

**WILL YOU  
SURVIVE?**

**The Genesis Survival Secret**

**Jonathan Gray**

### About the author

Jonathan Gray is an internationally recognised researcher, author and speaker on international affairs. His world-wide radio audiences number tens of millions. The author has hosted newspaper columns and contributed to various magazines.

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## INTRODUCTION

This book is written to help you survive.

And may I start by quoting Tim Wood, Professor of History at Southwest Baptist University, Bolivar, Missouri. He says, “I am a student of history. Professionally. I have written 15 books in six languages, and have studied it all my life. I think there is something monumentally large afoot, and I do not believe it is just a banking crisis, or a mortgage crisis, or a credit crisis. Yes these exist, but they are merely single facets on a very large gemstone that is only now coming into sharper focus.

Something of historic proportions is happening. I can sense it because I know how it feels, smells, what it looks like, and how people react to it. Yes, a perfect storm may be brewing, but there is something happening within our country that has been evolving for about ten - fifteen years. The pace has dramatically quickened in the past two.”

And may I add that what is happening in America now – and also behind the scenes in every country, largely hidden to the public eye – is precisely what occurred in Germany in the 1930s. At that time, the world was enduring the pain of the Great Depression and Adolf Hitler emerged “to make changes”.

Men from the same organization that was behind Adolf Hitler then, are behind Barak Obama now. They tried to accomplish their plan through Hitler, and failed. But now they plan to bring it about on a global scale through Obama. And this time they are better prepared.

The organization of which I speak has unlimited financial resources. And whether you know it or not, it is even more powerful than America itself. It has at least a million spies in virtually every country and enormous spiritual resources. Humanly speaking, it is unbeatable. This system is identified with detailed evidence in my book *Welcome, Then Betrayal*.

However, it is not within the scope of this present work to go into that. What I propose is to first portray a range of physical perils threatening your survival and mine at this moment – 2009 – and then guide you through a series of practical steps that will help you and your family to physically survive the coming crisis.

These steps to survival are time-honoured and successful – coming ultimately from our ancestral heritage in the ancient book of Genesis. History repeats itself. Survival strategies that have worked in the past will work again. You may need to tweak them to match the immediate crisis, but the principles never change.

Of course, controlled censorship wants us to regard the biblical book of Genesis as just myths and fairytales. Don't believe it! Evidence from archaeology now shows Genesis to be real history recorded by eye-witnesses who wrote from first hand information.

This present report is the third in a series.

If you haven't yet seen the other two new reports in this trilogy, I suggest you get hold of them as soon as you can:

Book 1 – an archaeological, historical and scientific sizzler, which narrates the blow-by-blow battle between the biblical book of Genesis and the learned skeptics. It is *The Weapon the Globalists Fear*.

Book 3 – is a truly fascinating investigation into the mysteries of our origins and our past: *Modern Religious Myths About Genesis*

And Book 2 is what you now have in front of you – the current world crisis and how you and your family can physically survive it. You are about to discover that the ***Genesis survival secrets*** work now, in this 21<sup>st</sup> century.

Okay, are you ready? Let's go...



## Chapter 1

# IS OUR COMFORTABLE TIME OVER?

“Ash is falling on our town. Now most people are evacuating. So I am packing my trailer and heading off too. No way am I staying here for tomorrow. It is almost like a ghost town. Only few are still sitting on their front lawns and verandas smoking or having a drink.” Mitch signed off this email, packed up his laptop and fled.

As I write this, Australia is sizzling in its worst drought on record. The state of Victoria is in flames... families incinerated in cars... caught in 1,000 degree heat, which is making the car-body-solder flow out like molten lava.

### **Big river drying up**

Australia’s breadbasket, the Murray-Darling Basin, produces 40% of Australia’s fruit, vegetables and grain. However, the Darling River, which once carried steam boats inland as far as Bourke is now little more than a chain of stagnant waterholes. Since 2003, drought has driven more than 10,000 Australian farming families off the land.

You may already know of the drought conditions in the United States Southwest and Southeast. Or you may have heard of depleting snow-packs that feed California with freshwater. Or you may have even seen headlines about diminishing aquifers in Texas, or dire water warnings in the Middle East or Africa or... well, you get the point.

### **Natural disasters up more than 400%**

The number of natural disasters around the world has increased by more than four times in the last 20 years, according to a report released by the British charity Oxfam. Oxfam analyzed data from the Red Cross, United Nations and researchers at Louvain University in Belgium. It found that

the earth is currently experiencing approximately 500 natural disasters per year, compared with 120 per year in the early 1980s. The number of weather-related disasters in 2006 was 240, compared with 60 in 1980. (David Gutierrez, *Natural News.com* June 5, 2008)

## **2 billion bees dead**

The number of honeybees wiped out by virulent diseases which threaten their ultimate survival as a species reached almost two billion in the last year, experts have warned. This represents one in three bee colonies over the past year. Late in 2008, the British Beekeepers' Association (BBKA) calculated that up to two billion bees succumbed to sickness between November 2007 and April 2008, with a similar number expected to be wiped out by March 2009.

## **Bats dying out**

*BBC News Service* reports that "a mystery illness that has scientists baffled is wiping out tens of thousands of bats across the north-east of the US."

It is a massive bat die-off happening. Their extinction in the United States is threatening -- and no one knows why.

Bats are the world's greatest insect eaters. A single nursing bat can eat half its weight in insects every day. A small brown bat can eat as many as 600 mosquitoes in an hour. Bats are nature's primary means of controlling mosquito populations. Bats are significant controllers of many crop-destructive insects. Implications for agriculture are enormous. The spread of severe communicable diseases could be devastating.

In the north-eastern US, the moose population are dying in record numbers and nearing extinction, and this is the area most concentrated with genetically modified crops.

## **Fears Grow Over Biosphere Collapse**

Also, there are fears of the 'imminent and catastrophic' collapse of the United States agriculture sector due to the rampant, and unforeseen, results of rapidly mutating genetically modified strains of crops spreading

far and wide.

A report by US Center for Food Safety says, "It has been estimated that 70-75 percent of processed foods on supermarket shelves--from soda to soup, crackers to condiments—contain genetically engineered ingredients." (Heidi Stevenson, Fellow, British Institute of Homeopathy, April 11, 2008)

## **Dead and dying trees**

Many trees have died or are in the process of dying in large areas of the globe. What is triggering such a broad decline and die-off response to entire suites of plant and tree communities?

Whether in forestlands, in public parks, along rivers and streams, in watered areas, golf courses or on private property, trees are showing signs of major health problems or dying in record numbers. In some areas the majority of trees have died and left entire watersheds in jeopardy. (Rosalind Peterson, NewsWithViews.com)

## **Wars**

You probably won't be surprised if I tell you that there are now 14 ongoing wars around the world: five in Africa, four in Asia, two in the Americas, two in the Middle East, not to mention the world-wide war on terrorism.

On February 19th, 2009, the *Financial Times* reported that Iran now holds enough weapons-grade uranium for an atomic bomb. (Daniel Dombey, *Financial Times*, Feb. 19, 2009) It is no secret that Iran intends to destroy the State of Israel from the face of the earth,

And in response, on March 5th, 2009, the *Jerusalem Post* reported that Israel is seriously considering military action against Iran. (Hilary Leila Krieger, *The Jerusalem Post*, Mar. 5, 2009) It is just a matter of time before the entire Middle East explodes into a horrifying war.

And to think that Victor Hugo said, "In the twentieth century war will be dead, the scaffold will be dead, hatred will be dead"!

Yes, security has vanished from human life.

## **Water crisis**

And just as important, about one third of the world's population currently live in areas that are water-stressed.

In less than 20 years, that number will rise to two thirds.

That means there will only be enough water for one household out of yours and your two neighbors'.

Globally, more than one-third of all child deaths occur in the first 28 days of life, mostly due to lack of clean, potable water.

## **New diseases**

And if you didn't know, there have surfaced 40 new diseases, 1,100 epidemics over the last five years, and now there are 20 drug-resistant diseases, a record. Worse, old diseases have re-emerged, such as cholera and yellow fever.

Now, I am not a pessimist. But what's going on here? With our super-modern science, shouldn't things be better by now?

Not forgetting the whole world economy.

## **Financial crash has begun**

With decisions too heavily influenced by their lust for personal power, the banking and political camps have triggered a financial tsunami. And this is bringing down financial disaster upon us.

The life savings of millions are being wiped out as investments plunge in value. Just look at the headlines:

***Six Year Lows on the Stock market!***

***Stock Downturn Continues***

***Market Hits New Crisis Low***

***Dow Plummets!***

***Wave of Selling Spans the Globe.***

The headlines are brutal. It's a sickening reminder of how much money we've lost in the market. Right now, those losses are being measured in the trillions. If you are an investor, you're afraid to open your retirement

account statements. The losses are horrific. Some people's life savings have crashed 10 percent or 20 percent in just a month.

We see the stock market bounce back for a few weeks. Does that mean this crisis is over? Not by a long shot .

How safe is your bank? How safe is your broker? What would happen to your money and your investments if your bank or broker failed?

The recession-cum-depression is still in its early phase. But already, we have one of the largest bank failures in history, and the largest brokerage firm failure in history. And there is a threat that the US dollar will be destroyed.

World-wide shipping is down 47½ percent – almost half of the ships are sitting idle. Not to mention railroads.

The evaporation of 45 percent of the world's wealth has caused a rapid plunge in global manufacturing, leading to a 49 percent collapse in US trade exports

Many hope that China's growing economy may insulate the world from financial disaster. But as other nations cut back on imports from China, in southern China alone, 70,000 factories have been shut down. Job losses and economic deterioration are approaching catastrophic levels.

“The World's Factories Are Falling Silent.” “Former US Fed Chairman Paul Volcker has called attention to the unprecedented slowdown in the world's factories. He stated that the present slowdown in world factory production was happening faster than in 1930!” “Factory output is collapsing at the fastest pace ever.” (Bill Buckler, March 12, 2009, <[investmentrarities.com/thebestofbb](http://investmentrarities.com/thebestofbb)>)

“Here is the global roundup. The annualized figures for February are as follows: Taiwan – 43 percent, Ukraine – 34 percent, Japan – 30 percent, Singapore – 29 percent, Hungary – 23 percent, Sweden – 20 percent, Korea – 19 percent, Turkey – 18 percent, Russia – 16 percent, Spain – 15 percent, Poland – 15 percent, Brazil – 15 percent, Italy – 14 percent, China – 12 percent, Germany – 12 percent, France – 11 percent, US – 10 percent and Britain – 9 percent. This is a catastrophe.” So dangerous for business everywhere. “The global factory slowdown already reported here will have real and physical consequences – soon. There will suddenly be gaps on the shelves of stores which were normally filled with retail goods of certain kinds.” (*Ibid.*)

## **Losing the family home**

Striking closer to home for many is the American real estate and mortgage crisis.

In January, 2009, the median sales price for Southern California homes fell 40 percent from the same month a year prior. Economists believe home prices have another 25 percent to 30 percent to drop.

One in five mortgage holders are now under water. Did you know that? ONE IN FIVE. It just gets worse from here. We have another two to three years of a residential and commercial real estate collapse on the way.

On March 5, 2009, *Bloomberg News Service* reported that 8.3 million mortgages are in default in the United States. Homes are being foreclosed upon at a rate of 250,000 per month as large numbers of people continue to lose their jobs. (Dan Levy, *Bloomberg News Service*, Mar. 4, 2009) In Southern California, in January, foreclosures accounted for 60 percent of sales.

But what will happen as the recession deepens and the subprime mortgage crisis spreads to the far larger prime mortgage market?

As I write, out of 90 million houses in the United States, a record 19 million US homes stand empty and homeownership falls, as banks seized homes faster than they can sell them. You can work it out yourself. It means that one in five US houses is empty. Yes, countless thousands of beautiful homes stand empty, and someone should be living in them.

## **Unemployment**

In tandem with a worsening jobs downturn, a record 31.8 percent of Americans are now on Food Stamps, with 660,000 to 700,000 joining the rolls each new month.

Jobs are so scarce that one school janitor job opening in Ohio had seven hundred applicants. (Benjamin Duer, *CantonRep.com*, Mar. 6, 2009)

Unemployment is worsening around the globe.

## **Global food catastrophe**

As if that were not enough, even without the financial downturn, 37 countries face a food crisis. Did you know that nearly three billion people subsist on less than \$2 a day?

In the newest threat to the global environment, thick brown clouds of soot, particles and chemicals stretching from the Persian Gulf to Asia endanger health and food supplies in the world. (*AP*, Nov.13, 2008)

And there is the effect of global droughts. Depending on their severity and length, the world is heading for a drop in agricultural production of 20 to 40 percent.. Food producing nations are imposing food export restrictions. Food prices will soar, and, in poor countries with food deficits, millions will starve. Believe it!

There is now a global call for help as the nations of the world are looking for a man to lead them into a new age and a new world order. British Prime Minister Gordon Brown made an appeal to the US Congress on March 4, 2009, to “help save the world.” (Andrew Porter & Toby Harnden, *London Daily Telegraph*, Mar. 4, 2009)

This is the perfect setting for establishment of “a New World Order”, said Henry Kissinger, the former secretary of state under Nixon. (*World Net Daily*, January 6, 2009)

## **Financial collapse prophesied**

The Bible forecasts a final financial collapse:

“Go to, ye rich men, weep and howl for your miseries that shall come upon you... Behold the hire of the labourers... which is of you kept back by fraud... Ye have heaped treasure together for the last days.” (James 5:1-5)

“The merchants of the earth shall weep and mourn... for no man buyeth their merchandise any more... And every shipmaster, and all the company in ships, and sailors, and as many as trade by sea,... weeping and wailing... For in one hour so great riches is come to nought.” (Revelation 18:11,19,19)

How applicable, even to this present crisis! Almost 50% of world shipping at a standstill. As the global economy collapses, orders to factories dry up, the factories are forced to close down, so the shipping stops – because no one buys the merchandise. For example, we note a 49% collapse in America's trade exports.

Another prophecy is that money will become worthless. “They shall cast their silver in the streets, and their gold shall be removed: their silver and their gold shall not be able to deliver them in the day of the wrath of the Lord: [Their money] shall not satisfy their souls, neither fill their bowels: because it is the stumblingblock of their iniquity.” (Ezekiel 7:19)

Are we on the verge of the greatest time of trouble this earth has ever seen? Prophecies speak of such a time of “great tribulation, such as was not since the beginning of the world to this time, no, nor ever shall be.” (Matthew 24:21) “There shall be a time of trouble, such as never was since there was a nation even to that same time.” (Daniel 12:1)

People ask me, “Do you think the present collapse is the one spoken of in the prophecies, the one that will lead to the close-down of human history? My answer is that I do not know. This may be simply a precursor. But all the elements of the final tribulation appear to be just about in place. It can't be very far off.

In any case, our world food supply deserves some attention. Let's take a look...



## Chapter 2

### WILL THERE BE FAMINE?

Honestly, we are facing a situation that is beyond sadness, especially when we realize that conditions do not have to be as they are. We are not a world without hope, but the only hope is being continually rejected.

We must always remember that apathy toward truth is just as bad and destructive as rebellion against truth. When people do not care or when they turn their heads and pretend they do not see what is happening, hope fades and disappears into obscurity.

Going virtually unreported in the mainstream propaganda media are the underlying facts that our world has ceased being able to feed its population, and with catastrophic droughts now being reported in the grain growing giants of the United States, China, India and Australia, and crippling droughts being reported from Kenya to Central America and beyond, the collapse of the present system appears to be at hand.

A confidential report, suppressed by US defence chiefs but obtained by *The Observer*, predicts that abrupt climate change could bring the planet to the edge of anarchy as countries develop a nuclear threat to defend and secure dwindling food, water and energy supplies. "The threat to global stability vastly eclipses that of terrorism, say the few experts privy to its contents." (<<http://www.whatdoesitmean.com/index1213.htm>> Sorcha Faal, March 6, 2009 )

Being aware of all the false alarms over the years telling people to store "freeze-dried" food, and so on, I would normally avoid such talk. But this time, the prospect is real and serious - especially for the poor. And very likely it will affect us all.

The bottom line is this, that a danger exists of a "Perfect Storm" developing in food supplies in coming months – not only with huge worldwide droughts (already here), but also with credit shortages for farmers, and an international shipping crisis - all converging together.

If you are wondering why your grocery bill keeps rising, the present answer is linked to drought conditions now plaguing the globe.

The countries that make up two thirds of the world's agricultural output are experiencing drought conditions. Whether in China, Australia, Africa, South America, or the US, the scene is the same: misery, ruined crop, and dying cattle.

China is experiencing its worst drought in 50 years and is stockpiling food, because the government knows its grain has to feed 18 percent of the world's population with only 10 percent of the world's arable land.

The scarcity of rain in some parts of China's north and central provinces is the worst in recorded history. The water table has been dropping steadily for three decades.

Authorities have resorted to cloud-seeding. Some areas received a sprinkling of rain after clouds were hit with 2,392 rockets and 409 cannon shells loaded with chemicals. However, there is a limit to what can be done in the face of such widespread water shortage.

Australia has been in the throes of an unrelenting drought since 2004, and 41 percent of Australia's agriculture continues to suffer from the worst drought in 117 years of record-keeping. The drought has been so severe that rivers stopped flowing, lakes turned toxic, and farmers abandoned their land in frustration.

Australia's largest river, the Murray, stopped flowing at its terminal point, and its mouth has closed up.

Australia's lower lakes are evaporating, and they are now a meter (3.2 feet) below sea level. If these lakes evaporate any further, the soil and the mud system below the water is going to be exposed to the air. The mud will then acidify, releasing sulphuric acid and a whole range of heavy metals. After this occurs, those lower lake systems will essentially become a toxic swamp which will never be able to be recovered. The Australian government's only options to prevent this are to allow salt water in, creating a dead sea, or to pray for rain.

In South America, the worst drought in half a century has turned Argentina's once-fertile soil to dust and pushed the country into a state of emergency. Cow carcasses litter the prairie fields, and sun-scorched soy

plants wither under the South American summer sun. Argentina's food production is set to go down a minimum of 50 percent, maybe more.

Severe drought affecting Paraguay's economy has pushed the government to declare agricultural emergency. Crops that have direct impact on cattle food are ruined, and the soy plantations have been almost totally lost in some areas.

There hasn't been a drop of rain in Bolivia in nearly a year. Cattle dying, crops ruined, and so on.

The severe drought affecting Chile has caused an agricultural emergency in 50 rural districts. The water levels at hydroelectric dams and other reservoirs are at all-time lows.

In short, it's getting ugly.

In Africa, water scarcity has depleted soil moisture to the point that the continent has lost the nutrients needed to grow plants in half of its agricultural soil.

Half the agricultural soil has lost nutrients necessary to grow plants, and the declining soil fertility across Africa is exacerbating drought related crop losses. Africa faces food shortages and famine.

Kenya is the worst hit nation in the region, having been without rainfall for 18 months. Kenya needs to import food to bridge a shortfall and keep 10 million of its people from starvation. Kenya's drought suffering neighbours will be of little help.

Crops in the north of Burundi have withered, leaving the tiny East African country facing a severe food shortage

Severe drought in northeastern Uganda's Karamoja region has left the country on the brink of a humanitarian catastrophe. The dry conditions and acute food shortages, which have left Karamoja near starvation, are unlikely to improve before October when the next harvest is due.

South Africa faces a potential crop shortage after wheat farmers in the eastern part of the Free State grain belt said they were likely to produce their lowest crop in 30 years this year. South Africans are "extremely angry" that food prices continue to rise.

Other African nations suffering from drought in 2009 are: Malawi, Zambia, Swaziland, Somalia, Zimbabwe, Mozambique, Tunisia, Angola, Tanzania and Ethiopia.

The Middle East and Central Asia are suffering from the worst droughts in recent history, and food grain production has dropped to some of the lowest levels in decades. Total wheat production in the wider drought-affected region is currently estimated to have declined by at least 22 percent in 2009. Owing to the drought's severity and region-wide scope, irrigation supplies from reservoirs, rivers, and groundwater have been critically reduced. Major reservoirs in Turkey, Iran, Iraq, and Syria are all at low levels requiring restrictions on usage. Given the severity of crop losses in the region, a major shortage of planting seed for the 2010 crop is expected.

In Iraq during the winter grain growing period, there was essentially no measurable rainfall in many regions, and large swaths of rain-fed fields across northern Iraq simply went unplanted. These primarily rain-fed regions in northern Iraq are described as an agricultural disaster area this year, with wheat production falling 80-98 percent from normal levels.

Total wheat production in Syria in 2009 is down 50 percent from last year.

Jordan's persistent drought has grown worse, with almost no rain falling on the kingdom this year. The Jordanian government has stopped pumping water to farms to preserve the water for drinking purposes.

Other Middle Eastern and Central Asian nations suffering from drought in 2009 are: The Palestinian Territories, Lebanon, Israel, Bangladesh, Myanmar, India, Tajikistan, Turkmenistan, Thailand, Nepal, Pakistan, Turkey, Kyrgyzstan, Uzbekistan, Cyprus, Afghanistan and Iran.

In the United States, it's a mixed bag. California is facing its worst drought in recorded history. The Texan drought is reaching historic proportions. Drought has been spreading through Washington, Montana, and Minnesota. Fifteen percent of Texas is in extreme drought, and, as I write, the Carolinas and Georgia need rain desperately. The midwest is doing fine, though.

The low prices at the end of 2008 discouraged the planting of new crops in 2009. In Kansas for example, farmers seeded nine million acres, the smallest planting for half a century. Wheat plantings this year are down

about 4 million acres across the US and about 1.1 million acres in Canada. So even discounting drought related losses, the US, Canada, and other food producing nations are facing lower agricultural output in 2009.

The American government fears there will be an ‘explosion’ of massive social upheaval this coming summer because America’s economic collapse has almost totally destroyed the ability to maintain necessary food stocks.

And how did this situation arise? The banks refused farmers any operating loans on which to survive until their crops come in and their flocks and herds are ready for market. As a result, tens of thousands of US farmers have had to resort to the mass slaughter of their bird flocks, swine and cattle herds. And crops have not been planted.

## **Lack of credit will worsen shortage**

A lack of credit for farmers curbed their ability to buy seeds and fertilizers in 2008/2009 and will limit production around the world. The effects of droughts worldwide will also be amplified by the smaller amount of seeds and fertilizers used to grow crops. This will worsen the food shortage.

**Europe will not make up for the food shortfall.** Europe, the only big agricultural region relatively unaffected by drought, is set for a big drop in food production. Due to the combination of a late plantings, poorer soil conditions, reduced inputs, and light rainfall, Europe’s agricultural output is likely to fall by 10 to 15 percent.

## **Stocks of foodstuff are dangerously low**

Low stocks of foodstuff make the world’s falling agriculture output particularly worrisome. The combined average of the ending stock levels of the major trading countries of Australia, Canada, United States, and the European Union have been declining steadily in the last few years:

2002-2005: 47.4 million tons  
2007: 37.6 million tons  
2008: 27.4 million tons

These inventory numbers are dangerously low, especially considering the horrifying possibility that China's 60 million tons of grain doesn't actually exist.

With a 20 to 40 percent decline in world crop yields, already rising food prices are headed significantly higher.

## **Alarming food depletion history**

Did you know that the government of the United States, by law was to always maintain a three year mixed-grain survival storage for every man, woman, and child in the United States?

Consequently, there was enough grain in storage, paid for by the American tax-payer, to last the masses inside the United States for three full years, if need be. But now it all is but gone!

By 1996, the United States Department of Agriculture (USDA) claimed that there was enough food in warehouse storage to last every man, woman and child in the cities a 3 day supply and a 5 day supply for every man, woman, and child in the countryside, should a great national emergency occur. In other words, if food trucks stopped running, the food supplies for the masses would be 3 days in the cities and 5 days in the countryside.

In 2003, the USDA stopped measuring "days in reserve" of food because the amount of food in storage dropped to under a 1 day food supply for every man, woman, and child in the United States. Instead, the calculation is now how many pounds are in the food-chain per person.

In 2003, there was 77 pounds of food per person in the warehouse food-chain in the United States. What this means, is that during a national emergency, only 77 pounds of food per person is available before all food is **TOTALLY GONE** in the United States.

By September of 2005, there was only 15.7 pounds of reserved foodstuffs - an 80 percent decrease in two years.

Of the 15.7 pounds of warehoused reserved food-stuffs, 11.0 pounds of the 15.7 pounds consists of unprocessed wheat. The rest of the 15.7 pounds of survival foods in storage for every man, woman, and child, totalling 4.7 pounds, consists of the following foods:

1. Non-fat dry milk
2. Cheese
3. Corn by the bushel
4. Peanuts by the pound
5. Lentils by the pound

*(The U.S.D.A. Crop Production Report, September 12, 2005)*

End of story? Don't hold your breath. If trucks stop, New York City has enough food in the pipeline to last a mere 12 hours.

When the crunch comes, in whatever country you live, the situation may prove to be not much better.

In Japan a few months ago, when the Tokyo housewife Mariko Watanabe visited her local Ito-Yokado supermarket to buy butter to make a cake, she found the shelves bare.

"I went to another grocery shop, and then another, and there was no butter at those either. Everywhere I went there were notices saying Japan has run out of butter. I couldn't believe it - this is the first time in my life I've wanted to try baking cakes and I can't get any butter," said the frustrated cook.

Just to feed the addition to the world population each year would take some 640 square miles of good new farmland. Yet although tropical forests are being chopped down for timber and to create farmland, the amount of farmland worldwide has been shrinking through desertification - not growing.

Yes, you will see food prices skyrocket soon.

Although in the developed world 10 to 20 percent of income goes on food, in developing countries food swallows up 50 to 60 per cent of income.

Some Asian farmers have organised armed militia to guard their crops. Rice exporting countries Egypt, India, Indonesia and Vietnam have all taken steps to block rice exports and Argentina, Kazakhstan, Russia and Ukraine have cut grain exports. As prices rise, there have been riots and protests in 33 countries.

If you live in the USA, remember, the 15.7 pounds of food in reserve is becoming less by the day, and at the present rate of speed, the United States is heading to what is called.... meal to meal. One more major disaster will drive the United States to its knees.

## **Don't depend on your government**

"I think we're headed back to the days of the victory gardens," said one man recently. "We have to figure out how to help ourselves. We can't be isolated. We can't sit around and wait for the government."

This situation is eerily reminiscent of the 1930s Great Depression which then saw the total collapse of the United States' ability to feed itself – and which Russian historian Boris Borisov has estimated killed over 10 million Americans. When were we ever told about that?

In the Great Depression of 1929 to 1932, the government were aware of what was going on, but did nothing to help the starving.

It is a fact that when the US census was held in 1940, the difference between the supposed population and the factual number of people, amounted to a demographic loss of ten million.

Based on comparative urban population figures in 2009, it is estimated that as many as 38 million urban Americans could starve to death when the coming depression bursts.

How could this ever happen in a wealthy land accustomed to plenty?

Will there be social upheaval? What do you think?



## Chapter 3

### THE FINANCIAL CRISIS

Michael Alton Davies was just born at Northwestern Memorial Hospital in downtown Chicago.

He weighs 7 pounds and 10 ounces. He is only minutes old. And yet, he is already saddled with an overwhelming debt.

Believe it or not, Michael was born into debt. . . and this new-born baby owes almost \$250,000!

His birth did not require special, expensive care. And he didn't inherit any debt from his parents or other family members.

No, there is actually nothing special at all about Michael's debt situation. He is not alone.

You see, young Michael — and every other citizen of the United States — will be responsible for paying the tab on a growing \$70 trillion debt.

To pay back this debt at \$1,000,000 per day would take 191,780 years! And that's just what Americans owe today!

This debt has put the United States in an extremely perilous situation, especially right now with the global economic recession.

When Rush Limbaugh stated on the radio that American children are bankrupt, how right he was! These children are in big trouble because the debt they will incur is horrendous. With all the billions the government is printing and lending to AIG, General Motors, Citibank, and others, inflation is going to slam these little ones – and they are going to be taxed for it. This is coming very soon.

A government-consumer debt bubble 20+ years in the making is imploding - as a desperate Federal Reserve "funds" frantic funny-money printing of trillions of dollars to stave off financial collapse.

Highly successful financial players such as commodities genius Jim Rogers now openly say the US is heading for an inflationary holocaust.

If these economy watchers are right, this will be a massive, unprecedented Zimbabwe-style hyperinflation. So be prepared. You are going to see the worst inflation the United States has ever seen. You will see the prices of everything rise *astronomically*. The American standard of living will fall a full one third and never recover.

## **“Cut spending” plea**

During March, 2009, the people watched as politician after politician pilloried American business executives for squandering money by using their "corporate" jets.

Then, in the first week of April, Barak Obama flew into London to take part in the G20 world leaders' summit in the capital's Docklands area. He was not travelling light.

Accompanying Obama were 500 staff, a fleet of decoy helicopters, 200 US secret service staff, a six-doctor medical team and his kitchen staff. Also a mass of high-tech security equipment, including the \$300,000 presidential limousine, known as "The Beast." Fitted with night-vision camera, reinforced steel plating, tear-gas cannon and oxygen tanks, Obama's vehicle is the ultimate in heavy armored transport.

US security teams had already carried out three visits to prepare for Obama's first official visit to Britain. The first was a "site survey", the second a "pre-advance visit" which was carried out to pick sites that the president would visit. Finally there was the "advance trip", which took place the week before he arrived. Its purpose was to set up equipment, sweep venues for electronic bugs, test food for poison and measure air quality for bacteria.

Unfortunately, the lives of the world bankers and politicians are, by and large, driven by ego and testosterone. Their decisions to splash money have been too heavily influenced by their lust for personal power. That's why the financial sphere is now in tatters.

Expensive also did Obama's recent trip to Canada become, when he insisted that his car, named "the Beast," be flown to Canada so he could ride in it.

## **“Inflationary depression” coming?**

The Federal Reserve is now allowing the US Congress and Obama Regime to determine how many dollars will exist. Regrettably, they have decided that this will be quite simply whatever amount is needed to finance their spending. No political limit now exists on the quantity of US dollars that will be created!

Never in peacetime history have the monetary elite so abandoned monetary restraint. Never in history has such an avalanche of money been created. More dollars for the same quantity of goods means simply this: that the goods will rise in price while the value of each dollar becomes less.

If I create 10 dollars to buy 10 pies, then there is one pie for each dollar. But if I create 10 more dollars but with no increase in the number of pies, then each pie is now equal to 2 dollars. The value of each pie has risen in dollar terms – and by comparison the value of each dollar is now less. That is what we mean by inflation.

Is the coming destruction of the US dollar's value intentional or due to ineptness? Whichever, the consequences will be the same.

By creating trillions of dollars out of thin air to give to the banks, the authorities will have thrown everything but the kitchen sink at the economic downturn; and failed to arrest it.

This is like a gambler on a losing streak finally going down in a blaze of glory as he throws everything he has onto the table, only to lose anyway and be shown the door.

Economists are forecasting that the ultimate outcome of all this will be a hyperinflationary depression - money becoming worthless and almost everyone and everything broke and dysfunctional.

## **Crash the economy – then bring on the New World Order**

When we consider the speed of the current financial meltdown, some are asking, is this collapse of the world economies what the plotters of the New World Order have planned for us – for the world – so that they can triple their own fortunes, bring the world to its knees and then take over

with a singular and unified monetary system? Such a globalist system is essential in order to control the population of the world and bring them into control.

Is this a worldwide planned sabotage to force the issue of a new universal economy as predicted in the book of Revelation? "And he causeth all, both small and great, rich and poor, free and bond, to receive a mark in their right hand, or in their foreheads: And that no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name." (Revelation 13:16-17)

The evidence mounts that the system of Antichrist has put almost every one of the nations into deep financial debt. Debt has been generated and multiplied purposely, and few have escaped the tentacles of its vice-grip hold.

The US State Department, as well as governments of other nations, are denying everything, but has your government ever given you a reason to trust them? I am reminded of the words of Arthur Sylvester, who was the Pentagon press agent during the Kennedy Administration. Sylvester said, *"The government has the right to lie to the people."*

The US stimulus plan is a political palliative and only banks and brokerage houses are benefiting. Hundreds of billions are missing and billions have been laundered from heroin sales. Then there are the 2008-2009 Madoff and Stanford scams, both engineered by people in and out of the government.

For many years, some financial experts have been providing copious data and analysis to warn of an imminent global economic upheaval. Now, finally, much hard evidence of its approach has surfaced - housings starts, home sales, foreclosures, bankruptcies, bank failures, unemployment figures, stock indices, leading economic indicators, retail sales, and so on.

## **The economic predictions**

Some economic bulletins, such as the following, are now coming right out and speaking the truth:

“Renowned investor George Soros said on Friday the world financial system has effectively disintegrated, adding that there is yet no prospect of a near-term resolution to the crisis.” “Soros said the turbulence is

actually more severe than during the Great Depression, comparing the current situation to the demise of the Soviet Union ." "We witnessed the collapse of the financial system," Soros said at a Columbia University dinner. "It was placed on life support, and it's still on life support. There's no sign that we are anywhere near a bottom." "I don't remember any time, maybe even in the Great Depression, when things went down quite so fast..." (boston.com/news/nation/articles/2009/02/21/soros\_sees\_no\_bottom\_for\_>)

Concurring with this is United States trend forecaster and author Gerald Celente, founder and director of the *Trends Research Institute*, author of *Trends 2000* and *Trend Tracking* (Warner Books), and publisher of *The Trends Journal*. He has been forecasting trends since 1980, with astonishing accuracy.

Celente predicted the 1987 stock market crash and the fall of the Soviet Union. Celente also successfully predicted the 1997 Asian Currency Crisis, the sub-prime mortgage collapse, and the massive devaluation of the US dollar. He told UPI in November, 2007, that the following year would be known as "The Panic of 2008," adding that "giants would tumble to their deaths," which is exactly what we have witnessed with the collapse of Lehman Brothers, Bear Stearns and others.

Celente also said that the dollar would eventually be devalued by as much as 90 percent. He predicts what he calls "The Collapse of '09", an unprecedented global economic collapse - the likes of which the world has never seen before. Gerald Celente is not a prophet, but a man who reports his projections based on research and hard data.

([www.youtube.com/watch?v=9nJ7LM3iyNg](http://www.youtube.com/watch?v=9nJ7LM3iyNg))

He is now forecasting a revolution in America, food riots and tax rebellions.

On March 2, 2009, economic intelligence advisor Martin D. Weiss issued this warning:

"Already, as explained by the *New York Times* on Saturday, 'The fortunes of the American economy have grown so alarming and the pace of the decline so swift that economists are now straining to describe where events are headed, dusting off a word that has not been indulged since the 1940s: depression.'

"They're a bit late. Three months ago, in *Depression, Deflation and Your Survival*, we warned you that we were sinking into America's Second Great Depression. And today, that's precisely what's happening."

Even "mainstream" financial figures are finally admitting we may be in more than a recession. For example, the CEO of General Electric, Jeff Immelt, recently conceded the US may be descending into a depression.

International Monetary Fund chief Dominique Strauss-Kahn announced on February 9, 2009, that the nations of the world are in "depression." (Bob Davis & Elffie Chew, *The Wall Street Journal*, Feb. 9, 2009)

Two weeks later, George Soros stated that he "sees no bottom for world financial collapse." (*Reuters News Service*, Feb. 21, 2009, New York, NY.)

Even Obama advisor Paul Volcker admits this crisis is swifter and broader than that of the Great Depression — something that, at this juncture, most Obama advisers have refused to admit.

It is not just America. The signs are that this may be a worldwide depression that no country will escape.

## **The economy is sinking 3 to 5 times faster than expected.**

“Private equity company Blackstone Group LP (BX.N) CEO Stephen Schwarzman said on March 11, 2009 that “between 40 and 45 percent of the world's wealth has been destroyed in little less than a year and a half... This is absolutely unprecedented in our lifetime.”

([agonist.org/20090311/45\\_percent\\_of\\_worlds\\_wealth\\_destroyed\\_blackstone\\_ce](http://agonist.org/20090311/45_percent_of_worlds_wealth_destroyed_blackstone_ce))

You may be wondering, how could the world's largest insurance company, AIG, have lost 99.5 percent of its market value in only 18 months? How could the world's largest bank, Citibank, have lost 98 percent of its value over the same period? How could the world's largest brokerage company, Merrill Lynch, have gone bankrupt and need to be bought by Bank of America? How could the world's largest car company, General Motors, have lost 95 percent of its value and stand on the threshold of extinction? How could the world's largest industrial conglomerate, General Electric, have lost 85 percent of its value in only 18 months?

If the largest companies in the world, those at the very heart of the capitalist system itself, can lose virtually all of their value in only 18 months, what is going to happen to thousands of smaller companies as we move deeper into a major disaster?

## **Don't believe government hype**

So please continue to educate yourself and others about the realities of what we are facing. Don't believe the hype and outright lies that come from the Federal Reserve Bank or your government.

