher to me, and he taught me about radical populism. He helped me learn how to bring the theory of social change to reality. He taught me to stand up for truth, no matter the consequences. He taught me how powerful the truth is, even in the face of unimaginable power and greed.

His lessons will be the stuff we will study for decades. But I still can't assimilate the reality that he is gone. And when I approach that reality, the emotions are still too much. We needed him. But now that he is gone, the world needs us to pick up where he left off. The regenerative revolution is now OUR responsibility. Let us all



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Our Medical System

by Steve Rees, Ret. RN, Harpist

In several articles, I highlighted personal experiences that left me with the understanding that our medical system is not to be trusted. Even now, we are having to put my Father-in-law through a prolonged, painful rehabilitation and wound care to help heal wounds that occurred while in the care of a rehab facility.

The other day, I was listening to a YouTube video from Dr. Dhand - <https://www.youtube.com/@drsuneeldhand> in which he explained that the USA has great emergency treatment technology available, but once a person requires more routine and long-term treatment, there is a great decrease in quality of care. He was trained in the UK and operates in the USA as an internal medicine doctor. His medical course recently convinced him that the medical system is primarily set up more on a monetary basis than a medical needs basis.

From our own experience, we found out that the system is based on what is called "case management" which means that there is someone in an office that is distributing the funds that pay for the treatments. They have a set of criteria they use to determine what they think the need is and then authorize payment accordingly. They are not at the bedside and do not have a clear view of what needs to be done. If the course of treatment does not perform within the time limits they set, then the funding is pulled.

At the same time, similar office decision-makers determine how many staff are required to adequately perform the prescribed treatment schedule. It does not matter whether there are enough staff to provide basic care that may not even be part of the prescribed treatment schedule. In our case, all that was needed to prevent the severe wounds that occurred was to be turned every 2 hours. Since there was not enough staff to make this happen, the wounds began and deepened until we finally took him home.

So, why am I relating this experience to you? I believe that we can either begin to educate ourselves on how we can address our own medical needs and become masters of our health, or we can turn our care over to this system and become slaves of the system. As a nurse, I cannot tell you how many times a patient would tell me to just give them a shot or a pill and make the pain go away. They were not interested in engaging in their care and learning how to prevent their problem in the first place.

The last 3 years should have shown us that we cannot trust the medical system. This includes the FDA, which is supposed to provide rigorous oversight to determine the safety of drugs that are coming to the market. The CDC is supposed to be the safe guide to determine the best approach to infectious disease control. Our hospital systems and doctors are supposed to counsel each patient to determine the best medical approach for each person based on their current health demands and available treatments and medications. Our government is supposed to uphold the Constitution and the laws of this land to ensure civil rights and freedom of choice for each individual.

All of these trusted institutions failed at so many levels. Basic human rights were not protected.

Drugs were brought into the marketplace that were not adequately tested and have now been shown to be harmful to far too many people. Public policy was demanded that did not have any scientific basis and has now been proven to have done far more harm in so many ways than anything they may have prevented.

There are two very shocking things observed in the past 3 years. First, how much did the average citizen allow themselves to be controlled by the various agencies? Secondly, how much did the agencies take advantage of the "emergency" situation to push totalitarian control over the population? It is my observation that the factor that assisted this control was the propagation of fear.

People were fearful of dying. They were willing to do extraordinary things to keep death at bay; feel secure. As Benjamin Franklin has been quoted as saying, "Those who give up freedom to obtain security will have neither."

I maintain that if people had been more involved in their health all along; less dependent on the medical system to tell them everything they were supposed to do, they would not have been so easily controlled by fear. They would have been more aware of science and the true cost-benefit analysis, and they would have taken a much more sensible approach. They would not have been so swayed by the false "case count" that was splattered over the TV screen daily by the compliant media.

I recommend improving your nutrition and discovering alternative sources and methods of treating sickness and many injuries. There are many effective natural methods for eliminating toxins and treating diseases. I also recommend studying the use of medicinal wild plants. Many books and community college classes specialize in learning how to identify and use these plants. The same is true for learning how to use essential oils.

