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HEALTH FREEDOM NEWS[®]

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TRUE INFORMATION FOR TRUE HEALTH

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DEPARTMENTS



Letters to the Editor In this column, we share *your* impressions, comments, opinions, and views on various health and health-freedom topics, this time including healthy soils, NHF's work at Codex, and the Regenerative Pilot project. **Page 4**



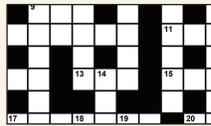
President's Note – The Replicons Are Here Scott C. Tips reveals the next medical dangers that will confront us: self-replicating mRNA shots, which must be banned. **Page 6**



Health Bits & Pieces In this issue, Birgitta Lauren tells us how kindness might slow brain aging, how damaged eye neurons can reconnect to restore sight, how rosemary can help with healing, the superiority of a human brain over AI, and how a low-choline diet exposes young brains to stress. **Page 14**



Medical Freedom Amendment Broadcast – The Deep Meaning of the Medical Freedom Amendment NHF Board member Michael LeVesque neatly dissects the proposed amendment to the Constitution that would protect our health freedoms. **Page 16**



Crossword Puzzle *Health Freedom News* presents its latest crossword puzzle crafted especially for you and the NHF by Master puzzler Myles Mellor. **Page 18**



NHF Lobbyist's Report – Frying and Poisoning Farmers Who Resist Biotech NHF Lobbyist Charles Frohman challenges MAHA's slow pace and outlines NHF's concerns over the treatment of family farmers. **Page 20**



Book Review NHF CFO Katherine Carroll reviews Drs Ray Dorsey and Michael S. Okun's book *The Parkinson's Plan – A New Path to Prevention and Treatment*, which details how prevalent Parkinsons has become in our polluted World and how to prevent it as well as treat it. **Page 28**

FEATURES



Toxins Cause All Disease NHF Vice-Chairman Dr. Thomas Levy shares from his latest book how all diseases are ultimately caused by toxins and what we can do to avoid and eliminate them. **Page 8**



Living Legacy NHF CFO Katherine Carroll reminds us how to keep fighting for health freedom even after death, and she suggests specific ways to do that. **Page 11**



Obesogens: The Hidden Drivers of Obesity and Infertility Birgitta Lauren reveals how a family of chemicals interfere with the body's metabolic, hormonal, and developmental systems, and tells you how to avoid them. **Page 12**



The Great Globalist's Con Job: Stealing Planet Earth's Human and Environmental Health Dr. J. Marvin Hearn-don succinctly sets forth the case for why geoengineering projects should be stopped at once. **Page 22**



Treating Post-Finasteride Syndrome (PFS) Oliver Con-naughton discusses a little-known syndrome that appears to be adversely affecting an increasing number of men. **Page 26**



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Your passionate advocate for Health Freedom,

Scott C. Tips



LETTERS TO THE EDITOR

Dear Editor,

The Powers-that-be are really out to destroy the World! Their ignorance is profound. They can't take lessons from history and see that healthy soils are not created by pesticide use. Healthy soil is created by enriching it with the right natural fertilizer. This would create pest resistance.

In the past, every seven years, a portion of land was left fallow (unseeded). Pesticides destroy the organisms in the soil that nourish the plants. Every year our soils are not only losing nutrient value, but they are also deteriorating to the point of no return.

The soil is life! Without soil ... No life!

Sincerely,

Barbara Charis
(sent with a donation)

Dear Editor,

We need to nurture our soil, not pollute it. Having healthy soil will enable us to grow healthy plants to support our bodies.

Sincerely,

Joan Schultze
(sent with a donation)

Dear Editor,

Thank you and Merry Christmas! I just wanted to thank all of you for what you are doing. Big Pharma is attacking our freedom and liberty State by State now.

Thank God for Texas and Oklahoma holding out for freedom of choice in health care. And God Bless the NHF. I enclose a check with Light and Endless Love!

And Happy New Year!

God Bless,

Dr. Phil Burbutes
(sent with a donation)

Dear Editor,

I just finished reading Ms. Carroll's article in the Fall 2025 issue of *Health Freedom News*, "NHF's Scott Tips vs. U.S. Head of Codex Delegation." Well written and I especially like the phrase about Scott, "Scott Tips represented the majority of us, however, with the force and vigor we've come to expect from him."

It sounds like more pesticides have been approved, but the \$700 million pilot program is, at least, good news. So, if this pilot program encourages farmers to use fewer (or no) pesticides, does that mean farmers have a choice to not use them outside of the pilot program? I guess I assumed they didn't have a choice.

Sincerely,

Margie Miller

EDITOR RESPONDS:

Thank you Ms. Miller. I agree with you and was pleased that the USDA and HHS took this initial step when they jointly announced a \$700 million Regenerative Pilot Program to help American farmers adopt practices that improve soil health, enhance water quality, and boost long-term productivity, all while strengthening America's food and fiber supply as called for by the MAHA agenda. It is just too bad that all of that money fraudulently taken from the taxpayers in Minnesota and other American States in "daycare center" scams could not have been more usefully applied to the pilot program instead.

We welcome your Letters to the Editor. Please include all of your contact information. We reserve the right to shorten and/or edit any submitted letters.

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THE REPLICONS ARE HERE!

All Bow Down to the Mighty Biomedical Security State

BY SCOTT C. TIPS, NHF PRESIDENT

After the COVID-19 bio-weapon global release, we've been waiting for the next shoe to drop. Many have asked, "what will the predator class do to us next? What are their plans?" Speculation has been rampant – and still is, even though we have a clearer crystal ball with the discovery of extensive replicon development.

In 2024, and again in 2025, Nicolas Hulscher, MPH, warned that "the Biopharmaceutical Complex was preparing for the large-scale deployment of replicon (self-amplifying) mRNA injections. At that time [2024], there were at least thirty-three candidates in development." So, our next global health threat is becoming more obvious. But what are replicons and how much of a threat are they really?

The Nature of the Beast

Self-amplifying RNA (saRNA) is a type of synthetic RNA designed to copy itself inside a cell after delivery. Unlike conventional mRNA, which produces a protein only from the original RNA molecules delivered, saRNA also encodes replicase enzymes (often derived from alphaviruses). These enzymes allow the RNA to make many copies of itself inside the cell, leading to much higher protein production from a smaller dose.

On a whim I consulted artificial intelligence (ChatGPT in this case) for "its" views on the safety of replicons. The results were interesting

but not really unexpected. ChatGPT towed the Biomedical Security State Party line down to the millimeter. Another person checked GROK AI for me and got similar answers.

While ChatGPT and GROK both claim that saRNA cannot be transmitted from one human to another and that it remains within the cell without any means of exiting that cell, I don't trust that answer any more than the claim made years ago that COVID-19 injections could not spread throughout the body of the human from the site of injection and would not have any deleterious effects.

Both technologies are based, in part, upon coating the mRNA in a nano-lipid shell, which ChatGPT glibly says dissolves in the cell and prevents saRNA from exiting the cell. Yet, if the spike proteins produced by COVID-19 mRNA injections could circulate and shed, then why could not these next-generation saRNA manufactured products? ChatGPT takes it as an article of faith that it would be impossible for this to happen, and even defends the COVID-19 injections from these charges, stating emphatically that the spike-protein particles created by the injections do not and cannot shed, and that claims to the contrary are nonsense. What a lie from the Pit of Hell ... which many to this day still believe.

The Case Against Replicons

First of all, we note that the Coalition for Epidemic Preparedness

Innovations (CEPI) and the Biomedical Advanced Research and Development Authority (BARDA) are the main backers and funders for the development and production of replicon shots, which means that Bill Gates is behind it and anything that Bill Gates touches cannot be good for humanity or animals. So, that's Strike One.

Secondly, to safely introduce such a novel technology into the medical marketplace and health-care would require many years, if not decades, of careful testing, and certainly not reckless release and use by the global population on a large scale such as we saw with the COVID-19 injections in the early 2020s. Remember, these are synthetic, not natural, products, which expert Nicholas Hulscher has called "an extremely high risk 'vaccine' platform that should be avoided at all costs." No one truly knows how the human body would react to being injected with them. Strike Two.

And yet we do know. To an extent. In clinical trials conducted in Vietnam for ARCT-154 (a saRNA brand), five deaths occurred among those subjects injected in the Phase 3b stage of the study. Even worse overall, 90% of the injected participants suffered adverse events after the first dose in study Phases 1, 2, and 3a combined. It should be no surprise that an unhealthy number of the clinical researchers are full-time Arcturus Therapeutics employees, which makes the study's conclusions biased and suspect.

And with an adverse-event rate of 90% that is certainly Strike Three.

But They Have Plans for Us Anyway

Notwithstanding the incredibly deadly and debilitating effects of the COVID-19 injections and the bone-headed, counterproductive mandates, lockdowns, and testing that accompanied them, we stand at the precipice of a new existential threat to humanity. The psychopaths who run the Biomedical Security State – and to this date have not been prosecuted criminally for their massive crimes – are moving forward with their rollout of the dangerous saRNA injections.

With thanks again to Nicholas Hulscher who compiled this timeline (but with a couple of minor date corrections I made), here is the progression:

1. June 2022 – The first replicon injection for humans is made under an Emergency Use Authorization (EUA) from the Office of the Drugs Controller General of India (DCGI) for Gennova Biopharmaceuticals' GEMCOVAC-19.

2. June 2023 – EUA approval for replicon booster shot GEMCOVAC-OM, which targets the Omi-

cron strain.

3. November 2023 – Full approval by Japan's Ministry of Health, Labor and Welfare (MHLW) Arcturus Therapeutics' replicon shot KOSTAIVE ARCT-154.

4. June 2024 – USDA approves Nobivac NXT, Merck's experimental saRNA shot for dogs and cats.

5. September 2024 – Japan's MHLW approved the updated booster shot to target the JN.1 lineage of Omicron subvariants.

6. November 2024 - U.S. FDA authorizes trial for Arcturus Therapeutics' ARCT - 2304 H5N1 bird flu saRNA injection.

7. January 2026 – The UK's Medicines and Healthcare products Regulatory Agency (MHRA) approved Arcturus Therapeutics' replicon saRNA injection KOSTAIVE for humans 18 years and older.

