

# FREEDOM'S *Phoenix*





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## Picture This

### By Larken Rose

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YOU'VE been driving off the beaten trail, appreciating the beauty of the wilderness scenery. You've been going for miles on a dirt road, curving between mountains, when suddenly you find yourself in a little town nestled pretty much in the middle of nowhere.

It's a nice looking little town, but you quickly get the sense that there's something different about it. Instead of being the usual carbon copy of any generic American town, this place has a wide variety of types of buildings, in all shapes and sizes--everything from geodesic domes, to what look like hobbit homes burrowed into the sides of hills, to more traditional looking homes, big and small. You notice several wind turbines in the distance, and a solar array on a nearby house. Instead of the cookie-cutter property layout that looks like a big piece of graph paper, there are small lots, big lots, farms, driveways heading out of sight into the surrounding mountains, and so on.

You pull into what looks like a convenience store, though it doesn't bear the name of any of the familiar giant chains. You walk into the store, and are greeted and welcomed. There are several people having lunch at the tables in the corner, who also greet you. You wander around the store a bit. In addition to the usual snack and food items you expect, you see all sorts of other things for sale--everything from music CDs, clothes, camping equipment and artwork, to ammunition and a couple firearms in a glass case. You're checking out a wood-carving of a mountain lion, which you think would look cool on your mantelpiece, when you notice that the price tag says "1.7 oz." You ask the store-keeper what that means.



"Ounces of silver," she answers. "Everything here is priced in ounces of silver." Your expression tells her you don't carry silver around with you. "Oh, we do except the fiat stuff, if that's all you have," she says with a smile. She glances at the price tag on the wooden mountain lion. "In federal reserve notes, that would be forty-five dollars." Not bad, you think, for what is obviously hand-carved, detailed work. "If you're planning on being here a while, I can convert some more of those," she says, pointing at the green paper in your hand "into real money for you."

You decide right then that this place is interesting enough to at least stay the night. You ask where the motel is. "Well," she says, "we have a place that's probably what you're expecting, just down the road, which is an ounce of silver for a night--just over thirty bucks. We also have camping sites, with utilities, for next to nothing. Or, if you're more of an outdoors kind of guy, you can park in the lot out back and go camp up in the hills for free."

As she's talking, someone walks into the store behind you. You turn to see a middle-aged man with a rifle slung over his shoulder. Your face must show a hint of surprise, because the man apologizes. "Just back from hunting," he explains pleasantly, "not here to rob the place." He greets the store-keeper, and the others in a corner, and takes a seat with them. You make some comment about not needing to call the police.

"Actually, he is the police--well, the closest thing we have to it," says the store-keeper. "There are no cops here. There are a few men who have agreed to be on call in case of trouble.



But they're just regular folk. They don't have badges, and they don't have any special authority. They're just who we call to come running if there's trouble, which around here is not very often."

You ask what the crime rate is like, since they have no real police. "Almost non-existent," she answers. "It's a little enough town that most of us know each other, which helps a lot, both because we don't usually rob each other," she says with a smirk, "and because we help each other out, and keep an eye on each other. The last actual crime I can remember was a young kid stealing something from here, last summer I think it was." You ask if they even have a jail in town. "No, and we've never needed one. They caught the kid, and let everyone know what he had done. Eventually the kid agreed to work around the store long enough to pay back double the value of what he stole. After that, everything was Even Steven again."

You ask what would happen if some really nasty people came into town. "First of all, they'd have to go pretty far out of their way to get here, as you probably noticed on the way in. Second, if I was a robber, this is the last place I'd want to come. There are a bunch of hunters in town, and we have a shooting range--we have a few ex military folk here, with some interesting toys, if you know what I mean. If I hit the panic button I have, which I've never needed, help would

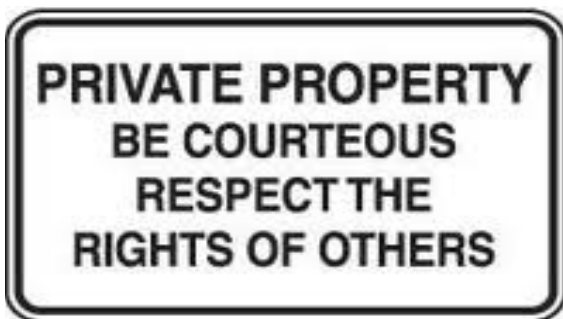
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be here in a big hurry, coming from both directions."

You ask her how much she trusts the guys who would come running--are they responsible and capable? "They wouldn't have the job if we didn't trust them. Unlike the cops out there," she said, pointing over the mountains, "these guys actually work for us. We know them; they're our friends. They're not bullies on a power-trip, like a lot of badge-wearers are." You comment that it seems like a nice tight little community, self-sufficient and personal, and you jokingly use the phrase "hippie commune."




Yeah, we're mostly a pretty close-knit community, but around here, you don't mess with a man's property. People on the outside talk about local government being better. Well, we take it to the logical conclusion. Around here, every man, and woman, is king of himself, and king of his property. You can do anything you damn well please with what is yours, but you don't lay a finger on what is someone else's without his permission. That one rule is why we can get along so well."

"Don't get me wrong," she adds, "people around here are quick to lend a hand to those in need of help. But we do it all privately. Those who give of their time and effort can feel good about it, and those who receive help are genuinely appreciative--there's no entitlement mentality around here. You want help, you ask for it. There's no big brother here to beg for free goodies, and no tax man to redistribute the wealth." You ask if they really have no taxation at all.

"When I say every man is king here, I mean it. You can't charge a king a fee for living in his

own castle, or for being productive, or for trading with others. We act like equal, responsible adults around here--no rulers and no subjects. We settle our own problems, and find our own solutions, like thinking, moral adults. No nanny state to hold our hands, no police state to tell us how to live--and that's just the way we like it. For the people who want someone to bow to, they have the whole rest of the world to choose from. But here, we deal with each other like equals."

You comment that they seem to have a nice little society, isolated away from the rest of the world. "Well," she responds, "we're isolated in every way we want to be, and connected in every way we want to be. Some of us here choose a very simple existence, just living off the land, and others have the latest gadgets and technology. If the grid out there falls apart, we'll be just fine--we can make just about everything we need right here, including our own energy. But we also have phones, internet, and satellite communications. And here we have the full range of education levels, income levels, different races and religions, different professions--pretty much everything except politicians, bureaucrats, tax collectors and cops."

You say it sounds interesting, and you'd like to learn more of the details of how it all came to be, and how it all has worked so far. She says if you come back the next day, she'll tell you whatever you want to know. So... will you come back? 



*Larken Rose is author of several books, including [The Iron Web](#) and [How to be a Successful Tyrant](#). Visit his webpage at [LarkenRose.Com](#)*

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# The Community of Tomorrow is My Community of Today

## By Jesse Matthewson

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*“BUT rather let all your energies be bent on occupying the advantageous position first.”* Sun Tzu

Each of us is apart of a community whether we believe so or not. A community is defined simply as ‘people living in the same area or people with a common goal’. Community can also be defined with regards to the state, however, for the purposes of this article we will not need that definition, as it does not apply.

Over the past two decades, I have found that regardless the community where I reside, philosophically and physically, I am often at odds with some. This is to be expected of the libertarian and anarchist mindset. Those who are on the path to liberating the mind from the state’s hold are often quite individualistic in their mentality. They tend to think on their own and are a breed of people who rarely desires others’ assistance in life. From experience it is difficult to accept help, and even more difficult to ask for it. However, once the ability to accept and ask for assistance is re-learned the person who is now a freely thinking, acting individual often finds that community is more than just their values.

**The REVOLUTION happens here**



Acceptance of others’ ability to freely think and act outside of what we believe to be correct or moral, is necessary, to be able to further build one’s community into

something that works for all of us. The goal is not to simply accept all behaviors but more to understand that not everyone will think the same. Personally, I believe in the Non Aggression Principle, and community is a large part of this. I believe that if we teach those around us the simple steps of the Do No Harm Principle or the religious expression ‘Do Unto Others’, we will fit quite well together as a community. This, of course, does not mean that violence or

crime will not occur, however, it does mean less by volume will naturally occur.

In a state-based society like we see across most of the world, regardless of personal political stance, the result is always the same. A majority or vocal minority will always seek to force all others to follow their approach to life. And therein lies the problem: using force to dictate morality will always end with more crime, death and visible vice than if one rejects this approach and learns to live along side those whose lives they may not agree with but are not attempting to harm you or others by doing so. This is why across the span of history whenever an area of land was without a centralized state, that area of land was generally more productive, less crime ridden, and saw large leaps in innovations. It was only when a consolidated state attacked and eventually took over that region that it would see rapid declines and any number of issues such as famine, slavery and more.

This is why I work within my local community of individuals to promote solidarity and progressive action. I do not mean that I am working to politicize or change the political nature of what currently exists. What in fact I am doing reflects the natures of the tribal cultures. I actively promote and use local farmers’ markets, and I attempt to get to know my actual neighbors as well as those within my philosophical community. I promote volunteer-ism and attempt to contribute time and effort without expectation of payment or public acknowledgment. As some in the



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religious world would say, by my actions they are saved, though I am not attempting to save anyone of course.

An active community of individuals who willingly interact if only on a financial or physical level benefits me as an individual within that community. This is the selfish nature of the approach I have taken. And yes, I willingly admit to being selfish in this. My family and my own well-being is primary in my life. I understand that I cannot simply pick up and move to the furthest, darkest corner of whichever continent is least populated by humans and expect my family to thrive. We may survive in this manner, but there is no logical way that this approach will enable or allow them to thrive.

Of course by doing, this I am also forcing my views on them, or using coercion to obtain this goal. Because my beliefs are set on a bedrock of voluntary interaction and action, I cannot do this.

Instead, I teach my family and those I interact with that we can and should work with others regardless their personal (*not our business or responsibility*) beliefs. Over the past two decades, I have made a habit of opening my home to others. While I do place restrictions on some behaviors, these restrictions are quite generous in nature, which unfortunately, has led to several bad experiences. Alternatively, it has led to many wonderful and long lasting friendships and mutually satisfying relationships. What I have found is that most humans are genuinely good people, many have been taught bad habits thanks to state based education. However, most humans are good and only want what we all want, that which is best for themselves as individuals. I have been able to share my approaches to gaining that, not by using others as

those negative individuals did, but by working with others as most have.

My goal for the community I reside in is quite simply to be able to interact in a voluntary manner in every way. So when I am asked questions about what traits I see as important to myself, my response will almost always be the same. Voluntary interaction, mutually beneficial relationships and individuals ownership of themselves and their minds. The community of tomorrow is my community today, and it is up to me and those I work closely with to help others see that life without the overbearing state presence is entirely possible, natural and beneficial! We should pursue with great energy that which is mutually beneficial as it will only help make our future that much brighter. 🌱



***Free the mind and the body will follow***

*Jesse Mathewson is an individual who believes in Liberty, Non-Aggression, Self-Defense, Self-Ownership and a Free Market without state interference it is his firm belief that we should all be better students in life. He is also the author of the popular blog, [jessetalksback.com](http://jessetalksback.com) and provides commentary to many varied places based on a background that includes education in criminal justice, history, religion and even insurgency tactics and tactical training. His current role in his community is as an organizer of sorts and a preacher of community solidarity. As a voluntaryist and atheist his life is seen as crazy and wild by many, though once they get to know him most realize he is a bluntly honest individual who will give you the shirt off his back if he believes it is necessary to help you.*

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# A NIGHT AT THE OPERA

By L. Neil Smith

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I went to speak, the other evening, with a local chapter of [Young Americans for Liberty](#), on the campus of Colorado State University --ironically, the same campus where I helped create chapters of Young Americans for Freedom and Students for a Democratic Society in the '60s.

I've done this before and always find it very enjoyable to visit with individuals to whom the elements of living within libertarian principle do not have to be explained. The fact that they are young is especially encouraging, as is the fact that some of them are female, something that didn't happen a lot in the early days of the freedom movement.

I hadn't gone with a particular topic in mind. Most of the group's members seem to enjoy hearing about my various adventures, real or imagined, as a lonely libertarian in what is overwhelmingly left wing novelist-land, so that's what I'd decided to speechify about. But for some complicated reasons having to do with family transportation, I'd had to cool my heels in the Student Center and then my wife's office (she's worked at CSU for going on 30 years, now) before the appointed time.

I had my computer with me, and should have been writing, but I spent the time, instead, on a book I've been reading on my telephone, compliments of Kindle, and a century that has so far given us the most wonderful technology and the most disgusting politics in all of human history.

The book is [Merchants of Despair: Radical Environmentalists, Criminal Pseudo-Scientists, and the Fatal Cult of Antihumanism](#), by Robert Zubrin, an aerospace engineer probably most famous for his "Mars Direct" plan for getting humans to the Red Planet and back at a fraction of the money government would spend on the same goal. Zubrin has written several books on other subjects, among them, this one, whose lengthy subtitle spells out pretty well what the book is about.

It isn't the sky above, this time, but the mud below, focusing on the shameful, evil history of eugenics and its place in a world-wide power-grab

I was attracted to Zubrin's book for three reasons. First, it parallels my own thinking, as expressed most recently in my article in [L. Neil Smith's The Libertarian Enterprise "Things I Know But Can't Prove"](#).

It also provides the last, vital piece to the puzzle of what the hell is really going on. If government's actions have seemed completely and inexplicably bizarre the last few decades, it's because those who run the government have completely different interests and objectives than we do, interests and objectives that are utterly vicious and insane.

Finally, Zubrin writes with a remarkable clarity I struggle for every day and greatly admire (or even envy a little) in other writers. He also provides the citations that, as a novelist and columnist I do not. Best of all, Zubrin's book reassured me that, if all my careful reading and reasoning had bought me a life membership in the tinfoil hat brigade, at least it's a much bigger brigade than I had been aware.

Among other things, Zubrin's [Merchants of Despair](#) explains why, when she was told that, through starvation and lack of medicine, the U.S. naval blockade of Iraq had killed a million children, Madeleine Albright, Bill Clinton's Secretary of State chirped, "It was worth it."

As I recall it, Albright's boss, Bill Clinton, caught in one lie after another, asserted that truth depends on what the meaning of "is" is. Thanks to her, we now know what the meaning of "is" is to them: it is the deliberate, systematic depopulation of this planet by political trash like Madeleine and Bill, who have come to think that their lives are more important than those of millions in the Third World and elsewhere.

Madeleine and Bill, belong to a bellowing herd of self-proclaimed aristocrats, presently headquartered in the United Nations -- but who have been infesting us since the early 19th century -- who believe the human population must be cut back to Earth's "carrying capacity", which they have somehow calculated is ten percent of what the Earth's population is today. Meaning that six billion, three hundred million individuals have to be gotten rid of, in some manner. The agonizing deaths of a million Iraqi children, in their view, is only a modest beginning.

Now this was never meant to be a book review, although I urge you to read Zubrin's book. Fact is, the freedom movement is not merely up against a bin full of loonies who want to tell us how much sugar to put on our cornflakes, how evil our SUVs are, or steal our guns. They want us out of the way completely. Understand that

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the current ideological conflict is a struggle to the death. Our death. If you know where to look, they haven't been the least bit shy about saying so.

Now, thanks to Zubrin's reminder of the "progressives'" century old enthusiasm for eugenics, I understand that, once they have the planet's population down to what they consider a "manageable" size, they will begin breeding and culling humans like farm animals, until they wind up with the kind of unquestioningly compliant serfs they want.

And that's more or less the note on which I concluded my hour's conversation with the CSU campus YAL. Afterward, going home in the little Subaru that could, my wife Cathy's only comment was, "That was dark."

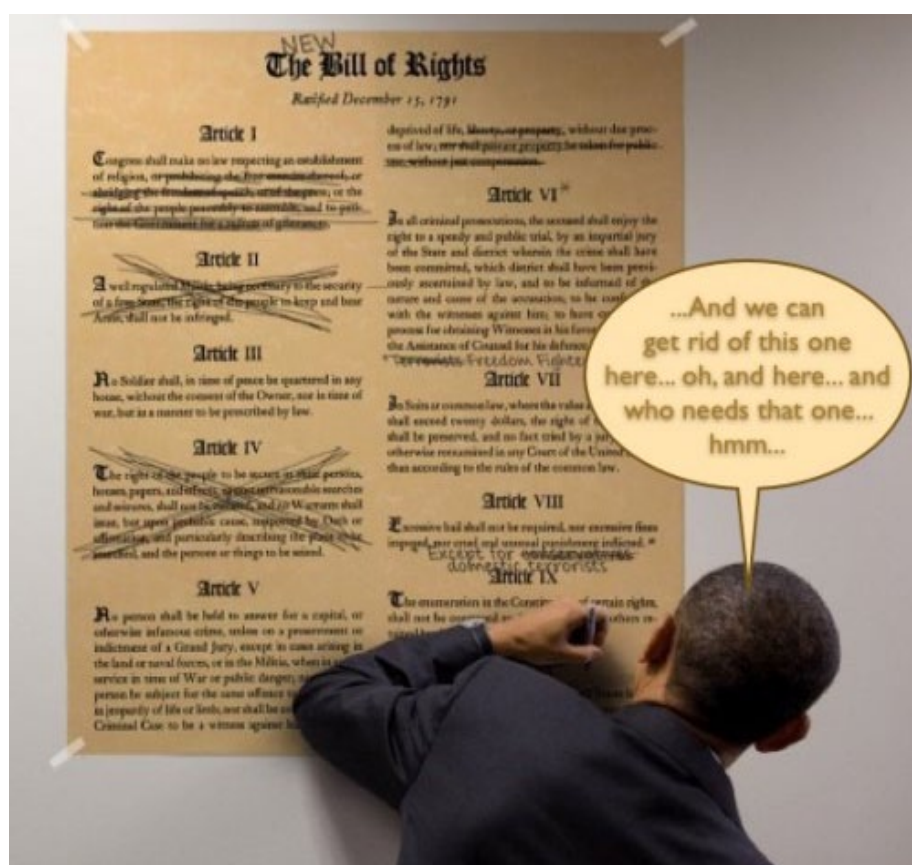
And it was dark, for me, at least. Over my past fifty-one years in the freedom movement, over my past thirty-six years as a novelist, I have almost always been the most optimistic individual in the room. In fact I coined the term "Libertarian Utopianism" for my setpiece dinner speech, "I Dreamed I Was A Libertarian In My Maidenform Bra", a clutch of ideas that eventually evolved into my first novel, [The Probability Broach](#).

I have often been the only libertarian utopian I knew. Altogether too many libertarians seem to have inherited a bad mental habit from conservatives: they appear to take some kind of perverse comfort in bad news, and to prefer it to good. They would rather whimper about all of the mean things the government did to them in the past, all of the mean things the government is doing to them now, and all of the mean things the government is going to do to them in the future, than, borrowing a phrase from an obscure seventeenth century British playwright, "take arms against a sea of troubles, and by opposing, end them."

Show them the way out of trouble, they will resent you for it.

My home state of Colorado is in particularly bad condition at the moment, thanks largely to a weak, timid state Republican Party oddly stranded back in the 1950s and incapable of thinking its way out of a wet paper bag. This would represent an invaluable opportunity for the state Libertarian Party here if it were not, in every respect, even worse.