It was Fed finagling, Washington deregulation and Wall Street's compulsive gambling that created the crisis. To trust or to seriously consider pronouncements, analyses and predictions made by any of these sources is an exercise in wilful self-deception. Yet, with pensions, IRAs, 401ks, stocks and mutual funds evaporating, many of those most affected deny reality and take hope that forecasts made by proven incompetents will miraculously restore their losses.

## **Disaster looming**

Weiss observed:

“Just as the Obama Administration launches a triple tirade of new initiatives — a record stimulus package, a bigger round of rescues, and the largest deficit financing of all time ...

“Just as the Treasury Department doubles down on its bailouts for sinking giants — Fannie Mae, Freddie Mac, AIG, General Motors, Chrysler, and Citigroup ...

“And precisely when the government has raised hopes for a recovery in 2010 ...

*“The panic phase of this collapse is about to begin.*

“The panic phase is an acceleration in the economic decline ... a chain reaction of debt explosions ... a free-fall in the financial markets ... and a series of rude awakenings that will accelerate the decline even further:

“In a collapse, Washington's economic forecasting models are worthless.

“Economists rely on computer models designed to forecast gradual, continuous, linear changes, such as economic growth.

“But these models are incapable of handling sudden, discontinuous, structural changes, such as housing market collapses, mortgage

meltdowns, megabank failures, credit market shutdowns, or stock market crashes.”

This is serious talk. We would be wise to sit up and listen..

Celente now warns that “investors who fail to take protective action could lose as much as 90 percent in virtually every asset imaginable.

He says, “In an economic collapse of this magnitude, the only predictable bottom in the value of most assets is *zero*. In that context, any value investors can squeeze out of their assets that's significantly *above zero* must be counted as a blessing.”

## **Stock market savings wiped out**

It is time for the truth. The stock market is on a collapse course. Don't be fooled by the occasional upward bounces – even if they last several months.

Although the financial masters have lost control, many economists, analysts and newsletter writers still do not get it. Stockbrokers are telling clients you do not have losses until you take them. What will they say when the Dow breaks 4,000? By then most of these so-called professionals will be out of jobs. Most of them really believe King Obama will stabilize the economy and the financial system as they go about deceiving themselves and their clients who are getting more panicky than ever.

The biggest scam in history is being played out. The propaganda has people simply buried in the market and they will never get out. In fact we as yet have had nothing like a selling climax. The entire savings of those in their 60s, 70s and 80s are being wiped out before their eyes. We do not know of one pension plan, mutual fund or hedge fund that has got out of harm's way.

The market has a lot further to slide. There may be a technical seasonal rally of short duration and then it is downward again.



## **Businesses and shops close down**

And so the value of share listed companies is being wiped out. Their ability to borrow from the banks is evaporating as their equity value drops. Just watch, as thousands of businesses, employing millions of workers, close down.

Celente projects that the commercial real estate collapse about to occur during 2009 will dwarf the residential real estate collapse we've just experienced, and which is continuing.

The "Panic of '08" will be followed by "The Collapse of '09." In 2008, when the world's largest financial firms and equity markets crumbled, Wall Street's woes preoccupied the media.

In 2009, the focus will broaden to include a range of calamities that will leave no sector unscathed. Next in line is retail, which accounts for some 70 percent of consumer spending, 26 percent of which is holiday sales.

Did you know that in America 80,000 retail stores shut down in 2008, and 120,000 retail stores are predicted to shut down this year. But that's not the end.

Expect to see hundreds of thousands of shops close down. Expect more big chain bankruptcies to follow. And you will see giant shopping malls closing down, never to reopen. Besides leaving masses unemployed, defunct retailers will leave behind thousands of empty stores. Who will rent them? Nobody!

Add to these empties, the commercial space vacated by defunct financial firms and an array of troubled businesses, from restaurants to architectural firms, to high-tech operations, to offset printers, and so on. The inescapable result that will be a commercial real estate bust that will be costlier, wreak greater havoc and prove more intractable than the residential market decline.

Because most people don't live and shop on Wall Street, the "Panic of '08" was viewed by Main Street as if from afar – even though many were losing money. But when commercial real estate crashes, it will hit much closer to home. The depressive atmosphere of thinly shopped, half-vacant malls will strike emotional chords and all the senses.

You will walk along your main street in town and see shop after shop empty.

In office buildings, vacant floors and empty cubicles will dampen the workday spirit of the still-employed; ever-present reminders of laid-off friends and colleagues and of the fragility of employment.

Abandoned, untended business and industrial parks will highlight the already mournful scene. In cities studded with soaring towers and new construction predicated on eternal economic growth, streets lined with "For Rent/For Sale" signs will complement stilled cranes and uncompleted buildings.

As retail and commercial real estate collapse, the credit card sector and all its interrelated processing and back office support businesses will suffer and be forced to scale back. Hordes of consumers who have been living off credit cards and racking up debt to the limit will lack the funds to service their debt... much less pay it off, and they will be forced to default. Given the nearly \$3 trillion in consumer debt at risk (excluding auto and mortgage) an inevitable default snowball will add momentum to the in-progress Collapse of '09.

On April 16, 2009, America's second largest shopping mall operator declared bankruptcy. It has begun.

## **Mass unemployment**

When the commercial real estate market collapses, not only will the people working in those stores and businesses lose their jobs, it will also reduce jobs in all support industries, such as manufacturing, suppliers and advertising.

Believe it. Mass unemployment is on the way and wages are headed lower. There is no end in sight and that means less consumption.

In the US, payrolls for temporary employees are off 25 percent since last year, having declined for 26 months in a row.

In Australia, one million are expected to be out of work by the end of this year. It's a frightening number. In one region, the Illawarra, youth unemployment is a staggering 40 per cent. (*ABC television news*)

In the United States, it is estimated that already there are over 20 million workers unemployed. Each month now some 660,000 to 700,000 Americans are losing their jobs. Being out of work may mean that you no can longer meet the mortgage payments for your house.

Twenty percent of American mortgages are in negative equity. That means that their house has dropped in value to below the figure they owe the bank.

## **Losing the family home**

And so the worst US housing slump since the Great Depression is deepening as foreclosures drain value from neighbouring homes and make it more likely that owners will walk away from properties worth less than their mortgages. About a third of owners whose home values drop 20 percent or more below their loan principal will “hand the keys back to the bank,” said Norm Miller, director of real estate programs for the School of Business Administration at the University of San Diego.

“When you’re underwater and prices continue to fall, you tend to walk,” Miller said in an interview. “It’s a downward spiral that’s tough to stop because it feeds on itself. Foreclosures encourage other foreclosures and falling prices discourage buying.”

Census figures list the total number of homeless in America as 759,101, so there are 24 empty houses for every homeless person in America.

It is not just lone derelict adults. More families with children are becoming homeless.

Of the hundreds of billions of dollars created out of thin air for bailing out banks and brokerage firms, so far not one dollar has gone to help a single family stay in their home. The money to pay working people is going to the financial manipulations that made the very wealthy even richer and left the little people screwed.

Straight-speaking economists are admitting that the country is essentially run as a gigantic crime syndicate - corruption at the top, across the government and throughout the banks. Wall Street is now so deep rooted and endemic that there is only one way that the people can rid themselves

of it. Right now, after years of soft living, the population don't have the stomach to do what is necessary to rid themselves of these parasites.

And it will only be when the television flickers and dies and the supermarket shelves are empty that the average American hauls his weighty posterior out of the armchair with the intention of "doing something about it" only to find himself being taken down to one of the large compounds already organized where he can meet and chat with plenty of people like himself.



Meanwhile, as thousands of people hit hard by foreclosures and big job losses have nowhere to go, they just walk out of their houses, leaving behind beds, TV sets, and expensive household items. The banks employ companies to strip the houses and jettison the contents of these deserted houses to the town dump.

In some regions, others have been coming in and stripping the houses of their plumbing, and selling the copper piping to China.

The glut of empty houses is so severe that in Detroit, a bank offered one house for sale for just one dollar.

Many of the people who walk out of their houses had good jobs and stable family lives until the economy spun out of control. They say they have nowhere to go. Homeless families have moved into their cars.

Other traumatised borrowers have committed suicide. Just two hours before her house was to be auctioned due to a foreclosure, a Massachusetts woman shot and killed herself.

Many other families start living in tents. Tent cities (clusters of tents) are springing up right across the country.

Tammy, a resident of Reno 's tent city, says: "We eat things that other people throw out, or whatever ... It's really embarrassing to say, but that's the way it sometimes is out here."

In Sacramento, California, some 300 people call a tent city home, including Tracy Vaughan, who moved to the city with her husband six months ago.

"We both worked for the same company, we both got laid off on the same day," she said.

"So yeah, it just kind of happened."

Another resident, Erich Platz, says there is no work to be had, making getting by tough.

"Nothing going on in concrete, nothing going on in carpentry, the housing - there's no boom any more so it's busted," he said.

Tent cities are cropping up at an alarming rate.

Many shelters have run out of beds to accommodate the growing number of homeless. Garren Bratchin from the Loaves and Fishes charity says the organisation has seen a 20 per cent jump in the number of homeless people using its services.

"It's been entire families, not just the guy that decides to leave his wife and get drunk - whole families; three or four, five people at a time," he said. (Adapted from a report by Ian Burrows for the *Midday Report*, ABC News)

As the greatest economy in the whole world (and in history), the United States of America is the barometer for the rest of the world. Watch America to know what will follow in your part of the globe. (See my recent book *Welcome, Then Betrayal*, with evidence that America plays a role in the prophetic book of Revelation.)

Things are going down so fast and so uniformly around the world. Emergency meetings are being called. Many world leaders are frightened to death.

## **Nations and states bankrupt**

With the deterioration of finances, it is expected that in the USA 46 of the 50 states could declare bankruptcy in 2009-10.

And in Europe? Several nations are at this moment on the verge of bankruptcy. The Russian Mob is going broke. The destruction of demand for their products is the largest in the world.

If you live in Australia and depend on the government to pay you your fortnightly retirement allowance, then may I inform you that since the end of 2007 a staggering \$160 billion has been wiped off the value of Australian superannuation funds.

California is dismissing public servants in droves. The *Washington Post* reports that cash-strapped states have been forced by collapsing tax revenue to release hardened criminals back into society.

Schooling may be cut to shorter hours. And pensions replaced with IOUs.

How hard was the fall and crash of the economy in recent months? The pension funds of US companies held a 60 billion dollar surplus just one year ago. Now the funds that so many people depend upon for retirement are in the hole with a deficit of 409 billion dollars! Many people will be unable to retire! In addition to that, Social Security is in trouble (as admitted by Obama), and the baby boom generation is bringing 10,000 new applicants for Social Security every day!

## **Pensions may be slashed**

*Congressional Quarterly* notes that pension fund losses are about to spill out onto the front pages - with nearly as much financial exposure as that which brought down America's banking giants.

It has not made much news yet, but the pension funds of millions of retirees is down by a whopping \$1.9 trillion. This is why cities such as Philadelphia are quietly seeking federal money to bolster pension funds

which are 60 percent invested in the stock market - which itself has collapsed by a catastrophic 50 percent in just the last 20 months.

Not to scare the pants off you, but the Government Accountability Office (GAO) has quietly informed Congress that the "insurance" agency for private pension funds, the Pension Benefit Guaranty Corporation, is at high risk of failure. (This will not become a "crisis" until desperate people start trying to tap early retirement money that is not there. Meanwhile, for now the looming pension catastrophe remains a "dormant" threat).

We suspect that when the Dow hits 4,000 and the average pension fund will have assets to cover 30 percent to 40 percent of benefits, they will probably cut payouts by some 50 percent or more. This should occur in a year or two. In two to three years public pensions and Social Security will very likely be cut an equal amount.

Worse, the former head of the US Comptroller General Office, David Walker, essentially told Congress (before resigning in disgust) that the Social Security "Trust Fund" is a vault of IOUs; and Medicare will soon be effectively *bankrupt*.

What will happen when America cannot pay up? Read on...

## Chapter 4

### RIOTS AND REVOLUTION?

On February 26, 2009, well known radio host and investigator Hal Turner announced:

“Sources at the United States Embassy in Beijing China have just CONFIRMED to me that the United States of America has tendered to China a written agreement which grants to the People's Republic of China, an option to exercise Eminent Domain within the USA, as collateral for China's continued purchase of US Treasury Notes and existing US Currency reserves!

“The written agreement was brought to Beijing by Secretary of State Hillary Clinton and was formalized and agreed-to during her recent trip to China.

“This means that in the event the US Government defaults on its financial obligations to China, the Communist Government of China would be permitted to physically take - inside the USA - land, buildings, factories, perhaps even entire cities - to satisfy the financial obligations of the US government.

“Put simply, the feds have now actually mortgaged the physical land and property of all citizens and businesses in the United States. They have given to a foreign power, their Constitutional power to ‘take’ all of our property, as actual collateral for continued Chinese funding of US deficit spending and the continued carrying of US national debt.

“This is an unimaginable betrayal of every man, woman and child in the USA. An outrage worthy of violent overthrow,” says Turner.

“I am endeavoring to obtain images or copies of the actual document, but in the interim, several different sources both in the US and in China have CONFIRMED this to me.” (<[www.haltturnershow.blogspot.com/2009/02/feds-grant-eminent-domain-as-collateral.html](http://www.haltturnershow.blogspot.com/2009/02/feds-grant-eminent-domain-as-collateral.html)>)

You ask, how could this ever have happened? Let's put this very simply.



Under directions from the plotters of the New World Order, governments were “persuaded” to close down local factories and relocate them in third world countries.

## **How the lender became a debtor**

Taking the case of the USA as an example. Local US factories were closed down and transplanted to an overseas country. This meant that instead of wages being paid to workers in the US and local factories being paid for the goods produced, American dollars increasingly went overseas to pay for the same type of goods, which were then sold back to America – for US dollars, of course.

And because America eventually found itself importing more than it was exporting, other countries (especially China) were accumulating billions of American dollars.

America then started borrowing back its own money. China became a lender, America a debtor.

And now that China is holding so much American currency, and seeing American dollars being printed wildly to pay debt, China is worried in case it is left holding billions of dollars that have decreased value.

Hence the reckless Obama-Hillary promise to China: “If we fail to pay our debt, you can come in and seize the real estate of Americans.”

That is what Eminent Domain means. It is the power of a government (in this case, China) to TAKE private property for public use without the consent of the property owner.

Under the United States Constitution, the government can "take" only when providing "just compensation" for what they've taken. And who decides what constitutes "just compensation?" The government!

Homeowners who felt the government was not paying them enough for property in past "takings" have filed lawsuits. In absolutely every such case, the value placed upon the property by the government was upheld by the courts.

The US federal government has now granted to China, this power to "take" Americans' private homes and businesses in the event that the US government defaults on its debts.

Hal Turner explains it this way:

“Let's play this out as a worst case scenario. . . . .

“The US Gov't goes belly-up and China comes in and says, *‘they owed us \$2 Trillion in Treasury Notes and another \$2 Trillion in actual cash money which is now worthless. We are taking the entire state of Hawaii and the entire state of California in lieu of this bad debt.’*

“With the stroke of a Chinese chop stick, Hawaii and California -- all the land and buildings in those states - are now owned by China.

“The ‘taking’ would be a ‘valid public use’ because it was ‘taken’ in payment of the public debt!!!!

“China could then turn around and declare the value of all that land to be worth. . . . I dunno, ten cents on a dollar?

“For your \$200,000 house, you get a Chinese check for \$20,000.

“Needless to say, the property owners would go ballistic and demand ‘just compensation’ for what was taken. Who gets to decide what is ‘just?’ China! Don't think you got a fair price for what they took? No problem, sue China.

“You'll lose.

“People who live in those states and own their land outright, might be able to negotiate with China to ‘rent’ back their own property, as long as the property owner continued to pay all his taxes; but the land and buildings would belong to China!

“This is what our own Government has just done to us and it is the single most vile act of betrayal in the history of human existence.”

Turner continues:

“In early February nine US states began the process of re-asserting their Sovereignty pursuant to the Ninth and Tenth Amendments to the US Constitution; declaring null and void any actions by Congress that violated the Constitution.

“At the time, I wrote about those state efforts and wondered why so many states were taking-up such an arcane issue in such a seemingly urgent fashion. I guess now, we know why.

“The states were obviously privy to what the feds were planning to do with granting Eminent Domain to China. The states took action to make certain the feds couldn't give away cities or the states themselves!

“This situation is going to get VERY ugly, VERY fast as one sovereign power (the feds) try to literally give away the land of other sovereign powers, (the states). This is the type of thing that starts Civil War.

“Our present federal government makes the treachery and betrayal of Benedict Arnold look like child's play.”

Can you understand Hal Turner's indignation?

## **Is war and revolution coming?**

On this matter of pledging part of your national territory, including cities, to a foreign power to satisfy a debt... Did you know that there exists an historical precedence for this?

In biblical times, this is exactly what happened to the Northern House of Israel when King Solomon defaulted upon his debt to the King of Tyre and had to forfeit 19 Cities in Israel (none from his own neighbourhood of Judah of course).

Despite all that is transpiring, nobody, including myself, wants to believe that our existing order, our daily routines, will soon be history and will be replaced by events so tumultuous that it may be impossible to imagine what your country or mine will look like by the end of 2009 or 2010.

Will there be revolution and a breakdown of economic, political, social and legal order? Multiple intelligence sources are saying as much.

As you sit comfortably in the safety of your home, it may be hard to believe what I am about to share with you. But, please, take the time to research this for yourself.

A great evil is about to break forth in the United States and the world. It will be allowed to come forth because people neither believe it will

happen, nor do they believe it could ever happen in their own homeland. Chaos will erupt and there will be blood in the streets of the cities. Desolation and burning have been determined upon this people who have rejected their only true hope.

The nation of America has already been seized upon, and it is being pillaged by men who care only about their Antichrist agenda. Even the greatest optimists find that their words have a hollowness and emptiness in them.

The men who have hijacked America know full well what would happen if the masses of people would ever come fully awake to the reality of what is going on.

"We will see crime levels in the US that will rival that of a third world country," says Celente. "When people lose everything, and they have nothing to lose, they lose it. We will see revolts in this country soon.

"There will be a revolution in this country," he says. "It's not going to come yet, but it's going to come down the line...and this was the catalyst for it: The takeover of Washington, D.C., in broad daylight by Wall Street in this bloodless coup. And it will happen as conditions continue to worsen.

"The first thing to do is organize with tax revolts. That's going to be the big one because people can't afford to pay more school tax, property tax, any kind of tax. You're going to start seeing those kinds of protests start to develop...It's going to be very bleak. Very sad.

"And there is going to be a lot of homeless, the likes of which we have never seen before. Tent cities are already sprouting up around the country and we're going to see many more."

"We're going to start seeing huge areas of vacant real estate and squatters living in them as well. It's going to be a picture the likes of which Americans are not going to be used to. It's going to come as a shock and with it, there's going to be a lot of crime.

"And the crime is going to be a lot worse than it was before because in the last 1929 Depression, people's minds weren't wrecked on all these modern drugs--over-the-counter drugs, or crystal meth or whatever it might be. So, you have a huge underclass of very desperate people with their minds chemically blown beyond anybody's comprehension."

Today's Westerners don't resemble the hardy Depression-era generation.

The simple truth is that millions of Americans, British, New Zealanders, Australians and Europeans who've never known anything but prosperity and easy-money have a militant expectation that society "owes" them something. And with so many families on the margins of survival already, the speed of the downward unemployment spiral is downright ominous (and unprecedented).

Worse, there are few signs that the taxpayer dependents of today have any of the self-reliance skills that saw the hardy Great Depression generation through the tough times.

Rather, there is mounting evidence that tens of millions of low-income government dependents and many others infected with a sense of entitlement are prone to crime and violence - especially when it dawns on the masses there are not enough jobs and government promises of "relief" are as empty as the government treasury is bankrupt.

For example, in response to financially-troubled New York State making minor trims to its budget, an ugly 50,000+ mob took to the streets around city hall to demand higher taxes against the "rich." (Similar protests were mounted in Albany, Buffalo, and White Plains.)

## **Riots over the economy have begun**

As the global economic collapse continues to unfold, the spirit of resistance is being kindled within the hearts of the masses, and the people of the world are rising up.

Resistance is spreading from Athens, Riga, Paris, Budapest, Kiev, Reykjavik, China, Mexico, and elsewhere. And it is spreading! And we see acts like damage to bank branches or state buildings and claims of solidarity with the Greek rioters.

In Mexico City, the *BBC reports*, thousands of people "protested against what they say is the inadequate response by the government to growing economic problems in Mexico."

Recently, over 1,000 protesters assembled illegally to protest the World Economic Forum in Geneva, Switzerland,

In France, an estimated 2.5 million people hit the streets in a national

general strike in response to the global economic collapse, and in disdain of the handling of the so-called "crisis" by their country's ruling-class economic elite. The streets filled with flag-waving protesters and in Paris protesters clashed with police, throwing bottles, overturning cars and starting a fire in the street. After a day of peaceful protests, violence erupted on the fringes of the Paris protest. Dozens of young men wearing scarves across their face were charged down by riot police after throwing stones and bottles, tearing up manhole covers and lighting fires in the Opera district.

Across Europe, victims of the economic slump who are losing their jobs in their tens of thousands are furious that public money is being doled out to the banks. Explosive anger is spilling out onto the streets. The meltdown of the global economy is igniting massive social unrest in a region that has long been a symbol of political stability and social cohesion.

## **When the police abandon law-abiding neighborhoods to mobs**

And don't count on police protection. Past riots in Washington DC and Los Angeles portend a disturbing pattern when social chaos overwhelms order. Even when chaos erupts in limited areas, the police almost always "pull back" and abandon entire neighborhoods to vicious mobs.

People will really panic when they're cold, hungry, jobless, disillusioned, and very angry. Then you'll really see what panic means.

In the case of the 1992 Los Angeles Rodney King riots (as Caucasians and Asians were hunted down, robbed, and slaughtered), the police hunkered behind their defensive cordons as the murderous racist rage unfolded. The only outside contact law-abiding victims had in the riot zone were with intrepid news helicopters hovering overhead, broadcasting the racial violence on live TV.

The only community to come out unscathed were sections of Los Angeles populated by Asian merchants - who fended off the mobs by placing shooters on the roofs of buildings within their defence perimeter. These heroic Korean merchants successfully protected their families, shops and homes. All because they knew how worthless bureaucrats truly are and made their own preparations.

The coming social chaos will magnify these problems a thousand-fold. In short, it is extremely important to be one step ahead of the general public during an unfolding crisis. Don't count on the government to come to your aid.

Think about the widespread collapse of order and emergency services in New Orleans after Hurricane Katrina - except on a national level. The implementation of gun-confiscation laws, looters and thugs terrorizing the elderly with impunity, besieged hospitals without power, doctors and medicine. People forcibly herded into "containment zones" and denied access to food, water, and medical attention. At least 45 patients died in one public hospital after being abandoned by doctors and staff.

## **Officials quietly preparing for BIG trouble ahead**

A whole lot of *already* shell-shocked people are going to learn the hard way that the veneer of "civilization" is far thinner than most realize.

The perceived threat of social meltdown and chaos is so large that a domestic law-enforcement arm of the US military (referred to by *The Army Times* as the "Consequence Management Response Force") has been created to deal with what US officials believe to be a coming, unprecedented wave of massive social chaos.

Many Washington insiders (including officials directly involved in homeland security) are *personally* making emergency preparations for social chaos. In addition, outgoing Treasury Secretary Hank Paulson told Sen. James Inhofe and Rep. Brad Sherman that so much financial mayhem lies ahead that US troops may have to impose martial law to deal with social unrest.

A new report by the Army War College's Strategic Studies Institute states flatly that the US military must prepare for "*a violent, strategic dislocation inside the United States*" that could be provoked by "*unforeseen economic collapse*" or "*loss of functioning political and legal order.*"

Late in 2008, *The Washington Post* noted that the incoming Obama Administration is going to " earmark" at least 20,000 troops returning from Iraq to deal with "domestic emergencies." Since then, the *Army*

*Times* has broken the story that the domestic emergency army unit has been *increased* to 80,000 troops, who are being trained right now in Georgia.

In short, US officials expect big trouble ahead - but they are not warning the general public about the danger (much less urging the unsuspecting masses to make basic preparations).

A rare critic of the government's keep-the-public-in-the-dark mentality is former head of the US Commission on National Security, Stephen Flynn. He noted in a recent *Wall Street Journal* editorial: "***Too many officials believe telling the truth to Americans about the risk would set off a nationwide panic. Thus, they keep us sheep in the dark for our own good.***"

Boiled down, you need a real plan to deal with massive social dislocations that are headed your way. And you need to get started right now, because the government isn't going to give you a heads-up.

## **Will it be this scenario?**

Unconfirmed reports from well placed sources are speaking of a collapse of the US dollar around September, 2009 – to be followed by the issuance of coupons and the establishment of checkpoints. Time will tell whether this is activated.

However, if true, this is a shrewd plan calculated to excite less opposition than an open declaration of martial law. It is more likely to succeed in getting the masses used to control, while the noose is gradually tightened.

Meanwhile, we are receiving reports of concrete blocks being piled up in certain locations near big cities and beside major highways.

## **... or this scenario?**

Meanwhile, be prepared for the alternative scenario - possible martial law, followed by massive deaths by riots and starvation.

On February 24, 2009 news was leaked that American president Obama had secretly ordered the 'immediate' opening of America's vast gulag of concentration camps, built since 2001, with orders that "Project



ENDGAME” was to begin, in which 775,000 Americans have been listed for arrest the moment civil unrest begins. This list has allegedly been expanded to one million names.

As the situation develops, there will be a period of orientation of change, centred around a major shift in world power.

Once everything is set up, the New World Order will appear to provide a relative safety – until there begins a systemic elimination of the unwanted. This plan is confirmed by those who are in the Globalists’ camp.

However, they may not get their way without some opposition. Thousands of resistance cell groups are being formed around America to overthrow the federal government if they “have to.”

And in Europe? The same story. According to Professor Schachtschneider of the University of Nuremberg, "When the European Union ratifies the Lisbon Treaty, the death penalty will be reintroduced to Europe, and will be applicable for the crimes of rioting, civil upheaval, and during war." (*Indymedia* Ireland, Mar. 8, 2008, by Caroline Mulqueen.)

## **In any case, be prepared**

How should you start adjusting to these probable realities now? This is what we shall address in the coming chapters.

## Chapter 5

# HOW TO SURVIVE A FINANCIAL COLLAPSE

It was over two years - 1921 to 1923 - that true "Weimar inflation" occurred. During the horrendous depression years, the value of the German mark fell in 1922 from 162 marks to the US dollar, to more than 7,000 marks to the dollar. (The pre-1914 value was 4.20 marks to the dollar.)

By July 1, 1923, the mark had fallen to 160,000 to the dollar.

By November 20, 1923, it was down to 4,200,000,000,000 to the dollar. Only one-trillionth of what it had been worth back in 1914.

What you paid to buy a house just months earlier, would now not even get you a toothbrush.

The middle class lost all their savings. The other heaviest losers were pensioners and workers. On the other hand, many businessmen made large profits. One rich industrialist, Hugo Stinnes, was able through repeated borrowing in rapidly depleting marks to amass an industrial empire that controlled 20 percent of Germany's industry.

The German hyperinflation was finally quelled by Chancellor Gustav Stresemann and Reichsbank director Hjalmar Schacht, who in October 1923 announced the replacement of the paper mark by a "Rentenmark" (security mark) worth 1 trillion paper marks and backed by a nominal mortgage over German land assets worth 3.2 billion Rentenmarks.

The mortgage was fictitious, but it created confidence in the Rentenmark and prevented the creation of extra Rentenmarks, so inflation rapidly ceased, while the budget was balanced through so-called "windfall-gains taxes" on debtors whose debts had been extinguished by the previous hyperinflation. Normal business was resumed by Germany, which was able to return to a new gold Reichsmark in July 1924.

You can debate which was worse, the US Great Depression or the

Weimar hyperinflation; there are arguments for both sides. The Great Depression lasted much longer, from 1929 until the United States entered World War II in 1941. On the other hand, the Weimar hyperinflation wiped out the entire savings of the German middle class.

The lack of confidence in the economy, and the overall misery that this produced, meant that the German reaction to the Great Depression that arrived six years later was much more extreme than in the United States - leading to the election in 1933 of Adolf Hitler.

The current American mix of policies reflects those of Germany during the period between 1919 and 1923. The Weimar government was unwilling to raise taxes to fund post-war reconstruction and war-reparations payments, and so it ran large budget deficits. It kept interest rates far below inflation, expanding money supply rapidly and raising 50 percent of government spending through printing money out of thin air and living off the profits from issuing it.

## **Inflation and depression, both?**

Does the term “inflationary depression” sound like a contradiction?

Peter Schiff, president and chief global strategist of Euro Pacific Capital, and a widely-quoted expert on money, economic theory and international investing, was recently interviewed by *The Gold Report*.

He stated that government interference as businesses fail, as people lose jobs and foreclosures take place, is “going to create this depression; and if we keep printing money, we're going to have massive inflation on top of it.”

He also warned that printing money will cause massive inflation and the collapse of the US dollar. And that an inflationary depression is going to be a protracted period of economic decline accompanied by rapid increases in consumer prices.

Currency expert Wayne McDonell says:

“...the stimulus programs will only prolong and worsen the credit excesses, and that the massive deficits and reckless expansion of the money supply will unleash hyperinflation, a more painful and socially dangerous threat. Think of Germany's hyperinflation experience in the

1920s or more recently of Brazil's or Zimbabwe's." (Barton Biggs in *Newsweek*)

And hear this warning from respected economist Walter Williams:

"The US economy is in an intensifying inflationary recession that eventually will evolve into a hyperinflationary great depression. Hyperinflation could be experienced as early as 2010, if not before... The US government and Federal Reserve already have committed the system to this course through the easy politics of a bottomless pocketbook, the servicing of big-moneyed special interests, and gross mismanagement."

Dr. Friedrich Kessler, a Harvard law professor who lived through the Weimar hyperinflation puts it starkly:

*"It was horrible. HORRIBLE!* Like lightning had struck. No one was prepared. You cannot imagine the rapidity with which the whole thing happened. The shelves in the grocery store were empty. You could buy nothing with your paper money."

So how should those in business respond? How should families respond? And pensioners?

Let me stress that we are in a race with time. Every clock on earth is measuring the moments of opportunity that remain.

## **The solution**

The origin of this whole economic crisis can be characterized by three words: *fraud*, *greed*, and *corruption*. Ironically, today's bailouts are more of the same.

The real solution must be spiritual. The only way that people, and therefore a nation, can enjoy real lasting prosperity is if they follow their Creator and the principles He has given us for survival..

Imagination cannot help the present situation. Neither can education. We face problems today that are totally beyond man's ability to solve. That is the deadly reality of all this.

In the book of Deuteronomy, are outlined the many national blessings for obedience to spiritual laws. But, as a warning, there are also listed the

economic curses that come as a result of disobedience. It is those curses that are now ravaging America and about to ravage the rest of the world.

Despite the rapid global decline, individuals still have the opportunity to be blessed. You can be protected from the financial inferno sweeping the globe. It involves living a certain way of life.

May I offer some practical tips for financial survival?

Of course we just don't know how bad things will get. And while we are hoping for the best, we'd be foolish not to prepare for the worst.

With this in mind, here are some suggestions that will help you in preparing for the worst. Many of these will not return money, but rather create other benefits in the future, such as security.

They are offered by experienced and successful investors and advisors, men like Robert Prechter, Gerald Celente, Peter Schiff and others.

## **Should I expect my government to change its laws?**

**Short answer:** YES

**Long answer:** At some point during a financial crisis, money flows typically become a political issue. You should keep a sharp eye on political trends in your home country.

In severe economic times, governments have been known to ban foreign investment, demand capital repatriation, outlaw money transfers abroad, close banks, freeze bank accounts, restrict or seize private pensions, raise taxes, fix prices and impose currency exchange values. They have been known to use force to change the course of who gets hurt and who is spared, which means that the prudent are punished and the thriftless are rewarded, reversing the result from what it would be according to who deserves to be spared or get hurt. In extreme cases, such as when authoritarians assume power, they simply appropriate or take de facto control of your property.

You cannot anticipate every possible law, regulation or political event that will be implemented to thwart your attempt at safety, liquidity and

solvency. This is why you must plan ahead and pay attention. As you do, think about these issues so that when political forces troll for victims, you are legally outside the scope of the dragnet. You will find some excellent advice in Prechter's book, *Conquer the Crash*. (<[http://www.squidoo.com/Conquer The Crash](http://www.squidoo.com/Conquer-The-Crash)>)

## **Should I take precautions if I run a business?**

**Short Answer:** YES

**Long Answer:** Avoid long-term employment contracts with employees. Try to locate in a state with "at-will" employment laws. Red tape and legal impediments to firing could bankrupt your company in a financial crunch, thus putting everyone in your company out of work.

If you run a business that normally carries a large business inventory (such as an auto or boat dealership), try to reduce it. If your business requires certain manufactured specialty items that may be hard to obtain in a depression, stock up.

If you are an employer, start making plans for what you will do if the company's cash flow declines and you have to cut expenditures. Would it be best to fire certain people? Would it be better to adjust all salaries downward an equal percentage so that you can keep everyone employed?

Finally, plan how you will take advantage of the next major bottom in the economy. Positioning your company properly at that time could ensure success for the future.

One further thought: Own a wonderful business that does not need capital.

## **Should I do anything with respect to my employment?**

**Short Answer:** YES

**Long Answer:** If you have no special reason to believe that the company you work for will prosper so much in a contracting economy that its stock will rise in a bear market (a falling market), then cash out any stock or

stock options that your company has issued to you (or that you bought on your own).

If your remuneration is tied to the same company's fortunes in the form of stock or stock options, try to convert it to a liquid income stream. Make sure you get paid actual money for your labour.

If you have a choice of employment, try to think about which job will best weather the coming financial and economic storm. Then go get it.

## **Should I call in loans and pay off my debt?**

**Short Answer:** YES

**Long Answer:** Have you lent money to friends, relatives or co-workers? The odds of collecting any of these debts are usually slim to none, but if you can prod your personal debtors into paying you back before they get further strapped for cash, it will not only help you but it will also give you some additional wherewithal to help those very same people if they become destitute later.

If at all possible, remain or become debt-free, or at least reduce your debt. Being debt-free means that you are freer, period. You don't have to sweat credit card payments. You don't have to sweat home or auto repossession or loss of your business. You don't have to work 6 percent more, or 10 percent more, or 18 percent more just to stay even.

Seems obvious, but it bears repeating. The less debt you have in times of financial turmoil, the better off you will be. Large debt will be like a millstone around your neck as you're trying to tread water in a very deep lake. Make the decision to pay off any and all debts as quickly as possible. Then, consider never getting back into debt. Do not live beyond your means. Practise moderation. Despite what the media says, you do not need a luxury automobile, designer clothing, or expensive jewellery to be happy. Debt should only be used in the most dire of situations.

In other words, *live simply*. Learn restraint and self-sufficiency. Stop spending money on unnecessary things.

A simple life is more biblical, more sensible and more healthy. It preserves sanity.

Look to use cash as effectively as possible over the next 12 months before major inflationary forces kick in and destroy the purchasing power of your money, especially if you live in the United States or Europe.

For each individual this is going to mean different things. But overall you should ask yourself the question, "What is the most effective use of this cash right now while prices are still low and the purchasing power of money is still relatively high?"

Did you know that the wheels almost came off the cart on September 18, 2008?

That day, the entire US financial system nearly collapsed - coming within hours of unprecedented panic withdraws from US banks and money market accounts totalling \$5.5 trillion (well over a *third* of the nation's entire annual economic output).

The chairman of the House capital markets subcommittee, Rep. Paul Kanjorski, recently spoke on the record about this little-known episode, noting "*Five-and-a-half trillion dollars would have been drawn out of the money market system of the United States, and would have collapsed the economy of the world within two days... it would have been the end of our political system and economic system as we have known it.*"

During that September 18 crisis "episode", the Treasury Department's emergency pumping of \$105 billion into the financial system failed. It was only after Treasury abruptly announced it would extend existing federal guarantees of \$100,000 deposit insurance to \$250,000 that the crisis abated (which is fortunate given that the feds are already so awash in red ink they would have trouble covering such large losses no matter how many dollars they print).

Rep. Kanjorski's nightmare scenario almost became reality: suddenly inaccessible ATMs, frozen bank accounts, retirement funds, savings accounts, and small business payroll bank accounts. This near-total collapse of the US banking system happened right under the nose of the media. Almost no one even knew anything out of the ordinary was going on - the point being you can't count on the media to give you early warning of things to come!



Well before Inauguration Day, Barack Obama was cast as the next Franklin Delano Roosevelt. If he follows in FDR's footsteps, he could freeze deposits by declaring a "holiday" to stop a run on the banks. While FDIC insurance may cover deposits, even after banks reopen, withdrawal amounts may be restricted. (Just as the Argentine government did in 2001–2002.)

In his report, *The Collapse of '09*, Gerald Celente writes:

“Suspicious of the soundness of the banking system, I requested to withdraw a substantial sum from our Key Bank account, leaving funds sufficient to cover ongoing business operations. First they tried to dissuade me, then they stonewalled me, and finally they turned openly hostile.