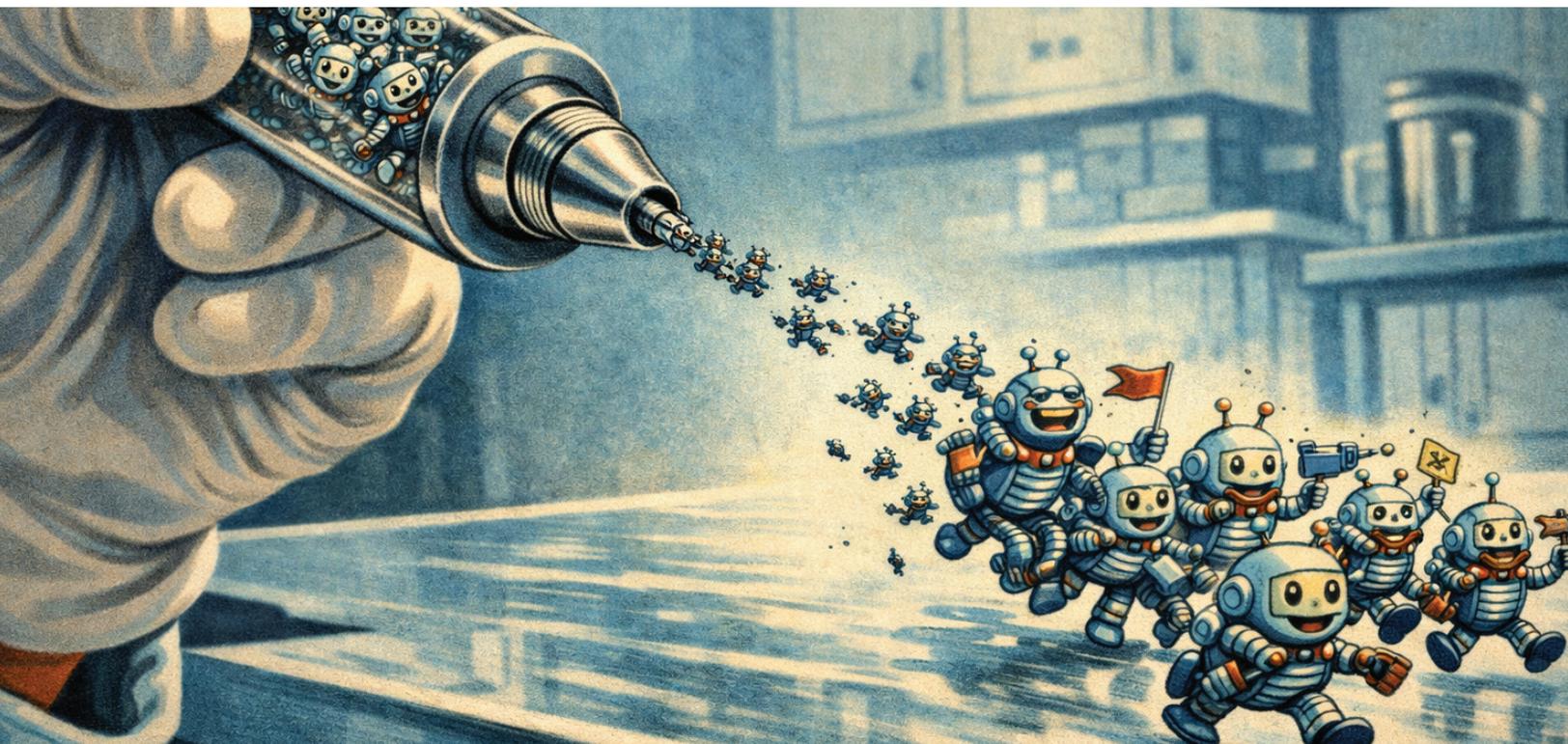
So, the predator class' plans for a relaunch of COVID 2.0 are progressing rather nicely. They just need to deal with ancillary issues, such as timing and making sure that some essential services are protected. For instance, in a seemingly unrelated matter, the United States Postal Service apparently sent out a letter on January 5, 2026, to its employees and contractors reminding workers to carry "essential service" letters

and IDs with them so they can bypass travel restrictions during emergencies like epidemics, hurricanes, or civil unrest. The last time this happened was during the COVID-19 outbreak.

The Gift That Keeps on Giving

It is important to remember that until the persons responsible for the last pandemic and its murderous medical "treatments" are arrested, charged, and imprisoned, such atrocities will continue to occur. The recent culling of humanity was not an accident, it was deliberate; and the persons responsible – all the way up to the top – must be held accountable.

No matter what "hallucination" ChatGPT or Grok may tell you, replicons are to be avoided at all costs. They have not been proven safe. To the contrary, they have been shown to be dangerous. And if these synthetic products have been bio-engineered to reproduce themselves for an unknown time, then they are far more dangerous to humanity than the already proven unsafe COVID-19 injections. 🔥



Toxins Cause All Disease

BY DR. THOMAS E. LEVY, M.D., J.D.



Redox Biology Overview

The principles of redox (reduction-oxidation) biology account for all medical conditions and allow for optimally designed treatment protocols to resolve them. When biomolecules are oxidized (depleted of electrons), they no longer function metabolically. Rather, as they accumulate, they simply physically impede the ability of the reduced, chemically normal (filled with electrons) biomolecules to interact optimally in cellular metabolism.

When oxidation is increased beyond a physiological degree inside cells, oxidative stress is present. All diseases feature minimal to advanced intracellular oxidative stress. However, the scientific literature consistently asserts that oxidative stress *causes* disease. While close to being true, the proper assertion is that the presence of excess oxidative stress *is* disease. The different combinations of oxidized biomolecules seen in various disease states do not result in some ill-defined, secondary states of disease but are the diseases themselves.

This begs the question: What causes *excess* oxidation, as normal metabolism always results

in a low, physiological degree of oxidation in the process of keeping electrons moving throughout the cells? The answer is toxins, as all toxins inflict their damage by resulting in the oxidation of biomolecules. If something does not take electrons away from normal biomolecules, it is not toxic. And if any agent results in the oxidation of a biomolecule, it is a toxin by definition. A toxin is a pro-oxidant, a reactive oxygen species, an oxidizing agent, a free radical, or a poison. All these terms mean the same thing. It is the chemical nature of the toxin(s) that determines what unique array of biomolecules ends up oxidized and nonfunctional, determining the clinical presentation of the disease state.

Bearing in mind that oxidative stress is seen in all diseases and the fact that only excess toxin exposure causes such oxidative stress, proper patient care requires the identification of the sources of the most significant new toxin exposure in each patient. Optimally effective treatment protocols need to *repair* (reduce) biomolecules already oxidized while *preventing* new biomolecule oxidation from fresh toxin exposure. And when the old damage can be re-

paired and the new damage can be blocked, cellular normalcy can result, and disease resolution, or at least substantial improvement in underlying disease pathology, will always be realized.

Greatest Toxin Sources

And what are the sources of the most clinically significant new toxin exposures? While there are countless, steadily increasing, and largely unavoidable toxin exposures on the Planet, three sources stand out as the most significant in making people sick:

- Pathogens. This includes acute and chronic infections, as well as areas of chronic pathogen colonization in various tissues. The statistically most impactful sources of toxin-producing pathogens originate in the oral cavity (gums, teeth, and tonsils). Root canal-treated teeth, which are ALL chronically infected, lead to heart disease and cancer more than any other single factor. The swallowing of these oral pathogen sources also serves to cause and sustain an abnormal gut microbiome along with a leaky gut barrier that further promotes the dissemination of

pathogens and their toxic metabolites throughout the body.

- Heavy metal accumulations. Everyone has varying levels of mercury, lead, cadmium, copper, antimony, and other heavy metals that have accumulated in various organs and tissues, and they are never naturally mobilized and eliminated from the body. New toxin exposures later in life are often just the final oxidizing “insult” that pushes an organ such as the heart from a seemingly normal state into a state of failure.
- Persistent spike protein syndrome. Long COVID, mainly in people who have received one or more of the mRNA spike protein-producing shots, pushes the body into a state of chronic immunodeficiency, literally analogous to AIDS. This results in a countless variety of clinical syndromes, along with a dramatically increased incidence of various cancers, some considered to be relatively rare.

Other very significant toxin sources and conditions that support toxic impact (excess oxidation) throughout the body include the following:

- Poor nutrition and insufficient antioxidant intake, including lack of or inadequate nutrient/vitamin/mineral supplement intake
- Toxic nutrients, agents that naturally support good health but exert great toxic impact when excessively ingested. The primary three are: calcium, copper, and iron
- Poor digestion in the face of a pathogen-ridden microbiome and leaky gut. This further produces and permits the dissemination of pathogens and toxins throughout the body
- Hormone deficiencies, espe-

cially the sex hormones, thyroid hormone, and cortisol.

Basic Treatment Principles

Knowing where the toxins most commonly originate then allows the formulation of basic treatment principles for all diseases, itemized as follows:

- Prevention/minimization of new daily toxin exposures (dental, environmental, dietary, digestive)
- Neutralization (quenching) of toxins already present in the body
- Excretion of toxins in as non-toxic, or minimally toxic, a manner as possible (detoxification always results in some re-toxification as some mobilized toxins redeposit elsewhere before elimination)
- Resolution of infections and chronic pathogen colonizations, along with the elimination of the reasons for contracting new infections
- Optimal supplementation to maximize the Vitamin C/antioxidant/mineral/nutrient status in the body
- Resolution of hormone deficiencies, not disregarding any significantly low levels as just being due to aging and not deserving of being treated.

Constructing a Treatment Protocol

Proper supplementation should be initiated as soon as possible. Even when toxin sources are not addressed, much clinical benefit can be realized with good supplementation. Such supplements must always include Vitamin C, magnesium, and Vitamin D, as these three agents are vital to good health, and they are significantly deficient in virtually everybody who is not already supplementing them. Also, these supplements are

affordable for nearly everybody. Many different supplementation regimens can be very beneficial, but they simply cannot be afforded for much of the population. Maintaining optimal levels of Vitamin C, magnesium, and Vitamin D in the body is essential for a solid foundation of good health in everyone.