Thus, with a Democratic majority in the State House, a Democratic majority in the State Senate, and a Democratic governor whose lips are locked firmly around the nethermost appendage of Barack Obama, it is depressingly predictable what will happen whenever some violent and telegenic incident -- most of which are starting to look transparently manufactured -- offers them yet another excuse to shred the Bill of Rights.



I was born in Colorado. Except for when the Air Force moved my family around the continent, I have lived here all my life. Yet, for the first time, I find myself seriously considering moving to some other state where my rights -- and the fact that every cent I earn and spend comes from out of state -- are taken seriously. I love Texas, I have many friends in Arizona, and the Wyoming border is forty miles away.

Certainly, there are things that could still be done here with some time and intelligent effort and a little bit of money. The Democrats are safe enough in Denver which, like many another capital city is a pus-filled putrescent boil on the backside of an otherwise peaceful and productive state. But their hold on the rest of the state is precarious and they may already have committed political suicide with the anti-self-defense legislation they're trying to ram through. Except for the mentally and morally feeble National Rifle Association, gun people, as a culture, don't ever forgive and they don't ever forget.

The Democrats are counting on an enormous volume of amnestified immigrants to maintain them in power, while the Republicans struggle desperately -- and in vain -- to lock them out. History demonstrates that there is nothing, not policemen, not armies, not Hadrian's Wall, not the Berlin Wall, not even the Great Wall of China, that can stop a folk migration. But if I can figure out a way to turn newcomers around politically (and I have) so can other members of the general freedom movement.

Sure, my presentation the other night was dark. These are dark times for American civilization, and they could get even darker before dawn. But the next time I have a chance to speak to my friends in YAL, instead of pessimistic baggage, I will bring along a great big bag of solutions.

I rather doubt that they will be resented there.



L. Neil Smith is the award-winning author of 33 freedom-oriented books, including [The Probability Broach](#), [Ceres, Sweeter Than Wine](#), and [DOWN WITH POWER: Libertarian Policy In A Time Of Crisis](#). Visit his webpage at [LNeilSmith.Org](#)

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# You Know Somethin's Happenin' Here But ...

By Claire Wolfe

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As depressing as these last few months have been for gun rights and freedom, there's a hopeful "something" in the air. It doesn't always feel like it, but there's a subtle freedomista breeze wafting.

Those of us who've been around a while might be tempted to feel we're reliving the terrible years of 1993-4. Those were the dark years when the Brady law and the ugly-gun ban clobbered us with a one-two punch and left us thinking we might never get to our feet again.

But Joe Biden is right. Oh, don't worry, he's right about only one thing, and actually only half of that. But [the political climate around gun rights has changed](#).

He's just wrong about the *nature* of that change — which, given that he's a politician, I believe and hope he utterly misreads.

He and his ilk think this is the moment when they'll finally "win" on gun control and destroy the culture of independence that firearms represent.

My prediction is that, whether they "win" in laws and regulation, this time they lose. And they don't just lose seats in legislatures as they did last time.

They lose their country.

One sign of that shines from [Ronnie Barrett's open letter](#) joining the boycott of those who assault liberty. Barrett is hardly a typical gun maker. Years before the present boycott, he [his company refused to sell to or service the weapons](#) of gun-banning governments. In a way, he inspired LaRue, York, Olympic, and all the others to take the tall stand they're taking now. He just says it well.

And what he says — and what he and others are doing — wouldn't have been said or done ca. 1993. Back then, gun makers were only too happy to sell out. Heck, Bill Ruger is infamously the *father* of the standard-capacity magazine ban. And most other gun makers spent time angling for ways to make the various anti-gun (anti-freedom) laws hurt the competition more than themselves.

But yes, Joe Biden, things have changed.

In 1993, do you think the biggest sports show in the U.S. would have been shut down by vendors — not producers of ugly black guns, but makers of boats, duck blinds, spices, and clothing — standing up, saying "the Second Amendment is for ALL or it's for none," and walking out? In 1993, do you think the NRA and the big gun makers would have followed the lead of those little guys?

How many gun or firearms equipment makers back then would have even thought about refusing to sell to police? It would have been unthinkable.

Sure, there are still plenty of compromisers. Like [Armalite, that wants to have its boycott cake and eat it, too](#). Or the never-met-a-compromise-he-didn't-like Alan Gottlieb of the Second Amendment Foundation/CCRKBA who seriously expects Washington state gun owners to believe that having [one vast gunowner database foisted upon them](#) will be better than having one minor database that a lot of them didn't even know about.

But condemnation of their tactics is swift, fierce, and increasingly unanimous.

I don't know how any of this is going to come out. I'm not seeing rainbows and unicorns in our future. Whether the gun-banners "win" or get beaten back on a new ugly-gun ban or a private-sale ban, I expect chaos. But this time around, there seems to be a lot more understanding that the battle is about *freedom*. For all of us. And that it's not just the possessions and privileges of one group or another that are at stake.

I also think that those powerful grassroots gun-rights groups that organized and triumphed in state after state in the last 20 years will have a lot to say about the long-term outcome.

Back in '93-4, powerless nobodies took to the woods and played militia while leaders in the gun industry and the NRA sold them out. I'm not knocking the militia movement; it seemed like a good idea at the time and may have been the best thing for people who had damn few alternatives.

But ... things are so much bigger now. It's no longer just us "lone nuts with guns," grumbling angrily in meeting rooms or cabins. It's a whole culture whose members understand that everything they value, everything they are, is under attack.

And for all our fear, good citizenship, and hesitancy to act ... this time I don't think we're going to take that politely.



How ironic. "Our" leaders obviously fear us. But they fear us for all the wrong reasons. Our guns? Ha. The guns aren't what it's about at all. Then, misunderstanding everything so badly, they take exactly the steps to provoke us. People, you have no freakin' idea what you really have to fear when you aim to take away freedom. 🦃

Reprinted from [BackwoodsHome.Com](#)

*Claire Wolfe is a libertarian author and columnist. Her favorite topics are homesteading, firearms, homeschooling, open source technology, and opposition to national ID and the surveillance state. Wolfe's books include such titles as [101 Things to Do 'Til the Revolution](#) and [I Am Not a Number!](#). Wolfe also writes or has written for a number of magazines, notably [Backwoods Home Magazine](#), [S.W.A.T. magazine](#), and [DGC Magazine](#), which covers electronic, metal-backed currencies.*

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# GMO Seed Freedom or Freedom from GMO Seeds Which Will It Be?

By Barbara Peterson

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*WHEN is a fight for food freedom just the opposite? How about when that fight is about the right to plant second generation GMO seeds...*

We are not talking about conventional or organic seeds. We are talking about GMOs. Has everyone simply lost their collective mind? How self-destructive is it to rally around GMO farmers to support their right to spread transgenic seed far and wide with no restrictions?



Take the case of Bowman vs Monsanto. Bowman is a grain farmer who lives in Indiana. He is going against Monsanto in a Supreme Court case that challenges Monsanto's right to enforce patent regulations on second generation GMO seed purchased from a grain elevator:

*The highest court in the United States will hear arguments on Tuesday in the dispute, which started when soybean farmer Vernon Bowman bought and planted a mix of unmarked grain typically used for animal feed. The plants that grew turned out to contain the popular herbicide-resistant genetic trait known as Roundup Ready that Monsanto guards closely with patents.*

*The St. Louis, Mo.-based biotech giant accused Bowman of infringing its patents by growing plants that contained its genetics. But Bowman, who grows wheat and corn along with soybeans on about 300 acres inherited from his father, argued that he used second-generation grain and not the original seeds covered by Monsanto's patents.*

*A central issue for the court is the extent that a patent holder, or the developer of a genetically modified seed, can control its use through multiple generations of seed....*

[http://www.huffingtonpost.com/2013/02/15/vernon-bowman-indiana-farmer-monsanto\\_n\\_2691607.html](http://www.huffingtonpost.com/2013/02/15/vernon-bowman-indiana-farmer-monsanto_n_2691607.html)

Bowman is not an innocent farmer who accidentally got hold of Monsanto's seeds. He is a GMO supporter.

*All the while he continued to buy first-generation seed each year for his main crop of beans. For those purchases, he signed required "technology agreements" pledging not to save the offspring of those seeds.*

[http://www.huffingtonpost.com/2013/02/15/vernon-bowman-indiana-farmer-monsanto\\_n\\_2691607.html](http://www.huffingtonpost.com/2013/02/15/vernon-bowman-indiana-farmer-monsanto_n_2691607.html)

I'm sorry, but I simply cannot get behind this movement to free GMO seed. End the patenting laws for seeds – YES. Fight for the right to spread next generation GMO seeds far and wide? NO!!! Double NO!!!

Isn't the fight to free GMO seeds from second generation patent law restrictions so that farmers are free to plant them at will just shooting the food freedom movement in the foot? Seriously – think about it. Farmers who have already bought into the GMO movement are now joining the food freedom movement. Not because they want good, clean seed, but because they want to plant GMO seeds without paying Monsanto. And don't tell me that Bowman didn't know the seeds he got from the grain elevator were GMO. [93% of all soybeans grown in the USA are GMO](#). How could he NOT know? He most likely didn't care since he already signs a yearly contract with Monsanto and grows them himself anyway.

This is a catch 22 situation. If GMO farmers are free to plant next generation GMO seeds with no restrictions, then the contamination of our world's food supply by toxic transgenic crops will receive a major boost by the very same people who are at the forefront of the anti-GMO movement. Talk about an unintended consequence.... or is it?

Here is a quote by Andrew Kimbrell of the [Center for Food Safety](#):

*"Through a patenting system that favors the rights of corporations over the rights of farmers and citizens, our food and farming system is being held hostage by a handful of companies," said Andrew Kimbrell, executive director of the Center for Food Safety, one of the groups supporting*

Continues on Page 12



## Continued from Page 11 - GMO Seed Freedom or Freedom from GMO Seeds – Which Will It Be?

*Bowman. “Nothing less than the future of food is at stake.”*

<http://www.reuters.com/article/2013/02/15/us-monsanto-seeds-idUSBRE91E06Q20130215>

Correct, Andrew. The future of food is at stake. However, fighting for the right for GMO farmers to plant GMOs far and wide with no restrictions is NOT, I repeat, NOT the answer.

What is needed is an end to all patents on all seeds and a complete ban of GMOs, and that is unacceptable to the biotech industry and Corp USA. So, controlled ops, their compadres, and well-intentioned followers work for the dissemination of GMOs by “empowering” farmers to be able to save GMO seed and plant them intentionally with no repercussions.

### The Hegelian Dialectic in Action

*This is how it works:*

**Problem:** Food freedom is compromised because farmers cannot plant second generation GMO seeds without paying Monsanto.

**Reaction:** Free the seed!

**Solution:** Free up GMO farmers to plant second generation GMOs and spread transgenic crops worldwide with no restrictions.

Fighting for farmers’ rights to save and plant seed is a good thing. Fighting for the right to spread GMO contamination worldwide is not. A two-edged sword.



*The following is a hypothetical scenario if the Bowman vs Monsanto case frees GMO seed from a portion of its patent restrictions, but fails to address the root cause – the entire seed patenting system.*

*Take away the money-making tool (patenting) and you take away the profits on that patented technology and any incentive to continue it:*

**Problem:** Farmers can now collect and plant GMO seed at will with no patent restrictions on second generation seed.

**Reaction:** Monsanto loses profits to second, third, fourth, etc. generation seeds, but retains first generation seed patents.

**Solution:** Monsanto simply rolls out the Terminators when the contamination level is at its tipping point, and complete control of the food supply is assured.

“Terminator” or “GURT” technology has been kept on the shelf due to public outcry. This technology renders the seeds from transgenic crops sterile. No viable seed, no problem of GMO farmers planting them. I believe that Monsanto is simply biding its time, waiting for the right time to implement this technology. Could a victory for GMO farmers in the Bowman vs Monsanto case be just such a time?

First you spread the contamination until nothing is left out, then you put a clamp on anyone being able to use saved seeds via Terminator technology. Game, set, match. If everything is GMO terminator, then who ya gonna call? Why Monsanto, of course, since they will have the only seeds that will grow anything.

### Let me make this perfectly clear...

GMOs have no place on the planet. They are here, yes. But the solution is NOT to roll over, play dead, accept the coexistence lie, then rise up fighting for the right to use them. The solution is to institute a complete ban on the technology, get rid of all seed patenting laws, and get back to nature. Until we realize that, then we will still be on the road to “coexistence,” which only leads to the complete takeover of anything not GMO.

And the irony of it all? Those of us who know the hazards of GMOs get to watch while farmers actually participate in their own destruction and the destruction of our food supply by fighting for the right to plant GMO seed right alongside the same organizations who are supposedly fighting hard against the spread of GMOS. This is the very essence of controlled opposition. Brilliant. But evil. 🌻

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*Barbara lives on a small ranch in Oregon, and believes that self-sufficiency and localization of food sources will be necessary to survive the coming depression. To this end, she has put up a website to share information at: <http://survivingthemiddleclasscrash.wordpress.com> and <http://farmwars.info>*

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# The Role of the Remnant In Building a Free Society

## By John Bush

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FOR those prophets for liberty out there who are frustrated with most people's inability to grasp the possibility of life without the state, libertarian anarchist Al-


bert Jay Nock's essay titled, [Isiah's Job](#) is a must read. In the essay, Nock compares the difficulty some messengers of freedom find in spreading the philosophy of liberty to the struggles faced by the Prophet Isiah in his effort to spread the word of the Lord. Isiah was becoming increasingly frustrated with the masses and their outright disdain for the message he was preaching. The Lord reminds him that it is in fact the "remnant", or those who are willing to listen and challenge their beliefs, that is his target audience. It is the remnant who will survive the societal collapse and begin to build society anew. The remnant is your target audience. They are the future and the path to our collective liberation!

So next time you are feeling dreary and drained due to zombie stares and fallacy ridden banter coming your way, remember the prophet Isiah and his mission to awaken the remnant. It matters not if the masses do not accept the message. So long as enough of the remnant do, rest assured, we will find freedom!

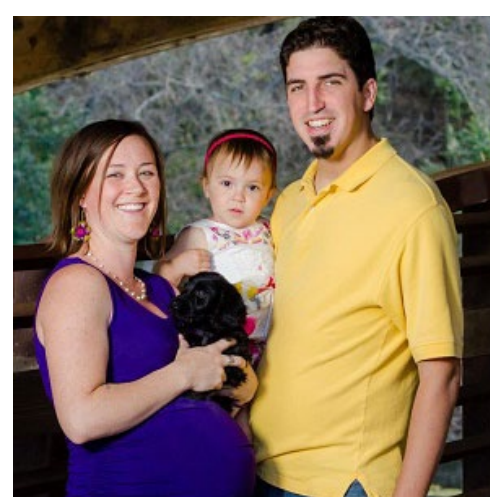
Full Article: <http://www.lewrockwell.com/orig3/nock3b.html>

"In the year of Uzziah's death, the Lord commissioned the prophet to go out and warn the people of the wrath to come. "Tell them what a worthless lot they are." He said, "Tell them what is wrong, and why and what is going to happen unless they have a change of heart and straighten up. Don't mince matters. Make it clear that they are positively down to their last chance. Give it to them good and strong and keep on giving it to them. I suppose perhaps I ought to tell you," He added, "that it won't do any good. The official class and their intelligentsia will turn up

their noses at you and the masses will not even listen. They will all keep on in their own ways until they carry everything down to destruction, and you will probably be lucky if you get out with your life."

Isaiah had been very willing to take on the job – in fact, he had asked for it – but the prospect put a new face on the situation. It raised the obvious question: Why, if all that were so – if the enterprise were to be a failure from the start – was there any sense in starting it? "Ah," the Lord said, "you do not get the point. There is a Remnant there that you know nothing about. They are obscure, unorganized, inarticulate, each one rubbing along as best he can. They need to be encouraged and braced up because when everything has gone completely to the dogs, they are the ones who will come back and build up a new society; and meanwhile, your preaching will reassure them and keep them hanging on. Your job is to take care of the Remnant, so be off now and set about it." 

An MP3 version of this article, read by Dr. Floy Lilley:



*John Bush is the host of the [Rise Up Radio](#) Show on KDRP in Austin, TX. [Catherine Bleish](#) maintains a photoblog at [BlushFamilyFarm.com](#). John and Catherine have a daughter, Aliana, and are raising her to know the truth and not be a slave to any man. Together they are the 'Blush Family Farm', which is a community supported farmstead in central Texas. They raise chickens for eggs and meat and grow a variety of fruits and veggies. Visit their webpage at [BlushFamilyFarm.Tumblr.Com](#), [Facebook.Com/Blush-Family-Farm](#), and [SovereignLiving.TV](#)*

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# LIFE IN ISRAEL

## By Julian Heicklen

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DONNA Hancock, the editor of Freedom's Phoenix E-zine, dedicated this issue to the future of freedom. The United States has become a very totalitarian country since 9-11.

The country is near collapse. A plausible solution is not being invoked. Two issues are looming which will wreak havoc. One of these is gun regulation and restriction. The more menacing is the inevitable financial collapse.

My move for freedom already started when I emigrated to Israel about one year ago. In many ways Israel and the United States are similar, but there are some clear differences.

### DEMOGRAPHICS

In Israel, the official languages are Hebrew and Arabic, but English and Russian are very popular, and many native Israelis can speak them. Many other languages are spoken also.

In 2009, the ethnic groups were 75.6% Jews, 20% Arabs, and 4.4% others. Of the Arabs, 82% were Muslims, and 9% each were Druze or Christians. Other ethnic groups made up the other 4.4% of the population.

In 2008, the religious groups were 75.5% Jews, 16.8% Muslims, 2.1 % Christians, 1.7% Druze, and 3.9% unclassified.

The financial situation is better in Israel than in the United States. Unemployment rates currently are 7.90% in the United States and 6.90% in Israel. I have been in Israel less than a year, but the value of the dollar has dropped from a high of 4.06 to 3.68 shekels on February 20, 2013.

### GOVERNMENT

The United States has a Congress to make laws and an executive branch to apply those laws. Israel has a President, Shimon Peres, but his position is ceremonial, like that of the Queen of England. In Israel, the laws are made by the Parliament and executed by the cabinet, which is composed of members of Parliament from the majority coalition.

The United States has a two party system, so one party usually is in control of Congress. This means that it is relatively easy to pass most legislation. In Israel, a political party only needs 2 percent of the vote to get seated. Currently there are 37 political parties, of which 15 were represented in the outgoing Parliament. The largest party had 27 out of the 120 seats. This means that it is extremely difficult to get anything done.

The Israel population complains about the inability of the Knesset (Parliament) to get anything done. It fails to realize that this is the good news. It minimizes the encroachment on freedom. There are 2 issues on which a vast majority of Parliament agrees. These are that Israel



needs a strong military to survive, and that Israel is a Jewish state where every Jew in the World is welcome to come and be a citizen. However, even these issues have their conflicts.

Israel and the United States are similar, but there are some clear differences. In Israel, a license is required to own any gun, but any law-abiding adult who has had firearms training can get a license. As Israelis routinely serve in the military, nearly all adults have had the necessary training. The streets are crawling with 18-21 year-old soldiers with assault rifles. Between 1995 and 2011, the homicide rate varied from 2.10 to 3.64 per 100,000. However, in only 3 of those years did the rate exceed 3.0 per 100,000. By contrast, the United States with much stricter gun ownership requirements, had homicide rates which dropped steadily from 8.2 to 4.7/100,000 over the same time period.