“I was forced to sign a series of documents, including one acknowledging that since I was carrying a large sum, I could be the target of a robbery. To enhance that possibility, the teller slammed down the bag of cash on the counter and publicly announced the sum.

“Despite repeated requests in the days preceding my withdrawal to get the cash in hundreds, they gave it to me in twenties, making for a bag five times the size and more robber-friendly. When I complained to the bank manager who had processed the request, the response amounted to ‘take it or leave it.’

“This will not be an isolated event. If you attempt to withdraw a large chunk of money from your account, negotiate the details in advance and anticipate possible hassle and obstruction.

“We’ve heard similar accounts from clients and *Trends Journal* subscribers who, over the past several months, tried to close out mutual funds, 401ks and assorted sinking equities. They were dissuaded, cajoled, belittled and arm-twisted by brokers desperate to keep their accounts. Many caved in under the pressure, didn’t close them and lost most of what they had.

“So, we leave you with a Greatest Depression consideration: How safe is your money? How sound is your bank? At the end of November [2008], Citigroup, once America’s largest bank, was on the rocks. Fifty-two thousand employees were laid off. In just three days, its stock lost more than half its value. Rumors swirled that Citi was so desperate they were looking to sell or split up the company.

“Is your money deposited in a local bank whose reputation you can bank on? Are you with a teetering giant or a poorly-managed regional? If either of the latter, it would be in your best interest to assess the risks.

“Take some out if you think there is risk; take it all out if you think there’s high risk. You may consider spreading it around and even banking abroad ... after all, this is the Global Age.”

Early in 2009, the United States Federal Deposit Insurance Corporation (FDIC) announced that

- The number of troubled banks jumped from 76 at year-end 2007 to 252 at year-end 2008.
- The assets held by problem banks jumped from \$22 billion to \$159 billion, up more than seven-fold from a year earlier.

But it appears that most of the large banks that have already failed or been bailed out by the government — IndyMac, Washington Mutual, Citigroup and Bank of America — were never on their list to begin with.

And based on independent economists’ own lists of weak banks, the number in jeopardy is *many times* larger than the FDIC indicates.

This raises immediate questions about the FDIC's ability to flag problem banks. And it raises fundamental questions regarding the government's future ability to guarantee the deposits of millions of Americans.

Here is the forecast of an experienced financial advisor. Expect to lose at least half and possibly up to 90 percent of your money in uninsured deposits of failing banks. And although it is not an immediate concern, as the financial crisis worsens, even insured depositors could lose money.

Serious forecasts are being made that due to the shaky economy the world is going into a major depression, the stock market is going to crash, banks (at least in America) are going to close for 3-5 months, and when the banks re-open your money will be gone. Why? Because the FDIC will not be able to cover it all.

When people find out they have lost their money there is going to be major civil unrest and so martial law will likely be declared. According to the law put into effect as recently as 2007, the President has the power to declare martial law for any emergency that he feels is a threat to the nation. And if this happens, the Constitution will be suspended.

One man just recently took all of his money out of the bank over several weeks due to being told by his banker, who had just retired, that the banks are going to close and everyone will lose their money, just as in the 1930s.

Advice is being given to move your savings, IRAs, and investment funds out of the banking system. Get out of the stock market. Otherwise you will be throwing your money away. **DO THIS NOW.** Time is of the essence.

Pull cash values out of life policies and terminate annuities. Many insurance companies will go under. State insurance funds will be unable to cope with the losses as the financial edifice falls apart.

When you try to get your money out of the bank, you will find out that the noose is already tightening as they make it hard to get large amounts of money out. If any amount of money of \$10,000 or more is taken out in cash the banks are required by law to tell the authorities that you have done so (they say this is to stop the criminals and drugs). So if you have more than that in the bank, you will have to take less than that amount out at different times. If you have to do multiple withdrawals, go to different bank locations and/or different tellers.

## **Should I invest in cash?**

**Short Answer:** YES

**Long Answer:** For those among the public who have recently become concerned that being fully invested in one stock or stock fund is not risk-free, the analysts' battle cry is "diversification." They recommend having your assets spread out in numerous different stocks, numerous different stock funds and/or numerous different (foreign) stock markets. Advocates of junk bonds likewise counsel prospective investors that having lots of different issues will reduce risk.

This "strategy" is bogus. Why invest in anything unless you have a strong opinion about where it's going and a game plan for when to get out? Diversification is gospel today because investment assets of so many kinds have gone up for so long, but the future is another matter. Owning an array of investments is financial suicide during deflation. They all go down, and the logistics of getting out of them can be a nightmare. There can be weird exceptions to this rule, such as gold in the early 1930s when

the government fixed the price, or perhaps some commodity that is crucial in a war, but otherwise, all assets go down in price during deflation except one: cash.

Keep some \$1s, \$5s, \$10s and \$20s safely in your home...at least a couple of thousand dollars worth. I'm not recommending stuffing your mattresses, just some cash in case of "Bank Holidays" that seem sure to happen.

## **Think globally with your money**

The more money you have in a crisis environment, the bigger problem you'll have trying to protect it. Business as usual is simply not going to work. Keeping your money in US dollars inside the United States looks like it will be a disaster at some point.

If you live in the United States, you should consider legally getting some of your money outside the country. While this strategy can get somewhat complicated, it may be prudent for those with a large enough net worth to spend the time and money doing so.

For smaller-net worth individuals this would not be necessary, but you could keep some money in other currencies. Some comparatively safe havens that come to mind are the Canadian dollar, the Singapore dollar, or the Hong Kong dollar.

So far we're talking about keeping your money safe. However, later in this book I would like to challenge you to make some of it useful in helping others while you still can. The value of this will be explained later.

## **Should I invest in real estate?**

**Short Answer:** NO

**Long Answer:** In prosperous times real estate is a good investment. But the worst thing about real estate is its lack of liquidity during a falling market. At least in the stock market, when your stock is down 60 percent and you realize you've made a horrendous mistake, you can call your broker and get out (unless you're a mutual fund, insurance company or

other institution with millions of shares, in which case, you're stuck). With real estate, you can't pick up the phone and sell. You need to find a buyer for your house in order to sell it.

In a depression, buyers just go away. Mom and Dad move in with the kids, or the kids move in with Mom and Dad. People start living in their offices or moving their offices into their living quarters. Businesses close down. In time, there is a massive glut of real estate.

Chief economist Mark Zandi of Moody's Economy.com forecasts a possible "mild depression" scenario, in which the average price of a home — already down 27 percent from its peak — could fall *another* 20 percent. What he does *not* tell us is how far home prices could fall in a worst-case, 1930s-type depression scenario. But I will: As much as 80 or even 90 percent from peak to trough.

Meanwhile, commercial real estate prices could fall with equal speed. As Mike Larson reported recently, the issuance of commercial mortgage-backed securities plunged 95 percent last year ... S&P expects their delinquency rates to triple this year ... and the resulting credit shutdown is already driving prices into a tailspin.

## **Should I invest in commercial bonds?**

**Short Answer:** NO

**Long Answer:** If there is one bit of conventional wisdom that we hear repeatedly with respect to investing for a deflationary depression, it is that long-term bonds are the best possible investment. This assertion is wrong. Any bond issued by a borrower who cannot pay goes to zero in a depression. In the 1930s Great Depression, bonds of many companies, municipalities and foreign governments were crushed. They became wallpaper as their issuers went bankrupt and defaulted. Bonds of suspect issuers also went way down, at least for a time.

Understand that in a crash, no one knows its depth, and almost everyone becomes afraid. That makes investors sell bonds of any issuers that they fear could default. Even when people trust the bonds they own, they are sometimes forced to sell them to raise cash to live on. For this reason, even the safest bonds can go down, at least temporarily, as AAA bonds did in 1931 and 1932.

“The only reason someone who bought a Treasury can get their money is that the government is able to borrow more money to pay them off,” said Peter Schiff, president of brokerage firm Euro Pacific Capital. Then he warned concerning US Treasury bonds: “It’s impossible for us to just keep going deeper and deeper into debt.”

## **Should I speculate in stocks?**

**Short Answer:** NO

**Long Answer:** Perhaps the number one precaution to take at the start of a deflationary crash is to make sure that your investment capital is not invested “long” in stocks, stock mutual funds, stock index futures, stock options or any other equity-based investment or speculation.

In 2000 and 2001, countless Internet stocks fell from \$50 or \$100 a share to near zero in a matter of months. In 2001, Enron went from \$85 to pennies a share in less than a year.

## **Should I invest in commodities, such as crude oil?**

**Short Answer:** Mostly NO

**Long Answer:** Pay particular attention to what happened in 1929-1932, the three years of intense deflation in which the stock market crashed. As you will discover, commodities crashed, too.

You can get rich being short commodity futures in a deflationary crash. This is a player's game, though, and I am not about to urge a typical investor to follow that course. If you are a seasoned commodity trader, avoid the long side and use rallies to sell short. Make sure that your broker keeps your liquid funds in T-bills or an equally safe medium.

There can be exceptions to the broad trend. A commodity can rise against the trend on a war, a war scare, a shortage or a disruption of transport. Oil is an example of a commodity with that type of risk. This commodity should have nowhere to go but down during a depression.

## **Should I invest in collectibles?**

**Short Answer:** NO

**Long Answer:** Collecting for investment purposes is almost always foolish. Never buy anything marketed as a collectible. The chances of losing money when collectability is priced into an item are huge. Usually, collecting trends are fads. They might be short-run or long-run fads, but they eventually dissolve.

## **Should I buy gold or silver?**

**Short answer:** YES

**Long answer:** Physical holdings of gold and silver will be the ultimate safe haven currencies, compared to anything else the world has to offer.

Taking physical possession of gold and silver bullion coins and bars is essential to surviving any crisis.

History has clearly shown that those who held the physical metals during times of economic turmoil and displacement fared much better than those who didn't.

Make sure you own the gold and silver coins of the country you live in. If you live in Canada, then make sure you own the Canadian Gold and Silver Maple Leafs. If you are an American, then own the Gold and Silver Eagles. Other countries will have their own special mintings.

If you can afford only a small amount of metals, then you should own the silver coins first. Bars are cheaper to buy than coins, but coins will be highly recognizable and more useful for purchasing or bartering for items you may need.

## **The Genesis precedent**

Right through history, when all else has failed, the one medium of exchange that has always been accepted is precious metals – namely, gold and silver.

From the very earliest times – as shown in Genesis, the world’s oldest written record – the value of gold and silver have been recognised.

Notice:

- “And a river went out of Eden to water the garden; and from thence it was parted, and became into four heads. The name of the first is Pison: that is it which compasseth the whole land of Havilah, where there is gold; And **the gold of that land is good.**” (Genesis 2:11-12)
- “And Abram was very rich in cattle, **in silver, and in gold.**” (Genesis 13:2)
- “Behold, I have given thy brother **a thousand pieces of silver.**” (Genesis 20:16)
- “My lord, hearken unto me: the land is worth **four hundred shekels of silver**; what is that betwixt me and thee? bury therefore thy dead. And Abraham hearkened unto Ephron; and Abraham weighed to Ephron **the silver**, which he had named in the audience of the sons of Heth, four hundred shekels of **silver, current money** with the merchant.” (Genesis 23:15-16)
- “And it came to pass, as the camels had done drinking, that the man took a golden earring of half a shekel weight, and two bracelets for her hands of **ten shekels weight of gold**; And said, Whose daughter art thou? tell me, I pray thee: is there room in thy father’s house for us to lodge in?” (Genesis 24:22-23)
- “And the LORD hath blessed my master greatly; and he is become great: and he hath given him flocks, and herds, and **silver, and gold**, and menservants, and maidservants, and camels, and asses.” (Genesis 24:35)
- “And the servant brought forth jewels of **silver**, and jewels of **gold**, and raiment, and gave them to Rebekah: he gave also to her brother and to her mother precious things.” (Genesis 24:53)
- “Then there passed by Midianites merchantmen; and they drew and lifted up Joseph out of the pit, and sold Joseph to the Ishmeelites for **twenty pieces of silver**: and they brought Joseph into Egypt.” (Genesis 37:28)
- “And Pharaoh took off his ring from his hand, and put it upon Joseph’s hand, and arrayed him in vestures of fine linen, and put a **gold** chain about his neck.” (Genesis 41:42)
- “And put my cup, the **silver** cup, in the sack’s mouth of the youngest, and his corn money. And he did according to the word that Joseph had spoken.... Behold, the **money**, which we found in our sacks’ mouths, we brought again unto thee out of the land of



Canaan: how then should we steal out of thy lord's house **silver** or **gold**?" (Genesis 44:2,8)

- "To all of them he gave each man changes of raiment; but to Benjamin he gave **three hundred pieces of silver**, and five changes of raiment."(Genesis 45:22)

Did you notice that gold and silver were accepted as **money** even thousands of years ago? And this has never ceased.

You should start adjusting to the probable realities of a depression – or even hyper-inflation - now, by switching what you can spare into gold and silver related assets.

What people just do not understand is that if they are not in gold and silver related assets they stand to lose between 60 percent and 95 percent of their wealth, just as people did in the 1930s. And this time it is shaping up to become five times worse.

Even if silver and gold never went one cent higher you would be a winner, because gold and silver held their value while everything else failed. We do not believe they will stay frozen. We believe gold and silver will move much higher.

The stock bubble and the housing bubble were both based on greed. The *coming precious metals bubble will be based on PANIC*. Greed is bad, but can't even begin to compare to widespread PANIC.

## **The ultimate barter weapon**

There is something else that is better than paper money. In a financial meltdown, it is more valuable than even silver and gold.

You might ask, What ever could that be? The answer is... FOOD.

Survival food is the ultimate barter weapon.

## **When money fails, here is the Genesis solution: barter**

The ancient book of Genesis says a lot about escaping and surviving.

When money fails – a barter system can kick into operation. Here is a precedent from ancient Egypt. It operated successfully during a severe famine.

“And there was no bread in all the land; for the famine was very sore, so that the land of Egypt and all the land of Canaan fainted by reason of the famine.

“And Joseph gathered up all the money that was found in the land of Egypt, and in the land of Canaan, for the corn which they bought: and Joseph brought the money into Pharaoh's house.

“And when money failed in the land of Egypt, and in the land of Canaan, all the Egyptians came unto Joseph, and said, Give us bread: for why should we die in thy presence? for the money faileth.

“And Joseph said, Give your cattle; and I will give you for your cattle, if money fail.

“And they brought their cattle unto Joseph: and Joseph gave them bread in exchange for horses, and for the flocks, and for the cattle of the herds, and for the asses: and he fed them with bread for all their cattle for that year.” (Genesis 47:13-17)

And they survived! Without money.

Please understand something very important: you will not be able to buy your way out of the current meltdown if you wait too long. Especially, with paper money.

In a panic, survival food is the ultimate currency. It not only satisfies appetites, but with it you can buy anything else you need. People always need to eat, no matter what else is true. Having plenty of stored food that you can trade or barter will put you in the best possible position to survive and prosper in the coming bad times.

Well, what kind of prepared food and other commodities will be worth the most? Below is a list of foods that will be extremely valuable in a meltdown.

## **Best barter bets in a crisis**

1. Canned or bottled foods grown on gardens or private farms. Especially, vegetables and fruits that haven't been sprayed with pesticides.
2. Canned foods bought in stores.
4. Dried foods. These make fantastic barter items.
5. Pastas of all types seem to last a long time and will be high on the list of desired items.
6. Dried beans. Beans are a protein powerhouse. You can never go wrong by having them as a barter item.
7. Peanut butter. If you can make your own so much the better. In a disaster, peanut butter will leave the shelves so fast it will make your head spin. Learn how to make peanut butter and buy 50 pounds of peanuts... just in case.
8. Powdered milk. Another staple that has had tremendous barter value. Buy Carnation brand and get plenty. Then go to your local farm or feed store and buy 25 to 50 pounds of "milk replacement" for calves. Not the greatest thing but extremely nutritional. No one will be thinking about hoarding this item.
9. Vitamin supplements. Have plenty of non-synthetic vitamins stored as barter items. Disease spreads like wildfire in panics and famines. Those with healthy immune systems have a much better chance of surviving to help others.
10. Home-grown food from your garden. Don't forget that.

Yes, investment in gold and silver can be smart. But what use are they if you are dying? Investing in your health (and in the health of others) can be smarter.

## Chapter 6

### A BIG CITY: SHOULD YOU STAY OR LEAVE?

You had better wake up and believe it! OUR LIFE AS WE NOW KNOW IT IS OVER.

We will have to learn that we can get by on just four physical things-- shelter, food, clothing, and a bath. There will be virtually no credit available. The party is over. We have used credit and have been spoiled. We must now live simply. Many will lose their homes.

A well known scientist has stated: “I write this to frighten you. I am a frightened man myself. All the scientists I know are frightened – frightened for their lives – and frightened for *your* life.”

So what can we do?

For starters, do NOT believe what the controlled media is informing you. They are going to inform you of lies, to stop you from being prepared. Verify all mainstream media before you relax or let down your guard.

Millions of unsuspecting citizens are going to get caught flat-footed. Those waiting to hear the "D" word (“Depression”) from economic experts, talking heads and TV anchors before taking action will most certainly regret their indecisiveness.

#### **Don’t panic – be ready**

A physician decided this needed to be shared, so he wrote a newsletter and shared it. One of his patients, who is a builder, received the doctor’s newsletter, and shared it with the homeowner of the house he was constructing, who happened to be a state policeman.

This man read this newsletter in a very surprised manner and said, “Where did you get this information? You are not supposed to have this. This is classified material.” After some thought he said, “If you follow all

the recommendations written here, you will maybe survive, since there is major trouble coming soon. I know all about this, because our Captain has informed us about this coming event.”

If you push the instructions in this book aside, intending to get back to it in a few months... you could get caught by surprise in the meltdown.

Some of your friends will say "none of this can happen." Maybe you don't believe that there is need to prepare. Maybe you believe that you can reshuffle a few resources and weather it out hunkered down in your own place. Maybe you don't really believe any of this stuff.

If all you can come up with is "none of this can happen", then you no longer need to read any further.

However, if this makes sense, you need to act calmly, and decisively make sure you can get the things you need and protect what's yours. But be cautious at all times, looking and being aware of your surroundings. But again, let me stress, DO NOT PANIC!

## **How to survive**

I am going to share with you some further principles embedded in the Old Testament book of Genesis that can help you and your family survive. These principles include:

- Where to locate to more successfully ride out the crisis
- How to prepare yourself for the coming food shortage
- How to cut down on food costs and still eat well
- How to avoid bankruptcy
- How to avoid loss when the dollar collapses

That old book says a lot about escape and survival.

Meanwhile, if you live in an urban area, why not join a community garden group or start one yourself?

"Seed companies and garden shops say that not since the rampant inflation of the 1970s has there been such an uptick in interest in growing food at home," writes *Times* reporter Marian Burros. "Space in community gardens across the country has been sold out for several

months. In Austin, Texas, some of the gardens have a three-year waiting list."

But a community garden should be a preliminary step only. Your plans really should include getting out of a big city, if that is where you are right now.

## The Genesis advice

City existence has an interesting origin. And it is not as you might think.

The historical book of Genesis informs us of **the origin of city living**. Its legacy is not good. Three ancient cities revealed in Genesis set the tone for future cities down through time.

- Cain's city – the very first (Genesis 4:17)
- Nimrod's city of Babel (Genesis 10:8; 11:4)
- City of Sodom (Genesis 19:15)

### 1. Cain's city

Genesis states concerning the first murderer: "So Cain went out from the Lord's presence and lived in the land of Nod, east of Eden. Cain lay with his wife, and she became pregnant and gave birth to Enoch. Cain was then building a city, and he named it after his son Enoch." (Genesis 4:16-17)

It's interesting to see how we are affected today from Cain's actions. One gathers that Cain never repented of his act of murder and continued to live a life away from God ("went out from the Lord's presence").

In any case, he established a city and named it after his son. Think about our major cities today. They tend to have more problems with crime, hatred, and immorality than most rural places do. I'm not saying the rural areas are perfect, but they tend to be less clouded with the unsatisfying things of this world. Yet, our society is fixated in moving to the city because it is bigger and better. Our human bodies are easily attracted to the unhealthy desires of this world.

There is good reason to believe that this first city was not built immediately after Cain's banishment. Time had elapsed for a sizeable population to have developed.

Of course, the first cities were, by our standards, more like villages. For example, the famous city of Jericho was a collection of tiny dwellings crammed into a space of less than 8 acres.

Likewise, this "city" of Cain was not of notable extent. Its importance lies in the fact that it is the very first city in history.

Genesis informs us that Cain, after committing his crime, became a fugitive, a vagabond, a wanderer.

Cain's city is a city of wanderers, those who have been disconnected from the soil. Modern cities are proverbially full of rootless wanderers, people cut off from the soil. The city is the city of fear. Cain is afraid that "whoever finds me will kill me," and though the Lord assures Him of protection, he ultimately goes and builds a city, walling himself in from the dangers outside, creating the sacred protective space of the city.

Perhaps in defiance, perhaps in plaintive longing, he establishes the city of Enoch in his effort to escape the curse of the restless wanderer.

The first city built therefore, became a place where he could establish roots and a future. A place where a person can make a name and leave a legacy.

The city is the place where a person might feel secure and rooted with the possibility of starting again.

The city institution as such was founded on the oppression of the innocent victim, founded by a murderer.

It is natural for us to regard the city as rooted in need and that it comes to be by a process of natural growth, beginning with the household, then the tribe, then the village, then the merging of several villages to form the city as a self-sufficient community; that it comes into being for the sake of living well. But according to history, as recorded in Genesis, the city is rooted in fear, greed, pride, violence, and the desire for domination. These questionable beginnings continue to infect civilization.

Cain's city was founded on violence, the violence of Cain's assault on his

brother, and it was maintained by violence, and the fear of revenge for wrong done.

He who had first killed, then feared being killed. By building a city with its walls, he hoped to protect himself from those who might seek his life.

Cain here establishes his new creation. Where God creates a garden, Cain builds a city, a place that is not dependent on the gracious acts of God for its growth and development, but the wit and ingenuity of a man.

## **2. Nimrod's City of Babel**

You've heard of it, probably. The first city to be built as the new world emerged after the Great Flood. Its skyscraper tower is still famous.

Again, the story of the tower of Babel is about disobedience and arrogance and the human need to erect symbols of our achievement. After the Flood, the world was still united by language and probably tradition. "And the whole earth was of one language, and of one speech." (Genesis 11:1)

Those who lived in the region of Shinar (Sumer in ancient Babylonia) "said one to another, Go to, let us make brick, and burn them thoroughly. And they had brick for stone, and slime had they for mortar. And they said, Go to, let us build us a city and a tower, whose top may reach unto heaven; and let us make us a name, lest we be scattered abroad upon the face of the whole earth." (Genesis 11:3-4)

This tower was the prototype of later ziggurats, multi-storied tower/temples which reached as high as 300 feet.

However, it was a monument to themselves. Their intention was to reach into the sky with it and proclaim themselves gods. "And the Lord said, Behold, the people is one, and they have all one language; and this they begin to do: and now nothing will be restrained from them, which they have imagined to do." (Genesis 11:5-6)

Their arrogance was becoming dangerous to themselves and others. Out of mercy and a desire to prevent them from causing themselves pain and suffering, God took action. "Go to, let us go down, and there confound their language, that they may not understand one another's speech." (Genesis 11:7)



By disrupting their speech, the Creator was able to slow down more than just their progress on the tower. It effectively split up their entire society.

"So the Lord scattered them abroad from thence upon the face of all the earth: and they left off to build the city." (Genesis 11:8) Common language is a key element in commerce, relationships and every other important aspect of life. Without that common ground, their common society couldn't function.

We may wonder what the big deal was in this event. What kind of problem could a tower possibly be? There was never any chance that it could actually reach heaven, so what was God's big worry? With wrongdoing, it is seldom the actual deed that is the big problem; it's the attitude that is troubling. These people were arrogant, believing themselves to be creators and denying the power of the Creator. We don't have to look far to see similar arrogance in the modern world.

If we look back only 70 years, we can see evidence of terrible arrogance that led to devastating destruction. Nazi Germany's fascination with creating and sustaining a master race led them to horrendous experiments in the guise of science. Few would consider their actions appropriate or scientific. The arrogance of the Nazis destroyed millions of people. The people of Babel were on this same kind of path; believing that there were no boundaries on what they could do.

Arrogance is our way of telling our Creator, "I don't need you and I don't have to answer to you." We put ourselves on the throne and we suffer for it. God confounded the language of these early people to try and spare them the consequences of their behaviour. It certainly must have been a wake up call to them, proving that they were not gods. By dividing them, God reminded them who they were and Who He is.

Similarly, God gives us wake up calls when our arrogance gets out of hand. If we look closely at our lives, we can see times when we have been slapped off of our own pedestals and reminded that we weren't 'all that'. Sometimes it takes a big slap before we get the message and that can be very painful. We're better off keeping a check on our attitude and being on the look out for signs of bricklaying in our own backyard. Once we get started on a tower of Babel it's easy to get carried away with the project and forget that we're not the master builders we believe we are.

The city of Babel was, like Cain's city of Enoch, a focal point of

arrogance, selfishness and earthly ambition, where the Creator was shut out of their thinking.

### 3. City of Sodom

Likewise with Sodom. "The men of Sodom were exceedingly wicked and sinful against the Lord" (Genesis 13:13). The people of Sodom had 'gay rights'. Homosexuality was unrestrained in Sodom (Genesis 19:4,5). They declared their sin. They did not hide it (Isaiah 3:9).

Before God destroyed Sodom, the Dead Sea region was a fertile plain (Genesis 13:10). Because their sin was very grave (Genesis 18:20) the Lord rained sulphur and fire on Sodom and Gomorrah and the surrounding plain, destroying the cities, the inhabitants and all vegetation (Genesis 19:24,25).

I have explored the ruins a number of times... even slept on the ashes. My teams have collected the once-burning sulphur balls, of which millions pepper the ruins. In lectures, I have burned these before thousands of people. The evidence of the fiery destruction can be seen, touched, and even smelled. Yes, the event really did occur.

The Genesis record tells us of visitors who came to Sodom and urged a right-living family to get out of the city fast – because it was about to be incinerated.

“And the men said unto Lot, Hast thou here any besides? son in law, and thy sons, and thy daughters, and whatsoever thou hast in the city, **bring them out of this place**: For we will destroy this place, because the cry of them is waxen great before the face of the Lord; and the Lord hath sent us to destroy it.

“And Lot went out, and spake unto his sons in law, which married his daughters, and said, **Up, get you out of this place**; for the Lord will destroy this city. But he seemed as one that mocked unto his sons in law.

“And when the morning arose, then the angels hastened Lot, saying, Arise, take thy wife, and thy two daughters, which are here; lest thou be consumed in the iniquity of the city.

“And while he lingered, the men laid hold upon his hand, and upon the hand of his wife, and upon the hand of his two daughters; the Lord being

merciful unto him: and they brought him forth, and set him without the city.

“And it came to pass, when they had brought them forth abroad, that he said, Escape for thy life; look not behind thee, neither stay thou in all the plain; escape to the mountain, lest thou be consumed.” (Genesis 19:12-17)

Sodom and its surroundings became a land of sulphur, salt and burning. "It is not sown, nor does it bear, nor does any grass grow there" (Deuteronomy 29:23). It was "overrun with weeds and salt pits, and a perpetual desolation" (Zephaniah 2:9). Sodom and Gomorrah and the cities around them "having given themselves over to sexual immorality and gone after strange flesh, are set forth as an example, suffering the vengeance of eternal fire" (Jude 7).

God explained why He destroyed Sodom: "Look, this was the iniquity of your sister Sodom: She and her daughter had pride, fullness of food, and abundance of idleness; neither did she strengthen the hand of the poor and needy. And they were haughty and committed abomination before me; therefore I took them away as I saw fit." (Ezekiel 16:49,50)

## **Today's cities**

Let's face it. For all their advantages, today's cities are becoming more dangerous by the year. And soon – very soon – heart-rending calamity is to fall upon the major cities.

It is estimated that 75 percent of the world's population now lives in urban areas. So the tips you are about to read will very likely apply to you or to someone whom you know and can advise.

Please be ready. It is coming... CATASTROPHE is coming to the big cities. So get prepared as quickly as possible for disruptions to the distribution network.

We spoke of community gardens. But if you are living in a large city/urban area, you should really be planning to move out. What follows may alarm you. I do hope so, if it can help stir you or someone you love to action.

Do you know, there is only three days' worth of food on the shelves of the supermarkets in the average American city? The same goes for the countries of the West as a whole.

Thanks to "just in time" inventory practices; America, which is typical of many Western countries, has an average of just three days of food on its shelves. Inventories are kept extremely well managed and "tight", thanks to the amazing efficiency of modern transportation and manufacturing systems.

But what happens when the system breaks down and the food distribution system gets disrupted?

For the answer, you really only need to think of the Katrina television coverage of a few years ago... pictures of bare shelves and desperate brawls as folks argued and even fought over the remaining scraps.

Now imagine a disruption in the system that lasts not a few months... but one that could affect our food supply for years to come.

## **Only two hours to get out**

According to a number of sources believed to be reliable, Pentagon wives are being told that soon something big is going to happen and when it does, they will have only two hours to get out of the cities. Why? Because the cities are going to be shut down and no one will be able to get in or out. (<<http://www.youtube.com/watch?v=7WK7LXVfpFE>> *GEAB*, a financial newsletter from Europe, tells us the same.)

If a portion of your family is at their place of employment when disaster strikes, and the children are at school and one or two are at home, it is likely that the children could be hustled away to some emergency spot, and that there will be no time for you all to get together. Think about that.

If you live in a big city, it is time to start arranging to move out soon – while you still can, but if you absolutely can't, at least have your car packed with what you need so that when this major something happens, that you too can flee fast, because you won't have time to pack.

Here are some final hints on when and how to escape the city.

- Stay in fellowship with like minded friends. Establish your own emergency notification network.
- Have a “go bag” with clothes, tent, and essentials.
- When the power goes down in the city, including the loss of telephones, AM/FM radio stations, and/or local television stations, it means that the power is intentionally being shut-off. (You can know this because telephones, radio stations, and television stations have back-up power.) If the power is being shut-off, it means that the city is in an emergency condition. It means that you must leave immediately before the perimeter is established by civil and military authority. It may mean that martial law has been imposed.

When the infrastructure fails, cities will become dangerous. People in cities will riot and go chaotic. People will hurt other people. If you are still in the city there may be no way out – and no way for anyone to come to your aid. If gasoline is not available, cars will be useless.

You need to be gone, but where will you go? This is where preparation provides an answer. Wherever it is, it must be at the very least 10 to 15 miles outside of a major city and not where everyone else wants to go.

Why not move to a smaller one? Or better still, right out into the country. Have a garden and grow as much of your own food as possible.

## **Govt. is hoarding – but not for you**

Last summer, an *ABC News* report said "there are worrying signs appearing in the United States where some ... locals are beginning to hoard supplies." The report said some suppliers were concerned the US government might be competing with consumers for stocks of storable food.

Spokesman Bruce Hopkins of Best Prices Storable Foods told WND his company was having trouble obtaining No.10 cans and other storable foodstuffs, in part, because the federal government was purchasing such large amounts.

"We don't know why," Hopkins said. "The feds then went to freeze dried companies and bought most of their canned stock."

The wife of a soldier currently serving in Iraq was called by their base commander and told to go to a certain place at the base where she was given 100 pound sacks of rice, beans, and enough food for several months.

She told them, "I cannot carry that much and I do not need that much."

The captain replied, "You will need this and don't tell the civilians about this. The Army always takes care of its own."

The federal government, for itself, has millions of tons of preserved foods stashed away in underground storages, but this food is not for the masses, unless they surrender their firearms (and accept the soon-coming Mark of the Beast).

Some of your neighbours may be quietly preparing. Are you?

In Australia, the *Sydney Morning Herald* reports the story of Tony, a 44-year-old stockbroker who lives in a Sydney suburb with his wife and three children. Tony has been stockpiling supplies including rice, multivitamins, peanut butter, honey, soap and toilet paper.

Simon Beer, who operates a survivalist website in Australia, told the newspaper he has seen a surge in interest lately.

"Climate change, peak oil, the economic situation," Beer told the *Herald*, "people are seeing we're headed for catastrophic changes."

In Canada, the *Toronto Star* reports the story of Paul, a man in his mid-50s who only three years ago became alarmed over the possibility of fuel shortage and began a plan to prepare for survival should the worst happen.

"When cars stop running? And grocery stores go bare? What do you think is going to happen?" Paul asked the *Star*. "It's mind boggling once you grasp it."

The best you can do for yourself and your family, if you are living in a large city, is to relocate.

## When it happened before

We have an historic precedent for such wise action. In the New Testament is recorded a prophecy made by Jesus in AD 31. He told his followers that in their own lifetime Jerusalem would be destroyed by armies. And he foretold a specific sign that would indicate when this was about to occur. “WHEN you see Jerusalem SURROUNDED BY ARMIES, you will know that its desolation is near.” (Luke 21:20) And he warned, “then get out quickly.”

But, you might wonder, why would the Romans want to attack Jerusalem? Wasn't it already part of the Roman Empire? Didn't they already have jurisdiction over it? So why would they ever want to besiege the city?

And for that matter, how could anyone ever leave the city once it was surrounded by armies?

On the surface, this advice he gave might seem just a little senseless - especially since Rome had treated the Jews leniently. They lived by their own religious law, were exempt from military service, and even retained puppet kings, the Herods.

However, some thirty years went by. And the Roman officials became more grasping. Crushed by taxation, the Jews turned to the Zealots — the fanatical leaders to whom Rome was a foe to be rooted out with the sword.

Then, in 65 AD, the Roman agent Floris did something that really upset the Jews. And they revolted. Led by John of Giscala, a rich merchant of Galilee, and Simon bar Gioras, the Jews rose in mass revolt. Roman garrisons were surprised and cut to pieces. Jerusalem itself was seized by these Jewish fighters and fortified.

Cestius Gallus, Roman legate of Syria, took command of Judea and in the autumn of 66 marched against Jerusalem, surrounding it with his troops.

If it had not been for the Jewish rebellion that year, the Romans would have had no reason to besiege Jerusalem. But Jesus foretold it. "When armies surround Jerusalem," he said, "then flee."

Pagan banners betokening the presence of Gentile arms not only appeared

near and around the city, but were eventually in the “holy place”. They also fought about the temple — attempting in vain to enter.

It was the signal for those who believed the warning. But how could they flee? The attackers encircled the city! And the furious war party in the city, the Zealots, would have prevented any attempted flight.

Cestius’ Roman troops were so successful that the Jews were ABOUT TO SURRENDER. Encouraged by a promise of the loyalist party in Jerusalem to open the gates for him, Cestius gathered his troops to a strong assault. He penetrated as far as the northern wall of the Temple.

THEN AN ASTOUNDING THING HAPPENED.

Suddenly he withdrew from the city, "without any reason in the world." (Flavius Josephus, *Wars of the Jews*, Bk. 2, ch.19, sect.3)

The Christians knew the reason.

As the Zealots opened the gates and set out in pursuit of the retiring Romans, the watchful believers knew their moment had come.

Latching on to Jesus’ warning of 35 years earlier, every Christian fled out through the open gates at the proper time.

They fled to Pella, in the foothills of a mountain range across the Jordan River, a place completely separated from Judea by the Jordan Valley.

“Prior to Jerusalem’s siege by Titus (in 70 CE),” *Encyclopedia Judaica* states, "its Christian community moved to Pella."

"It is hard to account for this escape if [Jesus’] prophecy was written after the event," states G. A. Williamson in his introduction to Josephus’ *The Jewish War*.

Not one Christian perished in the subsequent destruction of Jerusalem. They had been watching for the sign — and they followed Jesus’ instructions.

The prophecy was spot on!

Jesus had predicted that the flight out of the city would require such haste



that the man on the housetop or in his garden should not try to gather any extra clothing.

As events proved, such haste was necessary. Time was of the essence. To postpone flight would entail great danger. The Roman armies soon returned. The temporary respite was the last opportunity the Christians had to escape.

As the Romans devastated one town of Judea after another, people fled when possible to Jerusalem, swelling the numbers there to be fed and kept in order. This continued, since united action from Jerusalem appeared to be the safeguard. During a comparative lull in the storm, thousands more people poured in.

The moment the Zealots returned, the gates were closed and desperate preparations were begun for the next encounter. No Christian would have escaped then.

Before long, the invading Romans returned to the siege. Fearful scenes of famine and bloodshed were to follow, until Jerusalem was laid waste.

But — and note this point — history records that, of those who heeded Jesus' words to get out of the city, **NOT ONE OF THEM PERISHED.**

## **Practical advice for today**

Escaping will be hard for many. This will be the decision point for those who are taken captive. Some will not leave their homes and communities when the time comes to escape.