As long as an individual is not dealing with acute symptomatology that demands immediate attention, a thorough dental evaluation by a qualified biological dentist is essential and should be obtained first. Of note, seeing a “traditional” or “mainstream” dentist will *often do more harm than good*, since traditional dentistry still embraces root-canal treatments as desirable and beneficial, rather than the reasons for many cases of breast cancer and coronary artery disease. Furthermore, both of these high mortality/morbidity conditions can often be stabilized and *often completely reversed* when significant sources of dental pathogens can be identified and eliminated as a first intervention. Resolving chronic gum infection, removing chronically infected teeth (including but not limited to root canal-treated teeth), and resolving chronically infected (but normal-appearing) tonsils does more to curtail disease pathology throughout the body than anything else.

Chronic pathogen colonization (CPC), a condition often related and coexistent with infected gums, teeth, and tonsils, must always be addressed as well. CPC in the mouth, nose, throat, and upper airways produces toxins that are continuously swallowed, resulting in a chronically diseased gut. CPC-generated toxins and the pathogens releasing them both initiate and sustain a vicious cycle of malabsorption, pathogen overgrowth of the microbiome, and the dissemination of patho-

gens and toxins throughout the body by the oxidized cells lining the intestine (leaky gut).

Since pathogens are the most significant sources of new and ongoing toxin exposure in the body, eliminating or minimizing their presence must be a primary goal of any clinical protocol. Bio-oxidative therapies are especially well-suited for achieving this goal. Ultimately, any pathogen presence must be met with a strong enough pro-oxidant therapy to be eliminated. The most important of these bio-oxidative therapies include the following:

- Vitamin C, the most powerful combined anti-pathogen and antitoxin in existence, in any of multiple forms of application (IV, regular and liposome-encapsulated oral forms, widely varying doses, rate, and frequency of administration)
- Hydrogen peroxide, the omnipresent and natural anti-pathogen produced by the body, in multiple forms of application (IV, oral ingestion, oral topical, nebulization/inhalation)
- Ozone as an anti-pathogen, in many different applications (autohemotherapy [blood treatment with return to the body], ear insufflation, rectal insufflation, EBOO [extracorporeal blood oxygenation and ozonation], and even careful IV application)
- Ultraviolet blood irradiation, especially when applied with specificity as to the wavelength being administered
- Hyperbaric oxygen therapy, with the inhalation of oxygen under high pressure (1.5 atmospheres to as high as 3.0 atmospheres), an exceptional therapy for the resolution of chronic infections unresolvable by other approaches

Recap

When excess biomolecule oxidation (oxidative stress) can be restored to a physiological, normal degree, cellular health and good general health can be anticipated. No disease exists in the absence of such excess degrees of oxidation, especially intracellularly.

The only agents that oxidize biomolecules are toxins, and such oxidation is the singular identifying characteristic of their toxic impact. If an agent does not oxidize a biomolecule, it is not toxic; and any molecule that *does* cause such oxidation is a toxin because of this oxidizing property.

These premises in this article outline the two basic principles of optimal treatment protocols. These are oxidized biomolecule repair (reduction), and new toxin elimination, neutralization, and/or prevention from forming. The three main sources of new and ongoing toxin impact, accounting for well over 90% of disease in the developed countries across the Planet, are pathogens in the

form of infection and/or colonizations, heavy metal toxin accumulations throughout the body, and long COVID syndromes with a persistent presence of the spike protein.

Quite simply, then, the more that excess oxidation can be reversed and new oxidation can be prevented, the healthier the patient, regardless of the condition.

Further details can be obtained in the new book, *The Only Cause of Disease: Healing by Reversing Pathology*. The physical book can be ordered at the website <https://www.tomlevymd.com>.

DISCLAIMER: This article is intended to be an information resource only. There is no intent that this article be used for any diagnostic or treatment purposes. A specific physician/patient or dentist/patient relationship is necessary before any medical or dental therapies are initiated. In no manner should this article, or any of its information, be used as a substitute for diagnosis and treatment by a qualified medical and/or dental healthcare professional. 🔥



ANNOUNCEMENT

The National Health Federation

will hold its annual meeting:

January 30, 2026 at 10:30 AM

240 Main Avenue, Morton, WA 98356

Living Legacy

BY KATHERINE CARROLL, CFO, NTP

New Year's gives us pause, a time to reflect on our growth, our blessings, how we are evolving, and ultimately, continuing to align with our purpose in life ... **considering the legacy we will leave.** The fresh start of the new year, or even the breaking dawn of a new day, is a gift to us to remain in a constant state of re-evaluation of our lives.

"The unexamined life is not worth living," Socrates noted. His ancient observation underscores our need to stay on target toward fulfilment of our purpose. It invites us to even surpass the trajectory we've set for ourselves by thoughtful consideration of exactly how our legacy is playing out.

Most of us schedule annual reviews of insurance to keep costs down while ensuring that we have adequate coverage on our home, business, and cars. We see to our health. We review finances and financial instruments. This time of year calls for a reset and **the National Health Federation would like to invite you to consider revisiting your will, not just in a "paperwork" way but in the light of stewardship of assets you've been blessed with and the purpose you have in life.**

Over the last fifteen years I have been with the National Health Federation (a 501(c)(4) nonprofit) and our sister organization, the Foundation for Health Research (a 501(c)(3) nonprofit), I have worked with many lawyers administering the last wishes of their clients – NHF members, as NHF is named as one of their beneficiaries. It is always deeply humbling to see such a profound commitment to health and health freedom put in place long past their lifetimes on Earth when they have chosen to

invest in the oldest health-freedom organization in the World.

It is amazing to me that NHF has outgrown the original moniker of the "National" Health Federation that founder Fred Hart selected. When President Scott Tips took it far beyond the confines of the United States and onto the global arena by obtaining the only health-freedom seat where food and nutritional supplement code is determined for the whole World at Codex Alimentarius, it expanded NHF's influence and reach exponentially.

It is equally amazing that the NHF stands stronger than ever at 71-years-old with a solid financial foundation, zero debt, and a commitment to running "lean and mean" with a powerful Board of Governors and Advisory Board equally committed to NHF's success. While many of the once-dominant companies and local retailers we grew up with – such as Kodak, Eastern Airlines, Montgomery Ward, and Sears – have disappeared or been forced into bankruptcy and reinvention as online-only businesses, the National Health Federation has moved in the opposite direction. NHF has expanded the scope of its advocacy exponentially, strengthened its operations, and broadened both its local and global efforts to protect health, health freedom, education, and bodily sovereignty.

Longevity with integrity, having earned the faith and trust of our members and donors, pro-

vides a safe place for donors to leave their legacy by inclusion in a will, or giving while living.

Trust is such a valuable asset and having lived on the "inside" of NHF, seeing as NHF's CFO how funds are shepherded and allocated, knowing that many of us are literally working with the same salary without cost-of-living adjustments or raises that staff received back in 2010, and running NHF without frills and excess means something! Those of us committed to NHF and FHR realize we are blessed and fortunate to be a part of something far bigger than we are, staff, Board, and members alike.

There is an unspoken trust and unfailing belief that NHF will go on to protect and preserve what they no longer can on this Planet.

Those who know NHF's incredibly successful track record combined with integrity know that their legacy is safe with NHF.

One of the biggest problems today is finding a place that is trustworthy to place your donations and to leave a legacy gift in a will or bequest. NHF and FHR are that place!

We give you the opportunity to start 2026 with intention, deep reflection, and a commitment to ensure your legacy keeps on giving. Please review your planned giving not only on a monthly basis but setting aside time to review your will or trust considering charitable priorities. Consult a legal professional to ensure your documents are sound. Making this a priority is a living testament to an intentional life that cares for those you may never meet but who need your help all the same.🔥

OBESOGENS: THE HIDDEN DRIVERS OF OBESITY AND INFERTILITY

BY BIRGITTA LAUREN, NHF BOARD MEMBER

For decades, rising rates of obesity, infertility, metabolic syndrome, and hormonal disorders have been framed as failures of lifestyle or personal responsibility. The dominant public narrative has focused narrowly on calorie intake, exercise, and behavior – despite mounting evidence that these explanations alone cannot account for the scale, speed, or intergenerational nature of modern metabolic disease and infertility.

An expanding body of research now points to a powerful and largely unaddressed factor: **obesogens** – chemicals that interfere with the body's metabolic, hormonal, and developmental systems, promoting fat accumulation and metabolic dysfunction independent of diet or activity level. Understanding obesogens is critical not only for individual health, but for informed public policy, environmental regulation, and reproductive protection.

What Are Obesogens?

Obesogens are a subset of endocrine-disrupting chemicals that alter how the body regulates weight, fat storage, appetite, insulin sensitivity, and energy metabolism. Rather than acting through toxicity in the traditional sense, obesogens disrupt biological signaling at extremely low doses, often during sensitive developmental windows, especially during pregnancy.

These chemicals can increase the number and size of fat cells throughout life (that was once set at 18 months of age), impair mitochondrial energy production, interfere with thyroid and sex hormones, and

reprogram metabolic function at the genetic level. Importantly, these effects may persist for decades, and in some cases, across generations.

How Obesogens Disrupt the Body

The human metabolic system is governed by a network of hormonal receptors and gene regulators that determine how nutrients are used and stored. Obesogens interfere with this system in several overlapping ways.

They can activate receptors such as PPAR-gamma, the master regulator of fat-cell development, causing stem cells to preferentially become fat cells rather than muscle or bone. They may alter insulin signaling, promote chronic inflammation, suppress thyroid hormone activity, and impair the function of mitochondria (the cellular engines responsible for burning energy).

Perhaps most concerning, many obesogens modify epigenetic programming, changing how genes are expressed without altering DNA itself. These changes can be permanent and, under certain conditions, inherited.

Organotins: A Case Study in Metabolic Disruption

Among the most thoroughly studied obesogens are **organotins**, a class of synthetic tin-based compounds originally developed for industrial and agricultural use. Organotins have been used in plastics (particularly PVC), marine anti-fouling paints, pesticides, textiles, and a variety of consumer

products.

Research has shown that organotins are potent activators of PPAR-gamma and related metabolic pathways. Exposure – even at extremely low levels – can program developing cells toward increased fat storage. Laboratory studies have demonstrated that prenatal exposure to organotins results in life-long increases in fat mass, altered hormone signaling, and metabolic dysfunction, even when diet and activity are controlled.

Organotins illustrate a broader reality: chemicals designed for industrial convenience can exert profound biological effects when they intersect with living systems.