### ISRAEL DEFENSE FORCE

The military situation requires that "everyone" serve in the military after graduating high school or when they become 18 years of age. The men are drafted for 3 years; the women for 2 years. As is usually the case, "everyone" does not mean everyone. Those with certain mental or physical problems are exempt. So are Muslims, which comprise about 17% of the population. However non-Jewish sects do serve.

A detailed description is given by Wikipedia at: [http://en.wikipedia.org/wiki/Israel\\_Defense\\_Forces#Druze\\_and\\_Circassians](http://en.wikipedia.org/wiki/Israel_Defense_Forces#Druze_and_Circassians). Israel, being a Jewish state, has a majority of Jewish soldiers. [Druze](#) and [Circassian](#) men are subject to mandatory conscription to the IDF just like [Israeli Jews](#).

By law, all Israeli citizens are subject to conscription. The Defense Minister has complete discretion to grant exemption to individual citizens or classes of citizens. A long-standing policy dating to Israel's early years extends an exemption to all other Israeli minorities (most notably [Israeli Arabs](#)). However, there is a long-standing

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government policy of encouraging [Bedouins](#) to volunteer and of offering them various inducements, and in some impoverished Bedouin communities a military career seems one of the few means of (relative) social mobility available. Also, Muslims and Christians are accepted as volunteers, even at an age greater than 18.

From among non-Bedouin Arab citizens, the number of volunteers for military service—some [Christian Arabs](#) and even a few Muslim Arabs—is minute, and the government makes no special effort to increase it. Six Israeli Arabs have received orders of distinction as a result of their military service; of them the most famous is a Bedouin officer, Lieutenant Colonel Abd el-Majid Hidir (also known as [Amos Yarkoni](#)), who received the Order of Distinction. Vahid el Huzil was the first Bedouin to be a battalion commander. Recently, a Bedouin officer was promoted to the rank of Colonel.

The Wikipedia web page continues a detailed discussion concerning the Israel military in relation to: Ethiopian Jews, Haredim (orthodox Jews), LGBT people, Deaf and hard-of-hearing people, Vegan, Volunteers, and Overseas volunteers.

## FIREARMS



As mentioned earlier, a license is required to own any gun in Israel, but any law-abiding adult who has had firearms training can get a license. Gun laws in Israel are discussed at: <http://www.thehighroad.org/archive/index.php/t-263328.html>. Soldiers keep their rifles and carry if unloaded. The Israel Department of the Interior makes notification to the general public the requirements necessary for obtaining a permit to possess a firearm:

1. Applicant must be a permanent resident of Israel for 3 consecutive years prior to making application for a firearms permit.
2. Applicant years of age.
3. The permit request must be for personal use, not to engage in the business of firearms sales.
4. Applicant must fall into one of the following categories:
  - a. Part-time reservist (volunteer) for 3 years- may own 1 handgun
  - b. Such a reservist (volunteer) is a member of a gun club- may own 1 rifle
  - c. Professional, licensed public transportation driver, transporting a minimum of 5 passengers- may own 1 handgun

- d. Licensed animal control officer- may own 2 hunting rifles, \*not\* full automatic weapons, or semi-automatic weapons with a limited capacity magazine.
- e. Full-time dealer of jewelry or large sums of cash or valuables- may own 1 handgun

### West Bank and Gaza Strip Settlers:

1. A resident in a militarily strategic buffer zone, essential to the security of the State of Israel - may own 1 handgun
2. A business owner in these geographic areas- may own 1 handgun

### Veterans:

1. Veterans of the Regular Army honorably discharged with the rank of non-commissioned officer, and veterans of the Reserve Army with the rank of regimental commander- may own 1 handgun
2. Retired law enforcement officers with the rank of sergeant- may own 1 handgun

### Individuals:

Upon presenting documentation that one is about to receive a souvenir, a prize, an inheritance, or an award of appreciation from the Israel military.

## FOREIGN POLICY AND THE JEWISH STATE

Israel is a dedicated Jewish Zionist country. This is no secret. Much of the rest of the world objects to that, though the countries that object the most are themselves religious states. Interestingly, the United States, which has complete religious freedom, though a strong Christian influence, is the strongest ally of Israel.



Any Jew in the world is welcome, even encouraged, to come live in Israel. My airplane ticket was paid by the Israel government. I was provided with a stipend for 6 months to help me get settled.

However, there is conflict over who is a Jew. The criterion is if your mother is, or was, Jewish; or if your conversion was proper. If your mother is Jewish and alive, usually there is no problem. However this is not the usual situation. I made immigration when I was 80 years old. My mother was not alive. Nor was anyone else who could prove that I was Jewish, except for my younger sister, and even she could not be 100% sure. Proving my Jewishness was the most difficult part of my immigration.

Non-Jews come to Israel to live, though usually only temporarily, but normally cannot become citizens. The major exceptions are people fleeing terror in their home countries. They usually are accepted, since the Jews remember that

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the holocaust occurred because other countries, including the United States, would not accept Jews who wished to flee NAZI Europe in the 1930s and 1940s.

Between January 1989 and December 2002, 1.1 million Russians immigrated to Israel (including 100,000 of whom emigrated to third countries shortly afterward). According to the [Israeli Central Bureau of Statistics](#), 240,000 of the immigrants, or 26%, were not considered Jews under [Jewish law](#), but were eligible for Israeli citizenship under the [Law of Return](#) due to Jewish ancestry or marriage to a Jew ([http://en.wikipedia.org/wiki/Russian\\_Jewish\\_immigration\\_to\\_Israel\\_in\\_the\\_1990s](http://en.wikipedia.org/wiki/Russian_Jewish_immigration_to_Israel_in_the_1990s)).

Tourism is a major industry. Tourists are welcome and encouraged. The latest statistics show that in total 2.7 million tourists visited Israel in 2009, which is a drop of 11 percent compared with 2008, but higher than for any other year.

Israel's major, almost exclusive, foreign policy is to survive. Much of the rest of the world wants the Jewish state to vanish, by war or terror if necessary. As a result, Israel has the 17th largest army in the world (about 750,000 according to [http://en.wikipedia.org/wiki/List\\_of\\_countries\\_by\\_number\\_of\\_troops#List](http://en.wikipedia.org/wiki/List_of_countries_by_number_of_troops#List)). It is a citizen army, because the country's total population in September 2012 was 7,933,200.

Israel is considered an apartheid country by much of the world, which indeed it is. It is the ghetto where the rest of the world is forcing its Jews to go. Usually the only place for them to go is Israel. I am a perfect example. Interestingly, the Muslims are the group most resentful of Israel, but they are the main ones driving Jews out of the other countries and into Israel. The Muslims are the leading Zionists in the world!

## SOCIAL ISSUES

Israel is a socialist country, but with some unusual twists.

### Medical

Israel has an unusual system of medical service. It is part socialist and part capitalist. There are 4 medical services which the government supports in proportion to the number of members. Each Israeli chooses a service and pays a nominal yearly fee. Members can leave one group and transfer to another as they wish. Within each medical group there are several doctors of each specialty from which the members can choose. Alternatively, no-one is compelled to join a medical group, and can deal directly with a doctor of his or her choice and pay that doctor's or hospital's fees.



The government pays the medical costs, but the individuals choose their own medical service and doctors. Since

the groups get paid by the number of members, but not the direct medical costs, they have to keep their clients satisfied and keep the actual medical costs to a minimum at the same time. I am an old man with all the accompanying medical problems. I have seen many doctors in my year in Israel. So far this system has worked just fine for me.

The only problem is that if you have an appointment with a doctor in a hospital, there usually is a long wait. Often this wait can be 2 hours or more. Likewise you wait at least 1/2 hour in a post office before you see a clerk. However chairs are provided. Bring a book or your lunch. Once I complained about the wait to a nurse in the hospital. She remarked: "Isn't it wonderful. I am from Russia. There we waited 6 hours without chairs."

### Infrastructure

As in most countries, much of the infrastructure is built and maintained by the government. However, the main north-south highway in Israel



is a privately owned and operated toll road. It is well kept, provides rapid transportation, and is heavily used by the Is-

raelis. It is the perfect example of the superiority of capitalism over socialism.

### Sexual relations

Prostitution is legal, but marriage is highly regulated. If a person wants to rent his or her body, that is not the government's concern, but marriage is a serious problem. Only religious marriages are permitted, and they must be performed by the government approved clergy (Rabbi, Imam, Minister, Priest, etc.). No marriages permitted by persons of different religions.

If you wish to marry someone of a different religion, or just do not want a religious marriage, it cannot be done in Israel. You go abroad, usually to Cyprus, and get married there. Then you return to Israel with a marriage recognized by the Israeli government. (Do not ask why. You would not understand anyway.) 🌸

*Julian Heicklen is a retired Chemistry Professor from Penn State University. He has been a libertarian activists for many years, has spent countless hours on the steps of court buildings handing out FIJA (Fully Informed Jury Association) information, as well as being an advocate for marijuana legalization. He has been arrested and incarcerated many, many times for his efforts to educate the public of government corruption, and fled to Israel on May 22nd, 2012 as a political exile and was granted Israeli citizenship at customs. Visit his webpage at [Tyrrany-Fighters.Com](#) and [Facebook](#).*

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# Christian: It's Time To Vote With Your Feet

## By Chuck Baldwin

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I confess right out of the gate that this column is not going to be enjoyable for me to write. It may not be enjoyable for some to read. But the time has come that it has to be said. If Christians truly have

any intentions of helping to preserve liberty for their children and grandchildren, they must put rhetoric, tradition, friendship, and personal feelings aside and take action. Christian: it is time to vote with your feet.

And while many people who never darken the doors of a church love to cast stones at preachers and churches, I have been in the Gospel ministry all of my adult life. I have pastored for over 37 years. I know the inner workings of church work; I personally know hundreds of preachers; I understand how preachers think; I have attended hundreds of church meetings and fellowships, and hundreds of pastors' conferences and seminars. I know what it's like to balance a church budget, counsel families in need, stand with a congregation in good times and bad. There isn't an area of church work with which I am not very familiar. And I can also say that for over 37 years, I have never desired or attempted to harm another man's ministry. And that is not the intention of this column.

However, the time has come in America to tell it like it is. These are not ordinary times. Our country is on the precipice of tyranny and oppression like we have not seen since the days of Colonial America before our War for Independence. It is no hyperbole to say that what we do—or don't do—now will determine the state of freedom in America for the next 50 years or more. To make no decision is to decide for tyranny. We can no longer pretend that what we do doesn't matter.

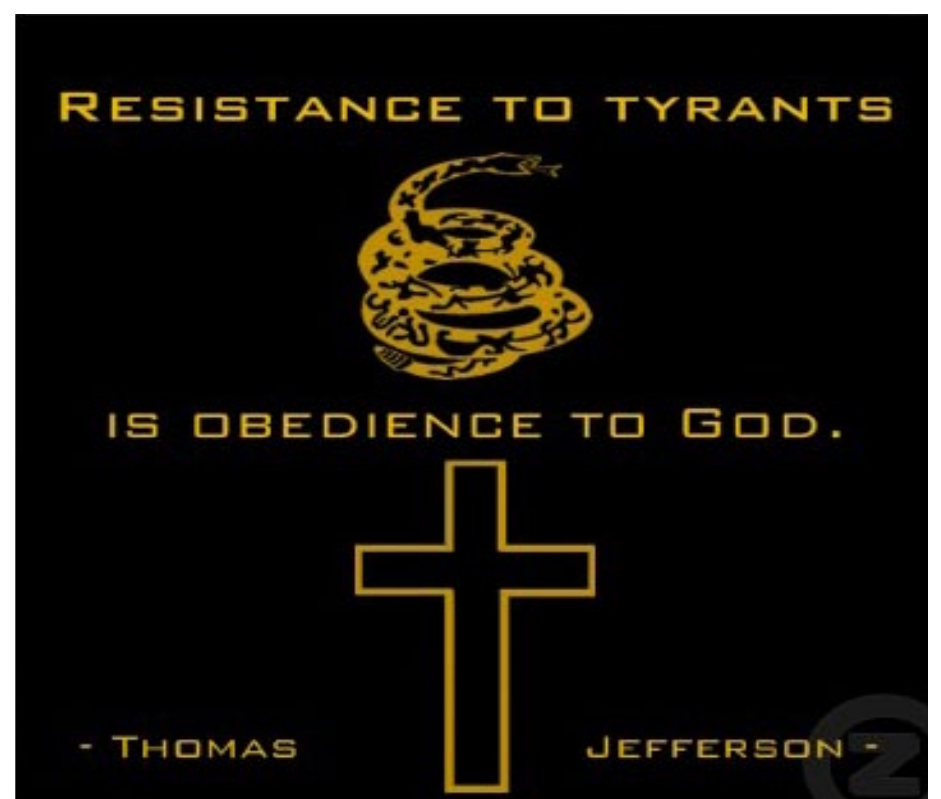
One of the most glaring differences between Colonial and modern America is the attitude of our pastors.

In 1770-1776 (and actually for many years previous to this period), Colonial pastors (of all denominations) lit the fire of freedom in the hearts of their congregants like no generation has ever seen—before or since. The British Crown was so frustrated with these patriot-pastors that they coined a moniker for them. They were called, "The Black (or Black-Robed) Regiment." In truth, Colonial pastors were more influential in the "holy cause of liberty" (Patrick Henry) from their pulpits than any military regiment on the battlefield. And, yes, many pastors in Colonial America also fought on the battlefields in our War for Independence.

Today's pastors, on the other hand, are mostly noted for saying absolutely NOTHING about the attacks that are currently being waged

against our liberties. And when I say NOTHING, I mean absolutely NOTHING. About the only thing they seem to be able to do is pass out some slanted "voter guides" every Presidential election. But most don't even do that. A few (a very few) will encourage their congregations to protest abortion; some (again, a very small number) will preach a "pro-life" sermon on "Sanctity of Life" Sunday each January. But most deliberately and stubbornly refuse to take a public position on any subject that has the air of being "political."

Should we really wonder why our country is teetering on the precipice of oppression and slavery?



When Bible stories such as Daniel And The Lion's Den, The Three Hebrew Children And The Burning Fiery Furnace, or the stories of Gideon, Jephthah, and Samson are told, they are taught simply as allegories or explained away as being for "another time." The practical application of myriads of Bible examples of resistance to tyranny is NEVER TAUGHT in the vast majority of most churches today. NEVER!

I preached a message last Sunday to the people of Liberty Fellowship entitled, "Shepherd Or Hireling?" The text was John 10. To watch the video of this message, go to:

["Shepherd Or Hireling?"](#)

In this chapter, Jesus said, "But he that is an hireling, and not the shepherd, whose own the sheep are not, seeth the wolf coming, and leaveth the sheep, and fleeth: and the wolf catcheth them, and scattereth the sheep. The hireling fleeth, because he is an hireling, and careth not for the sheep." (John 10:12, 13 KJV)

Jesus made it clear that the central difference between a true shepherd and a hireling (hired hand) was that the shepherd was willing to fight and die for the protection of the sheep, while the hired hand was not willing to risk his life for the sheep.

Pastors are depicted as being shepherds. Is it not then the central duty of the pastor to be willing

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to fight and die for the protection of his people? When he sees the wolves approaching, does he run away and leave the sheep to the slaughter or does he confront the wolves and fight to the death to protect them?

Ladies and gentlemen, the wolves are attacking the flock! Those mangy, mad, maniacal monsters are attacking the lives and liberties of the American people (including the Christian people in our churches) with a vengeance. When they attempt to strip us of our right to defend ourselves with arms, they are attacking the very lives and liberties of our homes and families. Life is a precious gift of Almighty God, and anyone who would make our children and families vulnerable to death and destruction by wicked and evil men is tantamount to a mad wolf that attacks the life of a little lamb.

How dare our shepherds (pastors) stand silent and mute in the face of such evil? How dare they refuse to sound the alarm? How dare they piously proclaim that God “has not called” them to perform this most fundamental duty of a shepherd? Does not their refusal to fight, does not their silence, does not their fear and inaction prove that they are not really shepherds at all, but merely hirelings? I believe so.

And knowing that what I am about to say will be misinterpreted by some, I say it still: preaching the Gospel, by itself, will NOT save America. And these preachers who hide behind the mantra that the only thing God has called them to do is preach the Gospel, and that only preaching the Gospel will save America, are either themselves seriously deluded or are despicable cowards hiding behind the veil of pretended spirituality.

America has had more Gospel preaching during the last 50 years than any nation in history. There are more churches, more Christian schools, more Gospel radio and television programs, more missionary endeavors, more inner-city missions and shelters, more Bible publications, and more Gospel influence in America during the last 50 years than in any country in the history of the world.

And what has happened to America over the last 50 years? Our historic Christian culture has been turned into rank hedonism and licentiousness; legal abortion has taken the lives of over 60 million innocent unborn babies; a blatant police-state is proliferating; more babies are being born out of wedlock than at any time in history; and now we are facing the tyrannical attempt to ban and confiscate America's premier self-defense tool: the semi-automatic rifle. And all of this happened, and is happening, while hundreds of thousands of pastors and churches across the land “preach the Gospel.”

Again I say, preaching the Gospel, by itself, will not save America. Christians have to be taught how to understand; how to discern the difference between good and evil; the principles of

law and justice; jurisdictional authority; and the principles of Christian resistance. As long as pastors refrain from teaching these essential and necessary truths, our nation will continue its slide into tyranny and oppression—all the Gospel preaching going forth notwithstanding.

I ask you: if the only thing God expected us to do was preach the Gospel, why did He give us a voluminous Bible, which is filled with examples, principles, teachings, and truths relating to virtually every important area of life? If one takes only those Scriptures that deal specifically with the Gospel, he or she is going to have a very small Bible, my friends. The stories of the Old Testament, for example, were written for “our learning.” (Romans 15:4) Hebrews 11 challenges us with the examples of Old Testament men and women who were “not afraid of the king's commandment,” who did not fear “the wrath of the king,” who “subdued kingdoms,” “waxed valiant in fight,” and who “turned to flight the armies of the aliens.”

Furthermore, the Apostle Paul spent about as much time in jail as he did out of jail. And, of course, he was thrown in jail for breaking the unjust, evil laws of men. Every apostle except John was killed by tyrannical governments because they refused to submit to unjust laws. How First Century Christians chose to resist versus how free men and women in Colonial America chose to resist is material for another day. The point is, THEY ALL CHOSE TO RESIST.

The story of God's people, from the beginning of time, is the story of people who refused to submit to tyrannical, unjust laws and chose to “obey God rather than men.” Yet, modern American pastors refuse to resist. They choose to sheepishly comply with the unjust laws of evil, wicked men. And they refuse to be the courageous shepherds for their people. It's time to say it: any pastor who will not warn his church of the impending tyranny that is sweeping our land, any pastor who refuses to take a stand for the right of the people in his congregation to keep and bear arms—and, therefore, be able to protect the precious gift of life that has been given by God—and any pastor who stands silent while evil men trample the God-given liberties that were purchased at so awful a cost by our Christian forebears must be regarded, not as a shepherd, but as a hireling. It really doesn't matter how nice he is, or how educated he is, or how charming he is, or how inspirational his sermons are, or how sincere he is: if he refuses to stand and fight the wolves, he is a hireling, not a shepherd.