Spend time with a naturopathic practitioner and learn some of the alternative ways of treating various conditions. A good chiropractor can provide invaluable therapy. The main thing is to be actively involved and constantly researching how your body functions and be ready to address irregularities when they occur without automatically running to the nearest emergency room. On top of that, learn about supplements that can improve your body's function so that you don't have to experience irregularities in the first place.

Besides being in control of your health, I also encourage you to be aware of the constant propaganda that is being blasted at the public. Do not allow yourself to be swayed by information from agencies that have proven to be unreliable and, in many cases, false. These past 3 years have been good, in that they have made us aware of who is telling the truth and who is lying.

As more and more information has been revealed about the course of the past 3 years, we can now identify those doctors and scientists who were telling the truth all along yet were being censored. We now know that we can tune into what they are saying and depend on it to be true because their information has stood the test of time. May I also suggest that you share these sources widely whenever you get the opportunity to speak up so that truth can prevail? Holding the current medical system accountable for its misinformation is another way of taking control of your health.

An old Chinese proverb says, ***"Fool me once, shame on you. Fool me twice, shame on me!"***

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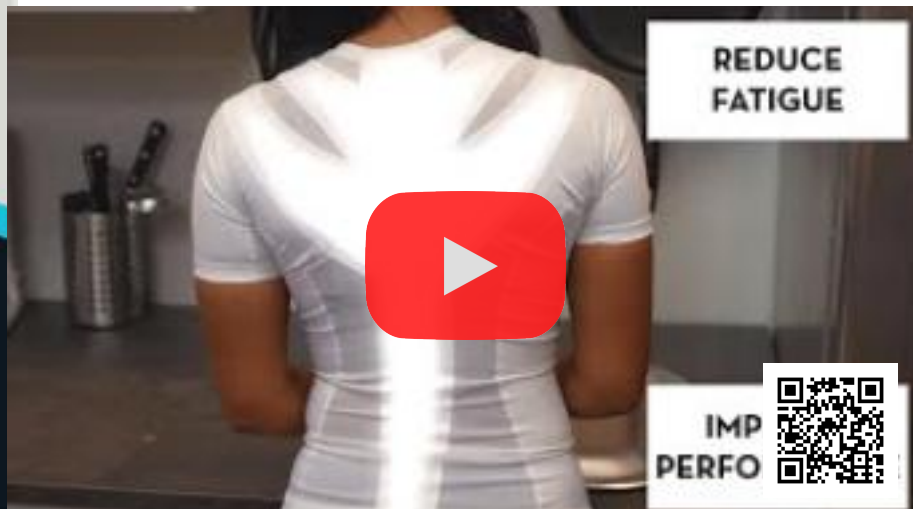
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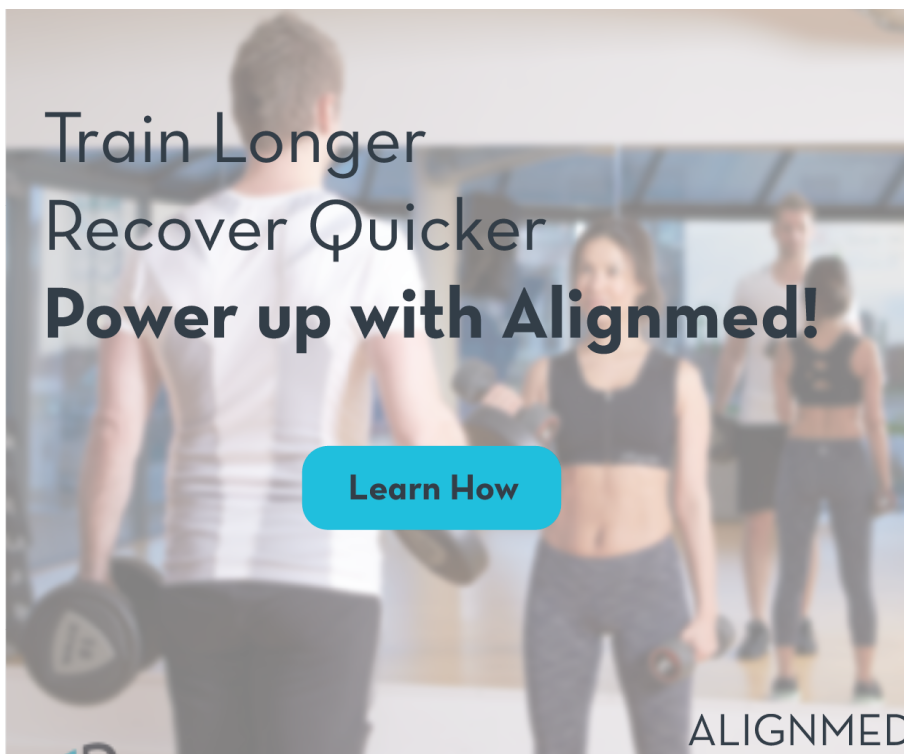
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Sharry Edwards, M.Ed. has been acknowledged as the pioneer of Vocal profiling by The Duke Encyclopedia of New Medicine, 2006 and the *Alternative Medicine: a Definitive Guide*, 2002.