Jesus spoke very specifically about this in the following:

“Therefore when you see the abomination of desolation which was spoken of through Daniel the prophet, standing in the holy place (let the reader understand), then let those who are in Judea flee to the mountains; let him who is on the housetop not go down to get the things out that are in his house; and let him who is in the field not turn back to get his cloak. But woe to those who are with child and to those who nurse babes in those days!” (Matthew 24:15-21)

This passage, while addressed specifically to those in Judea in Israel at the start of the first century Roman siege, contains a clear warning for the end times as well, as to the manner that we are to flee.

When it is time to escape, it is time to escape. We are not to be making preparation, getting a few things together, going back to our house. Anything that hinders the escape, such as caring for children, or the weather, we are warned to avoid. Fleeing and escaping is a very serious matter. This requires serious preparation. The best time to escape is before things get out of control.

There lies the problem, knowing when to go. That means being on watch, being sober, and paying attention. But most of all it means making the decision to escape before the need. Jesus has given a general warning about escaping for all peoples and in all places.

He also recommends that we “remember Lot's wife.” (Luke 17:32)

Lot's wife did not want to leave Sodom at the time of judgment. Whether it was her family, or her friends, or just her stuff, she turned back and died. When it comes time to escape from your home and community, you will be tempted very seriously to get one more thing, speak to one more person, or to simply hesitate.

## **It's time now to leave the big cities**

If you didn't already know it, the big cities are finished. Had we said this a few years ago, we would have been laughed to scorn. But today it is the leaders of nations who are saying this.

There are industrial leaders, business men and economists who are becoming increasingly aware of the necessity of moving out of the heavily congested areas into a more favourable environment.

The major cities will be the first to feel the hand of oppression. They will suffer most.

Many city dwellers who read this will stay put, waiting until trouble actually breaks. But it will be extremely difficult for you to leave the large cities at that time. How easy do you think it will be to relocate then, or to sell your further-depreciated property?

Soon there will be such strife and confusion in the cities, that those who wish to leave them will not be able.

Many people are not going to get out in time, and will sadly suffer just as did so many of the Jews at the destruction of Jerusalem in AD 70.

Wouldn't it be wise to make preparations now for what is coming and consider a place in the country, while you still can?

## **72 hour emergency pack**

While you are thinking about that, why not start gathering food, fuel and other necessities? Prepare a 72 hour pack to keep always in your vehicle.

Yes, now is the time to PREPARE, PREPARE, PREPARE.

## Chapter 7

### COUNTRY QUALITY LIVING

In the region where I live are numerous tall mountains and valleys covered in thick rain forest. Sometimes hikers get lost, and search and rescue personnel are called upon to find them. Most times they are successful, but occasionally a tramper or climber has failed to take precautions and does not survive.

It is shelter that needs to be prepared first. You need shelter first, then water, then food. In that order.

A man can die in two hours from exposure, two days without water, or in two weeks without food.

Sun stroke and hypothermia are life threatening scenarios. Dehydration is simply no fun and will make you very ill. However, losing a little weight will improve your figure and raise your self esteem. These priorities must be honoured in any preparation plan.

You may be required to deal with hunger, thirst, and a very hot sun. At the very least, think about taking with you a tent.

When you flee, have your tent already in the car or ready to go. Better yet, have a place already in mind that you can flee to. It needs to be reachable within an hour or two and be out of the city.

If you already live outside the city, then consider the reality of many who believe as you do, coming to you because they have made no preparation.

Where best should one locate to survive the crisis?

#### **The Genesis ideal:**

##### **(a) a non-urban environment**

Again, the book of Genesis provides for us the clues to both survival and to the highest quality of life – country living.

The Creator's choice of environment for our first parents was natural country living. And mankind's first occupation was gardening – getting his hands into the fresh earth..

“And the Lord God planted a garden eastward in Eden; and there he put the man whom he had formed. And out of the ground made the Lord God to grow every tree that is pleasant to the sight, and good for food.... And the Lord God took the man, and put him into the garden of Eden to dress it and to keep it.” (Genesis 2:8-9,15)

“While the earth remaineth, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease.”(Genesis 8:22)

There you have it. That is the ideal environment for which we were designed and created.

The home of our first parents was to be a pattern for future homes as their children should go forth to occupy the earth. That home, beautified by the hand of the Creator Himself, was not a gorgeous palace. Men, in their pride, delight in magnificent and costly structures and glory in the works of their own hands; but God placed Adam in a garden.

This outdoor garden setting was man's first home.

The blue heavens were its dome; the earth, with its delicate flowers and carpet of living green, was its floor; and the leafy branches of the goodly trees were its canopy. Its walls were hung with the most magnificent adornings - colourful blossoms hanging down from the green-dressed branches. These were the handiwork of the great Master Artist.

In the surroundings given to first parents was a lesson for all time - that true happiness is found, not in the indulgence of pride and luxury, but in communion with one's Creator through His created works. If we would give less attention to the artificial, and would cultivate greater simplicity, we would come far nearer to answering the need of our hearts for true peace, joy and fulfilment for which we were created.

Pride and ambition are never satisfied, but those who are truly wise will find substantial and elevating pleasure in the sources of enjoyment that our Creator has placed within the reach of all.

To the first man and woman was committed the care of a garden, "to dress it and to keep it." Their occupation was not wearisome, but pleasant and invigorating. Labour was intended to be as a blessing to man, to

occupy his mind, to strengthen his body, and to develop his faculties. In mental and physical activity the father of the human race found one of the highest pleasures of his existence.

Aren't we missing something today?

## **Advantages of living in the country**

Let's weigh it all up.

### ***CITY LIFE***

**Advantages:** everything is close/convenient, you have close neighbours

**Disadvantages:** noise, pollution and fumes, traffic, crime, crammed like sardines into a small living area.

### ***COUNTRY LIFE***

**Advantages:** wide open spaces, not crammed against neighbours, you can do what you want to, quiet, no traffic, no pollution, safer with low to no crime rate, close community relationships, more stress free.

**Disadvantages:** man-made attractions are not as convenient, neighbours are further away, it takes longer for emergency services to show up.

When you weigh it all, country living does offer the highest quality of life.

To clinch it, research has confirmed that, all else being equal, people who live in the country, on average live two years longer.

And may I remind you that soon the problem of buying and selling will be a very serious one. In rural districts, where the houses are not crowded closely together, you will more easily be free from the interference of enemies.

How much better to be where you can raise your fruit and vegetables, and where your children can be brought in direct contact with the works of God in nature!

## **Get a safe haven location**

If things get bad enough, major cities and densely populated areas will experience civil unrest on a scale we have never seen. Look at the scenario painted by Gerald Celente, who suggests that within the next four years, America (and, may I add, the world at large) will see food riots, tax revolts, job marches, and millions of homeless. Or, consider the social anarchy that took place in the wake of Hurricane Katrina.

It doesn't take much to set off unrest. And what good is our money going to do us if we don't have a safe place to live until civil order can be restored?

You may want to consider purchasing a small cabin in the mountains or a retreat area with like-minded people. You may have relatives who already have such a place. Think through this issue and get ready ahead of time.

Consider buying or having a safe haven place at least two hours away from a major city.

Two friends have revealed that they both have mortgages they will not be able to pay off - which means they will lose their homes in the coming economic collapse. (This is what happened during the Great Depression.)

The advice for them was to buy a used RV (motor home) as soon as possible, and have it stocked and ready to go. Pray and ask God to show you where He wants you to go and when He wants you to leave. You need to have a plan.

Find like-minded people. For example, if one is a Christian, the ideal is to find a Christian friend who lives in the country who owns their property free and clear, and who will let you park your RV.

If you can't afford an RV, get a tent or find a friend who will let you move in with them. Eventually, you may have to flee even your home in the country. Have a small pack ready for that time with essentials.

## **The Genesis ideal: (b) locate near water**

The book of Genesis once again furnishes us with the ideal location – one which is close to a natural water supply.

“And a river went out of Eden to water the garden; and from thence it was parted, and became into four heads. (Genesis 2:10)

I’m going to talk now about water. After a place to live, water is the second priority in surviving. You will need lots of water. You must drink a lot of water in the heat to avoid dehydration. You will need water for cooking. You will need water for bathing and sanitation. This requires serious preparation, especially if you must escape from your primary residence in a city. If you are preparing a place out of the city, water should be considered heavily in your preparation.

There are huge stretches of countryside that lack a reliable water supply. This you should consider important. To survive, you will need water.

Streams, lakes, and rivers will attract others. You should be more concerned with wells, rain water cisterns, and storage containers.

## **Essential for your health**

Did you know that 78 percent of your body is water? Take a man who weighs 100 pounds and remove all the water from his body so as to leave only the actual dry material of his body, and he will be reduced in weight to 22 pounds!

Your body, if you are of average adult size, contains almost 50 litres (110 pints) of water! Even your bones are 30 percent to 40 percent water!

Have you ever wondered why so many of us are sick?

Most people do not realise that they are living in a permanent state of dehydration. They are de-hydrated and don't even realise it. We are not drinking anywhere near the amount of water we should be drinking.

Thus we have breakdown of our health, in many ways. Queensland, Australia, has the highest rate of kidney disease anywhere in the world.



All due to lack of water intake, coupled with drinking too much alcohol, coffee, and coke (all diuretics).

Most of us need to drink many times the amount of water we have been, rather than tea or coffee – which actually dehydrate the body.

Our bodies are giving off moisture all the time, 24 hours a day. When we go to the toilet, when we perspire, even when we breathe! To prove this, just breathe out onto a mirror, and watch the condensation take place immediately. This water came out with our breath! This is happening with our every breath!

Did you know that nearly two billion people do not have access to clean potable water?

In my travels around the world, there isn't a day that goes by when I don't see people suffering from the lack of clean water.

More than a third of the world's population — about 2 billion people — live in countries where consumption of drinking water exceeds available supplies. Take, for example, Asia ...

China's available water supplies are estimated to support 650 million people, only half of its 1.3 billion population. Of China's 660 cities, 400 face serious water shortages.

Thailand and Malaysia: Rivers carry 30 to 100 times more pathogens, heavy metals, and industrial poisons than the government supposedly allows. Water-related diseases are rampant.

India receives 90 percent of its annual rainfall during the summer monsoons, from June to September. The rest of the year is basically bone-dry, with hardly a drop of rain.

In Karachi, Pakistan, poorly-maintained sewage treatment plants with clogged pipes can barely manage to operate at 15 percent of their design capacity. Most of the sewage leaks out into the soil and contaminates the city's drinking water wells, causing sickness and death.

In the Middle East, Jordan, Israel, and Saudi Arabia all suffer chronic water shortages. They are forced to import as much as 91 percent of their fresh water needs from other countries.

Dams in Turkey and irrigation in Syria have reduced Iraq's water supply from the Tigris and Euphrates rivers by one third. The problem has been aggravated by poor infrastructure and insurgent terrorism.

In Basra, the poorest people drink green, putrid water from stagnant irrigation canals used by the city's two million people for washing.



*Africa, where nearly two-thirds of the population live in rural areas, lacks an adequate water supply.*

In Africa, 20 million people in six countries depend on drinking water from Lake Chad, an aquifer that has shrunk 95 percent in the past 38 years. According to the African Development Bank, nearly two thirds of Africans who live in rural areas lack an adequate water supply.

In Mexico, 90 percent of the land is high and dry, and the per capita water supplies are 3,470 cubic meters, less than half of the world average.

Mexico City is sinking at the rate of nine centimetres per year because so much water is being sucked out from under it.

In Lima, Peru, the majority of potable water comes from the melting Andean glaciers. But these have lost 22 percent of their mass in the last three decades and this has already reduced the water supply by 12 percent. What is more, the fast-melting of the Andean glaciers threatens to deprive 40 million people of water by 2020.

In Europe, more than 90 percent of the rivers have high nitrate concentrations, as much as 200 times more than in unpolluted rivers.

And in the United States groundwater is being used up at a rate 25 percent faster than it is being replenished.

A decade-long drought has parched the western United States, threatening drinking water supplies for major cities and irrigation for food production. US Geological Survey scientists say that the Western US is experiencing its worst drought in 500 years.

Nick Hodge, editor of *Green Chip Review* and *Alternative Energy Speculator*, reports:

“I went to the dentist this morning for a regular cleaning and found myself in a conversation with one of the hygienists.

“We were making small talk about our families and interests, and she eventually told me about a cousin of hers who recently bought a lake house in Tennessee.

“I learned her cousin bought the beautiful home on the shores of Lake Douglas early last year. ‘Great investment,’ she said, ‘got a great price.’

“The only problem: no water.

“That's right. What was a waterfront lake home early last year, complete with front yard dock access, now has wide sandy beach where water once lapped against their dock pilings.

“Now this came as no surprise to me. . . I've been writing about water issues for some time now and have cashed out numerous winners in the water sector.

“But you should've seen the surprise on the hygienist's face as she told me about it, almost angry— describing how they couldn't even put their boat in last year.

“She was even more shocked as I went on to tell her about the serious drought issues in the Southeast — they're so bad Georgia and Tennessee are doing legal battle over their border to decide who gets access to freshwater contained in the Nickajack Reservoir.”

Here's recent photo of Lake Douglas that illustrates the severity of the issue (If you look closely, you can see where the waterline should be on the cliffs in the distance):



It makes sense that if you move to the country, you would choose a property close to a natural water supply. However, if that is not possible, how will you ensure for yourself and your family an adequate, reliable supply of clean water?

## **Filtration system**

You may very well need to have a good filtration system. Try to stick to the white ceramic filters rather than the "black ones". Evidently, the white ones can be much easier to clean and will thus last longer than the black ones.

## Drinking water extracted from air

Well, here is a great way to avoid having to cart large amounts of water on your back, from the nearest water source. (Remember, you may not be able to use any motor vehicle.)

Did you know that you can get your water from the ambient air? Yes, you can! And this will eliminate your need for “hauling”. Very important!.

Here is what you will need.

*Firstly, a generator*, to provide you with electricity. Just in case the mainstream power supply fails.

Note also, that your generator should have the capability to run on propane as well as on gasoline. Propane will store indefinitely. It is also less likely to be destroyed by devastation around you. Propane tanks are very sturdy. They can also be stored underground safely.

*Secondly, a dehumidifier*. If you have the capability of utilising electricity, you can extract purified distilled water from the air. This is where you will use a dehumidifier.

It is better to purchase a 5 gallon per day dehumidifier, rather than a 9 gallon per day unit. The reason: your ability to generate enough ELECTRICITY.

You can always shut it off when you need a drink, then restart it. Also, you should consider how many people will need to be using it.

Remember, when commercial power goes dead, you will have only a precious limited supply of electric power from your electric generator or battery-powered inverter. This means that a larger, 9 gallon dehumidifier may not operate.

Firstly, because its power demand is greater than the power supplied by your generator or your inverter.

Secondly, even if you buy a high powered generator or inverter, your fuel source (natural gas, propane gas, solar-to-battery, wind-to-battery, and so on) will be quite limited. This means that your dehumidifier cannot be powered for long enough periods to produce enough water, whereas your

little 340 watt dehumidifier will more protractedly produce the water you will need to survive.

Just think about it. The 9 gallon dehumidifier is going to require nearly twice as much electricity as the 5 gallon dehumidifier. When your inverter battery voltage is depleted down to 10 volts, the inverter automatically shuts off, and you are stumped before you can squeeze out that 9 gallons.

The smaller the electrical load you place upon your generator or inverter, the longer you can produce the 4 or 5 gallons of water per day necessary to sustain life for the average sized family. So go for the more reliable 4 or 5 gallons per day that will keep you alive.

A friend has designed his installation so as to use a very small generator to keep his batteries charged, so that the inverter never runs down low enough to shut off the power supply. One can use the generator to directly run the inverter, or the humidifier itself. This gives you multiple options.

Bear in mind that as the temperature of the ambient air drops, it will take the dehumidifier longer to fill its tank.

## Chapter 8

### WATER: LIQUID LIFE

In 1979, after the revolutionary government took over Iran, various people were rounded up for execution. Dr Fereydoon Batmanghelidj was one of these. He was thrown into prison to await sentence.

Late one night, a fellow prisoner was brought to him, suffering severe pain in the abdomen. After examining him, the doctor decided that the cause was an ulcer.

However, with no medicine available at the prison, the doctor was at wit's end as to how to treat his patient. Suddenly a thought came to him. And he advised the patient to drink two glasses of water.

To his complete surprise, within a couple of minutes the man reported that he was feeling much better. So the doctor kept giving him doses of water every 20 minutes. And within eight hours, with no medication, he was relieved of pain.

Convinced he had witnessed a miracle, the doctor began offering water to hundreds of prisoners who suffered various diseases. He continued doing this for two years. To the surprise of everyone, the diseases responded to this unusual treatment. Dr Batmanghelidj gained a reputation in the prison as a miracle doctor.

In 1982, when his case came before the court, the charges against him were so serious that the death penalty was considered to be inevitable.

The judge asked why he should not be sentenced to death. The doctor, in response, presented the results of his work in the prison.

Realising that this research and its results could save the lives of millions all over the world, the judge, while condoning the charges, ordered the doctor to be freed. Dr Batmanghelidj later escaped from Iran and went to the United States to further his medical research.

Continuing research has proven that water can not only keep you healthy, but it can cure, control and reduce all main diseases.

The time is coming when you may not have access to medical supplies. Not to worry. The following information should fulfil your need much, much better – with no unpleasant side effects.

## **The processes of life depend on water.**

You could not even use the air you breathe unless your LUNG TISSUES were constantly moist.

Evaporation of water through the skin is vital in regulating body temperature.

□ The juices which digest your food, your blood, and the elimination of waste through the kidneys, all require water.

□ Body tissues require specific amounts of water (not too much, not too little). If the amount of water varies much more than 20 percent, death follows. So you should be careful to drink a little more water than you actually need, just to be sure that your body's needs are completely provided. (The excess is quickly eliminated anyway, through the kidneys.)

## **How much water per day?**

How much water do we need? The answer is: enough pure water to keep our urine pale or clear. If your urine is a definite yellow colour you need to increase your water intake.

Some people say we need to drink 10 glasses (250ml capacity) of water daily for optimal body functioning. This figure is based on the number of glasses of water

excreted from the body during the day, as listed below:

- Lungs 2 glasses
- Urine 5 ½ glasses
- Skin 2 glasses
- Bowel ½ glasses

Total 10 glasses



It is important to drink more water in warm weather. If you exercise vigorously in warm weather, you may lose as much as 9 litres (20 pints) of water a day in perspiration!

We do get some water from our food, about 3 glasses a day, and 1½ glasses of water are produced through the processes in our bodies.

So using this theory, the bare minimum number of glasses to drink each day is 5½. But this isn't the best. If you want optimum functioning of body organs, drink six to eight glasses a day.

If you drink water only when you are thirsty - you are already dehydrated.

Drink water on an empty stomach. It is an excellent idea to drink copious amounts of water (three or four glasses) immediately after waking up every morning. We need to train ourselves to drink water throughout the day, even if we are not thirsty. It is just a matter of developing self-discipline.

## **Water: pure, and contaminated**

Many think that clear water flowing in an open stream is pure. This is not always true. Water may be polluted by germs or poisons and still look clear. People camping by a stream may innocently pollute the water so that it carries disease-producing germs. Animals often contaminate streams. After a flood, water may be contaminated.

The water must be pure and clean to be effective. If it has more impurities in it than your body, drinking it would be detrimental.

Some people are fortunate to have clean spring water from the mountains to drink, but many others are subjected to "city water". Usually, city water supplies have undergone processing in the city plants, where chemicals and additives are put into the water.

Often it is better to buy a reverse osmosis filter for consumable water or buy distilled water than to drink the "city water" in certain areas.

## **Is it WATER or just LIQUID that we need?**

You may say that you drink plenty of soft drinks and coffee, isn't that good enough?

Water in its pure state makes no changes when taken into the body. It goes in, does its job, and is eliminated, all in the same state.

This is not true of other drinks. Water taken in the form of colas and soft drinks, or coffee and tea, must first be filtered by the kidneys before it can be utilised in the body. This taxes the kidneys and concentrates the urine; the waste stagnates, paving the way for disease. Further, there are many chemicals in these drinks, which place a burden on the whole internal digestive system.

Even as delicious as fruit juices are, and as good as they might be for you, they should be taken in moderation, since they are very concentrated fruit (some being high in sugar), and are taxing on the kidneys.

There is just no substitute for pure, soft water.

Think about it: Would you wash your clothes in beer, sodas, coffee or even in fruit juice? Shouldn't you be much more concerned about the cleanliness of your body than of the laundering of your clothes?

Water is not supposed to taste like juice, or coffee or tea. Water is water, and is usually refreshing and rejuvenating (assuming it is clean).

A little lemon or mint in a pitcher of cool water makes normal tap water quite pleasant to drink.

## **Compare water and coke**

Here are some facts you should find interesting:

### ***WATER***

- 75 percent of Westerners are chronically dehydrated (and perhaps half the world population).
- In 37 percent, the thirst mechanism is so weak that it is mistaken for hunger.

- One glass of water will shut down midnight hunger pangs.
- Lack of water is the No. 1 trigger of daytime fatigue.
- Eight to ten glasses of water a day could significantly ease back and joint pain for up to 80 percent of sufferers.
- A mere 2 percent drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45 percent, and also slash the risk of breast cancer by 79 percent. Also one is 50 percent less likely to develop bladder cancer. Are you drinking the amount of water you should drink every day?

### ***COKE***

- In many USA states the highway patrol carries 2 gallons of Coke in the boot (trunk) to remove blood from the highway after a car accident.
- To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the 'real thing' sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china .
- To remove rust spots from chrome car bumpers: rub the bumper with a crumpled-up piece of aluminium foil dipped in Coca-Cola.
- To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
- To loosen a rusted bolt: Apply a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
- To remove grease from clothes: Empty a can of Coke into the load of greasy clothes, add detergent, and run through a regular cycle. Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield.
- The active ingredient in Coke is phosphoric acid. It will dissolve a nail in about four days. It also leaches calcium from bones. Coke is a major contributor to the increase of osteoporosis.
- To carry Coca-Cola syrup (the concentrate), the commercial trucks must use a “Hazardous Material” place card reserved for highly corrosive materials.
- The distributors of Coke have been using it to clean engines of the trucks for 20 years!

Now the question is, would you like a glass of water? ...or Coke?

## **One reason you sometimes feel “hungry”**

I shall throw this in again, for what it is worth. Often, when we think we are feeling hunger pangs, it is only water that the body is crying out for. The body is not really hungry, at all. It is just thirsty. Just try it. Drink a glass or two and just see how your “hunger” vanishes!

## **Is it all right to drink water with meals?**

It is nice to have a cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and can lead to cancer.

It is better to drink hot (but not very hot) soup or warm water a little while after a meal.

It should be noted that it is all right to drink a little while before or after a meal, but at meal time too much drinking of any sort should be avoided. Especially drinks which are very hot or very cold.

Water drunk with meals diminishes the flow of the salivary glands. (And the colder the water, the greater injury to the stomach.)

## **To improve health and alleviate disease**

Next time you are having trouble concentrating, sip at a large glass of water - not too cold, not too hot. You will soon feel refreshed and revitalised, just as a withered pot plant begins to revive again once watered.

When students have been encouraged to drink water frequently, teachers have found behaviour improves and learning and work levels increase.

Patients in geriatric and psychiatric hospitals have also improved dramatically when encouraged to frequently drink water. The patients' memories improved and they were calmer and more co-operative.

People who drink too little water can suffer from ailments as serious as kidney disease and circulatory diseases, and as annoying as constipation, headaches, fatigue, arthritis, colds and nausea.

In times of illness, a good intake of water aids a quicker recovery. People suffering from colds, fever, infections and viruses will be greatly helped by increasing the water intake.

The following information came in from some very successful doctor friends. They reported HAY FEVER AND ALLERGIES being cured by simple, pure water.

They suggested that if something is making you sneeze your head off, to go and drink a large quantity of water. Lack of water in your system causes a build-up of histamines. This causes you to sneeze.

If you go to the average doctor or chemist, they will not tell you this, because (a) they probably don't know and (b) even if they did, they don't make any money out of people by telling them all to go home and drink large quantities of water to reduce the histamines in their system!

Big Pharma would not like it! You must go and buy "anti-histamine tablets." Forty dollars later, you are still sneezing your head off!

WATER is the best anti-histamine there is. The only one in fact! Drink plenty of it, first thing in the morning, then many times during each day of your life. Even if you are well. Do it anyway. And stay well, longer.

. You can use water to:

- Prevent and reverse premature ageing.
- Eliminate pains including heartburn, back pain, arthritis, colitis pain, anginal pain, migraine headaches.
- Cure asthma in a few days, naturally and forever.
- Cure hypertension without diuretics or other medication.
- Lose weight effortlessly, without strict dieting.

A Japanese medical society has found water treatment to be 100 percent successful in the treatment of the following diseases:

\* headache

- \* body ache
- \* heart system
- \* arthritis
- \* fast heart beat,
- \* epilepsy
- \* excess fatness
- \* bronchitis
- \* asthma
- \* TB
- \* meningitis
- \* kidney and urinary diseases
- \* vomiting
- \* gastritis
- \* diarrhea
- \* piles
- \* diabetes
- \* constipation
- \* all eye diseases
- \* womb
- \* cancer
- \* menstrual disorders
- \* ear, nose, and throat diseases.

### ***HOW TO DO IT***

1. As you wake up in the morning before doing anything else, drink 4 x 160ml glasses of water.
2. Then do not eat or drink anything for 45 minutes.
3. After 45 minutes you may eat and drink as normal.
4. After breakfast, lunch and dinner do not eat or drink anything for 2 hours.
5. Those who are old or sick and are unable to drink 4 glasses of water at the beginning may commence by taking a little water and gradually increasing it to 4 glasses per day.
6. The above procedure will cure diseases. And, of course, others who are healthy can continue to enjoy their healthy life.

The following list gives the number of days of treatment required to either cure, control or reduce common diseases:

1. High Blood Pressure - 30 days
2. Gastric - 10 days

3. Diabetes - 30 days
4. Constipation - 10 days
5. Cancer - 180 days
6. TB - 90 days
7. Arthritis patients should follow the above treatment only for 3 days in the 1st week, then daily from 2nd week onwards.

This procedure has no side effects, however at the commencement of treatment you may have to urinate a few times.

Of course, once you are well, it is better to continue and make this a routine procedure in your life.

## Bathing

Water on the outside of the body, as in bathing, has untold value. Look what it can do:

□□□□□□□□□□ It frees the skin from the accumulation of impurities, thus letting it breathe.

□□□□□□□□□□ It equalises the circulation of the blood throughout the body.

□□□□□□□□□□ It fortifies against cold limbs (thanks to improved blood circulation).

□□□□□□□□□□ It makes perspiration more free and easy.

□□□□□□□□□□ It soothes the nerves (if the water is warm or neutral in temperature).

□□□□□□□□□□ It relieves the brain. (Before bed, or on waking in the morning, rub the body after the bath, until it is in a glow. This brings the blood to the surface, relieving the brain.)

□□□□□□□□□□ If bathing is practised, the body and mind are both invigorated, that is, made livelier.

Bathing also:

□□□□□□□□□□ Helps the bowels, stomach and liver, giving energy and new life to each.

□□□□□□□□□□ Promotes better digestion.

□□□□□□□□□□ Will relieve insomnia (inability to sleep.)

□□□□□□□□□□ Will relieve pain of sprains and injuries.

□□□□□□□□□□ Will ease hot, burning fevers in the body, in time of sickness.

When taking a hot or warm bath, or shower, it is best to finish with cool or cold water, so as to close the pores of the skin and avoid catching a chill.

Clothes should be washed regularly in water, so that a freshly-bathed body will not absorb again the waste matter that has soaked into the clothes.

In cases of fevers and sickness pains, get a towel (or even a newspaper or handkerchief). Soak alternately in hot water (applying to the body for 5 minutes), then cold water (for 2 minutes). Keep this up until the skin appears mottle-coloured. Do this as often as necessary.

Yes, water in all its forms (whether hot, cold or as steam), applied intelligently to the sick, will aid nature in its effort to restore and rebuild an unwell body and to maintain good health.



## Chapter 9

### WHAT TO STORE AND HOW

Do you remember the old story of the ant and the grasshopper? The grasshopper goes out and eats galore like there is no tomorrow while the ant stores up a little bit at a time. The ant makes it and the grasshopper goes without. The ant knew the secret; the grasshopper did not.

Says the Good Book: “Go to the ant, thou sluggard, observe her ways and be wise, which, having no chief, officer or ruler, prepares her food in the summer, and gathers her provision in the harvest.” (Proverbs 6:6-8)

In the days ahead, the world will be changed. Our countries will be changed and our cities and towns will be changed. In the days ahead, the wise will have prepared for these changes. The unwise will be wondering what happened and be in great need.

- WorldNet Daily cites strong evidence that some government agencies are stockpiling huge amounts of canned food.
- Jim Randas, former US Intelligence officer, appeared on ABC telling Americans to start stockpiling food.
- Grocery store prices are rising faster than any time in history.
- Worldwide grain stocks are dropping precipitously as bio-fuels consume inventories... and on and on and on.

#### **How to prepare yourself for the coming food shortage: store essentials**

Our ancestors were very wise, honest and full of common sense. They had cellars where they had food canned, that could last them well over a year, ensuring that they would be able to plant a crop the following summer, and still be able to survive waiting for crops to mature and harvest.

## **Put together a food supply**

The media won't touch this with a 10-foot pole, but the time of easily accessible food at cheap prices may soon be over. The supply disruptions that always attend hyper-inflationary events have the potential to cause major problems and shortages. And, at the sign of an impending disaster, grocery stores in major cities will be emptied in an hour

It is best to plan ahead by putting together a supply of items that store well for a long time, such as canned goods, freeze-dried foods, vacuum-packed food, and so on. And don't forget toiletries and other essentials... as well as prescription medicines, if you depend on them.

Check your food supplies, and if you do not have 6 months to a year's food in reserve, then you had best sell something or do whatever you have to do, to immediately prepare yourself and your loved ones for safety. Better still, if you can store *two years' supply* at this time, **DO IT AS SOON AS POSSIBLE!**

Learn to prepare and enjoy simple foods. Learn to survive without doctors, without lawyers, without police, without government handouts and interference.

What preparations have you already made? If you are like most folks, you haven't prepared enough for the things you know, let alone the things you don't know about.

## **Is storing food, hoarding?**

Some people consider stocking up on food to be 'hoarding,' imagining that this causes a shortage and price increases. Perhaps this makes them feel better about the fact that the only food they have is 2 litres of Diet Cola, a half-eaten Italian sub and a frozen burrito.

Ideally, everyone should store enough non-GMO seeds and food to last at least one year (or until you could grow and harvest your own seeds from scratch).

While you may not have land, the seeds will still hold value during a food emergency and they can be used to barter for food with those in the

opposite situation. Start learning how to grow a garden even if you have to use 5 gallon buckets.

## **Does preparation negate faith?**

Some argue that preparing anything is foolishness and shows a lack of faith. They ask, Shouldn't one just trust in God? And there are others who scorn the idea of preparing anything, as though it is an advanced form of paranoia in these modern times. And there are others who are asking serious questions about what can be done in a realistic way.

Many sense that the greatest need for preparation is spiritual instead of physical.

On this last point, I heartily agree. Give me a man who has prepared all the food, water, and shelter he will need and who loses heart. I'll give you a dead man. Give me a man with nothing physical prepared who keeps faith with God the Creator and I'll give you a survivor.

It may be helpful to recognize that there are two phases to the troubles ahead. To keep it simple, let's call these the LITTLE time of trouble and the GREAT time of trouble.

### **Preliminary time of trouble: prepare and store supplies**

We may soon find ourselves in the LITTLE time of trouble. This is when man-made laws will impose restrictions on your freedom to make decisions according to your conscience. For this soon-coming time you will need to prepare physically.

### **For ultimate time of trouble: do not store supplies**

In the GREAT time of trouble, when your life is in danger from the growing tyranny, you will need to withdraw into some wilderness area where you cannot depend on food storage to survive. But at this time you

can claim the prophetic promise that if your life is in harmony with God, your bread and water will be sure. Period.

A man who lived a life of trusting and obeying God said, “I have been young, and now am old; yet I have not seen the righteous [right-living] forsaken, nor his seed begging bread.” (Psalm 37:25)

Cooperate with Him. “Trust in the Lord with all your heart, and lean not to your own understanding. In all your ways acknowledge Him, and He shall direct your paths.” (Proverbs 3:5-6)

### **A key principle of survival: share and help others**

Give me a man who trusts the Living God, giving his life for others and I will give you a man who is delivered by God in the day of his trouble.

“How blessed is he who considers the helpless; the Lord will deliver him in a day of trouble. The Lord will protect him, and keep him alive, and he shall be called blessed upon the earth; and will not give him over to the desire of his enemies.” (Psalm 41:1-2)

You see, your preparation is not just for you. It is for others who didn't have any faith to prepare. If your faith is in God who can make edible manna appear before the dew... if your faith is in God who can divide some fish and loaves and feed thousands, then you have the advantage. Quite honestly, if you don't know this God and He does not feed you, then you and everyone you know will not make it through the Great Tribulation.

Jesus Christ has warned us all very seriously about sharing with others. He says quite clearly that if we share with the least of our brothers, then we have given it to Him. If we don't share, then we have not shared it with Him. If you are serious about God delivering you, then you had better get serious about helping to deliver others.

He offered a very key principle about survival:

“Whosoever shall seek to keep his life shall lose it, and whosoever shall lose his life shall preserve it.” (Luke 17:33)

## The Genesis survival food plan

Again, the book of Genesis offers us up-to-date advice... all the way from those early times of Noah and Joseph. The story of Noah is a good example of preparation. Noah built a survival vessel as God instructed to provide refuge, food, and deliverance from the Great Flood for both the animals and his family. The story of Joseph is another good example of using the time before the calamity to prepare for the need.

On these two occasions, two enormous disasters were about to break.

The first was the global disaster known as the Great Flood. This occurred in 2345 BC. Warned of this coming event, Noah prepared at least 13 months' supply of food storage – and very likely more. Notice:

“And take thou unto thee of all food that is eaten, and thou shalt gather it to thee; and it shall be for food for thee, and for them [food for the animal passengers, as well]. Thus did Noah; according to all that God commanded him, so did he.”(Genesis 6:21-22)

The second occasion was an imminent famine in Egypt and surrounding countries. Receiving information in a dream, Joseph advised the pharaoh:

“Behold, there come seven years of great plenty throughout all the land of Egypt:

30: And there shall arise after them seven years of famine; and all the plenty shall be forgotten in the land of Egypt; and the famine shall consume the land;

31: And the plenty shall not be known in the land by reason of that famine following; for it shall be very grievous.

32: And for that the dream was doubled unto Pharaoh twice; it is because the thing is established by God, and God will shortly bring it to pass.

33: Now therefore let Pharaoh look out a man discreet and wise, and set him over the land of Egypt.

34: Let Pharaoh do this, and let him appoint officers over the land, and take up the fifth part of the land of Egypt in the seven plenteous years.

35: And let them gather all the food of those good years that come, and lay up corn under the hand of Pharaoh, and let them keep food in the cities.

36: And that food shall be for store to the land against the seven years of famine, which shall be in the land of Egypt; that the land perish not through the famine.

37: And the thing was good in the eyes of Pharaoh, and in the eyes of all

his servants.

38: And Pharaoh said unto his servants, Can we find such a one as this is, a man in whom the Spirit of God is?

39: And Pharaoh said unto Joseph, Forasmuch as God hath shewed thee all this, there is none so discreet and wise as thou art:

40: Thou shalt be over my house, and according unto thy word shall all my people be ruled: only in the throne will I be greater than thou.

41: And Pharaoh said unto Joseph, See, I have set thee over all the land of Egypt.

42: And Pharaoh took off his ring from his hand, and put it upon Joseph's hand, and arrayed him in vestures of fine linen, and put a gold chain about his neck;

43: And he made him to ride in the second chariot which he had; and they cried before him, Bow the knee: and he made him ruler over all the land of Egypt.

44: And Pharaoh said unto Joseph, I am Pharaoh, and without thee shall no man lift up his hand or foot in all the land of Egypt.

45: And Pharaoh called Joseph's name Zaphnath-paaneah; and he gave him to wife Asenath the daughter of Poti-pherah priest of On. And Joseph went out over all the land of Egypt.

46: And Joseph was thirty years old when he stood before Pharaoh king of Egypt. And Joseph went out from the presence of Pharaoh, and went throughout all the land of Egypt.

47: And in the seven plenteous years the earth brought forth by handfuls.

48: And he gathered up all the food of the seven years, which were in the land of Egypt, and laid up the food in the cities: the food of the field, which was round about every city, laid he up in the same.

49: And Joseph gathered corn as the sand of the sea, very much, until he left numbering; for it was without number.

50: And unto Joseph were born two sons before the years of famine came, which Asenath the daughter of Poti-pherah priest of On bare unto him.

51: And Joseph called the name of the firstborn Manasseh: For God, said he, hath made me forget all my toil, and all my father's house.

52: And the name of the second called he Ephraim: For God hath caused me to be fruitful in the land of my affliction.

53: And the seven years of plenteousness, that was in the land of Egypt, were ended.

54: And the seven years of dearth began to come, according as Joseph had said: and the dearth was in all lands; but in all the land of Egypt there was bread.