By the way, to see the list of pastors around the country who have vowed to fight for the right of their flocks to keep and bear arms, go to:

[Second Amendment Pastors](#)

It's time to speak plainly. The time for politeness and timidity is behind us. Any pastor who

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**Continued from Page 18 - Christian: It's Time To Vote With Your Feet**

refuses to take a stand of resistance to the evil forces of tyranny that are now sweeping as a horde of locusts upon us is as guilty of the loss of our nation's freedoms and liberties as are the evil despots who perpetrate these atrocities. He is as guilty of the death and destruction of his people as the hireling who flees in the face of the wolf is guilty of the death and destruction of the sheep.

Let me ask you a question: would you vote for a legislator or senator who would strip you of your right to keep and bear arms? Would you passively and indifferently continue to support such a one simply because of his or her political party or nice personality or inspirational speeches? Would you not determine such a one to be a dangerous threat to your liberties, and to the safety and security of your children, and reject him or her with your vote? Sure you would. So, why would you continue to support a pastor who facilitates these ravenous beasts?

Christian, it's time to vote with your feet and leave these silent, sheepish pastors and find a shepherd-pastor who will fight for the lives and liberties of your homes and children.

It's time for a reality check: if your pastor is not warning the flock, alerting the flock, and fighting for the life and freedom of the flock, he is helping to put the chains of slavery and oppression upon the necks of your children and grandchildren. If he is not engaged in the fight to preserve the liberties of our nation, he is helping to put the chains of slavery and oppression upon the necks of your children and grandchildren. If your pastor refuses to publicly take a stand against the wolves of our land, he is facilitating and enabling those wolves to tear and shred the life and flesh of our country.

As I studied what God said about His shepherds in the Old Testament, I came upon this fascinating passage from the book of Amos: "Thus saith the LORD; As the shepherd taketh out of the mouth of the lion two legs, or a piece of an ear; so shall the children of Israel be taken out that dwell in Samaria in the corner of a bed, and in Damascus in a couch." (Amos 3:12 KJV)

Do you see the picture of the shepherd God paints in this passage? The shepherd fights for his sheep so fiercely and ferociously that he fights the lion even when the sheep is half-devoured. If he is only able to save two legs or an ear, he fights like a wild man for every part of the sheep. This is how a true shepherd is supposed to fight.

We need pastors to stand up and fight for the lives and liberties of their flock like wild men (figuratively speaking). We need pastors to

scratch and claw and bite for every last little bit of life and liberty of our country. Anything less is to wear the mark of a hireling for all eternity.

Christian, cast your vote! Choose a side! The line in the sand is being drawn between liberty and tyranny. Your pastor cannot be neutral, and neither can you!

I dare say that if every Christian across America who, in his or her heart, truly believes in liberty were to flee these say-nothing hirelings and run to shepherds who are genuinely standing for truth and liberty in our land, we could turn the ship of state around almost overnight. This is more important than the "youth program" or "children's ministry" or "senior-saints program" or "music program," or nice buildings or "my friends are there," or any number of other things that so many people seem to think is so important about which church they attend.

Ladies and gentlemen, the survival of our republic is at stake! For God's sake, and for the sake of your children, don't just complain, **VOTE WITH YOUR FEET!**

P.S. Remember, too, that my attorney son and I are now in the process of publishing a blockbuster new book entitled, "To Keep Or Not To Keep: Why Christians Should Not Give Up Their Guns." This book conclusively shows that nowhere does the Bible teach that God's people are supposed to sheepishly give up their arms in the face of tyranny. In fact, the Bible teaches just the opposite. This book is absolutely must-reading for every Christian (or non-Christian) who desires to know the truth about what the Bible teaches relative to the right of people to keep and bear arms. We are taking pre-orders now. It's possible that the first printing of this book will be sold out even before it is printed. Orders are coming in feverishly. If you want a first edition copy of this new book, go to:

[Keep Your Arms](#) 

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*Chuck Baldwin is the Pastor of [Liberty Fellowship](#) in Kalispell, MT. \*If you appreciate this column and want to help me distribute these editorial opinions to an ever-growing audience, donations may now be made by credit card, check, or Money Order by [using this link](#). \* Follow my updates by liking the following Facebook pages: [Chuck Baldwin](#); [Liberty Fellowship - Kalispell, MT](#), or on [Twitter](#). And please visit my web site at [ChuckBaldwinLive.Com](#) for past columns and much more.*

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# Why I'm Not 100% libertarian

## By Starchild

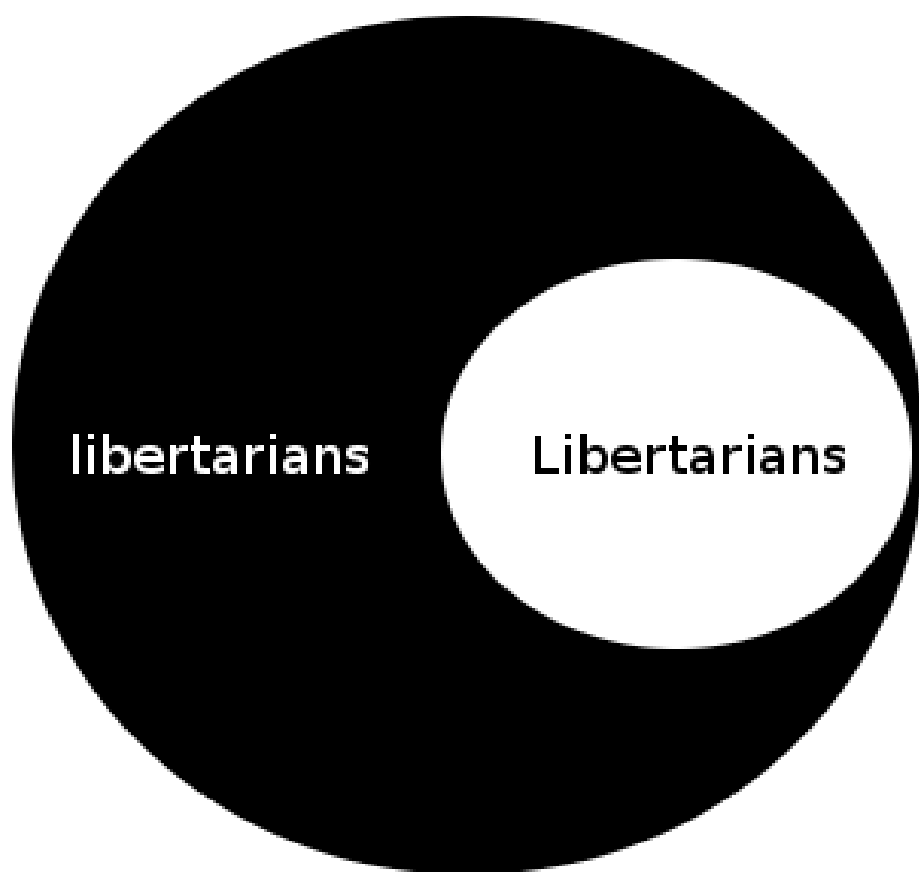
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WITH libertarian ideas gaining increasing exposure and support -- and clearly not a year too soon! -- general awareness of what it means to be libertarian is on the rise.

Yet politics is a complex study, full of pitfalls for the unwary, including terms that mean different things to different people. The continuing ability of charismatic politicians and tyrants to con people with feel-good language (e.g. “national security”) into supporting horrific ideologies that produced the bloody communist and fascist sociopaths of the 20th century presents a stark reminder of this.

Even within the modern freedom movement, confusion often persists over distinctions as basic as the difference in meaning between the capitalized and lower case versions of the word “libertarian”.



A "Libertarian", in the United States, is generally considered to be someone who is a member of the Libertarian Party, or someone who is registered to vote with the Libertarian Party. Thus most Libertarians are people with strongly *libertarian* views, but not all people with strongly libertarian views are *Libertarians*.

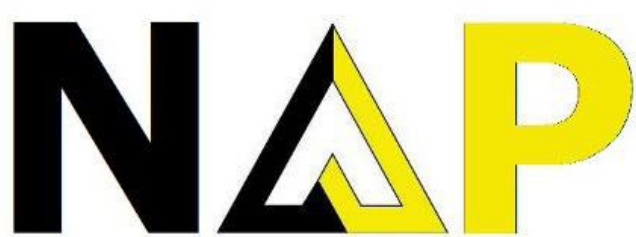
So whether someone is a Libertarian or not is pretty cut and dried, just as it's a simple factual matter to determine whether someone is a Democrat or a Republican, when those terms are capitalized (as with “libertarian”, it also means something different to be a “democrat” or to be “republican”).

The question of what makes someone a *libertarian*, however, is far trickier. And after years of thinking about this kind of stuff as an activist and dare I say movement intellectual, I've come to feel that when we ask whether someone is a

libertarian or not, we are not phrasing that question quite as well as we could.

For some people, the Non-Aggression Principle has the quality of a beautiful epiphany or revelation -- a kind of unifying field theory for politics and how one ought to live in society. That's how it was for me. To this day I would describe it as the single most important idea I've encountered in my entire life.

### NON-AGGRESSION PRINCIPLE



"A moral stance which asserts that aggression is inherently illegitimate...no matter if the result of those actions is damaging, beneficial, or neutral to the owner...when they are against the owner's free will and interfere with his right to self-determination or the principle of self-ownership...In contrast to pacifism, the non-aggression principle does not preclude violence used in self-defense or defense of others.

Many supporters argue that NAP opposes such policies as victimless crime laws, taxation, and military drafts. NAP is the foundation of most present day libertarian philosophies."

And yet there are many self-identified libertarians who never experience this sense of the philosophy as a grand cosmic law, but still manage to reach pro-freedom stances on many different issues simply because they see that non-aggression works better.

The danger with coming to support freedom from this angle, of course, is that you're always susceptible to supporting statism on the next issue that comes along, if somebody temporarily figures out a way to make the trains run on time (or to give them the appearance of being on time!), making it tempting to say that only those who perceive the connecting web of the Non-Aggression Principle are truly libertarian. But that would be too easy, because people who know about, understand, and support the philosophical idea of non-aggression at the heart of the libertarian philosophy do not always take more pro-freedom stands on the issues, or practice non-aggression more consistently in their lives, than those who do not.

I readily concede that while I have very strongly libertarian views on most issues, I'm not 100% libertarian myself. Forcing persons credibly accused of violating the life, liberty, or property of others to stand trial against their will is one of many scenarios in which I among many other generally libertarian-minded persons might condone the use of aggression. Committing theft or trespass in order to save your life (or someone else's) under conditions where you know the property owner would not consent is another. And I'm not even going to get into the

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circumstances where I've failed to live up to the Non-Aggression Principle in practice.

I'm not particularly ashamed however, because during my time in the freedom movement I'm not sure I've ever met anyone who claims to consistently advocate and follow the Non-Aggression Principle and uphold it as the best course of action in every hypothetical situation.

This realization that virtually no one is 100% libertarian got me thinking about when and how we should use the label. Is it legitimate to call someone libertarian who believes that public policy should be based on the Non-Aggression Principle in 99% of all cases? How about 95%? 90%? 80%? 60%? 51%? It seems to me that no threshold of this sort can be chosen which would not be arbitrary.

So while I understand that saying "so-and-so is a libertarian" or "so-and-so is not a libertarian" is a convenient form of shorthand which has its appropriate uses, I contend that it is not technically accurate. When used injudiciously, I think it can be counter-productive.

Why does this matter? What's wrong with saying "Joe is a libertarian"? After all, we might say "Joe is a happy person" if Joe seems generally content and cheerful in his life, and accept this as a legitimate statement even if we know Joe gets very sad or angry from time to time.

I believe it matters for several reasons. Almost everyone has at least *somewhat* libertarian views on *some* issues, and behaves in a libertarian manner in his or her personal life at least some of the time. I have an even tougher time imagining someone being 0% libertarian than I have imagining someone being 100% libertarian! Yet when we say someone is *not* a libertarian, we are kind of implying there's *nothing* libertarian about them and thereby invalidating those views and behaviors they have which *are* libertarian.

I got this insight from talking with people about veganism. Most people aren't ready to stop eating meat (or meat and dairy products, in the case of vegans) altogether. But this doesn't mean they can't reduce animal suffering and benefit their health and the environment by becoming **more** vegetarian or vegan than they are now. If someone just hears or thinks "I'm not a vegetarian", it tends to kind of close the door and end discussion or thought on the topic. So rather than focusing on whether someone who eats meat "is" or "isn't" vegetarian overall, I like to frame the issue a bit differently. Consider, for example: How vegetarian are you going to be when you eat breakfast tomorrow? How vegan are you

going to be when you go shopping today? Such questions can make the daunting idea of "becoming vegan" less of a stumbling block.

The same is true I think with libertarianism. When we make it clear that being libertarian is not an all-or-nothing proposition, it encourages people to think more deeply about the libertarian perspective on various issues, because even if they are not willing to budge an inch on one particular issue, they may be open to considering a libertarian approach in another context. If someone hears she is "not libertarian", she may look at libertarianism (or the LP) as something she's totally against, or that just isn't her. But if that person realizes that she is libertar-

ian in some respects, she may be more open to other libertarian ideas. (I should clarify here that I was not a fan of the "you ARE a libertarian" slogan used by Gary Johnson's generally admirable 2012 presidential campaign – that goes too far in the other direc-

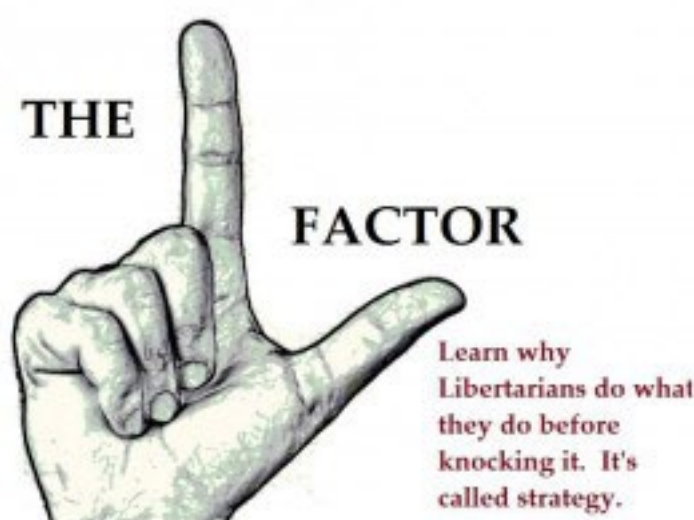
tion. But "you might be libertarian", especially if applied on an issue-by-issue basis, seems like decent phrasing.)

This more nuanced way of thinking and speaking also discourages people whose views are *mostly* libertarian from resting on their laurels. If I take it for granted that "I'm already a libertarian", it's easy to assume I don't need to spend any more effort on my own continuing process of education and radicalization, and that there's no real need to examine and think about those issues where I may see aggression as justified.

If you are talking with someone whose views are not as pro-freedom as yours on an issue and come across like, "Libertarianism is the answer, and I'm a libertarian and you're not," people may resent what they perceive as an attempt to put yourself on a moral high horse, and "punish" you by refusing to consider the ideas you're trying to communicate. But if you describe yourself as someone with a lot of libertarian views who has become more libertarian over time but isn't perfectly libertarian, and concede that there are situations in life where the most libertarian approach may not be the best approach, the other person is more likely to appreciate your honest, humble, and non-dogmatic stance and be more open to further exploring libertarian ideas.

With its incredible potential for improving life on earth, understanding the philosophy of freedom is something to be proud of! But those who identify as libertarian and take pride in that label should be wary of the temptation to redefine libertarianism to mean whatever *they personally* happen to believe! This allows them to justify claiming their own views to be 100% libertarian

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without actually adopting views in accord with the Non-Aggression Principle. Clearly defining libertarianism as non-aggression, to yourself as well as to others, is a way to avoid that mental trap.

On most public policy issues, the NAP offers pretty clear guidance on what the libertarian position is. Taxation, for instance – government coercively taking money from people without their individual consent – is clearly aggression. There's an argument to be made that this type of aggression is *justified* – and obviously the vast majority of people in society believe it is justified – but just as obviously this *is not and can never be*, the *libertarian* position on the issue.

Interfering with people's global freedom of movement, or choices about what they put into their own bodies – again clearly aggression, as long as they are not trespassing on private property and what they are putting into their bodies belongs to them or they have the owner's permission.

Of course there are some issues where thoughtful people may reasonably differ over the correct interpretation of the Non-Aggression Principle and therefore reach different conclusions as to which public policy best reflects libertarianism.

Abortion is the classic example of such an issue. If you believe that life begins at conception, then it is aggression to abort a fetus, and the use of force to defend that life is justifiable in libertarian terms. But if you believe life begins at birth, then trying to stop a woman from having an abortion constitutes aggression against her, and cannot be justified under libertarian theory. And of course there are a whole range of possible libertarian positions in between these two poles, relating to considerations such as early and late term abortions, abortions in the case of pregnancies due to rape, etc. In fact the relationship between children and their parents or guardians poses a number of thorny philosophical issues which are too complex to explore here.

But again, these are the exceptions. In most cases, a public policy proposal clearly either involves an initiation of force, or it doesn't. So if libertarianism is fairly clear but few if any of us can claim to be fully libertarian, where does this leave the Libertarian Party? Should the party ignore the Non-Aggression Principle as impossible to live up to and just resign itself to having lower standards?

I say no, a thousand times no. Our libertarianism is what we in the libertarian movement and the Libertarian Party *have in common*. It's what inspires us and brings us together. Although as I said I admit not being 100% libertarian on a personal level, I nevertheless think that the *Libertarian Party* as an organization always should be! I would be delighted to support a party more radical than I am myself.

Why should I urge that the political party I belong to take positions that I know I personally disagree with? Is this hopelessly contradictory? I don't think so. Clearly there is a tension there, but I see it as no more problematic than the tension between personally opposing something, e.g. the existence of the Ku Klux Klan, while still believing that it should be legal. While that paradox remains beyond the comprehension of many in society, I think it is familiar to and understood by most self-identified libertarians.

Insisting on a *libertarian* Libertarian Party as a way to more harmoniously and productively work together with others who value freedom even while recognizing that we may have strongly different views about what constitutes the good life is not any stranger a concept.

Let's try an analogy. Thai food might be my favorite cuisine, but I don't want it for dinner every night. When I go to a Thai restaurant however, I'm looking for Thai food. While it would be wonderful to find a “perfect” restaurant that had everything I like to eat on its menu and nothing that I don't, completely mirroring my (mostly hypothetical) preferences for eating Thai food about 30% of the time, Indian food 20% of the time, and Chinese, Japanese, French, Italian and Ethiopian cuisine each about 10% of the time, how likely is it that a restaurant catering so specifically to my individual tastes could thrive? Even if I hypothetically organized a group of diners with tastes similar to mine to buy the neighborhood Thai restaurant and gain total control over what type of food to serve, each of us attempting to craft the menu to please our own individual palates would inevitably lead to conflict over how many Thai entrees there should be relative to the selection of Indian food, French fare, and so on. And if the establishment continued to call itself a Thai restaurant, it would likely face a lot of confused and dissatisfied customers. Better that I simply let the Thai restaurant be a Thai restaurant, and when I want Italian food, go eat at the Italian place.