Fertility and Reproductive Health

Obesogens do not affect weight alone. Their impact on reproductive health is increasingly clear.

In women, obesogen exposure has been associated with disrupted menstrual cycles, impaired egg quality, altered estrogen signaling, polycystic ovary syndrome (PCOS), endometriosis, and increased miscarriage risk. In men, studies link obesogens to reduced sperm count and motility, increased DNA fragmentation, lowered testosterone, and altered prostate and testicular development.

Crucially, these effects may occur *before conception*, meaning the health of eggs and sperm can be compromised long before pregnancy begins. This has significant implications for population fertility trends.

Pregnancy, Development, and Intergenerational Risk

During pregnancy, the developing fetus undergoes rapid metabolic and hormonal programming. Obesogen exposure during this window can permanently alter how a child's body regulates weight, blood sugar, and hormone balance.

Evidence suggests that prenatal exposure increases the risk of childhood obesity, insulin resistance, thyroid disruption, neurodevelopmental effects, and later-life metabolic disease. These outcomes may manifest even when postnatal diet and lifestyle are relatively healthy.

Traditional toxicology models – which assume that “the dose makes the poison” – fail to adequately address endocrine disruption. In many cases, *lower doses during critical windows produce greater long-term harm* than higher doses later in life.

Children as a Vulnerable Population

Children are uniquely susceptible to obesogens due to their developing organs, immature detoxification systems, and higher exposure per unit of body weight. Early-life exposure has been associated with accelerated weight gain, early puberty, altered stress responses, attention and learning challenges, and long-term metabolic instability.

These findings help explain why childhood obesity rates have risen sharply even in populations where calorie intake and physical activity patterns have not changed enough to account for the trend.

Where Obesogens Are Found

Obesogens are not confined to industrial settings. They are embedded in everyday environments: *plastics and food packaging, canned food linings, non-stick cookware,*

synthetic fragrances, pesticides, flame retardants in furniture, PVC flooring, personal care products, and household cleaners.

Exposure is cumulative and often unavoidable under current regulatory frameworks, making informed reduction – not complete elimination – the realistic goal.

Moving Beyond Blame Toward Prevention

One of the most important contributions of obesogen science is its ability to reframe metabolic disease. When biology is altered at the cellular and epigenetic level, personal discipline alone cannot override chemical programming.

This does not remove responsibility, but it restores context and agency. It shifts public-health discussions away from shame and toward prevention, transparency, and informed choice.

Reducing obesogen exposure through safer materials, cleaner food systems, improved chemical regulation, and consumer education represents a meaningful opportunity to improve metabolic and reproductive health at the population level.

How to Protect Yourself from Obesogens

While complete avoidance of obesogens is unrealistic in modern society, meaningful reduction is both possible and impactful. Practical protection begins with food choices: prioritizing whole, minimally processed foods; choosing organic produce when feasible; avoiding heating food in plastic; and favoring glass, stainless steel, or ceramic for food storage and cooking.

Reducing exposure from consumer products is equally important by selecting fragrance-free personal-care items, non-toxic household cleaners, and natural fi-

bers such as organic cotton, wool, or linen instead of synthetic, chemically treated fabrics. Drinking filtered water, limiting canned foods, and avoiding non-stick cookware further reduce chemical burden. Supporting the body's natural detoxification systems through adequate protein, fiber, cruciferous vegetables, bitters, hydration, sweating, and proper sleep helps the liver and gut process unavoidable exposures. These steps are not about perfection, but about lowering the cumulative load, that is, shifting biology back toward resilience rather than chronic chemical stress.

There are a number of other protective options. Hormonally, for example, natural progesterone and pregnenolone would be helpful. Herbally, we can look to garlic, turmeric, chlorella, cilantro, dandelion root, and milk thistle for help (not to forget fresh coriander added to meals). Moreover, amino acids, such as L-carnosine, and N-acetyl cysteine, and certain homeopathic remedies could prove useful in blocking obesogens.

A Call for Informed Health Freedom

Obesogens challenge deeply held assumptions about health, weight, and fertility. They reveal that many modern health struggles are not random, nor purely behavioral, but *predictable biological responses to environmental exposure.*

For organizations committed to health freedom, informed consent, and evidence-based prevention, obesogens represent both a warning and an opportunity: a call to modernize public-health models, protect future generations, and align policy with biological reality.

Understanding obesogens is not about fear, it is about reclaiming knowledge, choice, and long-term health sovereignty. 🔥



Kindness Might Slow Brain Aging

Helping others for just a few hours each week – whether through formal volunteer work or simple things like assisting neighbors or family – may help slow down brain aging and keep your thinking skills sharper over the years. A long-term study of over 30,000 adults in the U.S. found that people who consistently helped others outside their household showed less cognitive decline as they got older, with the biggest benefits seen in those who spent about two to four hours a week doing good deeds. These positive effects held up even after accounting for other factors like health, education, and wealth, suggesting that regular acts of kindness could be a simple way to support long-term brain health.

Han S, Burr J, Zhang S, "Helping behaviors and cognitive function in later life: The impact of dynamic role transitions and dose changes," Social Science & Medicine, Oct. 2025, 383: 118465, at www.science-direct.com/science/article/abs/pii/S0277953625007968?via%3Dihub.



Early Brain Stress Linked to a Common Nutrient Gap

A new study suggests that young adults with obesity may already be experiencing hidden brain stress due to low levels of choline, a key nutrient needed for brain and liver health. Researchers found signs of inflammation and nerve-cell strain linked to choline deficiency, even before noticeable brain symptoms

appear. This suggests that not getting enough choline, which is found in foods like eggs, fish, and some vegetables, could quietly affect brain health much earlier than expected.

Winslow W, Judd J, Tallino S, et al., "Reduced Blood Choline in Obesity Is Associated with Metabolic and Alzheimer's Biomarkers," Aging and Disease, 2025, at www.aginganddisease.org/EN/10.14336/AD.2025.1207.



Eye Neurons Break the Rules & Reconnect to Restore Sight

Scientists discovered that, after injury, certain eye neurons don't actually grow new cells but instead rebuild vision by forming extra connections – kind of like creating new detours when a main road is blocked. In experiments with mice, surviving visual nerve cells sprouted additional branches that reconnected the eye to the brain, restoring visual function even though the original neurons were lost. Interest-

ingly, this recovery process worked better and faster in male mice than in females, highlighting a biological difference that could help researchers design better treatments for vision loss and brain injuries in people.

Alexandris A, Yi J, Liu C, et al., "Recovery of retinal terminal fields after traumatic brain injury: evidence of collateral sprouting and sexual dimorphism," JNeurosci, Dec 15, 2025, at www.jneurosci.org/content/early/2025/12/03/JNEUROSCI.0792-25.2025.

Less Scarring, Better Healing, Thanks to Rosemary

Researchers have found that a popular rosemary skincare trend actually has real scientific backing: a natural compound in rosemary called carnosic acid helped wounds heal with less scarring in mice by activating a specific nerve sensor that supports regenerative healing. Unlike typical scar formation, this rosemary-triggered process encouraged healthier tissue repair right at the injury site, suggesting a low-cost ingredient might one day be part of gentler, scar-reducing treatments for people. Rosemary is an herb and an amazing antioxidant more powerful

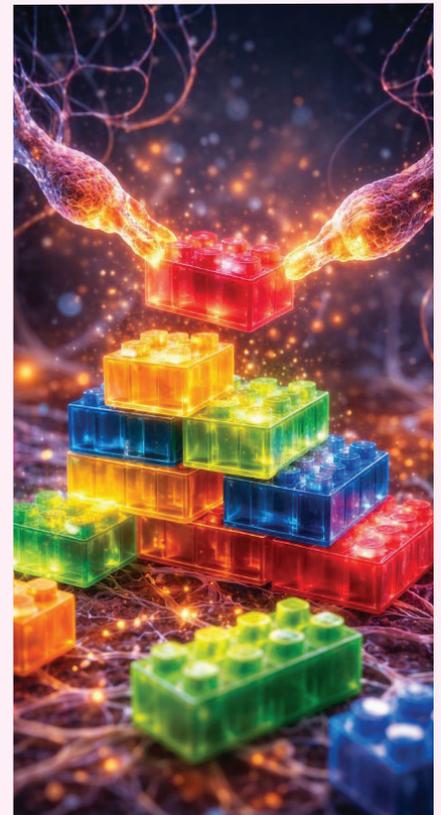
than Vitamin E.

Rapp E, Pang J, Saeednia B, et al., "Carnosic acid in topical rosemary extract enhances skin repair via TRPA1 activation," JCI Insight, Oct 23, 2025, at <https://insight.jci.org/articles/view/196267>.



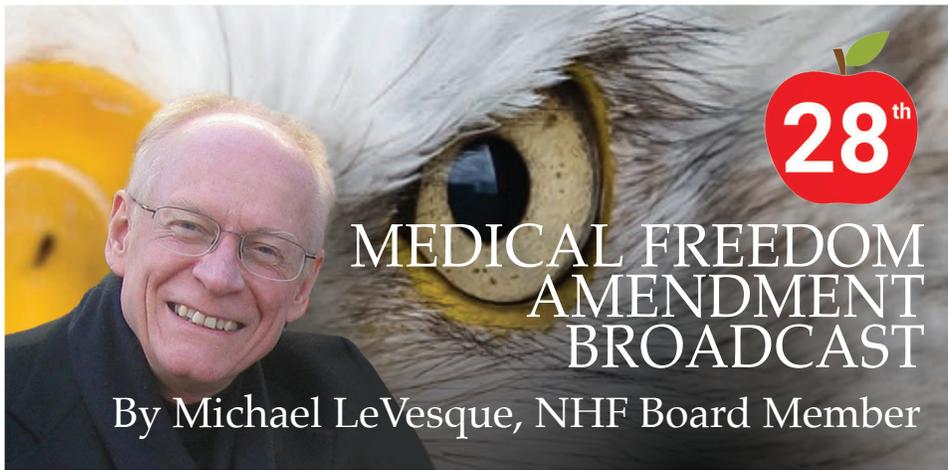
How the Brain Learns Faster and Better than AI

Researchers at Princeton University found that the brain learns new tasks so well because it doesn't start from scratch each time – instead, it reuses small "cognitive building blocks" (like mental Lego pieces) when facing different challenges. In experiments with monkeys, the front part of the brain repeatedly combined these blocks to perform new tasks more easily, helping explain why humans can adapt and learn quickly while many artificial intelligence systems struggle to retain old skills when learning new ones. This discovery could eventually help



improve AI design and lead to new treatments for people whose brains have trouble adapting to change.