She is the founding Director of Sound Health Research Center which has been located in SE Ohio since 1982.

Sharry Edwards™ was named *Scientist of the Year* in 2001 for her work in BioAcoustic Biology by *The International Association of New Science*.

Sharry Edwards™ is the pioneer in the study of *Human BioAcoustic Biology*. Her 35 years of research are being used at the Institute of BioAcoustic Biology in Albany, OH.

Sharry Edwards™ work is now included in *The Duke University Encyclopedia of New Medicine*, by Leonard A. Wisneski and *The Scientific Basis of Integrative Medicine*, by Lucy Anderson.

The effects of *BioAcoustic Biology*, now accepted by these prestigious medical encyclopedias, have unlimited health and wellness potential.

Sharry
EDWARDS, M.Ed.

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Sharry Edwards M. Ed

BioAcoustically Speaking

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According to ancient observers of our universe the planets within our solar system are arranged intelligently and the mathematical relationships of our planetary movements create musical relationships and harmonics that are the basics of our geometry, astronomy, and music. We have discussed in this column the idea that our DNA is set to music thereby showing that human existence has a relationship with planetary orbits.

An evaluation of the outcomes of the field of Cymatics proves that sound frequency can create structure and form.

Astronomer Johannes Kepler (1571-1630) believed that the music made by the movements of the planets did not need to be audible but could be felt by the soul.

Although many music relationships used today are derived from the ratios of planetary orbits around the sun, other ancients used strict math-based concepts. Pythagoras believed that musical relations were dictated by math-based constants.

The mathematical principles of harmonics support the premise of doubling or halving a note's frequency to achieve different octaves. For instance, 1 doubled is 2, doubled is 4, doubled is 8, doubled is 16, 32, 64, 128 - each mathematically representing the same note in higher and higher octaves. Our brain emulates this layering as brain wave divisions which are roughly assigned, depending on activity as: 16-32 cycles per second (CPS) = beta; 8-16 CPS = alpha; 4-8 CPS = delta; 2-4 CPS = delta. Although some experts assign delta as 1-3 cps, I would like to defer to actual doublings of octaves and include a layer of 1-2 CPS. This correlates to the definitive divisions of frequencies assigned to the color spectrum.

From our research at the Institute of BioAcoustic Biology, I would like to propose that all of our bodily systems consist of multiple layered biology that mimics the mathematical layering of our brain waves. We are frequency; capable of being managed and maintained by frequency.

Additionally, we have found that these body systems are redundant. Our comparison studies have shown a relationship between knee pain/stress and heart function.

If the knees are experiencing pain, it is likely time to check for potential heart issues because a muscle that supports the knee is identical in frequency to the heart muscle.

There are thousands of these mathematical relationships between muscles and biochemistry, biochemistry and biology; muscles and nutrients, nerves and emotions... For example, Serotonin (the wake up biochemical) is mathematically the square root of melatonin, (a sleep biochemical).

Our studies, along with the work of Royal Rife further shows that pathogens can be neutralized using low frequency sound oscillations. Even the sounds we use as language mimic musical layering frequencies.

In our modern world science often attempts to emulate nature. A prime example of this in modern medicine: digitalis emulates the herbal principles of the herb foxglove. Science broke down the effects of foxglove and rebuilt it into a medication. Quandary: use the herb itself which is nature balanced or the singular man made medication which may cause side effects?

This brings us to another quandary. Is slow, less expensive natural remedies better or worse than researched man made medications? Which do we trust? Which should you trust?