55: And when all the land of Egypt was famished, the people cried to Pharaoh for bread: and Pharaoh said unto all the Egyptians, Go unto

Joseph; what he saith to you, do.

56: And the famine was over all the face of the earth: and Joseph opened all the storehouses, and sold unto the Egyptians; and the famine waxed sore in the land of Egypt.

57: And all countries came into Egypt to Joseph for to buy corn; because that the famine was so sore in all lands.” (Genesis 41:29-57)

### ***7-YEAR FAMINE INSCRIPTION***

In the remains of ancient Egypt, an amazing inscription has been found carved on a large rock of the island of Sihiel just below the First Cataract of the Nile.

The inscription claims to be a copy of a document written by Pharaoh Djoser in the 18<sup>th</sup> year of his reign, this copy being written over 1,000 years after the events it claims to be relating. It goes on to tell of a 7 year famine and 7 years of plenty.

Here we have an inscription which tells a story of Pharaoh Djoser asking his vizier to help him with the problem of a great 7 year famine.

The vizier tells him he must consult the god because the answer is not in him.

Then the Pharaoh dreams a dream which foretells the event.

Next follow 7 years of plenty, which is reverse from the biblical account. The Pharaoh levies a tax on all of the population except for the priesthood.

All of the components of the biblical account are present in this inscription, except that the story has been “Egyptian-ised” to fit their religious beliefs.

In the early 1980s, my friend Ron Wyatt was shown the tombs of two officials from the reign of the Pharaoh Djoser, and the inscriptions of the officials both state that they “collected grain for a 7 year famine”. But, by the mid-80s, both of these tombs were closed.

### ***JOSEPH'S CANAL***

The town of Medinet-el-Faiyum, 80 miles (128 kilometers) south of Cairo, in the middle of the fertile Faiyum oasis, is extolled as the 'Venice of Egypt'.

In its lush gardens grow oranges, mandarins, peaches, olives, pomegranates and grapes.

Faiyum owes these delicious fruits to an artificial canal, over 200 miles (320 kilometres) long, which brings in Nile water and turns this region, otherwise desert, into a paradise.

This canal ran parallel to the Nile northward to permit the flood waters of the Nile to flow into a natural basin. When the flood state was past, the impounded waters could be returned to the Nile by means of a second, shorter canal. Examination of the remnants of this system indicates that it could well have doubled the tillable soil of the Nile Valley through which it passed.

The ancient canal is called by the fellahin (farmers), "Bahr Yusuf", "Joseph's canal". It is known by this name throughout Egypt. It is so named on modern maps. The farmers say it was the Joseph of the Bible, Pharaoh's "Grand Vizier", who planned it.

During the 7 years of plenty, Egypt was able to prepare extra grain, which was harvested and placed in enormous grain pits especially dug below the ground level.

Later, during the 7 year famine, food-seekers converged on Egypt to purchase supplies.

### ***THE SAKKARA BINS***

We believe it is Sakkara to which they came, where the remains of this fantastic complex are preserved. And it was here that Pharaoh Djoser had 11 extremely large pits constructed which can only be grain storage bins.

Every city had stored grain from its region, but at this complex at Sakkara, we have these massive pits which would have stored an incredible amount of grain – more than a single city would have needed.



At the entrance to the complex are 40 small cubicles, each just the right size to hold a single person who could administer the receipt of payment from people coming to purchase grain.

They would then have received their bags of grain.

The design of the pits is impressive... There are 11 of them, with only one containing a very elaborate stairway extending all the way to the bottom. All the pits are connected to each other by a subterranean tunnel. The pits were filled and the tops were sealed with wooden timbers and stone. And all of the grain could be accessed from one entrance. And there is one entrance into the pits from outside the wall enclosure of the complex.

Oh, and did you know, grain was found in the floor of these pits.

In any case, the record is there in the book of Genesis, offering us survival information from past crises – information which is valid for today. We could not do better than to follow the example of Noah and Joseph, in storing food for self, family and others who may desperately beg for help. It pays to be prepared.

Storing food should be essential to your preparation for the coming shortages.

## **Do not store these**

In stocking up for hard times, here are two types of food you should not waste your money on.

1. Store-bought foods that are not freeze-dried do not last long.
2. Forget about unhealthy food. During an emergency, having enough snacks won't increase the odds of survival.

## **Do store these**

So what are some of the best foods to stock up on? The answer is, foods that last.

The keys to consider are: shelf life, bulk price and nutritional content.

It is wise to store foods that require no refrigeration or freezing.

Buy large sacks of rice and beans. Grains, beans and honey will last a long time. Or just start stocking up from the grocery store. Canned food is good for 18-24 months. Just buy it wherever you can get it from quickly.

Below are some of the best options. May I suggest that you Make up a list now and start purchasing.

Also, try to obtain a bulk discount.

In their food storage planning, some people will consider a non-flesh diet preferable. For those used to meat, some suggestions are also given. Yet it is necessary to caution that, as disease worsens, meat is becoming less desirable. It will be far better if you can survive from your own garden. But we shall address that later.

## **Top packaged foods to store (indefinite shelf life)**

1) **Jarred Raw Nut Butters** - *Sesamum indicum* ( Pedaliaceae), *arachis hypogaea* (Fabaceae)

Having peanut butter, almond butter and sesame tahini (sesame seed butter) will provide for many recipes and a concentrated protein source that is easy to prepare.

2) **Canned Tomatoes** – *Solanum lycopersicum* ( Solanaceae)

The amount of lycopene, the key phytonutrient in tomatoes, actually becomes more bioavailable when the tomatoes are canned. Canned tomatoes can be used to make homemade pasta and pizza sauce along with chilli.

3) **Canned Beans** – *Cicer arietinum* (Faboideae), *Phaselous vulgaris* (Leguminosae)

Having cans of black beans, red beans, chilli beans and garbanzo beans handy supports a variety of complementary sources of complete protein (when served with rice). Garbanzo beans are the key component of

hummus. In some countries they are available in extra large 25 ounce cans and even 108 ounce cans.

## **Top protein sources to store (6-12 month shelf life)**

**PROTEIN IN LEGUMES:** Garbanzo beans, Kidney beans, Lentils, Lima beans, Navy beans, Soybeans, Split peas

**PROTEIN IN GRAINS:** Barley, Brown rice, Buckwheat, Millet, Oatmeal, Rye, Wheat germ, Wheat, hard red, Wild rice

**VEGETABLE PROTEIN:** Artichokes, Beets, Broccoli, Brussels sprouts, Cabbage, Cauliflower, Cucumbers, Eggplant, Green peas, Green pepper, Kale, Lettuce, Mushrooms, Mustard green, Onions, Potatoes, Spinach, Tomatoes, Turnip greens, Watercress, Yams, Zucchini

**PROTEIN IN FRUITS:** Apple, Banana, Cantaloupe, Grape, Grapefruit, Honeydew melon, Orange, Papaya, Peach, Pear, Pineapple, Strawberry, Tangerine, Watermelon

**PROTEIN IN NUTS AND SEEDS:** Almonds, Cashews, Filberts, Hemp Seeds, Peanuts, Pumpkin seeds, Sesame seeds, Sunflower seeds, Walnuts (black)

## **Top bulk grains to store (2 year shelf life)**

### 1) **Brown Rice** – *Oryza sativa* ( Poaceae)

A staple grain, brown rice is cheaper than white rice and while it may not taste as good to you (because it's an acquired taste), it is a health food, not junk food. A blend of brown and white rice is the ideal for both health and flavour.

### 2) **Spelt flour** – *Triticum spelta* (Poaceae)

Having the ingredients to make bread dough will provide for many recipes. It is important to keep flour sealed in water tight containers to keep out moisture and insects.

3) **Amaranth, quinoa, couscous, and spelt** are other high protein survival grains.

4) **Dried peas** – *Pisum sativum* (Papilionaceae)

Dried peas are a great source of protein and, if mixed with rice, provide a balanced meal. They can make wonderful soup.

5) **Popcorn** – *Zea mays everta* (Poaceae)

Cooked on the stove top, fresh popcorn beats any snack from a bag and is a great source of fibre. Ideally one will buy organic, since commercial popcorn is one of the most pesticide-laden foods and might be GMO corn. Store in air tight containers to preserve freshness and keep out bugs.

### *Recipe for Stovetop Popcorn*

It's amazing how few people today have ever made popcorn without the microwave, Microwaved popcorn is often made with hydrogenated oil, contains toxic diacetyl in the butter flavoring, cooks packaging material residues right into the food, and produces more plastic waste.

Home-made popcorn is easy to make on the stovetop in the same amount of time. High quality organic palm oil and coconut oil can be used and then real butter and sea salt can be added. These oils contain healthy Omega-3 fatty acids and are solid at room temperature so they can absorb more heat. Here is a recipe to make real popcorn:

Ingredients:

- ½ cup organic popcorn
- ½ tbsp organic palm oil ( and/or coconut oil, high oleic sunflower or safflower oil)
- Option 1: 2 tsp sea salt and 1 pat of unsalted, biodynamic, cultured (or raw) butter
- Option 2: 1 tsp kelp (or dulse) with 1 dash of cayenne pepper
- Option 3: ½ packet of organic powdered cheese

Instructions:

- Heat oil on high temperature in a large stainless steelpot (steel, cast-iron, or glass only - avoid non-stick).

- When oil starts to smoulder (about 60 seconds ) add popcorn, which ideally forms a single layer.
- Shake pan back and forth to keep popcorn moving or it will scorch.
- When first kernel pops, cover and keep shaking, lowering temperature to medium-high.
- When popcorn has a thunderous popping rate, you can turn off the heat but continue shaking the pot.
- Crack lid slightly to allow steam to release (watch out for escaping kernels).
- When popping rate slows to less than 1 per second, pour popcorn into large paper bag.
- Add pat of butter to now-empty pot where it will melt from the heat ( for extra, add some olive oil.)
- Add dry seasonings to paper bag and shake well.
- Pour popcorn into large serving bowl and top with melted butter.

### **Important: before you store grains**

The bugs, rats and mice know good food. Among a hundred bags of white rice, they will always attack the one bag of brown rice.

Knowing this, you may find it helpful to heat your brown rice, to kill all bugs and eggs. Then store it in airtight containers until ready to use.

### **What to store food in**

If you have grains, and want to make bread from them, you need a mill. Here is our dilemma in the 21<sup>st</sup> century. Our generation is techno-modern trained. We don't even know how to mill and make bread. So this may be worth learning.

Preparation is not just what to get but also what to do with it after you get it.

How much should you get? Where should you put it? These questions and more exist and should be answered in your preparation planning.

If you buy large sacks of rice and beans, repackage them in double

bagged plastic bags (gallon size with the twist ties are cheapest), and then put them in a plastic storage bin with diatomaceous earth (available at gardening centres) sprinkled around the bags. (This kills bugs. It also kills bugs on your garden, so stock up.)

Plastic storage bins are available from farmers' suppliers in various countries.

Keep these bins in a place where they will freeze during the winter and be in the heat in the summer, as this will freeze and boil the weevils out.

Store grains in sealed containers (jars or bins) or they will become host to bugs. Placing a bay leaf inside each container – or peppermint gum placed on the inside of the lid - will also protect the contents against bugs.

Before eventually using them, observe grains carefully.

## **Storing water**

It may be wise to also store three months' supply of drinking water. To store water, buy large plastic garbage cans, line each of them with the most durable garbage bag, and fill with water.

## **Don't wait**

The time to start your "food insurance" program is right now. Here's the reason:

Socialism is taking over our nations. The average Westerner has yet to reach an understanding of the potential devastation that socialism will bring to our advanced "division of labour" economy. When they do, the surge of demand for food storage equipment like canning supplies will turn into a tidal wave. Food prepared for storage will be almost impossible to secure.

If the news media even mentions a run on any food preparation equipment, it's over. Trust me. Buy plenty of jars and supplies now. This is not a question of if... but rather when. After word gets out, the show is over and those who have not taken steps to prepare will be on their own.

## Have these ready

### A Go-Bag List

*(each person)*

Bible  
 Personal toiletries  
 toothbrush  
 soap  
 comb/brush  
 razor  
 sanitary napkins  
 2 pairs of long pants  
 2 pairs of shorts  
 2 long sleeve shirts  
 2 short sleeve shirts  
 6 pairs of socks  
 1 pair hiking boots  
 1 pair of soft shoes  
 6 sets of underwear  
 1 flashlight  
 1 hat  
 1 light jacket (sweater)  
 1 heavy jacket  
 1 pair of sunglasses  
 1 swimming suit  
 1 bath towel  
 1 hand towel  
 1 wash cloth  
 Bug repellent  
 1 box of matches  
 1 sleeping bag/blanket  
 1 25 ft of nylon rope  
 1 rain poncho  
 1 pocket knife  
 1 pair of work gloves  
 Emergency money  
 (\$100)  
 Passport  
 Medicines (one month)

### Family Bag List

Tent  
 Cook stove  
 Lantern  
 Hunting knife  
 Fishing gear  
 Table ware  
 Forks and spoons  
 Dishes/cups  
 Cooking pots/pans  
 Cooking utensils  
 Matches/fire starters  
 Charcoal  
 Food  
 Water containers  
 Ice chest  
 Hand tools  
 100 ft of rope  
 A 10x16 tarp  
 Tent stakes  
 Axe/saw  
 Toilet paper  
 Paper towels  
 Portable radio  
 First aid kit  
 Emergency Items at  
 Your House  
 Food for two weeks  
 (Note: do not count on  
 your freezer)  
 50+ gal of drinking  
 water  
 50+ gal water for  
 flushing the toilet  
 Candles  
 Lanterns  
 Fire wood  
 Propane gas grill/  
 charcoal grill

### Bicycle

A reliable, non-electric  
 heat source  
 Fuel containers (do not  
 store gasoline; it is  
 dangerous and goes bad  
 in 3 months)  
 Long Term Storage  
 Foods  
 Wheat with grain mill  
 (flour lasts only 6  
 months)  
 Rice  
 Corn meal  
 Barley  
 Lentils  
 Mung beans  
 Pinto beans  
 White beans  
 Powdered milk  
 Powdered eggs  
 Powdered butter  
 Vegetable oil  
 Olive oil  
 Honey  
 Salt  
 Baking soda  
 Garden tools/seeds  
 (store foods in sealed  
 containers such as  
 plastic buckets. Do not  
 use old buckets that  
 stored chemicals.)

You will notice that the above list includes milk and eggs. However, one should be aware that the proliferation of disease in the animal world is placing dairy products increasingly at risk. You might consider natural substitutes for these.

The list also includes a bicycle. Yes, don't forget to have a good bike!! Again, we must remember that our bikes will not allow us to haul much stuff over a rough terrain. And, when their tires become punctured and destroyed, we will have no way to replace them.

Store basic supplies to last you for at least 6 weeks. Some people plan to stock up for 3 to 6 months. Some are preparing for a crisis which may last for a year or two.

Important: Make several lists. Write down everything you use *in a day*. Note other items which you use, but *not every day*.



## Chapter 10

# POWER-PACKED SPROUTS AND SEEDS

We have already mentioned that as the meltdown progresses, one of the first things to be affected will be your nation's food supply. Expect soaring prices along with moderate to severe shortages, quite possibly even later this year.

If you don't have the ability to grow your own food soon, your life may be in danger. Supply lines for food distribution in a number of countries, including the United States are about three days, meaning a dependence on "just in time" distribution systems, which will leave store shelves empty in the event of even the smallest crisis.

Are You Ready To Take Control Of Your Own Food Supply?

What will your family eat when grocery store shelves are empty? Without a long term food solution many Americans, Australians and Europeans could starve.

### **The Genesis solution**

Once again, the book of Genesis comes to our rescue:

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for food." (Genesis 1:29)

What a wonderful book! There is your supreme survival secret. SEEDS.

Seeds? Do I hear someone sniggering? Well, it is true. More valuable than anything else will be SEEDS. And why seeds? Because with them you can grow survival food, to barter with.

## **More valuable than silver or gold in a real meltdown...**

Could you and your family get off the grid and survive in a panic? Do you have enough seeds to plant a survival garden and feed your family? Do you have the right kind of seeds to plant? If you're answering no to these questions, you need to stop wherever you are and ask yourself... "What would I do if the grocery stores closed?" The answer sadly is that you'd probably go hungry.

## **The sinister plot to patent seeds**

Do you know what is taking place in the food, pharmaceutical and nutritional supplement industry through what is known as the International Codex? The agenda is to define, and then ban, natural nutritional supplements as harmful poisons. The intention is also to make mandatory the use of harmful growth hormones in animals, and to force farmers to use prescribed pesticides with genetically modified (GM) crops.

I've been watching this development for years, but didn't realize that the man who invented the idea of the Codex had been the head of IG Farben during World War II. At the Nuremberg trials, he was committed to prison for "crimes against humanity" for his part in building Hitler's industrial war machine, as well as being a key architect in the construction of the extermination camps, and the manufacture of the chemicals and gasses used in those camps. It was during his time in prison that he dreamed up what he called the Codex Alimentarius.

This is all about total control, by a select few, of the world's food supplies and pharmaceuticals. Currently, Monsanto is gaining control of the world's food supplies by using GM crops, hybridising and patenting the seeds. Farmers who sign contracts with Monsanto are no longer permitted to save their own seeds, and in order to buy Monsanto seeds they have to agree to use Monsanto pesticides exclusively.

One of Lucifer's main agendas in these last days is to control the world's food and water supplies with the ultimate aim of reducing the world's population by ten-twelfths. His overall agenda is to destroy God's wonderful creation, and mankind in particular, who is made in the image of God. The aim of the Antichrist will be to control the whole world,

bringing it into submission to Lucifer. No one will be able to buy or sell without the Mark of the Beast.

Our arch enemy's aim is to deceive, kill and destroy. What better ways to do this, than by gaining control of the world's food supply, causing famine and pestilence, and by creating another World War? He will, as he has done in the past, reward his followers by making them rich through supplying both sides in the conflagration with the weapons of mass destruction! His followers already control the world's banks and oil supplies.

## **Grow your own non-GM seeds**

In the face of all this, you need to have the peace of mind from knowing that if things were to get scary, that you and your family could still eat. Listen: having enough non-hybrid seeds to plant an acre or two could be the difference between life and death.

With your own "Survival Seed Bank," growing your own survival food becomes easy. Remember, from the start you will need to use seeds that are not genetically modified in any way. Then you simply save some of your harvest seeds from year one and have more than enough to plant in year two. You'll never need to buy seeds again!

Your life may depend on exceptional germination rates. You will get this only from non-genetic modified seeds.

You just can't do that with man made hybrid seeds. Remember, non-hybrid seeds can be grown practically anywhere and have the ability to assimilate mineral and trace elements from the soil that man made plants just don't seem to have. That's because they were created by God, as we read in Genesis:

"And God said, Let the earth sprout vegetation, plants yielding seed, and fruit trees bearing fruit in which is their seed, each according to its kind, on the earth." (Genesis 1:11)

It is becoming very difficult to acquire high quality, open pollinated seeds lately - authentic strains which are NOT genetically modified in any way. When the going gets tough... you'll only want this special type of seed

which will produce not only outstanding nutritional plants but will allow you to plant the seeds from the plants you grow unlike sterile hybrids. Most seed companies are now selling only “terminator” seeds which have been genetically modified and will not reproduce themselves.

In purchasing seeds, look for these three features:

1. germination rate,
2. nutritional density (seeds that produce extremely nutritious plants)
3. and of course, storage life.

Did you know that some studies show that non-genetically modified seeds are up to five times as nutritious as hybrid varieties. They will also produce some of the best tasting food.

But don't wait too long. You would be wise to purchase your seeds NOW – enough to last for say, three years.

## **What about freezing?**

Can you freeze seeds and grow them? And does that make them viable for a longer time?

Yes, seeds can be frozen for long term storage, but it is a little bit of trouble because they need to be properly dried first, and that's probably not what most gardeners want to do.

## **How to store seeds**

One of the best ways to store seeds is in a glass jar with a rubber seal, and place it in the refrigerator or freezer.

I know of a supplier who provides each seed package sealed in a special foil packet with a very expensive desiccant designed to keep seeds fresh for 20 years at 70 degrees.

However, if you freeze your “seed bank” you could increase the shelf life by five times or more beyond that.

If you live in the United States, you might want to contact this American company: Solutions From Science (Attn. Survival Seed Bank), 815 W. Main St. P.O. Box 518, Thomson, IL 61285.

Their seed packs are vacuum packed and placed in a special waterproof (practically indestructible) container. They claim that this type of storage container is the absolute best way to store seeds for the long term. It costs a little more, but if you do have to store seeds for the long haul, it's important that they will not only have high germination rates, but grow into lush, productive crops when you need them most.

If you live elsewhere, look for companies that supply nutritious seeds in long-lasting containers. You should find such companies on the Internet, or by consulting your local yellow pages and phoning around.

By the way, never buy seeds in plastic or paper containers. The seeds just won't last.

Plastic containers are not completely airtight and the seeds won't stay dry enough. Be sure not to put damp or mouldy seeds in an airtight container like this.

The most important factor when storing seeds is a constant temperature, which is what makes the fridge so good. If you have another place in your house with a steady temperature, even if it is a little warmer, it should work just as well. Like everything else, these are guidelines, not rules.

When we no longer have electricity, place powdered milk in the bottom fourth of a canning jar (absorbs moisture) and then fill the jar with seed packets. Screw the lid on tight and keep in the coolest part of your home. (Buy the canning jars and powdered milk now. Any supplies you think you will need, buy now.)

## **A different rule for broad bean, garlic and onion**

Most seeds are pretty dormant, but a few, like broad beans (fava) still have some life processes going on inside of them, so need air.

Even though garlic is not really a seed, the same thing is true of it. Garlic cannot be stored in a closed container. It needs good air circulation to stay

fresh. Onions and potatoes are other examples. Fava bean seeds also have a very short shelf life – only a year or two - unless they are frozen.

## **Some other tips**

If your seeds are sealed in waterproof containers, you can actually bury them for 20 years if you like and still have your seeds when you need them most. Such a seed bank is practically indestructible. This measure is worth considering. Your indestructible seed bank can be buried to avoid it being confiscated.

I repeat. Do not store your seeds in paper envelopes and cardboard boxes.

When you are ready to plant, you can jump start your crop by simply soaking your seeds in a nitro seed starter solution for a few seconds before you plant. When the Nitro Seed soaked seeds hit the ground... it's over. The seeds grow like crazy!

## **Let's play a game**

Now, here is a riddle for you.

*What will:*

- grow in any climate at any time of the year
- require neither soil or sunshine, but is still rich in vitamins and minerals
- has not been subject to chemical sprays while growing
- is extremely economical and in preparation has no waste
- rivals meat in nutritive value
- can be grown indoors within a minimum amount of space
- multiplies 400% or more in 5 days
- matures in 3-5 days ... ?

*The answer ... sprouts!*

During a prolonged drought in Australia, thousands of cattle were dying. Their carcasses strewed the paddocks.

One farmer had an ingenious idea. He built just a small shed. Then, inside it he constructed tightly packed tier upon tier of shelves made of gauze.

He covered each level of gauze with wheatgrass or some other nutritional seeds.

Then each day he dripped water through the seeds, keeping them moist. After about three days each seed sprouted two green leaves. He gathered up the sprouts and fed these sprouts – and nothing more - to his cows. They not only survived, but remained totally healthy.

If you are serious about organic, healthy, clean food with minimal work and maximum results, then here is news for you. Sprouts have *the greatest nutrient activity of all raw foods*. This is because sprouts are actually still in the process of growing.

They are at the peak of their life force.

The body readily absorbs nutrients from sprouts, and they are easily digested. This saves your body energy because sprouts, or germinated seeds, are pre-digested food. They have what is called a "higher biological efficiency value" than whole seeds, weather raw or cooked. Sprouts may also have a regenerating effect on the human body.

Why? It's due to the high concentration of RNA, DNA, protein and essential minerals that's found only in living cells.

Yes, sprouts can have a big impact on health, providing a high degree of vitality and rejuvenation to the body.

There is such a variety of seeds and such tasty ways of enjoying them. Here is a website to which you can go for more detailed information:

<<http://www.herbsarespecial.com.au/free-sprout-information/so-good-sprouts.html>>

Beneficial changes in nutrients take place, when seeds are sprouted:

- the starch converts to simple sugars
- the protein provides amino acids
- the fats break down into essential fatty acids
- and minerals chelate or merge with protein in a way that increases their function.

All these actions increase the nutrient value, and enhance digestion and assimilation. Due to these dynamic influences, sprouts are considered pre-digested food.

Little things, like sprouts, can have a big impact on health. They provide a high degree of vitality and rejuvenation to the body.

## How sprouts will benefit you

- Living sprouts **energise** your body and help the entire organism function, and **prevent and repair defects**.
- Sprouts are a powerful source of **antioxidants** in the form of vitamins, minerals and enzymes, which assist in protecting the body from free radical damage.
- Raw foods contain oxygen, and sprouts have an abundance of this element. Oxygen is important for healthy cells, to allow cells to live and breathe. Dr Otto Warburg, twice Nobel Prize winner (1931 and 1944), found that the growth of cancer cells were initiated by a relative lack of oxygen, and that viruses, bacteria and cancer cells could not live in an **alkaline and oxygen-rich** environment. When we cook food, the oxygen is destroyed. For this reason, eating raw sprouts, regularly, is valuable to health.
- Sprouts are alkaline and a good source of fatty acids, which **strengthen the immune system**.
- Sprouts are one of the highest food sources of **fibre**, essential for good health. High fibre foods make us chew more slowly and make us feel more satisfied.
- The chlorophyll content of sprouts and seedling microgreens, make them powerful **blood cleansers and blood builders**. Sprouts grown to the chlorophyll-rich two-leaf stage have been shown to be effective in overcoming protein-deficiency anaemia. Some women have found that including chlorophyll-rich foods in their daily diet has given relief from hot flushes of **menopause**, and also supported hormonal function.
- Sprouts have a generous supply of **vitamins**. In fact the vitamin content of some seeds can increase from 100 percent to 2000 percent in several days of sprouting. Even soaking seeds, overnight, produces massive amounts of vitamin B complex and also of vitamin C.
- Sprouts have an excellent array of **minerals** that the body requires. During sprouting, the minerals are enriched and develop in a chelated form (which are more easily utilised by the body).



- Sprouts **can be grown all year round** to give a constant supply of food, in the very freshest form possible.
- Eating fresh sprouts provides essential nutrients in a form that is **easily assimilated**. We can digest sprouts in less than half the time of cooked foods.
- Sprouts provide **the best nutritional value for money**. They are the most economical food we can eat, at just a few cents a serve. For a few dollars we can purchase seeds that, when sprouted, will **increase in volume 8-10 times**, and provide many meals. The sprouted seeds also increase in nutrient value in just a few days of growing. Anyone, even on a tight budget, can afford seeds to sprout and get the best of food value.
- Seeds for sprouting store well and **can be quickly utilised** as food for emergency relief, during times of calamity or scarcity. But you should make use of them during times of plenty, too, as sprouts provide essential nutrients in the freshest way possible.
- Sprouts provide **a good source of protein**. Many people use sprouts as an alternative to meat protein because:
  - sprouts take less time to digest than meat;
  - sprouts are living food; meat is lifeless;
  - sprouts are alkaline; meat is acidic;
  - sprouts can cut the cost of living; meat is a highly priced item;
  - sprouts have no additives; meat may have hormones and chemicals from farming practices;
  - sprouts have zero cholesterol, compared to many meats;
  - sprouts are a source of oxygen; all cooked foods lack oxygen
  - people eat sprouts for the health benefits.
- Sprouts are **low in kilojoules (calories)**, so they are good nutrient-dense food for weight watchers.
- Sprouts are **preventive medicine**. We can know, when we eat sprouts daily, that we are providing building materials for the growth and repair of the body. Our health is very much related to our diet: our choice of foods, determines the quality of our physical wellbeing.
- Sprouts are literally **super foods** to build health and act as a prophylactic from illness.

Sprouts can be growing on your kitchen bench one minute, and transferred to the meal table the next, ready for eating...there is nothing else as fresh as this!

We have to realise that fruit and vegetables, which look so colourful and beautifully displayed on supermarket shelves, may have been picked a week or more earlier and the vital life-force can be very depleted.

This life-force energy is believed to correlate with the level of power of the enzymes in living food, and which some researchers believe is seen with kirlian photography as brilliant spikes of light, radiating harmoniously around living produce or plants.

However, once the produce is picked and it is no longer growing, the luminescent light diminishes and then gradually disappears, altogether. The nutrients also diminish when food is picked.

Therefore, something we grow, pick, and serve fresh from our garden, or sprouts, growing in the kitchen, will definitely serve us with more nutrients, than food that has had a shelf life.

## **How to sprout seeds**

Moisture, warmth, and in most cases, indirect sunlight are necessary for sprouting. Some sprouts, such as mung beans, can be grown in the dark. Little time, effort or space is needed to make sprouts.

To sprout seeds, the seeds are moistened, then left at room temperature (between 13 and 21 degrees Celsius) in a sprouting vessel...."

It is easy to sprout seeds. You can do it in your own kitchen. Simply stretch a platform of gauze or muslin over a bowl and cover it with a layer of seeds to be sprouted. After wetting it all, place it in a kitchen cupboard or on a bench. Splash water over the seeds or onto the muslin or gauze two or three times a day, just to keep the seeds moist. After about three days, when each seed sprouts two shoots, they are at their most powerful – and ready to enjoy.

## **How to serve sprouts**

Here are two ideas for serving them to your family:

- Try a mixed pea and bean sprout salad, or a salad of whatever kind of sprouts you enjoy.

- Try sprout smoothies flavoured with pineapple, coconut and banana.

Sprouts provide us with whole foods, full of living enzymes, a vital life-force. Sprouts can be growing on your kitchen bench one minute, and transferred to the meal table the next, ready for eating...there is nothing else as fresh as this!

Professor Edmond Bordeaux Szekely in California, USA in the 1920s.classified sprouted seeds and baby greens as the most beneficial foods, and recommended that they comprise 25 percent of our daily food.

## Chapter 11

### SAVE MONEY AND EAT WELL

As the economy deteriorates, flesh meats will become costlier.

The other day some friends told us that their food bill had risen 40 percent. This was mainly because they are meat eaters. Our food bill, on the other hand, has hardly increased at all – well, not yet. For some time, we have been enjoying natural, non-flesh foods. And do they taste good!

#### **How to cut down on food costs and still eat well: the Genesis formula**

*"Our body is such an exquisite gift"*, said someone the other day. What a wonderful and thought provoking statement. And how we should treasure it and put into it the best fuel!

*"Shall we kill to eat?"* Those words leapt up at me from the page of the magazine. And I got to thinking...

When you go back to the beginning, you discover that our first parents were not meat eaters. According to the biblical book of Genesis, mankind was vegetarian.

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." (Genesis 1:29) *Meat* is the old English word for *food*.

You see, man's original food is recorded as plants, seeds, cereals, legumes, fruits and nuts - all living foods, absolutely packed with vitality.

Here is a brief overview of these foods as we know them today:

\* *Every plant yielding seed:*

- Grains: wheat, corn, rye, barley, rice, oats, millet, and so on.
- Seeds: sunflower, sesame, flax, pumpkin seeds, and so on.
- Legumes- soybeans, lentils, peas, peanuts, other beans, and so on.
- eggplant, okra, bell peppers, squash, green beans, pumpkins, cucumbers, tomatoes, melons, and so on.

\* *Fruits:* citrus fruits, sweet fruits, palm fruits, and so on.

\* *Nuts:* almonds, pecans, cashews, brazil, walnuts, and so on.

And what do you think animals were intended to eat?

Detailed studies have been made of the consumption habits of all types of animals – mosquitoes, reptiles, dogs, bats, bears, lions, primates, and so on. These studies indicate that their natural, original diet may not have been carnivorous (flesh or blood eating) at all – but rather vegetarian.

The diet of present day animals suggests that the traditional interpretation of teeth-jaw structure might be flawed. There appears to be good evidence that today's flesh eating animals were once vegetarians. Sharp teeth were not for tearing flesh, but for tearing thick bark and hard vegetable fibre foods. Indeed, the animal kingdom appears to support the idea that herbivory is the original condition of creation.

This is consistent with the statement in Genesis that all creatures began as vegetarians, but that meat eating became an acquired habit.

“And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so.” (Genesis 1:30)

### ***A CHANGE CAME***

At the time of the Great Flood, the earth's soil and climate were dramatically altered. (For a detailed explanation, see our book *Surprise Witness*.)

For many years it would no longer be possible to obtain enough food from plant sources during all seasons. It was at this time that the Creator

gave man permission to eat animal flesh.

"And God blessed Noah and his sons and said unto them, Be fruitful and multiply, and replenish the earth. And the fear of you and the dread of you shall be upon every beast of the earth, and upon every fowl of the air, upon all that moveth upon the earth, and upon all the fishes of the sea; into your hand are they delivered. Every moving thing that liveth shall be meat for you; even as the green herb [vegetable] have I given you all things. But flesh with the life thereof, which is the blood thereof, shall ye not eat." (Genesis 9:1-4)

The purpose of creating living creatures was not for them to be eaten – but this came about as a circumstantial provision due to the chaos created by sin and the Flood.

However, even then, there was a known distinction between animals classified as “clean” (fit for consumption) and “unclean” (the scavengers of the land and sea). The scavengers were not to be eaten. (Genesis 7:2. Compare Leviticus chapter 11)

Also, specific instruction was given that the blood must be drained from the carcass before eating it – “flesh with the life thereof, which is the blood thereof, shall ye not eat.” (Genesis 9:4. Compare Leviticus 17:12. Acts 21:25; 15:20,29)

“And surely the blood of your lives will I require, at the hand of every beast will I require it.” (Genesis 9:5)

This last prophetic statement has certainly come true. In the pre-Flood world the life span of mankind was over 900 years. Only after the drastic changes of a global Flood and the addition of a meat-eating diet did man’s life span diminish.

From that time on it took over twelve generations before the life span of man was reduced to about 120 years. Did God zap man to shorten his life? Obviously not. It took over twelve generations. A slow zap? I don't think so. It was in part the animal products introduced just after the Flood, the increase in the cooking of food and decrease in the eating of green plants.

So why don't we live for 120 years today? With the cooking of meat there probably came a gradual increase in the cooking of vegetables and fruits. And today our diets are terrible. Nearly every thing we eat is either

cooked or processed, much of which contains animal products. At the same time we eat very few raw green plants. With a diet like this the new replacement cells that are constantly being created in our bodies are not as healthy as God intended. The end result is weak immune systems, sickness and disease, premature ageing and early death.

The great Designer who created man in the first place also created physical laws by which our bodies function correctly. Following these physical laws eliminates the causes of many diseases afflicting people today.

In fact He laid out a promise for us: “If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put *none of these diseases upon thee*, which I have brought upon the Egyptians: for I am the Lord that healeth thee.” (Exodus 15:26)

## **Advantages of the original diet**

Science is discovering that the diet outlined in the book of Genesis is superior in many respects to a flesh diet. Consider these practical realities:

### ***REDUCED DISEASE RISK***

Numerous tests show that vegetarians, or people who are not heavy meat consumers, have less degenerative diseases.

A major dietary study by a Cornell University researcher suggests that humans are a vegetarian species whose risk of disease is increased by eating meat and animal products. (*DAV Newsletter*)

### ***GREATER ENDURANCE***

Many laboratory tests have been conducted in order to compare the strength and stamina of meat-eaters against vegetarians.

Tests were made of two groups of cyclists. GROUP A was fed on a high protein diet of meat. GROUP B was fed on a high carbohydrate meatless

diet. After three days, the endurance of GROUP A was halved, while the endurance of GROUP B had actually tripled.

Yale Professor Irving Fisher selected men from three groups: meat-eating athletes, vegetarian athletes, and vegetarian sedentary subjects. He found that the meat-eating athletes showed far less endurance than even the sedentary vegetarians.

Dr. J. Ioteyko of Paris performed a comparable study and found that vegetarians averaged two to three times more stamina than meat eaters. Also, he found that vegetarians took only one-fifth of the time to recover from exhaustion than did their meat-eating counterparts.

A Danish study in 1968 revealed that men peddling on a stationary bicycle until muscle failure lasted an average of 114 minutes on a mixed meat and vegetable diet, 57 minutes on a high-meat diet, and a whopping 167 minutes on a strict vegetarian diet. (Robbins, John. *Diet for a New America*. Walpole, New Hampshire: Stillpoint Publishing, 1987, pp.156-158)

### ***PSYCHOLOGICAL IMPROVEMENT***

Australian Judith Durham, singer for the Seekers group, testifies: “Psychologically, when I became a vegetarian, within a couple of weeks, I found myself being more compassionate and more calm.”

### ***PROTECTION FROM OBESITY AND DIABETES***

Children raised on a vegan food habit have a much higher intake of fibre, important antioxidants and minerals, than meat eating children, and gain significant protection against obesity and diabetes.

### ***LESS DRUG ADDICTION***

According to a study in the United Kingdom, vegetarians metabolise certain drugs more slowly than do others. This fact may explain why vegetarians rarely become drug addicts, use alcohol, or smoke.