Tafazoli S, Bouchacourt F, Ardalan A, et al., "Building compositional tasks with shared neural subspaces," Nature, Nov 26, 2025, at <https://www.nature.com/articles/s41586-025-09805-2>.



The Deep Meaning of the Medical Freedom Amendment

The proposed Medical Freedom Amendment (MFA) as the 28th Amendment to the United States Constitution first proposed in 2020 is gaining much support. *Now your support is essential.* The National Health Federation is the first organization to endorse and promote the MFA and is pushing forward the pendulum of change to success.

The Medical Freedom Amendment:

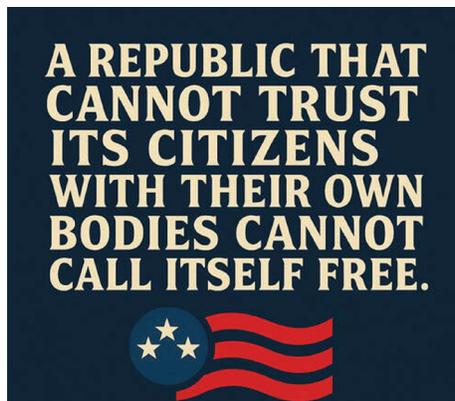
"All people have the Right to secure their Health in the manner they choose. Congress, the President, State Legislatures and Executives, Governmental Agencies or Departments shall make no law, rule, regulation, countermeasure, executive order, emergency declaration, or enter into any treaty or international agreement that:

1. Impedes the Individual's rights to informed consent nor right to medical choice nor freedom of medical choice. The treaty provision of Article VI of this Constitution shall not apply in any way to this amendment.
2. Impedes the Individual's right to medical privacy and freedom without individual

and specific judicial warrant supported by Oath and affirmation of necessary cause to protect Society from Harm describing the Individual's condition and danger it presents."

Here is a breakdown of the MFA and its implications:

1. "All people have the Right to secure their Health in the manner they choose."
 - Establishes health sovereignty as a *natural right*, not a State-granted privilege.
 - It connects to the broader philosophy that *health is part of life and liberty*, not public property.
 - It also means that the government cannot define "public health" in ways that override individual choice.



2. Enumerating Explicit Limits on Power

- Note the meticulous listing: *Congress, the President, State Legislatures, Executives, Agencies, Departments.*
 - This makes it clear the restriction applies to **every level** of government — Federal, State, and local.
- The inclusion of "**countermeasure, executive order, emergency declaration**" directly addresses what happened during the COVID era, when *extraordinary powers* were invoked to bypass laws and constitutional checks.
- "**Treaty or international agreement**" language is crucial. It prevents global health treaties — such as those proposed by the *World Health Organization, UN, or World Economic Forum* — from overriding individual rights through the **Supremacy Clause (Article VI)** of the Constitution.
 - This is essentially a constitutional firewall against *global governance in medical policy.*

3. Article VI Nullification Clause

- The line "*The treaty provision of Article VI of this Constitution shall not apply in any way to this amendment*" is extremely rare and radical in constitutional design.
- It means international treaties or WHO agreements could *never* supersede this Amendment, even if ratified by the Senate.
- In simple terms, **no global authority could compel Americans to accept mandates, digital vaccine IDs, or global emergency protocols.**

4. Judicial Warrant Requirement

- The second paragraph pushes medical privacy protections to

a *Fourth Amendment level*.

- It declares that *no intrusion on personal medical freedom or privacy* can occur without a specific judicial warrant, based on probable cause ("*Oath and affirmation*") and describing the exact harm and danger posed.
- This would:
 - Outlaw broad "public health emergencies" used to justify mass surveillance, quarantines, or forced testing.
 - Require individualized assessment before violating medical privacy — ending blanket "emergency powers."

In essence, this wording reflects **strict constitutional originalism infused with bodily autonomy**. It recognizes that:

- The State is not competent to define individual health decisions.
- Informed consent is sacred — and cannot be suspended, even during a proclaimed emergency.
- International bodies cannot be allowed to shape domestic health policy or override individual rights.

The Medical Freedom Amendment treats medical autonomy as the ultimate civil right, equal to speech, property, and belief. Once ratified, the constitutional order would shift from a managerial administrative decree to a consent based republic in practical health governance.

Please join the National Health Federation in this monumental fight for Health Freedom! Join the campaign supporting the NHF's lobbying, and donate to aid this effort. Thank you! 🔥

What Will You Do If They Crush Your Health-Freedom Rights?

You can't put a price on your good health and peace of mind. Yet there are those who would do just that — simply for the sake of pushing prescription drugs like statins, pain relievers, and anti-depressants.

When that day arrives, your vitamins, supplements, and alternative health practices may very well skyrocket in price. Or be taken from you entirely.

Is there a way to fight back?

A way to defend your health freedoms and your moral rights to control what goes into your own body?

The answer is yes. For 71 years, the National Health Federation has stood on the front lines across the World, safeguarding and advancing your right to consume healthy food and supplements, and to use alternative life-saving therapies.

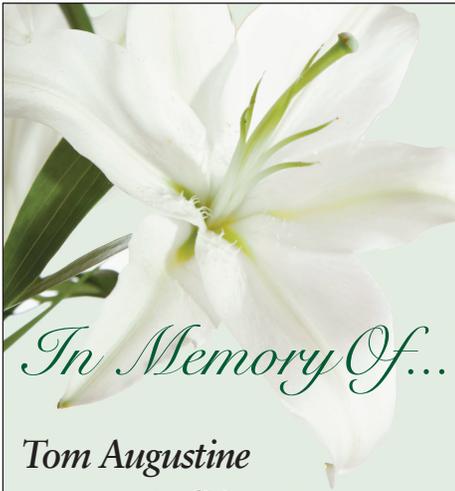
But the NHF can't do it alone. We need your support to eliminate restrictive health laws and to further advance what health freedoms we have now.

It is easy to join Become part of our powerful global community and become a member today.

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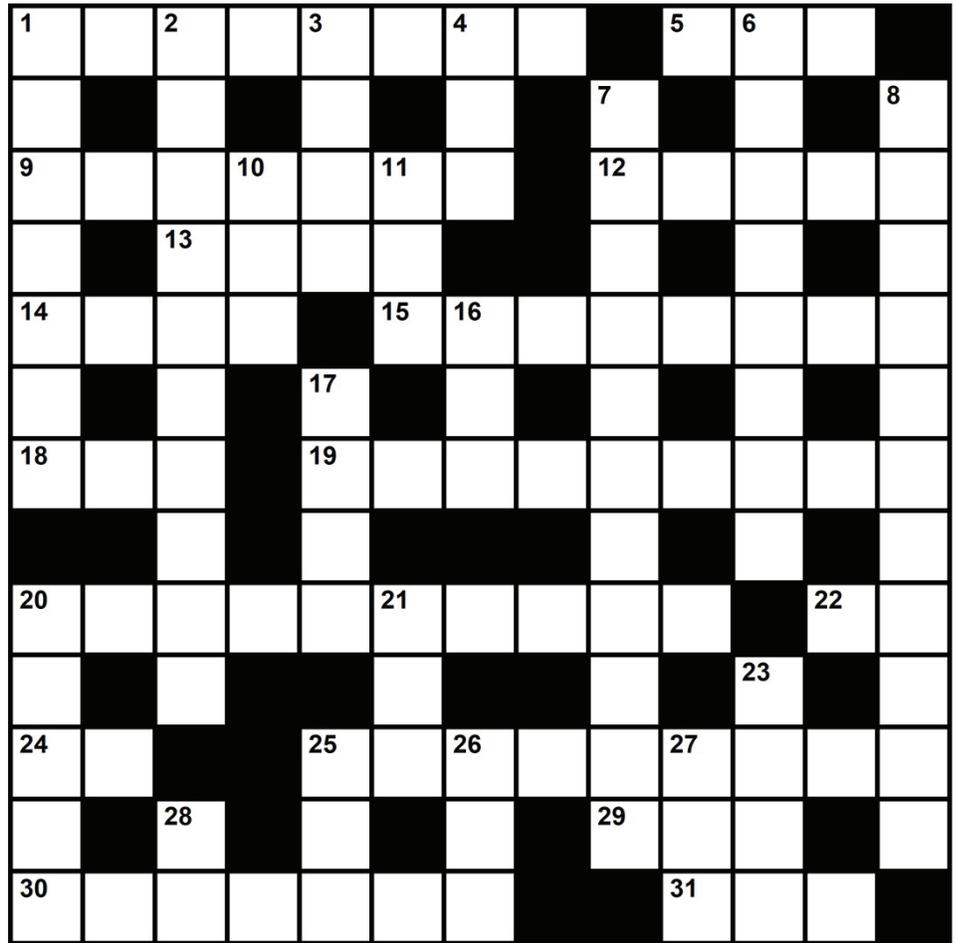
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NHF Crossword Puzzle

By Myles Mellor (Please see answers on page 29)



Across

- 1 Pesticides destroy this substance that is vital in the treatment of Parkinson's disease
- 5 Life-saving technique, abbr.
- 9 Study of organisms and their environment
- 12 Relating to the countryside
- 13 Expose
- 14 Caustic substance
- 15 Consumption of such acids is thought to increase the risk of atherosclerosis, 2 words
- 18 However
- 19 Put into effect
- 20 Community of microorganisms in a particular environment
- 22 Strong gray

- 24 Chemical symbol for neodymium
- 25 _____ rhythm: the natural cycle of physical, mental, and behavior changes that the body goes through in a 24-hour cycle
- 29 Unit of weight
- 30 Natural sulfur-rich, bioactive compound formed when garlic is chopped or crushed: found to be useful in suppressing the SARS-CoV-2 spike protein's effects
- 31 Type of bandage

Down

- 1 Relating to nutrition programs
- 2 Beneficial bacteria supplements
- 3 Protein that helps control several cell functions, including cell division and survival, and binds to rapamycin and other drugs
- 4 Negative vote
- 6 Removed toxic elements from
- 7 Lab grown and ultra-processed beef
- 8 "The _____ Theory of Aging" by Dr Ross Pelton
- 10 Young boy
- 11 Obtain
- 16 Tear
- 17 Metric weight, abbr.
- 20 Large ray fish
- 21 Basic medical stats summary, abbr.
- 23 Supplement taken for colds
- 25 Ozone depleter, abbr.
- 26 Published
- 27 _____ good turn (help someone)
- 28 Aluminum symbol

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NHF LOBBYIST’S REPORT By Charles Frohman, M.Ed., HIA

Farmers Struggling to Resist Biotech’s Frying & Poisoning Interventions

While President Trump has allowed Robert F. Kennedy, Jr., Secretary of the U.S. Department of Health and Human Services (HHS), to Make America Healthy Again (MAHA) in several significant areas, RFK, Jr.’s influence hasn’t yet overcome the daunting, iron-grip control of our government by the Big Biotech sector. Compared to the long list of recommendations given to MAHA by NHF, Trump’s team has a *long* way to go.