Unfortunately, this brings us to the many motivations of human behavior. Modern medications are often just expensive representations of what can be accomplished alternatively. Migraine medication or aromatherapy? Soothing music or anti-stress meds? Pain pills or sound presentation to relieve discomfort? anxiety or meditation?

Somewhere along the way we have been

dupped into believing that something that is more expensive is better. Big pharma certainly likes that idea. They have even gone so far as to claim that artificial infant formula purchased from them is better than mother's milk. What is the motivation in this case? Would there be objections from those firmly attached to greed, to a form of frequency remedies that could readily be dialed in for any occasion based on the identified "out of tune" frequencies of the body? Do humans have the right of SELF-HEALTH?

Using the stable principles of math, side effects and muscle trauma can be predicted, and medication compatibilities can be ascertained through mathematical evaluations of vocal frequencies. The use of layered math frequency presentation has been used successfully to diagnose and ameliorate a vast array of human health issues even though the field of Human BioAcoustics is still in its infancy.

How can this help our present health dilemmas? Let's take a prominent health issue like diabetes caused weight issues to present a potential pathways to resolve a health related issue using low frequency sound. Nearly 40 million Americans have been diagnosed with diabetes.

Recently Semaglutide based meds (aka Rybelsus, Ozempic, Wegovy and Mounjaro) have come on the market that are being used to lose weight and combat type 2 diabetes – at a cost of nearly \$2000 per month.

Semaglutide et al, influences the Glucagon-like peptide that belongs to a class of medications known as incretin mimetics. Wikipedia reports that GLP-1 stimulates gluconeogenesis, which is the process the body uses to make glucose from protein or fat. This process lowers blood sugar by stimulating glucose uptake into the cells and increasing how efficiently the body uses insulin. GLP-1 lowers hepatic (liver) glucose output, which helps regulate blood sugar levels.

As gluconeogenesis increases, glucagon



We have opened our portal so that everyone can mathematically identify stress related to GLP-1.

Go to – SoundHealthPortal.com to have your vocal print analyzed. – use the Template *insulin resistance*

KEYNOTES FOR JUNE 2023

Astrology sign of Gemini: Color orange | Note of D

Each month this column lists frequencies bombarding and influencing earth and its inhabitants.

The frequencies that are active this month range from multiples of 73.00 through 78.00.

1st few days of June 2023 – The eyeball and a cataract gene appear this week along with progesterone, a major reproductive hormone and are all active now. DHT (a sex hormone associated with the prostate gland), adiponectin (helps regulate glucose levels) and glutamate (an excitatory neurotransmitter) are all fighting for your attention. Prepare to feel a bit scattered.

Toxin: Those poisoned with agent Orange (Vietnam era) may experience abnormal reactions; Aspartame and MSG come into play this week. You may have additional issue with diet drinks and Chinese foods – MSG-laced food - this week. May include fogging, difficulty thinking and fatigue.

Muscle in stress this week: Platysma – it is located beneath the chin and extends downward to the chest. A double chin is located here and is often associated with low progesterone.

Week two of June 2023 - Gonadotrophin Releasing Hormone is responsible for the release of follicle-stimulating hormone and luteinizing hormone from the anterior pituitary. Muscles in stress for the next few weeks – toes and back of neck

Starches may be more difficult to digest because Amylase (the enzyme that breaks down starch and carbs) is in stress. Your ability to deal with Amylase stress may depend on your brain dominance – right brainers show the most difficulty.

A gene responsible for using sulfur at a cellular level (SUOX) comes up the end of the week. Sulfur protects the body against invading pathogens and is incredibly important as a constituent of connective tissue.

Grain mold frequencies are active now. There are many articles on detoxing on the internet. Berberine, an herb, may help lower blood pressure. Fosinopril, a medication for hypertension, is also active this week. Watch reactions of over- or underdosing.


The human obesity gene begins to surface this week along with the parathyroid hormone (energy-related). It may be harder to start a diet or keep energy up.