Vegetarians should warn their physicians and anaesthiologists that they will not need as much of a drug or anaesthesia as is generally needed for others. (*Update International*, No. 49)



## ***INCREASED LONGEVITY***

Vegetarians are among the healthiest and longest living people on earth.

For instance, although these cultures live in a harsh environment and eat little to no meat, the Russian Caucasians, the Yucatan Indians, the East Indian Todas, and the Pakistan Hunzakuts live to be 90 to 100 years old.

The three cultures that live the longest in the world are the Vilcambas (Andes of Ecuador), the Abkhasians (Black Sea), and the Hunzas (Himalayas of Northern Pakistan). All three cultures are completely vegetarian or very close to it. The largest group, the Hunzas, only consume an average of 1.5 percent of total calories from animal products. The elderly in these cultures not only live to be over 100 years old, but live vital, healthy lives until their death. (Robbins, John. *Diet for a New America*. Walpole, New Hampshire: Stillpoint Publishing, 1987, pp.154-155)

Hundreds of studies of one group, the Seventh-day Adventists, have revealed that the lifestyle they follow helps prevent disease, maintain health and promote longevity. Detroit News book reviewer Kate De Smet found that half of North American Adventists were strict vegetarians and teetotallers who lived 12 years longer than the general American population and “have lower fatality rates for the 10 leading causes of death in America.” (*Reviewing the book* by Chris Rucker and Jan Hoffman, *The Seventh-day Diet*. Random House, 1991)

Researcher Chris Rucker added to this his claim that this vegetarian group have more stamina and energy than others and “feel and behave decades younger than their years. They refuse to believe that aches and pains are a normal part of the ageing process, nor do they believe that mental deterioration is inevitable.” (Chris Rucker in an interview with the US magazine *Bottom Line*, 1991)

## ***CHEAPER INSURANCE***

United Kingdom vegetarians are paying 25 percent less on their life insurance policies, after studies confirm a meat-free diet offers greater health benefits. Animal Friends Insurance announced they would extend their discount rates to include people who are meat-free as well as smoke-free. The policy cites a large Oxford University study that found a vegetarian diet could reduce the risk of certain cancers by up to 40 percent. (*SAFE* magazine)

### ***BUT WHAT ABOUT PROTEIN?***

But isn't flesh was necessary to supply our need of protein?

Yes, protein is vital. But it is found also in the living foods, such as almonds (and nuts of all kinds), in the green vegetables, in peas, beans (especially soybean) and lentils, as well as in cereal grains. Sesame in unmilled form contains ten times more calcium than cow's milk, one and a half times more than beef liver. A diet composed chiefly of whole, natural foods supplies not only the known requirements for body maintenance, repair and healthy growth, but also many 'unknown' factors that help defeat the ravages of disease. (See the protein list on page 115.)

Now, let me ask you some common-sense questions: Wouldn't you agree that an infant is growing at the most rapid rate of his lifetime? That is when he would need the most protein in his diet. Right? Well, wouldn't you also agree that God designed the perfect food for that infant?

Mother's milk was flawlessly designed to meet every nutritional need of a baby. How much protein do you think is in mother's milk? 50 percent? No. 30 percent? Lower. 10 percent? You're getting warmer. Mother's milk averages only 1.2 percent protein and 1.6 percent at its peak. That's 1 gram per 2 pounds (kilogram) of body weight. One serving of broccoli has that much protein! We're poisoning ourselves!

It is inarguable that a meatless diet is healthy. The overwhelming evidence, biblical and scientific, is in favour of a vegetarian diet, consisting of raw fruits, vegetables, nuts, and seeds, with limited amounts of whole grains, brown rice, potatoes, and legumes.

And there are so many good vegetarian recipe books to give you exciting ways to prepare superior, tasty and attractive meals – easily. We have gone away overboard. It's time to return to the Creator's original diet.

### **A good balanced menu**

Every day, Sam came home constantly tired. The children began to ask, "Why is daddy always lying down when he is at home?" Father himself had come to ask, "Why, without my vitamin pills, do I seem to have no strength?"

Sam had been in the habit of eating whatever suited his perverted taste, enjoying “a good meal”, as he termed it. He did not realise that this over-indulgence of appetite had been weakening his digestive organs and injuring his powers to assimilate rougher, nourishing food. Others before him had suffered various diseases through such a course of action. That was enjoyment purchased at a tremendous cost.

Sensibly, Sam now sought advice. “What does my body need?” he asked. He was told, “You are what you eat. If you want a live body, you must get into that body as much LIVE FOOD as possible – right off the trees and vines, ripened in its natural state. A large proportion of your diet (some say 80 percent) should consist of raw (uncooked) foods.

Choose whole grain rice, flour or bread, instead of refined or polished. And remember, grains are much better SPROUTED. When sprouted, they are very powerful in building up the body. Nuts supply all our needs, and are a good source of protein. Nuts that have been heated are rendered almost indigestible, so eat your nuts raw.”

Sam had a question to this. “Is vegetable matter really adequate for my nutritional needs?”

The answer surprised him. “The health of the body depends on the purity of the blood. Grains, with fruits, nuts and vegetables contain all the nutritive properties necessary to make good blood. But dead flesh, rich cakes and pies produce bad quality blood and a liability to disease.

“Want to prove it? Then give a fruit and vegetable natural diet a chance, and in six months (or sooner) see how much better you feel inside and out!”

“I shall take that advice,” said Sam. “Is there anything else that will help me?”

The following tips were given, and Sam went home to apply them:

- Avoid fruit and vegetables at the same meal; it is better to have fruit at one meal and vegetables at the next.
- Use honey in preference to sugar, which tends to clog the system and bring harm.
- Boil, steam or bake your food, instead of frying it in greasy fats.
- Soybean coffee and cereal-grain coffee is much better than drug-laced tea and coffee.

- Avoid VERY cold and VERY hot drinks – they're hard on the stomach.
- Drink only small amounts with meals.
- Three or four varieties of food at one meal are plenty.
- Two meals a day are better than three.
- Space at least 5 hours between meals.

You cannot get well on the same habits that got you sick. Sometimes it takes extreme measures to overcome chronic sicknesses.

Heart and other diseases related to unhealthful eating habits, never develop suddenly, but sap our vitality gradually, first.

The longer a man or woman delays making wise changes in the menu, the longer he or she delays the enjoyment of better health, greater vitality, and the eventual lengthening of life-span.

Here I shall include three other matters which are closely linked to the subject of nutrition.

## **Did you know this about rice?**

Do you know good rice from bad rice? Good rice will make you strong, and bad rice will make you sick. Brown rice has the paddy shell removed; this rice, however, is not polished. White rice is made by grinding off the outside layers of the rice grain until only the inner white portion remains.

All of nature is in careful balance. Our world is balanced in space by speed and centrifugal force, against the gravitational pull of the sun. Clouds are balanced by weight of the air and water vapour which holds them up.

Whether in the hot tropics or in frigid Antarctica, the temperature of your body is carefully balanced to 98.6 degrees. But if, for some reason, this perfectly balanced temperature changes either up or down, you become sick. The greater the rise or fall of temperature within your body, the greater your sickness.

The Creator carefully balances the elements of the rice as it grows in the field. When rice has the outside layers removed by polishing, many of these elements are taken away and fed to chickens. The rice, now robbed

of much of its life-giving power, becomes merely a starvation food. It produces sicknesses of many kinds, as found in edema, scurvy, pyorrhea, sore joints and muscles, swelling feet, aching stomachs, shattered nerves, and unhappy, discouraged minds.

Pigeons fed on polished white rice were soon so weak that they could not fly. But one day's change to unpolished brown rice returned their strength sufficiently for them to fly again.

When the stomach receives food unbalanced in the elements of nutrition, the body finds it necessary to provide its own balance in order to digest this food. Hence to make up for the calcium which has been polished away, the body borrows calcium from the nerves or teeth. By this process of metabolism, many people get too fat, and others too thin.

Far better is the old-fashioned brown (unpolished) rice, which furnishes the old-fashioned strength, endurance and health of past generations.

Why is rice polished? Well, firstly, brown rice is full of oil, which stains the white sacks in which it is stored. Secondly, the bugs, rats and mice know good food. Among a hundred bags of white rice, they will always attack the one bag of brown rice.

So the commercial loss from pests is much less if the rice is polished.

Knowing this, you may find it helpful to heat your brown rice, to kill all bugs and eggs. Then store it in airtight containers until ready to use.

Rice is not the only food robbed during processing. Other refined foods suffer the same result.

## **Constipation and sensible eating**

One poor lady was very distressed. "Our whole family is constipated," she cried. "However did this happen to all of us?"

The answer of course, was quite simple - this family constipation was the direct result of eating polished rice and white flour, and other refined foods. The outer layers of the rice, wheat and other grains had been lost in the grinding. The germ of life had been removed with the oil, minerals and roughage.

For proper elimination from the bowels, the coarse bran is necessary to balance the soft parts of grains, such as wheat and rice.

Some people go to the other extreme: they take the rice polishings and the bran and the germ of life from the wheat and eat only that. But this is not good. Too much roughage cuts the bowels and although it does increase bowel action, the white soft parts of the grain are just as necessary to maintain a perfect balance.

There is an ancient biblical statement referring to the marriage of a man and a woman. It says "What God hath joined together, let not man put asunder [apart]." (Mark 10:9)

This can also be said concerning grains. When man endeavours to separate the necessary parts of these grains, he ruins the marvellous balance of nature and destroys its purpose for the body.

In our so-called civilised countries, where people eat polished rice, white flour, and white sugar with the molasses removed, we find constipation on every side.

The body is a great nation with many different provinces. We might liken constipation to the massing of enemy troops, blocking one part of the countryside. From this one assembly-point, units of enemy soldiers march out in all directions to infect other districts with their poison.

Thus waste matter which has collected in the bowels sends attacking forces to the weakest organs. Constipation, therefore, can set up a chain reaction of the all-too-common cold, running noses, lung trouble, headache, fever, bad eyes, indigestion, pneumonia, aching joints, sore muscles, rheumatism, neuralgia, arthritis, asthma, piles, nervous diseases of all types and certain types of insanity.

Constipation can make you miserable - and even shorten your life! Did you know that?

So how can you relieve constipation?

Many people in an effort to get their bowels moving, take castor oil (a poison), epsom salts (which is damaging to the colon), or some other cathartics which give present relief but add more poison to an already over-poisoned system.

Enemas are helpful in restoring movement, but if used too frequently, will give you the enema habit. Then you could find yourself taking one every day for the rest of your life!

The best solution is to stop abusing your body. Eat more good food with the roughage in it. Eat the wheat with its bran and oil, the rice with its roughage, the apple with its skin and grapes with their skin and seeds. When you eat water melons, swallow the seeds! They act as little shovels to keep the bowels moving.

Some have claimed that rough seeds can cause your appendix to get sore and burst. This, however, is not true. Appendicitis is caused mostly by constipation and meat eating. According to one medical authority appendicitis has never yet been found in a vegetarian.

If you are constipated or your bowel movements do not happen at a regular time each day, try this for about two weeks: Drink two glasses of warm water first thing in the morning. You will soon be regular!

To avoid constipation, however, you should address your diet. That is where it all begins.

## **Health in your garden**

Would you like to be healthy, wealthy and wise? Would you like to have better food for yourself and your children? Would you like to save on your doctor bills? Would you like to work harder because you feel good?

It may surprise you that one person's food supply for a whole year can be grown in a small piece of ground 5 feet wide and 10 feet long. In most regions, a garden can be made to produce food for the full twelve months of the year.

Why not take that little piece of ground beside your house and put a small fence around it to keep out the dogs, cats and chickens! Then gather all the old rotted leaves and grass you can find around your house, and dig this into the soil as fertiliser. Add a small quantity of sea water to the soil and you will be surprised to discover how the 97 elements from this water will enrich even the poorest soil and help you to produce the best garden you ever had.

The more varieties of foods you can find to place in your garden, the better. Try to grow the following: String beans, cucumbers, tomatoes, radishes, turnips, maize, soy-beans, okra, spinach, cabbage, cauliflower, brussels sprouts, carrots, onions, garlic, rutabergers, lettuce, peanuts, artichokes. These are a few of many plants which will produce nourishing food for good health.

If you grow a greater variety of food in your little garden plot, you can have the different varieties maturing at different times, and thus at no time of the year should you be short of fresh vegetables.

If one crop of food ripens faster than you can eat it, you can easily dry this extra food and store it away in this dried condition for future use. You can use it later when your other food is low. You simply soak the water back into these dried foods and eat them as though they were fresh.

As soon as one section of your garden becomes empty after harvesting, more natural fertiliser should be added to that area, and a seed of a different kind planted. This way you will be planting and eating all the year round.

It is most important to continue building up the soil, to replenish the minerals which are being extracted in the form of food which you have harvested from the soil.

Most sickness can be attributed to a lack of proper food. Sore knees, aching joints all over the body, and swelling legs are the direct result of malnutrition. Many people are half starved, even though they eat three meals a day.

An important answer to this problem is to eat more garden foods, especially those grown in your locality and still fresh.

As mentioned earlier, the best meal for health consists of 80 percent raw (uncooked) fruits or vegetables, such as bananas, cabbage, oranges, carrots, cucumbers, garlic, onion, squash, lettuce, tomatoes, raisins and dates. There are many more but all these can be eaten raw. On such a health programme, cooked foods would make up only 20 percent of your total food intake.



## Chapter 12

# HERBS FOR TASTE AND HEALTH

Herbs can be used regularly to enhance the flavour of your meals, or simply as medicines.

You can purchase herbs from your local health food store, or grow them yourself in your garden. For the freshest herbs, go the home-grown route.

Once more, our roots go back to the Genesis way.

### The Genesis formula

Genesis reminds us that the Creator said to our first parents, “Thou shalt eat the herb of the field.” (Gen.3:18)

With the entry of sickness and death into man’s experience, herbs were added to man’s diet, because these would provide health benefits, without harmful or unpleasant side effects.

### Some herbs and their uses

#### *PARSLEY*

Parsley is the world's most popular herb. A sprig of parsley can provide much more than a decoration on your plate.

Parsley has been shown to inhibit tumour formation, increase the antioxidant capacity of the blood, and protect against colon cancer, diabetes, asthma, osteoarthritis and rheumatoid arthritis. It can also be helpful for preventing recurrent ear infections or colds. On top of that, parsley is also recommended for a healthy heart.

So, next time parsley appears on your plate as a garnish, recognize its true worth and partake of its abilities to improve your health. As an added bonus, you'll also enjoy parsley's legendary ability to cleanse your palate

and your breath at the end of your meal.

### ***THYME***

The pounded herb, if given fresh, from 1 to 6 ounces daily, mixed with syrup, has been employed with success as a safe cure for whooping cough. An infusion made from 1 ounce of the dried herb to 1 pint of boiling water, sweetened with honey, is also used for the same purpose, as well as in cases of catarrh and sore throat, given in doses of 1 or more tablespoonsful, several times daily.

Thyme tea will arrest gastric fermentation. It is useful in cases of wind spasms and colic, and will assist in promoting perspiration at the commencement of a cold, and in fever and febrile complaints generally.

It is also an excellent remedy for shortness of breath. An ointment made of it takes away hot swellings and warts, helps the sciatica and dullness of sight and takes away any pains in the head.

Oil of Thyme is employed as a rubefacient and counter-irritant in rheumatism.

### ***SAGE***

Sage will benefit swellings, cuts, sprain, mouth ulcers, sore throat, dyspepsia, abdominal troubles, menopausal symptoms and joints pain. It can also help to boost memory.

The concentrated decoction or cold infusion without lemon and sugar is used as a lotion to heal skin abrasions and ulcers. This lotion is a good natural hair colouring agent when used over the scalp like henna. It could be used along with other herbs like henna for colouring hair and for dandruff. Its internal use is also recommended in greying of hair.

The fresh leaves or the tender branches are used as a herbal tooth brush cum paste. It strengthens the gums and cleans the oral cavity and teeth. Herbal toothpowders contain this herb.

Dipping a cloth in its hot tea works like a compress. It can be applied to the forehead to relieve tension headache. A compress applied to abdominal areas can help in cramps, flatulence and general intestinal and

digestive discomfort. Sprains also respond to this compress. This hot compress can be used in itching and swelling after insect bites.

For the purpose of fomentation or poultice, the bags of its powder are used.

The oil is used in preparations creams or liniments to relieve joints pain.

### ***SAFFRON***

Saffron is a herb listed in the Bible. (Song of Solomon 4:14) Saffron has been proven to reduce depression as much as Prozac without the side effects. The crocin compound found in saffron may actually increase your libido rather than lessen it like most antidepressants. You can find saffron tea or saffron extract at health-food stores.

### ***FRANKINCENSE***

Frankincense lessens anxiety. Recent research suggests that the smoke from burning frankincense contains incensole, which is proven to be a mood-boosting chemical that reduces anxiety. It's also great for an instant energy boost. Buy frankincense at aromatherapy stores.

Frankincense is referred to in the Bible. (Isaiah 60:6; Jeremiah 6:20)

### ***MYRRH***

Myrrh, a tree resin, eases pain because it has natural anaesthetic ingredients that numb pain signals to the brain. Find myrrh capsules at health-food stores.

This is another Bible herb. (Exodus30:22-34; Song 4:6-14; Proverbs 7:17; Revelation18:11-14; John:19, 39-40)

### ***CUMIN***

Try cumin for a stomach ache. Since ancient times, cumin has been used to ease indigestion. It contains compounds that flush out toxins,

preventing bloating and gas. Purchase cumin seed oil capsules and cumin seed tea at health food stores.

Cumin is mentioned in the Old and New Testaments. (Isaiah 28:27 and Matthew 23:23)

### ***HYSSOP***

Mentioned in both the Old and New Testaments, Hyssop relieves congestion. Hyssop loosens phlegm and eases swelling, as well as reducing inflammation. Put a few drops on a warm compress and use it on your head or chest. Find Hyssop at health-food stores.

"Purge me with hyssop and I shall be clean." (Psalm 51:7)

## **Use herbs to increase your energy levels**

### ***CAYENNE***

Cayenne will improve your circulation. One of its amazing qualities is that it can not only restore low blood pressure back up to normal, but also reduce high blood pressure down to normal. And it has been known to arrest a heart attack. It can also restore a lost voice, overnight. I've tried it. It really works! Cayenne is very hot – so the best way to ingest it is to place some on a teaspoon, wet it into a moist ball and roll it down the throat with a glass of water.

It can be sprinkled on your food as a regular tonic or used in your cooking. In addition to strengthening the circulatory system, cayenne also acts as a catalyst for other herbs. It may help increase your energy levels faster.

Stimulate your central nervous system with the herb ***GOTU KOLA***. This herb can also provide additional energy benefits by decreasing depression and fatigue.

Try taking ***GINKGO BILOBA*** on a consistent basis to increase blood flow to the brain. Ginkgo biloba is also believed to alleviate depression. For the best results, take ginkgo biloba daily for at least 2 weeks.

Add *SIBERIAN GENSING* to your daily supplement list. This overall body strengthener aids energy levels by boosting the immune system and warding off infections.

## How to use herbs to treat acne

Herbs like *DANDELION*, *CHAPARRAL* and *YELLOW DOCK ROOT* may be quite beneficial to individuals suffering from acne. Follow these steps:

### *(a) Use a dried herb poultice to treat acne.*

1. Obtain dried lavender, chaparral and yellow dock root from a reputable organic grower or from your home garden.
2. Use a mortar and pestle to grind the dried herbs until they become powdery and well mixed.
3. Transfer the mixture into a bowl and begin adding small amounts of warm water until it becomes a thick paste.
4. Put the mixture onto a gauze or muslin that's spread on a clean, flat surface. Once you're done, this is your poultice.
5. Clean your face thoroughly before using your poultice. Hydrogen peroxide works well.
6. Lie down with the poultice completely covering your face.
7. Keep the poultice in place for at least an hour. During this time, you may experience a slight throbbing sensation, which is caused by the herbs drawing the toxins out of your skin and blood.

### *(b) Make a fresh herb poultice to treat acne.*

1. Place roughly 2 ounces each of *LAVENDER*, *YELLOW DOCK ROOT* or *CHAPARRAL* into a saucepan with 1 cup of water.
2. Let the mixture simmer for 2 minutes.
3. Lay out a piece of muslin or gauze on a clean, flat surface and pour the liquid over the cloth.

4. Make sure your face is completely clean before applying the treatment by washing it with hydrogen peroxide.
5. Put the poultice over your face. Make sure the entire area is covered.
6. Plan to have the poultice on your face for at least an hour. You'll know when the treatment is over. You'll no longer feel the light throbbing that tells you the herbs are drawing out the toxins.

## **How to treat infertility with herbs**

There are numerous medical treatments available for infertility, none of which is particularly pleasant. As an alternative to conventional medical treatments, couples can increase fertility by using herbal remedies. Herbs are plants that are grown primarily for culinary and medicinal purposes. Certain herbs, like astragalus and ginseng, may increase male fertility. Others, like red clover and raspberry leaf, may enhance female fertility.

### ***(a) Treat Male Infertility With Herbs.***

1. Take **ASTRAGALUS** extract. This herb is believed to stimulate sperm for greater mobility.
2. Consider using ginseng. While **GINSENG'S** healing properties have been widely reported, many people are unaware that it may also increase testosterone and sperm count.

### ***(b) Alleviate Female Infertility With Herbs.***

1. Pick up some **FALSE UNICORN ROOT** from your local health food store. In addition to providing hormonal balance, false unicorn root may also encourage ovulation naturally.
2. Drink a cup of **RED CLOVER** tea every day. Red clover is often used by couples experiencing infertility. It contains many nutrients that are essential for optimum uterine health. It may also calm your nerves, allowing you to conceive faster.
3. Add a dose of **RASPBERRY LEAF** to your daily diet. Raspberry leaf is considered useful for correcting hormonal imbalances. Furthermore, it is also high in calcium. That's good for women at risk of contracting osteoporosis later in life.

4. Use **LADY'S MANTLE** once per day to help regulate menstruation. Lady's mantle may also help support uterine growth and provide the best environment for implantation.

### Treat Fibromyalgia Symptoms with the Use of Herbs

Fibromyalgia is a disorder that effects the lower back, the neck, the back of the head and the shoulders. There is no known primary cause of fibromyalgia, although inflammation and poor circulation are the principle causes of the excruciating muscular pain experienced by those with the condition. Many consider herbal remedies to be a viable way to treat fibromyalgia's symptoms. Follow these steps to learn how herbs like dandelion, cayenne, echinacea and astragalus could help fibromyalgia sufferers.

1. Brew a tea of **DANDELION**, **BURDOCK ROOT** and **RED CLOVER**, to enhance your body's immunity and clean out your bloodstream. For the best results, drink between 4 and 6 cups a day. Alternatively, you can also take 1 tbsp. of dandelion juice twice a day.
2. Apply a mixture of 1 part **CAYENNE** and 3 parts **WINTERGREEN OIL** topically. Cayenne contains capsaicin, a chemical that inhibits pain-causing neurotransmitters.
3. Pick up some **ECHINACEA** and **ASTRAGALUS** to aid with immune system function.
4. Remove parasites within the body with **BLACK WALNUT** leaves or nuts.
5. Favour **GINGER** over aspirin for pain. Ginger is sold in 1,000 to 2,000 milligram capsules at health food stores as well as on the Internet. You can also take ginger in tea form by taking 1 tsp. of ground ginger root and steeping it in 8 ounces of boiling water for 10 minutes.
6. Use **CALENDULA** to help reverse the effects of fibromyalgia. Many alternative medicine practitioners recommend that fibromyalgia sufferers take calendula in high doses on a daily basis.

## How to use herbs to reduce the risk of cancer

Many alternative medicine practitioners believe herbal remedies can help reduce the risk of cancer. It is believed that herbs can increase immunological function, detoxify the blood stream and inhibit unrestrained cell reproduction.

1. Increase your body's natural immune function with herbs like ***ECHINACEA***. It has been widely praised by alternative medicine practitioners for its ability to boost immunity and reduce the risk of infection.
2. Include ***PAU D'ARCO*** in your daily diet. Pau d'arco is a powerful anti-bacterial agent that can cleanse the blood and reduce toxins in the body.
3. Give yourself a further immune system boost by taking ***CAT'S CLAW***. Thought to encourage the body's natural defences, cat's claw may also contain anti-tumour properties.
4. Use ***SUMA*** on a regular basis. Also known as Brazilian ginseng, suma contains pfaffic acid, the chemical thought to inhibit specific types of cancer, like leukemia and melanoma. Suma can be taken for up to 20 consecutive days. After that, you'll want to stop for at least 2 weeks.
5. Drink 2 cups of herbal ***GREEN TEA*** per day to assist in warding off cancerous cells. Green tea is believed to help prevent or lower the risk of getting skin, stomach, colon and esophageal cancer.
6. Get more information about lowering your cancer risk with herbs by visiting the "American Cancer Society" Web site. There, you'll find a wealth of resources geared toward conventional and alternative therapies to treat cancer.

## A herbal recipe to fight any plague

It is significant that the deadly European plagues of the Dark Ages were brought under control by following the health principles outlined in the Bible – which included hygiene, sterilization, quarantine, clean and unclean foods and so on. With medicine at such a low point during this



period, Jewish doctors were highly esteemed.

A herbologist tells how a plague hit a small town and the doctors had no idea what to do, since they had never seen anything like it. This was not put on the news as they did not want people panicking.

It so happened that some of the people in this town had already made up this anti-plague formula in advance, and whoever took it, lived. The herbologist also tells of one couple who arrived home to find their four expensive dogs at the point of death, due to being poisoned. They grabbed their anti-plague formula and managed to get it down into two dogs. But by the time they got to the other two dogs they had died. The two that received this formula lived. That's how fast and how powerful this formula is.

The herbologist recommends that you carry some of this with you at all times, wherever you go.

Here is the recipe. It will fight outbreaks of any kind, such as colds, flu and any rapid systemic infections.

4 oz **BLACK WALNUT** concentrate  
 4 oz **WORMWOOD** concentrate  
 4 oz **MARSHMALLOW ROOT** concentrate  
 4 oz **OAK BARK** concentrate  
 4 oz **LOBELIA** leaf or seed concentrate  
 4 oz **MULLEIN** leaf concentrate  
 4 oz **SKULLCAP** leaf concentrate  
 4 oz **UVA URSI, HYDRANGEA** or **GRAVEL ROOT** concentrate  
 8 oz **COMFREY** root concentrate  
 32 oz Bragg's organic *apple cider vinegar*  
 20 oz *honey* (raw, unfiltered, and local is best)  
 20 oz *vegetable glycerine*  
 8 oz **GARLIC** juice (fresh, raw, organic)

Each concentrate should be made individually. Start by soaking each herb for 4 hours or more in enough distilled water to cover them. After soaking, add more distilled water so that the total added water equals 16 oz water per 4 oz herbs. Then simmer on very low heat in a covered saucepan or double boiler for 30 minutes. Strain and place into an uncovered clean pan and simmer down to 1/4th the original amount - 4 oz.

Again, each concentrate should be made separately and then mixed when the entire formula is blended together. It will make approximately 1 gallon.

(Note: To make eight ounces of garlic juice takes one full pound of fresh garlic. Garlic juice is very powerful. You could call it the health equivalent of nuclear weaponry.)

Dosage: 1 tsp 3 times daily up to 1 tbsp every ½ hour, depending on the patient's condition. It is recommended that you store this in four glass canning jars.

Never store in plastic anything that you are going to consume, because plastic leaches chemicals into whatever is stored in it.

In the United States, you can order 4 oz of each of these herbs from Mountain Rose Herbs at 800-879-3337. Or you can order from Pacific Botanicals at 541-479-7777.

In other countries, you will find herb suppliers in your local telephone book.

Pacific Botanicals sells only by the pound, so if you want to make just one recipe, get 3 other friends and order from Pacific Botanicals together, or make 4 gallons, so you have plenty to help those around you. If a severe, fast spreading plague hits your area, you will need it.

This anti-plague formula will keep indefinitely.

Lobelia seeds are more powerful than lobelia leaves, but are much more expensive, so you might make yours with half lobelia seeds and half lobelia leaves.

Mountain Rose does not carry the lobelia seeds, but Pacific Botanicals does.

You can order the NOW brand of vegetable glycerine from MyVita-Net.com or call 800-807-8080.

You can get the apple cider vinegar from your local health food store.

It could cost you about \$90 per gallon to make this anti-plague formula.

If you are forced to accept a vaccine, then immediately afterwards, boost your immune system, increasing the amount of Vitamin C in your body, and detoxifying your liver, blood and cells. (See also Chapter 16.)

Useful nutritional supplements include NAC (N-acetyl Cysteine), Chlorella, Silymarin, Diatomic Iodine, Vitamin C and Colloidal Silver. Two helpful websites for Colloidal Silver are [www.TheSilverEdge.com](http://www.TheSilverEdge.com) and [www.ColloidalSilverSecretsVideo.com](http://www.ColloidalSilverSecretsVideo.com)

The trick is to have sufficient antibodies in your system.

Bugs need acidity. They cannot survive in an alkaline environment. Drink plenty of water, avoid refined white sugar, and go for lots of fresh fruit and vegetables, and all the green foods, get plenty of rest, and stay off the airlines if you've been sick recently or have a known history of weakened immune defence.

If you get a fever, stay with it and ride it out, unless it goes over 105 degrees F. It is probably the best way to kill a virus.

In the meantime, wash your hands regularly and keep them away from your face.

Also, keep a clove of garlic in your mouth any time that you venture out.

Miracle Mineral Supplement should be seriously considered by all. It is amazing stuff. Just plug into your Google search engine.

The Bible prophesies that there will be end time plagues. But the Creator promises to protect those who live in harmony with His principles. "A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee... Because thou hast made the Lord, which is my refuge, even the most High, thy habitation; There shall no evil befall thee, neither shall any plague come nigh thy dwelling." (Psalm 91:7,9-10)

And just as predicted, we are seeing such plagues. Some of these plagues are very serious and can kill in a short time, so we need a powerful natural remedy that will work fast.

And now for the most powerful natural remedy there is - prayer. Always pray when you do natural remedies for someone and God will hear and answer your prayer. (<[www.godsholidays.com](http://www.godsholidays.com)> - *July 2008 newsletter*)

## Chapter 13

### CUTE COOKING EQUIPMENT

We must try to design our survival plans without the use of electricity. Here are several methods of cooking your food without electricity.

#### Earth oven

When you get into the country, here is how to make a quick earth oven in the ground to bake food:

#### *MATERIAL*

- Dry chopped firewood: Small to arm-size pieces (just like you would put in a normal fire place)
- Clean, dry rocks: cricket ball to soft ball sizes (15-20) Volcanic rocks are good.
- Non toxic green leaves
- Six 20 to 30 lb sized empty sugar sacks) - or a piece of trampoline (optional if you have lots of broad leaves)
- Normal long handle metal tongs, or tongs made out of bits of non-toxic wood. (for picking up hot stuff)

1. Dig a bowl-shaped hole in the ground. A hole 3 feet (one metre) in diameter and 9 inches to a foot (up to 30 centimetres) deep, will enable you to cook for say, 10 to 15 people. For just two people, your hole will, of course, be much smaller.

2. Move the earth that you dug up into one pile a little away from the hole. (You will need it again.)

3. Put the bigger rocks at the bottom of the hole.

4. Arrange some of the dry firewood loosely on the rocks in the hole in a dome or bowl-shaped structure.

5. Leave a small opening on the side of the firewood and rock arrangement. (The opening is a channel that goes right into the middle of the structure.)
6. Pile the rest of the rocks over the firewood structure in the hole.
7. Light the fire with some kindling at the end of the tunnel in the middle of the wood and stone structure.
8. The fire will burn and heat up the rocks. (Use some long tongs to pick up the wood and rearrange the unburned bits of wood to make sure the rocks are red hot.)
9. When the rocks are red hot, remove any unburned bits of wood into a pile away from your earth oven. Bury or pour water over them after you have put earth over the oven.
10. Put the larger pieces of food at the bottom on the rocks and the small food items on top of the big pieces of food. Some of the small rocks could be stacked on top of some of the food.
11. Cover thickly with leaves (banana leaves or any non toxic small branches of leaves).
12. Put the sacks or tarpaulin over the leaves, making sure the dirt can't get to the food.
13. Cover with the earth or sand that you dug out of the hole. Make sure there is no steam escaping.
14. Depending on how much food you have in the oven, it will take 1¼ hrs to 1½ hours to bake it.
15. When you unearth the oven, be sure to start from the middle and work towards the sides making sure that you unearth the dirt, the sacks and the leaves carefully, so as not to transfer dirt onto the food.

NOTE: Be sure that you pour water over all live coals or cover them with dirt so as not to cause a fire.

Unless you are doing this under a shelter, the earth oven is not recommended for windy days.

## Wood stove

Get a wood burning stove for heating – and cooking. If you are planning on living in an RV (motor home), get a very small wood stove and install it in your RV. We know of someone who did just that.

## Solar funnel cooker

I came across an excellent website on the benefits of, and how to make and use, a solar funnel cooker. It is [solarcooking.org/plans/funnel.htm](http://solarcooking.org/plans/funnel.htm)

The article there was written by Steven E. Jones, Professor of Physics at Brigham Young University, in collaboration with Colter Paulson, Jason Chesley, Jacob Fugal, Derek Hullinger, Jamie Winterton, Jeannette Lawler, and Seth, David, Nathan, and Danelle Jones. Although I do not necessarily agree with all the diet views of the author, the report as a whole is valuable, and worth passing on to you.

He says:

### *Introduction*



A few years ago, I woke up to the fact that half of the world's peoples must burn wood or dried dung in order to cook their food. It came as quite a shock to me, especially as I learned of the illnesses caused by breathing smoke day in and day out, and the environmental impacts of deforestation - not to mention the time spent by people (mostly men) gathering sticks and dung to cook their food. And yet, many of

these billions of people live near the equator, where sunshine is abundant and free. Therefore...

As a University Professor of Physics with a background in energy usage, I set out to develop a means of cooking food and sterilizing water using the free energy of the sun. First, I looked at existing methods.

The parabolic cooker involves a reflective dish that concentrates sunlight to a point where the food is cooked. This approach is very dangerous since the sun's energy is focused to a point which is very hot, but which cannot be seen. (BYU students and I built one which will set paper on fire in about 3 seconds!) I learned that an altruistic group had offered reflecting parabolas to the people living at the Altiplano in Bolivia. But more than once the parabolas had been stored next to a shed -- and the passing sun set the sheds on fire! The people did not want these dangerous, expensive devices, even though the Altiplano region has been stripped of fuel wood.

The box cooker: Basically an insulated box with a glass or plastic lid, often with a reflecting lid to reflect sunlight into the box. Light enters through the top glass (or plastic), to slowly heat up the box. Problems: energy enters only through the top, while heat is escaping through all the other sides, which have a tendency to draw heat away from the food. When the box is opened to put food in or take it out, some of the heat escapes and is lost. Also, effective box cookers tend to be more complicated to build than the funnel cooker.

While studying this problem, I thought again and again of the great need for a safe, inexpensive yet effective solar cooker. It finally came to me at Christmastime a few years ago, a sort of hybrid between the parabola and a box cooker. It looks like a large, deep funnel, and incorporates what I believe are the best features of the parabolic cooker and the box cooker.

The first reflector was made at my home out of aluminum foil glued onto cardboard, then this was curved to form a reflective funnel. My children and I figured out a way to make a large card-board funnel easily. (I'll tell you exactly how to do this later on.)

The Solar Funnel Cooker is safe and low cost, easy to make, yet very effective in capturing the sun's energy for cooking and pasteurizing water - Eureka!

Later, I did extensive tests with students (including reflectivity tests) and found that aluminized Mylar was good too, but relatively expensive and rather hard to come by in large sheets. Besides, cardboard is found throughout the world and is inexpensive, and aluminum foil is also easy to come by. And individuals can make their own solar cookers easily, or start a cottage-industry to manufacture them for others.

Prototypes of the Solar Funnel Cooker were tested in Bolivia, and outperformed an expensive solar box cooker and a "Solar Cookit" - while

costing much less. Brigham Young University submitted a patent application, mainly to insure that no company would prevent wide distribution of the Solar Funnel Cooker. BYU makes no profit from the invention. (I later learned that a few people had had a similar idea, but with methods differing from those developed and shown here.) So now I'm trying to get the word out so that the invention can be used to capture the free energy of the sun - for camping and for emergencies, yes, but also for every day cooking where electricity is not available and even fuel wood is getting scarce.

## **How it Works**

The reflector is shaped like a giant funnel, and lined with aluminum foil. (Easy to follow instructions will be given soon.) This funnel is rather like the parabolic cooker, except that the sunlight is concentrated along a line (not a point) at the bottom of the funnel. You can put your hand up the bottom of the funnel and feel the sun's heat, but it will not burn you.