This is sort of the situation we face in the Libertarian Party. There's an old (and mostly true!) joke along the lines of how if you get 10 libertarians in a room, you'll find 11 different opinions. As opinionated people who care about making the world a better place, there is a natural tendency for each of us active in the LP to try to get the party's ideology to reflect our own precise set of beliefs as closely as possible. To the extent we



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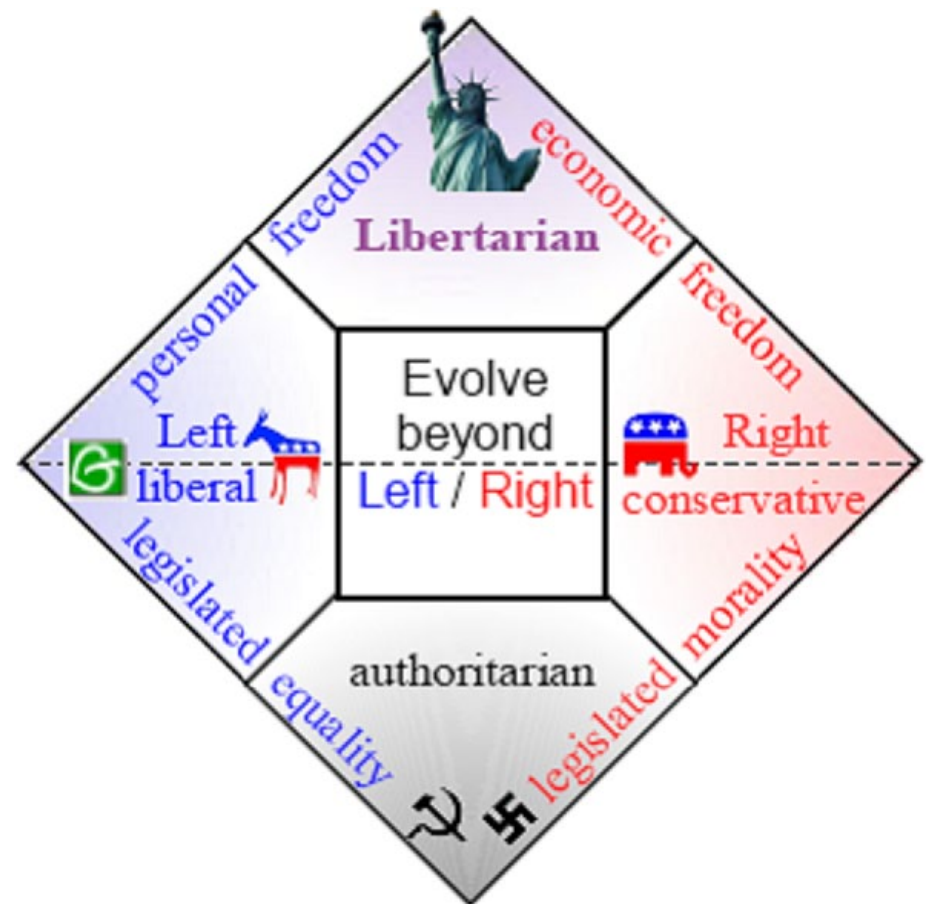
## Continued from Page 22 - Why I'm Not 100% libertarian

succumb to the temptation however, we needlessly divert energy into unproductive political battles, just as we do when we ignore the Dallas Accord and start fighting over whether the party should embrace anarchy or minarchy. (The Dallas Accord was the informal agreement reached by party members at the LP's 1974 convention in Dallas, Texas, to set aside that fight until such time as we may have achieved a largely free society, and agree to have party communications and materials not semantically preclude either limited government or no government at all as being our eventual goal.)

Instead of struggling to make the Libertarian Party's platform and messaging match our own individual beliefs, imagine if we were to make a pact that the LP should take libertarian positions and *only* libertarian positions, as defined by the consensus interpretation of the Non-Aggression Principle among party members. With such an agreement in effect, anyone with strongly libertarian views could be fairly certain of agreeing with most of what the LP stands for, even if none of us found the entire package to be precisely ideal. Most of us could even hypothetically be quite open about our personal disagreement with certain LP positions (e.g. no laws against individual ownership of nuclear weapons), and there would be no harm in this, nor would the party platform need to spell out verbatim every such radical or controversial implication of adhering to the Non-Aggression Principle, so long as it was clearly understood and agreed by LP members that the party's mission to oppose legal aggression would be upheld and respected (ideally, voting membership in the party would be conditioned upon acceptance of this).

Setting aside our personal objections or reservations about non-aggression being the best answer to issue X and simply agreeing to let the Libertarian Party be libertarian would enable supporters of freedom to have real confidence

in our party as an organization sustainably committed to fighting for more individual freedom despite all the corrupting influences of electoral politics. A radical LP will excite and inspire our base and attract the young, idealistic radicals who have in the past tended to become the shock troops of the left.



With such an approach, the Libertarian Party would become like a train chugging steadily north on the Nolan Chart created by and named after the party's principal founder David Nolan (see <http://freedomkeys.com/whoshould4.htm>).

Whenever I decide that society is free enough, and no further progress toward the libertarian quadrant is needed, instead of redirect the organization toward some other point on the political compass, I can simply “get off at my stop” by quitting the party, since as far as I am concerned it would have done its job and fulfilled its purpose. 🌸

*Starchild is a libertarian activist in San Francisco and a [member of the LNC](#) (Libertarian National Committlee)*

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# Myth America and Creating Revolutionary Communities

By Cindy Sheehan

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There is some quick background that I need to give you, The Reader, for this article. Here is a very short timeline of relevant facts about my life:

**2004:** My son, Casey Sheehan, was killed in Iraq on 04 April

**2005:** I camped out in front of George Bush's ranch in August

**2006:** I helped Democrats take back Congress, believing some of them were better than Republicans

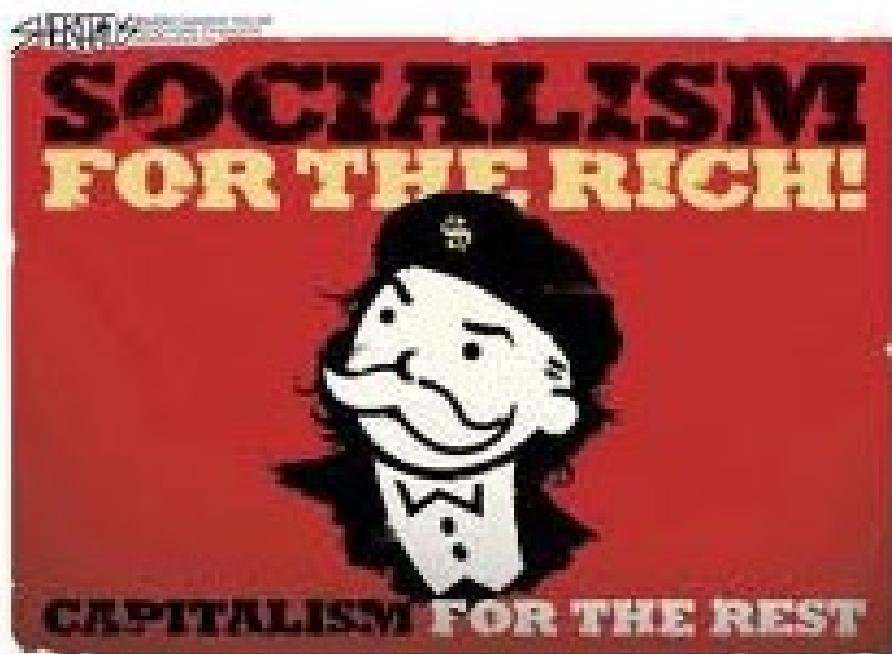
**2007:** I left the Democrat Party after I realized they weren't.

**2008:** I ran for Congress in San Francisco against Nancy Pelosi as an Independent



**2009:** I lost 90% of my support when I held Barack Obama to the same standards I held Bush.

So, that brings us up to 2009 and my authorship of [\*Myth America: 20 Greatest Myths of the Robber Class and the Case for Revolution\*](#).



After I was narrowly defeated (by about 75,000 votes) by Pelosi in 2008, I struggled mightily with the Anti-Bush War movement to retain its integrity by protesting the wars still, even though a Democrat was now in the White House and Congress was overwhelmed with a tyranny of Democrats. My efforts were mostly unsuccessful and supporters were dropping from my email list like hypocritical flies when I criticized Obama. I was being thoroughly attacked by the “left” using much of the same rhetoric as those who were and are still attacking me from the right.

During the beginning of 2009, I was as lonely as the “Maytag Repair Man” and feeling very sorry for myself. I was no longer “in demand” for speaking and antiwar protests had practically dried up to nothing.

So, one particularly frustrating night, the idea for *Myth America* came to me when I was struggling with trying to figure out how those people who appeared so informed and dedicated to peace when Bush was in office could be come so stupid and war mongering over night. “It must be the Myths (such as American exceptionalism and voting matters) we are force fed from the time we are babies,” I thought.



Remember, I had just come off of a campaign where every obstacle known to the “ruling” class had been thrown at us: from laws that keep our class from having a political voice to infiltration, sabotage, and vandalism. I concluded that trying to break into the establishment was a huge waste of limited time, money, and energy, so my “revolution” became one of social anarchism. I concluded that we needed to divorce ourselves from the institutions that kept us enslaved: banks, the war machine, food production, the government, etc.

Long before “Occupy,” I was encouraging people to take their funds out of banks and investing in credit unions, community banking, or the First Local Bank of Sock Drawer.

Food security became one of my number one issues and backyard gardens and local farmer's markets are the best way to subsidize a food supply that is being contaminated by Monsanto and our government's loyalty to the evil corporation.

Since 2009, I visited at least 60 communities to share *Myth America* (including a visit to Freedom's Phoenix) and I saw what communities from Eureka, Ca to Ithaca, NY were doing with local scrip, health care, food and other co-ops, education, and the most important thing to me: anti-militarism.

Obviously with the “left” only being against Republican Wars and Republicans being in favor of all war, a mass movement to end wars

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will go through inherent fluctuations and it seems that when we get a head of steam going to build a movement, some Democrat shill organization like [Moveon.org](http://Moveon.org) will magically appear to undermine it. [Moveon.org](http://Moveon.org) co-opted and ruined the OWS movement before OWS could get its crap together and realize that it had true power, just as [Moveon.org](http://Moveon.org) ruined my Camp Casey Peace movement by distracting us with partisan politics for two years.

So, the only way that we can fight the Empire and its militarism is by raising children in Revolutionary Communities of love and co-operation that encourages peaceful conflict resolution and refuses to allow our children to be used as pawns of the War Machine.

Most of the children of our class join the military (and children of the “ruling” class rarely join) for economic reasons. I know my own son joined, and ended up being killed for profit, so he could further his college studies. If we the people who care about each other and care about the world create these loving communities of care, we can offer our children healthy alternatives to being used as cannon fodder for the squalid elite.

How?



If you are an employer, offer internships or apprenticeships. I believe that these days, real job skills and experience are becoming more valuable than a college education. My other son was profoundly fortunate to be offered an apprenticeship out of high school and is now a land surveyor. It's the “Tale of Two Brothers.” One, who desired a college education and was abused, misused and subsequently killed for it and then one who was not college material and literally had this apprenticeship opportunity fall in his lap.

If you live in a college town, offer a room or bed to a student. University is prohibitively expensive for our children and we can pull together to make it work. Trade babysitting or household chores for room and board, this also has the additional affect of building community and personal relationships that are being lost in the land of “social” media and internet dating.

Start a get-together (coffee shop, pub, town square, home) for like-minded people in your own community to create ideas that will help build these Revolutionary Communities in your own area. Not every community is identical to the next and you need to decide what is the most urgent need in your community and then identify what YOU ALL can do about it.

Revolutionary Communities don't ask permission to fulfill human needs and civil rights.

That's why we call it a “Revolution.” 🌱



*Cindy Sheehan is an internationally known author, radio talk show host, and peace and justice advocate who opposes the Empire no matter who is in office. Cindy started her quest for peace and justice after her oldest son, Casey Sheehan, was killed in the Iraq War for profit on 4 April, 2004. Cindy can be reached through her website: [www.CindySheehansSoapbox.com](http://www.CindySheehansSoapbox.com)*



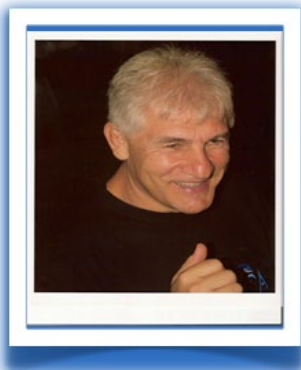
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# Senator Harkin's \$4.5B Gall Bladder Problem

## By Dr. Harvey Kaltsas

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IT was the fall of 1991, and Senator Tom Harkin (D-Iowa) was running for President. I sat with him in the Miami living room of my patient Jerry Berlin who from 1984-88 had served as Chairman and chief fundraiser of the Democrat Senatorial Campaign Committee. Senator Harkin had asked me how including acupuncturists as providers under Medicare could possibly save the US Treasury money, and I told him the following story.

In 1990 the Chinese spent \$72 per person on healthcare whereas Americans spent \$3200. An example why is the case of my patient Eleanor. She first presented to me as a 60 year old woman suffering from gall stones. She couldn't afford the \$6,000 cost of a gall bladder removal and asked if there were anything I could do to help. This is an easy case for someone who practices traditional Chinese medicine (TCM), and I told her not to worry. I needled the acupuncture point Gall Bladder 34A (Lanwei) and gave her a bottle of the Chinese herbal patent remedy Long Dan Xie Gan Wan and a bottle of Standard Process' liquid PhosFood, which contains a concentrated form of the phosphoric acid found in soft drinks. I then recommended that she follow this protocol for one week:

*Take 8 pills of Long Dan Xie Gan Wan three times daily after meals.*

*Also take a dropperful of PhosFood three times a day. The bottle comes with an eye dropper. Since the phosphoric acid can destroy the enamel on your teeth, be sure to place the dropper at the back of your tongue, and then follow it with a glass of water. Throughout the week drink a good amount of unfiltered apple juice.*

*On the seventh day, fast by eating only citrus fruit and juice. In the evening mix a teaspoonful of Epsom salts with warm water and drink it. Before bedtime, mix 4 ounces of fresh lemon juice with 4 ounces of olive oil and drink it. Then go to sleep laying on your right side. In the morning you will pass many soft green balls with your stool. It's important to follow the protocol. Otherwise the stones will not soften and the lemon juice and olive oil could stimulate the gall bladder to contract and push out jagged stones which could tear and infect the bile duct. Following the protocol you'll have no problems.*

Total cost of the treatment including herbs was less than \$100. Five years later Eleanor returned



to thank me. She informed me that she'd had no problems in the intervening years and had been symptom free. Then, when

she turned 65, she went back to her doctor and was able to get her gall bladder removed for free under Medicare.

This, I told Senator Harkin, was the miracle of modern medicine - able for \$6000 to heal ailments that no longer existed! He understood only too well the way Western medicine drives up costs. The total cost of gall bladder surgeries that year was \$4.5 billion, much of that expense being borne by the federal government. Multiply that by the hundreds of other ailments that are being treated without regard to cost-effectiveness and you have America's health care financing problem in a nutshell.

Two years later Tom Harkin was still in the Senate, and he invited me to testify on ways to reduce healthcare costs before his Subcommittee on Healthcare Appropriations. That testimony follows hereafter. At that time, in June 1993, I was able to present only seven peer reviewed articles on acupuncture which had appeared in Western medical journals, because that's all that had been published. Since then there have been literally hundreds, 150 of which I present in my book **Acupuncture Works - the Proof** available at [www.hkacup.com](http://www.hkacup.com), and they describe the efficacy of acupuncture in treating 80 different common ailments.

Sorry to say, acupuncturists are still not included as providers under Medicare, American healthcare costs have ballooned to over \$8,000 per person per year, the US has \$16 trillion in debt, whereas and the Chinese are doing quite well, thank you.

In subsequent articles I'll be writing about ways to take care of your own well being, the best and least expensive approach to live a long, healthy life. Stay tuned. 🌸

[CLICK HERE FOR DR. KALTSAS'S TESTIMONY BEFORE THE U.S. SENATE ON ALTERNATIVE MEDICINE \(PDF\)](#)

Harvey Kaltsas, Acupuncture Physician, is a graduate of Amherst College and the New England School of Acupuncture. He has been in practice since 1975 and co - founded the East West College of Natural Medicine. Dr. Kaltsas is President Emeritus of the American Association of Acupuncture and Oriental Medicine and is the only acupuncturists ever to testify before the U.S. Senate. Visit his webpage at [HKACUP.Com](http://HKACUP.Com)



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# They Want To Tag Us Before They Bag Us

## By Dave Hodges

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IF President Obama, John McCain (R., AZ), Lindsey Graham (R., SC), Marco Rubio (R., FL), Lindsey Graham (R., SC.), Charles Schumer (D., NY.), Jeff Flake (R., AZ.), Michael Bennet (D., CO.), and

implicated child molester [Robert Menendez](#) (D., N.J.), get their way, it will soon be law that if you want to board an airplane, to vote, to purchase a firearm, hold a job and basically buy and sell anything, then you will be required to submit to a National ID Card which will soon become part of a global ID system.



In effect, the proposed national and soon-to-be global ID card will serve as a permission slip to do all of the ordinary things that you presently have the right to do as an ordinary American citizen. Of course, if you are the president, or one of these senatorial traitors and your intention is to eliminate U.S. sovereignty by requiring American citizens to become a part of a global identification system, then this is a requisite step in this treasonous give away of our country. Of course, the good senators are not calling this a national ID because that has been tried, opposed and rejected back in 2008. These senators are cloaking their treason under the guise that the implementation of this universal ID system is an immigration issue.

### The Immigration Trojan Horse



The National ID and soon to be Global ID system is being sold to the rank and file of Congress as a means to control terrorism and to further prevent illegal immigration. Showing ID's to board a plane on

9/11 did not prevent the destruction of the Twin Tobama trojan horseowers now did it? And we have drones and satellites which can read the inscription on a dime from the upper reaches of the atmosphere and we can't identify and stop foreign nationals from crossing our borders? Our government does want to stop illegal immigration. And now we are being asked to swallow the myth that only an ID can prevent illegal immigration. Only a member of Congress who is more focused on becoming enriched at their insider-trading potential would be distracted enough to fall for this ridiculous excuse. And when one considers that a bi-partisan group of congressman are trying to simultaneously create a path to citizenship for all illegal alien residents, this justification of requiring a national ID to solve the immigration issues of this country is based wholly on deception.

### History Speaks and America Should Listen

Regardless of the facade set forth to justify this unconstitutional policy, national ID cards are a very bad idea. It is not a bad idea because I say so, it is a bad idea because history says so and does so in an emphatic manner.

If the average citizen is not concerned with the soon-to-be required national ID card, then they should carefully reconsider their position. National ID cards have played a draconian role in the history of human persecutions and genocides within the 20th century. History clearly teaches that the prevalence of national ID cards should concern all persons who wish to prevent a future national genocide similar to what happened in Rwanda and in Nazi Germany from occurring in America.