Choline, a great brain booster, comes into play now. Choline has been shown to help increase focus and allow for greater cognition. Choline is also an excellent methylator of estrogen, getting


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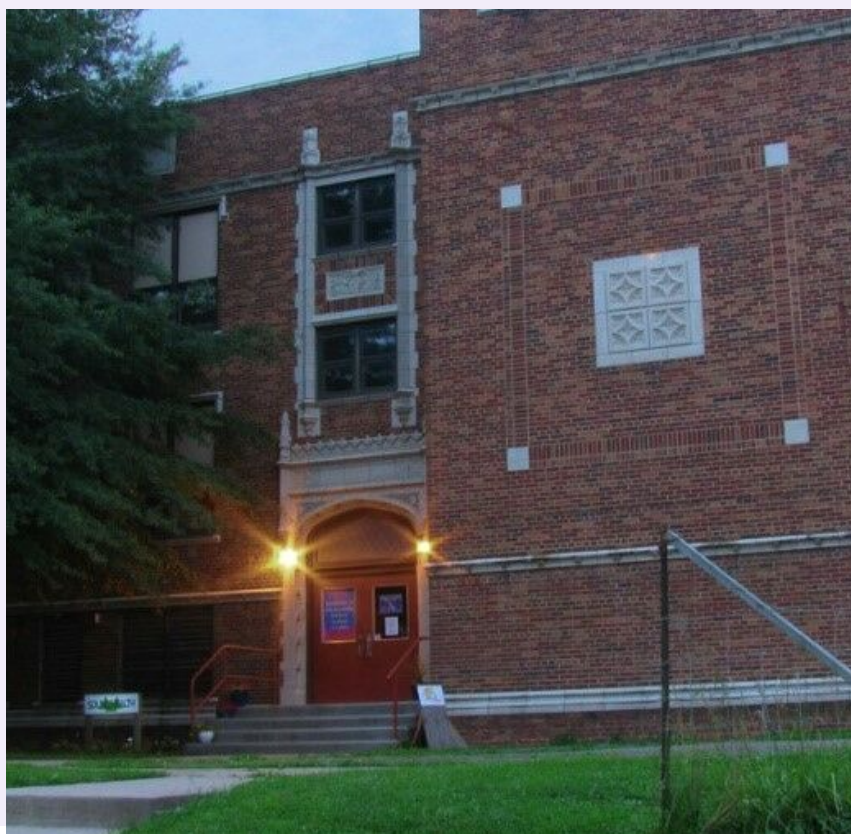


Label	Color	Approximate Height
C	Green	1
D	Cyan	2
E	Blue	3
F	Purple	4
G	Magenta	5
A	Red	6
B	Orange	7
	Yellow	8
	Light Green	9
	Dark Green	10
	Blue	11
	Purple	12
	Red	13
	Orange	14

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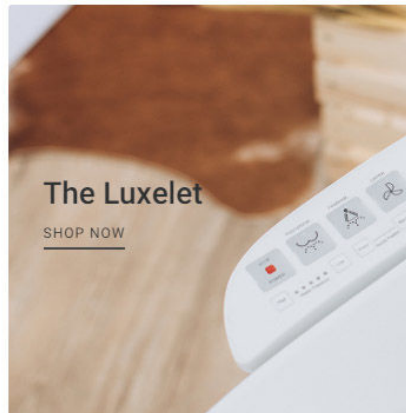


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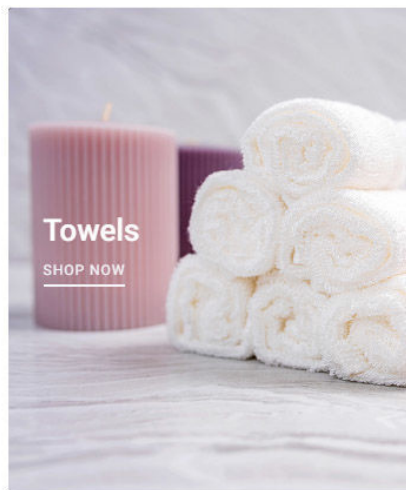
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JILL MATTSON



Jill Mattson is a prolific Artist, Musician and Author. Jill is widely recognized expert and composer in the field of Sound & Color Healing! She has also produced nine musical CDs with intriguing, magical tracks using ancient & modern techniques, & special healing frequencies to achieve profound benefits.

Jill is a four-time author.