Next, we paint a jar black on the outside, to collect heat, and place this at the bottom of the funnel. Or one can use a black pot, with a lid. The black vessel gets hot, fast. But not quite hot enough to cook with... We need some way to build up the heat without letting the air cool it. So, I put a cheap plastic bag around the jar - voila, the solar funnel cooker was born! The plastic bag, available in grocery stores as a "poultry bag", replaces the cumbersome and expensive box and glass lid of the solar box ovens. You can use the plastic bags used in American stores to put groceries in, as long as they let a lot of sunlight pass. (Dark-colored bags will not do.)

I recently tested a bag used for fruits and vegetables, nearly transparent and available free at American grocery stores, that works great. This is stamped "HDPE" for high-density polyethylene on the bag (ordinary polyethylene melts too easily). A block of wood is placed under the jar to help hold the heat in. (Any insulator, such as a hot pad or rope or even sticks, will also work.)

A friend of mine who is also a Physics Professor did not believe I could actually boil water with the thing. So I showed him that with this new "solar funnel cooker," I was able to boil water in Utah in the middle of winter! I laid the funnel on its side since it was winter and pointed a large funnel towards the sun to the south. I also had to suspend the black cooking vessel - rather than placing it on a wooden block. This allows the weaker sun rays to strike the entire surface of the vessel.



Of course, the Solar Funnel works much better outside of winter days (when the UV index is 7 or greater). Most other solar cookers will not cook in the winter in northern areas (or south of about 35 degrees, either).

I thought that a pressure cooker would be great. But the prices in stores were way too high for me. Wait, how about a canning jar? These little beauties are designed to relieve pressure through the lid - a nice pressure cooker. And cooking time is cut in half for each 10° C we raise the temperature (Professor Lee Hansen, private communication). I used one of my wife's wide-mouth canning jars, spray-painted (flat) black on the outside, and it worked great. Food cooks faster when you use a simple canning jar as a pressure cooker. However, you can also put a black pot in the plastic bag instead if you want. But don't use a sealed container with no pressure release like a mayonnaise jar - it can break as the steam builds up! (I've done it.)

## **How to Build Your Own Solar Funnel Cooker**

### *What You will Need for the Funnel Cooker:*

1. A piece of flat cardboard, about 2 feet wide by 4 feet long. (The length should be just twice the width. The bigger, the better.)
2. Ordinary aluminum foil.
3. A glue such as white glue (like Elmer's glue), and water to mix with it 50-50. Also, a brush to apply the glue to the cardboard (or a cloth or paper towel will do). Or, some may wish to use a cheap "spray adhesive" available in spray cans. You can also use wheat paste.
4. Three wire brads - or small nuts and bolts, or string to hold the funnel together.
5. For a cooking vessel, I recommend a canning jar ("Ball" wide-mouth quart jars work fine for me; the rubber ring on the lid is less likely to melt than for other jars I've found. A two-quart canning jar is available and works fine for larger quantities of food, although the cooking is somewhat slower.).
6. The cooking jar (or vessel) should be spray-painted black on the outside. I find that a cheap flat-black spray paint works just fine. Scrape off a vertical stripe so that you have a clear glass "window" to look into the vessel, to check the food or water for boiling.
7. A block of wood is used as an insulator under the jar. I use a piece of 2"X4" board which is cut into a square nominally 4" x 4" by

about 2" thick. (10cm square x 5cm thick.) One square piece of wood makes a great insulator.

8. A plastic bag is used to go around the cooking-jar and block of wood, to provide a green-house effect. Suggestions:
- Reynolds™ Oven Bag, Regular Size works great: transparent and won't melt. (Cost about 25 cents each in US grocery stores.)
  - Any nearly-transparent HDPE bag (High-density Polyethylene). Look for "HDPE" stamped on the bag. I've tested HDPE bags which I picked up for free at my grocery store, used for holding vegetables and fruits. These are thin, but very inexpensive. Tested side-by-side with an oven bag in two solar funnels, the HDPE bag worked just as well! (Caution: we have found that some HDPE bags will melt should they contact the hot cooking vessel. For this reason, we recommend using the oven-safe plastic bag wherever possible.)

- An idea attributed to Roger Bernard and applied now to the BYU Funnel Cooker: place a pot (having a blackened bottom and sides) in a glass bowl, and cover with a lid. Try for a tight fit around the bottom to



keep hot air trapped inside. The metal pot or bowl should be supported around the rim only, with an air space all around the bottom (where the sunlight strikes it). Put a blackened lid on top of the pot. Then simply place this pot-in-bowl down in the bottom of the funnel - no plastic bag is needed! This clever method also allows the cook to simply remove the lid to check the food and to stir. I like this idea - it makes the solar cooker a lot like cooking over a fire. See the photographs for further details.

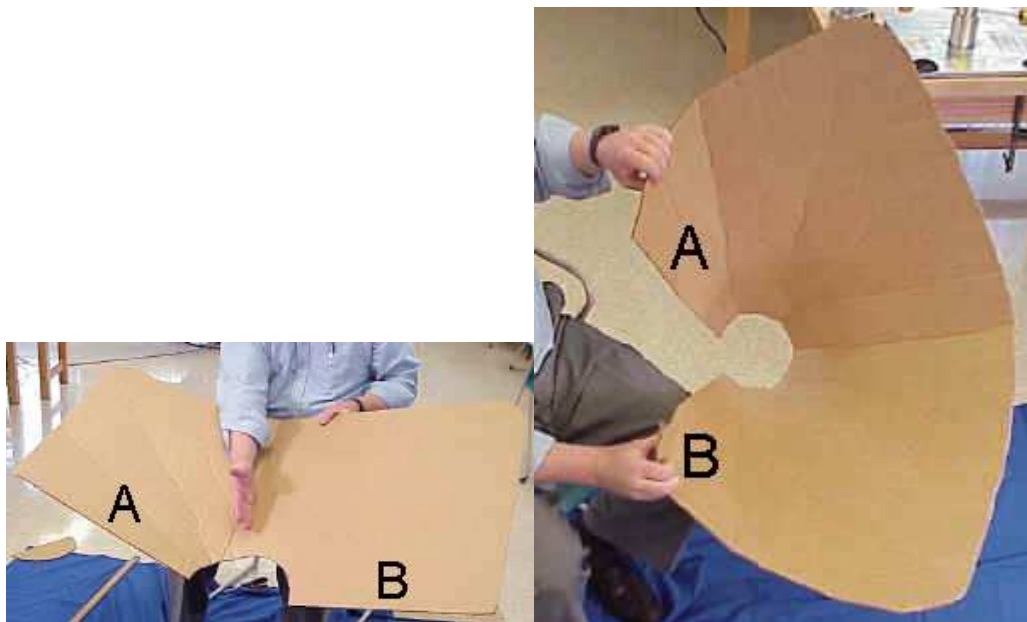
## Construction Steps

### *Cut a Half-circle out of the Cardboard*



Cut a half circle out of the cardboard, along the bottom as shown below. When the funnel is formed, this becomes a full-circle and should be wide enough to go around your cooking pot. So for a 7" diameter cooking pot, the radius of the half-circle is 7". For a quart canning jar such as I use, I cut a 5" radius half-circle out of the cardboard.

### *Form the Funnel*



To form the funnel, you will bring side A towards side B, as shown in the figure. The aluminum foil must go on the **INSIDE** of the funnel. Do this

slowly, helping the cardboard to the shape of a funnel by using one hand to form creases that radiate out from the half-circle. Work your way around the funnel, bending it in stages to form the funnel shape, until the two sides overlap and the half-circle forms a complete circle. The aluminum foil will go on the **INSIDE** of the funnel. Open the funnel and lay it flat, "inside up", in preparation for the next step.

### ***Glue Foil to Cardboard***



Apply glue or adhesive to the top (inner) surface of the cardboard, then quickly apply the aluminum foil on top of the glue, to affix the foil to the cardboard. Make sure the shiniest side of the foil is on top, since this becomes your reflective surface in the Funnel. I like to put just enough glue for one width of foil, so that the glue stays moist while the foil is applied. I also overlap strips of foil by about 1" ( or 2 cm). Try to smooth out the aluminum foil as much as you reasonably can, but small wrinkles won't make much difference. (If even cardboard is not available, one can simply dig a funnel-shaped hole in the ground and line it with a reflector, to make a fixed solar cooker for use at mid-day.)

***Join side A to side B to keep the funnel together.***



The easiest way to do this is to punch three holes in the cardboard that line up on side A and side B (see figure). Then put a metal brad through each hole and fasten by pulling apart the metal tines. Or you can use a nut-and-bolt to secure the two sides (A & B) together.

Be creative here with what you have available. For example, by putting two holes about a thumb-width apart, you can put a string, twine, small rope, wire or twist-tie in one hole and out the other, and tie together.

When A and B are connected together, you will have a "funnel with two wings". The wings could be cut off, but these help to gather more sunlight, so I leave them on.

***Tape or glue a piece of aluminum foil across the hole at the bottom of the funnel, with shiny side in.***

This completes the assembly of your Solar Funnel Cooker.

For stability, place the Funnel inside a cardboard or other box to provide support. For long-term applications, one may



wish to dig a hole in the ground to hold the Funnel against strong winds.

## Final Steps

At this stage, you are ready to put food items or water into the cooking vessel or jar, and put the lid on securely. (See instructions on food cooking times, to follow.)

Place a wooden block in the **INSIDE** bottom of the cooking bag. I use a piece of 2 by 4 board which is cut into a square nominally 4" by 4" by about 2" thick. Then place the cooking vessel containing the food or water on top of the wooden block, inside the bag.

Next, gather the top of the bag in your fingers and *blow air into the bag, to inflate it*. This will form a small "greenhouse" around the cooking vessel, to trap much of the heat inside. Close off the bag with a tight twist tie or wire. Important: the bag should not touch the sides or lid of the cooking vessel. The bag may be called a "convection shield," slowing convection-cooling due to air currents.

Place the entire bag and its contents inside the funnel near the bottom as shown in the photographs.

Place the Solar Funnel Cooker so that it faces the sun

Remember: Sunlight can hurt the eyes: Please wear sunglasses when using a Solar Cooker! The Funnel Cooker is designed so that the hot region is deep down inside the funnel, out of harm's way.

Put the Solar Funnel Cooker in the sun pointing towards the sun, so that it captures as much sunlight as possible. The design of the funnel allows it to collect solar energy for about an hour without needing to be re-positioned. For longer cooking times, readjust the position of the funnel to follow the sun's path.

It helps to put the Solar Funnel Cooker in front of a south-facing wall or window (in the Northern Hemisphere) or in front of a north-facing wall or window (in the Southern Hemisphere), to reflect additional sunlight into the funnel.

A reflective wall is most important in locations farther from the equator and in winter.

## After cooking

Remember that the cooking vessel will be very hot. Use cooking pads or gloves when handling! If you are heating water in a canning jar, you may notice that the water is boiling when the lid is first removed - it gets very hot!

Open the plastic cooking bag by removing the twist-tie. Using gloves or a thick cloth, lift the vessel out of the bag and place it on the ground or table. Carefully open the vessel and check the food, to make sure it has finished cooking. Let the hot food cool before eating.

## Helpful Hints

1. Avoid leaving fingerprints and smudges on the inside surface of the cooker. Keep the inner surface clean and shiny by wiping occasionally with a wet towel. This will keep the Solar Funnel Cooker working at its best.
2. If your funnel gets out-of-round, it can be put back into a circular shape by attaching a rope or string between opposite sides which need to be brought closer together.
3. For long-term applications, a hole in the ground will hold the Funnel Cooker securely against winds. Bring the funnel inside or cover it during rain storms.
4. The lids can be used over and over. We have had some trouble with the rubber on some new canning-jar lids becoming soft and "sticky." "Ball canning lids" do not usually have this problem. Running new lids through very hot water before the first use seems to help. The lids can be used over and over if they are not bent too badly when opened (pry off lid carefully).
5. The jar can be suspended near the bottom of the funnel using fishing line or string (etc.), instead of placing the jar on a block of wood. A plastic bag is placed around the jar with air puffed inside, as usual, to trap the heat. The suspension method allows sunlight to strike all surfaces of the jar, all around, so that heats faster and more evenly. This suspension method is crucial for use in winter months.
6. Adjust the funnel to put as much sunlight onto the cooking jar as possible. Look at the jar to check where the sunlight is hitting, and to be sure the bottom is not in the shadows. For long cooking times (over about an hour), readjust the position of the funnel to follow the sun's path. During winter months, when the sun is low on the

horizon (e.g., in North America), it is helpful to lay the funnel on its side, facing the sun.

## **Tests in Utah**

I have personally used the Solar Funnel Cooker to cook lunches over many weeks. My favourite foods to cook are potatoes (cut into logs or slices) and carrot slices. Vegetables cook slowly in their own juices and taste delicious. I also make rice, melted cheese sandwiches, and even bread in the Solar Funnel Cooker. I usually put the food out around 11.30 and let it cook until 12.45 or 1 pm, just to be sure that it has time to cook. I've never had any food burn in this cooker.

I have also cooked food in the mountains, at an altitude of around 8,300 feet. If anything, the food cooked faster there - the sunlight filters through less atmosphere at high altitudes.

I find that people are surprised that the sun alone can actually cook food. And they are further pleasantly surprised at the rich flavors in the foods which cook slowly in the sun. This inexpensive device does it!

Students at Brigham Young University have performed numerous tests on the Solar Funnel Cooker along with other cookers. We have consistently found much faster cooking using the Solar Funnel Cooker. The efficiency/cost ratio is higher than any other solar cooking device we have found to date. Mr. Hullinger also performed studies of transmissivity, reflectivity and absorptivity of alternate materials which could be used in the Solar Funnel Cooker. While there are better materials (such as solar-selective absorbers), our goal has been to keep the cost of the Solar Cooker as low as possible, while maintaining safety as a first priority.

## **Tests in Bolivia**

The BYU Benson Institute organized tests between the Solar Funnel Cooker and the "old-fashioned" solar box oven. The solar box oven cost about \$70 and was made mostly of cardboard. It took nearly two hours just to reach water pasteurization temperature. The Bolivian report notes that "food gets cold every time the pots are taken from and into the oven." The solar box oven failed even to cook boiled eggs



(More expensive box cookers would hopefully work better.)

An aluminized-mylar Solar Funnel Cooker was also tested in Bolivia, during the Bolivian winter. Water pasteurization temperature was reached in 50 minutes, boiled eggs cooked in 70 minutes, and rice cooked in 75 minutes. The Bolivian people were pleased by the performance. So were we! (La Paz, Bolivia, August, 1996)

I also donated two dozen Solar Funnel Cookers for people in Guatemala. These were taken there by a group of doctors going there for humanitarian service. The people there also liked the idea of cooking with the sun's free energy! For an aluminized-Mylar Solar Funnel Cooker kit, please contact CRM (licensed manufacturer) at +1 (801) 292-9210.

## **Water and Milk Pasteurization**

Contaminated drinking water or milk kills thousands of people each day, especially children. WHO reports that 80 percent of illnesses in the world are spread through contaminated water. Studies show that heating water to about 65° - 70° C (150° F) is sufficient to kill coliform bacteria, rotaviruses, enteroviruses and even Giardia. This is called pasteurization.

Pasteurization depends on how hot and how long water is heated. But how do you know if the water got hot enough? You could use a thermometer, but this would add to the cost, of course. When steam leaves the canning jar (with lid on tight) and forms "dew" on the inside of the cooking bag, then the water is probably pasteurized to drink. (The goal is to heat to 160° Fahrenheit for at least six minutes.) With a stripe of black paint scraped off the jar, one can look through the bag and into the jar and see when the water is boiling - then it is safe for sure.

Think of all the lives that can be saved simply by pasteurizing water using a simple Solar Cooker!

## **Safety**

Safety was my first concern in designing the Solar Funnel Cooker, then came low cost and effectiveness. But any time you have heat you need to take some precautions.

- The cooking vessel (jar) is going to get hot, else the food inside won't cook. Let the jar cool a bit before opening. Handle only with gloves or tongs.
- Always wear dark glasses to protect from the sun's rays. We naturally squint, but sunglasses are important.
- Keep the plastic bag away from children and away from nose and mouth to avoid any possibility of suffocation.

## **Cooking with the Solar Funnel Cooker**

What do you cook in a crock pot or moderate-temperature oven? The same foods will cook about the same in the Solar Funnel Cooker -- without burning. The charts below give approximate summer cooking times.

The solar cooker works best when the UV index is 7 or higher. (Sun high overhead, few clouds.)

Cooking times are approximate. Increase cooking times for partly-cloudy days, sun not overhead (e.g., wintertime) or for more than about 3 cups of food in the cooking jar.

Stirring is not necessary for most foods. Food generally will not burn in the solar cooker.

**Vegetables** (Potatoes, carrots, squash, beets, asparagus, etc.)

Preparation: No need to add water if fresh. Cut into slices or "logs" to ensure uniform cooking. Corn will cook fine with or without the cob.

Cooking Time: About 1.5 hours

**Cereals and Grains** (Rice, wheat, barley, oats, millet, etc.)

Preparation: Mix 2 parts water to every 1 part grain. Amount may vary according to individual taste. Let soak for a few hours for faster cooking. To ensure uniform cooking, shake jar after 50 minutes. CAUTION: Jar will be hot. Use gloves or cooking pads.

Cooking Time: 1.5-2 hours

**Pasta and Dehydrated Soups**

Preparation: First heat water to near boiling (50-70 minutes). Then add the pasta or soup mix. Stir or shake, and cook 15 additional minutes.

Cooking Time: 65-85 minutes

**Beans**

Preparation: Let tough or dry beans soak overnight. Place in cooking jar with water.

Cooking Time: 2-3 hours

**Eggs**

Preparation: No need to add water. Note: If cooked too long, egg whites may darken, but taste remains the same.

Cooking Time: 1-1.5 hours, depending on desired yolk firmness.

**Meats** (Chicken, beef, and fish)

Preparation: No need to add water. Longer cooking makes the meat more tender.

Cooking Time: Chicken: 1.5 hours cut up or 2.5 hours whole; Beef: 1.5 hours cut up or 2.5-3 hours for larger cuts; Fish: 1-1.5 hours

**Baking**

Preparation: Times vary based on amount of dough.

Cooking Times: Breads: 1-1.5 hours; Biscuits: 1-1.5 hours; Cookies: 1 hour

**Roasted Nuts** (Peanuts, almonds, pumpkin seed, etc.)

Preparation: Place in jar. A little vegetable oil may be added if desired.

Cooking Time: About 1.5 hours

**MREs and prepackaged foods**

Preparation: For foods in dark containers, simply place the container in the cooking bag in place of the black cooking jar.

Cooking Times: Cooking time varies with the amount of food and darkness of package.

## **How to Use the Solar Funnel as a Refrigerator/Cooler**

A university student (Jamie Winterton) and I were the first to demonstrate that the BYU Solar Funnel Cooker can be used - at night - as a refrigerator. Here is how this is done.

The Solar Funnel Cooker is set-up just as you would during sun-light hours, with two exceptions:

1. The funnel is directed at the dark night sky. It should not "see" any buildings or even trees. (The thermal radiation from walls, trees, or even clouds will diminish the cooling effect.).
2. It helps to place 2 (two) bags around the jar instead of just one, with air spaces between the bags and between the inner bag and the jar. HDPE and ordinary polyethylene bags work well, since polyethylene is nearly transparent to infrared radiation, allowing it to escape into the "heat sink" of the dark sky.

During the day, the sun's rays are reflected onto the cooking vessel which becomes hot quickly. At night, heat from the vessel is radiated *outward*, towards empty space, which is very cold indeed (a "heat sink").

As a result, the cooking vessel now becomes a small refrigerator. We routinely achieve cooling of about 20° F (10° C) below ambient air temperature using this remarkably simple scheme.

In September 1999, we placed two funnels out in the evening, with double-bagged jars inside. One jar was on a block of wood and the other was suspended in the funnel, using fishing line. The temperature that evening (in Provo, Utah) was 78° F. Using a Radio Shack indoor/outdoor thermometer, a BYU student (Colter Paulson) measured the temperature inside the funnel and outside in the open air. He found that the temperature of the air inside the funnel dropped quickly by about 15 degrees, as its heat was radiated upwards in the clear sky. That night, the minimum outdoor air temperature measured was 47.5 degrees - but the water in both jars had ICE. I invite others to try this, and please let me know if you get ice at 55 or even 60 degrees outside air temperature (minimum at night). A black PVC container may work even better than a black-painted jar, since PVC is a good infrared radiator - these matters are still being studied.

I would like to see the "Funnel Refrigerator" tried in desert climates, especially where freezing temperatures are rarely reached. It should be possible in this way to cheaply make ice for Hutus in Rwanda and for aborigines in Australia, without using any electricity or other modern "tricks." We are in effect bringing some of the cold of space to a little corner on earth. Please let me know how this works for you.

## **Conclusion: why we need solar cookers**

The BYU Funnel Cooker/Cooler can:

- Cook food without the need for electricity or wood or petroleum or other fuels.
- Pasteurize water for safe drinking, preventing many diseases.
- Save trees and other resources.
- Avoid air pollution and breathing smoke while cooking.
- Use the sun's free energy. A renewable energy source.
- Cook food with little or no stirring, without burning.
- Kill insects in grains.
- Dehydrate fruits, etc.
- Serve as a refrigerator at night, to cool even freeze water.

(Yes, you can do all this without electricity or fuels!)

The burden for gathering the fuel wood and cooking falls mainly on women and children. Joseph Kiai reports from Dadaab, Kenya: "Women who can't afford to buy wood start at 4 am to go collecting and return about noon... They do this twice a week to get fuel for cooking... The rapes are averaging one per week." From Belize: "Many times the women have to go into the forest dragging their small children when they go to look for wood. It is a special hardship for pregnant and nursing mothers to chop and drag trees back to the village... they are exposed to venomous snakes and clouds of mosquitoes." (Anna K. - Quoted in newsletters by Solar Cookers International.)

And the forests are dwindling in many areas. Edwin Dobbs noted in *Audubon Magazine*, Nov. 1992, "The world can choose sunlight or further deforestation, solar cooking or widespread starvation..."

I've used this cooker for three summers and I enjoy it. Cooking and making ice with the Funnel Cooker/cooler will permit a significant change in lifestyle. If you think about it, this could help a lot of people. The BYU Solar Funnel Cooker uses the glorious sunshine - and the energy of the sun is a free gift from God for all to use!

## **Answers to commonly-asked questions**

### ***WILL THE COOKER WORK IN WINTER?***

As the sun moves closer to the southern horizon in the winter in the Northern Hemisphere ( and closer to the northern horizon in the Southern Hemisphere), the solar cooker is naturally less effective. A good measure of the solar intensity is the “UV index” which is often reported with the weather. When the ultraviolet or UV index is 7 or above – common in summer months – the solar cooker works very well. In Salt Lake City, USA, in October, the UV index was reported to be 3.5 on a sunny day. We were able to boil water in the Solar Funnel Cooker during this time, but we had to suspend the black jar in the funnel so that sunlight struck all sides. (We ran a fishing line under the screw-on lid, and looped the fishing line over a rod above the funnel. As usual, a plastic bag was placed around the jar, and this was closed at the top to let the fishing line out for suspending the jar.)

The solar “minimum” for the northern hemisphere it occurs on winter solstice, about December 21 each year. The solar “maximum” occurs six months later, June 21. Solar cooking works best from about March 20 - October 1 in the north. (The solar “minimum” for the southern hemisphere occurs on winter solstice, about June 21 each year. The solar “maximum” occurs six months later, December 21. Solar cooking works best from about September 20 - April 1 in the south.)

If people try to cook with the sun for the first time outside of this time window, they should not be discouraged. Try again when the sun is more directly overhead. (One may also suspend the jar in the funnel, which will make cooking faster any time of the year.)

It is interesting to note that most developing countries are located near the equator where the sun is nearly directly overhead all the time. Solar Cookers will then serve year-round, as long as the sun is shining, for these fortunate people. They may be the first to apply fusion energy (of the sun) on a large scale! And they may accomplish this without the expensive infrastructure of electrical power grids that we take for granted in America.

### ***HOW DO YOU COOK BREAD IN A JAR?***

I have cooked bread by simply putting dough in the bottom of the jar and placing it in the funnel in the usual way. Rising and baking took place inside the jar in about an hour (during summer). One should put vegetable oil inside the jar before cooking to make removal of the bread easier. I would also suggest that using a 2-quart wide-mouth canning jar instead of a 1-quart jar would make baking a loaf of bread easier.

### ***WHAT IS THE OPTIMUM “OPENING ANGLE” FOR THE FUNNEL COOKER?***

A graduate student at Brigham Young University did a calculus calculation over two years ago to assess the best shape or opening angle for the Solar Funnel. Jeannette Lawler assumed that the best operation would occur when the sun’s rays bounced no more than once before hitting the cooking jar, while keeping the opening angle as large as possible to admit more sunlight. (Some sunlight is lost each time the light reflects from the shiny surface. If the sunlight misses on the first bounce, it can bounce again and again until being absorbed by the black bottle.) She set up an approximate equation for this situation, took the calculus-derivative with respect to the opening angle and set the derivative equal to zero. Optimizing in this way, she found that the optimum opening angle is about 45 degrees, when the funnel is pointed directly towards the sun.

But we don’t want to have to “track the sun” by turning the funnel every few minutes. The sun moves (apparently) 360 degrees in 24 hours, or about 15 degrees per hour. So we finally chose a 60-degree opening angle so that the cooker is effective for about 1.2 hours. This turned out to be long enough to cook most vegetables, breads, boil water, etc. with the Solar Funnel Cooker. We also used a laser pointer to simulate sun rays entering the funnel at different angles, and found that the 60-degree cone was quite effective in concentrating the rays at the bottom of the funnel where the cooking jar sits.

For questions regarding the complete Solar Funnel Cooker kit using aluminized Mylar and a jar for the cooking vessel, please contact CRM at +1 (801) 292-9210. Recent updates to this project can be found at <http://physics1.byu.edu/jones/rel491/solarbowl.htm>.

## Chapter 14

### BRILLIANT SHELTERS

You don't have to be an eccentric to prepare for yourself an unconventional shelter.

A former US intelligence analyst by the name of Rantala told *Monitor* magazine, "If most people think of a survivalist as an armed loner with extreme views – there are folks like that out there, but there are many more in America who are simply involved in preparing for down times, lean times or disaster. It's logical. It's common sense."



How about an underground storage container made from a culvert? This concept is extremely bold in every way. When it comes to underground storage, this may very well be the granddaddy of them all. I am convinced this is one of the finest underground storage ideas you will find anywhere.



Whoever thought of this ranks as a genius of the simple.

Basically, this underground storage area is made in a culvert that was designed for bridging creeks. Culverts are thin steel pipes that are very strong, light for their size, inexpensive when compared to other types of construction, galvanized and therefore rustproof. They come in a wide variety of sizes, from as small as one foot in diameter to 20 feet in diameter and bigger.

Because of the huge size possibilities, culverts can fit into just about anyone's underground storage needs. The structure pictured above was built into an eight foot culvert, however, many people building this type of shelter are now using ten foot culverts.

## **Easily and quickly constructed**

The photo below shows the culvert as it was near the end of construction. It is made from an eight foot culvert 50 feet long. Steel plates were welded onto each end to enclose the culvert. A 1 foot in diameter vent tube, again made from culvert, was placed in the top of the culvert on each end (not shown). The culvert coming off the top side of the main culvert at one end in the photo is a 4 foot culvert.

Before the shelter was set into place, the culvert was rotated down so the small attached culvert was on the side of the main culvert. Then a length of 4 foot diameter culvert was welded on which became the entrance way. Before it was set into place, the entire outside surface, especially the welded portions, were sprayed with tar to prevent rusting.

The floor inside the culvert was constructed from 2 by 4s and 1 inch plywood. This was placed in the culvert at the 5 foot wide point, being about 10 inches above the bottom of the culvert. With the floor at this point, there is slightly over 7 feet of head room when standing.

Next came the door on the front of the entrance way. Our featured shelter has a small 6 by 6 foot porch built around the culvert entrance which has a wooden door to the outside. There is also a second inner door constructed from steel, enclosing the 4 foot diameter entrance culvert. All that remains to be done is to put in the walls and shelves.



### **Quickly set into place**

The hole for this shelter was dug in one day. The shelter was brought in and set into place with the vents and entrance pipe welded into place the next day, then it was buried the third day.

### **Inexpensive for the size**

The owner of our featured shelter spent \$5,000 in 1990 on all aspects of constructing and burying this shelter. (It would cost about \$10,000 now (2009) with the proper blast doors.) He did say that a lot of the wood for the floor and shelves was scrounged.



### **Plenty of room**

Our featured shelter's 5 foot wide floor has 250 square feet of surface. Total storage area volume comes out to about 2,400 cubic feet.



Easily adaptable as an underground shelter

Our featured shelter has a bed, dresser, mall living area, library, and a large storage area.



This photo shows the end of the shelter next to the entrance. Note the 4 foot diameter culvert coming off the left just before the bed. The entrance pipe wasn't put on the very end of the 50 foot long culvert for a very good reason - so the bed would fit. Note also the vent pipe in the ceiling. The owner said he would cut it off close to flush with the ceiling if he had to do it over again.



Here is the first photo again to explain the two rock towers on top of the shelter. These enclose the vents. It was done this way so kids couldn't shoot holes through them.

Your underground shelter can be easily hidden from view - no one even needs to know it's there: With a tiny bit of forethought and planning, the vents could be easily hidden by terrain, in shrubbery, a rock garden, or in carefully placed outbuildings. The same could be done with the entrance way.

## **Where to learn more**

Sharon Packer, a nuclear engineer and the head of the Civil Defense Volunteers of Utah has written a 150 page 8½ by 11 inch book called *Nuclear Defence Issues*. You should get one if you are contemplating building one of these shelters. This book sells for \$US25.00 and includes:

- National Security Affairs
- Weapons Effects
- Building the Shelter
- Post War Survival

## Chapter 15

# PROTECTION AND SELF DEFENCE

In cases of severe and long-standing civil unrest, communications systems and the electric power grid may be down for indefinite periods of time. With readily available methods of communication no longer operating, old technology such as "ham radios" could become an absolute lifeline. Handheld portable "HT" radios, as they are called, would be incredibly valuable.

These do require a license, but the license is very easy to get. With a couple of weeks of study, you could easily pass the 30-question multiple choice test required to get a "Technicians License." Purchasing several of these small handheld radios for family members would be very valuable in such a crisis.

### Guns being stockpiled

In the wake of Obama's election as US president in November, 2008, there was a spike in gun sales that was even more intense than in the days following Y2K and the September 11 terrorist attacks.

And since then, the sale of weapons and ammunition have hardly slowed. As I write this, gun-shows are packed, ammunition is becoming harder to find, and people are stockpiling. There's trouble in the wind and people are sensing it.

In Florida, the *Orlando Sentinel* reported that months of steady, heavy buying had left gun dealers in Florida facing shortages of ammunition.

"The survivalist in all of us comes out," John Ritz, manager of a Florida shooting range, told the *Sentinel*. "It's more about protecting what you have."

"People are just stockpiling," said a spokeswoman for Georgia Arms, which has seen bullet sales jump 100 percent since the election. "A gun is just like a car. If you can't get gas, you can't use it."

## **“Top gun salesman of the year”**

In recognition of the unprecedented demand for firearms by nervous consumers, The *Outdoor Wire*, the nation’s largest daily electronic news service for the outdoor industry, has named President-elect Barack Obama its “Gun Salesman of the Year”.

With the selection, *Outdoor Wire* publisher Jim Shepherd says it is time the firearms industry recognizes the fact that without President-elect Obama’s frightening consumers into action, the firearms industry might be suffering the same sort of business slumps that have befallen the automotive and housing industries.

## **Gun confiscation**

US leaders have reportedly told the Russian government of a plan to confiscate all private guns in the United States by September 2009.

On March 20, 2009, the Kremlin reported that in a meeting held that day between President Medvedev and former United States Secretaries of State Henry Kissinger (under Nixon), James Baker (under Bush Sr.), Charles Shultz (under Regan), former United States Defense Secretary William Perry (under Clinton), and former US Senator and top defense expert Sam Nunn, the US representatives stated that the Americans were acknowledging for the first time their acceptance of a New Global Order.

These top American officials also assured President Medvedev that new laws being written by the Obama administration will ‘completely’ reform the American financial system by fully integrating it into a single Global Economy.

It was stated that when President Medvedev voiced his concerns to the Americans over his belief that the US Congress would not allow such a radical new set of laws to pass, these reports continue, Kissinger replied that the American people were being ‘primed’ to overwhelm their lawmakers into swiftly enacting ‘in its entirety’ the Obama administrations new banking and financial laws by the outrageous behaviour of those collapsed financial giants that includes:

- \* The insurance giant AIG which after receiving over \$300 billion in US taxpayer money paid out nearly \$200 million in bonuses;

- \* The collapsed stock selling giant Merrill Lynch which after receiving \$20 billion in US taxpayer money paid out \$3.6 billion in bonuses; and
- \* The collapsed US banking giant Citigroup who after receiving \$45 billion in US taxpayer money announced a \$10 million redecoration of their executive office suites.

Confirming Kissinger's assertions to President Medvedev, US Treasury Secretary Timothy Geithner has since admitted that he had ordered US Senator Christopher Dodd to include the executive pay provision into the stimulus bill which was, in fact, a loophole allowing these controversial bonuses to be paid out.

Such machinations were being utilized by the US 'leaders' against the American people, in order to pave the road from a once sovereign United States to this New World Order. As a whole, the Americans remained nearly clueless. But when pressed by President Medvedev on the plans to ensure that civil society on the North American continent doesn't break down, Kissinger reportedly stated, "By September we'll have confiscated all privately owned guns so it really doesn't matter what we do, we'll still be in charge".

Russian Intelligence reports state that gun ownership statistics in the United States vary widely, but is estimated to be that nearly 50 percent of US households have nearly 270 million guns, none of which these Americans seem now ready to part with without a fight.

## **Ammunition blockade**

Virtually unknown to the masses of gun owning Americans, is that their fears of having their government confiscate their guns was never the greatest one they needed to have. But rather the taking away all of the peoples' access to the ammunition needed for their guns, is what the 'master plan' for subjugating them has always been.

News has now leaked that the US State Department might be on the verge of cutting off all imports of certain calibres of ammunition. Not only that, but further steps are being taken to curb the supply of raw materials to local ammunition manufacturers, thus ultimately cutting off access by all citizens to ammunition they would need to defend themselves.

Reports coming from the United States show that the leaders are fast adopting the tactics used by the German Nazis to disarm their society prior to the installation of fascist rule and martial law, by first rendering all private guns useless by eliminating and restricting the ammunition they use. And from further reports it appears that this 'plan' is already being instituted with ammunition shortages being reported in Idaho, Georgia, and Louisiana, and a new law just introduced in California which would make access to ammunition more difficult.

## **Public outrage anticipated**

As the growing worldwide economic crisis deepens, military forces in Canada, the United States and the United Kingdom are preparing to meet angry citizens on the street. The economic crisis – and the public outrage it is causing – is at the forefront of their planning.

Investigative reporter Sorcha Faal commented on March 20, 2009:

“So today, as the United States 'watch list' for domestic and International terrorists has hit 1 million names, in a country that already has more prisoners than any other Nation in the World, or our entire Earths' history for that matter, and as sales of weapons and ammunition are still hitting record highs in America since President Obama's election, it would appear more than likely that the assertions of US officials to Russia that they remain in control of their country is highly doubtful, and needing just one single 'spark' to plunge it into full scale civil war.”

Five days later, The Hal Turner Show revealed:

“A Police Officer who attended FEMA meetings at his local police department, was made thoroughly aware of federal plans to be implemented in the USA at the end of August or early September. He has revealed those plans to me and they are terrifying.

“Get accustomed to the words ‘federalized’, ‘voucher’, ‘check points’ and ‘dissident’, because you're going to start hearing them a lot.”

Turner continued: “If you ever wondered how the people of the old Soviet Union allowed themselves to fall so far into totalitarianism, you won't wonder after September - you'll be living it.”



## About defence of your family

Regardless of one's personal views on gun ownership, there is a widely held belief that not having a gun when trouble comes could mean the difference between life and death for many people. However, it might be wise to caution that, if one must use a gun to protect one's family, the aim should be to dissuade, disarm or disable the attacker, rather than kill.

Some are considering the use of a stun gun as a better idea. The stun gun temporarily disables a person with electric shock: either by contact or at a distance. While these weapons are by no means infallible, they can save lives in certain situations. (<http://electronics.howstuffworks.com/gadgets/other-gadgets/stun-gun.htm>)

There is a principle which history has proven to be very true: "He that killeth with the sword, must be killed with the sword. Here is the patience and the faith of the saints. (Revelation 13:10) Those who use deadly force will die by deadly force.

Should we defend our loved ones? Yes. The Scripture says that the man who does not provide for his own family is worse than an infidel. Does this include defence of his family? Yes.

However, storing up arms and threatening others is not a defence of one's family. Taking up arms with others to threaten civil authority is a sure recipe for an early death in the coming time of tribulation. There will be some who do this and advocate others to do it. They will mix freedom, national sovereignty, and personal fear with the end time prophecies. They will die by the very weapons that they pick up.