### The J Stamp

In Nazi Germany (July 1938), only a few months before Kristallnacht (i.e., the night of the broken glass) in which Jew-



ish businesses were targeted by the infamous "Brown Shirts" for destruction, the notorious "J-stamp" was introduced on national ID cards and then later on passports. The use of the "J-stamp" ID cards by Nazi Germany preceded the yellow Star of David badges which led to the subsequent deportation of Gypsies, Jews, homosexuals and political dissidents to the infamous Nazi death camps. In Norway, where yellow cloth badges were not introduced, the J stamped ID card was used in the identification of more than 800 Jews deported to death camps in Eastern Europe.

### Ninety Days of Death

Identification cards, in Rwanda, were the key factor in shaping, defining and perpetuating ethnic identity which ultimately led to subsequent ethnic cleansing. Once the 1994 genocide in Rwanda began, an ID card with the designation "Tutsi" constituted a death sentence at any checkpoint. No other factor was more significant in facilitating the speed and carnage of the 100 days of mass killing of an estimated one million people in Rwanda.



### The Media Propaganda Has Begun

The Washington Post is endorsing a national ID card based on the argument that a tamper-proof, biometric ID in which the state that [there is a clear case for a national ID card](#) in which they support President Obama's desire for an immigration card which will be issued to all American citizens.

The [Wall Street Journal](#) is participating in this media blitz in which they call for an immigration

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bill that would force every American worker to possess a biometric ID card in order to work.

Since Ron Paul has left Congress, a formidable obstacle to the imposition of this police state measure has been removed. The imposition of a national ID system is part of a larger plot to relegate our American citizenship to a greatly diminished global status.

### Americans Will Be Part of a Global System



The government of Indonesia has created a multi-modal biometrics identification system that they refer to as a [national Electronic ID Card](#) (e-KTP). Begin-

ning in 2011, Indonesia has been successful in enrolling 103 million of its 172 million citizens into their version of the J-Stamp card.

The government of India is on the path towards issuing biometric identity cards to its 1.2 billion people. Indians are being assigned 12-digit ID cards containing microchips of individual Identity cards through what they are calling “[The National Population Register](#)” (NPR). The NPR program is mandatory and will soon be a prerequisite to work and buy food.



Even President Obama’s native country of [Kenya](#) has a national ID card, in accordance to the Registration of Persons Act, in which all Kenyan citizens who are 18 years or older need to appear before a registrar of the court to obtain the ID, which consists of taking a photograph and submitting their fingerprints to a national registry.

In fact, [over 100 countries](#) presently require compulsory identity cards.

### America Cannot Permit Obama To Possess This Authority

History has clearly demonstrated that there can be no question that the National/Global ID Card is a clear and present danger to every American who would be foolish enough to possess one. Obama is already on record of declaring his power to [assassinate American citizens](#). He has used drones to this end and these drones contain facial recognition systems which could hunt down and kill his political enemies as he has done with [three U.S. citizens](#) that we know of.

And before coincidence theorists, who deny the validity of any conspiracy theory, state that no president would ever be capable of doing that to the American people, one should ask why would Obama has insisted on an unrestrained and unconstitutional detention authority over American citizens under the NDAA.



When one looks at the historical precedent that [gun confiscations](#) have played in past genocides, and combine that with the genocidal dangers associated

with the implementation of national ID cards, Americans are now facing a deadly cocktail of forces which are coalescing to enslave us and to greatly reduce our numbers.

We do have a choice America. We do not have to submit. As I have stated before, if every American family would work towards self-sufficiency, we could refuse to capitulate to this tyranny. For self-sufficiency would make it literally impossible for the globalists to impose their will upon us, especially if we refuse to give up our guns. If we have food and water, even if we cannot work, we will still retain our shelter. If this criminal government cannot enforce national ID compliance and also confiscate our guns, then they certainly will not be able to be able to evict us from our collective homes for nonpayment of our mortgages because we are not allowed to work. And if enough of us do not work, the globalist empire will begin to bend and break.

America needs to adopt a guerrilla warfare strategy of fighting back against the coming genocide which will be perpetrated against our people. Our strategy should be to out wait the globalists and their minions in a monumental test of wills. If Americans are to avoid the coming genocide, they need to be prepared to hunker down as a way of life.

The Vietnam War provides us with an excellent historical precedent on how to defeat an enemy of superior military capabilities. The Vietnam War did not commence in 1964. It actually began in 1941 with the invasion of Japanese forces who conquered the Vietnamese colonial masters, the French. When Japan was defeated in 1945, the Vietnamese people engaged the French in an 11 year war of independence. When the French were defeated at Dien Bien Phu, Vietnam was divided up into North and South Vietnam and thus commenced our involvement in the Vietnam War until 1975 from which we withdrew because we were unable to impose our will on the Vietnamese people.



Do the math. The Vietnamese people engaged in a guerrilla war for 34 years against 3 nations that could not subjugate them. Guerrilla war became a way of life for almost two generations of Vietnamese citizens.

***If Americans ever submit to the dual tyranny of gun confiscation combined with a national/global ID card, Americans will become like the Jews and the Rwandans in which we will bagged and tagged by the globalist occupation forces. Our hope lies in surviving through a prolonged strategy of guerrilla warfare in which we withdraw, as much as possible, from the globalist system.***

My advice is to all Americans is to immediately work towards becoming self-sufficient to such a degree that it appears to others that your life depends on it, because it does. 🌱

Reprinted from [CommonSenseShow.Com](#)

Dave Hodges is an award winning psychology, statistics and research professor, political activist, and writer. His website is [TheCommonSenseShow.Weebly.Com](#), and his articles are posted on [NewsWithViews.Com](#) and [Free-domsPhoenix.Com](#)

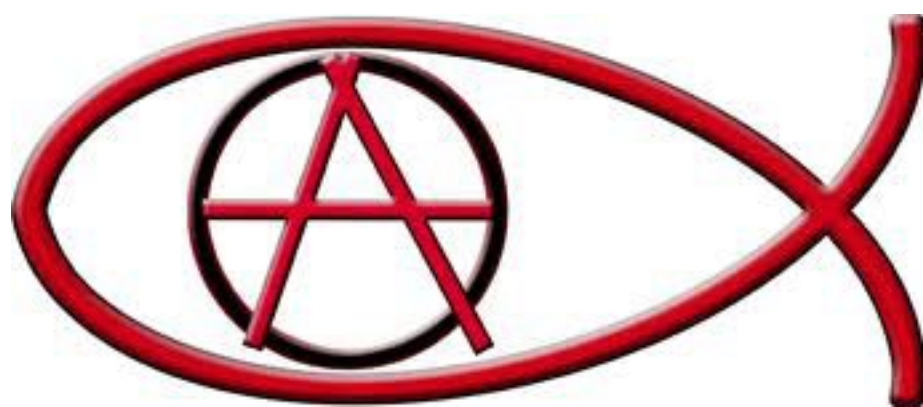
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# Christian Anarchy: Paradigm or Paradox?

By Steve Koerner

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*...AND ye shall know the truth and the truth shall set you free...*

As a Christian Voluntaryist who resides in the land of the ‘fee’ and the home of the ‘slave’, I have a great interest in knowing the Truth. We all know that every person has their own selfish idea as to what true freedom and liberty consists of, and this equally true among Christians. I wish to examine the idea of Anarchist Christians, whether such a breed even exists on earth, or if the Neo-conservative ‘utopia’ purported is ultimately Heaven on Earth. “They hate us for our freedom,” was a past President’s mantra and to this I retort that there is no one more hopelessly enslaved than those that falsely believe they are free. Counterfeiting ‘government’ is big business as we already know. Please explain the labyrinth of Man-made Federal, State and Local ‘Laws’ that one must know in order to stay out of prison, and how that somehow makes us free? Orwell’s “Slavery is Freedom” rings a familiar tone. This author had a close brush with the law when such sent an item to Canada in exercising free commerce. Well, unbeknownst this was a no-no as such item is regulated under a not-so-well-known list of Federal restrictions regulating export. A knock on the door ensues and I was happily introduced to the DHS / Customs Enforcement. Fortunately, after many days of toil and nights of worry, this issue was resolved after a simple phone call to the agent. Why all of the drama you wonder? It all happened because I did not have firm grasp of the litany of Federal Laws requiring a license to export said item. If this is freedom, I consider it to be a pretty lousy version.

Others have not been so fortunate. Some are still staring at the innards of a Federal pen with 8 years left to go. And with special thanks to USA Inc. and the Corrections Corporation of America, there are still vacancies for all those who wish to visit.

It is my hope that we can all start this discussion with the basic understanding that Anarchy is synonymous with Abolitionism or Voluntaryism. This is the abolishing of the centrist State and that the virtue of self-ownership and accountability is the highest moral virtue. Let us at once dispense of the distorted view of Anarchy as representing nothing more than mass hordes of out of control thugs aimlessly throwing Molotov cocktails at innocents. I believe with every fiber of my being that anarchism is the only

life path to follow as a believer in Jesus Christ.

In fact going further, it is the ONLY philosophy that I can see that is consistent with Scripture. It is a fact that most of the Evangelical Christians in America vote on the Right side of the ticket. They will even vote for the mythical lesser of two evils. What kind of testimony is it when a Christian votes for a lesser, evil candidate? What makes him an authority on evil? What credibility is there? What is being stated in essence is we will not steal, but will only kill. Is it ‘less’ evil to only invade two countries as opposed to three, believe that abortion is wrong, EXCEPT in instances of rape? Or even, pro-death penalty for that matter? It is better to let 3 guilty men go free, than to convict and execute one innocent man. Thanks to the disinformation arm of the Government, a large number of Christians now want the U.S. to invade Iran. Remember the command to love thy neighbor as thyself? Apparently, many modern Christ-followers do not consider Iran to be their neighbor and therefore does not apply. My Bible does not except us from this obligation and is applicable to all peoples of all religions and races. Christians would be a better testimony if they (we) were consistent in our dealings with other people. We may actually win others to Christ when we apply Anarchism to our lives.

In the Garden of Eden, The devil cast a semantic war of words upon the first man and woman. He employed a manipulative Neurolinguistic Programming-style, positive thinking approach in stating,” Yea, hath God said...? upon Eve. Within the final conflict of humanity we see that in order for folks to be deceived on a massive scale, there must be a war on the meanings of words and / or information. A twisting of words, if you will. The books ‘1984’ and ‘Brave New World’ proposed two different plans of attack. The former was a restricting of information and the latter was such an onslaught of information, so much so that one could not effectively wade through the vast ocean of words and definitions to make sense of it all.

Anarchy is one word whose definition has been demonized to such a degree that it is used to be synonymous with ‘chaos.’ Other words whose demonization come to mind? Discrimination, Extremism, Fundamentalism, Compound, Militia, Terrorism, Racist, etc.

All Voluntaryists would do themselves a great favor by studying a Book known as 1st Samuel Chapter 8 in the Old Testament as read from the Authorized King James Version. It is in this chapter that mankind singularly curses himself with Government when God had already given his people Self-Government / Ownership. They wanted to have a king ‘like the other nations’

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and several times in two chapters it says that God was displeased with their desire for a King.

Georges Lechartier wrote that “The true founder of anarchy was Jesus Christ and ... the first anarchist society was that of the apostles.”

Somewhere along the line the definition of Anarchy was flipped to mean ‘disorder’, when previously it simply meant to have self-ownership. My fellow believers with whom I am close with are die-hard Minarchists. They want the full benefits of self-ownership while all the while feeding the illegal Income tax system and some type of supreme government. Then out of the other side of the mouth, they cry, “Nullification! States’ Rights! Secession!” It’s like giving money to a drunk on the street. He smells like booze, he slurs his speech, but you still give him money. Why? Because, “He told me he needed something to eat. It’s not my problem if he spends his money on booze.” Then he drives a car, kills a family and you financed it! What they are not seeing is that taxation is slavery. Just try not filing the all-powerful 1040 form and see how many letters will start showing up in your mailbox. It is coerced taxation. A cursory study of 1st Samuel Chapter 8 would easily confirm for you that having a Monarchy was a curse, brought on by heady, impatient people upset with the Prophet Samuel’s sons. They already HAD the perfect set up, being self-governing in nature and the most lenient. Their impulsivity is the similar rush-job that resulted in the calumny of the Articles of Confederation and ended with the deification of the Hamiltonian Constitution. HOW could you SAY that about the CONSTITUTION? Easily. Because this document either created the Federal Insanity we have today or has been powerless to prevent it.

There are Three General examples that describe Anarchy. For the sake of brevity, I will only examine one of these in this essay.

### 1. Do not initiate violence against anyone.

In The Gospel of Luke 3:14, it states. ”

And the soldiers likewise demanded of him, saying, And what shall we do? And he said unto them, **Do violence to no man, neither accuse any falsely;** and be content with your wages.”

Now, fast forward roughly 2 millennia and examine this in the light of real world conflict. As Orwell so eloquently prosed, “If you want a picture of the future, imagine a boot stamping on a human face—forever.” The modern LEO-Complex is the exact, polar opposite of Jesus’ command. The amount of violence that soldier-police employ is extreme, leading up to the expiration of the individual, and all in the name of ‘Officer-Safety.’ It is blatantly obvious that individuals within the modern Armed Forces are obligated to obey this command. But just because Jesus did NOT address the evils of the modern Military that maims, tortures, imprisons or kills different races around the world in this verse; does not imply that a man (or woman) should even remain in a wicked and morally corrupt Armed Service. He starts with people, where they are, and then works onward from there. Christians are commanded to reprove the unfruitful works of darkness. Is it fruitful or loving to employ 20mm cannons against a mini-van of Iraqis, including children? If you have ever beheld the online account of this incident, it would not take to long wonder if such behavior is the fruit of the video-game generation? The two helo-pilots were hastily begging for permission to engage them, and did so with horrific lethality. Heartless.

If we were alive in the early 1900s, you could just ask the South African Boers what they thought of the British missionary Imperialist David Livingstone. A strong argument could be made that Livingstone, of all people, initiated conflict through his involvement in affairs of the Transvaal. His fellow Christian Boers were a rugged, peaceful, self-sufficient agrarian people who bravely fought the British Empire through the years 1899 – 1902. Boer President Paul Kruger said that, while they admired Livingstone for his dedication to the Missionary work for Christ, they disdained the fact that he was emboldening a nation which ended up committing of atrocities against those Boer Christians! It was the first genocide on record in the 20th Century, in the

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name of Conquest, and a travesty of the highest order. I believe the Boer Society were much closer to the Anarchist life than we are today, although they did have a President who was a genuine heart felt friend of the Afrikaan people.

These two general ideas below are two others that can be looked into at another time.

**2. Fulfill all contracts entered into voluntarily to the letter.**

**3 Your self-ownership cannot be abridged without your consent.**

### A Stranger in a Strange Land: Living Stateless Within the State

How does Christian Anarchy measure in the real world?

One needn't look any further than the Amish / Mennonite communities in Rural Amerika. Their wisdom is impressive on an unparalleled level, even their refusing to be photographed. While this may have changed, they used to consider any picture of themselves off limits and this certainly has certain benefits in a hyper-surveillance society as well. They freely exchange their goods and services in peace and assist each other in many ways. Now while it is not improbable that they have their own problems to deal with, we can conclude that they have a living, working model of living untethered to the State.


**UNINCORPORATE** – This means, get out of major metropolitan areas and move to more rural locations. The Reign of Terror which occurred in France from 1793 to 1794, did not affect those living in the countryside to the same degree as those residing in Paris. Learn to be self-sufficient; grow your own food, build your own home and be a frontiersman of sorts.

Followers of Jesus, please stop paying lip service to the state and confusing your allegiance to the state as being obedient to Romans 13. To the contrary, God himself has nothing good to say about those who will not stand against evil no matter what form it shows itself. It does come with a price, though, as many in ages past have found out. The author of the classic 'Pilgrims Progress' John Bunyan spent many years



in jail (off and on for 12 years), all because he would not take a license to preach the Gospel. Every Voluntaryist, whether Christian or not, should develop a profound respect for Baptists such as Roger Williams who fought for the right to freely choose your own religion. Agnostics likewise owe these men a debt of gratitude as they set the tone in for freedom of conscience in Old America.

Christian Anarchism is a redundant statement. In closing, let's remember for posterity the words of Lechartier.

***"The true founder of anarchy was Jesus Christ and ... the first anarchist society was that of the apostles."*** 

Reprinted from [ZeroGov.Com](http://ZeroGov.Com)

(Note - Publisher of ZeroGov.Com: As most everyone is aware, I am not a Christian nor an atheist yet I am surrounded by friends and neighbors who tend to this religionist disposition. While I think some of the Christian beliefs in the system are used to excuse or rationalize the state, there is a small but growing number of Christians who are genuinely seeking freedom in this mortal coil and using their scripture to do so. Steve is one of those. -Bill Buppert)

*Steve Korenek was born in south Texas and has spent his entire life in the Lone Star State. He has served as a Texas 'Ron Paul' Republican delegate to the State Convention. Steve remains active as a career jet pilot, Liberty-advocate, as well as firearms consultant, having previously gained tenure in firearms' retail and optics distribution. He has been married for nearly 2 decades and is the father of 3 children. His passions include his Christian faith, family and friends. His soon to be launched website is [www.Fightscience.com](http://www.Fightscience.com) Steve can be contacted at: [pilotlight71@hotmail.com](mailto:pilotlight71@hotmail.com)*

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## DEFCAD - An Update on 3D Printing By Defense Distributed

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# IT'S OVER

printablegun.com

### The island of misfit objects

Welcome to [DEFCAD](#), operated by [Defense Distributed](#). This site is a makeshift response to Makerbot Industries' decision to censor files uploaded in good faith at Thingiverse, specifically firearms-related files.

We are hosting as many of the pulled files as we can find.

### Update on 3D Gun Printing

*Watch video - DefDist Printed AR Lower - Part III:*

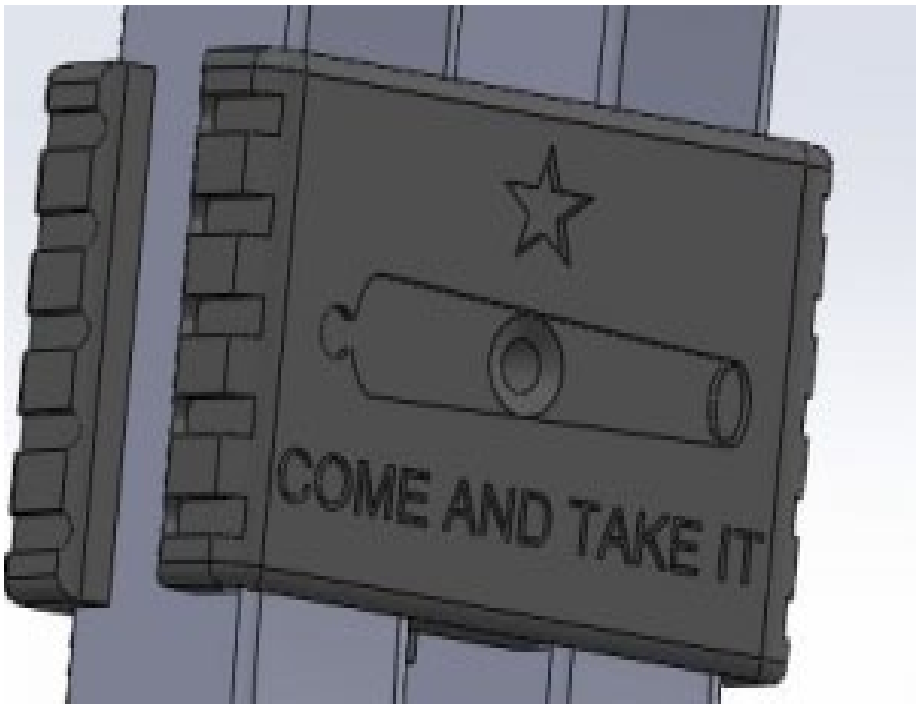


Home of the [Wiki Weapon](#). A nonprofit, collaborative project to create freely available plans for 3D printable guns.