Crystal Realms CD – Best Sound Healing CD of 2017, Best Overall Music (popular Vote and Industry Leader's Choice – Gold Awards), The Lost Waves of Time – Best Book of 2016 and Best Alternative Science book of 2016, Deep Wave Body Healing CD– Best Sound Healing CD of 2016, Contacting Angels & Masters CD – Best CD of 2015 Deep Wave Beauty CD – Best New Age CD – Silver Award). Jill has been featured in hundreds of teleseminars, radio talk shows, and in magazines!

She offers an online Sound (& Color) Healing School. Jill presents new ways of approaching health and everyday issues, using the benefits of sound and color! Free music & School of Sound Healing at <https://jillmattson.com>, and <https://Jillswingsoflight.com>



MUSICAL NUMBERS

and Changing Consciousness throughout the Ages - Part 2

By Jill Mattson, Musician

In the previous issue we discussed that music changes throughout the ages, in specific the numbers underneath the music (music is math at its roots), changes in a predictable, and sequential way. The ancient people believed numbers to contain energy that subtly affected us, emotionally and mentally. Thus music with different numerical basis gave us different emotional experiences and chances to master and control these emotions. On to our Story!

In the Greek epoch, tetra chords, groups of four notes, were used like our scales. These tonal sets characterized personalities. The Greek scales were even named after people to reflect their characteristics. The Greek musical system enabled spiritual energy to descend into matter to a greater extent. It cemented individual personalities - after years of personalities resembling the tribe or group.

Control of music shifted to the Catholic Church during the Dark Ages. Gregorian chants were a single tone sung during prescribed times for mass. An "amen" was added on the end of Gregorian chants and church liturgy, creating the concept of a beginning and ending in a song.

Earlier writing suggests the sound of the first and third note of a scale sounded together, so harmonious today, was shrill and hard to listen to. As the Middle Ages progressed the third became a staple of harmony. Chords using the 1-3-5 notes of the scale flourished.

In a more recent example, the jazz-sound introduced a chord with the seventh note of the scale added, and was considered to be outrageous, scandalous and "the music of the devil." Today, jazz is not considered sinful, or even racy, but is relegated to soothing elevator music. This suggests that populations get used to new sounds, and in essence harmonize with them. Esoteric writing explain that such harmonization transitions people's consciousness and experiences.

Turn of the century esoteric writing insists that the Renaissance music pulled the population out of the Dark Ages by introducing the perfection of chords, harmonies and mathematical patterns. The early ornamental classical music inspired the excessively decorated architecture and dress of the time. One mystic writer revealed a concern about cold-hearted people hiding behind elaborate decoration. Hence, Beethoven was "over lit" to create music that enabled the masses to feel compassion. According to the writing, charities in Europe were recorded only after people heard the music of Beethoven.

During the Renaissance people choose music for the first time - as musicians made a living from public performances. Songs changed in key to accommodate singers' vocal ranges. As a result today's Equal Temperament tuning system was created to allow easy transition between musical

Some liken this scale to "aural caffeine," saying it influenced the Western Hemisphere to spur industrialization and modernization. In contrast, the Eastern Hemisphere played the older scales with soothing sounds and developed meditation practices. Now popular music is becoming worldwide, lessening cultural differences.

Popular music styles changed rapidly from swing to jazz, rock and roll, heavy metal and rap in just sixty years. At this time the changes in our society have also been immense. Sixty years ago it was novel to see color TV. Now fax machines, cell phones and computer games have revolutionized our world. Once again, the sonic vibratory changes precede the physical ones.

Modern melodies sport sequential notes, displaying a system of two's... Rap music sounds a 1/1 rhythmic pattern of the same pitch, a musical system of one's. Likewise pop music displays a 1/1 rhythmic beat - heightening a perception of individualization - the peak experience of duality.

In conclusion, musical systems throughout the ages reveal a pattern of frequencies becoming closer together, as civilizations learned various lessons. The musical numeric patterns through the ages have gone from 9 to 7 to 6 to 5 to 4 to 3 to 2 to 1! When a musical style stopped - the culture transitioned and rebirthed with new music. Throughout the ages, man incarnated into matter and duality, as the music descended, and the space between neighboring notes decreased from nine of our notes to only one.

If listening to frequencies closer together precedes further separation from God - then reversing this process should facilitate evolution and our journey back to the Divine. Listening to ancient musical patterns may expand our consciousness... perhaps leading to increased awareness, including that of the Divine!