Consider the following and decide on your best choice. Would it be better to get into one fire fight with your rifle defending a small piece of ground, die, and your family go through the time of trouble without you? Or, would it be better to escape with your family, to continue caring for your family in an isolated location?

If you decide that taking up your sword is your destiny, then we will look forward to seeing you at the resurrection.

## Civil unrest behaviour

Fortunately, there are other methods of self defence. Let me tell you a story related by one who lived through the days of the first Russian revolution in 1905.

“The rebels were sweeping through the country, burning homes and killing men wherever they came. Nothing was safe before them.

“At that time we lived in Southern Russia in a small colony of Mennonites.

“One day the neighbour came running to my father: ‘Tell me, friend, what will you do when they come? Are you sufficiently armed? My six sons and I have guns, so we will be able to defend ourselves. We’ll shoot them.’

“‘We have no arms in the house,’ replied my father calmly. ‘I do not believe in this kind of defence. There is no certainty in it.’

“The neighbour left the house, shaking his head over the foolishness of his friend. ‘Well, don’t blame me for what will happen to you when they come.’

“The next day news came that the neighbour and all his family were killed and that the band of rebels set fire to everything after sacking the house.

“Now my parents thought that our home would be the next on the program. We were all terribly afraid. Except my father. At noon he told mother to prepare a good rich supper because he was expecting guests.

“‘What guests?’ we asked ourselves.

“‘And then,’ said father, ‘prepare couches for about ten people.’ After that, he disappeared....

“We children were running up and down the house, but in vain. We could not find father. At last, I discovered him when I looked through a keyhole of a door. He was kneeling and praying.

“When the evening came, we all gathered around our mother in one room. We gazed through the window into the thickening twilight. There

was a silence everywhere. Nobody said a single word.

“And then, at once, we heard it: steps... many heavy steps. And we saw them turning around the corner. They were awful-looking, about twelve men, with black, mean faces, torn clothes, blood-stained sticks in their hands.

“‘Hands up and surrender,’ shouted a gross voice.

“Upon that, we saw our father going out of the house and approaching the men. Fearlessly he came to the wildest-looking man – probably their leader – and, taking his hand, invited him mildly, ‘Come in. Everything that is ours is yours, but first of all come and refresh yourselves. The dinner is ready.’

“We saw them throwing threatening looks at our father and heard them murmur: ‘Let’s not be cheated by that chap! We came to kill him and not to eat.’

“‘I know,’ said my father. ‘Come and eat first, then you can do whatever you think is right to do.’

“Hesitatingly they followed my father.

“Again, being more curious than frightened, I silently came close to the door and watched them through the keyhole.

“They were already sitting, after looking cautiously and suspiciously around, of course. My father sat with them. The nicely arranged food was seducing. They were evidently hungry and exhausted. They were starting to eat in a grand way. They sat there as immobile pieces of stone. They did not utter a single word. Now they looked so strange, almost funny.

“‘What will happen? Our father encouraged them kindly, ‘Eat, eat, everything is yours. Your beds are prepared in the next room. You certainly need rest.’

”They really did go to sleep after dinner. Then father came to us. We were sleeping altogether in one room. Fear had exhausted us and so we slept.

“At once we heard some noises. The door opened and the wild, hairy head of the leader appeared to us, smiling. ‘We have to go. We came to kill you, but you conquered us by your non-violence.’”

## **Numerous examples of deliverance**

Around the world today, as in all ages, countless numbers of people are experiencing remarkable deliverance from attackers and would-be assassins.

I recall an incident in which fugitives and pursuers passed each other on the road, without the pursuers seeing the fugitives. A cloak of invisibility was evidently thrown around them. This was in response to prayer.

If you would like to cheer your heart with other true accounts, read *Was This a Miracle?* ([http://www.beforeus.com/shopcart\\_ebooks.html](http://www.beforeus.com/shopcart_ebooks.html)> Scroll down to Item No.54)

## Chapter 16

# PROTECT YOURSELF FROM RADIATION and VACCINATION

### *RADIATION PROTECTION*

If you think that nuclear warfare is a real possibility, you may want to learn how to protect yourself, cheaply and easily

This website may be worth a visit: <[www.ki4u.com](http://www.ki4u.com)>

The first thing you need to do is order one month's supply of potassium iodide or potassium iodate for each family member, as this will protect you from the radiation fallout.

Taking this on a regular basis is a very inexpensive way to protect yourself from radiation poisoning and to treat radiation sickness. There are also various homeopathic and herbal tinctures you can use. These are likewise inexpensive and they work to get the radiation toxins out of your body.

### *WHAT ABOUT FORCED VACCINATION?*

Firstly, you should be aware that "immunizations" do not immunize! They do the exact opposite.

The term "immunization" (US, Canada) or "immunisation" (UK, Australia, NZ), often substituted for the term "vaccination", is false. Immunity is not provided by "vaccination", because it is well documented in medical research that vaccination, the direct injection of foreign proteins and other toxic material (particularly known immune-sensitising poisons such as mercury and aluminium compounds, formaldehyde and phenol) sensitises. This means it makes the recipient more, not less, susceptible to (more easily affected by) what he or she encounters in the future.

In other words, vaccines do the opposite of immunise. Commonly, they even prevent immunity from developing after natural exposure. In such

cases vaccine recipients have gone on to contract the disease not even just once, but several times. (Vaccines "de-immunize".) New, more serious forms of the diseases (for example, atypical measles) are also now appearing, and only in the vaccinated.

The result of vaccination is a host of health problems, including death.

Apart from increased susceptibility to the disease itself, as well as other infections, a host of health problems (and sometimes death itself) result from these directly injected poisons. Incidentally, these poisons are in unpredictably varying amounts from one batch to the next. You might call vaccination sanctioned Russian Roulette.

The frequency of vaccine damage may be 100 or more times higher than reported.

The actual frequency of resultant health problems has been admitted by authorities to be possibly up to 100 times, or more, greater than that reported. Why is this? Because doctors are not given any real incentive to report adverse effects. They are also being told that they must never let their patients (or parents) think that the risks could outweigh the benefits. Therefore, it is normal policy to deny a link no matter how apparent it is to the patient (or parent).

Nature already immunises. Vaccine-free children are far healthier.

The only thing that does immunise (that is, enable the body to protect itself from harm by foreign organisms) is your wonderful body itself, provided it is properly supported with sufficient basic nutrition, and nature's sophisticated immune development process not interfered with.

"Organically-grown" (vaccine-free) children attract frequent comments due to their noticeably stronger health, alertness, awareness and happier demeanour. Their parents frequently observe that they learn faster than their vaccinated older siblings did, and are ahead of their peers at school.

No, we don't make any of this up! (Why would we, when it would gain us nothing?)

The preceding information was sourced by Dr Viera Scheibner from orthodox peer-reviewed medical research published in the world's most prestigious medical journals. Dr Scheibner has studied well over 100,000 pages of medical research on vaccination. (Dr Bronwyn Hancock, Vaccination Information Service, P.O. Box 4, Turramurra NSW 2074 Australia)

## ***GOVERNMENT PLANS TO VACCINATE***

We have been told by a physician who has been alerted to what is coming that the government plans to ultimately vaccinate everyone. This physician says: **DO NOT** take these vaccinations, as they will harm you. Do your best to hide during this time. You may need to get a tent and temporarily escape into the wilderness. If, however, they are forced on you, come home and immediately take large doses of **CHARCOAL** to overcome the effects.

Charcoal can be produced easily from burning soft wood in a fire. Just crush it up and swallow it with water. Pharmacies also sell charcoal in tablet form.

This physician stated that they he and his family will leave the country during this time and advised getting a passport. However, we're not sure one will be able to leave.

Amish and Mennonite children – who do not receive vaccinations - **DO NOT GET AUTISM...** You have a choice. If you submit against your will you are no better than the livestock in the field.

**CHOOSE LIFE!!!!** And warn those you love...

## **How To Legally Say “NO” To All Vaccines!**

Millions of people have come to distrust vaccines and mainstream medicine’s vaccine agenda. There is a growing movement around the world that questions the safety and effectiveness of all vaccines for obvious reasons.

Many childhood disorders such as autism, ADD/ADHD, SIDS and others have been linked to vaccines. Thousands of soldiers who served in the military have been severely disabled or in some cases even died after receiving their mandated shots. Vaccines are the most controversial subject in all of medicine.

The standard line heard from most parents once their eyes are open to the risks of vaccines is, “How will I get my child into day care or in school without their shots?” Those working in the healthcare field or soldiers in

the military are faced with similar questions.

To help educate the people further about how to legally avoid all vaccines, Dr. Sherri Tenpenny has put together a brand new book that is absolutely necessary to have in your possession if you or a loved one don't want to vaccinate but are not sure how to get around it.

Below is a copy of an interview *Crusador* magazine editor Greg Ciola conducted with acclaimed international vaccine expert Dr Sherri Tenpenny shortly after the release of her new book *Saying No To Vaccines*.

Crusador: What was the impetus for writing your new book *Saying No To Vaccines*?

Dr Tenpenny: Parents needed a tool that did their homework for them. The evidence is there to support their decision to not vaccinate; you just have to do a little work to find it. Everyone seems to be so afraid of “bugs” and their potential ability to make us sick. But the reality is that we swim in “bugs” every day and we are not dropping over like flies. The only “bugs” we seem to obsess over are associated with vaccines. Only two generations ago, measles, mumps and chickenpox were normal experiences of childhood. Why we have complete fear of these infections is media and money driven and unfounded.

If the focus of Public Health was on sleep, exercise, clean water and safe, non-GMO food, we would have a healthy society without vaccines...but we would not have billion dollar industries employing millions of people to keep us “healthy.” The fact is, we are a very UNhealthy society with vaccines, so the Public health and argument that we must vaccinate ‘for greater good’ is a failure.

I put a large body of research into my first book, *Fowl!* and my two DVDS, documenting the dangers of vaccination. *Saying No To Vaccines* was the next logical step. It answers the question, “I’ve decided not to vaccinate, now what do I do?”

Crusador: What are some of the issues you cover in the book that aren't covered in your two DVD's *Vaccines: The Risks, The Benefits, The Choices* and *Vaccines: What CDC Documents and Science Reveal*?

Dr Tenpenny: There is very little overlap between *Saying No to Vaccines* and the DVDs. The foundational premise of the book is to give answers



refuting the 25 most common arguments used to promote vaccination. For example, parents are often told the vaccine-preventable diseases of childhood can be serious and if their child is not vaccinated, their child could die. I tell them how to refute that argument and give documentation from the medical literature to demonstrate that statement is nothing more than fear mongering. Parents are told by pediatricians there is “no evidence that vaccination harms the immune system” and there is “no evidence that vaccination can lead to chronic disease.” I used the medical literature to prove the opposite is true.

Crusador: What are the most common questions you get about vaccines?

Dr Tenpenny: The most frequently-asked question I get is about vaccination exemption, meaning, “How do I refuse the vaccine and still get my kids into school or keep my job,” so by design a large part of the book covers exemptions. I included a lot of detail on how to avoid vaccinations for school situations, including college, professional situations where a job may require certain vaccines, if you are in a nursing home, foreign adoption, the military, even if you are incarcerated. I have also included a chapter on frequently-asked questions about vaccination. *Saying No To Vaccines* has an entire section on “most frequently asked questions.”

Crusador: There is a huge divide in this country between those who think you should vaccinate versus those who feel you shouldn't. The majority is still on the side of thinking that vaccines are THE answer to long-term immunity. When you do speaking engagements or radio interviews or simply talk to a pregnant woman about the need to question the safety of vaccines further, how do you present your information to make someone think twice?

Dr Tenpenny: Even though I strongly believe that vaccines cause more harm than the “good” they supposedly do, it is important for people to see the evidence of harm – from a scientific perspective – and not just take my word for it. All of my information, every slide and every paragraph in my book, is referenced from a highly reputable medical journal or from the Centers for Disease Control, the CDC. People can see for themselves the one-sided, biased view of the vaccine industry, promoting that vaccines are “safe” and “protective.” Almost 100 percent of the time, once people pull back the veil and see the rest of the story, they know that vaccination is not what the drug companies claim it to be.

Crusador: Do you feel that there is such a thing as a “safe” vaccine? If

there isn't, how do you counter the mainstream medical mentality that vaccines may not be entirely without risks, but those risks are far less than the risks we would face without vaccines at all?

Dr Tenpenny: I really felt that parents needed strong answers for when they decided to not vaccinate. Very few people are willing to say something. The risk of the vaccine is greater than the risk of the disease. The "Green Our Vaccines" movement was partially behind the reason I wrote this book. Many activists, people with very good intentions, hedge and put their support behind "safer" vaccines which are a chemical impossibility. People just need to SAY NO.

Crusador: Tell our readers a little more about the exemption clauses you discuss in your book. The medical establishment has done a terrific job of intimidating people into thinking they have to take vaccines and yet, rarely if ever will you hear about the ways to exempt yourself and family from taking vaccines.

Dr Tenpenny: A medical exemption is available in all 50 states but must be recommended by a doctor. The exemption can be difficult to obtain and often, it only excuses future vaccination with a shot that has already caused a severe reaction.

There are three exemptions available in this country – medical, religious and philosophical. As of now, 19 states accept a philosophical exemption. It is the easiest of the three to use. You request a form from the school nurse, state the reasons you don't want to vaccinate your child, sign it and give it to the school. Generally, that's it. However, different school systems have different rules. Some require the form annually, some require both parents to sign the exemption form, some require it to be notarized and so forth. If you are living in the United States, you can find links to your state laws and more information by going to <http://www.DrTenpenny.com> .

Religious exemptions are available in all other states except West Virginia and Mississippi (which only have medical exemptions). Religious exemptions can be tricky and in some states, very difficult to obtain and defend. I often recommend that people consult an attorney for this type of exemption. Some states, such as New York and New Jersey, are difficult. New York has been known to use something called a "sincerity test." Parents are literally interrogated by an attorney representing the school district regarding how sincere their religious assertions are for refusing a vaccine. A panel then decides if you are

sincere enough in your beliefs to allow you to refuse vaccination on religious ground. I find these tactics absolutely appalling and akin to Inquisitioners of the Middle Ages.

Crusador: Where do you see the whole pro-vaccine movement going and what threats to our Constitutional freedoms do you see coming down the pike?

Dr Tenpenny: The dogged determination of those who oppose vaccines, and in particular mandatory vaccination, has gained traction at a grass roots level and garnered a lot of attention from the media. I feel that we have the pro-vaccinators on the ropes. Our arguments are hard to deny and the global autism epidemic can no longer be ignored. Pro-vaccinators are using manipulation, threats and fear tactics, trying to convince everyone that vaccines are not only safe but absolutely necessary. I see the vaccine industry like a wounded Tyrannosaurus Rex, gnashing its teeth and flailing its ugly head. It won't die quickly and it will probably get worse before it gets better.

Crusador: There are many people in this country, myself included, who are concerned that there is an evil agenda to mass vaccinate the entire planet in the event of a health emergency. Do you feel that there are genuine reasons to be concerned and what might we expect to see unfold in an emergency?

Dr Tenpenny: Executive orders and recommendations from the Department of Health and Human Services (HHS) have been written that stop just short of allowing government-enforced mandatory vaccination for anthrax, smallpox and bird flu. The only way to change these policies is by standing together and boldly saying no.

Crusador: Are you still confident that with enough knowledge about the risks and dangers of vaccines enough people will wake up and say NO before Big Pharma forces its will upon the populace?

Dr Tenpenny: I'm not sure. People tend to be sheep – Americans in particular. Look what we have allowed a small number in the White House and 545 people in Congress to do to our country. And even those people who want to effect a change have little time and few resources to do so. No one wants to stand out, speak up and challenge authority. Whatever happened to those bra-burning activists of the 1960s? However, people really are involved now, more than ever. It only takes a small, vocal minority to really make a difference. As stated years ago by

Margaret Mead, “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it is the only thing that ever has.”

Crusador: Thank you for your time, Sherri. These are excellent answers. I encourage everyone reading this interview to make every effort they can to get a copy of your new book and share it with their friends and loved ones because it is a great tool to give the average person confidence to “SAY NO TO VACCINES”.

Dr Tenpenny: Thank you, Greg for helping me get this message out to more people.

Note: For further information on what to do after a forced vaccination, see page 155 of this present work.

## Chapter 17

### SPIRITUAL PREPARATION

On Norfolk Island, situated near the settlement that overlooks the Tasman Sea, is a jetty at which small boats land the passengers and freight from the vessels anchored offshore.

Behind the jetty was located a fair-sized block of ground upon which numerous horses found good grazing. In so doing, they kept the surface as close cropped as if a lawn-mower had gone over it.

Pedestrians had made a track right across the section diagonally from corner to corner in order to save them the trouble of going around the block.

But instead of this track being formed straight it meandered from side to side, forming a course like a serpent would take.

And yet, nearly every person who travelled that way strictly followed this crooked path instead of striking out a straight one for himself.

Most people follow one another like sheep - quite oblivious to the greatest of all financial strategies. It is found in Genesis and it *can save you from bankruptcy*.

But first, may I acquaint you with two or three powerful prophecies concerning the time we are now in.

#### **Accurate and precise prophecies**

Here is a prophecy found in the Bible. And notice how precise it is!:

“And there shall be signs... upon the earth distress of nations, *with perplexity*... Men’s hearts failing them for fear, and for looking after those things which are coming on the earth...” (Luke 21:25-28)

And the prophecy continues: “And then shall they see the Son of man coming in a cloud with power and great glory. And when these things

begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh.”

The first part of this prophecy is being fulfilled in precise detail now in our time right before our very eyes! We are now seeing the empire of the Antichrist rising rapidly. The prophecy says that nations everywhere would not just be troubled or agitated but in a state of distress. The primary reason for that distress is the accompanying perplexity. The word *perplexity* comes from the Greek word *aporia*, which means: “*unable to find a way out!*”

Yet men in authority soothingly tell us that the worst is over. We’ll soon be out of the crisis.” But here is the warning of Bible prophecy: “When they shall say, Peace and safety; then sudden destruction cometh upon them, as travail upon a woman with child; and they shall not escape.” (I Thessalonians 5:1-3)

This prophecy also uses the analogy of a woman with child who is about to deliver. The birth pangs get closer and closer together and ever more intense, and there is no way to back out of what is happening. Thus, the perplexed people of the earth, so familiar with religion and yet so far from the truth, will find no escape!

“Likewise also as it was in the days of Lot; they did eat, they drank, they bought, they sold, they planted, they builded; But the same day that Lot went out of Sodom it rained fire and brimstone from heaven, and destroyed them all. Even thus shall it be in the day when the Son of man is revealed.” (Luke 17:28-30)

Life will be status quo and go on normally in all of our human endeavours until suddenly the end breaks – very fast!

Those who are behind the New World Order are going to be taken absolutely by surprise. These greedy power seekers are working for the master instigator, Lucifer himself.

They are fully acclimatized to evil with no sense of what is truly right and what is truly wrong. This is the very condition of our day!

But when the final crisis hits, the blast will be sudden. Meanwhile, those who have made God their faith and refuge will not need to fear any of those things. They will be provided for.

## **Find other like-minded people**

No single person is an island to himself. It will be important in the coming months and years ahead to surround yourself with other like-minded people who are prepared and have various skill sets. Banding together in groups will become essential in the trying times ahead. You should learn as many new skills as possible such as canning food, growing vegetables, raising livestock, and so on.

## **Be ready to help others in need**

Plan to have several families living under one roof. If your place is free and clear, reach out to those who will need a place and take them in. Another idea is for several families to live together and together make the mortgage payments on one place or to pool money and together buy a place free and clear.

The Good Book says a lot about escaping and surviving.

Long ago, during a famine, a widow in a little town called Zarephath shared her last morsel with a man called Elijah, and in return her life and that of her son were preserved. To all who, in time of want and trial, give sympathy and assistance to others more needy, your Creator has promised great blessing. Read this entire story in the Bible in 1 Kings chapter 17. This chapter is a real faith strengthener. God will take care of His people during the coming times just as He took care of the fugitive Elijah..

## **Share your knowledge with others**

Some people will not be willing to listen under any circumstances. But if you approach people in the correct manner, you can help in getting others to prepare while they still can.

## **It is time to get right with your Maker**

Our existence is not merely physical. There is also a spiritual realm. Spiritual laws are in operation. These can and do affect us physically. In

fact, there are times when these are plainly seen to override the physical laws.

Some will feel no need of spiritual preparation – assuming that this is irrelevant to the situation. But let me say it anyway. More important than all the physical preparation is to get yourself ready spiritually. Your future rests with your loving Creator.

You and I have a skilled and cunning foe – Lucifer. And his aim is to deceive, kill and destroy. What better ways to do this, than by gaining control of the world's food supply, causing famine and pestilence, and by creating another World War? He will, as he has done in the past, reward his followers by making them rich by supplying both sides in the conflagration with the weapons of mass destruction! His followers already control the world's banks and oil supplies.

Do not allow Lucifer to confuse you. For he surely will, if you allow him. He has no power over you unless you allow him to have power over you.

IT IS YOUR CHOICE. For you truly have nothing to fear, but fear itself. Fear is easily overcome when you have the Holy Spirit of Jesus Christ inside you.

The best thing I can tell you today is that I know without a doubt who will win this war between good and evil. I know that the good guys will win; and the bad guys will lose.

I know that the coming months and years will be difficult in many ways. But soon after that we shall be witnessing an interruption to history that will take just about everyone by surprise.

A beautiful, cleansed world of peace is coming... but not from the planned New World Order.

Meanwhile, we can get right with our Heavenly Father and seek His instructions regarding what we should be doing and how we should prepare for the times ahead. Our only safe place is to be in “the shelter of the shadow of His wings,” doing precisely what He tells us to do. The book of Revelation tells us that those who commit themselves to their Maker and live according to His directions will overcome, “loving not their lives unto death.” That is our victory strategy.



Preparing for the coming time of trouble is serious business. Literally, hundreds of decisions must be made if one is to prepare properly for one's family and those of like mind.

Enduring is the tough one. Enduring is hanging in there with nothing left to hang on. Enduring is believing when there is nothing left. Enduring is promoting spirit over the body and emotions. Preparing to endure is spiritual.

## **Pray for wisdom**

It is wise to pray for inspiration, guidance and protection for oneself and one's family.

Pray for those who are our enemies (of freedoms) to become confused. Pray that their communications, supplies, fuel, energy, and evil desire will be dissolved, destroyed and their work stopped, and that they will be humbled by God.

## **Your money is linked to spiritual laws**

And what you do with your money is likewise a spiritual issue.

The question is being asked, What should we do with our money?

Concerning money, Jesus said, "Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal; But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal; For where your treasure is, will your heart be also." (Matthew 6:19-21)

Where are you placing your treasure? If you neglect to place it into the work of God to help save others, then when the great time of trouble is really on, you may then wish to do it, but it will be too late. Your failure to have used your money while it could still help others will roll over you to crush you.

## The Genesis “tithing” secret

In the book of Genesis, I notice something being repeated:

- “And Jacob vowed [to God] “Of all that thou shalt give me I will surely give **the tenth** unto thee.” (Genesis 28:22)
- “[Abraham] gave him **tithes** of all.” (Genesis 14:20)
- “God remembered Abraham...and the Lord had blessed Abraham in all things.” (Genesis 19:29; 24:1)

Abraham’s faithfulness to this principle was one reason why he prospered.

Well, you ask, **what is tithe**? Answer: Tithe is a tenth of one’s increase.

**What should one do with the tithe?** Answer: We give it back to God in gratitude for His goodness to us. After all, God, the Creator of all things, owns everything we possess, including our ability to earn an income and to prosper.

Returning to Him our tithe is a cure for selfishness. It is simple to tithe: You give it to support someone who is full-time actively preaching the Creator’s message of love. You just give back 10 percent of what you earn to the source of your spiritual teachings. (And that person will be – or should be - paying tithe also.)

One of the fundamental errors that we have as human beings is greed, which is demonstrated mostly in terms of money or monetary value.

We can help to break the greed pattern by tithing, giving 10 percent of our personal wealth. We look at our abundance and contribute joyfully through tithing. We are actually cheerful about it.

You let go and give to God, joyfully and unconditionally. It's done for the joy of giving. When you lovingly give in this way, the abundance starts to come to you in many ways.

Tithing is actually a spiritual law. When you commit to doing it, something inside you works differently from that day forward. Conditions may or may not immediately change in the physical world, but inside, it can work wonders. And associated with this is a divine promise:

"Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the Lord God, "and see if I will not throw open the floodgates of heaven and *pour out so much blessing that you will not have room enough for it.*" (Malachi 3:10). This is our Creator saying "You are abundant and handle abundance well, so here's some more."

During a 20 year period an insurance company surveyed thousands of people. And they found that no person who paid tithe ever went bankrupt.

The promise goes even further: "And I will rebuke the devourer for your sakes, and he shall not destroy the fruits of your ground; neither shall your vine cast her fruit before the time in the field, saith the LORD of hosts." (Malachi 3:11)

That's the promise. But is it just empty words, or does this really work? Go back three paragraphs and read these four words: "PROVE ME. Test me in this," He says.

## **Testing this promise in real life**

In South America, a plague of locusts was sweeping through the country, destroying absolutely everything green. They spared nothing.

A faithful Christian man who had a large farm prayed that God would protect his property.

As the locusts reached the borders of his land, they ate around it, consuming everything in their path. When they had swept on, the man's farm remained an oasis surrounded on every side by a desert of destruction.

The man's property attracted the attention of many. People drove long distances to see this amazing phenomenon.

When asked to explain how his farm had been spared, the man opened his Bible and read to visitors the promise recorded in the Old Testament book of Malachi:

"Bring ye all the tithes [one-tenth] into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts,

if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it. And I will rebuke the devourer for your sakes, and he shall not destroy the fruits of your ground; neither shall your vine cast her fruit before the time in the field, saith the Lord of hosts. (Malachi 3:9,10)

He explained that God asked his people to dedicate one tenth of their nett income to His work and see if God would not in return protect all they possessed.

## **Another example**

During a visit to the tiny community of Mumblepeg, west of Dubbo in New South Wales, Australia, I met a man called Lockie Roberts, who had experienced a precisely identical experience.

As a plague of locusts approached his wheat farm, he and his family dropped to their knees and prayed, citing the same promise found in Malachi.

The locusts ate everything on ground and trees, right up to his boundary fence on every side, but stopped short of intruding onto his farmland.

The local newspaper, I understand, published an aerial view of the wide expanse of devastated countryside, with his property right in the middle of it, preserved like an oasis, untouched by the plague.

How did the locusts know which was his boundary?

## **How to respond to coming events**

Of course, tithing could be considered your best insurance policy – but that should not be the motive. One's heart must first be right with Him.

In any case, it makes good sense to cooperate with your Maker. He is all powerful, very wise, and best of all He loves you. "Trust in the Lord with all your heart, and lean not to your own understanding. In all your ways acknowledge Him, and He shall direct your paths." (Proverbs 3:5-6)

One could do worse than believe God's promises. Spend time daily in prayer and exploring the wonders of the Bible. Ask your heavenly Father

to show you what to do so as to be ready. Claim His promises. There are 3,000 of them in the Bible.

Here is another one: “For in the time of trouble He shall hide me in His pavilion; in the secret of His tabernacle shall He hide me; He shall set me up upon a rock.” (Psalm 27:5) Here’s another: “My God shall supply all your need, according to His riches in glory by Christ Jesus. (Philippians 4:19)

For those whose lives are right with Him, His promises are sure and He keeps His word. I can testify to that, having experienced it myself, so many times, His word is sure.

PLEASE do not be afraid of what may come. “For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.” (2 Timothy 1:7) Jesus assures you: “I have overcome the world.” “Fear not, little flock; for it is your Father’s good pleasure to give you the kingdom.” (Luke 12:32) When hard times come, God will see you through.

God does not fail. “But my God shall supply all your need according to His riches in glory by Christ Jesus.” (Philippians 4:19) You have not one atom to fear! If you know the Lord Jesus Christ as your Saviour and love and walk in his ways, you need not be afraid. Nothing can touch you unless He permits.

## **Two wonderful promises:**

\* “Be content with such things as ye have; for He hath said, I will never leave thee, nor forsake thee. So that we may boldly say, The Lord is my helper; I will not fear what man shall do unto me.” (Hebrews 13:5-6)

\* “The name of the Lord is a strong tower; the righteous runneth into it and is safe.” (Proverbs 18:10)

## **“Escape, survive, endure”**

Yes, some will be arrested and go to prison. Being taken captive means that you stayed longer than you should have. It means that others hated

you and delivered you up. Listen to the words of Jesus concerning this specific issue:

“And when they arrest you and deliver you up, do not be anxious beforehand about what you are to say, but say whatever is given you in that hour; for it is not you who speak, but it is the Holy Spirit. And brother will deliver brother to death, and a father his child; and children will rise up against parents and have them put to death.”  
(Mark 13:11-12)

Some will be martyred. “Do not fear what you are about to suffer.... Be faithful until death, and I will give you the crown of life.” (Revelation 2:10)

“But the one who endures to the end, he shall be saved.” (Matthew 24:13)

“Because you have kept the word of My perseverance, I also will keep you from the hour of testing, that hour which is about to come upon the whole world, to test those who dwell upon the earth.” (Revelation 3:10)

And some will have to flee to the rocks and the mountains, but whatever category you are in, be assured that God has chosen the best for you and He will strengthen you, give you courage and grace, He will be with you, and He will hold your hand. We can totally trust Him, like a child trusts his parent.

The words *escape*, *survive*, and *endure* have specific meanings. Escape means that you must flee from the danger. You will flee from those who come to harm and to take you captive. Survive means having the basics of life - food, water, and shelter. Endure means to keep the faith, to believe in the promises of God.

## **Promises you can count on**

Here are additional promises for you to claim and memorize.

- “Casting all your care upon Him; for He careth for you.” (1 Peter 5:7)
- “Say to them that are of a fearful heart, Be strong, fear not; behold your God will come with vengeance, even God with a recompense; He will come and save you.” (Isaiah 35:4)

- “Fear ye not, stand still, and see the salvation of the LORD, which He will shew to you today. The LORD shall fight for you, and ye shall hold your peace.” (Exodus 14:13-14)
- “God is able to do exceeding abundantly above all that we ask or think.” (Ephesians 3:20)
- “Be strong and of a good courage, fear not, nor be afraid, for the LORD thy God, He it is that doth go with thee; He will not fail thee nor forsake thee.” (Deuteronomy 31:6)
- “And all thy children shall be taught of the LORD; and great shall be the peace of thy children.” (Isaiah 54:13) “Fear thou not, for I am with thee, be not dismayed, for I am thy God. I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. For I the Lord thy God will hold thy right hand, saying unto thee, Fear not, I will help thee.” (Isaiah 41:10,13)
- “Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you; For everyone that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.” (Matthew 7:7-8)
- “Wait on the LORD; be of good courage, and He shall strengthen thine heart; wait, I say, on the LORD.” (Psalm 27:14)

God sees the end from the beginning. In every difficulty He has His way prepared to bring relief. Our heavenly Father has a thousand ways to provide for us, of which we know nothing.

Here are some more tried, tested and faithful promises:

- “The secret of the Lord is for those who fear [reverence] Him.” (Psalm 25:14)
- “The Lord is my light and my salvation; whom shall I fear? The Lord is the defence of my life; whom shall I dread?” (Psalm 27:1)
- “The Lord is for me; I will not fear; what can man do to me?” (Psalm 118:6)  
“It is the Lord of hosts whom you should regard as holy. And He shall be your fear, and He shall be your dread.” (Isaiah 8:13)
- “The angel of the Lord encampeth round about those who fear Him, and delivereth them. O fear the Lord, you His saints; for to those who fear Him, there is no want.” (Psalm 34:7,9)
- “Just as a father has compassion on his children, so the Lord has compassion on those who fear Him.” (Psalm 103:13)

- “The Lord favours those who fear Him, those who wait for His lovingkindness.” (Psalm 147:11)
- “In the fear of the Lord there is strong confidence, and his children will have refuge.” (Proverbs 14:26)
- “The fear of the Lord leads to life, so that one may sleep satisfied, untouched by evil.” (Proverbs 19:23)

There are other references, but these state it clearly. If you fear (respect and obey) the Lord, you will follow the destiny He gives you. If you fear the Lord, captivity will not hurt you. If you fear the Lord, you will know when to escape. If you fear the Lord, you will learn how to survive. If you fear the Lord, you will endure to the end.

“You shall follow the Lord your God and fear Him; and you shall keep His commandments, listen to His voice, serve Him, and cling to Him.” (Deuteronomy 13:4)

The ones who make it through the Great Tribulation are described as those “who keep the commandments of God and have [hold to] the testimony of Jesus.” (Revelation 12:17)

“Oh, that men would praise the Lord for His goodness and for His wonderful works to the children of men. For He satisfieth the longing soul and filleth the hungry soul with goodness.” (Psalm 107:8,9) “The Lord is good; his mercy is everlasting.” (Psalm 100:5) “Rejoice in the Lord.” (Psalm 97:12) Rejoice that you know Him!

When we praise God He is able to do much more for us. So praise Him and claim His promises. He will not let you down, as long as you are on His side and your life is right with Him.



## Chapter 18

### MOST IMPORTANT OF ALL

What Love!

I never really understood the significance of this for me personally, until one day I was standing on a curb, about to cross a street. Suddenly the realization hit home - and some long standing questions were resolved. These were questions that millions must be asking. So I shall lay them out here, with what I believe to be the correct answers.

1. Does God really care about me? ANSWER: God's never-ending love for you is far beyond your understanding. He loves you as though you were the only lost soul in the universe. He would have given his life for you if there had been no one else to rescue. **YOU ARE PRECIOUS IN HIS SIGHT.**

2. How can I know God loves me? ANSWER: He has **DEMONSTRATED** his love for you. Because He loved you so deeply, He was willing to see His only Son suffer and die, rather than be deprived of you for eternity. You will not be able to understand, but He did it, **JUST FOR YOU.**

3. Did Jesus die for me personally? ANSWER: Jesus died to satisfy the death penalty against you. His death would be accepted by God as full payment for all of a person's past wrongs.

4. But how could he love someone like me? ANSWER: Amazing wonder of wonders! His love is unconditional - whether you're a thief, adulterer or murderer. He created you. **HE LOVES YOU.**

## ***YOUR PART IN THE RESCUE PLAN***

Here's what to do:

1— First realize the basic problem. You do need Jesus.

Remember, you're under the death sentence. And you cannot save yourself. You cannot be rescued without Jesus. He is not A way. He is THE way.

The Bible is quite explicit about the fact that if I do not recognize sin in my life, and do not turn with true sorrow for my sin to be washed clean of it, then I am at enmity with God.

So you've messed up your life? GOOD NEWS: Jesus wants you just as you are — no matter how filthy, how unlovely.

So ADMIT your need. Tell Him you're sorry. ASK for forgiveness. Jesus provides IMMEDIATE PARDON, freedom from guilt.

2 — We desperately need pardon. But we just as desperately need the POWER to stop sinning. Jesus is able to change you in this life and fit you for the coming new earth.

He can make a kind and attentive husband out of the town drunk.

Complete surrender of your will to Jesus will change the way you live. When the POWER of His Spirit floods into your life, you will know peace and victory and constant happiness, no matter what happens to you.

When God places His own character in people, He makes them as beautiful as a sunset, as enjoyable as the placid surface of a lake, as refreshing to others as a mountain stream or a waterfall. Yes, He can do that! He is the Creator!

3 — Feed your mind on positive books and tapes, and especially the Bible. For starters, read John's gospel over and over until the evidence overwhelms you. Ask God to help your unbelief and put into your life His resurrection power, and you will prove it for yourself!

4 — Associate with people who love Jesus, obey all His commands and are supportive.

5 — Be baptized.

6 — Like Jesus, reach out to those still lost and share His marvellous love.

You can be sure of this... Jesus will become the best Friend you ever had - now and forever.

If, as you read this, you feel a stirring in your soul, why not yield your heart and mind to Jesus now! There is so little time left, and soon it will be too late. The Deliverer will hear you and rescue you. You will be safe and secure from the wrath to come!

I do know that we are not without hope, even if the masses of people reject that hope. You, as an individual, can come to Jesus Christ right now and find peace in the time of trouble and shelter in the time of storm. Even though the heathen rage and the people imagine vain things, you can have a heart full of hope as the Saviour enters your life and remains with you. Do it now, as eternity is in view and is near at hand!

## CONCLUSION

### *HOW TO SURVIVE: A BRIEF SUMMARY*

1. Reduce or eliminate debt.
2. Learn restraint and self-sufficiency. Stop spending money on unnecessary things. A simple life is more biblical, more sensible and more healthy. It preserves sanity.
3. Store food staples, and learn to prepare and enjoy simple foods.
4. Learn to survive without doctors, without lawyers, without police, without government handouts and interference.
5. If you live in a big city, try to move to the country as soon as you can. Many of the problems will be minimised. Pray for wisdom.
6. Surrender your life to your Maker, and let Him guide your life. By faith in Him and through His enabling mercy, obey His Word. Trust Him to care for you.

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