Congress, for example, threatened all of last year to immunize corporations from liability for harm from their pesticide use on crops, only to delete that provision this month (January 2026) from its annual spending bill. Nevertheless, some States have enacted their own shields from such liability (send NHF’s email to your State politicians against such bills).

And while the U.S. Department of Agriculture (USDA) has fixed the Food Pyramid and funded regenerative farming, both the USDA and the Environmental Protection Agency (EPA) have demonstrated zero interest in limiting or dis-

closing either pesticides or genetic mutilation of organisms or food. MAHA just had a “come-to-Jesus” meeting with EPA’s Administrator Lee Zeldin, who also issued a tepid admission of atmospheric spraying (which pollutes our farms along with everything else on the ground as well as the air inhaled by people and animals).

Nor has America’s delegate to the United Nations’ Codex Alimentarius Commission, which standardizes and harmonizes the global food trade, reversed U.S. dependability – against strong opposition from NHF – to always *loos-*

en residue allowances in traded food of pesticides and other toxic agriculture interventions. Speaking of allowances for toxic residues in traded livestock, one wonders what amount of vaccination will be tolerated in commercial meat as farmers succumb to marketing pressures and jab their cows with mRNA shots, something Missouri tried to ban after disclosure of secretive gene-modifying vaccination of pigs.

Worse, the House has passed HR 1618, directing the Federal Communications Commission (FCC) to promote wireless radiation-emitting connections between farms and Elon Musk’s network of satellite transmitters, with the USDA chipping in with mandated livestock tagging via Radio Frequency Identification (RFID). Indeed, all of us, not just farmers, face injury from densification of the wireless mesh – with passage of “preemption” in both the FCC (Proposal 25-276) and the House (H.R. 2289) that will render it nearly impossible for property owners to cooperate with local government officials to zone cell towers sufficiently (and safely) far from our bedrooms, nearby parks, children’s schools, and farms.

Farmers themselves seem handcuffed still from selling directly to consumers, as Pennsylvania’s Amos Miller last year faced persecution by bureaucrats. Why isn’t RFK, Jr.



sicking his MAHA initiative power against the above threats to safe food?

For decades Local Farming advocates have looked to journalist-turned-farmer Joel Salatin for answers to the above problems. The author of *Everything I Want To Do Is Illegal* and the owner of PolyFace Farm, Joel Salatin hosts the annual Rogue Food Conference, most recently attended by heroic U.S. Congressman Thomas Massie and me. Rumor has it that Mr. Salatin was lined up to become a USDA advisor



(from L-R, Salatin, Massie & Frohman)

if the Secretary position were given to Congressman Massie. Sadly, that did not happen, yet.

The grassroots is frustrated at MAHA's slow pace, so can Mr. Salatin give us hope? He was our featured guest speaker at our Monthly Zoom Brainstorming session on January 16, 2026, and our participants had the chance to get some answers to that question. And if you missed that live event, then it has been posted to our NHF Rumble channel shortly thereafter. (Go to <https://rumble.com/user/nationalhealthfederation> where you can freely watch all of our NHF Monthly Brainstorms.)

We are all frustrated not only at the slow pace of MAHA, but also at the fear all will be lost if MAHA fails to continue after Trump's presidency. Indeed, when the eminent *Politico* magazine interviewed me last year, I did emphasize the importance of changing the culture

in order to change the law, and not to forget the importance of building from the bottom with local and State activism – not just lobbying at the top in Washington, D.C.

To change culture your help is needed, to invite your friends to subscribe to NHF's eList for invitations to the NHF's monthly Health-Freedom Brainstorms, at <https://thenhf.com/join-us/e-newsletter-sign-up/>. And to help us advocate in D.C. and the 50 States, you can help easily by sending emails to your politicians at all levels of government, here: <https://thenhf.com/campaigns/>. We really could use your help to schedule Zooms with your Federal politicians – on any of our health-freedom goals – after which NHF's lobbyist can do the talking; just fill out our contact form to tell us how you'd like to help, at <https://thenhf.com/about-nhf/contact-us/>. 🔥



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THE GREAT GLOBALIST'S CON JOB

Stealing Planet Earth's Human and Environmental Health

BY J. MARVIN HERNDON, PH.D.

TRANSDYNE CORPORATION, DEWEES ISLAND, SC USA

A “con job” is an informal term for a well-planned, secret, fraudulent scheme or swindle designed to deceive for personal gain. It typically involves building trust with a victim, then exploiting them in a deceptive operation involving lies and deception. A classic example is the movie plot of *The Sting*.

Previously, individuals or sometimes companies were the victims of a con job. But since the 1970s, Earth's population has been and still is the victim of the greatest and most horrific con job ever perpetrated. Especially, since the 1990s, the air we breathe has been deliberately poisoned, mainly with coal fly ash, the waste product of industrial coal-burning that is deemed too toxic to be allowed to exit from smokestacks. The purpose is to alter Earth's natural processes, especially to cause global warming.

Who has not looked up and seen long white jet-laid trails extending

across the sky like those shown in Figure 1, which many refer to as chemtrails?

Ask government officials for an explanation and they will parrot the official lie that those are harmless contrails, ice crystals from jet exhaust. As more people realize the contrail lie, the false explanation is being shifted to fuel additives in commercial jet fuel, which may be partially true as there is reason to believe that toxic coal fly ash is now surreptitiously being added to jet-fuel. [2]

International treaties entered into force by the United Nations supersede the national laws of their signatory countries, i.e., *States Parties*. The title of any international treaty should precisely reflect its purpose and intent. In 1978, the United Nations (UN) oversaw the creation of the *Convention on the Prohibition of Military or Other Hostile Use of Environmental Modification Techniques* (hereaf-

ter ENMOD), a deliberately vague and deceitful international treaty. ENMOD serves as a Trojan horse to provide a questionably “legal” basis for subsequent highly-secret worldwide geoengineering activities whose scientifically-evidenced purpose is to melt arctic ice to open ship lanes and to access underlying oil and mineral resources. [3]

ENMOD employs deliberately vague language to conceal its covert purpose, which was not to prohibit environmental warfare per se, but to mandate signatory countries, i.e., “*States Parties*,” to participate in environmental modification activities for “*peaceful purposes*” and to “*improve the environment*,” without specificity or limitations. Destroying Earth's natural environment cannot by any stretch be legitimately denoted as “*peaceful*.”

On or about February 14, 2016, an oily-ashy substance fell on seven residences and vehicles in Harrison Township, Michigan (USA). Suspecting this was an accidental release from an aircraft engaged in covert geoengineering; I obtained samples from one of the residents for analysis and advised the Michigan Department of Environmental Quality on what analyses should be conducted. As noted in the published report, [4] the air-drop material consists of a mixture of particles in dark clumps that resemble plant material, including leaves, seeds and fruit skins, mixed with coal fly ash and salt.

Figure 2 shows patterns of quasi-circular holes (referred to

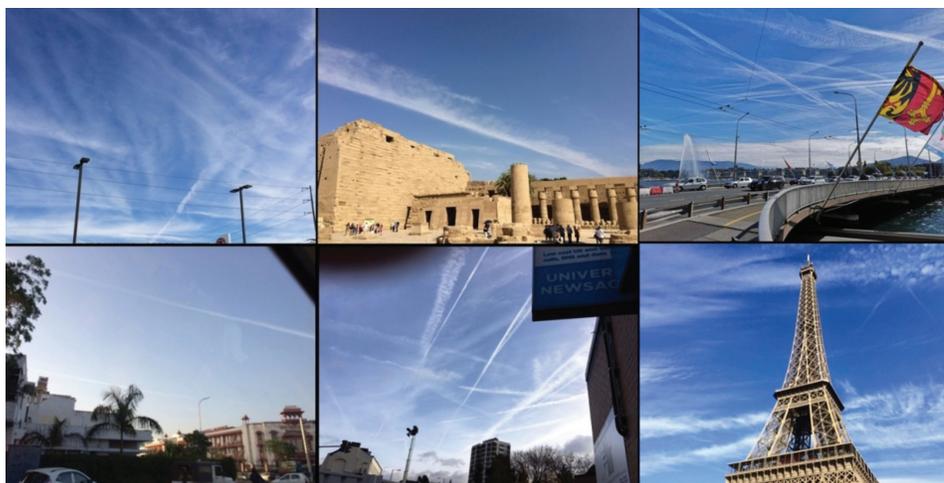


Figure 1. Chemtrail jet-emplaced particulates for environmental modification. Clockwise from upper left: San Diego, California, USA; Karnak, Egypt; Geneva, Switzerland; Paris, France; London, England; Jaipur, India. From [1].

as ‘cryoconite holes’) that are observed worldwide on ablating glacier surfaces, and which resemble the distribution pattern of the Michigan air-drop material. Because of its dark color, natural cryoconite — windblown dust made up of rock particles, soot, and microbes — absorbs sunlight and melts its way into glacier ice. The resemblance between cryoconite and the air-drop material is a clear indication that the artificial air-drop material is pseudo-cryoconite or proto-cryoconite, whose purpose is to melt glacial ice and to enhance global warming.