My musical productions copy many of these techniques throughout the ages - aiming to restore

I am a Child of God

In 2004, geneticist Dean Hamer published *The God Gene - How Faith is Hardwired into our Genes.*



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A TRIBUTE TO
DR. RASHID BUTTAR
1966-2023



Dr. Buttar was born in England in 1966. He moved to the U.S. with his family when he was 10 years old. He graduated from Washington University with a double major in biology and theology, later obtaining a doctor of osteopathic medicine degree from the University of Osteopathic Medicine and Health Sciences, College of Osteopathic Medicine and Surgery in Des Moines, Iowa.

Dr. Buttar trained in general surgery and emergency medicine and served as brigade surgeon and chief of the Department of Emergency Medicine at Moncrief Army Community Hospital at Ft. Jackson in Columbia, South Carolina, during his time with the U.S. Army.

He was board certified in clinical metal toxicology and was the medical director for Advanced Concepts in Medicine in North Carolina and California clinics specializing in alternative treatments for patients with cancer, heart disease and autism.

Dr. Buttar distinguished himself among the families of children diagnosed with autism for his compassion and willingness to think outside the box in terms of treatment — even when his methodologies went against the grain of mainstream medicine.

He became an advocate for children who were injured by vaccines, testifying in 2004 before the U.S. House Committee on Government Reform on the topic of "Revolutionary New Treatment of Neurodevelopmental Diseases."

Commenting on Dr. Buttar's death, Robert F. Kennedy Jr., CHD founder and chairman on leave, said: "Rashid was an irreplaceable leader in the medical freedom movement. He was also my friend and physician. His early and courageous stand for his patients, for medical integrity and for evidence-based medicine cost him his career, relationships, income and his standing in his community and made him a pariah among his physician colleagues for decades.

"Rashid rarely spoke of his own sacrifices. His consuming focus was on healing the sick, comforting



In Loving Memory of Dr. Rashid Buttar

CHD TV

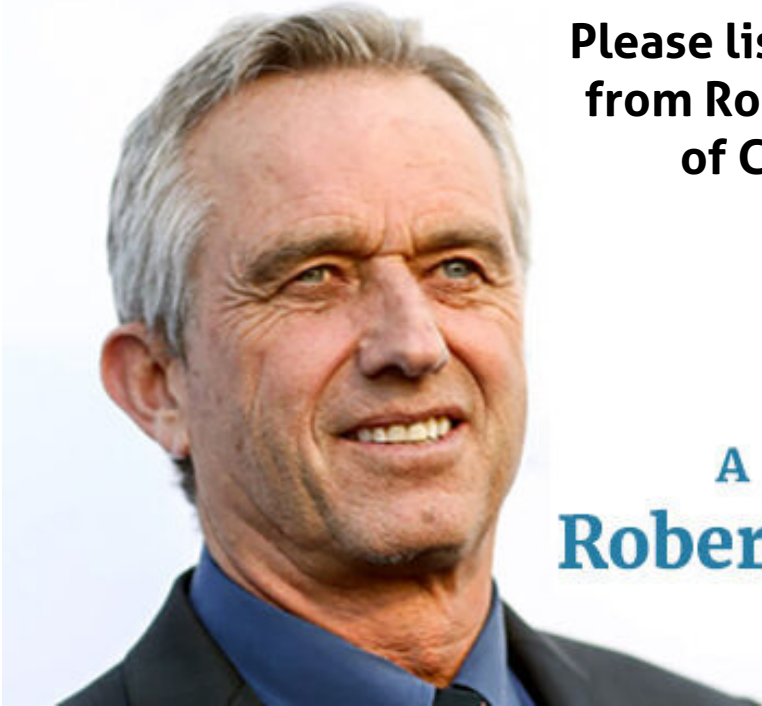
Children's Health Defense



**Please listen to this important message
from Robert F. Kennedy, Jr., Chairman
of Children's Health Defense.**



**A MESSAGE FROM
Robert F. Kennedy, Jr.**



Watch the video below to learn about the work CHD does as an organization across litigation, education, science and advocacy.

**We are fighting tirelessly
to defend **children** and **democracy****



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