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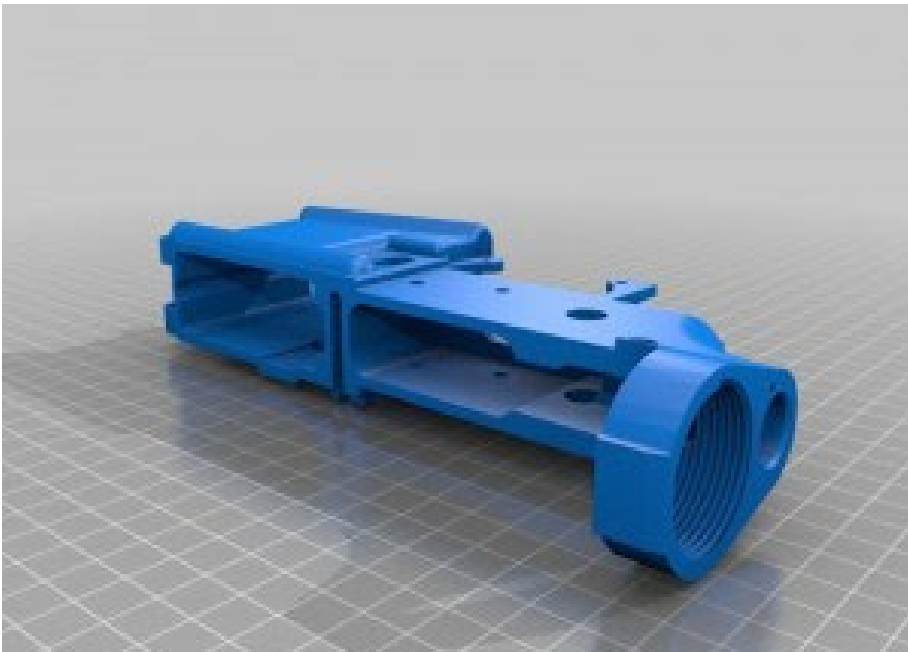


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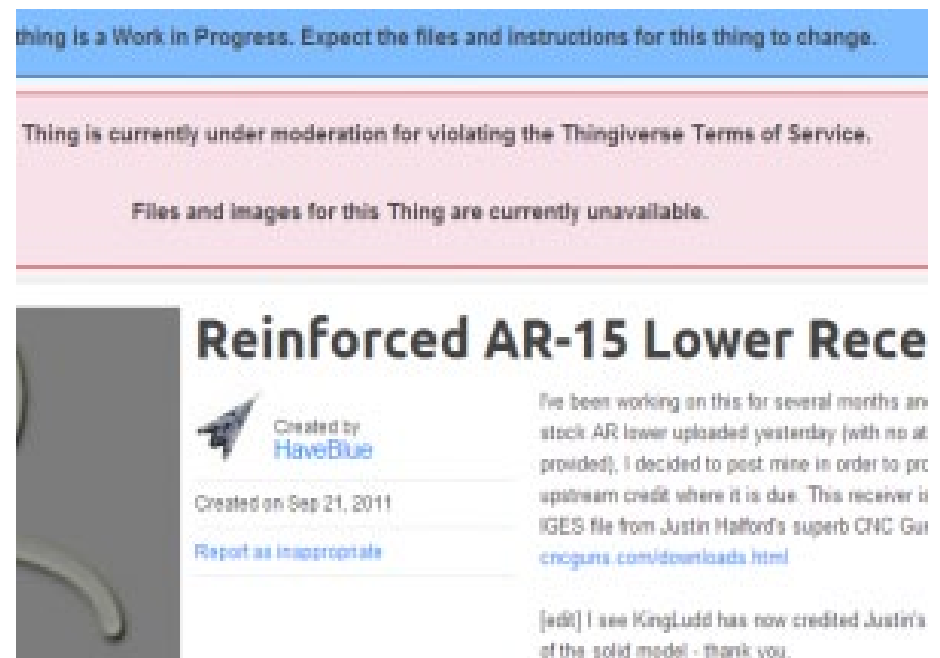


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### AR-15 REINFORCED LOWER:



### MAKERBOT'S CENSORSHIP:



### AR-15 GRIP




### PRINTED REINFORCED AR-15 LOWER REVIEW:



### CAN A 3D PRINTER MAKE GUNS?:



Information courtesy of [Defense Distributed](http://DefenseDistributed.com) and [DEFCAD.Org](http://DEFCAD.Org) 

*Cody Wilson is an engineer AND law student in the Drone Star State who is creating a freely distributed printable gun design for the world. ("The Wiki Weapon"). His project will revolutionize guns and kick-start the Printable Gun Hobbyist Movement, while pissing off both liberals and conservatives. Visit his website at [DefenseDistributed.Com](http://DefenseDistributed.Com)*

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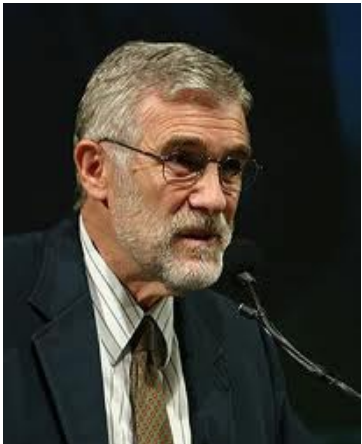




# Eyes Wide Shut on the Iraq War

## By Ray McGovern

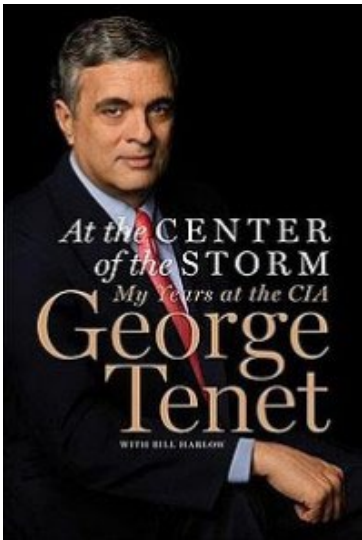
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AS the tenth anniversary of the Iraq War approaches, it's worth recalling one moment when the curtain was prematurely lifted on the lies justifying the invasion – and how quickly government officials and the com-

plicit mainstream press pulled it back down, as ex-CIA analyst Ray McGovern explains.

Ten years ago, as President George W. Bush and his administration were putting the finishing touches on their unprovoked invasion of Iraq, the mainstream U.S. news media had long since capitulated, accepting the conventional wisdom that nothing could – or should – stop the march to war.



*The book cover for George Tenet's "At the Center of the Storm," co-written with former CIA spokesman Bill Harlow.*

By now a decade ago, the New York Times had published Judy Miller's infamous "mushroom cloud" article about Iraq's aluminum tubes, the Washington Post's op-ed page had lined up in lock-step to hail Colin Powell's misleading United Nations speech, MSNBC had dumped Phil Donahue after he allowed on a few anti-war voices, and CNN had assembled a chorus of pro-war ex-military officers as "analysts."

Despite massive worldwide protests against the impending invasion, the U.S. news media only grudgingly covered the spectacle of millions of people in the streets in dozens of cities. The coverage mostly had a tone of bemusement about how deluded such uninformed folks could be.

The U.S. news media's consensus was so overwhelming that it may have freed up a few lesser outlets to publish some undeniable facts, which then could be safely dismissed and ignored.

Such was the case when Newsweek correspondent John Barry was allowed to publish the leaked contents of an interrogation of a senior Iraqi official who inconveniently disclosed that Iraq had destroyed its stockpiles of chemical and biological weapons years earlier.

Barry, usually a reliable voice for Washington's conventional wisdom, may have struggled over

what to do with the leaked document, but he ultimately wrote this truthful lede:

"Hussein Kamel, the highest-ranking Iraqi official ever to defect from Saddam Hussein's inner circle, told CIA and British intelligence officers and U.N. inspectors in the summer of 1995 that after the gulf war, Iraq destroyed all its chemical and biological weapons stocks and the missiles to deliver them. Kamel ... had direct knowledge of what he claimed: for 10 years he had run Iraq's nuclear, chemical, biological and missile programs."

In a classic understatement of about his own report – as the White House was on the verge of unleashing the dogs of war in pursuit of Iraq's alleged WMD – Barry commented, "The defector's tale raises questions about whether the WMD stockpiles attributed to Iraq still exist."

Barry explained that Kamel had been interrogated in separate sessions by the CIA, British intelligence, and a trio from the U.N. inspection team; that Newsweek had been able to verify the authenticity of the U.N. document containing the text of Kamel's debriefing; and that Kamel had "told the same story to the CIA and the British." Barry added that "The CIA did not respond to a request for comment."

Barry's story was, of course, completely accurate. According to page 13 of the transcript of the debriefing by U.S. and U.N. officials, Hussein Kamel, one of Saddam Hussein's sons-in-law, said bluntly: "All weapons – biological, chemical, missile, nuclear, were destroyed."

The story of Kamel's admission was [published](#) in the March 3, 2003, issue of Newsweek after appearing on the magazine's Web site on Feb. 24.

### No WMD in Iraq?

By then, of course, the Newsweek story really didn't matter. The media "hot shots" had already shifted from covering the excuses for war to preparing for the exciting duty as embedded "war correspondents."

No one wanted to risk being left out of those career-building moments of racing across the Iraqi desert in a Humvee, with your cameraman filming you in green-tinted night-vision video, your body bulked up by body armor, your camouflage outfit matching what the real troops were wearing, and perhaps your hair blowing in the wind.

Back at corporate headquarters, CNN's Wolf Blitzer and other cable-news anchors couldn't

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wait for the start of “shock and awe.” The pyrotechnics would surely mean a big bump in ratings. Over at Fox News and MSNBC, which was then trying to out-Fox Fox from the Right, producers were planning for video montages honoring “the Troops” as super-hero liberators of Iraq.

So there was not much buzz about the Newsweek scoop. The rest of the mainstream media only went through the motions of checking out this strange information about Iraq having no WMD. Reporters called the CIA for clarification.

CIA spokesman Bill Harlow responded by fishing out half of the descriptors from his “Debunking Adjectives File” at CIA’s Office of Public Affairs. He warned that the report was “incorrect, bogus, wrong, untrue.”

Would the CIA ever tell a lie? Puleeze! And so the mainstream media said, in effect, “Gosh. Thanks for letting us know. Otherwise, we might have run a story on it.”

Nor were mainstream media outlets at all interested in coming back to the story two days later, when the complete copy of the Kamel transcript, in the form of an internal U.N. International Atomic Energy Agency document stamped “sensitive,” [was made public](#) by Cambridge University analyst Glen Rangwala.

Rangwala had already revealed that British Prime Minister Tony Blair’s pre-war “intelligence dossier” on Iraq was largely plagiarized from a student thesis.

The conventional wisdom in Official Washington was: Why should anyone place his or her precious career between the innocents who would die in war and the war juggernaut of Bush and his neocon advisers? After all, what good would it do? The war was going to happen anyway and you would just get run over.

And what would happen if the U.S. military did discover some cache of WMD somewhere in Iraq? You’d be forever known as that Saddam Hussein apologist who questioned the wisdom of the Great War President.

So the war juggernaut rolled on. Wolf Blitzer expressed some disappointment that the “shock and awe” bombing of Baghdad wasn’t more spectacular. NBC’s Tom Brokaw sat among a panel of ex-military officers and blurted out that “in a few days, we’re going to own that country.” MSNBC and Fox News rushed out Madison Avenue-style tributes to “the Troops” complete with stirring sound tracks and images of thankful Iraqis. Disturbing stories and images of overflowing hospitals and innocent Iraqis being dismembered and incinerated by U.S. bombs were played down.

However, the Bush administration found none of the promised stockpiles of chemical and biological weapons, nor any evidence of an active nuclear program. After eight years of a bloody war and occupation, the big losers were the hundreds of thousands of dead and maimed Iraqis; the nearly 4,500 dead U.S. soldiers and more than 30,000 wounded; and the U.S. taxpayers who got stuck with a bill of around \$1 trillion.

**More Harlowtry**

Things worked out a lot better for people like CIA spokesman Bill Harlow. He found out that working for CIA Director George Tenet could be quite lucrative, even after they both left the CIA. Harlow convinced Tenet, who resigned in 2004, that an exculpatory memoir could polish up Tenet’s tarnished reputation and make money.

Harlow also volunteered to help, since he sensed the boss would need a scribe and since the advance was sizable. Tenet’s *At the Center of the Storm: My Years at the CIA*, co-written with Harlow, was released in April 2007. By then, however, even some in the mainstream media were able to see the two for the charlatans they were.

Not even Harlow’s hired pen could disguise this lame attempt at self-justification. Pro that he is, Harlow simply could not manage to make a silk purse out of the sow’s ear of Tenet’s career. [See Consortiumnews.com’s “[How George Tenet Lied](#).”]

*At the Center of the Storm* amounted to an unintentional self-indictment of Tenet for the crimes with which Socrates was charged: making the worse cause appear the better, and corrupting the youth. At the time, I found myself thinking that Tenet wished he had opted to just fade away, as old soldiers and spies used to do.

And I would have been right, I suppose – except for the money. A \$4 million advance was nothing at which to sniff, even if Tenet had to share it with Harlow.

Despite what should have been a negative credibility rating, Harlow remained a trusted figure for many old news media friends. He was sent into the breach once more in August 2011 to help Tenet fend off explosive charges from former White House counter-terrorism czar Richard Clarke that Tenet had withheld information from him that could have thwarted the attacks of 9/11. [See Consortiumnews.com’s “[Did Tenet Hide Key 9/11 Information?](#)”]

In an interview aired on a local PBS affiliate in Colorado, Clarke directly accused Tenet and two other senior CIA officials, Cofer Black and Richard Blee, of sitting on information about

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two of the hijackers of American Airlines Flight 77 — al-Hazmi and al-Mihdhar.

The two had entered the United States more than a year before the 9/11 attacks, and CIA knew it. After 9/11, the agency covered up its failure by keeping relevant information away from Congress and the 9/11 Commission, Clarke said.

Withholding intelligence on two of the 9/11 hijackers would have been particularly unconscionable — the epitome of malfeasance, not just misfeasance. That's why Richard Clarke's conclusion that he should have received information from CIA about al-Hazmi and al-Mihdhar "unless somebody intervened to stop the normal automatic distribution" amounts, in my view, to a criminal charge, given the eventual role of the two in hijacking of AA-77, the plane that struck the Pentagon.

Tenet has denied that the information on the two hijackers was "intentionally withheld" from Clarke, and he enlisted the other two former CIA operatives, Cofer Black (more recently a senior official of Blackwater) and Richard Blee (an even more shadowy figure), to concur in saying, Not us; we didn't withhold.

Whom to believe? To me, it's a no-brainer. One would have to have been born yesterday to regard the "George is right" testimony from Black and Blee as corroborative.

**Harlow to the Rescue**

To dirty up Clarke a bit more, Bill Harlow emerged to empty the remaining half of the descriptors from his old "Debunking Adjectives File." According to Harlow, Clarke's charges were "reckless and profoundly wrong ... baseless ... belied by the record ... unworthy of serious consideration."

And so, naturally, the mainstream media dropped this extraordinary story involving the former White House counterterrorism chief, Richard Clarke, accusing the former CIA head, George Tenet, with suppressing information that could well have prevented 9/11.

Plus, by all indications, Harlow is still able to work his fraudulent magic on the Fawning Corporate Media. If Harlow says it's not true ... and hurls a bunch of pejorative adjectives to

discredit a very serious charge ... well, I guess we'll have to leave it there, as the mainstream media is so fond of saying.


No matter Clarke's well-deserved reputation for honesty and professionalism — and Tenet's and Harlow's reputations for the opposite.

The versatile Bill Harlow came back again this past January to help Jose Rodriguez, the CIA operations chief who oversaw waterboarding and other torture and then destroyed the videotaped evidence, argue his case in the ever-hospitable, neocon-dominated Washington Post.

Their argument this time was that "enhanced interrogation" — or what the rest of us would call "torture" — helped locate al-Qaeda leader Osama bin Laden. Even the Senate Intelligence Committee has refuted that claim.

Never mind. The Washington Post Sunday Outlook section on Jan. 6, 2013, ran a long article titled, "[Sorry, Hollywood. What we did wasn't torture.](#)" The Post noted that the Rodriguez piece was "written with former CIA spokesman Bill Harlow," but offered readers no help in gauging Harlow's checkered credibility. [See Consortiumnews.com's "[Excusing Torture Again.](#)"]

Rodriguez and Harlow disdained the word "torture," but argued, in the context of the "hunt-for-bin-Laden" movie "Zero Dark Thirty," that the rough-them-up tactics really helped. The two resorted to the George W. Bush-era word game that waterboarding, stress positions, sleep deprivation and other calculated pain inflicted on detainees in the CIA's custody weren't really "torture."

A decade after so many falsehoods led the United States into the disastrous Iraq War, it is curious indeed that the mainstream U.S. news media still affords some of the principal liars so much respect and "credibility." 

Reprinted from [Consortium News](#)

*Ray McGovern works with Tell the Word, a publishing arm of the ecumenical Church of the Saviour in inner-city Washington. He served for 27 years as a CIA analyst, and is a co-founder of [Veteran Intelligence Professionals for Sanity \(VIPS\)](#).*

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# 10 Lies and Misconceptions Spread By Mainstream Nutrition

## By Dr. Mercola

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on the head in terms of *good* nutrition advice.

*Shape Magazine* features a slide show on "9 ingredients nutritionists won't touch,"<sup>1</sup> and authoritynutrition.com listed "11 of the biggest lies of mainstream nutrition."<sup>2</sup>

These health topics are all essential to get "right" if you want to protect your health, and the health of your loved ones, which is why I was delighted to see both of these sources disseminating spot-on advice. I highly recommend reading through both of them.

Here, I will review my own top 10 lies and misconceptions of mainstream nutrition—some of which are included in the two featured sources, plus a few additional ones I believe are important.

[CLICK HERE TO VIEW PICTURE SLIDE SHOW](#)

### Lie # 1: 'Saturated Fat Causes Heart Disease'

As recently as 2002, the "expert" Food & Nutrition Board issued the following misguided statement, which epitomizes this myth:

*"Saturated fats and dietary cholesterol have no known beneficial role in preventing chronic disease and are not required at any level in the diet."*

Similarly, the National Academies' Institute of Medicine recommends adults to get 45–65 percent of their calories from carbohydrates, 20-35 percent from fat, and 10-35 percent from protein. This is an inverse ideal fat to carb ratio that is virtually guaranteed to lead you astray, and result in a heightened risk of chronic disease.

Most people benefit from 50-70 percent healthful fats in their diet for optimal health, whereas you need very few, if any, carbohydrates to maintain good health... Although that may seem like a lot, fat is much denser and consumes a much smaller portion of your meal plate.