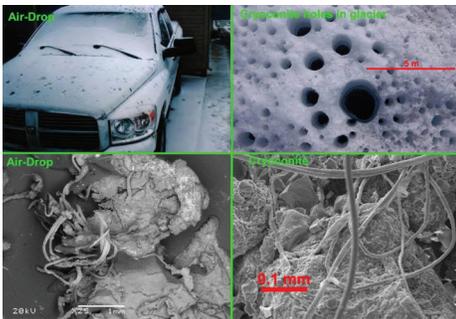


Figure 2. Upper Left: Air-Drop Distribution; Upper Right: Cryoconite-hole Distribution in Glacier; Lower Left: Air-Drop Pseudo- or Proto-Cryoconite; Lower Right: Natural Cryoconite. Adapted from [3].

On May 6, 2019, U.S. Secretary of State Mike Pompeo told a meeting of the Arctic Council in Finland that shrinking Arctic sea ice would offer “opportunity and abundance” for industry. [5]

Like any well-planned con job, there must be no loose-ends, nothing to cause unanswerable questions. In 1988, the United Nations Environmental Program (UNEP) and the World Meteorological Organization (WMO) created the United Nations Intergovernmental Panel on Climate Change (IPCC). The IPCC’s politically determined mission is to document anthropogenic global warming, a.k.a. “climate change,” especially as caused by carbon dioxide and to provide advice to political leaders accordingly. Thus, any global warming caused by jet-emplaced particu-

lates in the region where clouds form could be falsely explained by carbon dioxide in the atmosphere.

When particles are placed into the region where clouds form, they are heated by sunlight and by radiation from the Earth. The particles then heat the surrounding air. That heating lowers the temperature difference relative to air near Earth’s surface. The lower temperature difference reduces atmospheric convection (the up-down movement of air) and reduces removal of heat from the surface, causing regional and global warming. [6]

The fact that for three decades hundreds of United Nations Intergovernmental Panel on Climate Change (IPCC) atmospheric and climate scientists have systematically failed to mention jet-sprayed chemical aerosols, aka chemtrails, as a factor in Earth’s thermoregulation is clear evidence of deceit by omission. I further adduce deceit by the fact that the United Nations’ World Health Organization (WHO) twice refused to publish in the *Bulletin of the World Health Organization* perspectives warning of the public health risks posed by coal fly ash chemtrails submitted

by my colleague Mark Whiteside, M.D., M.P.H. and me. [7]

Decades ago, a short Summer drive in the country would result in the windshield and radiator being blanketed by insect casualties. Now, in similar circumstances such insect demise is rare. In just a few decades natural life on Earth has suffered greatly. Figure 3, from the World Wildlife Federation (WWF) and the Zoological Society of London, shows the global decline in populations from 1970 to 2016. One can only imagine how much subsequent decline has since occurred.

My colleague Mark Whiteside and I published a number of medical and scientific articles on the adverse consequences of coal fly ash chemtrails on the demise of bees and other insects [8], birds [9], and bats [10]. We also addressed the adverse consequences of coal fly ash chemtrails on California wildfires [11], global plankton imbalance [12], and the demise of trees, including the rare Torrey Pines [13] and the ancient giant Sequoias. [14]

We also addressed the adverse consequences of coal fly ash chemtrails on respiratory disease and

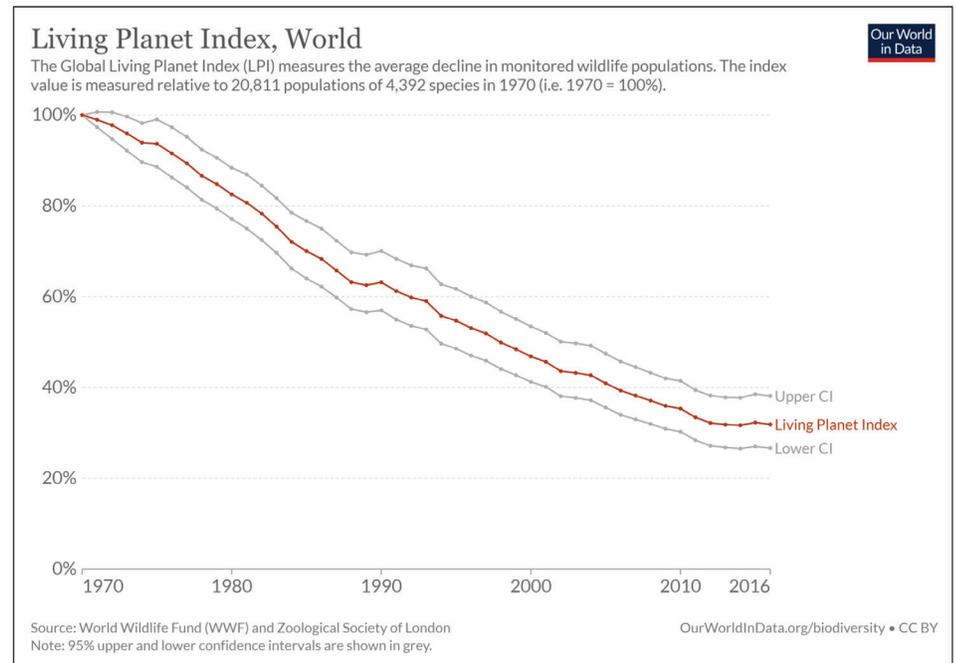


Figure 3. The global decline in 20,811 monitored wildlife populations of 4,392 species from 1970 to 2016 and, presumably, has suffered further declines in the subsequent ten years.

COPD [15], lung cancer [16], neurodegenerative disease [17], cardiovascular disease [18], as well as its relation to COVID-19 (SARS-Co-2) immunopathology. [19]

Perhaps the most devastating consequence of coal fly ash chemtrails pertains to its destruction of stratospheric ozone. The 1995 Nobel Prize was awarded to Paul J. Crutzen, Mario Molina, and F. Sherwood Rowland for their discovery of atmospheric reactions with refrigerant gases that were thought to destroy stratospheric ozone, which protects Earth's inhabitants from deadly ultraviolet radiation in sunlight. In 1989, the United Nations' Montreal Protocol resulted in the banning of supposedly harmful refrigerant gases. But the ozone problem got worse, not better.

Mark Whiteside and I discovered what others had missed. Aerosolized coal fly ash, lofted into the stratosphere, kills ozone. [20] (See Figure 4.)

I have described the greatest and most devastating con job ever perpetrated. If it continues unabated, Earth will experience a great anthropogenic species extinction. This con job benefits the globalists, who are beset with greed, but devoid of humanity. All life will suffer.

The publications cited, and more, can be freely downloaded here: http://nuclearplanet.com/Environmental_Warfare.html. 🔥

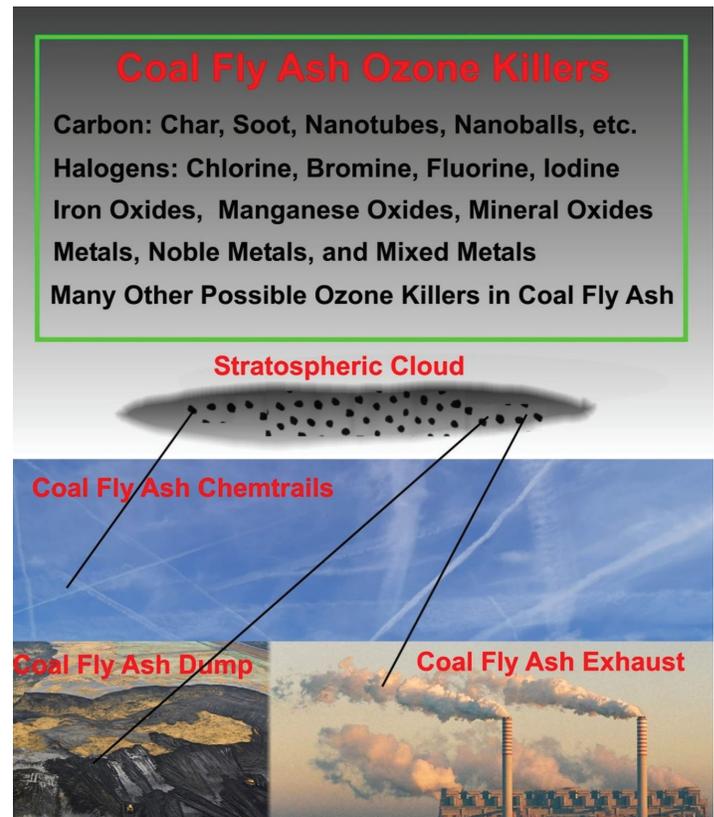


Figure 4. Graphic illustrating the major sources of aerosolized coal fly ash lofted into a particle-laden polar stratospheric cloud, and some of the many components of coal fly ash that directly kill ozone. [20]

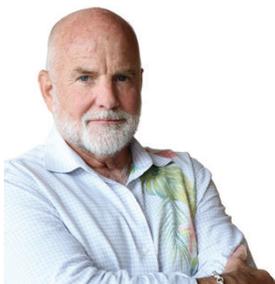
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Treating Post-Finasteride Syndrome (PFS)

BY OLIVER CONNAUGHTON, DIP.NT, PT, MBANT

Before outlining how it can be treated, it is important to understand “What Is PFS?”

Finasteride is a prescription drug that inhibits 5 α reductase, so decreasing the conversion of testosterone to the more potent androgen, dihydrotestosterone (DHT). It has clinical applications for benign prostatic hypertrophy (BPH) and male pattern hair loss (MPHL).

Whilst drug side effects were initially reported to resolve in short time or with discontinuation of finasteride, it is now known that they can persist in the condition known as Post-Finasteride Syndrome (PFS). These include a wide range of symptoms such as sexual, e.g., erectile dysfunction and decreased libido, neurological disorders, and others. The syndrome also applies to patients suffering from the same, persistent side effects of another drug called dutasteride, which was developed for the same medical conditions.

Finasteride was approved for BPH (named as Proscar) in 1992 and for MPHL (as Propecia) in 1997, with the first reported case of Post-Finasteride Syndrome in the year 2000. One of the earliest studies on PFS was reported in 2011 on 71 otherwise healthy men, aged 21-46 years, who suffered a new onset of sexual side effects from finasteride that persisted for three months or more, despite drug discontinuation [1]. This date preceded the subsequent establishment of the Post-Finasteride Syndrome Foundation in 2012, which presents related data and helps to fund research into PFS biological mechanisms.