This dangerous recommendation, which arose from an *unproven hypothesis* from the mid-1950s, has been harming your health and that of your loved ones for about 40 years now.

The truth is, saturated fats from animal and vegetable sources provide the building blocks for

cell membranes and a variety of hormones and hormone-like substances, without which your body cannot function optimally. They also act as carriers for important fat-soluble vitamins A, D, E and K. Dietary fats are also needed for the conversion of carotene to vitamin A, for mineral absorption, and for a host of other biological processes.

In fact, saturated is the preferred fuel for your heart! For more information about saturated fats and the essential role they play in maintaining your health, please read my previous article [The Truth About Saturated Fat](#).

### Lie # 2: 'Eating Fat Makes You Gain Weight'

The low-fat myth may have done more harm to the health of millions than any other dietary recommendation as the resulting low-fat craze led to increased consumption of trans-fats, which we now know increases your risk of obesity, diabetes and heart disease—the very health problems wrongfully attributed to saturated fats...

To end the confusion, it's very important to realize that *eating fat will not make you fat!*

The primary cause of excess weight and all the chronic diseases associated with it, is actually the consumption of too much sugar -- especially fructose, but also all sorts of grains, which rapidly convert to sugar in your body. If only the low-fat craze had been a low-sugar craze... then we wouldn't have nearly as much chronic disease as we have today. For an explanation of why and how a low-fat diet can create the very health problems it's claimed to prevent, please see this [previous article](#).

### Lie # 3: 'Artificial Sweeteners are Safe Sugar-Replacements for Diabetics, and Help Promote Weight Loss'

Most people use artificial sweeteners to lose weight and/or because they're diabetic and need to avoid sugar. The amazing irony is that nearly all the studies that have carefully analyzed their effectiveness show that those who use artificial sweeteners actually *gain more* weight than those who consume caloric sweeteners. Studies have also revealed that [artificial sweeteners can be worse than sugar for diabetics](#).

In 2005, data gathered from the 25-year long San Antonio Heart Study showed that drinking *diet* soft drinks increased the likelihood of serious weight gain, far more so than regular soda.<sup>3</sup> On average, each diet soft drink the participants consumed per day increased their risk of becoming overweight by 65 percent within the next

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seven to eight years, and made them 41 percent more likely to become obese. There are several potential causes for this, including:

Sweet taste alone appears to increase hunger, regardless of caloric content. Artificial sweeteners appear to simply perpetuate a craving for sweets, and overall sugar consumption is therefore not reduced—leading to further problems controlling your weight.<sup>4</sup> Artificial sweeteners may disrupt your body's natural ability to "count calories," as evidenced in studies such as this 2004 study at Purdue University,<sup>5</sup> which found that rats fed artificially sweetened liquids ate *more* high-calorie food than rats fed high-caloric sweetened liquids.

There is also a large number of health dangers associated with artificial sweeteners and aspartame in particular. I've compiled an ever-growing list of studies pertaining to health problems associated with aspartame, which you can find [here](#). If you're still on the fence, I highly recommend reviewing these studies for yourself so that you can make an educated decision. For more information on aspartame, the worst artificial sweetener, please see my [aspartame video](#).

### Lie # 4: 'Your Body Cannot Tell the Difference Between Sugar and Fructose'

Of the many health-harming ingredients listed in the featured article by *Shape Magazine*—all of which you're bound to get in excess if you consume processed foods—fructose is perhaps the greatest threat to your health. Mounting evidence testifies to the fact that excess fructose, primarily in the form of high fructose corn syrup (HFCS), is a primary factor causing not just obesity, but also chronic and lethal disease. In fact, I am convinced that fructose is one of the leading causes of a great deal of needless suffering from poor health and [premature death](#).

Many conventional health "experts," contend that sugar and fructose in moderation is perfectly okay and part of a normal "healthy" diet, and the corn industry vehemently denies any evidence showing that fructose is metabolically more harmful than regular sugar (sucrose). This widespread denial and sweeping the evidence under the carpet poses a massive threat to your health, unless you do your own research.

As a standard recommendation, I advise keeping your total fructose consumption below 25 grams per day. For most people it would also be wise to limit your fructose from fruit to 15 grams or less. Unfortunately, while this is theoretically possible, precious few people are actually doing that.

Cutting out a few desserts will not make a big difference if you're still eating a "standard American diet"—in fact, I've previously written about how various foods and beverages contain far more [sugar](#) than a glazed doughnut. Because of the prevalence of HFCS in foods and beverages, the average person now consumes 1/3 of

a pound of sugar EVERY DAY, which is five ounces or 150 grams, half of which is fructose.

That's 300 percent more than the amount that will trigger biochemical havoc. Remember that is the AVERAGE; many actually consume more than twice that amount. For more details about the health dangers of fructose and my recommendations, please see my recent article [Confirmed—Fructose Can Increase Your Hunger and Lead to Overeating](#).

### Lie # 5: 'Soy is a Health Food'

The meteoric rise of soy as a "health food" is a perfect example of how a brilliant marketing strategy can fool millions. But make no mistake about it, unfermented soy products are NOT healthful additions to your diet, and can be equally troublesome for men and women of all ages. If you find this recommendation startling then I would encourage you to review some of the many articles listed on my [Soy Index Page](#).

Contrary to popular belief, thousands of studies have actually linked unfermented soy to malnutrition, digestive distress, immune-system breakdown, thyroid dysfunction, cognitive decline, reproductive disorders and infertility—even cancer and heart disease.

Not only that, but more than 90 percent of American soy crops are genetically modified, which carries its own set of health risks.<sup>6</sup> I am not opposed to *all* soy, however. *Organic* and, most importantly, *properly fermented* soy does have great health benefits. Examples of such healthful fermented soy products include tempeh, miso and natto. Here is a small sampling of the detrimental health effects linked to *unfermented* soy consumption:

Breast cancer	Brain damage	Infant abnormalities
Thyroid disorders	Kidney stones	Immune system impairment
Severe, potentially fatal food allergies	Impaired fertility	Danger during pregnancy and breastfeeding

### Lie # 6: 'Eggs are a Source of Unhealthy Cholesterol'

Eggs are probably one of the most demonized foods in the United States, mainly because of the misguided idea implied by the lipid hypothesis that eating egg yolk increases the cholesterol levels in your body. You can forget about such concerns, because contrary to popular belief, **eggs are one of the *healthiest* foods you can eat** and they do *not* have a detrimental impact on cholesterol levels. Numerous nutritional studies have dispelled the myth that you should avoid eating eggs, so this recommendation is really hanging on by a very bare thread...

One such study<sup>7</sup>, **conducted by the Yale Prevention Research Center and published in 2010, showed that egg consumption did not have a negative effect on endothelial function – a measure of cardiac risk – and did**

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**not cause a spike on cholesterol levels.** The participants of the Yale study ate two eggs per day for a period of six weeks. There are many benefits associated with eggs, including:

One egg contains 6 grams of high quality protein and all 9 essential amino acids	Eggs are good for your eyes because they contain lutein and zeaxanthin, antioxidants found in your lens and retina. These two compounds help protect your eyes from damage caused by free radicals and avoid eye diseases like macular degeneration and cataracts	Eggs are a good source of choline (one egg contains about 300 micrograms), a member of the vitamin B family essential for the normal function of human cells and helps regulate the nervous and cardiovascular systems. Choline is especially beneficial for pregnant mothers as it influences normal brain development of the unborn child
Eggs are one of the few foods that contain naturally occurring vitamin D (24.5 grams)	Eggs may help promote healthy hair and nails due to their high sulphur content	Eggs also contain biotin, calcium, copper, folate, iodine, iron, manganese, magnesium, niacin, potassium, selenium, sodium, thiamine, vitamin A, vitamin B2, vitamin B12, vitamin E and zinc

Choose [free-range organic eggs](#), and avoid “omega-3 eggs” as this is not the proper way to optimize your omega-3 levels. To produce these omega-3 eggs, the hens are usually fed poor-quality sources of omega-3 fats that are already oxidized. Omega-3 eggs are more perishable than non-omega-3 eggs.

## Lie # 7: 'Whole Grains are Good for Everyone'

The use of whole-grains is an easy subject to get confused on especially for those who have a passion for nutrition, as for the longest time we were told the fiber in whole grains is highly beneficial. Unfortunately ALL grains, including whole-grain and organic varieties, can elevate your insulin levels, which can increase your risk of disease. They also contain gluten, which many are sensitive to, if not outright allergic. It has been my experience that more than 85 percent of Americans have trouble controlling their insulin levels -- especially those who have the following conditions:

Overweight Diabetes High blood pressure High cholesterol Protein metabolic types

In addition, sub-clinical gluten intolerance is far more common than you might think, which can also wreak havoc with your health. As a general rule, I strongly recommend eliminating or at least restricting grains as well as sugars/fructose from your diet, especially if you have any of the above conditions that are related to insulin resistance. The higher your insulin levels and the more prominent your signs of insulin overload are, the more ambitious your grain elimination needs to be.

If you are one of the fortunate ones without insulin resistance and of normal body weight, then grains are fine, especially whole grains—as long as you don’t have any issues with gluten and select organic and unrefined forms. It is wise to continue to monitor your grain consumption and your health as life is dynamic and constantly changing. What might be fine when you are 25 or 30 could become a major problem at 40 when your growth hormone and level of exercise is different.

## Lie # 8: 'Milk Does Your Body Good'

Unfortunately, the myth that conventional pasteurized milk has health benefits is a persistent one, even though it’s far from true. Conventional health agencies also refuse to address the real dangers of the growth hormones and antibiotics found in [conventional milk](#). I do not recommend drinking pasteurized milk of any kind, including organic, because once milk has been

pasteurized its physical structure is changed in a way that can actually cause allergies and immune problems.

Important enzymes like lactase are destroyed during the pasteurization process, which causes many people to not be able to digest milk. Additionally, vitamins (such as A, C, B6 and B12) are diminished and fragile milk proteins are radically transformed from health nurturing to unnatural amino acid configurations that can actually worsen your health. The eradication of beneficial bacteria through the pasteurization process also ends up promoting pathogens rather than protecting you from them.

The healthy alternative to pasteurized milk is [raw milk](#), which is an outstanding source of nutrients including beneficial bacteria such as lactobacillus acidophilus, vitamins and enzymes, and it is, in my estimation, one of the finest sources of calcium available. For more details please watch the interview I did with [Mark McAfee](#), who is the owner of Organic Pastures, the largest organic dairy in the US.

However, again, if you have insulin issues and are struggling with weight issues, high blood pressure, diabetes, cancer or high cholesterol it would be best to restrict your dairy to organic butter as the carbohydrate content, lactose, could be contribute to insulin and leptin resistance. Fermented organic raw dairy would eliminate the lactose issue and would be better tolerated. But if you are sensitive to dairy it might be best to avoid these too.

## Lie # 9: 'Genetically Engineered Foods are Safe and Comparable to Conventional Foods'

Make no mistake about it; genetically engineered (GE) foods may be one of the absolute most dangerous aspects of our food supply today. I strongly recommend avoiding ALL GE foods. Since over 90 percent of all corn grown in the US is GE corn, and over 95 percent all soy is GE soy, this means that virtually every processed food you encounter at your local supermarket that does not bear the "USDA Organic" label likely contains one or more GE components. To avoid GE foods, first memorize the following list of well-known and oft-used GE crops:

Corn	Canola	Alfalfa (New GM crop as of 2011)
Soy	Cottonseed	Sugar derived from sugar beets

Fresh zucchini, crookneck squash and Hawaiian papaya are also commonly GE. It’s important to realize that unless you’re buying all organic food, or grow your own veggies and raise your own livestock, or *at the very least* buy all *whole foods* (even if conventionally grown) and cook everything from scratch, chances are you're consuming GE foods every single day... What ultimate impact these foods will have on your health is still unknown, but [increased disease, infertility and birth defects](#) appear to be on the top of the list of most likely side effects. The [first-ever lifetime feeding study](#) also showed a dramatic increase in organ damage, cancer, and reduced lifespan.

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**Continued from Page 39 - 10 Lies and Misconceptions Spread By Mainstream Nutrition****Lie # 10: 'Lunch Meats Make for a Healthy Nutritious Meal'**

Lastly, processed meats, which includes everything from hot dogs, deli meats, bacon, and pepperoni are rarely thought of as strict no-no's, but they really should be, if you're concerned about your health. Virtually all processed meat products contain dangerous compounds that put them squarely on the list of foods to avoid or eliminate entirely. These compounds include:

Heterocyclic amines (HCAs): a potent carcinogen, which is created when meat or fish is cooked at high temperatures. Sodium nitrite: a commonly used preservative and antimicrobial agent that also adds color and flavor to processed and cured meats. Polycyclic Aromatic Hydrocarbons (PAHs): Many processed meats are smoked as part of the curing process, which causes PAHs to form. Advanced Glycation End Products (AGEs): When food is cooked at high temperatures—including when it is pasteurized or sterilized—it increases the formation of AGEs in your food. AGEs build up in your body over time leading to oxidative stress, inflammation and an increased risk of heart disease, diabetes and kidney disease.


This recommendation is backed up by a report commissioned by The World Cancer Research Fund<sup>8</sup> (WCRF). The review, which evaluated the findings of more than 7,000 clinical studies, was funded by money raised from the general public, so the findings were not influenced by vested interests. It's also the biggest review of the evidence ever undertaken, and it confirms previous findings: Processed meats increase your risk of cancer, especially bowel cancer, and NO amount of processed meat is "safe." A previous analysis by the WCRF found that eating just one [sausage](#) a day raises your risk of

developing bowel cancer by 20 percent, and other studies have found that processed meats increase your risk of:

Colon cancer by 50 percent Bladder cancer by 59 percent Stomach cancer by 38 percent Pancreatic cancer by 67 percent

Processed meats may also increase your risk of diabetes by 50 percent, and lower your lung function and increase your risk of chronic obstructive pulmonary disease (COPD). If you absolutely want or need a hot dog or other processed meats once in awhile, you can reduce your risk by:

Looking for "uncured" varieties that contain NO nitrates Choosing varieties that say 100% beef, 100% chicken, etc. This is the only way to know that the meat is from a single species and does not include byproducts (like chicken skin or chicken fat or other parts) Avoiding any meat that contains MSG, high-fructose corn syrup, preservatives, artificial flavor or artificial color

Ideally, purchase sausages and other processed meats from a small, local farmer who can tell you exactly what's in their products. These are just some of the health myths and misconceptions out there. There are certainly many more. The ones listed above are some of the most important ones, in my view, simply because they're so widely misunderstood. They're also critical to get "right" if you want to protect your health, and the health of your loved ones. For more great advise, please review the two featured sources. 

Dr. Mercola is the founder of the world's most visited natural health web site, [Mercola.com](#). You can learn the hazardous side effects of OTC Remedies by getting a FREE copy of his latest special report [The Dangers of Over the Counter Remedies](#) by going to his [Report Page](#).



Dr. Mercola

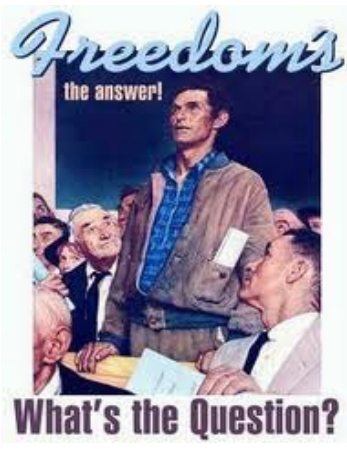
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## Publisher's Backpage

### By Ernest Hancock

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I have made an intentional effort to recognize ‘worry’ as a starting pistol for motivating me to do something. Worry is associated with emotions like fear and anxiety and these feelings can be beneficial if they motivate an individual to eliminate the source of the fear.

Fear of hunger and thirst is a great motivator in the quest for food and water. Exposure to less than ideal temperatures or other weather conditions encourages the securing of shelter and clothing. The increasing source of my worrying is the fear that my peaceful and voluntary actions to address these real concerns are becoming increasingly regulated, monitored and forbidden, or demanded, by people with notions and potions... and guns.

I remember a Congressional Questionnaire over a decade ago from the largest newspaper in Arizona that asked, ‘where’s home’. The whole purpose of the question was to highlight the fact that one of the candidates had just moved to Arizona to run for a vulnerable political office. But as usual, libertarian candidates can always be counted on to be different and cause people to think. My answer was simply, “Wherever my family is”. I don’t know what follow-up question there is to that, but then the question wasn’t really for me anyway. But I know what conversation they were hoping to spark.

The bestowers of the ‘rings of power’ want/need a documented pledge to The State. The idea that home would be associated with family, or an environment that was best suited for their provision, isn’t even in their vocabulary.

My wife Donna and I have been satisfied sharing with as many people as possible, our opinion that freedom is a catalyst for the attainment of dreams. And we humans have dreamed BIG. Fantastic advances in transportation, communication, energy production/efficiency, food, manufacturing, medical care and materials just to name a few that immediately come to mind. But how are we doing emotionally? Are we satisfied with our circumstances?

The massive increase in human productivity over the last century hasn’t proven to provide the luxury retirement promised millions for their willing participation in the collective management of their lives and resources. And even a majority demand that Generation Next take responsibility for the debts of their parents and grandparents isn’t going to stop the coming reshuffling of society.

We’re taking action because we are very worried, and we will be sharing what we learn in a new newsletter that will chronicle our efforts to gain a much greater peace of mind. We have already reached out to many leaders in the freedom community and the LOV3olution about our plans and have been pleased to find that our efforts will be paralleled all over the Americas and around the world. The massive change coming is inevitable. But if understood, anticipated

and prepared for, the changes that the Earth’s population is going to experience can be a giant leap forward for the health and happiness of individuals willing to make the effort... and we are going to help.

Since I am of the opinion that there is no central plan for freedom, I hope to gather as much detailed information about what is being done and what can be done NOW to secure our families’ futures. We hope to launch the product at the end of April and we are already preparing. You will be happy to learn that there are many such efforts across the country that may inspire you to learn more about how to thrive in the coming new economy of abundance and health that is already starting to blossom in an atmosphere of scarcity and dependence. We will be highlighting the creation of a libertarian community here in Arizona and others around the country. New Hampshire, Georgia, Missouri, Texas, Washington, Montana and Arizona have already come to our attention as libertarian efforts.

We’ll be working hard to detail site selection, the digging/drilling of wells, growing of food, aquaponics, health, education, building, storage, energy etc. We’ve already done a great deal of coverage in these areas but this only prepared us to go into much greater detail and be of real help to our friends and neighbors that are going to need this information very soon.

But what many of you may appreciate most is the attention to how a voluntarist community could be created, and what would be the traits of such a community. Advancements in knowledge, energy and materials in just the last 5 years have opened my mind to what is now possible. The first step to Declaring your Independence is to learn how not to be dependent. And learning to do this with friends and family and the help of like minded individuals is likely to turn anxiety into excitement.

I’ll be detailing the new targeted newsletter in the April Edition of the e-Zine. But if by the end of May you haven’t been told about our efforts by several friends, well... then we did it wrong :)

There were few that shared my certainty about the sustained viral aspects of the r3VOLution when first envisioned... a successful decentralized movement with liberty as its primary goal. I share with you that I am just as certain about the cultural shifting power of this new project. I hope you will join us in this journey, I feel much better now that the decision has been made... ‘Excitement’ is the word. 🌱

Peace,

Ernie



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