Further key activity included ongoing changes to patient information leaflets (as more PFS cases were exposed) and litigation, with financial settlements. From around 2008, more than 17 countries, including

the United Kingdom (UK) and the United States, warned finasteride prescribers of potential, serious adverse effects including depression and sexual side effects, even after drug cessation. In the year 2024, some 24 years after the 1st reported case of Post-Finasteride Syndrome, UK medicines regulator MHRA announced a patient alert card for psychiatric and sexual side effects. Also in the same year, the European Medicines Agency (EMA) announced a review of data related to suicidality with finasteride and dutasteride.

Meanwhile, cases of PFS have escalated, with more than 25,000 reported to-date – a figure that continues to increase at an alarming rate, e.g., 1,000/month in recent months. And even that figure is likely to be very conservative, as it relies on reporting activity.

Medical Treatment And Activity

There is no medical cure or effective treatment for Post-Finasteride Syndrome. The Post-Finasteride Syndrome Foundation acknowledges that stark fact and it works closely with the medical community. Of course, there have been numerous research papers written on the subject of PFS and its effects, which often conclude that activity is urgently needed to at least relieve the horrendous effects [2].

Some doctors may suggest Testosterone Replacement Therapy (TRT) or other synthetic hormones to try and combat some side effects, but this generally proves to be a temporary solution, at best. Also, taking those hormones comes with additional risks including suppression [3], when the body (or more accurately, the testicles), stop producing the natural hormones, due

to having received them artificially. This means that patients may need to take the hormones for life.

Natural Health Treatment

A combination of nutrition, exercise, and lifestyle offers the potential for at least partial recovery from Post-Finasteride Syndrome. Relatively general pointers on diet, exercise and supplements have been listed in articles, along with some related laboratory tests [4]. Whilst such broad information confirms their importance for recovery, an effective protocol is likely to be patient-specific, as is common with most/all therapies. So, personalized (or individualized) and more targeted treatment plus ongoing care from a knowledgeable practitioner, ideally who is registered and qualified in Nutritional Therapy and exercise, e.g., Personal Training, is essential for optimum recovery prospects.

Consequently, an holistic treatment protocol based upon personal experience, extensive knowledge of related science, e.g., male hormones, and evidence has now been developed. It has demonstrated positive, measurable effects reported to be directly related to PFS (as well as more general health), such as gut health [5]. Most importantly, it has been shown to help recovery from this debilitating syndrome.

The treatment protocol, developed by the author, is underpinned by key factors, including the vital one of hormone balance. This includes DHEA (dehydroepiandrosterone), a hormone produced by the adrenal glands that plays a key role in the production of other hormones that need to be balanced, including DHT and its precursor, testosterone. Allied to that is optimal functioning of the liver and gut.

The liver is key in order to detoxify harmful toxins and hence is important in PFS recovery, as well as general health. Indeed, research shows that when your liver does not function optimally, it affects testosterone output [6] because the liver holds an enzyme that conjugates the 17beta-hydroxyl group of testosterone. For example, serum testosterone is reduced in up to 90% of men with cirrhosis, with levels falling as liver disease advances [7].

The gut is clearly important to the digestive system for detoxification, including its impact on hormonal balance. But there is more to gut health in relation to androgen production. We want a diverse and balanced community of micro-organisms that work in harmony with the host to promote his/her overall health and there is significant research showing that this can translate to better male hormone health. For example, higher testosterone levels were positively correlated with bacteria *Ruminococcus* and *Acinetobacter* and an increased microbial diversity. Levels of *Ruminococcus*, a key symbiont in the conversion of complex sugars to host nutrients, were most sensitive to testosterone levels [8].

Appropriate nutrition is clearly extremely important in a treatment protocol, for PFS recovery. For example, most men with low testosterone consume too much junk food, with diets either low in fat or including poor quality fats like trans or damaged polyunsaturated fats. A study examining the effects of diet on serum sex hormones in healthy men showed that, when they decreased their healthy fat intake, serum concentrations of androstenedione, testosterone, and free testosterone also decreased [9]. Similarly, processed food diets will create nutrient deficiencies. If the diet is lacking in nutrients such as zinc, magnesium, Vitamin D, and polyphenols, then adverse effects on testosterone levels are likely.

All exercise is likely to benefit health but, specifically for male

hormones, some types are probably better than others. In particular, strength training, is widely reported to boost testosterone [10]. However, there are some key pitfalls to avoid. For example, excess cortisol is unwanted otherwise it can suppress testosterone (which is anabolic). Consequently, an effective exercise program for recovery from PFS needs to account for such adverse effects.

Another key factor for healthy androgens is sufficient, high-quality sleep. In fact, just one week of sleep restriction can decrease testosterone levels in healthy males by as much as 15% [11]. Whilst the root cause of sleep issues needs to be determined and addressed, effective sleep hygiene including widely accepted aspects such as meditation is important. Mindfulness, a broader quality of being present and aware in any moment, is also important. It is proven to reduce stress (and therefore cortisol), as well as anxiety and depression [12] – all reported as common symptoms of PFS.

In summary, natural health treatment of Post-Finasteride Syndrome should be:

1. Personalized.
2. Holistic.
3. Focused on key related factors, in particular hormonal balance.
4. Delivered by a practitioner, trained and qualified in Nutritional Therapy and Personal Training. 🔥

Oliver Connaughton oliver@ocnutrihealth.com is a Registered Nutritional Therapist and Qualified Personal Trainer who previously suffered from Post-Finasteride Syndrome, before setting up OC NutriHealth <https://www.ocnutrihealth.com/>. This article, compiled for educational purposes, uses some personal information and relevant references. The views presented are the author's and so not necessarily those of the National Health Federation.

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BY KATHERINE A. CARROLL, CFO, ARTICLES EDITOR

The Parkinson's Plan -

A New Path to Prevention and Treatment

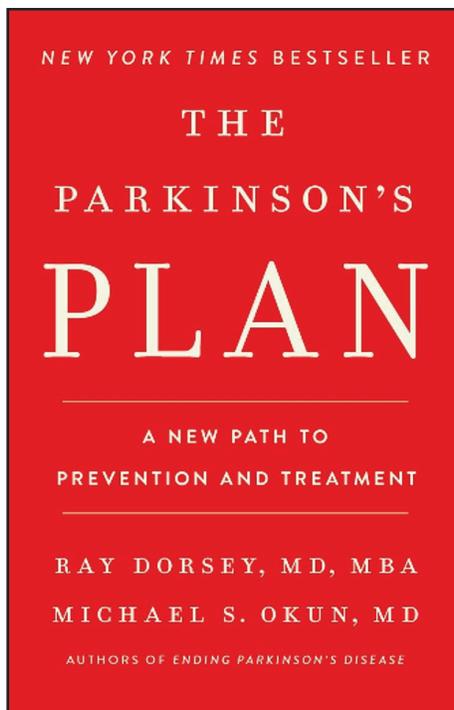
By Ray Dorsey M.D. and Michael S. Okun M.D.

(ISBN-13: 978-1541705388; PublicAffairs, 2025, hardcover, 368 pages, \$25.21)

Parkinson's is the fastest growing brain disease, even adjusting for age. Since my childhood involved chemicals, my parents having owned an aerial crop-dusting business, and I witnessed Parkinson's firsthand, this book is of particular personal interest. But in retrospect, after reading it, it should interest everyone because no matter how you live your life or how safe your genetic profile, extenuating circumstances can place you in the path of Parkinson's. The doctor authors of this incredible book have published over 1000 papers, cared for 10,000 Parkinson's patients, and educated millions about the now-fastest growing neurodegenerative disease. It is the fourteenth leading cause of death in the U.S. and predominantly in the industrialized countries where pollution has increased.

Most Parkinson's is preventable and these authors have developed a plan: eliminating the root causes of the disease, slowing the rate of progression, and accelerating development of treatments gives a lot of hope. This book shot up to #1 Bestseller in the disability category. It is not only interesting to read but informational and very practical.

The story opens with Chamorro people of Guam suffering Parkinson's, ALS, and dementia from native products during the Japanese invasion during World War II. Because of eating a natural cycad seed that had to be handled carefully to avoid toxicity but being on the run,



they didn't adhere to the rules and Parkinson's was the result. Combined with eating flying foxes, a relative of bats, that also enjoyed the seed, the toxic overload produced symptoms of Parkinson's (shuffling gait, frozen face/rigidity, stooped posture, shaking at rest, etc.) that disappeared under more favorable circumstances.

Chemical and pesticide exposures on skin and inhalation are reviewed as well as diet and drinking water in producing Parkinson's. Genetic causes account for some cases, but environment appears to be the main cause. Startlingly, even naturally occurring pesticides from chrysanthemums called pyrethrins or rotenone, one of the most common chemicals used in U.S. homes,

can lead to mitochondrial-damaging exposure, which manifests in the loss of dopamine-producing nerve cells in the part of the brain affected by Parkinson's and subsequent symptoms.

The book mentions activists, such as Carey Gilliam, who have taken up the fight against chemicals legal in the U.S. and banned elsewhere. The National Health Federation should have been mentioned as we participate in the Codex Alimentarius Pesticide Residue Committee hosted by China where NHF has had a seat for decades now and has published extensively on our battles against pesticides and chemicals in food and in the environment. The EPA in the U.S. certainly can't be trusted and continues to give approval on toxic, Parkinson's-creating chemicals such as paraquat.

We need to read this book and educate ourselves on avoidance mechanisms before it is too late. Sadly, by the time a diagnosis is made, 60% of the nerve cells that produce dopamine have died. Certainly, do not believe the statements from these companies who claim no link to Parkinson's and their pesticides. The wine industry's heavy use of pesticides impacts workers, consumers, and those living near (1,650 feet) wineries using pesticides that spread through air, water, and sheer proximity. Golf courses have recently come under scrutiny for contaminating nearby homes and even those up to a mile away.



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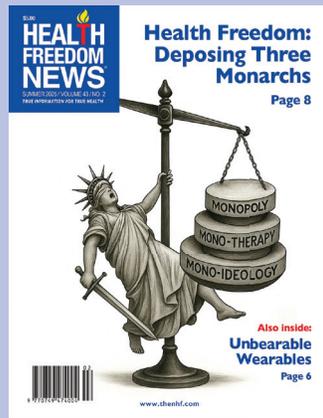
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